

**Health and Wellness Building Recreational Spring 2023 Hours**  
**Starting Date: January 23, 2023**  
**Ending Date: May 05, 2023**

<p align="center"><b><u>WEIGHT ROOM</u></b></p> <p><b>Monday &amp; Wednesday</b> 12:00 pm – 04:00 pm</p> <p><b>Tuesday &amp; Thursday</b> 2:00 pm – 04:00 pm</p> <p><b>Friday</b> 12:00 pm – 04:00 pm</p>	<p align="center"><b><u>TRACK</u></b></p> <p align="center"><b>Monday - Friday</b> 8:00am – 04:30pm</p>
<p align="center"><b><u>POOL</u></b></p> <p><b>Monday &amp; Wednesday</b> 2:00 pm – 04:30 pm</p> <p><b>Tuesday &amp; Thursday</b> 8:30 am – 04:30 pm</p> <p><b>Friday</b> 11:30 am – 04:30 pm</p>	<p align="center"><b><u>BASKETBALL COURT</u></b></p> <p align="center"><b>Monday - Friday</b> 11:30 am – 04:30 pm</p>
<p align="center"><b><u>CARDIO ROOM</u></b></p> <p align="center"><b>Monday &amp; Wednesday</b> 11:30 am – 02:30 pm</p> <p align="center"><b>Tuesday &amp; Thursday &amp; Friday</b> 11:30 am – 04:00 pm</p>	

**Schedule subject to change for construction and special events**

# OPEN GYM MUST HAVES!

To use the areas during open gym you must have:

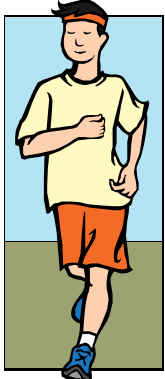
❖ **A VALID ALAMO COLLEGES ID CARD**

❖ **BELONGINGS MUST BE STORED IN A LOCKER DURING WORKOUT**

❖ **A SWEAT TOWEL\***



\*Note: If you don't have a towel, we can lend you one if you leave your Alamo College ID with the workers during your work out (*limited number, first come/first served*).



❖ **WORKOUT CLOTHES**



## **Health and Wellness Building FACILITY RULES**

- ❖ All open gym users must sign in at the WAH front desk and present a current and validated ACCD I.D. Card
- ❖ Only currently registered ACCD faculty, staff and students may use the facilities
- ❖ Lockers are available for use while you are working out. No overnight storage; Lockers will be cleared out and contents discarded after closing time.
- ❖ No Personal Book/Gym bags in the activity areas
- ❖ No open drinking/glass containers or food in the activity areas
- ❖ All facility users must have a sweat towel. Please wipe-up equipment after you use it.
- ❖ Appropriate athletic attire, including shoes, is required. Please keep your torso fully covered.
- ❖ Return any equipment you checked out and used to front desk.
- ❖ The use of chalk on hand/equipment in the weight room is prohibited.
- ❖ Please do not drop the weights on the floor.
- ❖ Swim at your own risk. No lifeguard on duty.
- ❖ Failure to abide by these rules will result in your being denied access to the facility.
- ❖ The open gym schedule is subject to change for special events and maintenance and current construction.