

Rental Information & Rates

The use of the gymnasium may be arranged through a rental agreement. If interested, please contact Jon Accardi, director of campus recreation and aquatics, at (315) 279-5690.

Gym: \$55/hour



Waterfront/ Point Neamo

Keuka College offers lakefront access to the local community for fishing and swimming free of charge. We simply ask that all users abide by our rules and regulations.



Silver Sneakers Fitness Program

*"Muscular Strength &
Range of Movement"*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Available only to individuals with MVP insurance.

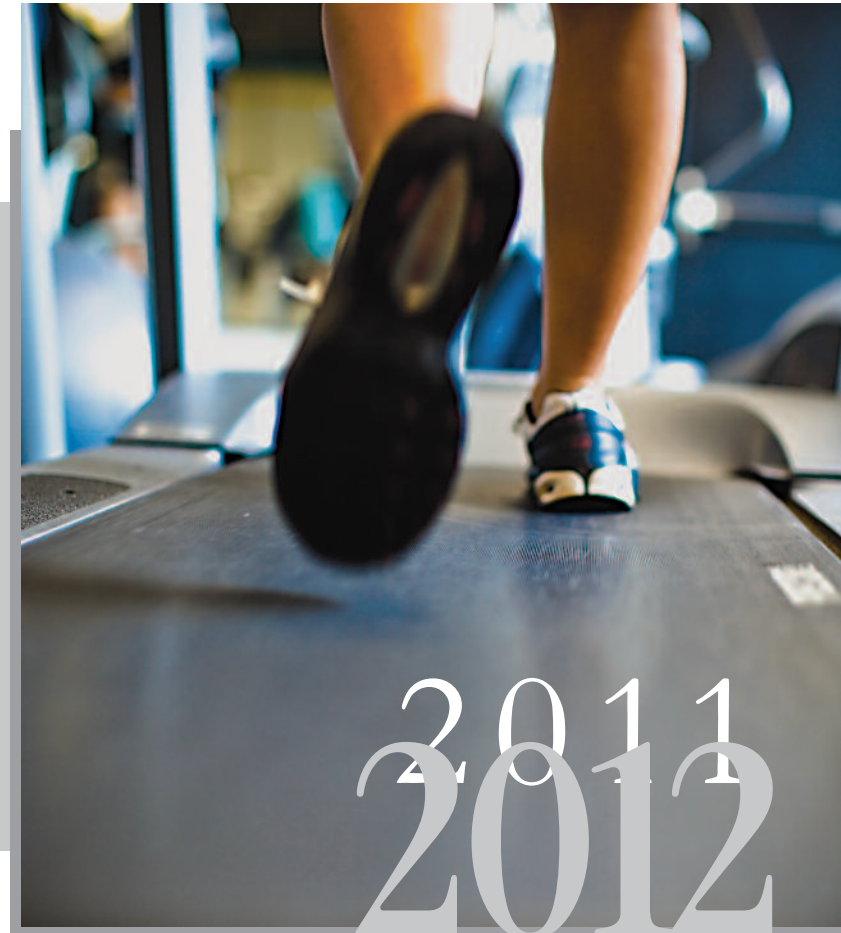
Monday & Wednesday: 1-2 p.m., Friday: 1:30-2:30 p.m.

Contact: Leigh Pitifer, **(315) 789-2071**



Community Membership

The Weed Physical Arts Center



August 29 - May 20

(315) 279-5249
<http://keukastorm.com>



The Weed Physical Arts Center
Keuka Park
New York 14478
www.keuka.edu

Keuka
College

The Weed Physical Arts Center

The building features a gymnasium, home to Keuka's men's and women's basketball squads, and men's and women's volleyball teams, weight room; fitness center; and offices for coaching staff.

Building Hours

Aug. 29 - Dec. 4

Monday-Friday: 6:30 a.m.-10 p.m.
Saturday & Sunday: 11 a.m.-8 p.m.

Feb. 6 - May 20

Monday-Friday: 6:30 a.m.-10 p.m.
Saturday & Sunday: 11 a.m.-8 p.m.

Jan. 2 - Feb. 5

Monday-Thursday: 7 a.m.-8 p.m.
Friday: 7 a.m.-4 p.m.
Saturday: Closed
Sunday: Noon-5 p.m.



Closings

The Weed Physical Arts Center operates according to the Keuka College calendar. When the campus is closed and/or classes are cancelled, the Weed will be closed to the public. If you're not sure if we're open, please call our front desk at (315) 279-5249. or check online at <http://keukastorm.com>.

Dates we are closed:

- Oct. 7 at 5 p.m. to Oct. 11 – October break
- Nov. 22 at 5 p.m. to Nov. 27 – Thanksgiving break
- Dec. 12 to Jan. 1 – Winter recess
- March 23 at 5 p.m. to April 1 – Spring break



Membership Rates & Information

A Weed membership includes access to the gymnasium, locker room facilities, fitness center, and weight room whenever they are open to the public.

	Family Membership		Single Membership	
9 month (Sept. only)	\$280	\$224*	\$190	\$152*
3 months	\$115	\$92*	\$90	\$72*
1 month	\$60	\$48*	\$40	\$32*
Day Passes	N/A		\$5 adults \$3 for children under 18**	

* All senior citizens/alumni are eligible for a discount.

** All children under 16 years of age must be accompanied by an adult at all times.

Keuka College and the Center are not responsible for lost or stolen articles.

Locker Room Facilities

Locker room facilities are available to members of the Weed Physical Arts Center at no charge. A Keuka College lock and locker may be rented for \$10. Lockers are required to be emptied

and all locks returned by May 20, 2012. All remaining items and locks will be removed after this date. The College will not allow the use of personal locks.

Due to space limitations, locker rooms may be closed at times for athletic events. Information will be posted at the Center as needed.

Fitness Center Policies

1. You must be at least 16 years old to use equipment.
2. Clean sneakers must be worn at all times. No street shoes.
3. No outside speaker systems. Personal players with headphones only.
4. Shirts must be worn at all times.
5. No food, tobacco, glass bottles, or chalk.
6. No throwing or dropping equipment. Maintain control at all times.
7. Put equipment away after use.
8. Wipe down equipment after use.
9. Staff have final say in rule interpretation and enforcement.

All facility users must follow these regulations or risk having their membership revoked.