

Seabury Center

at Berea College

October 2011

OFFICE HOURS:

Monday - Friday 8:00 AM – 12:00 PM
1:00 PM – 5:00 PM

CENTER HOURS:

Monday - Thursday 6:00 AM – 10:00 PM
Friday 6:00 AM – 9:00 PM
Saturday 10:00 AM – 6:00 PM
Sunday 1:00 PM – 5:00 PM

PLEASE NOTE: The Seabury Center will not open until 1:00 PM on Wednesday, October 5th so our students and staff can participate in the college's Mountain Day activities.

POOL SCHEDULE



Lap/Rec Swim Times

Monday – Friday	6:30 AM – 7:30 AM (Lap)
Monday – Friday	12:00 PM – 1:00 PM (Lap)
Mon./Wed./Thr.	7:30 PM – 9:30 PM (Lap/Rec)
Tuesday	7:30 PM – 9:00 PM (Lap/Rec)
Friday	7:30 PM – 8:30 PM (Lap/Rec)
Saturday	1:00 PM – 2:00 PM (Lap)
Saturday	2:00 PM – 3:00 PM (Rec)
Sunday	2:00 PM – 3:00 PM (Rec)
Sunday	3:00 PM – 4:00 PM (Lap)

Water Arthritis (with James Barrett)

Monday, Wednesday, Friday 1:00 PM – 2:00 PM

Water Aerobics (with Tracy Lamb)

Tuesday, Wednesday, Thursday 6:30 PM – 7:30 PM

WELLNESS ACTIVITIES – Dance Studio

Monday: **Body Recall with Martha Beagle**
9:00 AM – 10:00 AM
Step Aerobics with Becky Berheide
12:00 PM – 1:00 PM
Step Aerobics with Sue Bowman
5:30 PM – 6:30 PM
Zumba with Kimberly Kellerman
8:30 PM – 9:30 PM

Tuesday: **Yoga with Rachel Fortner**
7:00 AM – 8:00 AM
Zumba with Andrea Davis
12:00 PM – 1:00 PM

Wednesday: **Body Recall with Martha Beagle**
9:00 AM – 10:00 AM
Step Aerobics with Becky Berheide
12:00 PM – 1:00 PM
Kickboxing/Toning/Core Blast with Joan English
5:30 PM – 6:30 PM

Thursday: **Yoga with Rachel Fortner**
7:00 AM – 8:00 AM
Zumba with Andrea Davis
12:00 PM – 1:00 PM

Friday: **Body Recall with Martha Beagle**
9:00 AM – 10:00 AM
Step Aerobics with Becky Berheide
12:00 PM – 1:00 PM
Zumba with Michele McBrayer
5:30 PM – 6:30 PM



Schedules are subject to change without notice, depending on class, athletic and other college activity needs.

Reminders:

- You must be a student/employee/cardholder to use the activity spaces or pool in the center.
- For your safety and security, we ask that everyone **SHOW** their ID/membership card when entering Seabury Center.
- Please **leave** your ID at Equipment Issue when checking out equipment.
- Cardholders and employees need to purchase a **guest pass** for any visitors they bring to use the facility. Have the pass dated at Equipment Issue on each visit. (Note: 16-year-olds can only purchase guest passes for persons 16 years or older.)
- Children under 16 years of age must be in sight of a **parent**.
- You must be 14 years old to be in or use the weight room. If you are 14-15 years old, you must be with a parent.
- Please shower before entering the pool. **NO** street clothes are allowed in the pool area.

Weight Room Basics:

- There have been several changes to the weight room. New equipment has replaced some older models and the room was rearranged to increase functionality and maximize space. If you are uncertain how a new machine operates or what machine might have replaced one of your old favorites, feel free to ask the weight room staff and they will be happy to assist you.

News to Note:

- Please note the addition of Martha Beagle's Body Recall class to the list of Wellness Activities in the Dance Studio. Martha has taught this class for many years but it was inadvertently left off the September schedule.
- The UV system is now completely installed and functioning in the pool.
- Lap/Rec swim times have been slightly adjusted on Tuesday evenings. The swim time is now 7:30 PM – 9:00 PM **on Tuesday evenings only**.
- You have likely noticed the new welcome desks at both entrances to the Center. Please have your membership card ready to show the Desk Attendant each time you enter the building.

Looking Ahead:

- Mountain Day is Wednesday, October 5th. The Seabury Center will not open until 1:00 PM on Mountain Day so that our student staff and full-time staff can attend the morning activities.
- Plans have been finalized for the resurfacing of the indoor track on the 3rd floor. The new surface will be a rubberized track surface that will provide much more cushion to our walkers/joggers. The project is slated to start around the middle of October and the track level will be closed for a couple of weeks. We appreciate your patience during this improvement project.