

## Facility Hours

## Group Fitness Reservations

## Fitness Center Reservations

## Rec Swim Reservations

[klarc.bucknell.edu](http://klarc.bucknell.edu)

or Download the Bison Rec App



## Stay Connected



Bison Rec



@ Bucknell\_Rec

Violation of the KLARC rules/policies could result in a person/s being asked to leave and loss of membership privileges. Access and user policies subject to change without notice.

## Memberships

**Memberships July 1 - June 30**

### Community Memberships

Individual \$500

Family \$800

### Alumni Memberships

Individual \$375

Family \$600

### Natatorium/Fieldhouse Locker Rental (optional)

Community/Alumni \$100

Faculty/Staff/BU Students \$25

Current students, full-time and part-time faculty, full-time staff, spouses/spousal equivalents and dependents of Bucknell University employees under the age of 26 are automatically granted membership at no cost.

The number of memberships available for purchase is determined yearly by the Department of Athletics and Recreation

A family membership is available to the head of household, spouse/spousal equivalent and dependent children living in the same household and under the age of 26.

## Benefits

### Equipment (Issue and Return)

- A variety of equipment is available for sign out at the KLARC front desk, no charge
- Users are responsible for any damages.
- One item per valid BU ID card.

### Group Fitness Classes

A wide variety of group fitness classes are offered during each semester. Space is limited, reservations are required up to 48 hours in advance at [klarc.bucknell.edu](http://klarc.bucknell.edu).



# Bucknell University

## Kenneth G. Langone Athletics and Recreation Center

Access and User Policies  
2022-2023



Front Desk  
570-577-1078

Membership  
Services Office  
[bisonrec@bucknell.edu](mailto:bisonrec@bucknell.edu)

# **Kenneth G. Langone Athletics and Recreation Center (KLARC) Davis Gym, Gerhard Fieldhouse, Kinney Natatorium, Krebs Family Fitness Center & select outdoor facilities**

The Kenneth G. Langone Athletics and Recreation Center is a student centered facility that encompasses athletics, recreation and wellness in a collegiate environment.

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## **Eligible Users**

- Students currently registered in undergraduate and graduate courses of study with a valid Bucknell University ID.
- Current employees and their spouses/spousal equivalents and dependents living in the same household between the ages of 12 - 26 with a valid Bucknell University ID.
- Select Bucknell University retirees as determined by Human Resources
- Individuals (alumni/community members, etc.) who have purchased a KLARC membership.

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## **General Facility Rules & Policies**

- The KLARC is a student centered facility with priority for scheduling given to varsity athletics, recreation services, general students and University events. Only facilities listed in this document are available for use by general students, staff, faculty and facility members.
- All authorized users must present and a scan a valid Bucknell University ID/membership card upon entry.
  - Facilities listed in this brochure are available during regular hours when the spaces are not reserved for varsity athletics, recreation services and/or special events.
  - Bikes, rollerblades, scooters, skateboards, etc., are prohibited in the facility and on the outdoor tennis courts at all times.
  - Exterior doors may NOT be propped open at any point.
  - Proper footwear and attire must be worn at all times
  - The use of tobacco products is NOT permitted at any time.
  - Participation and use of all facilities is at your own risk.
  - Use of profanity or abusive language will not be tolerated.

## **Families with Dependent Children Policies**

- Children age 12 and younger may NOT use the Krebs Family Fitness Center, sauna or steam room at any time or participate in group fitness classes.
- Children age 12 and younger may use all other facilities so long as they are ACCOMPANIED AND ACTIVELY SUPERVISED by a parent or legal guardian.
- Children age 13 to 16 may use the Krebs Family Fitness as long as they are ACCOMPANIED AND ACTIVELY SUPERVISED by a parent or legal guardian.
- Individuals MUST be 16 years of age or older to use the sauna or steam rooms.

## **Locker Room Policy**

- Children age four and younger must be accompanied by a parent or legal guardian.
  - Children age five and older MUST use the appropriate locker room and be accompanied by a parent or legal guardian of the same sex.
  - Use of electronic devices inside locker rooms is prohibited.
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## **Facility Specific Rules & Policies**

### **Christy Mathewson Memorial Stadium (Track)**

- The facility is generally open daily from dusk to dawn.
- Use of the high jump/pole vault mats, hurdles, and other team training equipment is strictly prohibited.

### **Davis Gym**

- Non-marking athletic shoes are required at all times.
- Food and drink are not permitted on the courts.

### **Gerhard Fieldhouse (Track & Center Courts)**

- Courts may be configured for badminton, basketball, tennis and volleyball.
- Use of the batting cage, high jump/pole vault mats, hurdles, and other team training equipment is strictly prohibited.

### **The Natatorium**

- Natatorium is available for use during posted rec swim hours.
- When sharing lanes, swim in a counter-clockwise direction.
- Proper swimming attire must be worn at all times.
- Changing of clothes is not permitted on the pool deck.
- Food/drink/chewing gum are not permitted in the pool or on the pool deck.
- Glass containers are not permitted on the pool deck.
- Running is not permitted on the pool deck.
- Use of starting blocks and diving boards is prohibited.
- Deck level diving is permitted only where the water is at least nine feet deep.
- Breath-holding, other than normal swimming breathing cycles, is prohibited.
- Underwater swimming, other than flip turns, is prohibited.

### **Sauna and Steam Room (Kinney Natatorium)**

- Facilities are co-ed. Appropriate attire must be worn at all times.
- Under no circumstances should users wear excess clothing such as rubberized suits or plastic clothing.
- Pregnant women should not use the sauna without prior medical approval from their doctor.
- Elderly participants, and/or participants with respiratory or cardiopulmonary problems, should not use the sauna or steam room without prior medical approval from their doctor.
- Do not use steam room or sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics or tranquilizers.
- Remove all jewelry before using the sauna or steam room.
- Do not exercise in the sauna or steam room.
- Following vigorous exercise, allow a cool-down time before entering sauna or steam room and reduce your session time.

### **Sauna and Steam Room (Kinney Natatorium), continued**

- A time limit of 15 minutes must be observed due to the fatiguing effects of prolonged use of the sauna and steam room. Long exposures may result in nausea, dizziness or fainting.
- Use of steam room and sauna causes increases in pulse rate, increases in body temperature, and changes in blood pressure. This occurs differently in each individual, perhaps dangerously in persons with high or low blood pressure.
- Upon experiencing any nausea, dizziness, hot flashes or cold chills, headaches, or other discomfort, leave the sauna or steam room immediately.
- After using the sauna or steam room, participants must shower prior to entering the pool or hot tub.

### **Krebs Family Fitness Center**

- Equipment must be wiped down prior to use and when finished.
- Replace all plates, dumbbells and bars to their proper location at the completion of your workout.

### **Racquetball Courts**

- Non-marking athletic shoes are required at all times.
- Only racquetball may be played on the courts unless scheduled in advance.
- Proper eyewear and racquet are required.

### **Studio1 and 2**

- Group Fitness equipment is solely reserved for fitness classes.

### **Tennis Courts (Paddle, Indoor and Outdoor)**

- Non-marking athletic shoes are required at all times.
- Only tennis is permitted to be played on the outdoor/paddle courts unless scheduled in advance.

### **Wiegand Family Squash Center**

- Squash shoes or non-aggressive court sole configurations shoes must be worn at all times.
  - Court activities shall be limited to squash matches only.
  - Proper eyewear and racquet are required.
  - Know the WSF Rules of Squash and abide by them.
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ID card/scan required to enter the building at all times. Reservations are required to use the Krebs Family Fitness Center, Kinney Natatorium for Rec Swim and for all Group Fitness Classes. Reservations can be made by logging into [klarc.bucknell.edu](http://klarc.bucknell.edu)

**Questions contact [bisonrec@bucknell.edu](mailto:bisonrec@bucknell.edu)**