

## Frequently Asked Questions from Patrons

1. ***Q: Do full-time students automatically have memberships? During the summer?***  
A1: Full-time (12 credits undergrad/8 credits graduate) students receive access privileges automatically downloaded to their ID cards during the Fall & Spring semesters.  
A2: Not during the summer; currently all students must purchase memberships between the Spring Commencement and the Fall Free Week.  
A3: Certain Professional School students who are required to attend classes in the summer get access to the KFC during those summer class times. Check with the main office, Rm 211, KFC.
2. ***Q: Do part-time students have memberships during the school year?***  
A: No, they must purchase one at the main office
3. ***Q: Who can purchase KFC memberships?***  
A: Faculty/Staff, Alumni, and pre-approved (by Director) "Friends of Creighton"; Non-Affiliated persons may not purchase memberships as Creighton's KFC doesn't offer "public" memberships.
4. ***Q: What is the Guest Pass Policy and what do they cost?***  
A: Only current KFC members or Faculty/Staff & Alumni (over the age of 19) may purchase guest passes for themselves and their guests. If they sponsor guests, then they themselves, must stay in the facility with them and be responsible for them. Pass cost are: Daily \$8; 6 Punch \$40; 15 Punch \$75 (FitNest is \$5).
5. ***Q: Does it cost money to participate in Group Fitness, Intramural Sports, or Sport Club programs?***  
A: Yes, even though student fees generally subsidize over 50% of the program costs we have; you have a choice in various program options, go to the main office, Room 211, Monday-Friday, 8:00 am to 5:00 pm (see web page for more info.). Sport Clubs are student organizations that govern their own needed fees.  
***Q: Can non-KFC members purchase programs?***  
A: Yes, they may pay "IM" fees to gain access to the facility and participate by showing their pass.
6. ***Q: What are the hours for the KFC?***  
A: Building Hours: Monday – Thursday – 6:00 am to 11:00\*pm (\*9pm breaks/summer)  
Friday – 6:00 am to 9:00 pm  
Saturday & Sunday – 10 am to 9:00 pm  
Pool Hours: Daily – 12:00 noon to 8:30 pm
7. ***Q: Where are lost "CU ID" cards put?***  
A: After one day, "CU" cards are given to Card Services, we keep the "KFC" cards.
8. ***Q: What rooms are 135; 200; 100 & 148?***  
A: The Multi-purpose/aerobics room; Fitness Forum; Gym and large classroom.
9. ***Q: Can I reserve a court?***  
A: Not for basketball (from 3 – 6 it's open gym for basketball). For tennis, badminton, volleyball, soccer, racquetball (courts 1 & 3), squash/wallyball, you must reserve it at least one business day in advance by calling the main office or on-line. Also, CU organizations or groups can reserve KFC spaces and other recreational facilities by filling out a request form in the office well in advance of the dates needed. Our email link via our web page is: [www.creighton.edu/CampusRecreation](http://www.creighton.edu/CampusRecreation).
10. ***Q: How many laps around the track is 1 mile?***  
A: Outside lane = 6.5 laps  
Inside lane = 6.8 laps
11. ***Q: How long is the pool?***  
A: It is 28 yds long.

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**12. Q: Is there a certified fitness expert in the FF to help me if I have questions about an exercise or machine?**

A: Yes & No, the FF staff are there to help you safely use the equipment and some are certified trainers. Check in our 'Fitness Resource Center' (Rm. 201) with our 'Fitness Director' Steve Woita for more information and services available to those wanting help with their fitness interests.

**13. Q: Do I have to pay for a locker?**

A: Yes, you can get a full-size (\$25/semester; \$60/annual) or half size locker (\$15/semester; \$40/annual) from the main office, or, you can bring your own lock and use a daily locker for free that day (locks left on overnight will be cut off). Silver & Gold Memberships include lockers.

**14. Q: What are the hours of the main office?**

A: Monday through Friday 8:00 am to 5:00 pm.

**15. Q: Is "power lifting" allowed in the FF?**

A: No, we don't have a safe area or space to offer power lifting.

**16. Q: Why do I have to sign up for a treadmill and what is the deal with music in the Fitness Forum?**

A: Demand for treadmills and ellipticals often exceeds supply, so these cardio equipment items have a sign up system with a limit of 30 minutes per user.

A: The KFC has satellite music to choose from. The music policy follows a "low volume" rule during the day. Radio stations may be requested but content must be appropriate for Creighton.

**17. Q: Can I stay in the KFC after the closing time to take a shower?**

A: We expect patrons to leave the building at the closing time. If you need to use the shower, please go to the showers before the building closes (this is why the pool closes one half hour prior to the KFC).

**18. Q: How can I find out about or start a Sport Club?**

A: Go to the "Student Activities" office to see what organizations are currently registered and to find out how to form a new organization.

**19. Q: How can Sport Clubs reserve space in the KFC or when do clubs practice?**

A: Contact the Director of the Kiewit Fitness Center in the main office, #2848.

**20. Q: How do I set up/use fitness machines if I don't know how to operate them?**

A: Ask the 'Fitness Forum' attendant staff to help you and/or request a special orientation.

**21. Q: Is there a class I can take to learn how to lift/train properly?**

A: Yes, we offer 'weight conditioning' & "orientation", classes free to students and 1<sup>st</sup> time KFC members, each semester. Sign up FCFS in our main office, Rm 211.

**22. Q: Can you write me a lifting program to follow?**

A: Yes; we have Personal Trainers you may choose to work with. See the 'Fitness Resource Center' Rm 201 in the KFC for more information.

**23. Q: What is going to happen next year with the opening of the 'Harper Center'?**

A: There will be another work out room, the FitNest, similar to the KFC Fitness Forum space on the lower level of the Harper Center. Students will be able to use it as members and other memberships will be added and sold in our current KFC office. In addition, the KFC space and equipment will be updated.

**24. Q: What are the new membership 'packages' and what are their benefits?**

A: The new packages are 'Silver' & 'Gold' which add additional services and programs at combined discounted rates with a membership as follows:

'Silver' includes a ½ locker rental

'Gold' includes a locker rental, 'group fitness' classes, & guest passes.

**25. Q: How can I communicate my displeasure with various cleanliness of the facility?**

A: The easiest way would be to go on-line to our web page and use the email link there which goes to the Director. Another way would be to find the on duty 'Building Supervisor' and let them know immediately so they can try to find staff to address the problem. Please try to note the exact location and times you have seen the problem.

Thank you for your help in these areas!

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