

## FACILITIES

- W** Fitness area with free weights/stacked weights and cardio machines, including treadmills, elliptical machines, and stationary conventional and recumbent bikes
- W** 200-meter track in the Fieldhouse and a walking/jogging track in Center Court
- W** Four multipurpose courts in the Fieldhouse that accommodate tennis, volleyball, basketball, and pickleball, plus an additional basketball court in Center Court
- W** Golf hitting area and putting green
- W** Climbing wall, steam room, sauna, pool, hot tub, water slide, vortex pool, racquetball courts, and child care room

## MEMBER BENEFITS

- W** The W offers a free fitness assessment for new members. Sign up at the Welcome Desk.
- W** The W provides up to 75 minutes/day of free child care (ages 6 months–7 years) for members who are using facilities at The W. Child care workers are certified in adult/child/infant CPR AED, first aid, and blood-borne pathogens.
- W** Your W ID provides free admission to all Wartburg College regular-season home athletic events.
- W** Members have access to a gated parking lot.
- W** Members will receive regular email updates from The W staff.
- W** Members receive reduced rates for pool parties. For more information, call 319-352-8716.
- W** Members may purchase a pack of 10 guest passes for \$50. This is a savings of \$5 per pass for adults. The packet may be purchased at the Welcome Desk.

## MEMBERSHIP FEES

**Individual** — \$55/month (\$20 activation)

**Individual + 1** — \$75/month (\$25 activation)

**Individual + 2 or more** — \$85/month (\$30 activation)

**Senior (65 yrs +)** — \$37.50/month (no activation)

**Senior + 1** — \$55/month (no activation)

**Several insurance-sponsored programs** — Senior membership paid by participating health insurance provider

## GUEST FEES

Adults (19 or older) \$10/day

Children (0-18 years) \$5/day

## FACILITY HOURS

*Labor Day to Memorial Day  
(summer hours posted online)*

**Monday–Thursday:** 5 a.m.–10 p.m.

**Friday:** 5 a.m.–8:30 p.m.

**Saturday:** 7 a.m.–5:30 p.m.

**Sunday:** 11 a.m.–9 p.m.

## POOL HOURS

**Monday–Friday:**

5:15–7:30 a.m. (Vortex + Lap Swim Only)

10–11 a.m. (Senior Swim Only)

11 a.m.–1 p.m. (Vortex & Lap Swim Only)

5–8 p.m. (Open Swim)

**Saturday:**

7:30–9 a.m. (Vortex + Lap Swim Only)

11 a.m.–4 p.m. (Open Swim)

**Sunday:**

11 a.m.–1 p.m. (Vortex & Lap Swim Only)

1–6 p.m. (Open Swim)

## CLIMBING WALL HOURS

**Monday–Friday:** 4–8 p.m.

**Saturday–Sunday:** 1–4 p.m.

## CHILD CARE

**Monday–Friday:** 8–11 a.m. and 4–7 p.m.

**Weekends:** Closed

## GROUP FITNESS CLASSES

Monthly group fitness classes are designed for a variety of interests, fitness levels, and time schedules. Fees are the same for all group fitness classes, and W members receive a reduced rate. These classes are also open to guests.

Register for classes a month at a time or for four-month sessions offered Sept. 1–Dec. 31; Jan. 1–April 30; and May 1–Aug. 31.

Schedules and costs are posted online at [www.The-W.org](http://www.The-W.org).

Registration begins on the 20<sup>th</sup> day of the preceding month.

## SPECIALTY CLASSES

Specialty classes offer a more intense workout, and fees vary by class. These classes also are open to guests.

Schedules and costs are posted online at [www.The-W.org](http://www.The-W.org).

*There's a  
place for  
you at*

**W**  
the



**New Member  
INFORMATION**

**The-W.org | 319-352-8311**





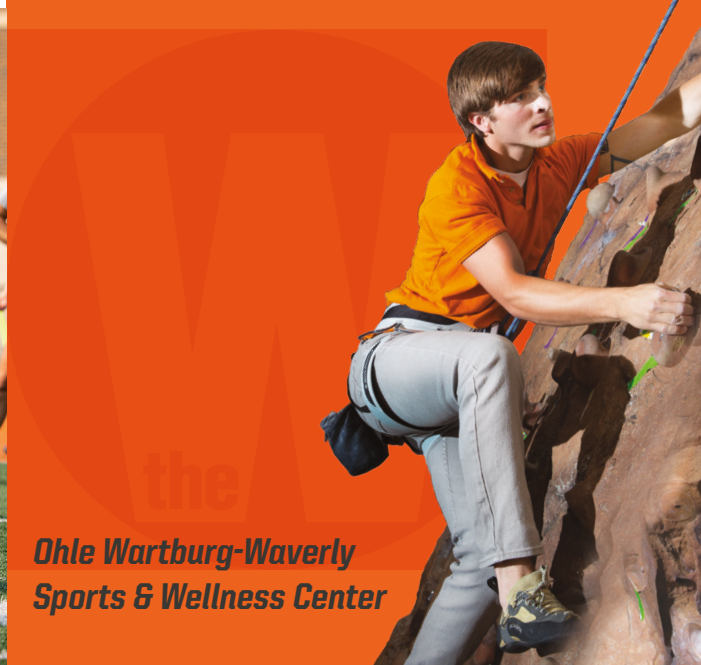
## POLICIES & PROCEDURES

- W Lot M, adjacent to the football stadium, is reserved for member parking. Hold your W ID in front of the card reader to open the gate. The gate will open without a card when you leave.
- W Show your W ID at the Welcome Desk each time you visit. Children must be 5 years old to have a card. Children under 14 are not allowed in the fitness area alone. Children 12 and above may use The W without an adult present. Children 8–11 are allowed to be in a different area of the building without direct supervision (e.g., parent is in the fitness area and child is playing racquetball).
- W Bring an extra pair of shoes to wear at The W. This helps minimize dirt, salt, and sand in our facilities.
- W Your W ID provides access to member locker rooms. Please use the family changing room if you are bringing a child of the opposite sex, age 4 or older. The family changing room entrance is located to the right of the Welcome Desk.
- W Beverages, earphones, locks, racquetball accessories, swim goggles, and some apparel may be purchased at the Welcome Desk.
- W The W accepts Visa, MasterCard, Discover, and American Express. You may charge class fees, W purchases, and gift cards to your W account.
- W Membership dues are billed the first day of the month. Notification of membership cancellation must be received prior to billing to avoid that month's charge.



- W Towels are available at the Welcome Desk. This service is free for members.
- W Lockers are available on a day-to-day basis. Bring your own lock to use in the member locker room (or purchase a lock at the Welcome Desk) and take it with you when you leave the building. Lockers are also available in the family changing area. A limited number of permanent lockers are available for \$10 per month.
- W Sign up for racquetball, tennis, and golf 48 hours in advance at the Welcome Desk or by calling 319-352-8311.
- W Basketballs are available for free checkout at the Welcome Desk. Please do not bounce balls in the hallways and locker rooms.
- W Towels and disinfectant are available for wiping off the machines after use. Small white towels are available in the Fitness Area for your personal use.
- W All group fitness and specialty classes at The W are open to the community. Sign up for classes at the Welcome Desk.

- W Personal trainers can help you reach your fitness goals. Reduced rates are available to W members. Inquire at the Welcome Desk.
- W The W offers massage therapy with licensed massage therapists. Visit [www.The-W.org](http://www.The-W.org), and click "Massage Therapy" for more information.
- W Members receive regular email updates, and announcements are posted on the website and our Facebook page.



**Ohle Wartburg-Waverly  
Sports & Wellness Center**

