

# Index

About ATSU. ....

    . . . . 3 Membership. ....

    . . . . . 5 Hours and policies . . . . .

    . . . . . 9

Activities and events . . . . .

    . . . 11 ATSU nature trail

        Equipmet checkout

        Fitness classes

        Fitness rooms

        • Cardio equipment

        • Weight equipment

        Gymnasium (TCC rental)

        League and tournament play/intramurals

        Races, multisport events, and tournaments

        Racquetball and wallyball

        Rock climbing wall – bouldering wall

        Swimming (off-campus activity)

        TCC field

## Notice of nondiscrimination

A.T. Still University of Health Sciences (ATSU) does not discriminate on the basis of race, color, religion, national origin, sex, gender, sexual orientation, age, disability, or veteran status in admission to or access to, or treatment or employment in its programs and activities. Harassment and retaliation are forms of discrimination prohibited by the University. Any person with questions

concerning ATSU's nondiscrimination policies is directed to contact the vice president for student affairs at 660.626.2236 or the director of human resources at 660.626.2790.

1

# About ATSU

## A.T. Still University of Health Sciences (ATSU)

ATSU, established by Andrew Taylor Still, DO, in 1892, began as the founding college of osteopathic medicine. ATSU has grown from a single-discipline school on one campus in Kirksville, Missouri, to a multidiscipline health sciences university with seven schools offering 27 health profession degrees on campuses in Kirksville, Missouri; Mesa, Arizona; Santa Maria, California; and online.

## Still-Well and Still Healthy

Established in 1991, the Still-Well Program is designed to encourage student health and wellness and to enable each student to reach his or her maximum potential in body, mind, and spirit. The mantra of the Still-Well Program is "I am my own first healer." The Still-Well philosophy is students must fulfill their own basic wellness needs before they are able to help others. Wellness comprises environmental, social, spiritual, physical, professional, intellectual, and emotional aspects of life. These wellness components are enhanced through a variety of Still-Well activities.

ATSU is also committed to employee wellness and encourages all employees to find balance in their own body, mind, and spirit. Employees are eligible for several health benefits through the University health insurance program and Still Healthy seminars. Please check with Human Resources for complete details. The Thompson Campus Center (TCC) is central to the Still-Well and Still Healthy programs.

# Membership

Thompson Campus Center (TCC) memberships are only available to ATSU students, employees, families, or alumni/retirees. Through a partnership agreement, memberships are also available to Northeast Regional Medical Center (NRMC) and Northeast Missouri Health Council (NMHC).

Initial membership registration must be completed in person with a student/ employee photo ID, at TCC during regular business hours (Monday–Friday, 8:00 a.m.-5:00 p.m., except University holidays). EXCEPT for plus ones, see note below the category for registration details.\*

Memberships are valid for one year from the initial membership registration date. Memberships will be canceled immediately if a student withdraws or is dismissed from ATSU or if an employee terminates employment with ATSU, NMRC or NMHC.

All members are required to sign a waiver agreement at their initial registration and again annually on or before their renewal date. Members without a signed waiver are not allowed to use TCC. A parent or legal guardian must sign the waiver for any family member under the age of 18.

**Use of the TCC facility is outlined as follows and applies to all membership categories:**

- Family members 14 years of age to 17 years of age are only allowed to use the gymnasium and racquetball court while physically accompanied by their adult TCC member.
- Family members 14 years of age to 17 years of age are not permitted in TCC cardio/fitness areas.
- No one 13 years of age or younger is permitted into the TCC. The only exception is made for ATSU special events.
- The Vice President for Student Affairs, Associate Vice President for Student Affairs, TCC Director and/or Manager reserves the right to modify the use of facilities at any time.

## **MEMBERSHIP CATEGORIES**

### **Category 1. ATSU Students**

ATSU Students (currently enrolled) .....No charge

### **Category 2. ATSU Employees**

Employees (faculty and staff) .....No charge

Employee Family\* .....\$100.00/year

### **Category 3. Extended Guest**

Extended Guest.....\$100/year

*ATSU students, faculty, and staff may add one individual, 18 years of age or older, to their membership. The ATSU affiliate is responsible for the Extended Guest. Limited to one (1) Extended Guest per ATSU affiliate per year. The membership renewal date for Extended Guest memberships is set to the ATSU affiliate's renewal date and is not pro-rated. This option is NOT available for non-ATSU members (NRMC or NE Health). Extended Guests cannot add an Extended Guest or Day Guest to their membership.*

- ✓ Extended Guest memberships must be completed, in person by the ATSU affiliate and Extended Guest, at the Thompson Campus Center during regular business hours (Monday thru Friday, 8am-5pm, except university holidays). The following registration form will be required to be completed at registration:  Proof of COVID vaccination

\$100 fee

ATSU affiliate and Guest Responsibility:

The ATSU affiliate associated with this “Extended Guest” accepts responsibility for the actions of the guest while at the

ATSU Thompson Campus Center (TCC). Guest violations of the TCC rules and policies will result in immediate cancellation of this “Extended Guest” agreement. The “Extended Guest” membership is automatically canceled if the ATSU affiliate does not renew their membership; or is withdrawn/dismissed, or terminated. The annual renewal date for this “Extended Guest” membership will be set for one year from the date of registration. Falsifying or misrepresenting information is grounds for academic sanctioning. ATSU reserves the right to prohibit “Extended Guest” use of the facility at any time due to high occupancy, campus events, or any other reason.

## **TCC Membership Fees**

Effective as of July 1, 2022

### **Category 4. Day Guest**

Day Guest.....\$5/day

*ATSU affiliates may register one individual per day, 18 years of age or older, as a guest to the TCC. This option is NOT available for non-ATSU members (NRMC or NE Health).*

Day Guest memberships must be completed, in person by the ATSU student and Day Guest, at the Thompson Campus Center during regular business hours. The following registration form will be required to be completed at registration:

- Proof of COVID vaccination
- \$5 fee

ATSU affiliate and Guest Responsibility:

The ATSU affiliate associated with this “Day Guest” accepts responsibility for the actions of the guest while at the ATSU Thompson Campus Center (TCC). Guest violations of the TCC rules and policies will result in immediate cancellation of this “Day Guest” agreement. ATSU reserves the right to prohibit “Day Guest” use of the facility at any time due to high occupancy, campus events, or any other reason. The “Day Guest” must be accompanied by the ATSU student at the TCC for the duration of the workout. “Day Guest” passes are valid only for the day of purchase. By signing below, the ATSU affiliate and “Day Guest” accept the terms of the “Day Guest” agreement.

**Category 5. Non-ATSU Memberships<sup>+</sup>(limited to NRMC and NE Health Council Employees)** Employee of NRMC

.....\$75.00/year

Employee Family\* .....\$175.00/year

*<sup>+</sup>Non-ATSU members are required to inform the TCC of any change in employment status. Non-ATSU memberships will be canceled, without refund, if the member is no longer employed by NRMC or NE Health Council. If ATSU terminates the affiliation agreement with either NRMC or NE Health Council, membership refunds will be prorated based on the number of full months remaining in the annual membership.*

- ✓ Non-ATSU Memberships are available at the TCC during regular business hours. Proof of employment at NRMC or NE Health Council is required (employer issued ID badge or business card with a photo ID).

**Category 6. ATSU Alumni and ATSU Retirees:**

Individual .....\$350.00/year

Family\* .....\$450.00/year

**Payment Terms:**

- Payment is due in full upon registration.
- Payment can be made in check, credit card, or payroll deductions (for ATSU employees only).
- Memberships are non-refundable
- There are no trial memberships or pro-rating of fees
- Membership fees and rules are subject to change every year on July 1<sup>st</sup>.

# Hours and policies

## Hours of operation

TCC is open seven days a week.

Monday – Thursday • Open: 6:00 a.m • Close: 10:00 p.m. Friday

• Open: 6:00 a.m • Close: 8:00 p.m.

Saturday and Sunday • Open: 8:00 a.m. • Close: 8:00 p.m.

All activities will end 10 minutes prior to the scheduled closing. The TCC is closed for seven to 10 days each year for University holidays and special events.

## General rules and regulations

- Only TCC members are allowed to use the TCC.
- No one under 18 is allowed in the fitness room/weight room. • ATSU and the TCC are not responsible for personal property lost or stolen. • Members may be denied access to the TCC for inappropriate behavior. Repeated violations result in loss of

membership.

- Appropriate attire and shoes are required in specified areas. • Alcohol is prohibited in the TCC except during authorized special events (subject to the ATSU policies on alcohol).
- Rules and regulations regarding the use of the TCC will be posted in appropriate areas. It is the responsibility of the member to be knowledgeable of the rules and regulations concerning the various areas of the TCC.
- ATSU and the TCC shall not discriminate against anyone based on race, color, sex, religion, disability, gender, age, disability, veteran status, or national origin.
- All fees, policies, and regulations are subject to change without notice.

## Identification policy

Proper photo identification is mandatory for facility users. Everyone must check in at the front desk and show identification upon request at any time in the building.

Use of the TCC facility is outlined as follows and applies to all membership categories:

- Family members 14 years of age to 17 years of age are only allowed to use the gymnasium and racquetball court while physically accompanied by their adult TCC member.
- Family members 14 years of age to 17 years of age are not permitted in TCC cardio/fitness areas.
- No one 13 years of age or younger is permitted into the TCC. The only exception is made for ATSU special events.
- The Vice President for Student Affairs, Associate Vice President for Student Affairs, TCC Director and/or Assistant Director reserves the right to modify the use of facilities at any time.

## Shoe policy

All members must carry in their workout shoes every time they enter the building, or be prepared to clean shoes. Only non-scuffing shoes are allowed in the gym or courts. 9

# Activities and events

## ATSU nature trail

- A maintained and marked 1.75 mile nature trail is located behind the TCC. • The trail is open to all TCC members.



- The trail is located on ATSU private property and subject to the rules and policies of ATSU.
  - Fishing is allowed with permission, Missouri fishing license required. •
- Hunting is prohibited.

## Equipment checkout

All TCC equipment must be checked out from the front desk. Equipment available includes:

- Basketballs, volleyballs, footballs, softball equipment, Wiffle balls/bats, soccer balls, wallyballs, jump ropes, and Frisbees
- Boxing gloves and bags, tables, chairs, water coolers
- Racquetball racquets, balls, and eye guards

The TCC offers year-round events for students, employees, and the public. Contact the TCC for a complete listing of events. TCC recreational programs offer students/spouses an annual free bike tune-up, canoe/kayak outings, dance instruction, mountain bike trail rides, and golf lessons.

## Fitness classes

- All classes are 50-60 minutes in length and offered when instructors are available.
- The studio is located on the lower level of the TCC.
- Class schedules are posted at the front desk and include: ♦

Ballroom dance

- ♦ Barre
- ♦ Boxing
- ♦ Circuit training
- ♦ HIIT
- ♦ Osteoblasters
- ♦ Spinning

It is mandatory for spinners to bring bottled water and a towel.

Reservations may be made 24 hours in advance.

- ♦ Step
- ♦ Weight training
- ♦ Walking group ♦ Yoga

# 11

## Fitness rooms

- Cardio room (upper level)
  - ♦ Treadmills
  - ♦ Ellipticals
  - ♦ StairMasters
  - ♦ Rowing machine
- Weight room (upper and lower levels)
  - ♦ Free weights

- ◆ Selectorized machines
- No one under 18 years of age is allowed in the fitness room areas.

## Gymnasium

- Available to all members except during scheduled activities. •

Reservation/rental by arrangement with director.

## League and tournament play

Student Government Association Intramural League offers students and employees organized play for various ability levels. Sports include racquetball, basketball, volleyball, Ultimate Frisbee, softball, flag football, and indoor/outdoor soccer. Tournaments may be announced periodically; check with the front desk for more information.

## Races, multisport events, and tournaments •

ATSU Wellness 5K Run

- TCC/YMCA Twilight 5000 Meter Run and Tot Trot
- Flats Trail Half Marathon
- ATSU Founder's Day 5K run and 1-mile walk
- Reindeer Romp 4-mile run and 1.5-mile walk
- Golfing
- Kayaking/canoeing
- Bowling outings

Other area events include:

- St. Patrick's Day 5K run for NACD
- Run Thru the Jungle 5K run and 1.2-mile walk for FLATS
- Truman Bulldog 5K Homecoming run
- Uncle Sam FLATS run

## Racquetball and wallyball

Reservations

- The TCC has one court, and reservations are required. Walk-ins are based upon availability.
- Reservations can be made in person or by phone (660.626.2213). Sign-up is also available on Wodhopper.
- Students and employees found abusing the reservation process risk losing court privileges entirely.

- Cancellations must be made one hour in advance of the reservation time.
- A reservation becomes void if the court is not claimed or notification given within 15 minutes of reserve time.

## Rock climbing wall – bouldering wall

- 15 feet high
- Hand holds

## Swimming

- ATSU students and employees are provided access to the Kirksville Aquatic Center free of charge.
- Paperwork required for establishing access via Human Resources for employees or the TCC director for students.

## TCC field

- Outdoor area suitable for football, field hockey, Frisbee, and soccer.

# For more information

For more information or a full description of policies, facilities, and activities, contact TCC at 660.626.2213 or check with the front desk.

