



A.T. Still University's Thompson Campus Center

VIEWBOOK



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Notice of nondiscrimination

A.T. Still University (ATSU) does not discriminate on the basis of race, color, religion, ethnicity, national origin, sex (including pregnancy), sexual orientation, age, disability, or veteran status in admission or access to, or treatment or employment in its programs and activities. Sexual harassment, dating violence, domestic violence, sexual assault (e.g., nonconsensual sexual contact/intercourse), stalking, harassment, and retaliation are forms of discrimination prohibited by ATSU.

Any person with questions concerning ATSU's Title IX compliance is directed to contact: John Gardner, PhD, MEd, Title IX and civil rights coordinator (660.626.2113; johngardner@atsu.edu), 800 W. Jefferson St., Kirksville, MO 63501. More information, including ATSU Policy No. 90-210: Prohibition of Discrimination, Harassment, and Retaliation, may be found at atsu.edu/titleix.

In compliance with the Clery Act and Section 86 of Department of Education regulations, the University makes available to all prospective students, admitted students, and current students: ATSU's Annual Security and Fire Safety Report (ASR) and Drug and Alcohol Misuse Prevention Program (DAMPP). The ASR may be found online at atsu.edu/security. The DAMPP may be found online at atsu.edu/dampp. Printed copies of each report may be requested from studentaffairs@atsu.edu.



About ATSU

A.T. Still University of Health Sciences (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 26 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 enable each student to reach their maximum potential in body, mind, and spirit. The program's mantra is "I am my own first healer." According to the Still-Well philosophy, 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 TCC is central to the Still-Well and Still Healthy programs.





Membership

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 (NRMHC) and Northeast Missouri Health Council (NMHC).

Initial membership registration must be completed at the TCC with a student/employee photo ID during regular business hours.

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 the TCC. A parent or legal guardian must sign the waiver for any family member under age 18.

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/year

** Family members ages 14-17 are only allowed to use the gymnasium and racquetball court while accompanied by their adult TCC member.

** Family members ages 14-17 are not permitted in TCC cardio/fitness areas.

** No one 13 years old or younger is permitted into the TCC. The only exception is made for ATSU special events.

Category 3: Extended guest

Extended guest \$100/year

*ATSU students and employees may add one individual, age 18 or older, to their membership. The ATSU affiliate is responsible for the extended guest and limited to one extended guest per year. The extended guest membership renewal date is set to the student's or employee's renewal

date and is not prorated. This option is NOT available for non-ATSU members (NRMCM or NMHC). Extended guests cannot add an extended guest or day guest to their membership.

An extended guest membership form must be completed in person by the ATSU affiliate and extended guest at the TCC during regular business hours. The form must be accompanied by the \$100 fee.

Extended and guest responsibility

The ATSU affiliate associated with the extended guest accepts responsibility for the guest’s actions while at ATSU’s TCC. Guest violations of TCC rules and policies will result in immediate cancellation of this “Extended Guest Agreement.” Extended guest membership is automatically canceled if the ATSU affiliate does not renew his/her membership or if the ATSU affiliate 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.

Category 4: Day guest

Day guest \$5/day
ATSU students may add one individual per day, age 18 or older, as a TCC guest. The ATSU student is responsible for the extended guest. This option is NOT available for non-ATSU members (NRMCM or NMHC).

A day guest membership form must be completed in person by the ATSU student and day guest at the TCC during regular business hours. The form must be accompanied by the \$5 fee.

Student and guest responsibility

The student associated with the day guest accepts responsibility for the guest’s actions while at ATSU’s TCC. Guest violations of TCC rules and policies will result in immediate cancellation of “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 the Day Guest Agreement, the student and day guest accept all terms of the agreement.

Category 5: Non-ATSU memberships

(limited to NRMC and NMHC employees)

- NRMC & NMHC employees \$100/year
- NRMC & NMHC employee family** \$175/year
- ** Family members ages 14-17 are only allowed to use the gymnasium and racquetball court while accompanied by their adult TCC member.
- ** Family members ages 14-17 are not permitted in TCC cardio/fitness areas.
- ** No one 13 years old or younger is permitted into the TCC. The only exception is made for ATSU special events.

- 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 NMHC. If ATSU terminates the affiliation agreement with either NRMC or NMHC, 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 NMHC is required (employer issued ID badge or business card with a photo ID).

Category 6: ATSU alumni or retirees

- Individual. \$350/year
- Family*. \$450/year
- ** Family members ages 14-17 are only allowed to use the gymnasium and racquetball court while accompanied by their adult TCC member.
- ** Family members ages 14-17 are not permitted in TCC cardio/fitness areas.
- ** No one 13 years old or younger is permitted into the TCC. The only exception is made for ATSU special events.

Payment terms

- Payment is due in full upon registration.
- Payment may be made by check, credit card, or payroll deductions (ATSU employees only).
- Memberships are non-refundable.
- There are no trial memberships or prorating of fees.
- Membership fees and rules are subject to change on July 1.



Hours and policies

Hours of operation

ATSU's TCC is open seven days a week.

Monday-Thursday, 6:00 a.m.-10:00 p.m.

Friday, 6:00 a.m.-8:00 p.m.

Saturday and Sunday, 8:00 a.m.-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 ATSU's policies on alcohol).
- 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, religion, ethnicity, national origin, sex (including pregnancy), sexual orientation, age, disability, or veteran status in admission or access to, or treatment in its programs and activities.
- 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.

Children under 18 years old must be supervised by a responsible adult member.

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.



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 ATSU rules and policies.
- Fishing is allowed with permission, and a Missouri fishing license is 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, and chairs
- 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 and their partners 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:
 - ♦ Boxing
 - ♦ Circuit training
 - ♦ High-intensity interval training
 - ♦ Osteoblasters
 - ♦ Spinning
 - ♦ Step
 - ♦ Weight training
 - ♦ Walking group
 - ♦ Yoga



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 all TCC members 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 Run (5K run and 2K walk)
- ATSU Founder's Day 5K run and 2K run/walk
- Reindeer Romp (4-mile run and 1.5-mile walk)
- Golfing
- Kayaking/canoeing
- Bowling outings

Other area events include:

- FLATS Trail Half Marathon
- FLATS Uncle Sam 5K run and 2K run/walk
- FLATS St. Patrick's Day 5K run and 2K run/walk
- FLATS Sunrise trail 10K and 5K race



Racquetball and wallyball

Reservations

- The TCC has one court. Walk-ins are based upon availability.
- Reservations may be made in person or by phone (660.626.2213). Sign-up is also available on the gym's management app, Glofox.
- Students and employees found abusing the reservation process risk losing court privileges entirely.
- A reservation becomes void if the court is not claimed or notification given within 15 minutes of reserved time.

Rock climbing wall – bouldering wall

- 15 feet high
- Climbing shoes are available upon request at the front desk.
- Hand holds

Swimming

- ATSU students and employees are provided access to the Kirksville Aquatic Center free of charge.
- Access is established with documentation from Human Resources (employees) or the TCC director (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 the TCC at 660.626.2213 or check with the front desk.



Learn more at atsu.edu