



<p><b>Hours @ Pottruck</b></p> <p>Monday-Friday 6am-10pm Saturday 8am-8pm Sunday 9am-8pm</p>	<p style="text-align: center;"><b><i>Procedure for Group Requests</i></b></p> <p><i>*Disregard this information if you are working with Hospitality Services for Gym Access*</i></p> <ul style="list-style-type: none"> <li>• Program Manager will collect waivers from Group Participants</li> <li>• Program Manager will compile participant First/Last Name, Penn ID#, Age, and Program Length into an Excel Spreadsheet</li> <li>• The spreadsheet along with the department budget code and waivers will be sent to Tyler Snyder via email, Secure Share, or Penn Box.</li> <li>• Tyler Snyder will provide access to Pottruck in advance of the program start date – must receive compiled information 2-3 Business Days in advance.</li> <li>• A completed invoice will be sent to DRIA Finance and Program Manager will be copied.</li> </ul>
<p><b><i>Rates &amp; Additional Fees</i></b></p> <ul style="list-style-type: none"> <li>• 1 week: \$60</li> <li>• 2 weeks: \$90</li> <li>• 3 weeks: \$120</li> <li>• 4 weeks: \$150</li> <li>• 5-9 weeks: \$175</li> <li>• 10-12 weeks: \$225</li> </ul> <p><i>*Ask for Bulk pricing for program use only.</i></p> <p><b><i>Age Requirements &amp; Waivers</i></b></p> <ul style="list-style-type: none"> <li>• 14 &amp; Under: Not allowed in Facility</li> <li>• 15-17: Parental Approval &amp; Assumption of Risk Waiver Required</li> <li>• 18 &amp; Older: Assumption of Risk Waiver for 18+ Required</li> </ul> <p><i>*Premium group exercise classes, Pilates, and personal training services are available at an additional fee. Minors are not eligible for these services.</i></p>	<p style="text-align: center;"><b><i>Procedure for Individual Requests</i></b></p> <p style="text-align: center;"><b><i>(can only be arranged for Student 18 years+)</i></b></p> <ul style="list-style-type: none"> <li>• Individuals can enroll in the Working Student Summer Membership at Membership Services.</li> <li>• PennCard, University ID from the Student's home institution, and payment are required at the time of enrollment.</li> </ul> <p style="text-align: center;">Recreation no longer accepts Cash as payment. Visa and MasterCard are accepted.</p>
<p style="text-align: center;"><b><u>Membership Services Hours of Operation</u></b></p> <p style="text-align: center;">Monday – Friday: 9:00 am to 5:00 pm Saturday – Sunday: Closed</p> <p style="text-align: center;"><b><u>Contact Information</u></b></p> <p style="text-align: center;">Tyler Snyder: 215-898-6100 <a href="mailto:tvsnyder@upenn.edu">tvsnyder@upenn.edu</a></p>	



## What's included in the pricing:

### Access to Pottruck & Sheer Pool

- Sheer Pool Renovation is set to begin July 1, 2024, and will be offline.
  - Built in 1967, this facility has the capacity to be either 2 short-course pools (25 meters and 25 yards, 12 lanes) or 1 long course pool (50 meters, 6 lanes) and is home to a large recreational population as well as the University's various club and varsity sports teams. The Sheerr Pool is equipped with a stair entrance at the shallow end, a handi-accessible chair, and an on-deck dry sauna and shower. The pool temperature is kept around 78-80 degrees. Lanes in the Sheerr Pool are designated for slow, medium, and fast-paced swimmers. Circle swimming is expected when there are three or more people sharing a lane.
- Katz Fitness Center (Atrium Level)
  - The Katz Fitness Center is located on the Atrium Level. This cardiovascular workout area contains Life Fitness Cross Trainers, Treadmills, Steppers, Upright and Recumbent Bikes and Rowers. The atrium also holds Sweet Treat Hut, the Climbing Wall, and the Membership Services office.
- Second Floor
  - The weight room is located on the second floor complete with Life Fitness strength training equipment, selectorized circuit pieces, Avnet Basketball Courts (3-indoor courts total), and the Multi- Purpose Room. The Weight Room has more than 8000 sq. ft. of Life Fitness and Hammer Strength Selectorized Circuit equipment, Olympic lifting platforms, plate loaded equipment and free weight areas. Additional strength equipment is located on the 3rd and 4th levels of the facility and in the Multi-Purpose Room.
- Third Floor
  - The third floor contains a Fitness Center, complete with Life Fitness Cardiovascular and selectorized Circuit pieces. This fitness center is generally programmed as the "Quiet Floor" with no music playing overhead. The third floor also holds the Cycling Studio, Pilates Studio 305, Golf Simulator, and PennFit Studio 311.
- Fourth Floor
  - Another fitness area is available on the fourth floor complete with Life Fitness Cardiovascular equipment, dumbbells, and a functional training area. Additional fitness studios are located on the fourth floor.