

Membership

What is included in my Campus Recreation membership?

If you are a community member or UAlbany affiliate (Alumni, Spouse/Partner of a faculty/staff member, or UAlbany retiree) your Campus Recreation membership provides you access to all Campus Recreation facilities. Facilities include the SEFCU Fitness Center, Aquatics Center, PE squash/racquetball/handball courts, outdoor basketball courts, outdoor tennis courts, the PE Basketball Courts*, and the Bubble*

*These facilities are only available during open recreation hours.

If you are a UAlbany graduate student your Campus Recreation membership includes all of the above, as well as access to all Group Exercise classes.

I am a UAlbany graduate student. Do I need to purchase a membership?

Yes. UAlbany graduate students can purchase the Graduate Student Pass which will provide them with access to all Campus Recreation facilities and group exercise classes. Passes are valid for one semester.

When does my membership expire?

Campus Recreation memberships are sold on a semester basis. Fall semester memberships will expire on the last day of fall finals week, spring semester memberships will expire on the last day of spring finals week, and summer memberships will expire in mid-August.

Can I buy an annual membership, or month-to-month membership?

No. At this time Campus Recreation memberships are only sold on a semester basis. No other membership types are available.

What if I am visiting campus and only want to use the Fitness Center for 1 day?

Campus Recreation offers day passes that provide the user with access to all of our facilities and group exercise classes for one day. Day passes are \$8 per day and can be purchased at the Recreation Services Office.

Can I buy a membership for my child who is under 18 years of age?

No. Campus Recreation memberships can only be purchased by/for someone who is at least 18 years old or older.

In order to use the locker rooms, what do I need? Do you provide locks and/or towels?

Campus Recreation members and UAlbany community members have access to the PE General Locker Rooms which are located in the basement of the Physical Education building. Day use lockers are available at no additional cost, and patrons with current memberships or students can rent a tall or short locker for the semester. Campus Recreation does not provide locks or towel service at this time.

Are group exercise classes included in my membership?

Community memberships and affiliate memberships do not include access to group exercise classes. Group exercise passes can be purchased for an additional \$40 and will provide the user access to classes for the semester during which the pass was purchased.

Do I have to have a Campus Recreation membership to buy a Group Exercise Pass?

No. Patrons can purchase a group exercise pass without having to purchase a Campus Recreation membership as well.

How do I rent equipment?

Anyone with a UAlbany ID card or Campus Recreation membership card can rent equipment from the Recreation Services Office. Simply provide the Member Services Representative with your card and you can check out a piece of equipment. Cards are held until the item is returned. Overnight rentals are not available, and all equipment can only be used on/in Campus Recreation facilities. There is no charge to rent equipment, but if the equipment is damaged when returned, or not returned, the borrower will be fined.

Can students use Campus Recreation facilities during the summer?

Yes, Campus Recreation facilities are open during the summer. Undergraduate students who are taking summer classes are able to use the facilities at no additional charge. Undergraduate students who are not taking summer classes, or graduate students (regardless of their class schedule) may purchase a summer membership for \$40.

Club Sports

What is the difference between club sports and intramurals?

Club Sports are Student Organizations recognized by the Student Association and are completely ran by the student participants. Many practice multiple times per week as well as compete. Some Club sports are also recreational in that they do not compete, but are based in learning and teaching a skill.

Who can participate in a club sport?

Any student affiliated with UAlbany and has a 2.0 GPA can participate in Club Sports.

How do we start a club sport?

If you would like to start a Club Sport, you will need to fill out a New Club Application at the Student Association Office in Campus Center, Room 116.

Fitness/Wellness

Do I need a valid UAlbany ID to enter the SEFCU Fitness Center?

Yes, all participants need a valid UAlbany ID, day pass, or a Campus Recreation membership card to enter the SEFCU Fitness Center. At some point this will need to be updated to reflex quad procedures.

Are there fees for Group Ex classes?

Group Exercise classes are available to undergraduate students at no additional cost. Graduate students can participate once a membership has been purchased which includes all campus recreation facilities ((\$40/semester, or \$8/day pass). Faculty, Staff, and Community Members need to purchase a group exercise pass (\$40/semester, or \$8/day pass).

How do I get a personal trainer?

At this time, personal training is not available.

Are Nutrition Services available?

There are no Nutritional Services available through Campus Recreation, however UAS Dining does have a Registered Dietitian on staff.

Do you offer massage services?

At this time, massage services are not offered.

How do I get a tour of the fitness Center and its equipment?

Participants may check in with the Fitness Assistant on duty and request a walk-through of the Fitness Center, or can be given an equipment orientation.

How can I become group fitness instructor?

Students interested in becoming a fitness instructor can email fitness@albany.edu. Those that currently are certified are requested to send in certifications and resumes to the Assistant Director of Fitness and Wellness. For those that aren't certified, an in-house training program is offered to get students ready to instructor fitness classes.

Why do we not have Olympic lifting platforms or not allow the dropping of weights?

At this time we do not have any Olympic lifting platforms due to space constraints of the Fitness Center as well as the need to have more trained fitness professionals on the floor for supervision of these lifts. Dropping of the weights is not prohibited to ensure the safety of both the participants and the equipment.

When is the best time of day to work out?

The busiest time of the day peaks is between 4:30 and 9:30 p.m.

Why are athletic shoes required while lifting?

Athletic shoes must be worn at all times within the SEFCU Fitness Center for the safety of the participant and for health reasons associated with the spreading of germs.

Why can't I lift with chalk?

Chalk use on bars damages weightlifting bars, causing them to rust overtime. Chalk use also leaves residue around the racks, increasing the uncleanliness of the Fitness Center.

Can anyone attend a wellness program? Is there a fee?

Wellness programs are open to the entire UAlbany Community. No fee is required unless indicated. Registration is not required unless indicated. Any questions regarding programs can be emailed to fitness@albany.edu

Do I need to sign up for group exercise classes?

Classes do not require registration. Some classes do fill up, so it is suggested to show up early to ensure space in the class.

Intramural Sports**Who can participate in intramural sports?**

Any student with a valid SUNY Card or any Faculty/Staff member can participate in intramural sports.

How much does it cost to play an intramural sport?

Depending on the type of sport, there is a refundable Forfeit Fee of \$50.00 that is required to be paid prior to when games start for the semester. Tournaments and small events are free.

How do I sign up for an intramural sport?

To sign up for intramural sports (IMs), participants need to visit and sign up on IMLeagues.com with a UAlbany email. Once registered on IMLeagues.com, all of the sports with open registration will have a button that says "Register" and it will prompt you to either create a team or to join a team.

Where can I find out if Intramural events have been cancelled due to weather?

In the case of cancellation due to weather, the UAlbany IM Staff will notify all of that evening's participants via email through [IMLeagues](http://IMLeagues.com). It will also go out via text message and with a phone call if it is within an hour of the scheduled game time.

Can spouses play intramurals?

At this time, Campus Recreation Intramural Sports do not allow for spouses to play IM sports.

Can non-members watch intramural events inside the facility?

Non-members are allowed to watch intramural events only on our outdoor facilities. But they must stay on the specific area for spectators and not on a team's bench area. Any events held in the PE Gym, they must be a student with a valid SUNY ID card to enter and watch.

What intramural sport is coming up next?

In the Fall of 2016 we will offer several different sports, including Flag Football, Outdoor Soccer, Sand Pit Volleyball, Softball, Badminton, Street Hockey, Tennis and more.

When is my next intramural game?

Each team plays once a week at the specific day and time that they chose upon registering that team. All IM game schedules are posted on the IMLeagues.com site. Playoff brackets are different but will be posted 2 days before playoffs begin so that teams may check to see if they need to reschedule the allotted game times.

Employment FAQ's

Do you have any jobs available for students?

Yes. Campus Recreation employees approximately 120 students each year. For information on job openings and how to apply, please visit the Employment section of our website.