

Tell It Like It Is

PARS Director Responds to Your Questions & Comments

Fall 2006

Welcome Back to Fall Term 2006 – 2007. It's great to see the Student Recreation Center (SRC) humming with activity again. Students, did you know that a recent national research study revealed that university students who engage in fitness and recreation activities are more likely to succeed in their academic work and be more satisfied with their overall college experience? The fact that you are here indicates that you are discovering the importance of providing opportunities to balance physical and mental wellness in your life and I applaud you for that resolve.

Just getting started again after being away from fitness activities for awhile or is your workout feeling a bit stagnant these days? Consider our Fitness Assessment and Personal Training services. Information is available on our web site and in brochures at the SRC.

Check out the brand new "Functional Trainer" in the weight room. This is a fully adjustable cable machine that we know you will enjoy. The Functional Trainer can be used for a multitude of exercises for the upper and lower body (many exercises are pictured on the front of the machine). Better yet, this new weight machine is fully wheelchair accessible.

Let us know if there is anything we can do to facilitate your fitness or recreational experiences in the Student Recreation Center.

Dennis Munroe

I've heard a rumor that the SRC will open earlier in the morning this year. Is that true?

Yes, we are happy to announce new SRC hours and early morning programming! Beginning Fall Term, the Student Recreation Center will open during the regular academic year at 6:00am and the SRC pool will open at 6:15am, Monday thru Friday. We hope this adds convenience for a morning workout to those who have 8am classes and work appointments.

Pilates will be offered from 6:30am-7:20am on Monday and Wednesday as a Physical Education class! In addition, a new class called Neuromuscular Integrative Action or NIA, will be offered from 6:30am-7:20am on Tuesday and Thursday through the Rec Aerobics punch card program. NIA combines elements of tai chi, yoga and dance into an invigorating cardiovascular fitness program. The movements are low impact and the choreography is simple enough for participants of all fitness levels.

Why is the weight room closed so much for classes?

The SRC is a combined student services (ASUO support) and academic (general fund support) building and therefore will always have academic Physical Education classes. We intentionally teach weight training classes during the lowest use time of the morning and early afternoon. We also have a complete Cybex Eagle selector weight machine circuit just past the rock climbing wall. That circuit is always open during weight training classes.

The good news is that in our final "Phase III" expansion, we are planning an additional fully equipped weight room. When that is built, drop-in weight training will be available during all hours that the recreation center is open. Meanwhile, [I hope you can adjust your personal schedule to come at times when we do not have classes. Another option would be to sign up for a weight training class. Then you would have access during class time.](#)

What happened to the tear away disposable cleaning cloths in the cardio room?

We appreciate the patience and understanding of everyone during our transition with rags and cleaning supplies in the fitness areas of the Student Recreation Center. Our decision to try disposable wipes was due to the cost associated with continuously replacing a large number of rags that were taken out of the SRC. The disposable wipes method did not prove to be environmentally friendly or cost effective so we have returned to using a cheaper style of reusable rags. In order to make this system successful we ask that patrons be sure to place dirty rags in the appropriate bins and make sure they don't leave the facility. We appreciate your support in keeping the facility and equipment clean.

The Rec Store now has personal workout towels, with a cool logo, available for \$3.

Suggestion: Create a punch card system for sponsoring guests e.g. a card worth 10 visits for a price. My wife and I like to play squash but we don't play every week so it is not worth her buying a membership for the term.

Great idea and your suggestion has actually been on the drawing board so we're thinking alike. Fall Term, 2006, we will have a new option to purchase passes that will be available in quantities of 5, 10, and 20 visits. The pass will be discounted according to the number of punches purchased and guests will need to be sponsored only at the time of purchase.

Can you explain why the cost for faculty and staff SRC membership has gone up?

Yes, faculty, staff and partners' membership rates will increase to \$70 per term or \$230 per year. Over the past three fiscal years, student incidental fees have seen sizable increases in the amount of support required to operate the Student Recreation Center. In an attempt to have equity between all of our users we annually evaluate the current rates, taking into consideration past increases, rates offered at comparable facilities in the community and at other university recreation centers, and rate of increase in operational cost. In addition to these factors the PARS Department including the Student Recreation Center has now been mandated to create building and equipment budget reserves, a critically important step in maintaining the significant investment in facilities and equipment over time.

I am very surprised you guys do not have a TV or two in the Cardio Room. You have a wonderful facility with great equipment! I enjoy working out here, the only exception being cardio. It would be a minimal cost to install a few cheap televisions, and I know the students would appreciate it immensely. It is hard to stay focused & motivated when staring at a blank wall or a window.

Despite your assumption, quality equipment of this kind is very expensive to purchase and maintain. Student focus groups prior to construction of the SRC requested that, since we have such heavy bombardment of television and media in our lives as it is, the Cardio room of the SRC should be designed without "Cardio Theater" features.

In fact, the architect specifically designed the space with wonderful views to the outside and lots of natural light to enhance a television free workout experience. Cardio machines are positioned to take advantage of this wonderful architectural feature. Although not impossible, the building design would make adding TVs expensive and difficult.

There is also an administrative challenge. Having worked at a university previously that had televisions in their cardio room, I can attest that arguments and complaints over programming on the televisions was a daily drama. The Student Recreation Center Advisory Board has consistently endorsed the original decision not to have TVs in the cardio room since opening the SRC in 1999. We suggest bringing reading material and/or your own personal music and headphones if you desire some sort of entertainment while working out. And...although limited, we actually do have one TV and a couple of exercise bikes in the lounge of the 3-court gym.

The final expansion of the SRC calls for additional spaces for Cardio equipment. Those workout areas will be more interior to the building and I am sure we will re-address the possibility of adding televisions to one of those areas when we are ready for that construction.

I realize the UO doesn't have a swim team but what are the chances of getting an Olympic size pool? All other facilities and equipment are very nice. We should upgrade our pool and improve hours swimming is available.

The Student Recreation Center, as you see it, is an unfinished project. A new additional pool was indeed included in the original plans for the expansion that took place in 1999-2000 but had to be deleted when it was discovered the budget could not support the vision. A final SRC expansion will include this pool as well as a spa, additional weight & cardio rooms, racquetball courts, and other wonderful features that you can see on display by the Rock Wall. A student referendum would be required to provide the funding for this remaining expansion.

How can you put advertisements on the flat screen TV? What company is it licensed through?

The company that we work with on this communication medium is The University Network, owned and managed by InFocus, a company out of Wilsonville, Oregon. They serve 150 campuses and operate just under 200 screens. If you would like more information on this company you can go to their Web Site at: www.infocus.com.

We receive revenue from the advertising on the TV which defers some operation costs. The result is less money that we ask from students. All advertising is screened by us. If we deem something to be inappropriate we do not permit it to run. In addition we are able to promote PARS facilities, programs and classes on the TV. We see a significant benefit from this and students have noticed. This program is reviewed each year by our Student Advisory Board and Leadership Team, all comments related to it are taken into consideration.

Check out the PARS Website for comprehensive information on all our facilities, programs, and classes <http://pars.uoregon.edu>