

MARCELLUS HARTLEY DODGE

PHYSICAL FITNESS CENTER

2007-08 MEMBERSHIP GUIDE



FOOTBALL MEMBERSHIP



The Marcellus Hartley Dodge Physical Fitness Center at Columbia University is the most comprehensive wellness facility on the Upper West Side. Whether your interests include fitness improvement, lifetime sports, or wellness and recreation, the Dodge Fitness Center has an offering that is right for you.

Take a tour of our facilities, which include an indoor running track, 25-yard pool, multi-sport gymnasium and a tri-level fitness center with the latest cardiovascular and strength training equipment.

We offer everything from yoga and kickboxing to kayaking and squash instruction. And if you prefer a more personalized approach, we have a qualified staff of personal trainers that can tailor a program just for you. In addition, you can participate in an intramural league, such as flag football, or join one of 45 various club sports!

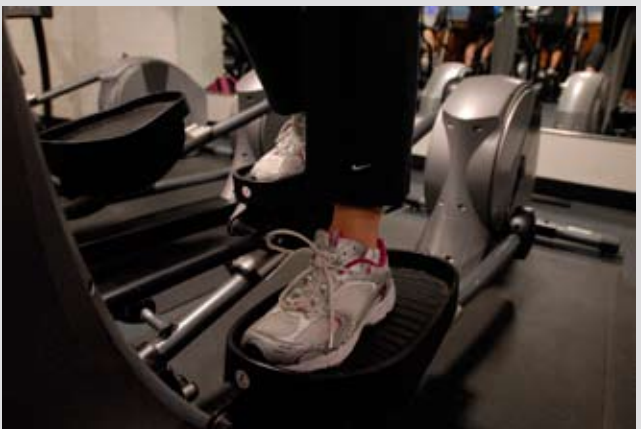
Welcome to the Dodge Fitness Center! We look forward to assisting you in your pursuit of your fitness, wellness and recreational goals.

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The Department of Physical Education of Columbia University in the City of New York meets the educational, recreational and wellness needs and interests of our University community. We will:

- Instill the belief that regular exercise is a necessary component of personal health and well-being
- Promote active and healthy lifestyles for all members of our University community
- Offer a comprehensive fitness and wellness program
- Develop and teach innovative programs with quality instruction
- Include our neighbors by encouraging their participation in programs and activities
- Provide superior customer service



THE DODGE FITNESS CENTER ADVANTAGE



Membership at the Dodge Fitness Center (DFC) provides fitness opportunities and pricing plans not available at health clubs in New York City. Membership benefits include:

Extensive Programming

DFC members have the opportunity to sign up for recreation and fitness courses unavailable at most major health clubs. Plus, members can choose to utilize any of the various facilities in the DFC, from basketball in Levien Gymnasium to swimming in Uris Pool.

No Initiation Fees

DFC members pay only their membership fees. No hidden charges exist in our pricing plan.

No Mandatory Multi-Year Contracts

DFC members have the choice of signing up for any of three annual or partial-year plans. The DFC will not automatically extend memberships without the consent of the member.

Variable Pricing Plans and Family Memberships

DFC members can choose the plan that works best for his or her family.

Extended Operating Hours

The DFC is open 114 hours a week during the academic calendar—as late as midnight from Sunday through Thursday!

DODGE FITNESS CENTER FACILITY OVERVIEW

LEVEL 400

- Main Entrance
- Membership Office
- Men and Women's Locker Rooms
- Tri-level Fitness Center
- Running Track
- Aerobics Room 4
- Stretching Area
- Vending and Refreshments
- Facility Management Office

LEVEL 300

- Squash and Handball Courts
- Vending and Refreshments
- Aerobics Room 3
- Tri-level Fitness Center
- Personal Training Office

LEVEL 200

- Levien Gymnasium (Basketball)
- University (Blue) Gymnasium
- Tri-level Fitness Center
- Vending and Refreshments

LEVEL 100

- Uris Pool
- Pool showers and lockers





FITNESS AND RECREATION FACILITIES

Tri-level Fitness Center

(Level 400, Level 300 and Level 200)

- Three-story open area cardio-fitness and strength training facility
- State-of-the-art machines include treadmills, elliptical trainers, steppers and selectorized weight training systems

Aerobics Rooms (Level 400 and Level 300)

- Modernized exercise rooms with hardwood floors, high-end stereo equipment and floor-to-ceiling mirrors
- Located on the third and fourth floors near the main locker rooms



Indoor Running Track (Level 400)

- 160-meter running track with competitive banked turns and mondo rubberized performance surface

Men and Women's Locker Rooms (Level 400)

- Changing rooms with full showers and restroom facilities
- Scandinavian sauna available in both men and women's locker rooms

Squash and Handball Courts (Level 300)

- Eleven American-size courts suitable for squash, racquetball, paddleball and handball

Francis Levien Gymnasium (Level 200)

- Multipurpose hardwood-floor gymnasium featuring three NCAA regulation basketball courts
- Configurable for other sports including indoor soccer and volleyball

University (Blue) Gymnasium (Level 200)

- Multipurpose athletics gymnasium with mondo rubberized performance surface
- Configurable for basketball, soccer, volleyball and badminton

Percy Uris Swimming Pool (Level 100)

- Eight-lane 25-yard swimming pool with diving well
- Utilized for recreational swim and instructional classes





FALL 2007 INSTRUCTIONAL CLASSES

Aquatics

Lap Swim

M Tu W Th 8:30-9:30 a.m.

Percy Uris Pool (\$125)

Tu Th F 11 a.m.-noon

Percy Uris Pool (\$95)

Swim for fitness. Grouped in lanes based on swimming technique. Must be able to swim several laps continuously. An aquatics staff member will be available for training techniques or stroke analysis.

Adult Learn To Swim

M W 11a.m. - noon

Percy Uris Pool (\$160)

(Course dates: Mon., Sept. 24 - Wed., Oct. 24)

Five-week course to learn the basics for aquatic safety and fun. Perfect for any adult with no swimming experience. An introduction to proper breathing and swimming techniques, floating and life safety skills. Bathing suit and towel are required.

Scuba

Tu 6:30-10 p.m.

Percy Uris Pool (\$225)

(Course dates: Tues., Oct. 23 - Tues., Dec. 4)

W 6:30-10 p.m.

Percy Uris Pool (\$225)

(Course dates: Wed., Oct. 24 - Wed., Dec. 5)

Six-week course including classroom and pool training. Optional dive experiences offered for those seeking certification. Participants must be able to swim 200 yards and float for 10 minutes to register.

FALL 2007 INSTRUCTIONAL CLASSES

Dance

Ballet

Sun 12:30-2 p.m. - Beginner Aerobics Room 3 (\$80)

Sun 11 a.m.-12:30 p.m. - Int. Aerobics Room 3 (\$80)

Classical ballet training including barre, adagio, jumps and turns. One year of dance training required for intermediate level.

Bhangra

Sun 4-5 p.m. Aerobics Room 3 (\$45)

Bhangra dance with a fitness edge; lively Indian folk dance mixed with hip-hop and Bollywood-style moves for a fitness workout. No experience necessary.

Hip-Hop Dance

F 11 a.m.-noon - Beginner Aerobics Room 3 (\$45)

Sun 6-7 p.m. - Beginner Aerobics Room 3 (\$45)

F noon-1 p.m. - Intermediate Aerobics Room 3 (\$45)

Choreographed light workout set to latest in hip-hop music. One year of dance training required for intermediate level.

Dance Workout

F 9-10 a.m. Aerobics Room 3 (\$45)

Part dance class, part exercise class, including highly choreographed warm-up, floor stretch, across the floor and short choreographed routines. Some dance experience preferred, but not required.

Latin Dance

F 7-7:45 p.m. - Beginner Aerobics Room 3 (\$45)

F 7:45-8:30 p.m. - Intermediate Aerobics Room 3 (\$45)

Learn the Latin dances of salsa, merengue and bachata. Please wear sneakers (no street shoes). Dance partner preferred, but not required. Intermediate class requires knowledge of Latin and/or ballroom dance.

Group Fitness - Cardio

Cardio Mix

M 7-8 a.m. Aerobics Room 3 (\$45)

W 7-8 a.m. Aerobics Room 3 (\$45)

M W 5:15-6 p.m. Aerobics Room 3 (\$68)

F 5:15-6 p.m. Aerobics Room 3 (\$34)

A complete cardiovascular workout combining aerobics, step and kickboxing. Includes abs and stretch. All levels.

FALL 2007 INSTRUCTIONAL CLASSES

Cardio Sculpt

Tu Th 12:15-1 p.m.

Aerobics Room 3 (\$68)

Tu Th 6-7:15 p.m

Aerobics Room 3 (\$112)

A combination class including aerobics, step, and kickboxing with body sculpting. Longer class is more advanced.

Cardio Kickbox

M 7-8 p.m.

Aerobics Room 3 (\$45)

Tu Th 7:15-8:30 p.m.

Aerobics Room 3 (\$112)

Th 4-5 p.m.

Aerobics Room 3 (\$45)

Sat 10:30-11:30 a.m.

Aerobics Room 3 (\$45)

Non-contact, high intensity cardiovascular workout using boxing, kicking and jump-rope moves. Includes abs and stretch. Longer class includes sculpt. No equipment necessary.

Step

W 7-8 p.m.

Aerobics Room 3 (\$45)

Advanced cardiovascular workout utilizing a step platform. Includes abs and stretch.

Group Fitness - Other

Body Sculpt

M W 6-7 p.m.

Aerobics Room 3 (\$90)

Tu Th 8-8:45 a.m.

Aerobics Room 3 (\$68)

Tu 4-5 p.m.

Aerobics Room 3 (\$45)

F 8-9 a.m.

Aerobics Room 3 (\$45)

F 6-7 p.m.

Aerobics Room 3 (\$45)

Sat 11:30 a.m.-12:30 p.m.

Aerobics Room 3 (\$45)

Sun 5-6 p.m.

Aerobics Room 3 (\$45)

Tu Th 1-2 p.m. - Intermediate

Aerobics Room 3 (\$90)

Non-aerobic workout to strengthen and firm the whole body using weights, dynabands and body bars. All levels. Intermediate class requires previous sculpt experience.

Core Sculpt

Tu Th 5-6 p.m.

Aerobics Room 3 (\$90)

F 1-2 p.m.

Aerobics Room 3 (\$45)

M W 1-2 p.m. - Intermediate

Aerobics Room 3 (\$90)

Combination class including light body sculpting exercises with Pilates-style mat work to strengthen and lengthen the entire body. Athletic shoes required. All levels. Intermediate level requires one year of Sculpt and/or Pilates training.

FALL 2007 INSTRUCTIONAL CLASSES

Fitness Instructor Training

TBA Studio 2, Barnard (\$225)

A movement course designed for the advanced student to learn to become an instructor. Class content, cueing, choreography and musical training included. For more information, call 212-854-6963 or email LM219@columbia.edu.

Physical Conditioning

M W noon-1 p.m. Wrestling Room (\$90)

Tu Th noon-1 p.m. Wrestling Room (\$90)

Unique combination of calisthenics, Pilates, yoga and aerobics. All levels. Purchase of special footwear required (additional \$15).

Pilates

M 8-9 a.m. Aerobics Room 3 (\$45)

W 8-9 a.m. Aerobics Room 3 (\$45)

M W 12:15-1 p.m. Aerobics Room 3 (\$68)

Tu Th 8:45-9:30 a.m. Aerobics Room 3 (\$68)

Tu Th 2-2:45 p.m. Aerobics Room 3 (\$68)

Tu 4-5 p.m. Aerobics Room 4 (\$45)

Tu 5-6 p.m. Aerobics Room 4 (\$45)

F 2-3 p.m. Aerobics Room 3 (\$45)

Sat 12:30 p.m.-1:30 p.m. Aerobics Room 3 (\$45)

Sun 4-5 p.m. Aerobics Room 4 (\$45)

Th 4-5:15 p.m. - Intermediate Aerobics Room 4 (\$56)

Sun 5-6 p.m. - Intermediate Aerobics Room 4 (\$45)

Classic Pilates mat exercises designed to strengthen and lengthen the "core" (abdominals, back and hips). Emphasis on proper breathing and alignment. All levels. Intermediate level requires one year of Pilates training.

Yoga Sculpt

Th 5:15-6 p.m. Aerobics Room 4 (\$34)

F 10-11 a.m. Aerobics Room 4 (\$45)

Body sculpting exercises combined with basic Hatha Yoga postures to increase strength, lengthen muscles and promote relaxation. Sanskrit terms, chanting and meditation are not included. Athletic shoes required.

Martial Arts

Shaolin Kung Fu

Sun 12:30-2 p.m. Aerobics Room 4 (\$56)

This course will encompass all aspects of Shaolin ("Young Forest") Kung Fu: meditation, Chin Na, Shuai Jiao, Kata, Kumite, animal styles and many more. Improve strength and flexibility while enhancing everyday life with balance of mind, body and spirit.

FALL 2007 INSTRUCTIONAL CLASSES

Judo

M 8-10 p.m.

Aerobics Room 3 (\$90)

A sport of unarmed combat derived from jujitsu and intended to train the body and the mind. This course will emphasize physical conditioning, building of cardiorespiratory endurance and the techniques applied in judo. The class will also include flexibility exercises and some applications of judo as self-defense.

Racquet Sports

Squash

Tu Th 7-8 p.m.

Squash Courts (\$90)

Tu Th 8-9 p.m.

Squash Courts (\$90)

Learn rules, basic strokes, strategy and safety. Participants are paired by skill level. This course is designed for beginner and intermediate players. Equipment (racquet, balls, eyewear) not provided.

Tennis (Beginner)

Tu Th F 10-11 a.m.

Tennis Courts (\$170)

(Course dates: Tues., Sept. 25 – Fri., Oct. 26)

Learn rules, basic stroke mechanics, serve and volley. Racquet not provided.

Tennis (Intermediate)

Tu Th F 9-10 a.m.

Tennis Courts (\$170)

(Course dates: Tues., Sept. 25 – Fri., Oct. 26)

Review and practice basic skills. Learn about drop shots, lobs and spin. Participants are paired by skill level for match play opportunity. Racquet not provided.

Special Interest

Kayaking

Th 8-10:30 p.m.

Percy Uris Pool (\$185)

(Starts Thurs., Sept. 27)

Learn basic paddling stroke technique, river maneuvers, water safety, rescue procedures and the "Eskimo Roll." First six sessions will take place in classroom training and the Uris Pool. After indoor pool training, the class will participate in a beginner outdoor trip to a local river.

Fencing

W 5-6:30 p.m.

Fencing Room (\$68)

A class for the foil to learn the stance, movement, methods of attack and defense. The tactics of combat are practiced and applied. Equipment provided.

FALL 2007 INSTRUCTIONAL CLASSES

Yoga

Hatha

M W 1-2 p.m.	Aerobics Room 4 (\$90)
M W 5-5:45 p.m.	Aerobics Room 4 (\$68)
Tu Th 11 a.m.-noon	Aerobics Room 4 (\$90)
Sat 11:15-12:30 p.m.	Aerobics Room 4 (\$56)
F noon-1:30 p.m. - Intermediate	Aerobics Room 4 (\$68)

Balance body, mind and spirit through yoga postures (asanas), meditation and classic breathing techniques. Intermediate level has emphasis on more advanced poses and requires one year of Yoga experience.

Iyengar

M W 7:30-8:30 a.m.	Aerobics Room 4 (\$90)
M W 8:30-9:30 a.m.	Aerobics Room 4 (\$90)
M 3:45-5 p.m.	Aerobics Room 4 (\$56)
Tu Th 7:30-8:30 a.m.	Aerobics Room 4 (\$90)
Tu Th 8:30-9:30 a.m.	Aerobics Room 4 (\$90)
F 7:30-8:45 a.m.	Aerobics Room 4 (\$56)
F 8:45-10 a.m.	Aerobics Room 4 (\$56)
Sun 6-7:15 p.m.	Aerobics Room 4 (\$56)
Sun 7:15-8:30 p.m.	Aerobics Room 4 (\$56)

Hatha yoga taught with the Iyengar teaching method. Focus on alignment and precision in the yoga positions with the use of props.

Iyengar (Intermediate)

M W noon-1 p.m.	Aerobics Room 4 (\$90)
W 3:30-5 p.m.	Aerobics Room 4 (\$68)
Fri 1:30-3 p.m.	Aerobics Room 4 (\$68)
Fri 4-5:30 p.m.	Aerobics Room 4 (\$68)

Emphasis on additional poses including headstand, shoulderstand, handstand and backbends. One year of Iyengar Yoga experience required.

Vinyasa

M 5:45-7 p.m.	Aerobics Room 4 (\$56)
W 5:45-7 p.m.	Aerobics Room 4 (\$56)
Tu Th 2-3 p.m.	Aerobics Room 4 (\$90)
F 3-4 p.m.	Aerobics Room 4 (\$45)
Sat 10:15-11:15 a.m.	Aerobics Room 4 (\$45)

Vinyasa, also called power or flow yoga, is a vigorous style based on a series of poses performed in rapid flow. Attention is given to connecting each movement to the breath.

INSTRUCTIONAL CLASS REGISTRATION INFORMATION

Those who have recently taken classes will receive an email regarding mail-in registration in early September 2007.

Walk-in registration will take place in the Lou Gehrig Lounge on the third floor of the Dodge Fitness Center at the following times:

Yoga only:

Tuesday, September 18, 8 a.m.-2 p.m., 5-7 p.m.

All Courses:

Wednesday, September 19, 8 a.m.-2 p.m., 5-7 p.m.

Thursday, September 20, 8 a.m.-2 p.m., 5-7 p.m.

Friday, September 21, 8 a.m.-2 p.m.

Additional Information:

- *Courses run for 10 weeks:*

Saturday, September 22 - Sunday, December 9.

- CUID or Dodge Fitness Center I.D. with current membership must be presented.
- Payment is by cash or check payable to Columbia University.
- Refunds will be issued only within the first week of the first meeting of each course.
- Paid DFC members may register additional members for instructional classes by providing valid second member I.D.
- Registration will continue throughout the semester, space permitting, in room 336 Dodge Fitness Center, Monday - Friday, 8:30 a.m.-5 p.m., beginning Sept. 24.
- There are no classes during the University holidays for Election Day (Nov. 3 - 6) and Thanksgiving (Nov. 21 - 25).
- For more information, please call (212) 854-3439.

PERSONAL TRAINING PROGRAM

The Dodge Physical Fitness Center has a staff of highly qualified personal trainers who can assist you in designing and implementing a personalized exercise program to help achieve your health and fitness goals.

Pricing for private sessions (50 minutes)

1 session:	\$60
5 sessions:	\$275
10 sessions:	\$500

In addition, we also offer additional training options* such as:

- Partner Training
- Private Pilates Coaching
- Fitness Testing

*Prices vary according to activity.

Throughout the year, the Personal Training Program also hosts several small group workshops such as Yoga for Runners, Free Weight Challenge and more!

For additional information, please contact the Supervisor of Personal Training at (212) 854-4439 or email ptraining@columbia.edu





SPORTS AND YOUTH CAMPS

Children of all ages and interests can now enjoy a variety of sports camps and Cubs Camp programs offered throughout the entire year!

Our **sports camps** offer participants the opportunity to develop skills in the sport of their choice by receiving expert instruction from NCAA Division I coaches and collegiate student-athletes.

Columbia Cubs Camp, a day camp for 6- to 12-year-olds, focuses on personal growth and skill development by engaging campers in a variety of sports, games and arts and crafts.

To find out more about Columbia Sports Camps and Cubs Camp, please visit our website at gocolumbialions.com or contact the Director of Sports and Youth Camps at camps@columbia.edu or by calling (212) 854-2233.

ADDITIONAL FITNESS FACILITIES AND RECREATION PROGRAMS

Dick Savitt Tennis Center

at Baker Athletics Complex
(West 218th Street and Broadway)

Members of the Dick Savitt Tennis Center have the opportunity to reserve time on six premier cushioned hard tennis courts in a single air dome throughout the calendar year for a separate fee. For membership information, visit the Dodge Fitness Center membership office, or call the Savitt Center at (212) 942-7100.

Lawrence A. Wien Stadium Running Track

at Baker Athletics Complex
(West 218th Street and Broadway)

Dodge Fitness Center members may use the Olympic-sized running track at the Lawrence A. Wien Stadium for a nominal fee. For more details, visit the DFC membership office, or call (212) 854-2546.



Required Physical Education

The Required Physical Education Program serves the students of Columbia College and the Fu Foundation School of Engineering and Applied Science. Expanded course offerings in a variety of activities for the Fall 2007 semester are listed on our website at gocolumbialions.com. For more information, call the Department of Physical Education at (212) 854-3439.

Intramurals

The Columbia intramural program provides Dodge Fitness Center members with opportunities to participate in competitive leagues and tournaments in a variety of team and individual sports and activities. Intramural competitions scheduled for 2007-08 include:

Team Leagues: Flag Football • Outdoor Soccer • Volleyball • Basketball • Dodgeball • Kickball

Individual Leagues: Squash • Racquetball

Tournaments: Badminton • Table Tennis • Floor Hockey • Softball • Tennis

There is a refundable \$50 deposit per team and a refundable \$20 deposit per individual in league play. There are no deposits required for tournament play. For schedules, rules and entry information, visit our website at gocolumbialions.com, contact us at (212) 854-4002 or stop by the Intramurals Office at 331 Dodge Fitness Center.



Club Sports

Columbia University sponsors 45 Club Sports activities. Club Sports activities are organized on recreational, instructional and competitive levels, and compete informally and in intercollegiate leagues. Club Sport membership is open to currently enrolled undergraduates, graduate students and faculty, staff, alumni and neighbor members with a current Dodge Fitness Center membership. Below is a current list of Club Sports offered at Columbia University.

Aikido • Archery • Badminton • Ballroom & Latin Dance • Boxing • Brazilian Jiu Jitsu • Capoeira • Cricket • Cycle Racing • Equestrian • Figure Skating • Floor Hockey • GoJu Ryu Karate • Hiking • Ice Hockey - Men's • Ice Hockey - Women's • Japan Karate • Kayak • Kendo • Lacrosse - Men's • Masters Swim • Muay Thai Boxing • Moy Yee Martial Arts • Racquetball • Road Runners • Rock Climbing • Rugby - Men's • Rugby - Women's • Sailing • Shotokan Karate • Ski Racing • Squash - Men's • Squash - Women's • Surfing • Swing Dancing • Table Tennis • Tae Kwon Do • Tennis • Triathlon • Ultimate Frisbee - Men's • Ultimate Frisbee - Women's • Volleyball - Men's • Volleyball - Women's • Water Polo - Men's • Water Polo - Women's

For more information and club membership fees, visit our website at gocolumbialions.com, call us at (212) 854-4002, or stop by the Club Sports Office at 331 Dodge Fitness Center.



MEMBERSHIP OPTIONS

Student Access Membership

Includes access to Dodge Fitness Center facility only. Students who pay University Facility or Student Life fees (CC, GS, TC, Barnard, Law, Business, Journalism, Architecture, SEAS, SIPA) should have automatic access to the Dodge Fitness Center. GSAS and Ph.D. students who are eligible for Student Access Membership will have this indicated on their tuition bill.

Basic Membership

Includes locker room service, use of 60" long temporary locker and a towel. All temporary lockers must be emptied when leaving the gym.

Blue Membership

Includes rental of a 12" box locker for the duration of membership, use of temporary locker and towel service.

Bronze Membership

Includes rental of a 30" squash locker for the duration of membership, use of temporary locker and towel service.

Silver Membership

Includes rental of a 60" dress locker for the duration of membership, use of temporary locker and towel service.

Gold Club Membership

Includes access to private Gold Club locker room, 60" Gold Club locker, use of temporary locker, laundry and towel service.

MEMBERSHIP FEES

Annual: August 20, 2007 - August 10, 2008
Academic: August 20, 2007 - May 11, 2008
Single Semester: Fall 2007, Spring 2008, Summer 2008

Student* Membership

	Basic	Blue	Bronze	Silver	Gold	Each Family**
Annual	\$100	\$170	\$225	\$285	\$490	\$162
Academic	\$69	\$115	\$153	\$194	-	\$110
Single Semester	\$36	\$60	\$80	\$100	-	\$58

*Students who do not pay University Facility or Student Life Fees are subject to an access membership fee of \$135 per semester. This includes students enrolled in the following programs: M&F, ALP, Health Sciences and Public Health. GSAS and Ph.D. students who are eligible for Student Access Membership will have this indicated on their tuition bill.

**Family members include spouse/domestic partner and/or children ages 6-18.

Employee Membership

	Basic	Blue	Bronze	Silver	Gold	Each Family**
Annual	\$295	\$400	\$475	\$490	\$675	\$240
Academic	\$200	\$275	\$314	\$335	-	\$165
Single Semester	\$105	\$143	\$164	\$170	-	\$88

**Family members include spouse/domestic partner and/or children ages 6-18.

Neighbor* Membership

	Basic	Blue	Bronze	Silver	Gold	Each Family**
Annual	\$475	\$625	\$705	\$755	\$880	\$350
Academic	\$325	\$430	\$480	\$515	-	\$240
Single Semester	\$168	\$220	\$245	\$265	-	\$124

*Neighbors include students and employees of Jewish Theological Seminary, Union Theological Seminary, St. John the Divine, St. Luke's Hospital, Bank Street College and Manhattan School of Music (with proof of insurance).

**Family members include spouse/domestic partner and/or children ages 6-18.

MEMBERSHIP FEES

Annual Alumni Membership

July 1, 2007 - June 30, 2008

	Basic	Blue	Bronze	Silver	Gold*	First Family**
Class of 2007	\$275	\$400	\$445	\$510	\$690	\$230
Classes '00-'06	\$445	\$570	\$615	\$680	\$860	\$230
Classes '97-'99	\$570	\$695	\$740	\$805	\$985	\$230
All other alumni	\$720	\$845	\$890	\$955	\$1,135	\$230

*All female alumni Gold Club locker-room memberships are \$15 less.

**Each additional alumni family membership costs \$185.

Alumni Membership Features

- New graduates can receive a student membership for the first semester following graduation.
- Family members include spouse/domestic partner and/or children ages 6-18.
- Ability to invite up to two (2) guests (\$15 per guest).
- Rent tennis courts located above the Dodge Fitness Center (\$5/hour; please reserve in person).
- Reserve squash/handball courts in person or over the phone.
- Participate in recreational, instructional and competitive leagues and tournaments in a variety of team and individual sports and activities.
- Take a voluntary course.
- Design and implement an exercise program with a personal trainer.
- Children of all ages and interests will enjoy a variety of sports camps and Cubs Camp programs offered throughout the entire year.
- Join the Varsity C Club.

Guest Passes*

Student member guests: \$10 per day

Other member guests: \$15 per day

Guest Week** passes: \$35 per week

*Sponsors must accompany guests at all times.

**Additional card activation fee will apply.





FACILITY GUIDELINES

- In compliance with the University's Security Access Program, a valid and activated CUID card or valid Dodge Fitness Center membership ID is required and must be presented upon entry.
- There is a \$25 fee for replacement ID cards issued by the Membership Office at the Dodge Fitness Center.
- Additional family memberships may be purchased by students, staff, officers, faculty and neighbors. Basic service is required before family access may be purchased.
- Family memberships may be purchased for only spouse/ domestic partners and children ages 6-18. Evidence of residency must be shown at the time of registration.
- Columbia University and the Dodge Fitness Center are **not responsible** for valuables. For your convenience, storage lockers are located in each main locker room and public areas.
- Items left in daily lockers at the end of each day will be removed and stored. A \$20 storage fee will be charged upon retrieval of items.
- Items left in lockers of individuals whose membership has expired **will be removed and stored**. Items not retrieved will be held until the end of the following term. **A \$20 storage fee will be charged upon retrieval of items**. Please note that the Dodge Fitness Center is not responsible for any misplaced items.
- Some areas of the Dodge Fitness Center will not be available at certain times due to intercollegiate athletic contests. For facility schedule information, visit our website at gocolumbialions.com or call 212-854-3441.
- Children under the age of 14 must be accompanied by a parent or legal guardian and supervised at all times while in the facility. No member under the age of 14 is allowed in the tri-level fitness center, even if accompanied by an adult.

HOURS OF OPERATION

Academic Year

August 20, 2007 - December 21, 2007

January 2, 2008 - March 14, 2008

March 24, 2008 - May 18, 2008

Monday - Thursday	6 a.m. to Midnight
Friday	6 a.m. to 10 p.m.
Saturday	10 a.m. to 10 p.m.
Sunday	10 a.m. to Midnight

Spring Break and Summer Session

Spring Break: March 15, 2008 - March 23, 2008

Summer Session: May 26, 2008 - August 10, 2008

Monday - Thursday	7 a.m. to 11 p.m.
Friday	7 a.m. to 9 p.m.
Saturday	Noon to 5 p.m.
Sunday	Noon to 7 p.m.

Facility Closed

November 22, 2007 - November 25, 2007

December 22, 2007 - January 1, 2008

May 19, 2008 - May 25, 2008

IMPORTANT TELEPHONE NUMBERS

(all area code 212)

Building Information.....	854-2548
Membership Office.....	854-2547
Entry Desk.....	854-7149
Building Manager/Facility Operations.....	854-3441
Towel/Equipment Room.....	854-5228
Physical Education Programs	854-3439
Personal Training	854-4439
Intramurals/Club Sports	854-4002
Lifeguard Office.....	854-4921
Squash/Raquetball Court Reservation	854-5228
Ticket Information	888-LIONS-11



FIRST AID INFORMATION

EMERGENCY PROCEDURES

In case of injury or other emergency, seek out a fitness center attendant and they will contact the Building Supervisor immediately. First Aid Kits are located at the Front Desk, in the Equipment Room, in the Fitness Room, in the Levien Pool Office and the Physical Education Office (Room 336). Bags of ice are located in the Towel Room on the fourth floor. If needed, CAVA (Columbia Area Volunteer Ambulance) can be contacted at X99. All other health concerns should be directed to Columbia Health Services.

EMERGENCY NUMBERS

Emergencies	99
Dodge Front Desk	854-7149
Building Manager	854-3441
Columbia Public Safety	854-2796
Columbia Health Services.....	854-2284

Visit the Official Columbia Athletics Website
gocolumbialions.com

**Membership Office
Dodge Physical Fitness Center
3030 Broadway-MC 1928
New York, N.Y. 10027**

***For membership information
call 212-854-2547 or visit
www.gocolumbiaions.com***