

Fike Recreation Center



Facilities Fact Sheet

The Department of Campus Recreation offers a wide variety of facilities for its members to utilize, including the renovated 200,000 square foot Fike Recreation Center, Swann Fitness Center and several outdoor venues. The Fike Recreation Center had 450,867 visits for the 2004-2005 fiscal year and we continue to grow! The Department of campus recreation strives for excellence in providing superior facilities, programs and services, to serve thousands of students, faculty, staff, community members and guests.

Fike Recreation Center and Swann Fitness Center Strength and Cardiovascular Equipment Inventory

Life Fitness – Resistance Training Machines

Horizontal Calf Leg Curl	Lateral Pull down Bicep Curl	Thigh Ext. Adjustable Cable Cross-over
Dual Adjustable Pulley	Shoulder Press	Pectoral Fly/ Rear Deltoid (2)
Seated Leg Press	Hip Abduction (2)	Lateral Raise
Tricep Ext .	Abdominal Crunch	Back Ext.
Seated Row	Lateral Pull down	Chest Press

Hammer Strength- Resistance Training machines and plate loaded equipment– Fike Atrium and Hallway

Ab Crunch	Bicep Curl	Shoulder Press
Seated Leg Curl	MTS Row	Tricep Ext.
Leg Ext. (2)	Incline Press	Decline Press
High Row	Front Pull down	Leg Press
Seated Calf	Iso-lateral Press	Iso-lateral Row
Pullover	Chin Dip (2)	Iso-lateral shoulder press
Iso-lateral Incline press	Iso-lateral Raise	Reverse Ab Extension
Ground Base Squat Lunge		

Elliptical machines and Treadmills

- Life Fitness Treadmills – 97ti – (12)
- Precor Ellipticals – EFX 546 – (5) ; EFX – 556 (5)
- Stair Master 7000PT Step Mill– (6)
- Life Fitness Ellipticals – 9500HR – (10)
- Stairmaster – 4600CL – (6)
- Precor – C846 – (10) – Bike – recumbent and regular
- Life Fitness – 9500HR – (6) Bike – recumbent and regular

Free Weight Training Area

- Iron Grip Urethane Dumbbells – 5 lbs. – 100lbs. at 5 pound increments (8) total dumbbells per weight class.
- Iron Grip Urethane Dumbbells 105 lbs. – 150 lbs. has (4) total dumbbells per weight class.
- Iron Grip Urethane Weight Plates from 2.5 pounds to 45 pounds increments
- 20 - 02.5 pound Iron Grip Urethane Plates (50 pounds)
27 - 05 pound Iron Grip Urethane Plates (0135 pounds)
80 - 10 pound Iron Grip Urethane Plates (0800 pounds)
63 - 25 pound Iron Grip Urethane Plates (1573 pounds)
62 - 35 pound Iron Grip Urethane Plates (2170 pounds)
93 - 45 pound Iron Grip Urethane Plates (4185 pounds)

Hammer Strength Free Weight Area Equipment

- (6) Flat Bench Press Units
- (4) Incline Bench Press Units
- (5) Upright Utility Benches
- (3) Bicep Curl Benches
- (3) Flat Utility Benches
- (2) Decline Bench Press Units
- (1) Utility Bench
- (2) Squat Rack
- (2) Tricep Dip Racks

Six Multiuse Gymsnasiums

Club Gym (1 Court)

New Gym (2 Courts)

Fike Gym (3 Courts)

- Club Gym (7,140 Sq. Ft., Fike Gym 19,265 Sq. Ft., 14,170 Sq. Ft.) Total= 40,575 Sq. Ft.
- Utilized for basketball, volleyball, badminton, special events
- Hardwood floors, excellent lighting
- Electrical Curtain dividers for each court, mechanical basketball hoops

Elevated Track

- Three lanes
- 10 laps = 1 mile
- Mondo cushioned synthetic flooring surface
- Lap clock and bulletin board

Three Multipurpose Rooms

- Room 208-carpet, Room 106 rubber, and Room 207 hardwood
- Mirrored walls surrounding the rooms
- Sound systems for use during classes and events
- 30 Schwinn spinning bikes in Room 207 for use in Fitness Classes

Climbing Wall

- 35 ft. high x 60 ft. wide
- Variable levels of Difficulty
- Instruction and equipment available
- Rental available by calling 656-2304

Fitness Studio (Aerobics Room)

- Soft impact hardwood floors, 1,920 square feet
- Sound system
- Storage area for belongings
- Mirrored walls & high ceilings

Racquetball/Squash Courts

- 10 enclosed regulation courts
- Drop in reservations are first come first served

McHugh Natatorium

- 390,000 gallons
- 8 lane variable depth lap pool (4' to 8')
- 13.5 ft. deep diving tank, with diving boards
- Non glare windows and stadium style seating for 800 spectators
- Sound system, access to locker rooms, sun deck for special events
- Clemson University Swim Team home venue

Lounge

- 1,000 square feet
- Television with cable service
- Vending Machines
- Restrooms
- Couches, tables and chairs

Indoor and Outdoor Tennis Courts

- The Sloan Tennis Center has 4 indoor courts
- 21 outdoor hard courts
- Six of these are reserved for men's and women's varsity tennis only
- 700 seat grandstand for spectators

Three Outdoor Sport Fields

- 2 located adjacent to Fike Recreation Center and across from the Baseball Stadium
- Club Sports field located
- Softball, soccer, and flag football use these fields
- Special event use as well

Two Sand Volleyball Courts

- Located within the lower Intramural Fields
- Utilized for open play, Intramurals and special events

Additional Amenities

- Unique architectural features are abundant in Fike
- Tiger-1 administrative and point of sale offices located in Fike
- Campus Recreation Administrative Offices, Reception Offices, Elevators
- Men's and Women's Lockers
- Men's and Women's Shower/Sauna Facilities

2006 Maymester + Summer Operational Hours **5:30am - 9:00pm** **9:00am - 9:00pm** **1:00pm - 9:00pm**

SWIMMING POOL (OPEN RECREATIONAL SWIM)

	Monday - Friday	Saturday	Sunday
2006 Maymester + Summer Operational Hours	9:00am - 7:00pm	12:00pm - 6:00pm	1:00pm - 6:00pm

	Monday Tuesday Thursday Sunday	Wednesday	Friday
Climbing Wall	5:00pm – 9:00pm	Closed	1:00pm - 5:00pm

	Monday - Friday
Indoor Tennis	11:00am – 2:00pm

Facilities Policy Overview and Reservation Information

General Facility Information

Please contact the front desk at 656-2315 for general information pertaining to facility operations during normal hours of operation. To review our comprehensive membership handbook, please contact an Administrative Staff Member. Please visit all of the facility links on our website for specifics regarding all of our amenities in our venues. Our staff link provides a comprehensive list of staff contact information.

Department of Campus Recreation Conduct

All students, faculty/staff members, community members, guests and other patrons must conduct themselves properly and respect staff directives while using Department of Campus Recreation Facilities. Participants in all Campus Recreation activities should display high standards of sportsmanship and should cooperate fully with the Campus Recreation staff to ensure safe and successful operations. All users must follow the Department of Campus Recreation policies, obey all Clemson University policies and follow all local, state and federal laws.

Facility Rentals and Reservations

The Department of Campus Recreation hosts thousands of facility rentals annually. All facility reservations must be initiated through the Department of Campus Recreation Facilities Offices by calling (864) 656-0557 / (864) 656-0556 or coming to the Fike Recreation Center between the hours of 8:30a.m. - 4:30 p.m., Monday through Friday. All requests must be made 2 weeks in advance of the actual reservation. All rental fees are due 2 weeks in advance of facility use and are nonrefundable except in the event of a rain out. Requests will be evaluated on an individual basis and will be based on availability. Additional fees may be charged: (staffing, set-up, take down, custodial, security, damage, repair costs, etc.) depending on the nature of the event.

All Campus Recreation programs, students, University organizations and Academic departments have priority use of Campus Recreation facilities. Make Tennis reservations at the front desk of the Fike Recreation Center or call (864) 656-2315 during operating hours, Monday-Sunday. *Popular rental venues include: Club Gym, Sun Deck, Fike Gyms, New Gyms, Multipurpose Rooms 106, 207, 208 and Fitness Studio, Lounge and Climbing Wall.*

Policy for Fitness Equipment Use and Pool Use

Dependants must be at least 15 years old to use the fitness equipment without an adult. Dependants 13-15 years old must be accompanied by an adult. Younger dependants are not allowed to use the fitness equipment. Dependants must be at least 15 years old and good swimmers to use the pool without an adult.

Memberships, Lockers, Towel Service and Uniform Service

Please click our Memberships link on our website to learn more about these excellent services.

Guests of Students and Employees/Occasional Users

Guests may use the facilities for which a member is eligible only when accompanied by that member. Guest charges are \$6 per day per person and you must have exact change or check. Persons who are visiting Clemson on official University business also qualify as guests by registering through the Department of Conference, Guest & Visitor Programs or by calling (864) 656-6559. A Clemson University employee who is not a Campus Recreation member and who wants to occasionally use our facilities can be admitted upon payment of the \$6 guest fee. Occasional use by University employees does not include privileges such as family hours, court reservations, locker assignments or equipment checkout. All guests & occasional users must register at the front desk before using any of our facilities.

Informal Recreational Sports

Many patrons enjoy taking part in activities on their own such as basketball, volleyball, jogging, weight training, as well as many others. For information on availability call (864) 656-2315.

Accident Procedures

Everyone that utilizes the Department of Campus Recreation Facilities does so at their own risk and is responsible for their own welfare and safety. Anyone injured while utilizing the Department of Campus Recreation Facilities must contact a supervisor at the front desk immediately. The Campus Recreation staff will attend to these situations using appropriate first aid techniques, precautions and safeguards. 911 will be called for vital emergencies and EMS/CUPD will be summoned. Please report all hazardous conditions or injuries to the Facility Supervisor immediately.

Lost or Stolen Items

The Department of Campus Recreation is not responsible for any lost or stolen items. Feel free to stop by the Facility Control Desk during normal operating hours to verify if your item has been located. Items will not be kept for more than two weeks. Please contact the Facility Control Desk if you experience a theft of property and contact CUPD to complete a police report.

Equipment Use

Sports equipment may be checked out at the Facility Control Desk at the entrance of Fike without charge for students and paid members. Patrons must show a valid membership ID card and Photo ID or Clemson University ID card and complete the sign in sheet. All equipment must be returned the same day. All patrons are responsible for the replacement cost of any item(s) damaged, mutilated or lost.

Special Groups

Those who are attending University sponsored, non-credit academic programs may use the University recreation facilities (tennis courts, Cooper Recreation Area, Fike Recreation Center) only when the sponsoring group has made advance arrangements. Contact the Department of Campus Recreation at (864) 656-0556 / (864) 656-0557 for details and rental fee information.