

ALLEGANY COLLEGE of MARYLAND

Memorandum
August 18, 2020

TO: College Staff and Students
FROM: Tommie Reams, Director of Physical Education and Athletics
SUBJECT: Athletic Facilities Schedule, Fall 2020

RECREATION AT ALLEGANY COLLEGE

Facilities will open beginning Monday, August 24, 2020

POOL SCHEDULE

The pool is closed due to COVID-19. Reopening will be reevaluated with possible opening of January 2021.

GYMNASIUM

The gym is closed due to COVID-19. Reopening will be reevaluated with possible opening of January 2021.

WEIGHT ROOM & CARDIO ROOM

MASKS ARE REQUIRED DURING WORKOUTS

(Except during heavy aerobic exercise where a mask might genuinely impede your breathing.)

Weight Room: Limit of 15 people at a time
Cardio Room: Limit of 7 people at a time

Students enrolled in the Fitness Center course must go thru an orientation.
Please contact Coach Reams and/or Coach Stewart concerning the orientation.

WEIGHT ROOM HOURS

Monday through Friday

8:00 am– 10:00 am
11:00 am – 1:00 pm
2:00 pm – 4:00 pm
5:00 pm – 7:00 pm

Saturday – 9:00 am – 12:00 pm

CARDIO ROOM HOURS (G132)

Monday, Wednesday, Friday

8:00 am – 10:00 am
11:00 am – 12:00 pm
2:00 – 3:00 pm
5:00 pm – 7:00 pm

Tuesday and Thursday

8:00 am – 10:00 am
1:00 pm – 4:00 pm
5:00 pm – 7:00 pm

Saturday – 9:00 am – 12:00 pm

LAUNDRY SERVICE

Students with ID cards will be issued all equipment to work out, except towels and shoes. Equipment may be picked up at the laundry room in the Physical Education Building. Upon return of the above equipment to the laundry room the student will receive his/her ID card. Equipment and gym uniform should be returned promptly so laundry can be completed for the next issue. LAUNDRY SERVICE WILL NOT BE AVAILABLE ON SATURDAYS.

PLEASE NOTE: WHEN THE COLLEGE IS NOT IN SESSION, THE PHYSICAL EDUCATION FACILITIES (GYM, WEIGHT ROOM, ETC.) WILL ALSO BE CLOSED.