

(706) 479-4472
yhc.edu/rec

CAMPS

YHC is proud to partner with Chick-fil-A's WinShape Foundation to host a One-Week Overnight Camp for Girls geared toward female campers who have completed grades 1-8. Campers stay in the College's LEED Silver-certified Enotah Hall and enjoy many campus facilities including the Recreation and Fitness Center.

Find out more: winshapecamps.org/camps

YHC also regularly offers summer camps in the Recreation and Fitness Center for men's and women's basketball and cheerleading.

Find out more: yhcathletics.com/summercamps



BASKETBALL TICKETS

The Recreation and Fitness Center's arena, known as the "Valley of Doom" to Mountain Lions fans, is where YHC's men's and women's basketball teams take on competitors in the NCAA Division II Peach Belt Conference. There are several season tickets packages available as well as single-game tickets for home matches.

Find out more: yhcathletics.com/tickets



Recreation & Fitness Center

MEMBERSHIP INFORMATION

Get healthy! Stay fit! Have fun!

Young Harris College's two-level, LEED-certified Recreation and Fitness Center boasts more than 59,000 square feet of energizing and action-packed space.



The **ARENA** features three full-court floors for basketball, volleyball, badminton and dodgeball. It's also used for intramural sports, fitness and instructional programs, and special events. The space features two maple wood floors, one mondo-floor multi-activity court, retractable basketball baskets, wireless scoreboards and divider curtains.

The **ELEVATED TRACK** surrounding the arena floor offers three lanes for walking, jogging and running that stretch one-tenth of a mile around the center.



The **CLIMBING WALL** is visible from both the first and second floors. This impressive 37-foot, three-story wall features five climbing lanes with numerous routes per lane while on belay. It's available for individual, group and class-setting climbs.



5,000+ Square Feet of Fitness

- Enjoy a fully equipped weight room and fitness space that offers free weights, selectorized machines and cardiovascular equipment enhanced with LCD televisions and inputs for personal music devices.
- Equipment includes Life Fitness treadmills, Life Fitness upright and recumbent bikes, Octane Fitness elliptical exercise machines, Concept II rowing machine, Life Fitness/Hammer Strength free weights, Intek dumbbells, and Intek urethane coated weight plates.
- The area features synthetic flooring, overhead heating and air, and large flat-screen televisions.
- Take advantage of personal training sessions with our fitness professionals! (*Extra charge applies.*)

PERSONAL TRAINING

Enjoy a challenging, time-efficient workout tailored to your individual fitness goals. Your personal trainer will motivate you and make your workouts more fun while creating a fitness program that will improve your health and produce the results you want.

Hour Session: \$40 | Half-Hour Session: \$20

For more information or to make an appointment with a certified personal trainer, call **(706) 379-4472**.



LOCKERS

Men's and women's locker rooms are available for use on the lower floor, and family changing areas are available on both floors.

Full Locker: \$10/month | Half Locker: \$5/month

PARKING

Members may park in the lot behind the athletics training room/locker rooms building located across from the center. Overflow parking space is available in the large parking lot on Maple Street.

Young Harris College Recreation and Fitness Center Membership Application

Please Print

DATE _____ BIRTH DATE _____

MEMBER NAME _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL PHONE _____

EMAIL _____

Would you like to rent a locker?

- Yes (select below) No
 Full (\$10/month) Half (\$5/month) Annual Semester

Membership Classification

- Alumni
 Community
 Spouse/Significant Other/Dependent
 Personal Training

Monthly Yearly Semester Renewal Date _____
 Payment Due _____

Method of Payment

- Cash
 Check made payable to Young Harris College

This membership is non-transferable and is to be used only by the person to whom it was issued. The Recreation and Fitness Center is not responsible for lost, stolen or damaged passes. There is a fee for replacement cards. Memberships are non-refundable except in cases of physician-verified illness or if cancelled within one week of purchase. A \$25 service charge will apply.

All members must read and sign the Assumption of Risk, Waiver, and Release from Liability Form.

All members must read and abide by rules and policies of the Recreation and Fitness Center.

Members must always have ID card or key tag to enter the facility.

For staff use only:
 Membership Number _____

Membership Information

Memberships may be purchased on a monthly, semester or annual basis. All members and guests must be 16 years of age or older. Receive a 10% discount on an annual membership with full payment.

YHC Alumni **\$35/month** **\$420/year**

Individuals who have been enrolled at YHC as a full-time student for at least one semester/quarter are eligible for a limited membership at the alumni rate. Proof of attendance is required upon registration.

Community **\$40/month** **\$480/year**

All community members from the surrounding area are eligible for a limited membership.

Spouse/Significant Other **\$25/month** **\$300/year**

Spouses/significant others or dependents (16-22 years of age) of paid alumni or community members are eligible for a discount membership rate. To qualify,

members must provide one of the following: proof of joint financial responsibility, identification showing same last name, proof of marriage license or proof of same residence.

Guest Passes **\$10/day**

Members are limited to two guests per day and must be 18 years or older to host a guest. Guests must enter and exit the facility with their host, provide photo identification, and follow established behavioral guidelines. The host shares the responsibility for guest behavior. Guests must have insurance to cover any injuries that may occur while using the Recreation and Fitness Center.

The Recreation and Fitness Center is accessible for persons with disabilities.

MEMBERSHIP HOURS

Fall & Spring Semesters

Monday–Friday: 7 a.m.–2 p.m.

Saturday: 10 a.m.–7 p.m.

Sunday: 1–9 p.m.

Membership includes access any time the facility is open during breaks, holidays and summer periods. Hours may vary.

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