



Albert Einstein College of Medicine

Falk Recreation Center/Friedman Athletic Center Operational Policies

I. Purpose

The Falk Recreation Center/Friedman Athletic Center provides athletic facilities to employees and students of the Albert Einstein College of Medicine (“Einstein”), employees of our affiliated hospitals, spouses, and children 16 of age and older. This document contains policies for membership and use.

II. Scope

This Policy applies to all Albert Einstein College of Medicine employees, students, hospital employees, spouses, and children 16 years of age or older who are members of the Falk Recreation Center.

III. Policy

III.A. Membership

For students, membership fees are included in tuition. For postdoctoral fellows, faculty, staff, hospital employees, spouses, and children 16 years of age or older membership plans are available for intervals as follows:

Period	Total Fee
12 Months	\$350
9 Months	\$270
6 Months	\$200
3 Months	\$105
1 Month	\$40
1 Month Post Doc	\$29

Payments can be made only by cash or check payable to Albert Einstein College of Medicine. Gift certificates may be purchased for eligible members and their spouses.

III.B. Hours of Operation

Normal Hours	
Monday - Thursday	6:30 a.m. - 11:30 p.m.
Friday	6:30 a.m. - 8:30 p.m.
Saturday	8:30 a.m. - 8:30 p.m.
Sunday	11:00 a.m. - 7:30 p.m.
Summer Hours of Operation (First Sunday in June through third Sunday in August)	
Monday & Wednesday	6:30 a.m. - 8:30 p.m.
Tuesday & Thursday	7:30 a.m. - 10:30 p.m.
Friday	6:30 a.m. - 8:30 p.m.
Saturday (Pool, Steam Rooms, and Saunas Closed)	8:30 a.m. - 8:30 p.m.
Sunday	11:00 a.m. - 6:30 p.m.
Locker rooms remain open for a half hour after activity areas have been closed.	
Pool Hours of Operation	
Monday, Wednesday, & Friday - Early Bird Swim	6:30 a.m. - 8:30 p.m.
Monday - Thursday	11:00 a.m. - 9:30 p.m.
Friday	11:00 a.m. - 8:30 p.m.
Saturday	Closed
Sunday	11:00 a.m. - 7:30 p.m.
Monday & Thursday - Women Swim ONLY	7:00 p.m. - 8:00 p.m.
Sunday - Women Swim ONLY	12:30 p.m. - 1:30 p.m.
Wednesday - Men Swim ONLY	7:00 p.m. - 8:00 p.m.
Steam Room and Sauna Hours of Operation	
Monday - Thursday	6:30 a.m. - 9:30 p.m.
Friday	6:30 a.m. - 8:30 p.m.
Saturday	Closed
Sunday	11:00 a.m. - 7:30 p.m.

Holiday hours are posted on the Falk Recreation Center webpage at <http://www.einstein.yu.edu/administration/auxiliary-services/falk-center/hours.aspx>.

III.C. Locker Rentals

A limited number of lockers are available for rent. The fees are as follows:

12 Months	\$60
6 Months	\$30

III.D. Guest Policy

1. Members and eligible members of the Falk Recreation Center are permitted guests passes.
2. Guest Passes are \$8.00 each.
3. A Guest Pass Discount Card is available. The card is \$35.00 for five visits.
4. Members are required to accompany their guests to the center and remain with them throughout the visit.

III.E. Trial Membership

All eligible members may request a free trial membership which is good for 7 visits in 14 days.

III.F. General

1. Members must swipe their Membership Tag or drop off their ID upon entering the center.
2. Smoking, food, and glass-bottled beverages are not permitted.
3. Only rubber-soled athletic shoes may be worn in the activity areas. (Non-marking soled shoes only.)
4. Workout clothes are required in the gymnasium, racquetball courts, and weight rooms. "Scrubs" and clogs are not permitted. Workout clothes may include: shorts, sneakers, sweats, t-shirts. Shirts and closed shoes must be worn in the weight rooms.
5. Children under the age of 16 are not permitted in the center at any time.
6. Lockers are available for day use or extended rental. Members are required to supply their own locks. Members not paying for a rental locker must remove their locks prior to leaving the facility. Those locks left on overnight will be clipped.
7. The center cannot be responsible for your personal belongings. Please secure all valuables in your locker while you are using the facility. Belongings are not to be left in the reception or activity areas at any time.
8. A Lost and Found is located in the reception area. Please return any articles found to the front desk and check the front desk if an item of yours is missing.
9. Athletic equipment is available for you to borrow while you use the center. Please return it to its distribution point upon leaving.
10. Cell phone calls are limited to the Atrium area only.

III.G. Pool Area Rules

1. All members are reminded to shower before entering the pool or whirlpool.
2. When swimming with two or more people in the lane, stay to the right.
3. The use of swim fins will not be permitted when there are two or more people in a lane.
4. Please observe fast and slow lane signs (when necessary) and all other signs posted in the pool area.

5. Bathing suits are required in the pool area. No cut-offs or gym shorts are permitted.

III.H. Reservation Policy

III.H.1. Courts/Roof-Top Tennis

1. Reservations may be made in person 24 hours in advance for a 45-minute time slot.
2. Reservations will not be honored after 15 minutes following the scheduled starting time.
3. Safety goggles are recommended to be worn on the courts at all times.

III.H.2. Stairmaster/Recumbent Bike/Treadmills/Elliptical Trainer

1. Members may reserve a 30-minute time slot for that day only. (This allows 25 minutes to work out and 5 minutes to set program, read results, and clean the machine.)
2. Reservations will not be honored after 5 minutes following the scheduled sign-up time.
3. Reservations may be made in person on a walk-in basis whenever the facility is open. Reservations are for the same day only.

III.H.3. Reservations by Telephone, 718.430.4298

1. Reservations will be accepted during any hours of operation.
2. Reservations may be made up to one day in advance, except that reservations may be made on Friday for Saturday, Sunday, or Monday.
3. Stairmaster, treadmill, recumbent bike, and elliptical trainer reservations may be made for the same day only.

IV. Definitions

None.

V. Effective Date

Effective as of: 7 September 2018

VI. Policy Management and Responsibilities

Einstein's Human Resources Department is the Responsible Office under this Policy. Einstein's Vice President for Human Resources is the Responsible Executive. The Falk Recreation Center Manager is the Responsible Officer for the management of this Policy.

VII. Approved (or Revised)


Responsible Executive

2/19/2019
Date