HEALTHY-U

POOL, SRC & PHYSICAL ACTIVITY COURSE OPTIONS
Healthy-U is available to all faculty and staff and provides opportunities to use the pool, SRC, and/or enroll in a physical activity course.

To sign up for the Healthy-U Program swimming pool option, please go to the Cashier's office (SBS 285) to make your payment of $30 for the semester. Bring your receipt from the Cashier's Office marked with your payment stamp to KA 305 and you will be issued your Healthy U swimming pool option card.

To sign up for the Healthy-U Program SRC option, please go directly to the SRC to sign up and to make your payment of $35 for the semester.

Name: ____________________________ Extension: __________ Office: ____________________________

Email: ____________________________

Class/Classes — see reverse —

Total Cost/Check paid to Cashier's Office (SBS 285): ____________________________

Make all checks payable to Humboldt State University
Attention: Healthy-U/Kinesiology & Recreation Administration
Question/Comments 826-4536

<table>
<thead>
<tr>
<th>Healthy-U/Lap Swim Pool Hours:</th>
<th>KA111</th>
<th>Monday-Friday</th>
<th>7:00-8:30 am &amp; 12:00-2:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pool Use $30/Semester</td>
<td>KA111</td>
<td>Monday, Wednesday, Friday</td>
<td>3:00-5:00 pm</td>
</tr>
<tr>
<td>Must show faculty/staff ID to enter pool</td>
<td>KA111</td>
<td>Tuesday/Thursday</td>
<td>4:00-6:00 pm</td>
</tr>
<tr>
<td></td>
<td>KA111</td>
<td>Saturday/Sunday</td>
<td>12:00-4:00 pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Healthy-U/SRC hours:</th>
<th>SRC 181</th>
<th>Monday-Friday</th>
<th>12:00-2:00pm*</th>
</tr>
</thead>
<tbody>
<tr>
<td>SRC Use $35/Semester</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Must show faculty/staff ID to enter SRC</td>
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Physical Education Course $20/class | Varies | See course listings online**

* These are the only available SRC hours for faculty/staff in the Healthy-U Program. For those wanting to use the facility during other hours a Semester Pass or an Annual Pass may be purchased at the Student Recreation Center. For more information, call the Student Recreation Center at x4197.

** See back of this page for class enrollment instructions. Some of the most popular classes are: soccer, aikido, basketball, swing dance, Pilates, stretch and relaxation technique, and yoga. Please check the schedule online for a full list of our course offerings and their days and times.

TO RENT A STAFF/FACULTY LOCKER: Please go to the Cashier's Office (SBS 285) and pay the appropriate rental fee: $30 for one semester, $40 for fall and spring semester, or $50 for one calendar year. You will receive an email within two (2) business days indicating your locker number, the code to get into the locker room, and your lock combo (lock is provided). If you have any questions about renting a locker please email kalockers@humboldt.edu or call (707) 826-4532.
Healthy-U Physical Activity Course Enrollment

Select a class from the class schedule of physical activity courses. Enrollment is contingent upon available space in the class. Verify with the instructor that there is room in the class and have the instructor sign this form. Bring the signed form to the KRA Office (KA 305). After Department approval and signature, go to the Cashier's Office (SBS 285) to make your payment. Bring your receipt from the Cashier's Office marked with your payment stamp to KA 305 to receive your Healthy U card. Show the class instructor your Healthy U card to verify payment.

Your name: ________________________________  (Check one) Fall ___ Spring ___  20___

Campus Extension: __________  Office: ________________________________

Email: ________________________________

Class selected: _____________________________________________

Day & Time: _______________________________________________

Name of Instructor: _________________________________________

Instructor Approval: ___________________________ Date_____________

Department Approval: ___________________________ Date_____________