

Hours of Operations

Academic Year

Late August-Mid May

Monday-Thursday: 6 am-10 pm

Friday: 6 am-8 pm

Saturday and Sunday: 12 pm-7 pm

Summers and Breaks

Mid-May-Late August

Monday-Friday: 6 am-8 pm

Saturday: 8 am-5 pm

Sunday: Closed

Specific hours of operation and a monthly calendar can be found on our website at www.msmary.edu/ARCC

Scheduled Breaks & Holidays

Easter Holiday – Thursday through Monday - Closed

Memorial Day – Closed

Juneteenth-Closed

Independence Day – Closed

Labor Day-Closed

Fall Break (*Mid Oct.*) – Break hours & closed on Friday

Thanksgiving Break – Closed Wednesday-Sunday

Christmas/Winter Break – Closed December 24-January 1

The ARCC closes two and half hours prior to all

Men's and Women's Home Basketball Games.

The facility is also closed for several special events throughout the year.

All closings are posted in our facility and on our website.

Inclement Weather Policy

If the University is closed due to inclement weather, the ARCC is closed, and programs are canceled.



ARCC Membership Information

A booklet designed to give new members an overview of what the ARCC has to offer.

Mount St. Mary's University

Knott ARCC

16251 James Phelan Way

Emmitsburg, Maryland 21727

Website: <https://msmary.edu/ARCC>

Issue & Control: 301.447.5722

Recreation & Wellness

Welcome to the Department of Recreation & Wellness. We seek to foster individual and community growth by enhancing and encouraging the participants' physical, intellectual, and social development through diverse recreational programming. The department provides operational support and coordination for the Athletic Recreation Convocation Complex (ARCC) and its programs.

Our mission is to conduct a broad and diverse range of activities for the Mount St. Mary's University Community (students, faculty, administrators and staff) as well as ARCC Members.

Recreation & Wellness Staff

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PNC Fitness Center Policies

AGE REQUIREMENTS

- 16 years and older may use the fitness center on their own.
- 13-15 years old may use the fitness center with adult supervision (age 18 or older) on the same floor. The adult must always remain in the area.
- **12 years and younger are not permitted to use the fitness center.**

POLICIES

- Clean each piece of equipment after you use it. Spray cleaner on the paper towel, not directly on the equipment.
- The use of chalk is prohibited.
- **DO NOT** remove any equipment from the Fitness Center.
- Clean and return all equipment to the proper place.
- Do not drop or throw equipment.
- Be respectful. No swearing, grunting, or loud noises.
- Wear appropriate workout attire. Athletic footwear is required.
- Only water or sports drinks in sealable bottles are permitted.

SAFETY RECOMMENDATIONS

- The use of bar collars, safety bars, and/or spotters is strongly recommended while using free weights.
- If you experience dizziness, light-headedness, or other signs of physical distress, stop exercising and notify a staff member.
- Report all injuries to a staff member.

Dillon Field House Policies

- Children under the age of 13 must be accompanied by an adult, age 18 or older, at all times.
- Wear appropriate workout attire.
- Shirt & athletic footwear required.
- Wall Ball is not permitted.
- Patrons may only listen to music with headphones or earbuds.
- Food and gum are prohibited.
- Please dispose of all trash in the proper receptacles.
- Failure to follow these policies may lead to the loss of privileges.

Visitor Pass Policy

Non-member patrons are allowed to use our facility without purchasing a membership.

All visitors, **18 and older**, wishing to use the ARCC facility for physical exercise must sign a waiver and pay the \$5 fee at Issue and Control.

**A valid ID is required prior to signing the waiver and paying the fee.*

The \$5 Visitor Pass Includes:

PNC Fitness Center
Dillon Field House
Pool
Group Exercise Classes

Knott ARCC Facilities

The ARCC is a 105,000 square foot facility used for fitness, recreation, intercollegiate athletics, and entertainment and cultural events.

- The **Knott Arena** features a main arena/convocation center with a seating capacity of 3,500 for basketball and up to 5,000 for other events.
- The **John J. Dillon Field House** has four multi-purpose courts for basketball, tennis, and volleyball and is surrounded by a jogging track.
- The **Swimming Pool** has six lanes and is 25 meters in length. The ARCC Pool is also home to the Mount St. Mary's Men's and Women's Swimming/Diving and Water Polo Teams. Limited times are available for rec/lap time.
- The **PNC Fitness Center** offers two floors of fitness equipment, including state-of-the-art cardio machines and strength training equipment.
- The **Group Exercise** and **Spin Studios** host a variety of fitness classes.
- Both the **Men's and Women's Locker Rooms** are equipped with lockers, showers, and a sauna.

PARKING

- Designated accessible parking spaces are available on the North Ramp and in Lot 14 for those who qualify.
- All other ARCC Members must park in Lots D-F on the south side of the ARCC.

Membership Information

2023-24 ARCC Membership Prices

MEMBERSHIP TYPE	6-MONTH	ANNUAL
*Young Individual (16-22)	N/A	\$120.00
Individual (23-59)	\$175.00	\$320.00
Individual Senior (60+)	\$130.00	\$220.00
Individual Alumni (23-59)	\$157.50	\$288.00
Individual Frederick Health Worker	N/A	\$288.00
Individual Senior Alumni (60+)	\$117.00	\$198.00
Household (23-59)	\$225.00	\$400.00
Household Senior (60+)	\$160.00	\$285.00
Household Alumni (23-59)	\$202.50	\$360.00
Household Senior Alumni (60+)	\$144.00	\$256.50

***If the patron is under the age of 18, a parent/guardian must be present to sign the waiver to complete the membership.**

- All prices listed above are for payments made with checks.
- All payments made with credit cards, or the payment plan will be charged a processing fee.
- To be eligible for an Alumni membership, the member must be a Mount graduate.
- To be eligible for an Alumni Household membership, at least one person in the household must be a Mount graduate.

Membership Benefits

***Members must bring their ID card whenever using the facility.**

Your ARCC Membership includes use of the following areas:

- Dillon Fieldhouse
- PNC Fitness Center
- Swimming Pool (*during Rec Swim hours*)
***Division I Aquatic teams have grown and have priority for pool scheduling. Rec Swim hours are limited.**
- Men's and Women's Student Locker Rooms (*connected to pool*)

Fitness and Wellness

**Fitness Classes are not included with a membership. ARCC members receive a discounted semester rate.*

Please visit our website (www.msmary.edu/ARCC) to view what current Group Fitness classes are offered!

Personal Training (by appointment)

- Work one-on-one with a certified personal trainer using a workout program designed specifically for you to reach your personal fitness goals.
- Training session packages are available for purchase. PT form is available at:
<https://www.cognitofrms.com/MountStMarysUniversity5/PersonalTrainingRequestForm>

Biometric Screenings: Evolt (by appointment)

- The Evolt Body Composition Reader is a simple-to-use 60-second scan that provides detailed data about a body through more than 40 measurements. Once someone scans, they can either have the results printed or view them through the EVOLT app on their own device.
- To find out more information on Evolt, please visit:
<https://evolt-new-iframe-black.netlify.com/>

Please contact Stephanie Georgoff with any questions.

Drop-In for Group Exercise

Any patron wanting to take a Group Fitness Class and not commit to the semester-long fee can pay the \$5 drop-in fee.

This drop-in fee can be used for any class offered.

Please stop by the Issue and Control window to sign the waiver and pay the fee. *This is a requirement each time you wish to drop-in for a class.*