



Welcome to the Lemerand Aquatic & Fitness Center

Aquatic Center: (386) 506-4FUN(4348) • DaytonaState.edu/Aquatic_Ctr

Fitness Center: (386) 506-4FIT(4348) • DaytonaState.edu/Fitness_Ctr

Location: Daytona Beach Campus, Lemerand Center (Bldg. 310)

Hours of Operation

Aquatic Center **Monday & Thursday, 8 a.m.-7 p.m.**
Tuesday & Wednesday, 11 a.m.-7 p.m.
Friday, 11 a.m.-5 p.m. • Closed Weekends

Fitness Center **Monday-Thursday, 7 a.m.-7 p.m.**
Friday, 7 a.m.-5 p.m. • Closed Weekends

Both Centers will be closed on
Daytona State employee holidays.

(Notice of upcoming closures or
changes to operation hours will
be posted as needed.)

Identification Card

Daytona State students and employees are required to present their Daytona State ID for access. Other members will be issued a facility ID card for access. A replacement fee of \$5.00 is charged for lost facility ID card.

Towel Usage

Towels are not provided in the Aquatic Center. Small hand towels are provided for use in the Fitness Center. Please bring your own towel for bathing purposes.

Locker Rooms

Available to Aquatic & Fitness Center members only! Use of locker rooms is limited to the facility's operational hours. Lockers and showers are inside the Aquatic Center for pool users only due to limited space. Lockers and showers for users of the Fitness Center are located on the second floor. Locks must be removed daily from lockers. Fee is \$25/4 months to rent a locker. (You must provide your own lock.) After initial warning, locks left overnight will be cut and contents of lockers removed. Fee is paid at the Aquatic Center.

Dress Requirements

Aquatic Center

Regulation swimsuits are required to be worn by all individuals entering the water. Jean shorts, street shorts, boxer shorts, regular diapers and thongs are strictly forbidden. Swim diapers or rubber pants are required for infants and toddlers.

Fitness Center

Tennis, jogging, aerobic shoes only. **No boots or sandals allowed!** T-shirts or full muscle shirts (**no half shirts or sports bras - back and midriff must be covered**); shorts or warm-ups; Leotards with sleeves (tights, shorts, or sweatpants must be worn with leotard); no clothing such as jeans with zippers or belts (will tear upholstery).

Age Limit

No one under age 16 is permitted to use Fitness Center. Minors must be accompanied by an adult (parent, guardian, coach) to use the Aquatic and Fitness Centers.

Help keep our center clean. Please refrain from chewing gum and profanity use.

Eligibility and Access Fee

Access fee schedule available upon request

Students must maintain registration during the current semester to maintain eligibility. (Excluding summer.)

Tri-State employees, auxiliary contract employees, and Daytona State Alumni will pay a fee. Families of employees, retirees, alumni and students are eligible to use facility for a fee.

Fitness Assessment

Fitness assessments are given to estimate your current fitness level. After registering, students have 30 days to complete the yearly assessment unless review of registration form indicates need to be done prior to initial workout. A physician consent may be required if significant health problems exist.

Fitness assessment includes: height, weight, blood pressure, body fat analysis, flexibility test, muscle endurance test, risk factor review and personal exercise (suggestions).

Workout

Warm-up: Before beginning your workout you are encouraged to spend 5 minutes of a mild aerobic exercise followed by stretching. Stretching handouts are available.

Cardiovascular conditioning: Spend a minimum of 20 minutes, 3 times each week to obtain conditioning benefits. Remember, if you have never worked out, gradually work up to this time. We reserve the right to limit time on aerobic equipment during peak hours.

Cybox machines: Initially you should progress through the machines in sequential order using beginner workout machines. One set of 6-12 repetitions of a comfortable weight is recommended to obtain strength training. We reserve the right to limit sets during peak hours.

Cool-down: After completing your workout, cool-down by walking around the room, stretching, and/or riding a bike at a slow pace until your heart rate (pulse) gradually returns to normal or is below 100 beats/minute.

Free weights: Free weights should be done after cool-down. Ask staff for assistance to set up program. It is recommended you do strength training prior to starting a free weight program.

(NOTE: Slight muscle soreness may occur following your workout. If so, decrease your level of intensity to prevent injury. It takes time to build up endurance and strength. Report excess soreness to fitness center staff. If you are injured during a workout, report to staff immediately. If you experience dizziness, lightheadedness, nausea, indigestion, shoulder, neck or chest pain during your workout, stop exercising and inform staff.)

Workout Cards

These are for your personal benefit and use! Recording your daily accomplishments on the card will allow you to track your improvements and will allow us to better assist you in reaching your goals. A staff member will assist you in filling out a workout card during your first visit.

Target Heart Rate And Target Training Zone

This is how you tell how hard to work. Your heart rate should be within a target training zone (unless on medication effecting heart rate or medically contraindicated). Beginners should start at the low end of the zone and gradually increase the heart rate over a period of a few weeks. Determine your Target Heart Rate and Target Training Zone by using the following formulas:

- $(220 - \text{your age}) \times 60\%$ (Conservative Target Heart Rate for the beginner)
- $(220 - \text{your age}) \times 70\%$ (Intermediate Target Heart Rate)
- $(220 - \text{your age}) \times 80-85\%$ (Advanced Target Heart Rate)

Training Zone = Beginning Target Heart Rate through Advanced Target Heart Rate.

Example: $(220 - 30) \times .60 = 114$ (Beginning end of zone)

$(220 - 30) \times .80 = 162$ (Advanced end of zone)

Target Training Zone = 114-162 beats/minute

Check pulse during the peak level of your exercise routine and stay within your target zone. Remember there is no added cardiovascular benefit to push yourself over the target heart rate. It only increases your risk. To check your heart rate, place your index and middle fingers on your radial artery located on your wrist. Count your pulse for 10 seconds and multiply by 6 to get your heart rate in beats/minute.

Plan to attend a minimum of 3 days per week - significant changes will not occur with less than 3 workouts per week. Consistency in workouts is a crucial factor in getting results! It is our goal that you learn, reach your goals, and get results from your program while enjoying your time at the Fitness Center.