

Fitness Assessments

As part of the Wellness Center, each individual, upon request, can be tested for:

CARDIOVASCULAR FITNESS

MUSCULAR STRENGTH

MUSCULAR ENDURANCE

FLEXIBILITY

HYPERTENSION

BODY COMPOSITION

HEALTH RISK STATUS

The Wellness Center personnel want to help prevent the occurrence of illness and promote correct and wise decisions to help each individual develop a complete state of physical, mental and emotional well-being.

For more information, contact:

Director of Wellness and Aquatics

Seward County Community College 1801

N. Kansas 67905-1137

620.417.1143

www.sccc.edu



Lifeguard training classes are offered through the physical education department and held in the wellness center's indoor pool.



SCCC Wellness Center
1801 N. Kansas
Liberal, KS 67905-1137



SCCC WELLNESS CENTER

The Seward County Community College Wellness Center was established in September 1992 to promote wellness as a way of life. It is our goal to help students, faculty, staff, and members of the community achieve their highest potential of overall well-being. The Wellness Center helps individuals or groups select and maintain lifestyle changes for a healthier and happier life. The center creates cost-effective health promotion and education programs for all individuals. Through these programs, the Wellness Center can educate individuals about the risk factors for heart disease and other preventable diseases. Facilities: The Wellness Center offers the latest in exercise equipment along with treadmills, computerized bicycles, stair climbing and elliptical motion machines to assist patrons in their pursuit of cardiovascular fitness. To develop muscular strength and endurance, the wellness center is equipped with sixteen pieces of APEX selectorized strength machines and a two-thousand-square-foot free-weight room. A seventy-five-foot indoor swimming pool with a four-foot shallow end and a thirteen-foot dive well are also available to patrons.

Enrollment

To enroll in the Wellness Center visit the administrative office on the east side of the Activities Building. Wellness Center facilities are available to authorized users only. Facility use is a privilege. Participants must present a student ID card at the main administrative office to gain admittance. Patrons should not expect to gain admittance when they do not have their student ID cards. Cards are not transferable. They are for the exclusive use of the person named on the card. Those persons found misusing their ID cards by lending their cards to others, falsifying or altering it in any way are subject to disciplinary action, a misuse fee and/or prosecution for theft of services.



Children

Children must be 16 years old to work out in the wellness center and be a member or pay the daily fee. Children under 16 may utilize the pool by paying the daily fee. Current members may bring children to the pool while they work out if those children are able to swim. If children cannot swim, we ask that parents stay with their children in the pool.

Exercise Counseling:

Exercise counseling available by appointment with assistant director or director include: exercise recommendations, nutritional information, stress management techniques.

Seminars:

Seminars periodically available include: nutrition, weight control, stress management, cholesterol reduction, healthy cooking, smoking cessation, lower back care, and flexibility.

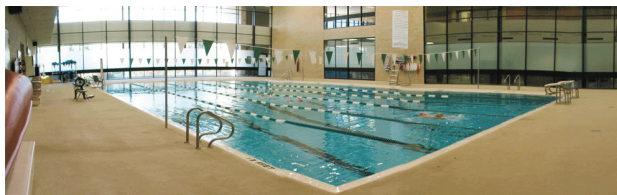
CHECK US OUT ON THE INTERNET:
<http://wellness.sccc.edu>

GENERAL HOURS:

6 A.M.— 9 P.M., MONDAY—THURSDAY
 6 A.M.— 7 P.M. FRIDAY
 1 P.M.— 5 P.M. SATURDAY
 1 P.M.— 5 P.M. SUNDAY

Summer and Holiday hours are posted in the Wellness Center administrative office or can be found online.

Disclaimer: All facilities have separate hourly schedules and may not always be available. Please check with Wellness Center administrative office for details. Information in this brochure may change without notice according to SCCC administrative decisions. Seward County Community College Wellness Center brochure was revised December 2005, and is current until a newer date is published.



Use of the wellness center can be obtained by purchasing either a monthly membership, enrolling in a SCCC physical education class or paying a daily fee. Comparative cost's are listed below. Border Counties include Beaver, Cimarron, Texas in Oklahoma and Dallam, Hansford, Lipscomb, Ochiltree, and Sherman in Texas.

User options:

		Yearly Cost	Comparative Monthly Cost
MONTHLY	\$35	\$420	\$35
55+	\$30	\$360	\$30
CLASSES:			
KANSAS RESIDENT	\$100	\$300	\$25.00
BORDER COUNTY:	\$110	\$330	\$27.50
BORDER COUNTY 55+:	\$60	\$180	\$15
OUT OF STATE:	\$123	\$369	\$30.75
SCR 55+	\$22	\$66	\$5.50
DAILY	\$5	\$1825	\$152.08
	PER PERSON/ VISIT		

