Welcome to UCSF Fitness & Recreation Centers

Millberry Fitness & Recreation Center at UCSF Parnassus
Service Desk 415.476.1115
Member Services 415.476.0348
millberry.memberships@ucsf.edu

campuslifeservices.ucsf.edu/fitnessrecreation
facebook.com/ucsffitnessrecreation

Bakar Fitness & Recreation Center at UCSF Mission Bay
Service Desk 415.514.4545
Member Services 415.476.5646
bakar.memberships@ucsf.edu

campuslifeservices.ucsf.edu/fitnessrecreation
facebook.com/ucsffitnessrecreation
Welcome to UCSF Fitness & Recreation Centers

Congratulations on becoming a member and committing to a healthier you!

Our mission is to enrich the human spirit, quality of life, and community at UCSF. We fulfill that mission by providing our members with exceptional service, knowledgeable staff, a wide variety of activities, and a clean environment. To keep our community working together, here are some important things to know. A full listing of policies is available on our website. If you have any questions, please stop by Member Services.

Welcome to the UCSF community!

Getting Started

Code of Conduct
We are committed to providing a safe, comfortable, and enjoyable membership experience. A code of conduct has been established to ensure that your experience is consistent with our commitment. The following actions are prohibited:

• Behavior that is unsafe or objectionable to other members or staff
• Use of foul, abusive, or obscene language or gestures
• Fighting, taunting, or threatening remarks or gestures

Members are also responsible for the behavior of their guests. Failure to follow this code may result in ejection from the center or membership suspension or revocation.

For the full version of our Code of Conduct, visit fitness.ucsf.edu.

Thank you in advance for keeping our community a safe and welcoming place for everyone.

Fitness Center Hours
Monday-Friday 5:30 am-8:00 pm
Saturday-Sunday 7:30 am-8:00 pm
Closed on Thanksgiving and Christmas day. Special hours for other holidays will be posted in the fitness center and on our website at: fitness.ucsf.edu.

Welcome Workout
New members receive a complimentary session with a certified personal fitness trainer. Whether you’re a first time exerciser or athlete, our staff can teach you how to safely use the equipment and exercise for optimal results. To schedule your appointment, contact the Fitness Manager.

Packing
Discounted parking is offered through UCSF Transportation Services. For details, visit Tinyurl.com/UCSFparking.

How to Enter
For security and safety, please present your membership card at the Service Desk for verification. Premier members are required to present their card to receive additional member benefits. A replacement fee is charged for a lost card.

What to Wear
Appropriate exercise clothing and closed-toe athletic shoes are required when working out. Shirts are required. Please, no street clothes, jeans, hospital scrubs, or sandals.

Lockers
Day-use lockers are available at no charge. Bring your own padlock or rent one at the Service Desk for 50 cents. Please do not use these lockers for overnight storage. Locks will be removed from any day-use lockers used for overnight storage. Rental lockers for overnight storage are available for $10 per month. Please leave valuables at home. Never leave your items unattended or unlocked, especially keys, cash, credit cards, computers, or cell phones. UCSF Fitness & Recreation is not responsible for lost or stolen items.

Dry Sauna
To maintain a safe, hygienic, and pleasant environment for everyone using the sauna, a shower is required prior to entering. Only towels and sandals are to be worn. Use a towel to sit or lie on at all times. Fragrance-free zone: no oils, lotions, or perfumes. Exercising and shaving is prohibited. Do not leave clothing or towels to dry. Avoid loud conversations. Ages 16+ only.

Towel Service
Sweat towel service is included with all memberships. Shower towel service is included with Premier membership. Standard members may rent a shower towel for $1, purchase a 20-use towel card for $15, or bring their own towel. Please use placed towels in the bins around the fitness center.

Eating and Drinking
A great workout means you’ll sweat! Be sure to stay hydrated and carry a water bottle. Food and drinks, other than water, are not allowed in the fitness center.

Cleanliness Counts
As part of our community, your help is appreciated to keep our equipment clean. Please wipe off cardio machines and weight equipment when you’re done. The next user will appreciate it. Cleaning solution and cleaning towels are available throughout the fitness center.

Cell Phone Use
For privacy reasons, all cell phone use (talking, texting, e-mailing, photography, etc.) is strictly prohibited in the locker rooms. Talking on cell phones is only allowed in the fitness center lobbies.

Make Your Workout Count
Everyone Gets a Turn
There is a 30-minute time limit on cardiovascular machines when others are waiting. If the machine you would like to use is occupied, put your name on the nearby waiting list. This is a self-monitored list—be nearby and ready when the next machine becomes available. When using weight equipment or free weights, common weight room etiquette applies. This means asking fellow members if you can “work in” (take turns). When the other member is resting, you take a turn. If you need assistance, please contact the Service Desk.

Group X Classes
Check in at the Service Desk to pick up a class entry card. Cards are available 20 minutes prior to class. Present your card to the instructor. No card, no entry. No admittance 10 minutes after class start time.

Reserve a Spot
Reservations are accepted for our most popular services. Book online, by phone, or in-person.

• Group X Classes: Book starting at 7:00 pm for next day classes. Be sure to cancel if you cannot attend so another member can take your spot.
• Squash & Racquetball Courts: Reservations are accepted up to three days in advance starting at 6:00 am.

Make A Splash
Swimming Pool Policies
Lap swim hours may change monthly. Schedules are available online and at the Service Desk. A lifeguard is on duty at all times. Lifeguards have full authority over pool users and use of pool areas and may enforce unposted rules as situations warrant. A shower is required before using the pool. Swim caps and goggles are recommended but not required. Shoulder-length or longer hair should be tied back. No diving is allowed. For your safety and consideration of others, remember to dry off upon exiting the pool.

Lap Swim Etiquette
It is the responsibility of the swimmer entering the lane to notify other swimmers. Use the lane that is most appropriate for your speed (slow, medium, fast). Lifeguards may assist you with selecting a lane or ask you to move to a lane that is more appropriate for your speed.

Single swimmer: If the lane is empty, be prepared to share the lane when additional swimmers arrive. Two swimmers: Nodly the other swimmer prior to entering the lane. If agreed upon, two swimmers may split the lane with each one swimming on a side. Three or more swimmers: Circle swim counter-clockwise.

Family Swim
Children who are non-swimmers must remain within arms length of an adult at all times. Maximum of two children per adult. Swim diapers are required for children who are not toilet trained. Personal flotation devices must be US Coast Guard approved and fit properly. Toys and swim equipment will be restricted at the discretion of the lifeguard based on safety concerns. If you and your child would like to swim in the deep end during Family Swim, please speak to the lifeguard on duty regarding a swim test. Guest fees apply to all non-member children and adults during Family Swim.

Guests and Memberships

Guests
Check with the Service Desk for current guest fees. Members are welcome to host adult guests at any time. A maximum of two child guests are allowed per member.

• Ages 0-2 free
• Ages 3-17 must have a child membership or pay a child guest fee.
• Ages 6+ must use the gender appropriate locker room and be supervised at all times. Family changing rooms are also available at Biokar.
• Ages 15 and over: may use all facilities and take Group X classes on a space available basis.

Hibernation Service
Hibernation service (membership freeze) is available and maintains your membership at the reduced rate of $20 per month while you are unable to use it. Hibernation is offered for full calendar months;sorry, no partial months. Requests for hibernation or cancellation must be submitted to Member Services by the 15th of the month to take effect the 1st of the following month. Full monthly fees will apply if returning early from hibernation. Requests are accepted in-person and by e-mail.

Membership Cancellation
Cancellation requests must be submitted to Member Services by the 16th of the month, 7:00 pm to take effect the 1st of the following month. Requests received between the 16th-31st of the month will incur a final charge for the following month. Requests are accepted in-person and by e-mail. For UCSF employees and students, membership span does not automatically terminate upon separation from the University. UCSF employees on payroll deduction: Membership payment is usually made in arrears. For example, dues for the month of January are reflected in the February paycheck. Exceptions may apply.