



Welcome Town and Country Club Members

In order to gain access to the Anderson Athletic and Recreation Complex you must:

- Check in at the front desk on the 1st Level of AARC.
- Must be 18 years or older and provide a valid ID.
- Your name must be on the Town and Country Club Members list.

Aquatic Center

The Aquatic Center contains an eight-lane, 25-yard by 33-yard pool for swimming as well as a separate diving area.

Features

- Length: 25 yards
- Width: 33 meters
- Lanes: 8 (eight feet wide)
- Competition Pool average depth: 8 1/2 feet, all lanes are equal in depth
- Diving well depth: 14 feet
- Diving boards available: 1 meter and 3 meter
- 10-foot by 14-foot video display

Availability

The pool will be closed from 2:30p.m. to 7:30p.m. for varsity swim team practice.

Lap Swim

Mon - Fri 6:30am - 10:00pm

Saturday 11:00am - 9:00pm

Sunday 12:00pm - 8:00pm

Diving Board

Sunday Only 5:00pm - 8:00pm

Fitness Center

The Fitness Center at AARC features 90 pieces of state of the art equipment designed to help you accomplish overall cardiovascular health. The room also features multiple 52" flat panel televisions which will have the audio broadcast through FM frequencies- so all you need is a radio tuner to get the audio.

List of equipment

- 24 Life Fitness 95 T treadmills
- 11 Precor Adaptive Motion Trainers (a combination of stepper and Elliptical)
- 10 Octane 3700 elliptical machines
- 12 Life Fitness Cross Trainers
- 6 StairMaster Stepmills
- 2 recumbent bikes
- 7 upright bikes
- 2 Versa Climbers
- 2 Octane XRides
- 2 Technogym UBEs
- 3 Precor Stretch Trainers
- 1 Jacob's Ladder

Weight Training

•On the west side of the room are lifting platforms and very versatile and functional squat cages where most of our athletic teams will train. Our general student population will also use the cages for benching, inclines, squatting, pull-ups dips and rows.

•On the east two-thirds of the room we have two lines of selectorized weight equipment that everyone can use. The first is the FreeMotion line and the second is the Life Fitness signature series line. The Life Fitness line is very easy to use and will be appreciated by the novice lifter. The FreeMotion line has a slightly longer “learning curve” but provides a great workout. There is also a dumbbell area and adequate floor space for walking lunges and kettle bell work.

Field House

The field house houses a 200-meter, six-lane indoor track. In addition four basketball courts, four volleyball courts or four tennis courts are optional within the infield.

Schoenecker Arena

Open gym will be available according to varsity practice schedules. Basketballs can be checked out at the front desk.

Locker Rooms

Amenities

- Shower stalls
- High-speed hand dryers
- Day use lockers

Towel Service

Towel service is provided. Simply ask the front desk attendant and return the towel to the front desk drop basket when done.

Daily Lockers

Half lockers are available for member use. User must bring their own lock to secure belongings. Locks on daily lockers longer than 24-hours will be removed and contents will be placed in the lost and found at the welcome desk for 7 days.

Airport Style Lockers

Located at the entrance of the restricted area, these small lockers are available for day use. See the front desk of the AARC for a key.

Parking

Parking is not included in your membership. Parking is available in the Anderson Parking Ramp located at Cretin and Grand Avenue on the south campus.

For more information about parking, please visit www.stthomas.edu/parking