# Ann and Alfred Goldstein
# Health, Fitness, & Recreation Center
## Information and Procedures
### Pace University Department of Athletics & Recreation
### www.PaceUAthletics.com



## TABLE OF CONTENTS


| | |
|---|---|
| Operating hours | 3 |
| Membership Eligibility, Fees and Admission | 4 |
| Accessibility for Persons with Disabilities | 5 |
| Aquatics Program Eligibility, Fees and Admission | 5 |
| Protect Your Valuables | 6 |
| Lost and Found | 6 |
| First Aid and Injuries | 6 |
| Vending Machines | 6 |
| Keep Goldstein Clean | 7 |
| Goldstein Fitness Center Rules | 7 |
| Goldstein Fitness Center Facilities | 8 |
| *Arena/Gymnasium* | 8 |
| *Locker Rooms, Locker Rentals & Towel Service* | 8 |
| *Fitness Room/Weight Training Facility* | 9 |
| *The Natatorium* | 10 |
| *Pool Rules* | 10 |
| *Aerobics/Dance Studio* | 11 |
| *Running/Walking Track* | 11 |

## OPERATING HOURS

### THE ANN & ALFRED GOLDSTEIN HEALTH, FITNESS & RECREATION CENTER

861 Bedford Road, Pleasantville, NY 10570
914-773-3290
Web site: www.paceUathletics.com/GFC

**ADMINISTRATIVE OFFICES**
914-773-3412
Monday-Friday: 9 a.m.-5 p.m.

**MEMBERSHIP OFFICE**
914-773-3275

**AQUATICS**
914-773-3280

### 2025-2026 OPERATING HOURS

## 2025-2026 Goldstein Fitness Center Operating Hours

### 2025-2026 GOLDSTEIN FITNESS CENTER CLOSINGS

## 2025-2026 GOLDSTEIN FITNESS CENTER CLOSINGS

*In addition, there will be additional closings and early closings throughout the year based on University events

**For hours of operation, schedules, and programs please visit our website at**
**www.paceUathletics.com/GFC**

## MEMBERSHIP ELIGIBILITY, FEES AND ADMISSION

MEMBERSHIP YEAR:
The membership year extends from July 1st-June 30th.

**Students:**
Pace University students have free access to the Goldstein Fitness Center. To qualify as a student, you must be registered for at least three (3) credits. Students do not need to sign up. By registering for classes your ID card will already be validated to gain access to the center.

**Faculty/Staff:**
Pace University faculty/staff have free access to the Goldstein Fitness Center. To qualify faculty/staff must be a current employee of the university. Faculty/staff must register to access the facility by completing the registration form below.

## Faculty/Staff Registration Form

**Membership Categories:**

Community $735

Alumni $300

Alumni and community members may register via the registration link below:

## Registration

Guest passes are available for members to sign-in guests on a limited daily basis for $10 per visit.

Refunds will only be issued for medical reasons prohibiting you from using the facilities. Proper medical documentation is required.

**All membership inquiries please contact the membership director at (914) 773-3275**

## ACCESSIBILITY FOR PERSONS WITH DISABILITIES

The department staff is aware of the special needs of individuals with disabilities in the Pace University community. These needs have been kept in mind in the design and construction of the Goldstein Center, resulting in a barrier-free recreational facility. The lobby elevator, doors and areas throughout the center are of ample size to allow wheelchair access, and continuous stairwell railings have been included for those with visual impairments. Stairs, railings, and a hydraulic chairlift make pool access easier for persons with disabilities.

## AQUATICS PROGRAM ELIGIBILITY, FEES AND ADMISSION

YEARLY OFFERINGS:
Four sessions available:

| | |
|---|---|
| Fall: | 12 week program, September 13 through December 19, 2025 |
| Winter: | 8 week program, January 3 -March 13, 2026 |
| Spring: | 12 week program, March 8- June 15, 2026 |
| Summer: | 8 week program, June 27-August 16, 2026 |

## AQUATICS PROGRAM RATE SCHEDULE

FALL:

| | |
|---|---|
| Group Lessons | $480.00 for 12 weeks |
| Private Lessons | $900 for 12 weeks |
| Semi Privates | $690 12 weeks |

Aquatic classes include the comprehensive American Red Cross Learn to Swim Program, Parent and Child, and levels 1 through 6.

Specialty programs include Adapted Aquatics and Stroke Clinic.

Free evaluations are available upon request.

Multiple class discount available.

Refund Policy: Pace Refund Policy: To cancel a registration, contact office in writing at least 5 FULL BUSNESS DAYS before start of session. Notification later than 5 full business days, 75% of your fee will be returned. After 2 classes 25% will be returned. After 3 classes 20% will be returned. After 4 or more classes there will be no refund. There is a $50 processing fee for ALL refunds.

For more information about the aquatic program, please contact the aquatic office at 914-773-3280 or kpalladino@pace.edu.

## PROTECT YOUR VALUABLES

In any center that supports the usage that Goldstein does, there are invariable incidents of loss and theft of personal property. The Ann and Alfred Goldstein Health, Fitness and Recreation Center provides free daily use of its lockers. We recommend that all valuable are kept with you or they are securely and properly locked in a locker. We take reasonable and responsible precautions to deter acts of theft and to apprehend those who commit theft. While the Goldstein staff continually strives to maintain security, you must accept this responsibility when it comes to your possessions. The University will not assume responsibility for valuables lost or stolen from users of the facility. Please exercise good judgment and protect yourself.

1. Do not bring valuables into the center.
2. Always make sure your locker is properly locked.
3. Never leave items on the benches or floor in front of your locker.
4. Report any suspicious behavior to the Goldstein staff or security guard.

## LOST AND FOUND

Articles found in The Ann and Alfred Goldstein Health, Fitness and Recreation Center should be turned into the membership office in room #136 downstairs across from the pool. *Remember, Pace University is not responsible for lost property of The Ann and Alfred Goldstein Health, Fitness and Recreation Center users.*

## FIRST AID AND INJURIES

In the event of an injury, users should immediately report the occurrence to a staff member or the front desk at the main entrance. A user who has sustained an injury will be required to provide information for an injury report form. The Ann and Alfred Goldstein Health, Fitness and Recreation Center staff will assist you with minor injuries. All other injuries will be referred to University Security.

## VENDING MACHINES

Vending machines with snacks, bottled water, juice, soft drinks, and sports drinks are located in the lower lobby of the building. *Please discard empty containers in the "recycling" trash receptacles located throughout the centers.* All vending machine are the responsibility of an outside vendor. Problems with machines should be reported via the QR code located on the machine.

## KEEP THE ANN AND ALFRED GOLDSTEIN HEALTH, FITNESS AND RECREATION CENTER CLEAN

In a facility this size, cleanliness must be constantly maintained if all members are to benefit from its use. Be sure to discard all papers, gum, and other debris in trash receptacles. Do not leave paper on the locker room floors. If you observe unclean areas, you are encouraged to report them to the membership office or the front desk

## The Ann and Alfred Goldstein Health, Fitness and Recreation Center Rules

1. Pace University or a government issued photo ID card will be required at all times. No exceptions. *When you enter the center, you must present your ID card to the front desk personnel.* Do not leave your ID card in the center when you leave. Do not lend your ID cards to others. These ID cards will be confiscated by The Ann and Alfred Goldstein Health, Fitness and Recreation Center staff. Failure to present your ID to The Ann and Alfred Goldstein Health, Fitness and Recreation Center staff upon request or lending your ID card to others will result in possible sanctions. Sanctions may range from suspension to revocation of membership privileges. Misuse of Pace University cards is a violation of University policy and will be dealt with accordingly.
2. The Ann and Alfred Goldstein Health, Fitness and Recreation Center provides free daily use of its lockers. We recommend that all valuables are kept with you or they are securely and properly locked in a locker. We take reasonable and responsible precautions to deter acts of theft and to apprehend those who commit theft. The University will not assume responsibility for valuables lost or stolen from users of the facility. Please exercise good judgment and protect yourself.
3. The Ann and Alfred Goldstein Health, Fitness and Recreation Center is a smoke free building.
4. No pets are allowed in the center.
5. All media listening devices may only be used with headphones.
6. No profane or boisterous language is permitted in the center.
7. No one under the influence of drugs or alcohol is allowed into the center.
8. Proper athletic attire is required at all times. *Shirts and shoes are required at all times except in the pool area.* No waffle-soled, ripple soled shoes or any type of boots are allowed in the exercise areas, aerobics rooms or on the gymnasium floor. Flat, white-soled sneakers are preferred. No cleats/spikes are allowed on the running track.
9. All center users that change clothing are strongly encouraged do so in the locker rooms. Changing in the any activity area is not permitted. No gym bags or attire may be placed in activity areas. Bags and clothing left unattended will be brought to the front desk for claiming.
10. Individuals with medical problems should consult a doctor before strenuous exercise. Individuals use the center at their own risk.
11. The department and student staff are responsible for activities in the center. Users should obey all instructions. Any questions should be referred to the membership office or staff on duty.

12. All equipment throughout the center must be set up by the department staff only. If any piece of equipment malfunctions, do not attempt to fix it. Please report the issue to a staff member for assistance.
13. The department reserves the right to close any facility as needed.
14. Schedules are available at the front desk and are posted at various locations throughout the building. They should be consulted to determine when areas are closed for classes, intramurals events, and special events, or intercollegiate activities. This information may also be find on our website at www.paceUathletics.com/GFC
15. The department reserves the right to suspend or revoke any or all privileges for misconduct.
16. Privileges in Goldstein are solely for the private recreational and educational use of users. Under no circumstances may any user conduct a commercial solicitation or for-profit activity at or in the name of The Ann and Alfred Goldstein Health, Fitness and Recreational Center.
17. Providing private lessons or personal training for a fee or some other form of compensation is prohibited and will result in a loss of membership privileges.

## THE ANN AND ALFRED GOLDSTEIN HEALTH, FITNESS AND RECREATION CENTER FACILITIES

### ARENA/GYMNASIUM

This area includes three playing courts lined for basketball and volleyball, and on regulation competition basketball/volleyball court. Curtains divide the floor into three separate areas, permitting different activities to be conducted simultaneously. For competition on the main court, bleachers accommodate 2,400 spectators.

- No waffle soled or ripple-soled shoes are allowed on the gymnasium floor.
- Athletic attire is required; no street clothing is allowed.
- No running or jogging is allowed around the gymnasium perimeter.
- No kicking or hitting balls against the walls is permitted.

### LOCKER ROOMS, LOCKER RENTAL & TOWEL SERVICE

General locker rooms are located on the lower level. Please bring your own lock and towel. Individuals are free to use the locker rooms along with their own lock. Lockers are not available to rent and items should not be left overnight. Please note that all non-issued Goldstein locks must be removed daily.

Locker Rules:

1. All valuables should be stored in a locker. *The University is not responsible for lost or stolen property.*
2. Be sure your lock is securely fastened on your locker when you leave it.
3. Food may not be stored in lockers.
4. The department reserves the right to open and inspect the contents of any locker.

## FITNESS ROOM/WEIGHT TRAINING FACILITY

The fitness/weight room is located on the main level of The Ann and Alfred Goldstein Health, Fitness and Recreation Center. It is equipped with a variety of equipment including cardio, selectorized and free weights.

**WEIGHT ROOM RULES**

1. To regulate and maintain safety, please obey the fitness supervisor's instructions at all times. Fitness room supervisors have the authority to expel anyone at any time for violating fitness center rules.
2. All equipment must be used for its designed purpose only. Please refer to the visual guides located on most machines.
3. Athletic attire, including shirts and athletic shoes, is required at all times. No street clothes, sandals, slippers, or any type of boot will be allowed. Changing in weight room in not permitted. Please use the locker room.
4. All listening media devices may only be used with headphones.
5. Free weights, dumbbells, barbells, and plates must be returned to their proper place. Do not leave weights on the floor, on benches, or against walls. Do not block access to free weights.
6. Do not drop weights. If you have to drop a weight, it is too heavy for you.
7. Spotting and collars are required on free-weight benches.
8. Be polite. Share weights and machines. User may not occupy a machine between sets if another person is waiting to use the machine. Do not break down weights before asking if they are being used.
9. Weight machines are designed for high repetition/multi-set workout. Please move quickly between machines.
10. No horseplay is allowed.
11. No profane language or boisterous language is allowed.
12. Jumping rope, yoga, and calisthenics are not permitted in the weight room. Other areas in the center are available for these activities.
13. If equipment malfunctions, do not attempt to fix it. Notify fitness supervisor immediately.
14. Please wipe down all equipment after it is used. Disinfectant wipes are available throughout the room.
15. If there is a line for a cardio machine, the maximum time allowed per workout is 30 minutes.

## THE NATATORIUM

Located on the lower level, the natatorium includes locker rooms, showers, and the swimming and diving facilities. The eight-lane, 25-yard pool, has a minimum depth of four feet and a maximum depth of 14 feet. It can accommodate recreational activities as well as intramural and intercollegiate competition. Consult posted schedule for hours of operation. *No one is permitted to use the pool unless a lifeguard is present.*

**POOL RULES**

1. Lifeguards are available to assist all patrons and enforce all rules. Unruly swimmers will be reported to the membership director.
2. All users are expected to clearly sign in and provide a phone number in case of an emergency.
3. When sharing an occupied lane, be sure other swimmers know that you are entering the lane by easing into the water at the shallow end when safe to do so.
4. When more than two swimmers are in a lane, it is appropriate to circle swim in a counter clockwise direction.
5. When passing, make sure no one is coming towards you and either move towards the center and pass or tap the person in front of you on the foot.
6. Take a few minutes to study the swimmers and try to gauge where you would best fit in.
7. All swimmers must take soap showers prior to entering pool.
8. Food, beverages, and gum are not permitted in pool areas.
9. Swimming is not permitted in the diving area while the diving boards are in use.
10. No running, pushing, jumping, or horseplay is allowed.
11. Only bathing attire and deck shoes are permitted in pool area.
12. All swimmers must wear bathing suits and swim caps. No cut-offs, bicycle, triathlon or gym shorts and/or dance attire is permitted.
13. All children still in diapers must wear plastic sealed pants or water proof diapers in the pool.
14. Only staff members or lifeguards are permitted to operate the pool lift for persons with disabilities.
15. Obey all signs and use of lap lanes. Lifeguards will regulate lane speeds and may ask you to switch lanes. Not heeding lifeguard instruction could result in a loss of membership.

## AEROBICS/DANCE STUDIO

Located on the main level, this area accommodates numerous instructional and recreational courses covering a broad range of fitness programs. The room is also available to users for unsupervised activities when the room is not reserved.

- Consult the website and posted schedules for availability of this room.
- Do not remove mats from this room.
- No dark-soled shoes may be worn in this area.
- Music must be kept at a respectable level. The Ann and Alfred Goldstein Health, Fitness and Recreation Center staff reserves the right to lower music to an appropriate level.

## RUNNING/WALKING TRACK

The Ann and Alfred Goldstein Health, Fitness and Recreation Center Running/Walking Track is 8.5 laps to a mile. Please follow the posted directional signs when using the track. For safety we ask that the slowest users keep to the inside rail. Only appropriate footwear is permitted, no street shoes. The track will not be available during activities when the bleachers are in use. Schedules are available on our website, posted at each track entrance and should be consulted to determine accessibility.