

Shannon Athletic Center

Rules and Policies

About the Shannon Center

- The Shannon Center opened in November 1999.
- The Shannon Center is the home of Cougar Athletics. All home varsity volleyball and basketball games are played in the Shannon Center Main Arena.
- The Shannon Center offers a cardio and strength training room, two racquetball courts, indoor track (1/8 of a mile), group exercise studio, basketball courts, smoothie bar and the University Bookstore.
- The Shannon Center hosts several University community events such as graduations, tournaments, games, fairs and speakers. Visit www.sxu.edu for a current list of these community events.

Shannon Center Membership Categories and Prices

- The Shannon Center sells memberships to the following groups: SXU alumni, alumni spouse, student spouse, faculty/staff spouse, police and fire and community 55 years of age and older (this membership is for track and group exercise classes only).
- Prices are listed online at www.sxu.edu (Keyword: Shannon Center) or pick up a flyer at the Shannon Center front desk.

Facility Policies

- Everyone using the exercise facilities must swipe their current ID card and sign in at the Shannon Center front desk located in the middle of the lobby. All ID cards must be current in order to gain access to the facility.
- The North and South staircases are to be used for emergency or large events only. All members must enter the 2nd floor using the central staircase or the elevator after swiping and signing in at the front desk.

Facility Policies (cont'd)

- Membership cards may not be given to or used by any other person. Misrepresentation or misuse will result in cancellation of membership.
- All members must be at least 18 years of age.
- No dunking and/or hanging on the basketball rims in the gyms.
- Racquetball reservations are recommended. Please call the front desk at 773-298-3597.
- Spitting on the track is not allowed.
- Parts of the facility may be closed off for events or practices. Signs and calendars will be posted.
- Please do not leave valuable items in the storage cubicles located on the track and in the fitness center.
- The Shannon Center is not responsible for anything that is lost, stolen or left behind.
- The Shannon Center has the right to revoke a membership if the member is in violation of the rules and policies of the Shannon Center.
- The Shannon Center has the right to change the rules and policies, if needed.

Fitness Center Policies

- Please wipe down cardio equipment after use.
- Please put all weights back in their proper location.
- No chalk use allowed
- Please limit your time on all cardio equipment during peak hours (3pm - 7pm).
- Please allow other members to share the equipment when you are doing multiple sets on a piece of equipment.

Guest Policy

- SXU students, faculty, staff and members are allowed 2 guests each. Guest fees are \$10 per person. All guests must fill out a waiver and pay at the Shannon Center front desk. All guests must be at least 18 years of age.

Hours of Operation

- Monday – Thursday: 6:00 am - 9:30 pm
Fridays: 6:00 am - 8:30 pm
Saturdays and Sundays: 9:00 am – 5:00 pm*
- *Shannon Center closes at 1:00 pm every Sunday between Memorial Day - Labor Day.

Dress Code Policy

- Shirts must cover the entire chest and abdomen.
- No open toe shoes, boots or dress shoes allowed when exercising.
- No jeans in the fitness center.
- No profanity or crude comments on T-shirts.

Closings and Early Closings

- As part of the university, the Shannon Center holds the right to close early for events and holidays. All closings are posted on the monthly Shannon Center calendar (located at the front desk) or online at www.sxu.edu (Keyword: Shannon Center)

First Aid

- All managers on duty are First Aid and AED certified. An AED machine is located at the bottom of the central staircase. In case of a non-emergency situation, please contact a Shannon Center employee. If the situation is an emergency, please call 911.

Track and Locker Room Closings

- The Shannon Center closes the track and locker rooms early for events, including volleyball and basketball games as well as other special events. Stop by the Shannon Center front desk to pick up a monthly calendar or view the closings online at www.sxu.edu (Keyword: Shannon Center)

Locker Room Usage

- Lockers are available for members while they are using the Shannon Center. Personal belongings may not be left in lockers overnight. Locks will be cut and belongings will be removed at the end of each business day. Members will be responsible for bringing their own locks. The Shannon Center is not responsible for any items that are lost, stolen or left behind.

Lost and Found

- Lost and Found is located at the Shannon Center front desk. Valuable items may be in a manager's office. If you lost something, please call the front desk at 773-298-3597 or a manager on duty at 773-298-3592.

Group Exercise Classes

- Group exercise classes are available for all current SXU students, faculty/staff and members free of charge (unless otherwise noted). Group exercise classes run continuously throughout the year and new participants are welcome anytime! Please note that if a group exercise class has consistently low numbers, the class may be cancelled. To view the current group exercise schedule, please log on to: www.sxu.edu (Keyword: Fitness)

Fitness Orientations and Personal Training

- All students, faculty/staff and members are entitled to a free fitness orientation by a fitness specialist. To learn how to use the equipment, please set up an appointment by filling out the fitness orientation binder located at the Shannon Center front desk or email Jennifer Kjos Quinlan at kjos@sxu.edu
- Personal training is available upon request. There is an additional fee for personal training. Outside trainers are not permitted in the Shannon Center. For information regarding personal training, please call 773-298-3778.

SXU Intramurals

- Intramurals is a fun way to stay active and meet new people. All students, faculty/staff and alumni are welcome to participate in intramurals. To view the schedule or to register, please log on to: www.sxu.edu (Keyword: Intramurals)

Athletic Schedules

- SXU students, faculty and staff can attend all SXU home athletic events free of charge. Members of the community pay only \$5 per adult and \$3 per child. To view the athletic schedules, please log on to: www.sxu.edu (Keyword: Athletics)

Shannon Center Events

- The Shannon Center hosts several events throughout the year, such as the popular Cougar 5K Run/Walk, Health Fair, Indoor Duathlon and Fitness Challenges. To view all upcoming Shannon Center events, please pick up a monthly calendar at the Shannon Center front desk.

Shannon Athletic Center Facility Staff

Bob Hallberg – Athletic Director
Office – 773-298-3109
Email – hallberg@sxu.edu

Jennifer Kjos Quinlan - Facility Manager
Office - 773-298-3778
Email - kjos@sxu.edu

Kristy Allen - Assistant Facility Manager/Intramurals Coordinator
Office - 773-298-3586
Email - kallen@sxu.edu

Jay Battles - Assistant Facility Manager
Office - 773-298-3585
Email - battles@sxu.edu



Shannon Center Contact Information

Front Desk - 773-298-3597
Events Hotline - 773-298-3592
Athletic Office – 773-298-3101
Website - www.sxu.edu (Keyword: Shannon Center)
Address – 3700 West 103rd Street, Chicago, IL 60655



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