Check-in: Please bring a valid and active card each time you use the fitness center.

Clothing and Attire: You must wear closed-toed athletic shoes while in the fitness center. Bare or sock feet are not permitted! Bare mid-riffs are not permitted while on the floor or on the equipment in the fitness center.

Family cards: Spousal/Domestic Partner and dependents of Whitman employees are eligible for WID cards. Children ages 14-25 are eligible to receive a WID card but children ages 14-17 must be accompanied by an adult while on the weight-room floor.

Guest Policy: Only Whitman college students, staff and faculty may bring a guest. The guest privilege does not extend to family cards, or non-Whitman employee cards. All guests must check in at the service desk.

Locker room: The staff and faculty locker rooms have long-standing wait lists. Daily-use lockers are available during your workout, or you can attempt to rent a locker for long term use in the general population area of the locker rooms. Unregistered lockers are cleared out annually in summer with contents going to Reid Campus Center Lost and Found.

Schedule and Hours of Operation
The Whitman College Fitness Facilities observe differing hours within the academic year. To stay up to date on email notifications; send an email to: Community-subscribe @lists.whitman.edu. Then, Respond to the confirmation email and you should be subscribed!

ALUMNI
Young Alumni: The college has granted you access from graduation through summer and ending with the beginning of the following fall semester. If you are going to be in Walla Walla past the first day of the fall semester following your grad year: PLEASE CONTACT THE ALUMNI OFFICE FOR AN ALUMNI CARD.

Returning Alumni: Alumni who live within a 50 mile radius of the college may purchase an annual WID card. Please contact the alumni office.

IMPORTANT CONTACT INFORMATION
Whitman Alumni Cards
office 509-527-5167

Whitman ID Cards (WID)
Human Resources Department
509-527-5172

Facility Director
Michele Hanford, Athletics
Office of Fitness Facilities and Club Sports
hanformk@whitman.edu
509-527-5025

Sherwood Athletics Center
Sarah Bell, Administrative Assistant
bellsm@whitman.edu
509-527-5921

THE WHITMAN COLLEGE 
FITNESS CENTER
-SERVING THE NEEDS OF THE 
WHITMAN CAMPUS COMMUNITY

- Students
- Staff
- Faculty
- Family of Staff and Faculty
- Retired Faculty Emeritus
- Retired Staff
- Alumni who live local
- Staff of Bon Appetite
- Staff of A Kids Place
- City of Walla Walla Police Patrol
- City of Walla Walla Fire-Fighter
- And members of the Whitman college governing board

FOR UP TO DATE FACILITY INFO: https://athletics.whitman.edu/sports/2013/10/10/GEN_1010135438.aspx?tab=facilitieshoursandcalendars
**THE BAKER FERGUSON FITNESS CENTER**

The BFFC features two key components - a 10,000 square-foot fitness center with an array of cardio and strength training equipment and a 30-meter swimming pool with eight competitive lanes and three practice lanes.

**BFFC Weight Room Check-in**

Please check-in with your WID card at the front desk. Fitness center towels are made available through the student staff on duty. All guests must check in at the service desk. Please make sure you are familiar with the fitness center policy-of-use before you begin your workout.

**LOUISE AND PAUL HARVEY POOL**

The Louise and Paul Harvey Pool is home to the Whitman varsity swim team, plays host to Northwest Conference swimming championships and includes an elevated area for spectators.

The pool is also used for Club and recreational swimming needs of the Whitman campus community.

**Pool Check-In**

Pool access is through the locker rooms. Please check-in with your WID card on the pool deck. Pool towels are made available through the Life guards on duty. Please sign-in before you swim. The pool side of the building has a separate set of policy-of-use then the weight room portion of our BFFC. Please make sure you are familiar with the pool policy-of-use before you access the pool.

**SHERWOOD ATHLETICS CENTER**

The Sherwood Athletics Center is a 71,000 sq. ft. home to Academic activity courses, Varsity Athletics, Club Sports, Intramural and student-group recreational clubs.

In the lower portion you will find our State-of-the-art Indoor Climbing Wall, Varsity Athletics Gym, Athletic Training room, Team locker rooms, General population locker rooms, Multi-purpose gym, Racquetball/Squash courts, Group Exercise rooms and saunas.

**Use of Sherwood Center**

1. ALL patrons of Sherwood Center must be Whitman ID (WID) card holders OR be checked in as a guest of a WID card host as well as sign Whitman College liability forms.
2. No food, gum or tobacco/vaping, smokeless or otherwise in the facility.
3. Clothing: Clothing needs to be appropriate to the activity.
   a. Lower Body Wear: Athletes and patrons are required to wear shorts of appropriate length, sweat pants, or tights.
   b. Upper Body Wear: Shirts must be worn at all times during workouts, practices or activities.
4. Shoes: Shoes must be worn at all times while in the public and/or shared areas of the building. Open-toed shoes are not allowed in the building.
5. Music: No music during school hours but you may use your personal device and headphones. Loud music and/or Music with profanity, derogatory comments towards any person or group will not be tolerated.
6. Varsity Weight Room: Use of the VWR must be scheduled and supervised.