Frequently Asked Questions

1. Where do I purchase a membership for the SERC, and what is included in the membership cost?
   You can purchase a membership at the Membership Services Desk located on the middle level in the SERC. Membership includes access to the Fitness Center, Field House, and Racquetball Courts, but does not include the pool. For minimal additional fees Group Exercise Classes and Personal Training options are available.

2. Can my membership still be renewed through the mail?
   Memberships are no longer able to be renewed by mail. The forms can be filled out via the Membership Desk; or online at http://www.brockport.edu/campusrec/membership/index.html

3. Do I need a parking pass?
   You will need to obtain a parking pass. This can be obtained at the Welcome Center on campus or you can access their website at: www.brockport.edu/parking/myaccount/index.html

4. What will be the hours of operation for the SERC and the Fitness Center?
   Hours of operation can be found at http://www.brockport.edu/campusrec/hours/index.html

5. What types of equipment will we see in the SERC Fitness Center?
   There is something for everyone including an increased number of cardio machines such as treadmills and ellipticals, free weights, fitness and weight machines, and a larger stretching area!

6. Will I need my ID card to enter the SERC?
   A current College at Brockport ID card or a SERC membership card will be required to use the SERC field house and fitness center. Faculty, staff are encouraged to use their college ID’s provided.

7. What types of Instructional Programs will be offered?
   Instructional Programs include Tae Kwon Do, Judo, Learn to Skate and First Aid/CPR/AED.

8. For the indoor track are there any special requirements, such as must wear sneakers or shoes on your feet; no bare feet? What is the indoor track floor made of?
   Running shoes, sneakers or indoor track spikes must be worn, as well as a shirt while using the track. The track surface is a Robbins Durathon Elite Track Floor System.

9. Does my membership include use of the pool?
   No. The pool is supervised by the athletic department and their schedule can be found by accessing Brockport’s Athletics website http://www.gobrockport.com/. Any questions regarding the pool can be directed to the Athletics Department 585-395-5959.

Campus Rec
10. What are the new SERC membership rates?
   Current Campus Recreation membership rates for the SERC can be found on our website under the ‘Membership Rates’ Tab located on the left of this page http://www.brockport.edu/campusrec/membership/index.html.

11. How many treadmills are in the Fitness Center?
   16.

12. Are there any locker rooms in the SERC?
   While the SERC does not have locker rooms, there are men’s and women’s general locker rooms located in the Tuttle North Complex.

13. Is there a cost for Group Exercise classes?
   While students may enjoy classes for free, current prices for all other members may be found on our website http://www.brockport.edu/campusrec/fitness/group.html.

14. Do SERC memberships include the Ice Arena?
   No. Memberships for the Ice Arena may be obtained by contacting the Ice Arena Manager at x5351.

15. Is there a day pass? How much does it cost?
   Yes. Day passes are available for $3 for children 17 and under and $6 for adults. If you visit with a student, a day pass is $3.

16. Who do I contact to purchase a day pass?
   You can visit the Membership Services desk located on the second floor of the SERC or call x2681.

17. Is personal training available at SERC?
   Yes! We have a team of highly qualified, certified personal trainers who are eager to help you reach your fitness goals! We offer several different personal training packages designed to suit your fitness needs. NEW this year is buddy training in which you and a friend can work out together with a personal trainer!