THE BEAR CENTER
Charles Benson Bear '39 Recreation and Athletic Center
INFORMATION GUIDE
HOURS POSTED AT PIONEERS.GRINNELL.EDU
AND ON FACEBOOK
@GrinnellCollegeBearCenter

DRESS CODE
APPROPRIATE ATHLETIC OR FITNESS ATTIRE IS TO BE WORN. SHOES AND SHIRTS ARE REQUIRED.

P-CARDS
ALL USERS OF THE BEAR CENTER MUST PRESENT THEIR P-CARD AT THE WELCOME DESK WHEN ENTERING THE FACILITY. TO PURCHASE A COMMUNITY MEMBERSHIP PLEASE CALL THE GENERAL INFORMATION LINE.

"THE CAGE"
THE EQUIPMENT ROOM, KNOWN AS "THE CAGE" IS LOCATED IN THE LOWER LEVEL. EQUIPMENT (BASKETBALLS, RACQUETBALL EQUIPMENT, TOWELS, ETC) CAN BE CHECKED OUT WITH YOUR P-CARD.

LOCKER ROOMS
TWO GENERAL LOCKER ROOMS AND A GENDER INCLUSIVE LOCKER ROOM ARE LOCATED IN THE LOWER LEVEL OF THE BEAR FOR STUDENT AND COMMUNITY USE. EACH LOCKER ROOM SPACE INCLUDES SHOWER AND RESTROOM FACILITIES AS WELL AS LOCKERS AVAILABLE FOR RENT THROUGH THE CAGE.

General Information
641.269.3800

Welcome Desk
641.269.9740

Equipment Room ("The Cage")
641.269.3834

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**Auxiliary Gym**
Lower level, often used for indoor soccer, wellness volleyball, badminton, pickleball and other intramural and club organizations.

**Climbing Wall**
Lower level, near natatorium. Open for climbing under the supervision of certified students. See facility hours for hours of operation.

**Classrooms**
Second floor. F205 & F206 are multi-functional spaces with a combined capacity for 100 people.

**Fieldhouse**
Lower level, far north end of the Bear Center building features a six-lane 200-meter track surrounding four tennis courts.

**Darby Gymnasium**
Lower level. The competition and practice home for volleyball and basketball teams. Is also often used for college intramurals, community athletic events, and noonball.

**Fitness Center**
First floor. Near welcome desk in lobby. The 8,000 square foot facility includes cardiovascular and strength equipment.

**Multi-purpose Dance Studio**
Main level of the natatorium. Is used for activity classes such as zumba, yoga, aikido club, HIIT class and as a secondary general fitness studio.

**Osgood Natatorium**
Building on the western half of the facility. Open swim hours vary. Please check facility hours for specifics.

**Office Suites**
Main level, middle of building. Housing athletics, physical education, recreation department personnel.

**Racquetball Courts**
Main level between fitness center and office suites. 3 courts are available with equipment able to be checked out of the equipment room.

Building spaces are available for reservation by contacting assistant athletic director, Ben Coopridge (coopride@grinnell.edu). Priority is given to Grinnell College academic offerings and athletic programs before college clubs, organizations and groups.