

Nova Southeastern University Professional Doctor of Physical Therapy

Information Packet 2018

Revised January 29, 2018



Congratulations on your acceptance to Nova Southeastern University's Doctor of Physical Therapy program! This is a Welcome Packet created for you by the Class of 2020's student ambassadors. It is intended to help you stay organized in your preparation for some of the most educationally challenging but amazing and rewarding three years of your life. On behalf of the entire Class of 2020 and physical therapy program, welcome to NSU! We can't wait to meet you!

Sincerely,

Class of 2020 Ambassadors



(Picture: Class of 2020 White Coat Ceremony)

Table of Contents

Meet your Class of 2020 Student Ambassadors.....	4
Before Summer 2018 To Do List.....	10
Printable checklist.....	12
Near-Campus Housing Options.....	13
Orientation.....	15
First Year Extra Expenses.....	16
Frequently Asked Questions.....	17

Meet your Class of 2020 Student Ambassadors

Pamela Gaviria: Vice President



Hey guys! Congratulations on your acceptance and decision to attend NSU! My name is Pamela Gaviria (you can call me Pam) and I am 24 years old. I'm the Vice President of the class of 2020 and part of the ambassadors. I was born and raised in South Florida, so if you need any advice about commuting I am more than available to help. I graduated from Florida Atlantic University in 2016 with a Bachelor of Science in Exercise Science and Health Promotion. I chose PT after having to go through it as a patient, I found it amazing to be able to help anyone to go from injured to back to their normal activities. I personally love having interactions with people and helping improve their lives influencing my decision about PT. I did most my volunteer hours in orthopedic outpatient but I am keeping an open mind to every field. I look forward to meeting all of you! If you have any questions before speaking with your mentor from our class, feel free to contact me by email or text. We are here to help you guys with anything so don't be shy to ask any questions or voice any concerns you may have. Welcome to NSU!

Email: pg564@mynsu.no
va.edu

Phone: 954-871-7733

Keelan Mullins-Zugelder: Student Ambassador



Welcome to NSU! My name is Keelan Mullins-Zugelder and I am 24 years old. I am originally from Westfield, Indiana and I graduated in 2017 from Florida Gulf Coast University with a Bachelor of Science in Athletic Training. I chose to go into physical therapy because I love the patient interaction and the improvement that is seen with it. Although my background is in sports, I am open to working with different populations as well. Congratulations on joining the NSU family and do not hesitate to contact us if you have any questions!

Edward Torres: Student Ambassador



Hello future SPTs! Welcome and congratulations on your acceptance to NSU! My name is Eddie and I am 29 years old from Fresno, California. I have lived in Florida since November of 2009 and graduated from NSU with a B.S. in Exercise and Sport Science. I played soccer my whole life including division 1 college soccer and still play to this day, playing with some former professional soccer players. I chose physical therapy as my future profession because through my experiences on both sides of the table, as a patient and working as a PT aide assisting with rehab, it solidified my aspiration to become a PT. I want to have a hands on approach and really be able to help improve people's lives. I want to work with athletes but I am open to branching out and working with a variety of patient populations. I commute from Boca Raton, which is about 40 minutes away from school. So if you plan on not living near campus and are going to commute, I am your contact for advice or assistance. Please do not hesitate to ask us ambassadors for any guidance. I look forward to meeting you all and will help with your transition into PT school be as smooth as possible. Welcome to the NSU PT family!

Email: et389@mysu.nova.edu

Jacob Strickland: Student Ambassador



Welcome to the family baby PTs! My name is Jake Strickland. I'm 27 years old with a beautiful wife and daughter. I graduated with a major in Psychology from Columbus State University in Georgia. In my short time on this earth, I've worked in construction as an iron worker, a sterilization technician for a general dentist, an assistant to an oral surgeon, an actor, and a martial arts instructor. I am pursuing a career in physical therapy because of my passion for movement (and an inability to sit still for very long) along with my desire to help others in their time of need. There will be many trials waiting for you throughout the next three years and it's going to be tough. As cliché as it sounds, this is no longer undergraduate. This warning is not meant to scare you. It is meant to do the opposite. I hope that it will galvanize you into really gaining a deeper appreciation for who you are at this point in time because at the end of the day, nothing is more important than happiness. My wife, daughter, and fellow classmates have been my driving force thus far and have helped me through the hardest times. Find what drives you, and there is no obstacle in school or any other part of life that you can't conquer. If you have any further questions for me, my contact information will be down below (I rarely check my email).

Jake Strickland, SPT
Cell: (706)-577-1980
Email: js4500@mysu.nova.edu

Catherine Cier: Student Ambassador



Hi Class of 2021! Congratulations on your acceptance and welcome to the Nova Southeastern DPT program! My name is Catherine and I'm 23 years old from Sarasota, FL. I attended Florida State University where I majored in Exercise Physiology. I was a competitive Irish Dancer for many years and that influenced my decision to pursue PT; however, I also grew up with a passion to serve others and I found Physical Therapy to be the perfect fit. The joy that radiates from others as they achieve goals that may have previously been out of reach due to physical limitations is one reason I sought out this career. I am very excited for you all and the journey that lies ahead! Please feel free to reach out with any questions you may have. Welcome to the NSU DPT family!

Kevin Castillo: Student Ambassador



Hello and welcome to NSU! My name is Kevin and I am 25 years old. I am from Huntington Beach, California and graduated from Cal State Fullerton in 2016 with my BS in Cellular & Developmental Biology. After exploring the health care field, through much shadowing and volunteering, I chose physical therapy because I loved the aspect of helping people better themselves by way of their own actions. I moved across the country to attend NSU where I didn't know a single person, so I completely understand the big change that you are about to undertake. I am always more than willing to provide any insight I can offer, so never hesitate to ask! Oh, and congratulations! I look forward to meeting you all!

Before Summer 2018 To Do List

- ✓ Join the Class of 2021 Facebook page and add your Student Ambassadors as friends!

Nova Southeastern University DPT Class of 2021:

<https://www.facebook.com/groups/315008862336040/>

- ✓ Secure seat by submitting deposit
- ✓ Financial Aid and scholarships

Financial Aid Office: (954) 262-3380

<http://www.nova.edu/financialaid/index.html>

Assistant Director of Scholarships: Rae Begley, (954) 262-7411 rae@nova.edu

**Make sure to thoroughly review the NSU College of Healthcare Sciences (CHCS) Student Affairs orientation webpage at <http://healthsciences.nova.edu/studentaffairs/orientation/index.html>

To Do in January:

- ✓ Plan a visit to campus
- ✓ Access NSU's PT Program Orientation page to receive specific information about orientation (i.e. date, time, tentative summer schedule, etc.)

<http://healthsciences.nova.edu/pt/orientation/>

- ✓ Obtain NSU Login ID and E mail account – this will be the way you communicate with NSU from now on!! Get your NSU Identity here: <http://www.nova.edu/resources/nsuidentity>

- ✓ Start looking into housing options

Housing Contacts :

Asst. Dean of Student Services & Director of Residential Life &

Housing: Aarika Camp, (954)-262-7084

NSU Campus Realtor (Off Campus): Jill Sivert, (954)-562-0430

- ✓ Ensure you will have health insurance coverage, if you are planning on using NSU's student health insurance contact Nova's Student Health Office with questions. If you have other private insurance, you must sign the health insurance waiver which is available 24 hours after registration.

Student Health Insurance Contacts: Student Health

Administrator: Mark Reid, (954) 262-4060

General Information: studenthealth@nova.edu

To Do in February:

- ✓ You should have already or will be receiving information to your NSU email to set up your personal Castle Branch account. They will also send you a pin number. Castle Branch, <https://www.castlebranch.com>, is an online portal where you will be uploading all of your compliance documentation (you will receive many emails from them, but make sure to listen to the due dates placed by NSU) This is where your background checks, physical, and immunizations, as well as other compliance information, will be uploaded and stored while you are a student at NSU.

- ✓ Secure housing. You can check your Class Facebook page or reach out to see if a fellow classmate is in need/looking for a roommate

To Do in March:

- ✓ Start working on immunizations (**only immunizations, no physical or TB yet!** For PT students, this can only be done in the month of June). Information about what immunizations/titers are needed can be found at: http://healthsciences.nova.edu/studentaffairs/orientation/forms/immunization_guidelines.pdf
Use this form on the CHCS student affairs orientation website. http://healthsciences.nova.edu/studentaffairs/orientation/forms/immunization_form.pdf
- ✓ Ensure you will have reliable transportation while you live down here; there is limited public transportation and a car is essential during your time at NSU (not only to get to and from class but for clinic days, clinical internships, and APTA/FPTA conferences)

To Do in April:

- ✓ Make sure all your immunizations (EXCEPT for 2 step TB/PPD screening and your physical, which should not be done before June) have been completed. Use the immunization form found on the student affairs orientation website. Upload them the forms to Castle Branch. Remember, **DO NOT complete your physical exam or PPD/TB screening until June**, this ensures they are valid through the duration of your Clinical Internships)
- ✓ Begin to plan how you will make the move to the Fort Lauderdale area
- ✓ Start purchasing things that can travel with you to your new home

To Do in May/Upon First Arrival:

- ✓ Furnish apartment (you will hit the ground running, avoid trying to put together your apartment after classes start!)
- ✓ Check out the bookstore (you will need the Anatomy book first day of class)
- ✓ Make sure you have all equipment and technology requirements for DPT school (list can be found on PT department orientation page)
- ✓ Purchase pewter gray scrubs and have first and last name embroidered on the left-side chest (**0.5 in height, white block letters**).
- ✓ Purchase lab clothes: blue shorts and NSU t-shirt (NSU PT t-shirt can be purchased at the bookstore)
- ✓ Schedule physical exam and 2 step PPD/TB screening with Nova Clinic or your own local physician **for a date in June** (not before that!). The Physical Exam Form is available at: http://healthsciences.nova.edu/studentaffairs/orientation/forms/physical_exam_form.pdf
- ✓ You can get your Shark Card and NSU Parking Pass from the Horvitz building on or before your first week of orientation. There is time built into orientation week to do this, so don't worry if you cannot do it beforehand.
Parking Pass: <http://www.nova.edu/publicsafety/parking/permits.html>
Shark Card: <http://www.nova.edu/nsucard/index.html>

Printable Checklist

Task	Completed
Complete Immunization prior to classes (Upload documents to Castlebranch)	
Join NSU DPT Class of 2021 Facebook Page	
Obtain NSU Login and Email Account	
Access NSU PT Orientation Page	
Purchase Pewter Scrubs, name embroidered in white 0.5 inch block lettering (before classes in May)	
Purchase nitrile gloves, gowns and goggles for anatomy lab (before classes in May)	
Purchase books for Summer Term. You will need the anatomy textbook for the first week of classes.	
Purchase full size bed sheet and pillow case for clinical anatomy class and subsequent semesters (before classes in May)	
Get FPTA/APTA membership (\$90 total)	
Upon Arrival: NSU Shark Card (can also be done online)	
Upon Arrival: NSU Parking Pass	
Upon Arrival: Go to bookstore and order white coat	
Get Lab attire before classes; may be purchased in bookstore (navy blue appropriate gym shorts and NSU approved lab shirt)	
Complete Physical and PPD/TB in June	
Purchase PT kit before Fall Semester (details will be given in Summer Semester)	

Near-Campus Housing Options

This is not an exclusive list of housing options near campus. It is a list and description of the most popular apartment complexes amongst the Class of 2020

AMLI Toscana Place:

Toscana Place is less than 2 miles from NSU's campus. It is one of the pricier options in Davie but offers modern, updated, and spacious luxury apartments. There is a resort-style pool and fully equipped gym offered to residents.

<https://www.amli.com/apartments/south-florida/southeast-florida/davie/toscana-place>

Centro at Davie:

Centro is a great apartment option. It is right next to NSU's HPD campus (where you will be spending, literally, all of your time). It is a 5 minute walk, tops, and offers a fitness center and a beautiful pool. This is one of the pricier options but if you do not have a car or prefer to walk to class, this is a great place to live!

<http://www.centroatdavie.com/?keyword=centro%20at%20davie&qclid=Cj0KEQjA5bvEBRCM6vypnc7QgMkBEiQAUZftQlwwT1vSnbcjb7qs8gKbXoYtt0Zqc9yfKzat8nTRq1UaAknZ8P8HAQ>

Courtyards at Davie:

Courtyards at Davie is an apartment complex that is around a mile away from NSU's University Center. Apartments in this complex are reasonably priced and spacious. A pool and hot tub are offered to residents!

http://www.realtor.com/realestateandhomes-search/Courtyards-At-Davie_Davie_FL?cid=sem_google_desktopdsasale_cpc_google&qclid=Cj0KEQjA5bvEBRCM6vypnc7QgMkBEiQAUZftQGAtpiS_kO9D1m2QUbTQMx-3Mp3GbquUGneZfY8vMaApBF8P8HAQ

Palm Trace Landings:

Palm Trace Landings is one of the more affordable apartment options within a few-mile radius of NSU's campus, especially with two to three other roommates. It is just less than 2 miles from the HPD buildings that you will be going to every day, which is very convenient. The apartments are not extremely new like a lot of other housing options, but it is very livable. The staff is helpful and there is 24-hour emergency assistance for things like safety and lack of water/electricity.

<http://www.palmtracelandings-living.com>

Royal Grand Condos:

Royal Grand is extremely close to NSU's HPD campus. It is located less than one mile away, making it a great place to live if you prefer to walk or bike or if you share a car. The condo complex offers extremely spacious apartments at an affordable price!

<http://www.royalgrandcondo.com>

Rolling Hills Graduate Housing:

Rolling Hills is a great place to live if you are looking to live on campus. It is dorm-style living with the Shark Shuttle at your front door to get to and from NSU's HPD Campus. The apartment comes fully furnished and has a great resort style pool to unwind at on the weekends or in between classes!



First Day of Orientation Week

What to Wear:

- **Females:** Dress pants/skirt and a blouse, flats are a better option than heels, as you will be doing a lot of walking
- **Males:** Dress pants, shirt and tie
- **Side Note(s) on Dress Expectations:**
 - *Professional attire is required on the first day of Orientation Week. The following days of orientation pewter gray scrubs are acceptable. After the first week, when in NSU's HPD Buildings professional attire with white coat **or pewter** gray scrubs with name embroidered are mandatory (Monday-Friday, 8am-5pm.)*
 - *Although we are in South Florida, the HPD buildings tend to be on the chillier side, we suggest wearing a long sleeve shirt under your scrub top.*

What to Bring:

- Water and Snacks: lunch will be served, however, it makes for a long day! Please note that no eating or drinking is allowed in the PT Lab.
- Planner or Calendar
- Car Registration and Insurance (if you anticipate driving to campus, plan on going to the Horvitz building after orientation to get your NSU parking pass)
- Questions (about anything and everything) for faculty, staff, and your student ambassadors

Where to Park:

Check out this link for a parking map of NSU's campus. Lots: P18, P19, and P20 will be most convenient for you! <http://www.nova.edu/locations/parking-map.html>

What to Expect:

NSU's College of Health Care Sciences works very hard to put on a great orientation! You will start the day with all others entering the Health Professions Division (Occupational Therapy, Physician Assistant, etc.). You will spend the beginning of the day as a large group as the college welcomes you. You are able to learn and explore different opportunities available to you as an NSU graduate student! *(You will also have an opportunity to try on and find your size to purchase your white coat! We recommend trying them on at orientation and then ordering one.)* Then, you will break for lunch with your fellow PT students. It is during lunch where you will be able to meet your PT professors and faculty! After lunch you will continue orientation with us, your student ambassadors. We will break down each class of your summer semester, give you study tips we found helpful to us and answer any questions you may have. We will then break off into small groups and give you a tour of campus!

First Year Extra Expenses

Besides books and other required equipment listed for you on the PT Orientation Page, you are expected to make a few other purchases during your first year at NSU. We have compiled a list of expenses to help you better prepare your first year's budget!

First Year Extra Expenses		
Item	Predicted Price	Notes
Clinic Day Needed Purchases:		
NSU DPT Program Navy Polo	\$30	Class of 2019 will facilitate order of both NSU PT Program polo and name tag
NSU DPT Program Name Tag	\$7.50	N/A
Khaki Pants (no capris)	\$20	Many of us got nice, inexpensive, and appropriate ones from Old Navy
Non-skid Comfortable Dress Shoes (i.e. boat shoes)	\$50	Depends on what you chose and prefer
Wrist Watch (with a second hand)	\$10	You will need this while in the clinic assisting patients, as well as, during some practical examinations, many of us ordered an inexpensive one from Amazon
Miscellaneous Needed Purchases:		
FPTA/APTA Student Membership	\$90 per year	Membership is required and a great way to support the profession
FPTA/APTA Conferences	~\$100 per conference	Conference attendance over the course of the 3-year program is required for graduation, specific requirements can be found on Blackboard and will be presented to you in your Introduction to Physical Therapy course
FPTA/APTA Conference Extras	N/A	You will be expected to provide your own transportation, food, and housing for the conference requirements.
Gas & Transportation	N/A	You will be expected to provide your own transportation to get to and from clinic days; this is also why it is so important to have your own car or form of transportation
Background Check(s)	\$50/year	Different level background checks are required before being cleared to go out on any clinical internship. Each year a new background check will be completed.
Lab Clothes	~\$35	Dress Code for Lab: blue athletic shorts and NSU t-shirt (NSU PT t-shirt can be purchased at the bookstore). Lab clothes are required in every class that there is a lab component.
Miscellaneous Optional Purchases:		
NSU PT T-Shirts	~\$10	Each class will design new t-shirts every couple of months for purchase. It is not mandatory to purchase them but definitely recommended!

Be sure to also check the orientation page for the summer semester book list as well as the required equipment list (goggles, gloves, gown, bedsheet and pillowcase set for summer; PT kit for fall). This will help you plan for those expenses. The PT kit is approximately \$350 and you must have by the first fall semester.

Frequently Asked Questions

1. *What should parents/spouses expect?*

As with any major commitment, such as enrolling in a full time graduate program, parents/spouses should expect their student to undergo periods of stress. Particularly during their first few weeks of class while students are still acclimating. Graduate school has been compared to having two jobs. One job would be going to class five days a week, followed by their second job of preparing ahead of time for classes and studying at home. So for those individuals planning to have a job outside of class or who are taking care of a family, the dedication required would be comparable to having three or more jobs. Parents/Spouses should try their best to provide whatever support they can! Finding a healthy balance between study time and recreational time is vital to both keeping up grades and coping with the stress of being in the Doctorate of Physical Therapy Program.

2. *Do I need Medical Insurance?*

Yes, all NSU Health Professions Division students are required to provide proof of current health insurance coverage because you will be working with patients. **You are automatically enrolled in the University Insurance Plan unless you fill out the online insurance waiver within the first 30 days from the beginning of the period in which you have enrolled** (the University Insurance brochure and waiver form can be found online at www.nova.edu/smc under "Health Insurance"). **The waiver is available 24 hours after you register.** To waive NSU's coverage and use a different provider instead, your plan must comply with the following: maximum plan coverage of at least \$300,000 per incident; is accepted in the State of Florida and/or at the NSU Health Clinic; coverage will be in effect for the entire academic year.

3. *Where can I buy textbooks?*

Many people choose to buy their textbooks at the NSU bookstore. A few websites to buy books online are amazon.com, half.com, textbooks.com, and chegg.com (this site often has very inexpensive rental options). You will be given the ISBN # when you get your textbook list, so you can type that into the search area on each website and compare prices.

4. *What is an N#?*

The N number is your student ID number. It is used to identify each student in different settings, such as exams and signing up for exercise classes at the rec plex.

5. *APTA membership overview & what to sign up for (FPTA).*

We are all required to become members of the American Physical Therapy Association (APTA) as this is our professional organization that represents us nation-wide. The APTA provides a place for you to network with PTs that are already practicing, and it also keeps you updated on the newest trends and topics in the physical therapy world. There are also opportunities for scholarships

through the APTA. The cost is \$80 for the student membership, which is a discounted rate from the professional membership. When you become a member of the APTA you must also register what chapter you are in. We are in the Florida chapter; this is an additional \$10. You also have the option to add different interests you may have such as pediatrics or sports medicine. They have different costs, but the majority is an additional \$10 as well.

6. What are the types of housing available? Rolling Hills?

There is graduate housing, called Rolling Hills, which provides efficiency type dorm housing specifically for graduate students only. Many students choose to live in Rolling Hills because of the close proximity to the campus and the easy transportation to and from campus on the Shark Shuttles. Another bonus to living at Rolling Hills is the huge resort style pool. Rolling Hills also offers “themed” living for students in the Health Professions Division and Law schools so that you have the option to live and learn with students in your same field. Rolling Hills requires signing a 1-year lease agreement. Single rooms are \$14,500 for a year, and Quad rooms are \$8,200. There are opportunities to rent apartments, condos, townhouses or houses in the areas surrounding the university. There are also a variety of price ranges available based on the amenities you are looking for. For more information, please contact Off-Campus Housing at (954) 262- 7060 or email offcampus@nova.edu.

7. Tell me about the NSU clinical education program.

Nova’s PT program is one of the few that implements in-clinic learning experiences throughout the program. Beginning with your second semester of PT school, you will have assigned clinic days. During those days, depending on your level in the program, you will shadow or actively participate in treatment. Clinic days will begin at the NSU PT/OT Clinic where professors who teach you in the classroom will put their words into action and give you hands-on learning experiences. Each clinic day is designed to help prepare you for clinical internships. For example, you will have scheduled clinic days at Broward Health joint replacement unit and and Pinecrest skilled nursing facility, in preparation for your first 4-week clinical internship in a skilled nursing facility at the end of your first year. The second full time 4-week clinical internship is after your second year of classes at an orthopedic setting. During the third year, you will go out on 3 different clinical rotations each one with a different focus: acute care, rehabilitation (involving neurological caseload), and outpatient. These clinical experiences allow you to explore different fields within physical therapy, as well as providing the opportunity for hands on experience in multiple settings.

8. Do I need a background check? What if my background check does not clear?

Level I and Level II background checks are required for clinical practicum and internship placement. Some citations on the background checks may prevent a student from being assigned to or may result in the student being denied placement at clinical sites. A student who cannot be placed at required clinical sites due to information of concern on his/her background check(s) may not be able to complete the program.

9. .What is “Sharklink”?

Sharklink needs to be set up before beginning the program. You will need to request your Nova Southeastern University email username on-line. Go to www.nova.edu. Under the Resources For tab click on Current Students. Scroll down to the Technology section. Click on My NSU Identity. Read the guidelines to retrieve your email address. Sharklink needs to be set up in advance in order to receive email from the Physical Therapy Department as well as from financial aid.

10. *Is there a mentor program where students are paired with a faculty member or with 2nd or 3rd year students?*

During your first semester you are paired with a second year PT student that will act as your mentor. You will also be assigned a faculty advisor at that time to help out with anything you may need.

11. *Are there any resources offered by the University such as easily accessible tutoring or 24-hour open lab, which you have found helpful?*

Tutoring is available through the HPD program among students for many classes such as Anatomy and Physiology. The second and third years will often create study and tutoring sessions for the first years to help with PT specific classes. The professors are also always available for assistance in understanding material. During finals the HPD library stays open for extended hours, and recently the Assembly building (full of study rooms and a computer lab) has been staying open throughout the night for studying. The Physical Therapy lab is also open after hours and on weekends for any physical therapy students that would like to come in and study or review skills.

12. *Is there anything I should study ahead of time to get a head start for my classes?*

The answer to this question will vary depending on the person, but it is 100% up to you as a student what you want to do. There will be two different answers: “Yes, study general anatomy and physiology, especially muscles, their origins, insertions, actions, and innervations, and your first few classes will be less stressful.” or “No, use your final few months to do anything but study, because it will be your last few months of freedom from schoolwork.” Both answers are valid, so it is up to you to decide what you want to do. If you want to review medical terminology and some of your prerequisite classes, you will have a head start. Introduction to Physical Therapy is a course completed in the summer semester. This class requires a completion of an online medical terminology course hosted through the University of Des Moines. An exam will be given to you in the middle of the semester in Introduction to Physical Therapy covering the material covered throughout the online course.

Link to Medical Terminology Course: <https://www.dmu.edu/medterms/>

13. *Do we get free parking on campus?*

Yes, parking is free in all student lots and parking ramps on campus, as long as you obtain a parking decal from the One-Stop Shop at either the Health Professions Division (HPD) Terry Building or Horvitz Administration Building. A parking decal application and copy of your current vehicle registration must be submitted to the One-Stop Shop in order to receive your decal. The application can be found here: http://www.nova.edu/publicsafety/forms/parking_permit_application.pdf

14. *Are there resources available to stay active/fit?*

NSU has a great recreational complex within the Don Taft University Center located in the middle of campus. It houses indoor and outdoor basketball courts, volleyball courts, tennis courts, racquetball courts, a fairly large pool, and a gym with relatively new equipment. The gym, like any other, gets crowded at peak hours (5-6pm), but is often empty in the early morning and late at night. Along with that, there are many intramural leagues hosted by the school throughout the year, as well as paid local leagues located throughout the area.