

HEALTHY-U

POOL & PHYSICAL ACTIVITY COURSE OPTIONS

Healthy-U is available to all faculty and staff and provides opportunities to use the pool, and/or enroll in a physical activity course.

To sign up for the Healthy-U Program swimming pool option, please go to the Cashier's office (SBS 285) to make your payment of \$30 for the semester. Bring your receipt from the Cashier's Office marked with your payment stamp to KA 305 and you will be issued your Healthy U swimming pool option card.

Name: _____ Extension: _____ Office: _____

Email: _____

Total Cost/Check paid to Cashier's Office (SBS 285): _____

Lap Swim Pool Hours Fall 2026:

Monday 12:00 pm-2:00 pm
3:00 pm-5:30 pm

Tuesday 12:00 pm-2:00 pm
3:00 pm- 5:30 pm

Wednesday 12:00 pm-2:00 pm

Thursday 12:00 pm-2:00 pm
3:00 pm-5:30 pm

Friday 12:00 pm-2:00 pm
3:00 pm-5:30 pm

Physical Education Course
\$20/class

Varies : See course listings online:
[Fall 2026 PE Courses](#)

*** See back of this page for class enrollment instructions. Some of the most popular classes are: soccer, aikido, basketball, swing dance, Pilates, stretch and relaxation technique, and yoga. Please check the schedule online for a full list of our course offerings and their days and times.*

TO RENT A STAFF/FACULTY LOCKER: Please go to the Cashier's Office (SBS 285) or online and pay the appropriate rental fee: \$30 for one semester, \$40 for fall and spring semester, or \$50 for one calendar year. You will receive an email within two (2) business days indicating your locker number, the code to get into the locker room, and your lock combo (lock is provided). If you have any questions about renting a locker please email kalockers@humboldt.edu or call (707) 826-4532 or 707-826-4538.

Healthy-U Physical Activity Course Enrollment

Select a class from the class schedule of physical activity courses ([Fall 2026 PE Courses](#).) Enrollment is contingent upon available space in the class and instructor approval. Verify with the instructor that there is room in the class and have the instructor sign this form. Bring the signed form to the KA 305. After Department approval and signature, go to the Cashier's Office (SBS 285) to make your payment. Bring your receipt from the Cashier's Office marked with your payment stamp to KA 305 to receive your Healthy U card. Show the class instructor your Healthy U card to verify payment.

Your name: _____ (Check one) Fall ____ Spring ____ 20____

Campus Extension: _____ Office: _____

Email: _____

Class selected: _____

Day & Time: _____

Name of Instructor: _____

Instructor Approval: _____ Date _____

Department Approval: _____ Date _____