

Wartburg West Student Handbook

This handbook supplements the Wartburg College Student Handbook on services, resources, and policies. As Wartburg West is an extension of Wartburg College, please be aware that the policies and expectations regarding student life are generally the same in Denver as on campus. Certain aspects germane to Denver, however, are highlighted here.

Places:

Wartburg West Apartments, 285 S. Lincoln St., Denver, 80209 (This is the mailing address)

Classes are held at Grant Ave. United Methodist Church, 216 S. Grant, just two blocks east of the Wartburg apartment building

Medical:

Urgent Care— Denver Urgent Care, Broadway & Irvington
1 Broadway Building A Suite 100 Phone: 393-455-6345
Hours: M – F 8am to 8pm; Saturday and Sunday 10am to 8pm
Check out their website at <http://www.downtownurgentcare.com>

Emergency Care-- For severe acute illness or injury, go to Denver Health Medical Emergency Dept. at 7th Ave. and Bannock St., just west of Speer Blvd.

Groceries: Across the street at Albertson's. There is also a King Soopers at 13th and Speer., and a Super Target at Alameda and Colorado Blvd.

Banking: Bank One has free checking, and a branch in Albertson's Grocery Store; Key Bank is located at Bayaud and Broadway

Car repair - Autotailor - Gary's Auto Service, 500 E. Alameda, 744-6362

Fitness: Denver Parks & Recreations centers have a variety of equipment, courts, workout sessions, pools, etc. with very good facilities. Membership or pay-as-you-go. Closest to Wartburg apts: Washington Park Rec Center, 701 S. Franklin, 303-698-4962

Public Transportation: Check web site www.rtd-denver.com for current fares and passes

Library: Ross-Broadway, Branch Library, 33 E. Bayaud Ave. at Lincoln - 303-777-4845
Largest library: Central Library, 10 W. Fourteenth Ave. Pkwy, 303-640-6262. All libraries have Internet access.

Post Office: South Denver Station, 225 S. Broadway - 800-275-8777. However, This is NOT where you pick up packages. That address is 200 E. Kentucky Ave. at the South Denver Delivery Annex - 303-275-8777. Finding the pickup window is a little tricky, so call for directions first.

For **information on any City of Denver offices**, services, or procedures, call the city information line at 311

Purpose: The Wartburg West program in Denver, Colorado is designed to "nurture and challenge students for lives of leadership and service in the city". Through experiential learning in the urban setting, students clarify their personal values and vocational goals, and develop skills for their future lives and careers. Opportunities to work and/or study in Denver through Wartburg West are available in the Fall and Winter Terms, as well as May Term and Summer. Further information about the program and application procedure is available on the web site, www.wartburg.edu/west

Students may choose an internship, student teaching, or field work placement that corresponds to their major area of study and career plans, and receive appropriate credit in their major.

Through their work experiences, students will not only acquire job skills, but will also reflect on the nature of the work in the field they have chosen. Work relationships, stress, time management, accountability, relationship of their work to their personal values, professional ethics, and other issues will be explored.

The second purpose of the program is to provide students with an opportunity to experience and reflect upon urban life. Many students who graduate from Wartburg will find themselves living and working in an urban setting. Wartburg West helps prepare students for that experience, and seeks to enable students to be active, contributing participants in the life of the community in which they will live and work. Required course work assists in achieving this goal, as well as meeting academic requirements for graduation. Many different experiences of the environment and culture of the city, as well as relevant readings and class discussions, contribute to this process.

Wartburg West students live together in college-owned apartments, providing students the opportunity to form a community in which they can support one another in the achievement of their goals. It also provides students a realistic experience in independent living, in which they cook, shop, clean, pay bills, and hone their time management skills as they balance work, studies, household responsibilities, and the many opportunities for recreation and entertainment offered in and around Denver.

Community experience

Whatever is true of community living on campus is intensified in Denver. A community environment is first and foremost the interaction of individuals, and so at the root of developing community is the individual student's interaction with others. This living-learning community complements the learning from the larger environment and provides for holistic development of the student.

Wartburg recognizes that its students are adults and must assume responsibility for their behavior. Mutual respect and consideration, coupled with an awareness and sensitivity to the needs of others, shape the standards for group living. Behavior that infringes on the rights of others or violates the standards of the college will be handled in an educational and developmental manner. Remember that enjoyment of life in the WW apartment building will depend, to a large extent, on the consideration that you and other students demonstrate for each other.

This is one reason all participants are expected to remain for the entire semester regardless of whether or not they have completed hours in internships or field placements. In this close knit community experience, it is important to support each other for the full extent of the WW semester.

Safety

Students must take responsibility for their own safety and well being. Safety is an issue of concern to all urban residents, but need not be a preoccupation or obsession. Crime prevention is essentially being aware of your environment and avoiding those situations that could make you vulnerable to crime or other threats to your health and safety. We strongly encourage students to use common sense and take steps to ensure the safety and security of themselves, their belongings, and of others. Don't let fear or intimidation rule you. Be consistent, wise and alert. Be aware of your surroundings. Since the apt building is college property, **any incidents involving a possible crime or injury to anyone in the building must be reported to campus security, 319-352-8533.**

Suggestions for personal safety:

1. Lock your door and carry your keys at all times.
2. Do not open your door to strangers or let strangers into the building.
3. Do not prop building doors open
4. Do not give your name, address, or phone number to strangers or casual acquaintances.
5. When going out, let your roommate or another student in the building know where you are going and when you expect to return. Use the buddy system.
6. Avoid walking alone at night if possible, and in any case walk in well-lighted areas. Don't take shortcuts through dark or deserted areas.
7. Do not keep large sums of money or items of high monetary value in your room. Avoid advertising your valuables - keep them out of sight in your room.
8. Keep a record of the serial numbers of your valuable personal possessions.
9. Don't carry large amounts of cash.
10. Never lend your keys to anyone.
11. Report theft, harassing phone calls, etc to 911.
12. Know your neighbors. Meet members of the Neighborhood Association. Greet your local police officers.
13. Do remember you share a common purpose with others, and rely on their help to insure one another's safety.

The apartments are equipped with **fire-detection and carbon monoxide alarms** in the hallways and in the apartments. Tampering with these alarms or extinguishers is prohibited by law and college policy. **If an alarm sounds** in an apartment, students should try and determine the cause of the alarm and extent of the danger.

-- If a **fire** is discovered as the cause, one student should be assigned to first call 911, then alert other students, while others may attempt to control or extinguish the fire using fire extinguishers located in the building. If the alarm sounds in the hallway, students are required to evacuate the building until the cause of the alarm is determined and the building is determined to be safe for reentry.

-- If a **carbon monoxide** alarm sounds, students should **vacate the apartment** where the alarm is, **call Xcel Energy at 800-895-2999**, and notify the program directors.

-- In case of smell of **natural gas** in the apartment, **leave the apartment** and call the directors, who will help assess the source and appropriate action. If the directors are unavailable, call the Xcel Energy emergency number, 800-895-2999.

The capacity of the electrical system is limited, and overloading can present a fire and safety hazard. Use of multi-outlets or extension cords should be kept to a minimum, but if students need to use multi-outlets or extension cords, it is recommended they purchase a UL-approved multiple outlet with a circuit breaker.

Health

Besides being a major city, Denver is also located at an elevation of one mile. This fact will affect your physical health in several ways:

--The atmosphere at this elevation contains 1/3 **less oxygen** than sea level, requiring your body to work harder to get the oxygen it needs. Upon arrival, you may notice that you get tired much more easily, even with normal activity and most certainly with any kind of physical exertion. You may also require more sleep for the first couple weeks. This is normal and necessary. Do not over-exert yourself, and give yourself the extra sleep you need.

--The atmosphere in Denver also contains much **lower levels of humidity**. This will cause you to dehydrate much more quickly than usual. You will probably need to drink 50% more clear fluids (water and juices); coffee, soda pop, especially those with caffeine, and beer actually promote dehydration. This is even more true if you go up into the mountains. Always carry water with you when engaging in outdoor activities. Dehydration is also one of the factors in altitude sickness, which is definitely no fun and can even be dangerous. A clue to dehydration is a dull, nagging headache. Drink more water.

--Also, the **UV rays** of the sun are much stronger here than at lower elevations. Colorado has the highest incidence of skin cancer in the country. You can get seriously sunburned in 30 minutes, even in winter, and especially when skiing. Wear sunscreen whenever you are outdoors for more than a few minutes.

Building Access

The building entrance doors are to be kept closed, latched and locked at all times. Residents are expected to use their entrance keys to gain access to the building. Propping open locked doors is unsafe, and prohibited. Emergency window exits must only be used for emergencies. No one is allowed on the roof.

Residents are responsible for their apt. keys. Keys may not be given to other individuals. Students should contact WW Directors immediately when keys are lost. Lost keys may result in a \$25 charge. There is a \$10 lockout fee for students needing to be let into their apartments.

Students' rights to privacy is recognized. However, the college reserves the right to authorize entry of a student's apt. under the following circumstances:

1. When permission has been granted by the occupants.
2. Maintenance requested by the occupant is being performed.
3. Routine inspections of rooms for safety, health, and general upkeep purposes upon institutional initiative;
4. There is perceived imminent danger to the safety, health, or property of occupants or to institutional property.
5. If there is reasonable cause to believe that a student is using his or her apt. for a purpose in violation of federal, state, or local laws or college regulations. All such room searches will be performed by police officers. Entry, search, and seizure by civil officers shall be governed by civil law.

The college assumes no responsibility for theft, damages, or loss of money, valuables, or personal property from the building. We strongly encourage students to check with their family concerning the extent of coverage under their homeowner/renter insurance policy. The best safeguard against theft is to always keep your door locked. For purposes of insurance claims, in case of theft, it is recommended that a police report be filed with the Denver Police Department.

Conduct

All students are expected to conduct themselves as responsible members of the Wartburg community, and all college policies regarding student conduct apply at Wartburg West. Your conduct affects the image of the WW program throughout the Denver community as well. In particular: The policies governing academic conduct are the same in Denver as on the college campus and outlined in the Wartburg College Student Handbook. The policies governing sexual harassment are also the same as on the college campus and can be found in the handbook.

Alcohol Policy & Drug Policy: The Alcohol and Drug Policies of WW are the same in Denver as on the college campus and outlined in the Wartburg College Student Handbook pgs 50-51.

Other policies which apply specifically to Wartburg West are detailed herein. Due to the remote location from campus, the Wartburg West directors will have full discretion, depending on seriousness and frequency of any violations, whether to handle them administratively, or whether to require students to return to campus in order to appear before the Student Conduct Board or Dean of Students.

General Housing Information

All participants in the Wartburg West program must live in the Wartburg West apartments. The Wartburg West Apartment Building houses 20 students in eight one bedroom apts and one two bedroom apt. Housing cost is comparable to on-campus housing, and will be billed to the student in the same way. This cost includes water, electricity, heat, and garbage pickup.

Apartment furnishings: Click <http://www.wartburg.edu/west/aptlist.pdf> for a list of apartment furnishings.

Roommates

Roommate selection is done on campus during WW orientation meeting. Roommates play an integral part in your WW experience. Communication is the key in living with roommates; it is important that you and your roommate talk openly with each other and work together to find mutually agreeable solutions when conflicts arise. Living with others requires some give and take on everyone's part, but the lasting friendships and memorable experiences that result will be appreciated long after you leave Denver.

Check-in

Apartments are available to WW students as notified in writing by the Wartburg West directors. All students must arrive during the designated times and not before. No storage of personal belongings is available before or after the semester. If storage is needed, the resident must make other arrangements. When students check into the apartment, in addition to their personal property form, they will receive a form to record the presence and condition of the furniture, appliances, and general condition of the apartment, as well as any damages to the apartment or its contents.

Students will be assessed for damages to the apartment or its contents during their residence. Residents are responsible for any damages, lost property, or unnecessary service costs caused to the apt. bldg through accident, neglect, or intent.

Room Changes

Students may request a room change after the first two weeks of the term. Room changes cannot take place prior to permission from the WW Director. Apartments are never co-ed. Due to the intimate nature of the living situation of Wartburg West with students living in close proximity and required to share bedrooms, in order to be respectful of individual student needs to have access to their rooms, co-habitation is simply NOT an option. Students who change rooms without permission will be charged \$25 for improper check-out and may be required to return to their previous room.

Room decorating

The following guidelines should be noted before students decorate a room.

- Do not hang anything from the ceiling
- Do not put nails, screws, or hooks into woodwork, walls, or ceilings, and do not use glue of any kind to attach items to walls or ceilings
- Do not stick decals, bumper stickers, or contact paper on college property
- Masking tape or Plasti-Tak is recommended for hanging posters and the like
- Contact the program directors with questions about decorations
- Items that may be inappropriate or offensive may not be visibly displayed on doors or in windows

The following items are **not allowed in the building**: air conditioners, lofts, pets, painting of rooms, waterbeds, hot plates, broilers, space heaters, kerosene heaters, candles, incense, weapons of any kind.

Checking out

Failure to check out properly will result in a \$25 charge. The program directors will inspect each apartment upon check-out and will notify the college business office of any damaged or missing items or cleaning charges. Please follow these steps when checking out:

1. You must vacate your apt. on the designated date unless you have requested an extension.
2. Remove ALL personal belongings. Do not leave any personal belongings in your apt. Anything you think future students will use should be placed in the computer room.
3. Clean your apt thoroughly . Check-out guidelines and checklist will be provided to students.

The apartment building will be closed and generally not available for occupancy during semester breaks. Students are allowed to stay during Thanksgiving Break and Winter Term break. Under certain circumstances students may request permission to stay during semester breaks. Room rates do not cover breaks. Students who are approved for break housing will be assessed a charge of \$7.00 per night.. Students who meet the following criteria will be allowed to stay during breaks:

- A student who has been invited to stay on at their internship site after the end of Fall Semester;
- An international student who has nowhere else to stay during the break.

Building Maintenance

Apt. care and cleanliness are the responsibility of residents. Brooms and mops are provided for each apartment. Two vacuum cleaners for the building are kept in the computer/study center.

Upon arrival in Denver, you will be provided with information detailing procedures in the event of a maintenance emergency.

Routine repair and replacement work is generally done between semesters (hence the need to empty the building).

Common Areas

Students share cleaning responsibilities for common areas. This is NOT done by custodial staff. This includes floors, hallways, computer lab, laundry room, and the area around the building. During Wartburg West Orientation, cleaning teams will sign up for rotating responsibilities, and will initial the schedule when they have completed their cleaning responsibilities.

Other

Phone service is not provided in the apartment building, except for one line in the computer room which may be used for local calls only.

Cable TV: Apts. are cable ready, but students are completely responsible for arranging for service, payment of services, and discontinuance of service.

Mail: Each apt. has a mail box outside the front door of the building. Each mail box has two keys. Loss of a key will result in a replacement fee.

The Wartburg West apartment building is a smoke-free environment. Students who wish to smoke must do so outdoors, and are expected to keep the grounds around the building free of butts, matches, papers, or any other trash.

Garbage is collected from the dumpsters behind the building on a regular basis.

Laundry machines provided are coin operated; there are also a commercial laundromats nearby.

Guest policies

Students are welcome to have guests stay in their apartments, with the permission of their roommates. The guest apartment is available to immediate family of WW students and visiting faculty or official guests of the college. Use of the guest apartment is on a first-come, first-served basis, and requires registration with the WW Directors. A fee of \$10 per night will be paid in advance. Keys will be provided in time for guests' arrival, and must be returned as soon as possible after their departure. Students are responsible for the behavior of their guests at all times, as well as thoroughly cleaning the guest apt. including washing linens and replacing paper products that have been used up i.e. toilet paper, paper towels, etc.

The apartment for guests is an efficiency apt., furnished with a double bed and other furniture. A refrigerator, microwave, and coffee maker are also furnished.

Computer Use

-- There are several computer workstations in the computer room in the building for use by students, visiting family and faculty;

--Wartburg West will supply toner cartridges for the printer, but students are responsible for their own paper; if a printer runs out of toner, students may purchase replacement cartridges and submit a receipt to the directors for reimbursement.

-- there are wireless networks in the building both for students and guests. See the instructions for accessing wireless networks on Wartburg IT web page.

Transportation and Parking

Due to the ready availability of public transportation and scarcity of parking, many students find that they do not have to have a car at Wartburg West. The WW Directors will suggest otherwise for certain students working long distances from the apartments. WW does not have a parking lot of its own. There is on-street parking in the area, but hours are limited and students must carefully observe all signs. The college presently has an agreement for students to park in the church lot two blocks away, but that could change at any time. The college and the church are not responsible for theft or damage to student vehicles. Students are responsible for all parking fines and towing charges. If you bring a car, the best policy is to obey all the signs. This can't be emphasized enough. The Denver parking police are quite vigilant.

Suggestions for staying connected to campus

While at Wartburg West, it is important for students to remain aware of activities happening on campus that may affect them. People on campus do not always remember to include you in certain routine processes. Friends on campus can help you with some of these things. But it is ultimately your responsibility. Some of the things that need to be considered are:

- registration for classes
- housing-- **Student Life works with Wartburg West students to identify and secure housing** for students returning to campus; contact Student Life for information.
- cap & gown & graduation announcements for seniors
- photos for the yearbook
- updating information in your credentials file at Pathways
- mail is forwarded from campus; first class mail more frequently than other.

WHAT DOES A TERM WITH WARTBURG WEST COST?

Expenses for which students are billed by Wartburg College:

Tuition cost is the same as for a semester on campus. **Housing** cost is comparable to on-campus housing. **Utilities** are furnished with the exception of cable TV and phone service.

Students should be assured that **financial aid will continue to apply** at the same levels during their Wartburg West semester. Students should be aware that, should they for any reason choose to leave the Wartburg West program at any time after their acceptance, they may be liable for certain costs already incurred by the program over and above the program fee deposit.

Expenses for which students are directly responsible:

- Travel to and from Denver-- students make own arrangements.
- Transportation in Denver-- varies according to distance to work and type of transportation utilized.
Check the RTD web site at www.rtd-denver.com for current fares and passes.
- Phone service
- Food-- depending on students' shopping/eating habits, as little as \$1000 or as much as \$2000
- Program expenses-- \$250 for Course Books, group activities. (\$100 from deposit collected at registration; **balance to be paid to directors upon arrival in Denver**. Unused balance to be refunded at end of term)
- Entertainment and Recreation-- There are many inexpensive activities to be enjoyed in Denver. There are also many expensive ones, and these costs can get to be high. Plan to have at least \$500 available for such activities, two or even three times that amount is not unheard of.

*Please remember that the above amounts are estimates. Denver has much to offer in terms of social life and recreation, which can be expensive, but there are also lots of free and inexpensive recreational and entertainment options in the city.

REQUIRED COURSE WORK AND ACADEMIC CREDIT

Students doing required fieldwork for certification (teachers, social workers) will take the Wartburg West course called: LS 260 - Urban Lifestyles -- one-half credit. This course is designed to assist students in experiencing and learning about urban life and issues. Through readings, involvement in urban activities, written reflection papers, and discussion, students will gain an appreciation for life in the city and their role as citizens. This course is offered to these students in full-time practicums P/D/F

Students doing elective internships will take two courses, for each of which they will receive one course credit:

ID 360 - The Metropolis: Place of Convergence, fulfilling the Interdisciplinary requirement of the Wartburg Plan. One half of this course is the same as LS260- Urban Lifestyles, described above. The other half involves additional readings, class meetings, and outside activities, including an independent service/learning project.

AND a second course which satisfies an Essential Ed. requirement, either:

RE324 Immigrant Religions in America (Fall Semester)

OR

RE325 Christian Faith and Politics (Winter Semester)

The two religion courses satisfy a Faith and Reflection requirement, and are writing intensive. In addition, Immigrant Religions satisfies a diversity requirement. These courses will generally meet on Monday and Friday mornings, with some field trips that may take place in the afternoons or weekends.

INTERNSHIPS and FIELD PLACEMENTS

Based on the student's major and stated goals, and in consultation with the student, the Wartburg West directors will endeavor to find an internship placement which will best meet those goals within the parameters of the program. In all cases, the directors place priority on the educational value of the prospective placement. While some internships may be compensated, this is not generally a determining factor in the placement.

There are two types of placements:

1) Students doing required field-experiences for certification in their field, such as **student teaching** or **social work**, will have placements which meet those requirements, and receive the appropriate credit. Because these placements meet requirements for certification, they are never compensated.

2) Students doing elective internships in their major field or in community service will work **three days per week**, for which they receive **two course credits**. Although some internships may include the possibility of monetary compensation, most do not. The Wartburg West directors do not seek placements on the basis of compensation, and students should not expect compensation.

All participants are expected to remain for the entire semester regardless of whether or not they have completed required hours in internships or field placements.

INTERNSHIP SITE SUPERVISORY RESPONSIBILITIES An internship should be beneficial to the internship site as well as the student. The site supervisor should expect the student to be a productive member of the organization, and should evaluate the student accordingly. Students receive college credit for the internship. While monetary compensation is desirable, it is not the determining factor for placement of an intern. For organizations that customarily pay interns, it is expected that Wartburg West interns be compensated accordingly.

1. Work with Wartburg West director to discuss the internship goals, supervision, and evaluation.
2. Final placement is contingent upon review of the resume and interview with the student.
3. Provide a specific person as supervisor, who will meet with student on a weekly basis.
4. Complete, during the first week, the Wartburg West Internship Agreement, describing the projected outcomes, intern responsibilities, supervisor responsibilities, etc. **Supervisors are strongly encouraged to consider specific, finite projects for which students will have significant responsibility. Any questions about compensation should also be clarified at this time.** Students will also discuss letters of recommendation with supervisors at this time.
5. Assist in developing a list of pertinent reading materials.
6. Students are to work 3 days (approx. 24 hours) per week. Students wanting to take days off work must negotiate this with the supervisor, with approval of the Wartburg West internship director.
7. Discuss work rules and guidelines with the intern (for example, safety, hours of work, confidentiality). Explain as clearly as possible the student's degree of independence and discretion.
8. Confer with the Wartburg West Director about any concerns.
9. Mid-term review with the WW director and intern, using completed midterm evaluation form which will have been provided by student, as a basis for discussion.
10. Complete the final evaluation at the end of the term, to be shared with the intern, director, and Wartburg faculty advisor. Supervisor and student both sign this form at the time of their final meeting.

STUDENT INTERN'S ACCOUNTABILITY

1. After the first week, the Internship Learning Agreement will be submitted to the Director, who will then forward it to the faculty advisor on campus.
2. Each intern will complete and submit to the director and faculty advisor a weekly internship report.
3. A Midterm Conference will be held with the director, intern, and supervisor, using the Midterm Evaluation as a guideline for conversation at that time. A summary will be sent to the faculty advisor.
4. Additional conferences may be held as needed to assure a successful internship experience. Although changes in internship placements are possible, they are rare and this will not be done until after a conference with the student, the director, and the supervisors of both the original and any prospective sites.
5. There will be a Final Evaluation by the intern and the supervisor, including completion of an evaluation form by each to be submitted to the directors. The supervisor's evaluation is to be signed by both the supervisor and intern at the time of their final meeting. The student is responsible for turning in these final papers before the end of the WW Term. These evaluations will also be shared with the faculty advisor on campus. The WW director will attend this final conference if requested by the site supervisor.
6. Interns are expected to work the full number of weeks in the program to receive credit. This amounts to 14 weeks, not counting the WW orientation. Any "days off" are to be arranged with the internship supervisor with the approval of the WW director.

HISTORY OF WARTBURG WEST

In the fall of 1985, Wartburg College inaugurated the Wartburg West program in Denver, Colorado. Elaine and Mark Olson were appointed Co-directors of the program. The program began with an enrollment of four students.

In the spring of 1991 Revs. Nelson and Bonita Bock were appointed Co-directors. Nelson is a graduate of Brown University in Providence, RI, and Bonita is a graduate of Luther College, Decorah, IA. They are both 1980 graduates of Luther Northwestern Seminary, and served as co-pastors of American Lutheran Church in Baker, Montana until they moved to Denver in the fall of 1984, where they worked in a faith-based peace education ministry. In 1987, the Bocks founded the Urban Servant Corps, a Christian volunteer service ministry in Denver's inner-city. Bonita served as its Director until April 1998. Nelson worked in Campus Ministry at the Auraria Higher Education Center in Denver from 1987 - 1992. Living in the heart of Denver where they raised their two children, these commitments involve them very much in neighborhood, church, and city issues.

In 1999, the apartment building was acquired, and subsequently opportunities to participate in Wartburg West during May Term and summer were added to create a year-round program.

With some many hundreds of students having completed the program, Wartburg West is now an integral and vital part of the Wartburg educational program.

Fitness:

Chris Winter, weight coach at the W, has offered to work up any workout program for students coming to Wartburg West should you want advice before you leave campus.

Once here, Denver Parks & Recreations centers have a variety of equipment, courts, workout sessions, pools, etc. with very good facilities. Membership or pay-as-you-go. Closest to Wartburg apts:
Washington Park Rec Center, 701 S. Franklin, 303-698-4962

In addition, La Familia is even closer to the apts, but a little smaller. Fewer members and some students have preferred this.

You can look up either at www.denvergov.org/recreation

We generally recommend checking these out since it is very reasonable for a three month membership, and many students have joined. But there is a Powerhouse Gym just a couple blocks from the apts which some students have joined instead. They cut Wartburg students a deal for 3 month memberships with no start up fee. Hopefully it is the same manager when you get here if you want to join, and he'll still honor that offer.

In any case, you can get a free pass for one time at www.PowerhouseGymDenver.com

Another neighborhood site you might want to consider is the Washing Street Community Center at the corner of Washington and Ohio Streets. They have different classes going all the time. One might fit your needs as there are times that personal trainers and wellness coaches work with people there also.

Visit www.wscd-denver.org