

# THE Fit Center News

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March 2019

## SPRING BREAK REMINDERS



### KID HOURS AT OUR POOLS

Spring Break arrives **Sat, March 17th thru April 1st**. During this slightly extended two-week period, children's holiday rules are in effect at both the EN and TF pools. During this time ONLY,

children aged 2-7yrs may join their older siblings in the main pools during normal children's hours.

Children's hours are as follows:

At EN: 9am-1pm

At TF: 1pm -5pm

The kiddy pool at TF is open daily 9am-5pm for kids 2-7yrs .

### "PEACE AT THE POOL" RULES

1. Kids are not allowed in the spas, the EN lap pool, or TF indoor pool.
2. At all times, children are to be supervised by an adult. Please do not leave kids unattended.
3. Kids must be toilet trained to use the main pool. Swim diapers are allowed in kiddy pool.
4. No tossing of balls, Frisbees or people.
5. No Marco Polo
6. Children are not to jump off the wall in the resistance pool. In fact they should not block adult use of the resistance area.



### POOL DECK FURNITURE

Use is on a "first come, first use" basis. You are not to reserve a lounge by placing a towel on it for future use. Be considerate of others.

### LOCKER ROOM ETIQUETE



Please do not take your grand-kids of the opposite sex into our locker rooms. There are single stall restrooms by the kiddy pool and indoor pool if needed.

ALSO....children **are not** allowed in the steam or sauna rooms. They are for adults only.

### FOOD AT THE POOL

Food items are allowed at our pools, but they must be sandwiches or finger foods...not huge BBQs. And..they **MUST** be consumed on deck, not while floating around.



### DRINKS AT THE POOL

No glass containers allowed. Beverages may be drunk while floating provided they are in plastic containers with a lid. **NO CANS, NO BOTTLES.** Alcoholic beverages must be from the Snack Bar, not brought from home.



**Unhappy with what you see poolside? Call the staff or Patrol:**

**EN: 935-6783 TF: 935-6740**

**PATROL: 935-0387**

### EN FITNESS REOPENS!!

After 5 months of renovation and several hundred thousand dollars, the EN Fitness area is reopened, and ready for business!



Open Hours: Mon-Thur  
6am-6pm

Fri 6am-5pm  
Sat/Sun 7am-noon

New Features: 24 brand new Cardio machines to include seated stepper, arm rotator and lateral latitude. Treadmills, ellipticals, bikes with TV's built in. New raised stretching platform, stretching cage, and barbells.

New Locker Rooms: totally gutted. New everything...to include lockers, shower doors, and sauna (good-bye steam room!)

**COME CHECK IT OUT....AND WORK OUT!**