

# THE Fit Center News

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## IT'S BEEN A YEAR...AND WHERE ARE WE?

Covid vaccinations are underway, wear of a mask has almost become a habit, and social distancing is the way of the land. And...COVID restrictions remain in place! Your continued co-operation is appreciated...use of a fitness towel, use of gym wipes, and proper wear of a mask.



### FITNESS USAGE IS UP

If you're thinking the fitness centers are getting more crowded than in the past, it is because they are. Patron use in our TF fitness center is up nearly 800 persons per month since we re-opened in September, and 400 per month at EN. With State governance continuing to restrict capacity due to the Covid dashboard, we are having to turn facility users away at peak times. In order to better assure your access to the facility, you might want to alter your workout schedule to later in the day.

### DASHBOARD: SUBSTANTIAL

You can read all about the Covid dashboard at [www.azdhs.gov](http://www.azdhs.gov). Suffice it to note, that until Covid stats drop considerably, we are limited to 25% capacity. At TF this limits us to 20 patrons at a time, and at EN the limit is 15.



Capacity is based on user stations:

TF: 40 cardio + 21 weight = 61 25%=15 which we rounded up to 20

EN: 24 cardio + 10 weight = 42 25%=11 which we rounded up to 15

Pool capacity is also limited to 50 patrons at TF, and 40 at EN

### PLEASE BE COURTEOUS

Please leave your cologne & perfume at home. Its hard enough breathing thru a mask without this added distraction. Also, when moving from Cardio room to Weight room, if your shirt is sweat soaked, please change into a dry one.

## SPRING BREAK REMINDERS

Let's all enjoy the holidays together by adhering to the following:

### KID HOURS AT OUR POOLS

Spring Break arrives **Sat, March 20th thru Sun, April 11th**. During this 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 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. No tossing of balls, Frisbees or people.
4. No Marco Polo
5. At TF Pool, children are not to jump off the wall in the resistance pool. Also, they should not block adult use of the area.



### REMINDER TO ALL POOL USERS:

Use of Swim diapers, Depends, or any other such product is not allowed in our pools. Recently we had an incident in one of our main pools, likely caused by a person violating this rule, and had to close the pool for a couple days to decontaminate it. We are public pools so adherence to this rule is critical.

**MASK UP...**

**together we will get through this!**