

THE Fit Center News

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POOL RULES - REMINDERS

It's that time of year when our friends and family, including children under the age of 18 are frequenting our pools. For convenience, here are several of our important rules to assist in keeping harmony at the pools.

- * Children under the age of 18 must be accompanied at all times by an adult over the age of 18.
- * Children's hours are 11am-1pm and 4-6pm.
- * There is no lifeguard on duty; however, pool monitors are there to help everyone enjoy their experience.
- * Minimum age to use the lap pool and whirlpool is 18.
- * Swim diapers are not allowed; children who are not toilet trained are not allowed in the pool.
- * Showers are required prior to pool entry and after sunscreen has been applied.
- * Toys and large flotation devices are not permitted in the pools.
- * Arm flotation bands and/or flotation vests are permitted for small children.
- * Music that is audible to others is not allowed unless it is part of an approved class or activity.
- * Food is to be consumed outside the pool enclosure & glass containers are not allowed.
- * Proper swim attire is required. Cutoffs, shorts, jeans and diapers may not be worn in the pools; tee shirts over appropriate swimwear are permitted.
- * Use of cover-ups is required to and from the pools while walking through the building.
- * Running, diving or jumping into the pool or rowdiness is not permitted.
- * The lap lane closest to the rec pool is reserved for therapeutic walking; however, when not being used, this lane may be used for swimming laps.

NEW AT ANZA - ITEMS FOR SALE



You can now purchase ball caps and drawstring bags with the Anza Athletic Club logo on them at the reception desk. Ball caps cost \$12.50 each and the drawstring bags are just \$10 each. For convenience you can purchase using your Robson charge, cash or personal check.



REMINDER - ONE WAY PLEASE!



Please follow directional signs when either entering or leaving our parking lot. Driving in one direction will keep traffic moving smoothly and will help keep everyone safe.

POOL SAFETY

We understand there are times when you would like to move your lounge chair to a more desirable location and that's okay. But please leave space for others to safely walk around you. Do not block the walkways.



HYDRATE.....HYDRATE!



We live in the desert. The temperatures have risen and the humidity has dropped. Please remember to drink plenty of water. Dehydration is a real issue and can come on quickly and without notice.