

**WEIGHT  
ROOM**

**SCHEDULE SUBJECT TO CHANGE AS PROGRAMS DEVELOP**

**9/3/2009**

**SPY AQUATICS - FALL POOL SCHEDULE**

September 8<sup>th</sup> to November 21<sup>st</sup>, 2009

Please Note-Pool doors will be locked ½ hour prior to closing

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>7:00-8:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>8:00-9:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>9:00-10:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN at 9:30am</b>	<b>CLOSED</b>
<b>10:00-11:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>11:00-12:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>12:00-1:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>1:00-2:30</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>2:30-3:00</b>	<b>CLOSED</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>3:00-4:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>4:00-5:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>
<b>5:00-6:00</b>	<b>CLOSED</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>6:00-6:30</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>6:30-7:00</b>	<b>CLOSED</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
<b>7:00-8:00</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>OPEN</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>

**The Weight Room is closed whenever SPY Aquatics is closed.**

# **WEIGHT ROOM RULES**

- 1. Athletic shoes must be worn at all times. No bare feet or wet bathing suits are allowed in the weight room.**
- 2. No food or drink (except for water) allowed.**
- 3. No children under age 13 are allowed in the weight room for any reason. Parents of children aged 13 to 17 must sign the SPSA's waiver when each weight room pass is purchased for their child.**
- 4. The weight room is supervised by SPY Aquatics lifeguards. If they have determined that any patron has exhibited unsafe behavior, the patron will be asked to leave the weight room without a refund.**
- 5. The weight room is open only during posted hours. Any time SPY Aquatics is closed, the weight room is also closed.**

