

How Do I access and use the swim spa?

1. UPON ARRIVAL PLEASE REMOVE ALL STREET SHOES, SPACE IS AVAILBLE IN WAITING ROOM
2. WALK TO THE POOL ENTRANCE AT THE END OF THE GYM
3. **REQUIRED: SHOWER WITH SOAP PRIOR TO ENTERING THE SWIM SPA- FAILURE TO DO SO WILL RESULT IN TERMINATION OF SWIM SPA SERVICES**
4. PLEASE BRING YOUR OWN TOWEL & TOILETRIES
5. PLEASE DO NOT STORE PERSONAL BELONGINGS IN THE RESTROOM, YOU MAY STORE THEM WITH YOU SAFELY ON THE POOL DECK BENCH
6. POOL SHOES **REQUIRED** IF USING THE TREADMILL
7. PLEASE ENTER SAFELY INTO THE POOL VIA EITHER CORNER NEXT TO THE TREAD

ONCE IN THE POOL

8. USE THE GREY REMOTE TO TURN ON TREADMILL, UP/DOWN ARROW FOR SPEED
9. USE THE BLUE REMOTE TO TURN ON SWIM RESISTANCE UP/DOWN ARROW FOR SPEED
10. PLEASE DO NOT TOUCH THE COMPUTER SCREEN- ALL SETTINGS ARE PRE-SET FOR YOUR COMFORT
11. YOU MAY USE YOUR CELL PHONE FOR MUSIC, PLEASE BE MINDFUL OF OTHERS
12. PLEASE STORE ALL PERSONAL BELONGINGS ON THE POOL DECK BENCH TO ALLOW OTHERS ACCESS TO RESTROOMS
13. YOU'RE WELCOME TO USE ALL POOL FLOATS, WEIGHTS AVAILABLE
14. PLEASE BE MINDFUL OF YOUR 50 MINUTES TIME TO ALLOW OTHERS TIMELY ACCESS ON THE HOUR