



Pool, Field House & Fitness Room Hours

January 2018

Effective January 3 – January 24, 2018

POOL

Days	Hours	What & Who
Mon. & Wed.	6:00 am – 7:00 am	Lap swim- Faculty/Staff/Arena Club Members/Corporate Partners/ with ID
Mon., Wed., & Fri.	8:45 a.m. – 9:35 a.m.	Deep Water Walking (open to everyone) \$4 – Community \$3 – Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID
Tuesday & Thursday	8:45 a.m. – 9:35 a.m.	Aerobic Swim (open to everyone) \$4 – Community \$3 – Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID
Monday – Friday	10:00 a.m. – 10:50 a.m.	Aerobic Swim (open to everyone) \$4 – Community \$3 – Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID
Monday – Friday	12:30 p.m. – 2:00 p.m.	Lap Swim – Faculty/Staff/Arena Club Members/Corporate Partners/ with ID
Tuesday & Thursday *	5:30 p.m. – 7:00 p.m.	Swim – Faculty/Staff/Arena Club Members/Corporate Partners/ with ID
Tuesday & Thursday *	7:00 p.m. – 8:30 p.m.	SAU Student Swim (SAU Students Only - SAU Student ID required)
Friday*	4:00 p.m. – 6:00 p.m.	Swim – Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID
Friday*	6:00 p.m. – 8:00 p.m.	Community Swim - \$2 per person (EVERY swimmer pays \$2)

* Pool will be closed during Home Basketball Contests.

FIELD HOUSE – FITNESS ROOM (Access to the Fitness Room will be from the gym area)

Days	Hours	What & Who
Monday – Thursday	6:00 a.m. – 10:00 p.m.	Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID CHECK WEEKLY SCHEDULE FOR AVAILABILITY
Friday	6:00 a.m. – 8:00 p.m.	Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID CHECK WEEKLY SCHEDULE FOR AVAILABILITY
Saturday	10:00 a.m. – 6:00 p.m.	Faculty/Staff/Students/Arena Club Members/Corporate Partners/ with ID CHECK WEEKLY SCHEDULE FOR AVAILABILITY
Sunday	CLOSED	

REMINDER: SAU athletic practices, HHPR classes and special events have priority use of the facilities. We regret any inconvenience this may cause. SAU reserves the right to close the facility due to maintenance, school closings and/or the observance of holidays. For questions regarding building use or membership in the Arena Club, please call 517-750-6502.

PLEASE BE PREPARED TO SHOW SAU ID/ARENA CLUB MEMBERSHIP UPON REQUEST.