



2017 CORONADO FITNESS CENTER

HOT SPRINGS VILLAGE, ARKANSAS

501.922.1230

Coronado Fitness Center Hours

Monday – Friday: 6:00 am – 7:00 pm
 Saturday: 8:00 am – 5:00 pm
 Sunday: 1:00 pm – 5:00 pm

Pool, Whirlpool, Sauna and Steam Room Hours

Monday – Friday: Close at 6:45 pm
 Saturday & Sunday: Close at 4:45 pm

Fees and Memberships (Including exercise classes; tax NOT included)

Daily Fees

	<u>Property Owner</u>	<u>Family</u>	<u>Non-Property Owner</u>
Daily 13 and over	\$ 6.50	\$8.45	\$ 9.25
Children 13 and under	\$ 2.17	\$2.82	\$ 3.47
Family Swim Passes <i>(Mother/ Father and children under 16 - same household)</i>	\$14.75		\$22.25

Memberships

Annual Membership (1/1-12/31)	\$440.00		N/A
Annual Couple	\$792.00		N/A
30-Day Consecutive (limit 3 per yr)	\$61.05		\$91.85
90-Day Consecutive (limit 1 per yr)	\$157.85		\$236.50
Weekly pass	\$19.50		\$27.75
Two week pass	\$39.00		\$55.50

**Memberships may be purchased at the POA Administration Office or at the CFC Front Desk.
 NO REFUNDS or EXTENSIONS ON MEMBERSHIPS. SEE POA BOARD POLICY.**

POOLS: Children 6 and under who cannot pass the swim test must be accompanied in the water at all times by a responsible adult.

WHIRLPOOL, SAUNA and STEAM ROOM: No one under 18 years of age is allowed in the room.

FITNESS ROOM: Children, 13 through 15 years of age, may use the Fitness Room only if they have completed an orientation program with the Fitness staff or volunteer. They must be accompanied by a responsible adult 18 years of age or older at all times. No one else under 13 years of age may be in the Fitness Room (includes track). You must be 13 years of age to participate in any of our scheduled classes with a responsible adult 18 years or older.

MASSAGES: Swedish, reflex and deep tissue massages are available by a Registered Therapist Technician, 7 days a week by appointment. Call 922-1230 or inquire at the CFC front desk.

2017 CORONADO FITNESS CENTER HOT SPRINGS VILLAGE, ARKANSAS

POOL HOURS: (Number of lanes may be adjusted according to need.)
Lap Swim, Water Walking & Open Pool are only at designated times listed below.

LAP SWIM: All lanes are shared. Swim in counterclockwise pattern.

Monday through Friday: 6:00 am – 7:50 am (five lanes)
Monday, Wednesday, Friday: 8:00 – 10:00 am (one lane); 11:00 am – 1:30 pm; 2:15pm – 6:45 pm (one lane)
Tuesday and Thursday: 9:00 am – 6:45 pm (one lane)
Saturday: 8:00 – 8:50 am (five lanes); 9:00 am – 4:45pm (one lane)
Sunday: 1:00 – 4:45 pm (one lane)

WATER WALKING: Walkers are not permitted in swim or open pool lanes.

Monday thru Friday 8:00 am – 9:00 am (Shallow end of pool)
Monday, Wednesday, Friday: 9:00 – 10:00 am; 11:00 am – 1:30 pm; 2:15 – 6:45 pm (one lane)
Tuesday and Thursday: 9:00am – 6:45 pm (one lane)
Saturday: 9:00 am – 4:45 pm (one lane)
Sunday: 1:00 – 4:45 pm (one lane)

OPEN POOL TIME: Recreational Use

Monday, Wednesday, Friday 2:15 pm –6:45pm
Tuesday and Thursday 10:00 am -6:45 pm
Saturday: 10:00 am – 4:45 pm
Sunday: 1:00 – 4:45 pm
BABY POOL: Available during "Open Pool" times only.

FITNESS ROOM

Monday through Friday: 6:00 am – 7:00 pm
Saturday: 8:00 am – 5:00 pm
Sunday: 1:00 – 5:00 pm

POOL ETIQUETTE

- Please shower before entering pool or whirlpool.
- No glass containers allowed.
- No running or horse play. Water toys permitted at Lifeguards' discretion.
- Diving allowed in 8 foot deep section only.
- Appropriate swimwear required. No cut-offs.
- Children 6 and under who cannot pass the swim test or cannot stand up in the shallow end of the pool must be accompanied in the water at all times by a responsible adult who is within arm's

reach of the child. All children should be prepared to do a swim test for the Lifeguard.

- Children who are not potty-trained must wear swim diapers.
- A responsible adult must remain with a child in the Baby Pool area.
- Must be 18 or older to be in the whirlpool/sauna/steam room area.
- Must be 13 to participate in any scheduled class
- Please return equipment when you are finished using it.
- Kick boards and barbells- adult use only.
- **Lifeguards and supervisory staff have absolute authority over all water activities.**

FITNESS ROOM ETIQUETTE

- Children, 13 through 15 years of age, may use the weight room only if they have completed an orientation program with the Fitness staff or volunteer. They must be accompanied by a responsible adult 18 years of age or older at all times. No one else under 16 years of age may be in the Fitness Room (this includes the track, weight equipment or cardio equipment areas).
- Must be 13 to participate in any scheduled class accompanied by a responsible adult 18 years of age or older.
- Must wear appropriate workout attire including athletic shoes with closed toes and heels. No jeans.
- Wet bathing suits and pool shoes are not allowed in Fitness Room.
- No food. Water only. Water must be in a non-spill plastic container.

- Please wipe off equipment after use.
- No "sitting" on equipment. Please get off equipment between sets so it can be used by others.
- Dumbbells and Free Weights are to remain on the rubber matting at all times. They are not permitted on the carpeted sections of the room or the track.
- Please, no more than 30 minutes on Cardio Equipment if people are waiting.
- Requests by Floor Staff and Trainers are to be followed.
-