

Valued patrons, please take a moment to read the following information in order to minimize interruption to your workout routine and/or appointments at the fitness center. If you have any concerns, please do not hesitate to contact me at 494-8744 or [naomi.parish@patrick.af.mil](mailto:naomi.parish@patrick.af.mil).

**Holiday and Air Force Space Command Family Day Hours of Operation:**

	<b>Thu, 24 Dec</b> Christmas Eve	<b>Fri, 25 Dec</b> Christmas Day	<b>Thu, 31 Dec</b> New Year's Eve	<b>Fri, 1 Jan</b> New Year's Day	<b>Mon, 18 Jan</b> Martin Luther King Day
PAFB	0500-1600	1000-1600	0500-1600	0800-1600	0800-1600
CCAFS	Closed	Closed	0530-1600	Closed	Closed
Lap Pool	Closed	Closed	0530-1600	Closed	Closed

**CheckFree V4 Registration System**

The fitness center has begun implementing the use of a new patron registration system. Patrons will scan their ID card at the front desk upon entering the fitness center and the system will then verify the ability of the patron to utilize the facility. This system will allow for the fitness center to streamline services for patrons by automating and consolidating major management functions to include facility reservations, equipment sign-out, contract services accounting and accurate facility usage with demographics.

**Group Exercise Classes:**

There will be no Group Exercise Classes from 24 December thru 1 January 2010. Classes will resume 4 January 2010.

**Active duty cardio room:**

The room is restricted to active duty only M-F 0500-0800, 1100-1300 and 1600-1800. Outside of these hours, all patrons may use this area. The restriction does not apply on weekends and holidays.

**Lap pool:**

Hours of operation are M-F 0530-1800; closed 1300-1400.

Please call ahead on 494-4947, particularly in the afternoon hours, to check for weather conditions and subsequent temporary closure of the pool.

**Pelican Coast racquetball courts:**

Due to a failing infrastructure and the safety hazard created, these courts are permanently closed and will be demolished at a later date.

**PAFB racquetball courts:**

Please be advised the racquetball courts will remain closed until Tuesday, 12 January 2010 due to repair work still needed to complete the refinishing of the floors.

**South Housing Tennis Courts:**

Complete with outdoor lighting, you can play tennis year round. No reservations are needed, just stop by the PAFB Fitness Center with a valid ID and get the combination for the lock. Light usage is restricted until 9 pm during turtle season from the months of May thru October.

**WarFit Track:**

Please be advised, the 1<sup>st</sup> of a 2 phase repair process is being done to the WarFit track. It is permissible to use the track while the 1<sup>st</sup> phase of the work is being completed but, stay tuned for the closure dates for the 2<sup>nd</sup> phase when the top surface will be repaired.

**Parent/Child workout Area (PCA):**

The PCA is now open for use. The area is available during all hours of operation. Please enquire at the front desk for PCA policies and procedures. Equipment available in this area is a treadmill, recumbent bike, cross trainer, and a stepper. Children's books, Toys, and G-rated DVDs are now available.

**Locker Rooms:**

Lockers are assigned in the senior staff locker rooms only. All lockers in the main locker rooms are for daily use. POC for senior staff locker room assignments is N. Parish, Fitness Center Director.

**Policy for use of fitness centers by contractors:**

Contractors are required to request permission to use either the Patrick AFB or Cape Canaveral AFS. Application forms may be picked up at the front desk of either fitness center. The fitness center director is now responsible for approving all applications. Contractors must identify which fitness center they would like to use and provide the name of their office, office symbol and office phone number. Contractors will be authorized use of one fitness center, determined by his/her office of business. Contractors working on CCAFS will not be authorized to use the fitness center on PAFB. Contractors are authorized to use the PAFB fitness center outside of the peak hours of M-F 0500-0800, 1100-1300 and 1600-1800; and the CCAFS fitness center outside of the peak hours of M-F 0530-0800. Holidays and weekends are excluded.

**Policy on workout attire:**

The policy on workout attire has been revised and is in line with the Fitness and Sports governing Air Force Instruction, National Collegiate Athletic Association rules for athletic attire while playing sports, and the Patrick AFB Sports Bylaws. Please understand it is the duty of the staff to uphold the directives set forth in this policy. The rules for appropriate workout attire are in place to facilitate safety, extend the life of the fitness equipment and uphold public health and hygiene laws. The policy is posted in the display case behind the front desk. Please do not hesitate to speak to me if you have any concerns.

**Policy for signing in guests:**

Military ID cardholders 18 years of age and older, and GS and NAF civilians may sign in up to two (2) guests per visit at a rate of once per calendar month. A waiver for an extended pass, not to exceed 30 days, can be granted by the Fitness Center Director for guests who reside outside of a 100 mile radius from Patrick AFB. The waiver is available for up to two (2) guests per visit to the fitness center. Sponsors must remain with their guests while in the fitness center.

**Storing personal items in the fitness center:**

Please be advised the fitness center is not responsible for personal items left unsecured in the fitness center. This includes the “cubbies” in the walkway between the cardio room and free weight room. I strongly encourage you to refrain from leaving your valuables in the fitness center; however if this is your preferred option, please bring a lock with you and lock these items in a locker.