

ADULT ED UPDATES

4-23-2021

ADULT WEIGHT ROOM:

Effective Monday, April 26, 2021 the community may use the weight room on Mondays and Wednesdays from 6:15pm – 7:45pm through the adult education program. The maximum number of people allowed will be 9 individuals. You must go through the temperature scanner and submit a screening questionnaire. Meet at the Trinity Ave Parking Lot entrance. You must go through the temperature scanner and submit a screening questionnaire prior to entering the weight room.

Please understand that masking and disinfecting is mandatory. Our goal is to provide a safe and clean environment for our community to use for their physical wellbeing. Please respect the rules and have fun!

ADULT LAP SWIM:

Effective Monday, April 26, 2021, we will begin adult lap swim starting. Individuals can sign up for two mornings a week. There will be a maximum of 8 people allowed in a session. Swim begins at 5:50 am and ends at 7:00 am. If you'd like to sign up for this, please email Tom Gray at AdultEd@lowvilleacademy.org or fill in your name on the following document. (twice a week) https://docs.google.com/document/d/1ya4mDLVI2bfq_f4uNLU5Cg7at8ufT2SiDZiidFfQopw/edit?usp=sharing

*You must come dressed for swim. You will not be allowed use of the locker rooms, but you will have a bathroom to use at the end of the session to quickly change out of your wet suit. No showers will be available.

*Masks must be worn on the pool deck at all times.

*Two individuals per lane. Leave proper distance between individuals.

*Meet at the Trinity Ave Parking Lot entrance. You must go through the temperature scanner and submit a screening questionnaire. The Lifeguard will meet you at the doors between 5:40am and 5:50am. At 5:50, the lifeguard will escort you to the pool. After 5:50am, you will not be able to enter the building.