



1200 West Route 66 • Flagstaff, AZ 86001
W: 779-4593 • E: 526-8652
Activities Desk: 779-5141 • Billing Office: 779-5141
www.flagstaffathleticclub.com
Hours: Mon-Thu, 5:00 am - 11 pm
Fri, 5:00 am - 9 pm • Sat - Sun, 7 am - 8 pm

FEELING GREAT

AUGUST 2017

FAC East Indoor Pool

The FAC East indoor pool will be CLOSED for maintenance and updating beginning Mon, Aug 14. The pool area will receive a fresh coat of paint, upgrades to the deck, restroom and changing areas, draining and painting of the pool and more! Please enjoy the FAC East outdoor pool or FAC West indoor pool during this closure. The project will be completed as quickly as possible and your patience is appreciated. The 10 -11 am aerobics class will be held at the FAC West indoor pool during the FAC East indoor pool closure. The two lap lanes at FAC West will remain open for lap swimming during the class time. Our goal is to accommodate all swimmers during this time. Thank you for your consideration.

FAC East Parking Lot

Portions of the FAC East parking lot will be closed Aug 14 - Sept 1 for new asphalt. We will have specific areas designated for parking during this time. Thank you for your patience while we make the necessary repairs to the parking lot.

Employee of the Month

Congratulations to FAC Aug Employee of the Month . . . Melissa Ares, FAC Assistant Summer Camp Director. Melissa is from Portsmouth, New Hampshire, but grew up in Tucson, Arizona. She went to school at NAU where she majored in Microbiology with a minor in chemistry and a certificate in biotechnology. In her free time, she enjoys hiking and volunteering at Flagstaff Medical Center.

Melissa started working at FAC in 2017 and quickly showed what a stellar employee she is. She is a hard worker with a great can-do attitude. Melissa truly fits the employee of the month persona! Thank you Melissa for all you do!

Cardio Theater Voting

During the first two weeks of Sept we will be asking for your vote to determine the channels our members will enjoy on our Cardio Theater system in our FAC East and FAC West cardio rooms. You will vote for four television channels, two radio stations and two XM stations. Additionally, we will ask for your vote for which XM station you would like in both weight rooms. The winning choices will be in effect from Oct through Mar.

Off Season Athletic Training

The goal of the Off Season Athletic Training Camp is to help high school athletes increase their speed, agility, power, balance, coordination and reaction time during the off season. Personal Trainer Austin Lane has created a program based in standards set forth by the American College of Sports Medicine and knows from experience training NCAA Division I athletes that this methodology will show guaranteed improvement in the participant's athletic ability. Tue/Thu, Aug 8 - 24, 4:45 - 5:45 pm, FAC East. Sign up at either facility or call 779-5141.

TRX CORE

If you're looking for the ultimate in core strength and balance, TRX CORE is the class for you! You will work upper body, legs and core like you have never worked before while challenging your balance in multiple planes. Join Personal Trainer Robb Faus on Tue, Aug 1 - 29, 9 - 9:45 am, FAC West and Fri, Aug 4 - 25, 9 - 9:45 am, FAC East to experience this challenging and rewarding format. Register at any FAC service desk or call 779-5141.

So You Want to Hike Rim to Rim?

Ready to check this one off your list? Join certified Personal Trainer and seasoned Grand Canyon expert, Terri Attridge as she will prepare you to knock off the R2R in the Grand Canyon. This eight week program will be held Tue/Thu, Sept 26 - Nov 21, 6 - 7:30 am and 5 - 6:30 pm - same topic morning and evening, but you are welcome to attend both classes. Classes will include both physical fitness and classroom components to ensure you are well versed in canyon exploration and is geared toward a practical understanding of backpacking and canyon hiking. Designed to get you strong and smart for hiking in the inner canyon, program classes will include such topics as how to properly fit a backpack, how to weight your pack for a variety of terrain, what to put in your pack for a multi-day trip below the rim, how to hike with a pack on, dangers in hiking and basic first aid, food and water, getting a permit, reading a map, hiking with poles and without, hiking with a group, everybody poops and many other topics. Some classes will take place outdoors. Even if you are not looking for a R2R adventure, this program has plenty to offer for the hike/adventurer looking for durability and knowledge of training for the many outdoor offerings in Northern Arizona.

Call 779-5141 to register and for more information call Robb Faus.

Massage Schedule

| | FAC East | FAC West |
|-----------|---------------------------------|---------------------------------|
| Monday | Stephanie Gerst 863-2636 | Holly Stone 853-5062 |
| Tuesday | Rachel Williams 616-402-1702 | Holly Stone 853-5062 |
| Wednesday | Holly Stone 853-5062 | Jill Naleski 266-6504 |
| Thursday | Holly Stone 853-5062 | Angie Gaston 380-9353 |
| Friday | Janus Hudson 853-9039 | Rachel Williams 616-402-1702 |
| Saturday | Janus Hudson 853-9039 | Rachel Williams 616-402-1702 |
| Sunday | Janus Hudson 853-9039 | Krissy Marocco 380-2011 |

No Show Policy: Massage therapists require 24 hours notice to cancel your massage appointment. There is a \$40 fee for the first incidence and \$65 fee for a repeat occurrence. Policy enforcement is at the discretion of the therapist.

Fitness

Synrgy 360

With workouts facilitated by FAC's Certified Personal Trainers, this circuit training format will be a challenge for every population at any fitness level. You will meet at the Synrgy 360 at FAC East and experience a well-designed, full body workout. Whether you are just getting back into working out or a seasoned athlete looking for a creative and challenging cross-training workout, our personal trainers are adaptable and creative to fit your needs and push your limits!

Sign up for the month of Aug and gain access to cover 50 sessions for only \$105.00. Classes are offered at 6 am, Mon, Wed and Fri, every weekday at noon and Mon through Thu at 3:45 pm. All sessions are at FAC East.

Call Fitness and Sports Director Robb Faus with questions at 779-4593.

Aqua Tabata

Join us every Tue and Thu this summer, 9 am, FAC East Outdoor Pool for AQUA TABATA! Tabata is a high intensity interval training class (HITT). It features exercises in a 4 minute interval format repeated 8 times. So, this 32 minute portion of the class is about performing as many of the repetitions of the exercise as you can for 20 seconds and then resting 10 seconds and then repeating. Class will begin with a warm-up end with an aqua/yoga/pilates/stretching segment. The Mon/Wed/Fri, 9 am Aqua classes will be held in the outdoor pool.

Do You Have a Health Care Question?

Each month Dr. Brad Croft (East Flagstaff Family Medical), Dr. Kelly Reber (Northern Arizona Podiatry), Drs. Emily Davenport and Erin Victor (Flagstaff Clinic of Naturopathic Medicine), Gayle Baingo (EmPower Health by Nutrition) and Don Berlyn, PT, Hypnotherapist give an hour of their time at each club to answer your questions about your health. This is a free service for the members of FAC.

Health Care Corner

Family Practice - Brad Croft

Mon, Aug 7, 4:30 pm / FACE
Mon, Aug 7, 6 pm / FACW

Naturopath - Erin Victor

TBA/FACW
TBA/FACE

Featuring Vitamin B12 Shots!

Podiatrist - Kelly Reber

Tue, Aug 8, 4:30 pm / FACW
Tue, Aug 8, 6 pm / FACE

Registered Dietician-Gayle Baingo

Sat, Aug 19, 10:30 am / FACW
Sat, Aug 19, 12 pm / FACE

Physical Therapist/Hypnotherapist- Don Berlyn

Thu, Aug 10, 4 pm / FACE
Mon, Aug 14, 5 pm / FACW

AED & Heartsaver CPR

Wed, Aug 2, 6 pm / Kevin Wiles
Mon, Aug 14, 6 pm / Matt Turner
Wed, Aug 23, 6 pm / Chris Thomas

All CPR Classes FAC West

FAC Drop In Schedule

Adult (16+) "drop in" gym times are provided for the fun and fitness of FAC members and guests. Members may "drop in" for free and guests may "drop in" for a guest fee and enjoy reserved space in our gymnasium for the following sports and times: **Pickleball - Tue/Thu/Fri, 8:30 - 10 am; Basketball - Mon - Fri, 12 - 2 pm; Volleyball - Sat, 1 - 3 pm; Sand Volleyball (fee) - Fri 4 - 8 pm; Badminton - Sat, 5 - 7 pm.**

For info, contact Robb Faus at rfaus@flagstaffathleticclub.com or 779-4593.

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Fitness

Keeping Your Cool

Brad Croft, DO, East Flagstaff Family Medicine

As we are in some of the hottest days of the summer, it is important to remember and respect the power and potential of the heat. Although those with chronic health problems, as well as individuals over 65 and less than two years old are more susceptible to heat related illness, heat has the potential to impact even the fittest of individuals. Heat related problems typically will present in any of three common appearances: heat exhaustion, heat cramps and heat stroke.

Heat exhaustion typically develops from fluid and blood salt loss from excessive sweating, usually from hard or continuous exercise. As fluid volume depletes, blood flow is compromised to the body affecting brain function. Individuals with heart, lung or kidney problems may be particularly vulnerable to heat exhaustion. A parallel problem may develop in the body and presents as heat cramps. These same circulation compromises of the nervous system also may have an adverse impact to muscle function.

Heat stroke is the result of prolonged exposure to heat resulting in the body's inability to cool itself with its normal thermoregulation mechanism. As the core temperature rises at 104F to 106F, the brain is affected and shuts down the sweating mechanism. When this occurs, the temperature continues to rise and impacts the most sensitive tissue to heat - the nervous system. This serious medical problem may result in death.

Symptoms of heat related illness may come on suddenly. Heat exhaustion commonly presents with heavy sweating, the source of fluid volume loss. The skin is cool and moist to touch. Headache is a common complaint along with nausea and vomiting. Dizziness and light-headedness are the result of brain function compromise from reduced circulation. Fast heart-beat (tachycardia) is the result of low fluid volume as the heart attempts to compensate by increasing heart rate. Heat cramps, as the name implies, produce muscle spasm, weakness and pain. This may present either with activity or later during rest.

Heat stroke may present itself with either excessive sweating or, once thermoregulation has shut down, with red, hot and dry skin. As body temperature increases, signs of illness include confusion, nausea and vomiting, dizziness and fainting. As temperature rises, circulation changes such as either rapid or slow heartbeat and seizures may occur. This is a medical emergency and must be dealt with immediately to prevent death. Activation of EMS is vital when heat stroke is suspected --- call 911.

The goal to treating the other heat related illnesses involves cooling the body and replenishing fluids. Move the individual to a cooler, shady area. Provide plenty of water and apply cold packs to the neck, armpits and groin. Exhaustion and cramps usually recover within hours without problems. If symptoms persist however, medical attention should be sought.

Be aware of these heat related illness as we move to the 'dog days of summer'. Intervention is critical, but prevention is preferred, including adequate hydration, activity breaks and avoidance of prolonged heat/sun exposure. Here is an excellent link for additional information regarding heat related illness: <https://www.cdc.gov/features/extremeheat/index.html>.

Aquatics

Beginning & Advanced Adult Lap Swim

Do you know how to swim but want to improve your technique, skill, breathing or open water swim times? This class will get you to the next level! Join your amazing coach, Therese Umholtz in the FAC East outdoor pool through Aug 16, from 6 to 7 pm to learn the small tips that will leave you with huge results! Register today at any service desk or call 779-5141 or call Michelle Wesson at 779-4593 with questions.

Snorkeling at FAC East

Certified instructors with Summit Divers are offering an in depth snorkeling class on Sat, Sept 16, 9 - 11 am, FAC East indoor pool! Use of the equipment is included. Topics such as maintenance, dives, clears, fin kicks, snorkel and vest use and buddy rules will be covered. Participants should be at least six years of age and able to swim 50 feet and comfortable in the water. Call 779-5141 to register.

Scuba Diving at FAC

Learn to SCUBA dive right here at FAC East! The class will be held Sat and Sun, Aug 12 - 13, 9 am - 4 pm. There will be in water and classroom instruction. All strong swimmers 10 years and older are encouraged to register at any service desk or by calling 779-5141 today! Contact Michelle Wesson at 779-4593 with questions.

Torpedoes Youth Swim Team

Torpedoes Youth Swim Team will be held on Fri, Aug 11 - Sept 2, 5 - 6 pm, FAC East outdoor pool. Coaches will focus on four competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle. If you can efficiently swim one lap of the pool (50 yards), are between the ages of 6 - 14, then we are looking for you! Call Michelle Wesson with questions at 779-4593 or call 779-5141 to register.

Fitness

Pre-Season Volleyball

Led by Personal Trainer Noelle Martinjako, Pre-Season Volleyball Training is designed to prepare players for the upcoming season and give them the competitive edge. If you are looking to increase your vertical jump and hitting power, this is for you!! The main emphasis will include plyometric and explosive power exercises to strengthening the lower body, core and shoulders, all of which are crucial to jumping higher and hitting harder. Vertical will be tested at the beginning and end of the program. Tue, Aug 15 - 29, 4 - 5 pm, FAC East.

Sand Volleyball Drop-In

Stop by the SportStop on Fri nights from 4 to 8 pm this summer for a fun night of sand volleyball. All abilities are welcome! The grill will be fired up and available for your use and the drink prices are the best in Flagstaff! Drop in fee.

FAC & SportStop Leagues

For information and to register call our AIR desk at 779-5141. All FAC leagues are open to the general public. Our members enjoy a discount on league fees. Sign up for a league today.

— FAC Adult Leagues —

Adult CoEd Racquetball League:

- All level combo league Fall Session I begins Thu, Sept 7.

Registration for this league opens Mon, Aug 14 and closes Aug 31 or when full.

Adult CoEd Volleyball Leagues:

- CoEd 'B' League Fall Session I begins Tue, Sept 5.
- CoEd 'A' League Fall Session I begins Thu, Sept 7.

Registration for these leagues opens Aug 14 and closes Aug 31 or when full.

— SportStop Leagues —

Indoor Soccer:

- CoEd 5v5 Monday Night Indoor Soccer begins Mon, Sept 18 and runs through Oct 30.
- CoEd 5v5 Indoor Soccer Fall Session I begins Wed, Sept 6 and runs through Oct 18.

Registration for both leagues opens Mon, Aug 14 at 5:30 pm at the SportStop and closes Aug 31 or when full.

To register, teams must have a captain, sign up as a team and provide all payment and player contact information. You may register at any FAC service desk during club hours or at our AIR desk during business hours 8 am - 4 pm, Mon - Fri.

Team registration forms available at www.flagstaffathleticclub.com. Non-members welcome.

Weight and Cardio Room Etiquette

- Closed toed shoes are required in the free weight, machine weight and cardio areas of the Club.
- Refrain from using ANY profanity in the cardio and weight rooms.
- Refrain from cell phone conversations in the cardio and weight rooms.
- Wipe down equipment with disinfecting spray after you use the equipment.
- Limit use of cardio equipment to 30 min when someone is waiting.
- Leave gym bags in the locker room.
- Liquid chalk is the only acceptable form of grip aid. Dry chalk is prohibited.
- Children under 12 are not allowed in the mezzanine areas even with adult supervision and a cardio pass.
- Children ages 8 - 12 are allowed in the cardio room only with a Cardio Pass and direct supervision.
- Please refrain from moving weight machines or stations in the weight room. Free weight benches and accessory benches are acceptable to move but must be returned to their proper area when you are finished.
- Children must be at least 12 years old to use the weight room with direct supervision or Independence Pass certified.

Programs

Program info available at both clubs' service desks, bulletin boards and kiosks.

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com.

FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.

Fitness . . .

- **Small Group Personal Training** - Mon/Wed/Fri, 6 am; Mon - Fri, noon and Mon - Thu, 3:45 pm, FAC East.
- **Aqua for Arthritis** - Wed/Fri, Aug 16 - Sept 8, 10 am, FAC West indoor pool.
- **TRX Core** - Tue, Aug 1 - 29, FAC West and Fri, Aug 4 - 25, FAC East, 9 - 9:45 am.
- **GYMNASTICBODIES** - Mon/Wed, Aug 2 - 30, 5:45 pm, Main Group Fitness Room and Tue/Thu, Aug 1 - 31, 5:45 pm, Multi-purpose Room, FAC East.
- **Pre-Season Volleyball Training** - Tue, Aug 15 - 29, 4 - 5 pm, FAC East.
- **Off Season Athletic Training** - Tue/Thu, Aug 8 - 24, 4:45 - 5:45 pm, FAC East.

Aquatics . . .

- **Private and Semi Private Swim Lessons** - While group swimming lessons have ended until next summer, private and semi-private lessons continue year round. Sign up with one of our certified Red Cross Certified Water Safety Instructors by calling 928-440-5245, ext 4! For specific swim lesson questions, please contact Michelle Wesson at 928-779-4593.
- **Torpedoes Youth Swim Team** - Torpedoes Youth Swim Team will be held on Fri, Aug 11 - Sept 1, 5 - 6 pm, FAC East outdoor pool. Coaches will focus on four competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle. If you can efficiently swim one lap of the pool (50 yards) and are ready to improve your stroke and between the ages of 6 - 14, then we are looking for you! Call 779-4593 with questions or call 779-5141 to register.
- **Beginning & Advanced Adult Lap Swim** - Wed, through Aug 16, 6 - 7 pm, FAC East. Call Michelle Wesson at 779-4593 with questions or call 779-5141 to register.
- **Scuba Diving** - Sat and Sun, Aug 12 - 13, 9 am - 4 pm, FAC East. Call 779-4593 with questions or call 779-5141 to register.
- **Snorkeling** - Certified instructors with Summit Divers will offer an in depth snorkeling class Sat, Sept 16, 9 - 11 am, FAC East indoor pool. Use of equipment included. Participants should be at least six years of age and able to swim 50 feet and comfortable in the water. Contact Michelle Wesson at 779-4593.
- **Independence Swim Test** - Swim tests will be conducted on weekends, 10 am - 5 pm, FAC East outdoor pool.

Youth Activities

- **Kids' Night Out, Aug 4** - Parents, enjoy an afternoon and evening out while your children ages 3 - 12 join us on Fri, Aug 4, 5 - 9 pm, FAC East. There will be games and activities, arts and crafts, pizza, swimming, bounce house and more! Pre-registration is required. Register with AIR at 779-5141 by 4 pm Wed, Aug 2.
- **Babysitting Clinic** - Fri, Aug 11, 5 pm, FAC West. This class is designed for current and aspiring babysitters ages 11 - 15. Students will be provided with great information and handouts on how to deal with all types of children and group interaction.
- **Kids' Passport Exam** - The Kids Passport certification is held alternate Tue/Thu, 5 - 5:30 pm and one Sat a month from 10 - 10:30 am. Certification gives 6 - 11 year old FAC members the privilege of using FAC racquetball and basketball courts without direct adult supervision. Children must pass both a written and oral exam. Information and certification packets are available at each desk and the Kids' Club. Packet must be completed before scheduling an appointment. Aug dates are Aug 3, 8, 17, 22, 31 and Sat, Aug 5. Pre-registration is required. To register call 779-5141.
- **Independence Certification Program** - This certification is for FAC members ages 12 - 15 who would like to use the club without an adult. Pick up an independence packet at any kiosk area. Complete the packet, schedule and complete an appointment with a Personal Trainer at FAC East, register for the swim portion, complete an appointment with a Personal Trainer at FAC West then register for this portion, which is the final exam. The packet must be completed with all appropriate signatures. Held alternate Tue/Thu, 5:30 - 6 pm, FAC East and one Sat a month from 10:30 - 11 am. Aug dates are 3, 8, 17, 22, 31 and Sat, Aug 5.

To register for a program, call AIR at 779-5141, Mon - Fri, 8 am - 4 pm or log on to "My Account" at www.flagstaffathleticclub.com. **FAC REQUIRES REGISTRATION AND / OR CANCELLATION FOR ALL PROGRAMS BY 4 PM DAY PRIOR TO START OF PROGRAM, OR 4 PM THU BEFORE WEEKEND OR MON START UNLESS OTHERWISE NOTED.**

FAC AUGUST CALENDAR OF ACTIVITIES

To register for a program, call AIR at 779-5141 Mon - Fri, 8 am - 4 pm or
 log on to "My Account" at www.flagstaffathleticclub.com
 *Activity continues on that day throughout the session

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|---|--|---|---|---|
| <p>Small Group Personal Training Mon / Wed / Fri at 6 am, Mon - Fri at Noon, Mon - Thu at 3:45 pm</p> | | <p>1 *TRXCORE 9 AM / FACW</p> | <p>2 HEARTSAVER - AED CPR 6 PM / FACW</p> | <p>3 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE</p> | <p>4 *TRXCORE 9 AM / FACW KIDS NIGHT OUT 5 - 9 PM / FACE</p> | <p>5 PASSPORT EXAM 10 AM / FACE INDEPENDENCE CERTIFICATION PROGRAM 10:30 AM / FACE</p> | |
| | <p>6</p> | <p>7 ASK DR. CROFT 4:30 PM / FACE *GYMNASTICBODIES 5:45 PM / FACE ASK DR. CROFT 6 PM / FACW</p> | <p>8 ASK THE PODIATRIST DR. REBER 4:30 PM / FACW OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE ASK THE PODIATRIST DR. REBER 6 PM / FACE</p> | <p>9 *GYMNASTICBODIES 5:45 PM / FACE</p> | <p>10 ASK THE HYPNOTHERAPIST DON BERLYN 4 PM / FACE OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE</p> | <p>11 *TORPEDOES YOUTH SWIM TEAM 5 PM / FACE</p> | <p>12 SCUBA DIVING CLASS 9 AM - 4 PM / FACE</p> |
| | <p>13 SCUBA DIVING CLASS 9 AM - 4 PM / FACE</p> | <p>14 ASK THE HYPNOTHERAPIST DON BERLYN 5 PM / FACW HEARTSAVER - AED CPR 6 PM / FACW</p> | <p>15 *PRE-SEASON VOLLEYBALL TRAINING 4 PM / FACE OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE</p> | <p>16 *AQUA FOR ARTHRITIS 10 AM - FACW INDOOR POOL</p> | <p>17 OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE</p> | <p>18 *AQUA FOR ARTHRITIS 10 AM - FACW INDOOR POOL</p> | <p>19 ASK THE NUTRITIONIST GAYLE BAINGO 10:30 AM FACW NOON / FACE</p> |
| <p>FAC East Indoor Pool Closed</p> | | | | | | | |
| <p>20</p> | <p>21</p> | <p>22 OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE</p> | <p>23 HEARTSAVER - AED CPR 6 PM / FACW</p> | <p>24 OFF SEASON ATHLETIC TRAINING 4:45 PM / FACE</p> | <p>25 AQUA FOR ARTHRITIS 10 AM - FACE</p> | <p>26</p> | |
| <p>FAC East Indoor Pool Closed</p> | | | | | | | |
| <p>27</p> | <p>28</p> | <p>29</p> | <p>30</p> | <p>31 PASSPORT EXAM 5 PM / FACE INDEPENDENCE CERTIFICATION PROGRAM 5:30 PM / FACE</p> | | | |
| <p>FAC East Indoor Pool Closed</p> | | | | | | | |