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Spring Forward

Daylight Savings Time
March 14th

Hours of Operation

Monday

Gym
6:30am – 5:00pm
Pool
6:30am – 4:30pm

Tuesday

Gym
6:30am – 7:00pm
Pool
6:30am – 6:30pm

Wednesday

Gym
6:30am – 5:00pm
Pool
6:30am – 4:30pm

Thursday

Gym
6:30am – 7:00pm
Pool
6:30am – 6:30pm

Friday

Gym
6:30am – 5:00pm
Pool
6:30am – 4:30pm

Saturday

Gym
9:00am – 2:00pm
Pool
9:00am – 1:30pm

Sunday

Building Closed

WANTED!

More “Pool Buddies”

We are in need of more “Pool Buddies.” It’s a great way to volunteer. The **best time(s)** to come is during our “**Open Swim**”: (see schedule)

Tues. & Thurs. from 11am – 1pm, or Tues. & Thurs. from 4:15 – 5:15pm, or Mon. & Fri. from 3:15 – 4:15pm, or Mon – Fri 12:15 – 12:45pm.

See Diana in the Pool Office, or call her at 818-876-4074 for more information.



WANTED!

More “Fitness Buddies”



We are in need of more “Fitness Buddies.” This is a great way to volunteer and help other members or residents with their program (that has already been set up).

See Diana in the Pool Office, or call her at 818-876-4074.

Class Info

Laughter Yoga Club has been cancelled for the time being. Hopes to be back in Summer.

10:00am Exercise Class is now available in the Katzenberg Pavilion.

Saban Center’s 3rd Fitness Contest

Congratulations to all our winners in the

Saban-zenegger “Lift Classic”

Beginner: Beth and Terry

Intermediate: Mary Jo and Peter

Advanced: Jody and Craig

Each winner will receive a 1 month’s membership free!

Reminders:

April 1st ~ Saban Locks will no longer be available.

We want to encourage you to **bring your own lock** to use in the locker rooms, because we will no longer have them available. Locks are not to be left on the locker over night; **they are to be removed daily.**



Towels = 1 Per Person

Help us continue to provide this service. Be water wise and use only 1 towel per person. Thanks.



The Lunch & Learn Seminars

will be monthly. We had a great time in our first one, and look forward to many more.

All About “Open & Lap Swim”

Here is a brief reminder about:

Open Swim no classes are offered. The pool is open for a variety of activities in the shallow and deep ends of the pool. Lap swimming is available on a space availability basis.

Railing: Both sides of the pool with railing are available until CompletePT begins their program (M-W-F @7am & Th. @ 8am). If the railing is required for your workout and a swimmer is using that space, **please** inform the Lifeguard before entering the desired lane. They will contact the lap swimmer and ask them to move to an open area.

Lap Swimming: During “high pool activity”, lap swimmers may also share a lane in order to conserve space.

Just remember to be courteous and if you have an issue, please talk to the Lifeguard on duty.

From: Debra, Aquatic & Fitness Manager

