

# PELICAN

ATHLETIC CLUB

# QUICK REFERENCE GUIDE TO SERVICES

**PHASE 2** *UPDATED: December 1, 2020*

**FALL CLUB HOURS:**  
CAPACITY 50%

Monday - Thursday	4:45am - 9:00pm
Friday	4:45am - 8:00pm
Saturday	7:00am - 7:00pm
Sunday	9:00am - 6:00pm

## FITNESS AREA'S + SERVICES

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Free Weight Room	<i>use sanitizing spray/wipes before/after, physical distance</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Fitness Floor	<i>use sanitizing spray/wipes before/after, physical distance</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Personal Training	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Small Group Training	

## GROUP EXERCISE CLASSES

Each studio has floor markers and spaced equipment to ensure social distancing. Do not share equipment or place equipment back before wiping down.

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Studio One Classes	<i>no sign up, just show up</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Mind + Body	<i>no sign up, just show up</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Aqua Fitness	<i>no sign up, just show up</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Senior Classes	<i>no sign up, just show up</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Circuit Studio	<i>no sign up, just show up</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Spin Studio	<i>sign up at the front desk</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Online Classes on YouTube	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Class Schedule on PAC App + Website	

## SPECIALTY CLASSES

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	CrossFit	<i>spots limited; reserve spot via PAC APP</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Burn + Met Strength	<i>spots limited; reserve spot via PAC APP</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Endurance Edge	<i>spots limited; reserve spot via PAC APP</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	K.O. Boxing	<i>spots limited; reserve spot via PAC APP</i>

## TENNIS COURTS

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Tennis Courts	<i>call for reservations</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Ball Machine	<i>call for reservations</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Private Lessons	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Jr. Tennis	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Adult Tennis Leagues	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Tennis Mixers	

## POOLS + AQUATIC PROGRAMS

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	6 Lane Pool	<i>see schedule of lane usage</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	8 Lane Pool (heated)	<i>see schedule of lane usage</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Lap Swimming	<i>see schedule of lane usage</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Recreational Swimming	<i>see schedule of lane usage</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Endurance Edge	<i>spots limited; reserve spot via PAC APP</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Swim Team	<i>info: swim@thepac.com</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Swim Lessons	<i>info: charlotte@thepac.com</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Baby Pool + Splash Pad	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pool Deck Chairs, Tables, Loungers	<i>physically distanced</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Outdoor Pool Side Restrooms	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Locker Rooms	

## CHILDCARE + YOUTH PROGRAMMING

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Infant Room (6 weeks - walking)	<i>reservations required, call 985.626.3706</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Toddler Room ( ages 2 - 5)	<i>reservations required, call 985.626.3706</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	YAC (ages 6 - 13)	<i>reservations required, call 985.626.3706</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Homeschool P.E.	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Foundations	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	PASS JV + Varsity	<i>info: charlie@thepac.com</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Swim Team	<i>info: swim@thepac.com</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Swim Lessons	<i>info: charlotte@thepac.com</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Jr. Tennis	<i>info: tennis@thepac.com</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Youth Events/ Date Night	<i>reservations required, call 985.626.3706</i>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Birthday Parties	

## FOOD + BEVERAGE

Limited beverages are available to purchase at Front Desk when Café is closed.

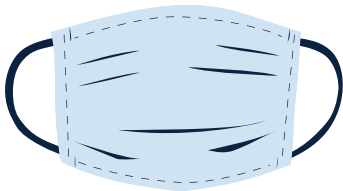
YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	LiveFit Café	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Café Seating Area	<i>tables and chair are spaced for social distancing</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Complimentary Coffee	

## AMENITIES + SERVICES

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Tennis Restrooms	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Sanitation Stations (sanitizer/wipes)	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Business Office	<i>Monday - Friday 8:00am - 5:00pm</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Guests	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Basketball Pick Up Games	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Basketball Shooting	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pickleball	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Pro Shop	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Massage Therapy	<i>book massage 985.626.3706</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	PAC Physical Therapy	<i>985.626.3641</i>
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Member Events	

## MEMBERSHIP SERVICES

YES	NOT YET		COMMENTS
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Membership Office	<i>reservations required, call 985.626.3706</i>
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Physical Club Tours	
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Membership Info + Registration via phone/email	



### MASK MANDATE

**MASK REQUIRED.** In accordance with the Governor's mandate anyone 8 or older to wear a mask inside of our facilities.

Masks may temporarily be removed **ONLY** when actively working out maintaining 6 feet a part.

If you have a medical condition preventing the use of a mask please notify the General Manager.