

LAP & SPA POOLS RESTORATION 2023

The lap and spa pool will be closed to restore the tank surface of the pool. Maintenance of pool surfaces is normal for most pools, warmer temperature pools tend to degrade faster. You may have also noticed the tanks coating is wearing off and there are rust spots that need to be addressed. We know this closure impacts your aqua workout plans therefore we have taken steps to offer alternatives. Although it isn't perfect we hope you understand the importance of maintaining this beautiful facility and will consider trying a different workout.

Why are the lap and spa pools closing and what is happening?

The lap and spa pools are closing to remove rust spots and resurface the tank. This involves draining, removing rust, evaluating rebar, patching, cleaning and resurfacing.

The mitigation of the rust spots and tank recoating requires 14 days of surface curing before the pools can be refilled which contributes to the length of closure. One of the challenges in this process is draining the water. All waste water at CHH is processed by a bioreactor. The bioreactor has limitations on the volume it can process which impacts the amount of water we can remove per minute.

How long are the lap & spa pools closed?

The lap and spa pools will be closed approximately 4 weeks, November 15 – December 19 (tentative).

We will post a confirmed opening day as the construction progresses. The opening date will be posted in the facility and social media.

What about the therapy pool?

The therapy pool is open during restoration. The therapy pool will only be accessible through the locker rooms, the hall entrance will be closed. A barrier wall is in place to separate the construction from the open pool. This barrier is insulated and under negative pressure to maintain the environment in the remaining space.

Are there any aqua group exercise classes?

Yes, there are Ai Chi classes in the therapy pool.

Are there any land group exercise classes?

Yes!

March Ahead: Gentle Chair Exercise Monday & Wednesday 9-9:50 a.m. Studio C

This class welcomes individuals who want to add strength training and gentle stretching into their exercise program as an alternative to Aqua Aerobics. Balance and stability challenges are also incorporated while building strength. Movements can be done standing or seated.

I want to try the fitness floor but need help!

If you would like a complementary session with a trainer to develop a fitness floor program, contact Jason Yoder (yoderja@ohsu.edu).

Also available is "Ask the Trainer", you may drop in and ask your fitness questions. The "Ask the Trainer" schedule is available online and at the front desk.

Is there anywhere else I can swim laps?

The lap and spa pools at the OHSU student center are available to use starting Monday, November 27. Please bring your march wellness membership card for access. If you have questions about tram access please contact LaDonna Gandzadi (gandzadi@ohsu.edu). The student center is open Monday-Friday 8 am – 8 pm, [for more information](#).

The Mittleman Jewish Community Center (MJCC) is also available to march wellness member at a special reduced rate. See end of FAQ for details.

Can I get a reduction in dues?

We will not be reducing dues during the closure. There are periodic closures in different portions of the center. Most pools are closed annually for several weeks, we have been able to defer and consolidate this closure. If you have a medical need for cool water and are unable to do any land workouts please contact LaDonna Gandzadi (gandzadi@ohsu.edu).

Can I get a reduction in dues?

We have arranged temporary march wellness member access to the Mittleman Jewish Community Center (MJCC). The reduced fee for one month is \$95, payment is due at enrollment and is not prorated. This include access to the pools, equipment and classes. If you are interested, please complete the [MJCC Membership Application](#). In start date put “Nov 18, 2023”, in discount code put “March Wellness Member”.

The image shows a screenshot of a web application form titled "Application". The form is divided into several sections: "Membership Information", "Membership Payment", and "Waivers".

- Membership Information:** Contains fields for "Membership Category:", "Start Date:", "Discount:", and "Referred by:". A black arrow points from the "March Wellness Member" text box to the "Discount:" field.
- Membership Payment:** Contains three checkboxes:
 - ☐ ANNUAL: prepay 1 year up front
 - ☐ MONTHLY: 1 year monthly withdrawals
 - ☐ MONTH to MONTH: short-term membership The word "OR" is placed between the second and third options.
- Waivers:** Contains a paragraph of text: "Use of any recreational facility and participation in any activity involves a risk of accidental injury despite all safety precautions. Having been informed of the activities to be conducted by the Mittleman Jewish Community Center and/or Portland Jewish Academy I/we as an".

Below the form, there are two text boxes: "March Wellness Member" and "May 24th 2023". A blue arrow points from the "March Wellness Member" box to the "Discount:" field in the "Membership Information" section.