



Aquatic Suspension Class at the JCC

Directions to the Locker Room and Pool once inside the JCC

The JCC is attached to other buildings on its campus. The building you need to go to has a black fence around a grassy area and statue located directly in front of the JCC building and main entrance.

1. Enter the front of the building. Once inside the JCC, you will encounter the security desk. Tell them you are here for Physical Therapy. If it is the first time you are at the JCC, you will have to sign in.
2. Then walk past the security desk, you will see the information desk on the right. Request a security badge in exchange for your car keys or driver's license.
3. As you walk past the information desk you will see the following on the right:
 - a. Art gallery
 - b. Social Hall
 - c. Gymnasium
4. Immediately past the gymnasium, there are double doors on your right, as well as big double doors in front of you.
 - a. If you would like to take the stairs down to our facility:
 - i. Go through the double doors on the right. To do this, press your security badge against the black box to the right of the doors to unlock them.
 - ii. Go down the stairs and turn right.
 - iii. Go through brown double doors into the fitness area.
 - iv. The Men's and Women's locker rooms are on your right just before entering the weight machine area. Bring your own lock and use any locker to store your items. The JCC and ProAction Physical Therapy are not responsible for items taken from lockers that have not been properly locked. Walk to the end of the locker room near the shower area. There is a door that leads directly to the pool area.
 - b. To take the elevator, proceed through double doors in front of you:
 - i. Take the elevator on the right down one floor to Basement.
 - ii. Turn left out of the elevator.
 - iii. Go through brown double doors into the fitness area.
 - iv. The Men's and Women's locker rooms are on your right just before entering the weight machine area. Bring your own lock and use any locker to store your items. The JCC and ProAction Physical Therapy are not responsible for items taken from lockers that have not been properly locked. Walk to the end of the locker room near the shower area. There is a door that leads directly to the pool area.

**MEET KATHY ON THE INDOOR POOL DECK NO
LATER THAN 6:30 PM, AS CLASS STARTS ON TIME**