

Silliman Activity and



**ACTIVITY &
FAMILY
AQUATIC
CENTER**

**6800 Mowry Ave., Newark
(510) 578-4620
www.newark.org**



**Newark Connection
Best Family Recreation Center 2017
Fremont Bulletin
Best Family Recreation Center 2017**

Silliman Facility Hours of Operation

REGULAR FACILITY HOURS (Fitness Center & Gymnasium ONLY)

Fitness Center & Gymnasium

Monday- Friday..... 6:00am-9:00pm
Saturday..... 6:30am-7:00pm
Sunday..... 6:30am-5:30pm

Registration Hours

**No registrations or party bookings
accepted 12:00-1:30pm.**

Monday- Friday..... 8:00am-12:00pm
1:30pm-8:00pm
Saturday-Sunday..... 8:00am-12:00pm

Holiday Hours/Closures

September 4..... 6:00am-5:00pm
November 10..... 6:00am-5:00pm
November 21 - 25.... CLOSED

Aquatic Hours listed on page 3

DAILY ADMISSION FEES

**Everyone entering the facility must pay
an admission fee.**

Age	Fee
Infant/Toddler: Under 3 yrs**	\$3 (includes a swim diaper)
Youth: 3-17yrs	\$7
Adult: 18-54 yrs	\$9
Senior: 55+ plus	\$7

**Infants/Toddlers are required to wear a swim diaper when entering the Aquatic Center. We will provide the swim diaper. We will not waive the swim diaper fee if you provide your own. Children MUST be accompanied by a paying adult.

Multi-Use Passes: We have a variety of all-inclusive passes from Youth to Senior including 20-visit, 1-Month, 3 month, 6 month, 12 month, and summer season passes. Passes are non-transferable, non-refundable, and non-extendable. Pass fees can be found on our website at www.newark.org.

AMENITIES:

Fitness Center:

Cardio Equipment: Treadmills, Stairmasters, Rower – Elliptical Crosstrainers, Free Weights and Fitness Machines.

Gymnasium:

Double Full Court Basketball, 2 Volleyball Courts, 6 Badminton Courts, Weekly Open Gym Times available

Teen Area (pages 22-23):

Pool Tables, Air Hockey, Ping Pong, Foosball, Big Screen TV, Computer Lab, Special Activities and Birthday Party Rentals.

Dance Studio:

Floating Maple Wood Floor, Mirrored Wall w/Ballet Bars. Youth, Teen and Adult Programs in dance, karate, yoga and more.

Aquatic Center:

245-foot lazy river, 4-lane 25-yard lap pool, two 20-foot water slides, activity pool with aqua play feature, 15-person warm water spa, Lockers & Showers, Family Changing Room, Lifejackets. Lifeguards always on duty.

Otter Alley Cafe:

Open during Weekend Recreation Swim.

Rentals/Group Reservations:

Soccer/Softball Field Rentals, Community Meeting Room (80 person capacity), Senior/Teen Center Party Rentals, Aquatic Center Birthday Party Packages, Group Rentals for Aquatic Center pool entrance, Private Pool Rentals. Details on pgs 4-5.

Family Aquatic Center

OPEN RECREATION SWIM (All Pools Open)

August 28 - December 3

Friday.....	5:00-8:00pm
Saturday.....	12:30-6:30pm
Sunday.....	12:30-5:30pm

LAP SWIM (Lap Pool ONLY)

August 28 - December 3

**Up to 2 lanes available during evening lessons
5:00-8:00pm, Mon-Thurs**

Monday-Thursday.....	6:00am-2:00pm, 3:00-5:00pm 5:00-8:00pm (Adults Only)**
Friday.....	6:00am-2:00pm
*Saturday/Sunday...	6:30-9:00am

*During weekend lap swim NO Water Walking/Exercise in the Lap Pool

LAP POOL/WATER FITNESS

This area is dedicated for individual non-structured water aerobic/fitness activities. Noodles, swim paddles, and aerobic training gear are available for your use. Water Fitness lanes are not available during instructor led water aerobics classes.

August 28 - December 3

Monday-Thursday.....	6:00am-2:00pm, 3:00-5:00pm
Friday.....	6:00am-2:00pm
Saturday/Sunday.....	6:30-9:00am (in Drop Zone)

WATER WALKING (In the Lazy River)

August 28 - December 3

Monday-Thursday.....	5:00-6:00pm (Adults ONLY)
Tuesday/Thursday.....	8:00-9:00am
*Saturday/Sunday.....	6:30-9:00am

MINI RECREATION SWIM (Activity Pool)

September 5 - November 30

Tuesday/Thursday.....	11:00am-1:00pm
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Holiday Hours

listed below are exceptions to the Aquatic Center schedule!

Monday, September 4

Lap Swim.....	6:00-11:30am
Water Walking.....	6:00-11:30am
Rec Swim.....	12:30-4:30pm

Friday, November 10

Lap Swim.....	6:00-11:30am
Water Walking.....	6:00-11:30am
Rec Swim.....	12:30-4:30pm

Mon-Wed, November 20-22

Lap Swim.....	6:00-11:30am
Water Walking.....	6:00-11:30am
Rec Swim.....	12:30-4:30pm

Closed November 23-24.

*NO OUTSIDE FOOD PERMITTED

*Infant food and formula are permitted.
Food may be purchased at our Otter Alley Cafe open during Recreation Swim Hours.

SWIMWEAR GUIDELINES:

Traditional swim attire is required in all pools. The intent of enforcing a swim suit policy is to maintain a clean, safe, and inviting environment for all patrons. Clothing other than swim wear can cause problems with water clarity, disinfection systems, and filtration. Anyone entering the water MUST be in a TRADITIONAL SWIMSUIT. A traditional swimsuit is one purchased for the sole purpose of swimming. A plain white t-shirt may be worn over a traditional swim suit and are available for purchase at the front desk.

DECK CHAIRS ARE FOR SITTING ONLY.

Personal items may NOT be stored on chairs. Silliman staff reserve the right to remove any personal items from chairs. Priority for seating will be given to those with disabilities, senior citizens, and expecting and/or nursing mothers.