



The Wellness Center
At Niagara Falls High School
Jason Murgia, Coordinator
286-7925



Monday – Friday 6:30 PM – 9:30 PM

6:30-9:20 -Exercise Room & Walking Track

7:00-8:15 for Family Swim

8:15-9:30 for Adult Swim

Pilates – See instructor for times and classes

The Center may be closed for sporting and holiday events.

Locker Rooms

Patrons will have access to the first floor locker rooms. Entrance to these locker rooms will be through the Natatorium. Patrons may use lockers within the locker rooms. Locks must be removed at the end of the night. Showers are available.

Pool

Children under the age of 16 must have adult supervision.

The pool will be opened 7:00-8:15 for Family Swim and 8:15-9:30 for Adult Swim.

Lifeguards will monitor locker rooms and number of attendees in the pool.

Walking Track

Children under the age of 16 must have adult supervision.

The walking track is for walking only.

Staff members will monitor the entire track throughout the evening.

Exercise Room

The exercise room is open for all patrons who are 16 years of age or older.

There will be a sign up sheet for the cardio equipment.

When you are done working out - please wipe down the equipment.

Sign In and Picture ID Required

The Wellness Center is FREE to the community