

Tkach, Colleen

From: Inform
Subject: EM: TFH Operational Hours: Spring Semester 2024

Dear Scripps Community,

Please find the hours below for TFH over spring break this year. We hope you find time to relax, spend time with family and friends in preparation for the remainder of the semester!!

In Health,
TFH Staff

TFH Operational Hours: Spring Break 2024

Building Hours:

Saturday & Sunday, March 9 & 10:	9:00 a.m. – 6:00 p.m.
Monday, March 11:	7:00 a.m. – 10:00 p.m.
Tuesday, March 12:	Closed (Power Outage)
Wednesday – Friday, March 13-15:	7:00 a.m. – 10:00 p.m.
Saturday & Sunday, March 16 & 17:	9:00 a.m. – 6:00 p.m.

Note: There are Scripps Only Hours daily in the building from 3:00pm to 7:00pm.

Scripps Pool Hours*

Saturday & Sunday, March 9 & 10:	12:00 p.m. – 2:00 p.m. (Scripps Undergrads Only), 2:00 p.m. – 5:00 p.m.
Monday & Wednesday, March 11 & 13:	3:00 p.m. – 4:30 p.m.
Tuesday & Thursday, March 12 & 14:	Closed
Friday, March 15:	2:30 p.m. – 5:00 p.m.
Saturday, March 16:	Closed
Sunday, March 17:	12:00 p.m. – 2:00 p.m. (Scripps Undergrads Only), 2:00 p.m. – 5:00 p.m.

***Pool Hours are contingent upon lifeguard availability.**

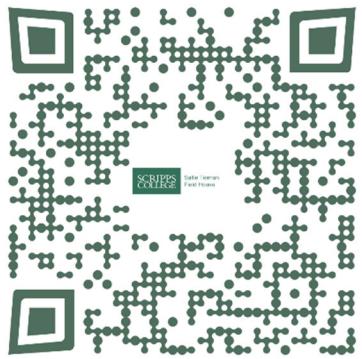
****Scripps Undergraduate Hours Only on Fridays, Saturdays, and Sundays from 12:00 p.m. to 2:00 p.m.**

Facility Access Levels

Building and Pool: Students, Faculty and Staff from the Claremont Consortia, Alumna, Guests, and Household Members are welcome.

Memberships or Day Passes are Required: Scripps Alumna, Pitzer, Pomona, Keck Graduate Institute or Claremont Graduate University, and Household Members of Scripps, Claremont Mckenna and Harvey Mudd. Group Fitness passes are also available with a membership purchase.

Guests: Scripps, Claremont Mckenna, and Harvey Mudd students, faculty and staff may bring a guest with a guest fee, ranging from free to \$10 per visit.



Use the [**TFH Portal**](#) for Memberships, Group Fitness classes, Health and Wellness programs, Facility Requests and Bike Registration: wellness.scrippscollege.edu

For More Information Contact TFH:

Phone: 909-607-8810 or Website: <http://inside.scrippscollege.edu/fieldhouse/>

Deborah A. Gisvold, M.Ed.

Assistant Dean

Director of Tiernan Field House

Pronouns: She/Her/Hers

909-607-8810

Schedule a Meeting with me via Zoom or Phone using this link: <https://calendly.com/dgisvold>

For more information about support and resources at Scripps visit CARE@SCRIPPS. If you are currently experiencing a psychologically distressing moment, you can reach a therapist 24/7 via 909-621-8202 or [7C Health](#) to access online therapy support.



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(Deborah Gisvold <dgisvold@scrippscollege.edu>)

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