

**Subject:** EM: TFH Fall Operational Hours  
**Date:** Friday, August 29, 2025 at 4:06:05 PM Pacific Daylight Time  
**From:** Inform  
**Attachments:** image005.png, image006.png, image007.png, image008.png, image009.png

**From:** 'Deborah Gisvold'

## Hello and Welcome to the Fall Semester 2025!

Attention Scripps Community,

Please find the operational hours for TFH the fall semester. We hope to see you at TFH in the coming weeks! 😊 Recall that TFH will be CLOSED this Saturday, August 30 for staff training.

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### TFH Operational Hours: Fall 2025

#### **Building Hours\*:**

Sunday, August 24:	12:00 p.m. – 5:00 p.m.
Monday- Friday:	7:00 a.m. – 10:00 p.m.
Saturday:	9:00 a.m. – 6:00 p.m.
Sunday:	9:00 a.m. – 6:00 p.m.

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

#### **Scripps Pool Hours\***

Sunday, August 24:	12:00 p.m. – 2:00 p.m. (Scripps Undergrads Only), 2:00pm – 5:00pm
Monday-Thursday:	7:30 a.m. – 9:00 a.m., 11:30 a.m. – 1:00 p.m., 3:00 p.m. – 6:30 p.m.
Friday:	7:30 a.m. – 9:00 a.m., 12:00 p.m. – 2:00 p.m. (Scripps Undergrads Only), 2:00pm – 5:00pm
Saturday & Sunday**:	12:00 p.m. – 2:00 p.m. (Scripps Undergrads Only), 2:00pm – 5:00pm

**\*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**

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#### **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](http://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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