



Contact us at:  
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# WE ARE BACK!

We can't wait to see all of our MSTF families!

## MSTF - Membership hours:

### ✓ Facility Hours:

- Monday to Sunday
- Closed on Sunday (PM session)

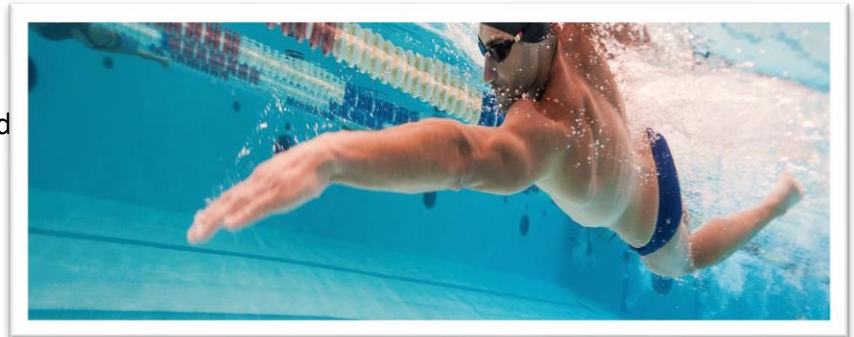


### ✓ Lap swim Hours

- Weekdays: 7 am – 12:45 pm, 8 pm – 9:30 pm
- Weekends: 7 am – 9:45 am

### ✓ Pool Rules / Regulations:

- Rinse before swimming
- Swim equipment is not allowed to be used
- No personal belongings on the pool deck
- Please use the lockers in locker rooms



### ✓ Gym Hours:

- Mon – Tue : 7 am – 1 pm, 5 pm – 8pm
- Wed – Fri : 7 am – 1 pm, 3:30 pm - 10pm
- Saturday : 7 am – 4 pm
- Sunday : 7 am – 1 pm
- Sauna & Steam Room remain closed