



FAQs Regarding the Whitley Bay Pool and Spa



1. Q: Why Is It Important for Me to Use the Pool and Spa if I Already Walk, Bike, Jog, or Use the Workout Room...

A: If you want a refreshing way to get or stay in shape, or if you're tired of sore feet and aching joints, water exercise is for you. Because it's low impact and can easily be tailored to match your abilities, everyone can benefit from water exercise. Exercising in the water can be a great way to gain cardiovascular stamina, improve strength and flexibility, enhance body contours, increase circulation, rehabilitate healing muscles, and control weight. To appreciate why water training works so well, you need to understand water's unique properties. In water, you have almost no gravity. You're relieved of 90 percent of your body weight, so you become buoyant. This frees you to move in new ways. You can float, bob and relax without feeling like you're putting out an effort. Yet water provides 12% to 14% more resistance than air, so moving through it is like having weights all around your body

2. Q: When is the Pool Heated? I Keep Seeing Signs about the Heat Being On or Off.

A. Because we want to make the most efficient use of our condo expenditures, we turn off the heat when the weather is below 70 degrees for an extended number of days. Very few owners feel like splashing around in the pool or spa when the north winds are blowing and the temperatures say it might just be better to stay inside with a hot toddy. Once it's warm again (75 or above) for a least three days in a row, the heat comes back on. This policy is in effect from October 1 through May 31st. Signs in the elevator will inform you whether the heat is on or off.

3. Q: What is the Temperature of the Pool Water?

A: The pool is heated to a fabulously comfortable 85-86 degrees. The spa temperature is higher. (Be aware of spa rules regarding time in the very warm water) You can almost hear the cares falling off your shoulders...

(Please see other side for more questions)

4. Q: Where are the Pool and Spa located, and How Do I Get There?

A: If you haven't already been there, the entrance to the pool area is located in the northeast corner of the second floor garage. Follow the posted signs. Cross the walking bridge and the pool is up the stairs. If you have difficulty climbing the stairs to the pool area, please let Stan Bowers know, and he will provide an alternative way of entering the area.

5. Q: Is It Difficult to Enter or Get Out of the Pool and/or Spa?

A: Not at all! There are gentle steps with a handrail leading into the shallow end of the pool making for easy entering and leaving. The spa also has step levels and a hand rail.

6. Q: Are There Working Restrooms in the Pool Area?

A: Yes! There are two newly-painted and nicely decorated bathrooms for your use- one for the men and one for the ladies.

7. Q: Are there Umbrellas Available to Provide Shade?

A: In order to provide shade and a cool rest area, there are large sun umbrellas in each of the washrooms. They fit nicely into the holes present in the center of the large white tables. Please remember to collapse and retie it when you are finished and ready to leave.

8. Q: What Do I Need When Heading to the Poo or Spa?

A: You will need to bring your building front door key in order to use the spa, the restrooms, and to get back into the building. You will also need to bring your own towels, sunscreen, reading materials, and daydreams....

Q: What Are the Pool Hours?

A: The pool and spa are open from Dawn until Dusk every day.

10. Q: What Do I Do If I have Questions that Weren't Answered Here?

A: If you have other questions regarding the pool and/or spa, please contact Mike or Mary Ellen Mervis, Unit 605, Judy Bartine, Unit 306, or Peter and Tanya Carrick, Unit 401.

"You're Only One Swim Away From A Good Mood!"