

10 Things You Should Know Regarding Plunge Memberships

1. The facility is open Monday-Thursday 6:30am-6:30pm and Friday-Sunday 8:30am-6:30pm. The obstacle course is available daily from Noon-6pm. Members are welcome to utilize the pool and facility during all operational hours. Guests are encouraged to exercise or swim in the shallow end of the pool if all the deep lanes are occupied. Members are permitted to bring a guest for a session (9am-Noon, Noon-3pm or 3pm-6pm) for \$10 or a day pass for \$15. Platinum memberships include a Free Guest during every visit, guests must check in at the same time as the member. **We do not require reservations.** All the lap lanes are available on a first come first serve basis and swimmers are encouraged to lane split with two swimmers or circle swim with three swimmers. If you prefer to not share a lane, then lanes are available for rent for \$30/hr with up to three swimmers allowed.
2. We include towel service in the Platinum Membership package. If you would like towel service as a Silver or Gold member, then you can add this on for \$10 per month. Members with towel service are permitted up to two (2) towels per visit. Platinum members are also allowed to bring a guest with them during each visit. All members can bring guests for \$10 for a session pass or \$15 for a day pass. If you would like to change your membership type, then you can visit our front desk.
3. We have an incredible Plunge Masters program that provides a coach led workout for swimmers and we also offer Aqua Classes and Dry Land classes available for members interested in group exercise led by an instructor. These fitness programs are included in Gold or Platinum membership packages. Check our schedule for the most up to date times and offerings. Members also receive a discount on private swim lessons.
4. We have swim equipment and Wi-Fi available for members and guests to use. Our Wi-Fi is on the Fit Athletic Public network and the **password is fitathletic**
5. We have many valued affiliates and programs that rent space at the Plunge, which allows for us to keep our doors open and serve our community. We update the [schedule](#) on our website if there are any lane restrictions or events that you should be aware of. All members are **encouraged to check our schedule prior to visiting** the facility to avoid any disappointment. We also encourage members to support our [affiliates](#) and show them kindness in your interactions. We are truly fortunate to have **Olympic swimmers train at our facility**. The Plunge is a small business privately owned by Pacifica Enterprises and managed by Fit Athletic.
6. Our water is sanitized with Sodium Hypochlorite which is a salt-based chlorine and over 1,000 gallons per minute are passed through our secondary disinfectant system, a UV light (the only pool in San Diego we know of with this expensive enhancement)! We also have a **state-of-the-art filtration system** that uses regenerative filter media and is automatically controlled. Our water is gravity fed to a surge tank under the zipline in Belmont Park before it gets pumped through the basement and returned sanitized and clean for our swimmers!

7. The Plunge water temperature is set to 82 degrees which tends to be the ideal temperature for swimmers and recreational play. During the summertime, the water temperature can warm up to 84 degrees with the outside air temperature.

8. We manually test the water chemistry every two hours, and our staff completes three separate daily checklists with over 90 tasks to ensure **our facility is always clean, sanitized, and safe for our guests**. As required by the County, our lifeguards are American Red Cross certified and regularly attend trainings to ensure they are ready to respond to emergencies.

9. The Plunge is “outdoors” because we have no indoor conditioned space, meaning we cannot heat or cool the air inside of the building. Our roof is retractable and is open most of the time. We also offer **three services deemed essential** by the state of California including swim lessons, day camps and physical therapy. These reasons have allowed us to stay operational since we re-opened in June 2020.

10. All memberships are assessed an annual improvement fee. Depending on when you started your membership, this fee will either be assessed January 1st or June 1st. The annual improvement fee is \$25.00. If you would like to cancel your membership, then we require 30 days ahead of the billing cycle for cancellation. We bill all memberships on the 3rd of each month, so you must let us know before the 3rd if you would like for that to be your last month. If you need to cancel your membership for a brief period of time due to illness or travel, then we will try our best to accommodate you.