

## Concord Community Swim and Health Center To Open Soon

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The **Concord Carlisle Community Swim and Health Center** is nearing completion. The *state of the art* facility continues to accept charter memberships until the middle of February '06.

UPDATE: The opening date has been pushed out to April 18, 2006  
**Read about** the Grand Opening of the **Beede Center**.

The facility will have the following features:

- A 25 yard by 25 meter
- 8 lane lap pool
- A warm water therapy pool
- A children's play pool
- A diving well
- A 1,600 sq. ft weight/strength training room
- A 1,600 sq. ft cardio fitness room

The facility is next to the Concord High School, so its just up the road from where I live, making it very convenient, and I've recently signed up to get the discounted rate for charter memberships.

While watching the town meeting on the local cable channel, I learned quite a bit more about the facility during a presentation by the CCPools organization. There will be restaurant onsite, available to members and to high school students. Local swim and dive teams will reserve some pool areas for a few hours each day, and may occasionally hold meets onsite, but this is expected to not interfere with member activities. There will be 150 parking spots in a gated lot. There are currently 190 total memberships of different types(the equivalent of 140 family memberships), and they will need 640+ family membership equivalents to meet their funding needs, although there will be a marketing campaign broadcast in the local town papers for Concord, Carlisle, Acton, Boxborough, etc, starting in early January.

The operating hours are scheduled to be:

- Monday - Friday: 5:30 AM - 9:30 PM
- Saturday - Sunday: 7:00 AM - 6:00 PM

I was surprised that I recognized the face when I **downloaded the PDF** describing the design of the fitness centers. Dr. Miriam Nelson, author of **Strong Women Stay Young**, will advise the facility on how to implement the training regimens described in her books. While she is currently the director of the **John Hancock Center for Physical Activity** at Tufts University in Boston, I remember her from when I was a research technician at the **USDA Human Nutrition Research Center** at Tufts in the mid 90's.