



DEPARTMENT OF THE ARMY
PENTAGON ATHLETIC CENTER
6606 ARMY PENTAGON
WASHINGTON, DC 20310-6606

AAHS – SVP

13 June 2010

MEMORANDUM FOR ALL PAC MEMBERS

SUBJECT: Facility Usage for Physical Readiness Tests

1. The Pentagon Athletic Center will assist Military Organizations by providing use of facility and equipment for Physical Readiness Testing.
2. The Aerobics Rooms and designated stretching areas are the only locations that may be used to perform the sit-up/push-up portions of the Physical Readiness Test. Sport courts (basketball, volleyball, racquetball/handball, squash) will not be used.
3. Reservation requests for use of the Aerobics Rooms will be accepted between the hours of 0530 -1700, Monday – Friday. The Aerobics Rooms may be used from 0800-1000 and from 1430 –1700, Monday – Friday and from 0830 – 1730 Saturday, Sunday, and Holidays. Please contact Oliver Schmidt at 703-614-7188 or Luisa Schanuel at 703-614-6710 for further information. Reservation requests may be faxed to 703-614-5237 or emailed to Oliver Schmidt (Oliver.S.Schmidt.naf@mail.mil) or Luisa Schanuel (Luisa.M.Schanuel.naf@mail.mil). Reservations must be received 7 days in advance.
4. Reservations will not be accepted for the use of the Swimming Pool. The Swimming Pool may be used but you must check with the lifeguard on duty who will assist in working you in a lane to perform the test.
5. Scales, Monark bikes, and a height measuring area are available for use at all times. A measuring wheel is available for member checkout at the Membership Desk in the trailer. You must surrender your PAC card when signing out the wheel.
6. All non-PAC members must pay a \$1.00 fee for use of the facility. The \$1.00 fee authorizes the use of the daily use lockers and the showers. All other areas in the PAC are not to be used. Please submit a list of personnel taking the test prior to using the facility.
7. PAC owned equipment (except measuring wheel) will not be signed out or leave the facility.

TIFFANI COLE
Supervisory Sports Specialist