

## DIRECTIONS AND RULES OF USE FOR SOUTHERN NH FINS PRACTICE SITES

- Please remember that we are guests at all of our practice facilities –

### Directions to Boys & Girls Club of Nashua (BGCN) 47 Grand Ave., Nashua, NH 03060

From the South: Take Everett Turnpike/Rt. 3N to Exit 5. Follow Exit 5 and take the Simon Street exit, 5A. Continue to stop sign and go straight across onto Ledge Street. Turn left onto N 7th Street after the Ledge Street school and baseball fields. Turn left onto Grand Ave and follow to BGCN.

From the North: Take Everett Turnpike/Rt.3 South. Get off at Rt. 111 East, Exit 5E toward Nashua. Turn right off exit onto Rt. 111 (pass over turnpike) and take first exit to get back onto Everett Turnpike/Rt. 3 North. Stay in right lane and take Exit 5A to Simon Street. Continue to stop sign and go straight across onto Ledge Street. Take the left onto N 7th Street after Ledge Street School and the baseball fields. Turn left onto Grand Ave and follow to BGCN.

Alternate directions from the North: Take Everett Turnpike/Rt. 3S toward Nashua/Boston. Follow to Exit 5E, Route 111 East to Nashua. Cross over the highway, and follow Route 111, Kinsley St, to light at St. Joseph's Hospital. Turn left at the light (Markar Street). At stop sign, turn right, then follow through to stop light at West Hollis Street. Go straight at light to cross West Hollis Street (there is a Salvation Army store that will be on your right as you cross) - this puts you on 12th Street. Continue over railroad tracks until you come to Ledge St. Turn right onto Ledge St. Turn left onto North 7th Street (after Ledge St. Elementary School). After the baseball fields, turn left and follow to BGCN.

Parking is available along the baseball fields and the rear of building. Handicap parking is available directly in front of building entrance.

### Directions to Clocktower Place 2 Clocktower Place, Nashua, NH 03060

*Note: Due to the security situation at Clocktower Place, someone will be at the outer door ten minutes prior to practice until ten minutes after practice begins. It is imperative that you arrive within this time frame, otherwise you will not have access to the building. Please **do not** prop open door to pool or other areas at Clocktower. See additional standards of care for the use of this facility listed below.*

Follow the basic directions to BGCN. Continue on Ledge St. (past BGCN) to the stop sign at the 4-way intersection (Pine St.). Take a left. This will take you in the back way to the Clocktower parking lot. Take a right into the parking lot. We will be entering through phase TWO and the awning above the door says TWO CLOCKTOWER. Park anywhere you can in the Clocktower lot. When you enter phase TWO, you will be entering on the THIRD floor. The stairs are on the left side of the lobby. Go down two flights of stairs and exit the stairwell. The door to the pool is on your left. **Do not** prop door open.

Our contract with Clocktower requires us to meet a certain standard of care when using their facility:

- The health club door and the pool door cannot be propped open.
- We must have a parent at each door to let the swimmers in. The parent at the door cannot allow anyone other than the swimmers and their parents or guardian in. If they don't know the person and the person doesn't have a key, we don't let them enter the building.
- We must clean up after we use the facility. It is not Clocktower's responsibility to clean up band aid wrappers, cotton balls, etc.
- The steps in the pool for handicapped access must not be moved. When they are moved, fiberglass comes off when they scrape the side of the pool, and swimmers are getting cuts.
- Parents should accompany their child to the rest room. If the parent that accompanies the child is not the parent's child, then a second child should also accompany them.

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### Directions to U Mass Lowell (Costello Gym, Lowell, MA)

**From Nashua:** Travel time from Nashua Rt. 3, Exit 6 to the pool is 24 minutes.

**From the North:** Take US-3 SOUTH towards BOSTON – it is about **7.7 miles** from Exit 6 in Nashua. Take Exit #35 – the Route 113 exit - towards DUNSTABLE/TYNGSBORO. Stay on RT 113 and cross over the Tyngsboro Bridge and bear Right. Stay on RT 113 East which is also known as Pawtucket Blvd after you cross the bridge. Some landmarks that you will see are: You will pass Greater Lowell Vo Tech on your left. You will also pass MA/Com on your left. The Lowell Boat House and the river are on your right. Stay on Pawtucket Blvd for **5.7 miles**. Stay on Rt. 113 through intersection with Mammoth Rd. The road will fork – take the left of the Fork (still Rt. 113 aka Riverside Road). Stay on Riverside road for about 3 blocks. Just past the police station is a parking lot called RIVERSIDE PARKING LOT – you can park in this lot. The pool is located in Costello Gym on the 2<sup>nd</sup> floor – Please enter the pool area via the locker rooms on the second floor.

- Park in the Riverside Parking Lot.
- Parents and swimmers MUST enter Costello Gym from the front of the building. **Do not** enter from any side doors.
- Swimmers MUST ONLY enter the pool through the locker room entrance on the second floor and NOT from the main hallway.
- Swimmers MUST take a shower before entering the pool and are encouraged to bring their swim bags/valuables on deck.
- Parents are NOT allowed on deck.
- NO ONE is allowed on the diving board.
- Siblings and non-practicing swimmers are to remain in the pool area. Parents, please monitor your children when they are not in the pool area. The hallways and stair well are not play areas.
- Parents: Accompany swimmers who need to use the rest rooms to insure their safety while in the rest rooms and also to make sure the swimmers return to the deck instead of hanging out in the locker room or showers.
- We do not practice on UML Game Days. Game Days are available on the FINS website Practice Schedule.
- Practice is canceled when the campus is closed due to weather or other emergency. Check <http://www.uml.edu/> for campus status.

