Winter Training
AT FLORIDA GULF COAST UNIVERSITY

Aquatics Center
The Lee County/FGCU Aquatics Center features two outdoor pools. The facility includes a 50-meter, 8-lane pool along with a 25-yard, 8-lane pool equipped with two 1-meter and two 3-meter diving boards.

Recreation Center
The 9,000 square foot Recreation Center includes 25 cardio training pieces. The facility also features Matrix selectorized strength equipment, along with a free-weight area equipped with dumbbells and plate loaded strength training equipment.

Pricing
- Long Course Meter - $20 per lane per hr.
- Short Course Yards - $10 per lane per hr.
- Diving - $20 per board per hour
- Recreation Center - $50 per day

Location
Florida Gulf Coast University is located:
- 15 minutes from Southwest Florida International Airport
- Within 15 minutes from shopping centers
  (Gulf Coast Town Center, Miromar Outlets, Coconut Point)
- 30 minutes from Fort Myers Beach
- Within 2 hours of Miami and Tampa

239-590-7709 | SRies@fgcu.edu | www.fgcu.edu/CampusRec

Hotels
- Courtyard by Marriott
  (Gulf Coast Town Center)
- Holiday Inn
  (Ft. Myers Airport)
- Hampton Inn Suites
  (Ft. Myers/Estero)
- Homewood Suites by Hilton
  (Ft. Myers Airport/FGCU)
- Embassy Suites Hotel
  (Ft. Myers/Estero)