

# MEN'S CONDITIONING PROGRAM

## INSTRUCTION:

### Conditioner -

8 classes; 3 times per week; 3 men  
3 " ; 3 " " " ; 2 "

Man hours per year ----- 3240

### Swimming -

8 classes; 3 times per week; 2 men

Man hours per year ----- 1728

TOTAL . . . . . 4968

Less regular staff load .... 1188

GRAND TOTAL . . . . . 3780

### Men Needed -

6 hours per man per week  
or  
216 hours per year

18

Cost - . . . . . \$1890.00  
(3780 hours at 50¢ per hour)

## EQUIPMENT:

See attached list

Cost . . . . . \$1089.50

Towels . . . . . 840.00

## ASSISTANCE:

Towel Room Custodian . . . . . 675.00

Clerical Assistance . . . . . 500.00

GRAND TOTAL COST

\$4994.50

Adding one full-time man at \$2000 would add \$1460 to total or  
(reducing 50¢ help from 18 men to 13.)

\$6454.50

Adding two full-time men at \$2000.00 would add \$2920 to total or  
(reducing 50¢ help from 18 to 8.)

\$7914.50

5,000