



# Frequently Asked Questions

**What are the hours at The CORE?** The hours for The CORE are as follows:

Monday – Friday 5 a.m. – 10 p.m.

Saturday 7 a.m. – 9 p.m. | Sunday 7 a.m. - 8 p.m.

Check our website, [www.lemontparkdistrict.org](http://www.lemontparkdistrict.org) for seasonal and holiday hours.

**Can I just purchase a Membership to the Fitness Center and not the Swimming Pool?** The Fitness Membership includes access to the Indoor Swimming pool. The pricing for Membership is based upon admission into the Fitness Center and is competitive with area Fitness Clubs that do not have swimming pools. Including admittance into the pool is simply a bonus that is being offered to all members.

**Do Seniors get a membership discount?** Yes, Seniors ages 60 - 69 receive approximately 10% off membership. Seniors over 70 years of age receive an additional discounted price.

**Is there a walking track inside The CORE and if so, what is the fee for using it?** Yes, there is a track inside that equals 1/10th of a mile in distance. Entry is FREE for all Lemont Residents. Non-Residents pay a small daily fee. Must have a Resident or Non-Resident ID Card.

**Why do I need a Resident or Non-Resident ID Card?** Any guest who is not a member but uses The CORE facility, must have a resident or non-resident ID card to present each time they visit The CORE. There is no cost for an ID card.

**I am a Senior Citizen and I usually go away during the Winter months. Can I freeze my Membership during this time?** Yes, we have a “Snow Birds” policy for Seniors who leave Lemont during the Winter months for extended periods of time. Please inquire at the Front Desk about the “Snow Birds” Policy for complete details.

**What do I get for my one-time Enrollment Fee?** Each member will receive a one-on-one Physical Assessment, Facility Orientation, One half-hour Personal Training Sessions, and a T-shirt!

**What kind of equipment is in the Fitness Center?** The Fitness Facility contains state-of-the-art equipment - some of the most up-to-date pieces available! Complete with iPod docking stations and individual video screens, these machines make working out fun and entertaining!

**Can I pay for my entire year’s membership at once?** Yes, CORE Members can pay for a year’s membership up front. However, we offer a month-to-month automatic payment option, as there is not any annual obligation.

**What are “Group X” classes?** Group X is an abbreviation for Group Exercise classes. Group X classes are included as part of the CORE-Fit Memberships and can be attended by people that purchase a Pre-Paid Punch Card or pay per class.

**How many Group X classes are offered at The CORE?** There are a variety of over 60 classes offered weekly for most of the year. Also, Group X Specialty classes are offered for an additional fee.

**Are there Fitness Classes that are geared toward Seniors?** Yes, there are Specialty Fitness Classes that are specifically designed to be “Senior friendly.”

**Is there different prices for Non-Residents of Lemont?** Yes, Non-Residents pay more than Lemont Residents. This substantial, yet reasonable amount helps offset costs for Lemont Residents but is still inviting for those not from Lemont to become members.

**How old do you have to be to join The CORE?** Fourteen is the minimum age requirement for membership. All 14-17 year olds must attend a fitness orientation with an adult guardian before they will be allowed to use the facility.

**Is the Pool at The CORE heated?** Yes, the pool is heated.

**What is the pricing for children who would like to visit the pool and the gym?** There are “Open Gym” and “Open Swim” Daily Passes that can be purchased for children under 18 years-old. There are also Annual rates.

**Is there a Daily Rate for the Facility?** Yes. There is a daily rate in place for those who would like to just come every so often.

**What if I do not want a membership but I still want to participate in Group X classes?** A Pre-Paid Punch Card is available that is redeemable for 12 or 24 classes on a walk-in basis. Also, for those who would not like to commit to the punch card or the 6-week class, there is a daily class fee for Group X Classes. We also offer a daily fee for classes.

**Is there a Corporate Membership Rate?** The Lemont Park District has partnered with area businesses to develop customized Corporate Membership agreements. For more information, please contact The Lemont Park District.