



MEMBERSHIP HANDBOOK

UPDATED 02/17/2023

Welcome to The CORE!

This CORE Policy Manual does not constitute a contract in any manner whatsoever. In the event that any policy or procedure contained herein that is in conflict with an existing Policy or Procedure of the Lemont Park District Policy Manual, the terms of the Policy Manual shall control. The policies and procedures contained herein are subject to change at the sole discretion of the Lemont Park District Board of Park Commissioners.

Everyone will also follow all the laws and ordinances of the State of Illinois, Cook County, Village of Lemont, Lemont Township, and the Lemont Police Department.

Lemont Park District Mission, Vision and Values

OUR MISSION... The Mission of the Lemont Park District is to enhance the quality of individual experiences by providing safe, accessible, and premium facilities, parks and programs to the community while being fiscally and environmentally responsible.

OUR VISION... By focusing on specific Values, the Lemont Park District has a “working vision” to be proactive and progressive in serving the community.

VALUES ...

- Valued Community
- Accountability & Fiscal Responsibility
- Lasting Partnerships
- Ultimate Guest
- Exceptional Customer Service
- Safety First

TABLE OF CONTENTS

SECTION 1 FACILITY OPERATIONS.....Page 5

- 1-1 CORE HOURS OF OPERATION
- 1-2 FACILITY CLOSURES
- 1-3 CORE APP
- 1-4 FACILITY SCHEDULES
- 1-5 CHECK IN PROCEDURES
- 1-6 PERSONAL ITEMS
- 1-7 LOST AND FOUND
- 1-8 PAGING

SECTION 2 CORE MEMBERSHIP INFORMATION.....Page 9

- 2-1 CORE PRICING
- 2-2 ENROLLEMENT FEES AND BENEFITS
- 2-3 LEMONT RESIDENT STATUS
- 2-4 MEMBERSHIP DEFINITIONS
- 2-5 MEMBERSHIP PAYMENT OPTIONS
- 2-6 MEMBERSHIP TYPE ADJUSTMENTS
- 2-7 MEMBERSHIP SUSPENSION
- 2-8 MEMBERSHIP CANCELLATION
- 2-9 IDENTIFICATION CARDS
- 2-10 MEMBERSHIP GUIDELINES
- 2-11 MEMBERSHIP GUEST PRIVILAGES

SECTION 3 BEHAVIOR POLICIES AND PROCEDURES.....Page 14

- 3-1 BEHAVIOR CODE OF CONDUCT
- 3-2 3RD PARTY INDEPENDENT INSTRUCTION & PERSONAL TRAINERS
- 3-3 ANNUAL MEDICAL EXAM
- 3-4 ATTIRE
- 3-5 ELECTRONIC DEVICES
- 3-6 PERSONAL PHOTOGRAPHY/VIDEOGRAPHY
- 3-7 SMOKING
- 3-8 UNSUPERVISED CHILDREN
- 3-9 VIOLATION OF RULES
- 3-10 APPEALS

SECTION 4 CORE FACILITY AND PROGRAM INFORMATION.....Page 19

- 4-1 FITNESS CENTER
- 4-2 GROUP FITNESS INSTRUCTION
- 4-3 PERSONAL TRAINING
- 4-4 OPEN GYM
- 4-5 CORE POOL
- 4-6 CORE TRACK
- 4-7 RACQUETBALL COURTS

SECTION 5 GENERAL LEMONT PARK DISTRICT INFORMATION.....Page 29

- 5-1 SAFETY INFORMATION
- 5-2 ACCIDENT/INCIDENT REPORTING
- 5-3 LIABILITY RISK
- 5-4 EMERGENCY PROCEDURES
- 5-5 FACILITY RENTALS
- 5-6 GENERAL CLASS REGISTRATION INFORMATION
- 5-7 BIRTHDAY PARTY PACKAGES
- 5-8 LEMONT PARK FOUNDATION HELPING HAND PROGRAM
- 5-9 NFS CHECKS
- 5-10 VOLUNTEERING
- 5-11 GIFT CERTIFICATES

SECTION 1 – FACILITY OPERATIONS

1-1 CORE HOURS OF OPERATION

The CORE Hours of Operation:

Mon–Fri: 5:00 am to 9:00 pm

Saturday: 7:00 am to 5:00pm

Sunday: 7:00 am to 5:00 pm

Hours are subject to change. Please see the Lemont Park District website or the CORE App for the most up to date Hours of Operations and facility specific schedules.

1-2 FACILITY CLOSURES

Scheduled Facility Closures

The CORE will be closed on Easter Sunday and Christmas Day.

The CORE will have adjusted hours on the following days:

- New Year’s Day
- Memorial Day
- July 3rd
- Fourth of July
- Labor Day
- Thanksgiving Day
- Day After Thanksgiving
- Christmas Eve
- December 26th
- New Year’s Eve

All adjusted hours of operations, as well as any facility specific schedule, will be posted.

At times we may close parts or all the building to do scheduled repairs. Members and patrons of the CORE will be notified in advance of these repair schedules.

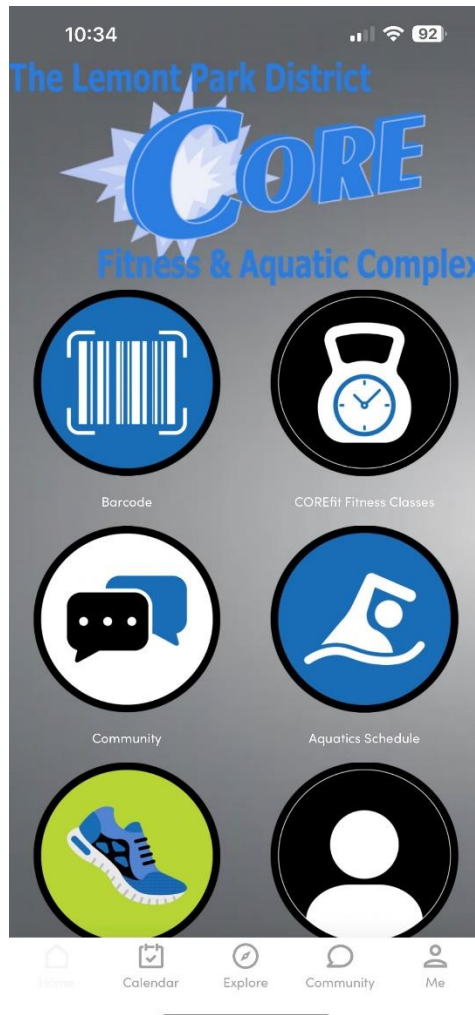
Emergency Facility Closures

At any point in time the CORE may close all or part of the facility for various reasons. These reasons include but are not limited to severe weather, maintenance repairs, staffing shortages, and other “Acts of God”.

1-3 CORE APP

Download the CORE App! What does the CORE App do? The CORE App Provides the latest updates and information regarding CORE operations, CORE-Fit Fitness Classes, Open Gym, Pickleball, and Aquatics. Use the App in place of your membership card. Register for CORE-Fit Group Fitness and Aquatic fitness classes, access hundreds of on demand workouts, nutrition tracking, and more!

- Set up your account via the invitation sent to you via our partner Virtuagym
- Visit the CORE Fitness Portal, the browser version of the app at
- Download the app at via the Apple App Store or Android Google Play by searching The CORE Lemont Park District www.lemontparkdistrict.virtuagym.com.
- To use the App as your membership card visit the Customer Service Desk to obtain your bar code ID
- For assistance visit the CORE service desk or reach out at information@lemontparks.org



1-4 FACILITY SCHEDULES

Open Gym and Pool Schedules are available at the Service Desk, Fitness Desk, posted on the Lemont Park District the CORE app. Schedules are subject to change without notice.

1-5 CHECK IN PROCEDURES

All Members and Guests must check in at the Customer Service Desk and present your photo Membership I.D. card each time you use the facility. If a member forgets his/her ID Card, the member must see the next available Customer Service Representative to assist them.

Daily Fitness Center access or daily swim access/gym access members must have a valid I.D. card and must register with a Customer Service Representative.

1-6 PERSONAL ITEMS

Lockers are available outside of Studio B and C and in the Locker Rooms for hats, coats, personal belongings, purses, gym bags, etc. Wallet and phone size lockers are available for use inside the Fitness Center and near the track entrance. Coat racks are available at various locations throughout the CORE for use.

Lockers and coat racks are meant for daily use only. Participants are required to supply their own lock for the lockers. Please lock all property securely in the facility. Before leaving the facility, please empty your locker and remove your lock; clothes and personal belongings cannot be left overnight. Locks are cut off lockers at the end of each day with the contents being removed and placed in the lost & found. The CORE suggests you not leave any valuable property in a locker at any time.

Items left randomly in the CORE will be turned into lost and found. Please do not leave your belongings in hallways, on chairs, bleachers, or benches or in the fitness center as they become a safety hazard for those in the area and become targets for theft. Do not leave belongings unattended.

1-7 LOST AND FOUND

Lost and found services are located at Customer Service Desk. All clothing and other items will be collected at the Customer Service Desk while all lost valuables will be held in a locked in a secure location. If you find equipment or personal items, please turn them in to staff at the Customer Service Desk. Items will be held for 30 days. The Lemont Park District and The CORE are not responsible for lost or stolen property.

1-8 PAGING

The CORE will not page program participants in the building except for an emergency. Persons expecting a message by phone may check at the Customer Service Desk for messages.

SECTION 2 – CORE MEMBERSHIP INFORMATION

CORE AMENITIES

- 70,000 square-foot Fitness and Aquatic Complex
- State-of-the-art Fitness Center and Weight Area with over 100 pieces of the most innovative equipment.
- Six-lane, 25-yard fitness/lap pool
- Access to CORE App
- Three dance/aerobics studios with wood floors
- One Spinning Room
- A field house with three full-size courts and three-lane, 1/10th mile suspended running/walking track
- Two Party rooms for small group celebrations
- One multi-purpose meeting room
- General locker rooms and family locker room

2-1 CORE PRICING

CORE Membership Rates and Open Gym Membership Pricing and CORE Daily fees are all available at The CORE Service Desk or Centennial Community Center. Pricing is also available at www.lemontparkdistrict.org. Prices are subject to change.

2-2 ENROLLMENT FEES AND BENEFITS

An enrollment fee may be required when registering for a membership at The CORE and is not refundable. This is a one-time fee as long as your membership does not lapse or is cancelled. Your enrollment fee includes a CORE t-shirt, two Guest passes, ½ hour Personal Training Session and Fitness Assessment. If you cancel your membership for any reason, you will be required to pay a new enrollment fee when rejoining unless it is a promotional month offering no enrollment fee. If you cancel and rejoin within 6 months and receive no enrollment fee, you will not receive t-shirt, assessment or guest passes. However, if member pays the enrollment fee, regardless of promotion, they are eligible to receive the t-shirt, assessment and guest passes.

2-3 LEMONT RESIDENT STATUS

Resident fees and rates require an individual, couple or family to have their legal and principal residence within the Lemont Park District boundaries or within School District 113A boundaries.

Persons unable to provide proof of residency will be required to pay the Non-Resident rate. Non-Resident fees and rates are charged at a higher rate than residents. “Out-of-state” memberships are subject to approval.

2-4 MEMBERSHIP DEFINITIONS

Membership pricing is based on adult, student, senior or youth ages for persons residing in the same household. Proof of age must be shown at the time of enrollment to receive the correct membership pricing. Valid proof would be a utility bill, driver's license and/or state issued I.D.

Membership Definitions

- A child is defined as a person five (5) years of age or under. Children under 5 are free.
- A youth is defined as a person six (6) years of age or older but less than eighteen (18) years of age.
- A "Student" person between fourteen (14) and twenty-three (23) years of age showing proof of current enrollment as a full-time student.
- An adult is defined as a person eighteen (18) years of age or older.
- A senior is defined as a person sixty (60) years of age or older.
- A 70 Plus Senior is defined as a person seventy (70) years of age or older.

2-5 MEMBERSHIP PAYMENT OPTIONS

Month-to-Month Payment Option

The EFT (Electronic Fund Transfer) and ACH (Automated Clearing House) payment option is an ongoing (month-to-month) Membership that will continue until the member gives notice. The month-to-month Membership can be cancelled at any time.

Month-to-Month memberships are on-going and are automatically renewed. The monthly deduction will be adjusted if there is a change in fees.

Annual Pre-Paid Payment Option

This membership is paid for in full upfront. All annual pre-paid memberships for the duration of one (1) year in duration.

Pre-Paid annual memberships will be sent a renewal notice via email prior to their renewal date. To complete the renewal process, the member must complete the renewal form which is available at the Customer Service Desk.

2-6 MEMBERSHIP TYPE ADJUSTMENTS

Upgrades/Downgrades for annual paid memberships will be processed within 30 days of approval. If you have paid your membership annually, the fee difference must be collected at the time of the membership upgrade. If membership has been downgraded, a refund will be issued.

If you are using our EFT (Electronic Fund Transfer) and/or ACH (Automated Clearing House) payment plan, your membership upgrade/downgrade will take effect on the first of the month after we have received your request.

No upgrades, downgrades or cancellations will be processed if there are any outstanding unpaid fees on the membership. (Example: NSF (Non-Sufficient Funds) or returned EFT (Electronic Fund Transfer) payments, etc.)

2-7 MEMBERSHIP SUSPENSION

The CORE will only suspend your membership if you are in good standing with all Membership fees paid and current on your monthly EFT (Electronic Fund Transfer) or ACH (Automated Clearing House) fees and you qualify as follows:

Medical Disability: You must provide The CORE with verification from your physician stating your medical disability will prevent you from using the facility. The member must present this documentation within 15 (fifteen) days of the start of the medical disability.

Active Military Duty: You must provide The CORE with a copy of your transfer or deployment orders. There is no minimum or maximum for active-duty military suspensions.

Seasonal Traveler: Memberships may be suspended up to 3 months one time per year. Proof must be shown that alternative residential status has been established or that the patron is on vacation of more than 25 (twenty-five) miles one way for an extended period of time.

All requests must be in writing via the CORE Membership Suspension Form. PLEASE NOE: NO suspension requests will be granted outside of the outlined items above.

2-8 MEMBERSHIP CANCELLATION

To request a cancellation, members must complete the appropriate form and provide proper documentation. All requests will be reviewed, and the member will be notified. Forms can be obtained at the Customer Service Desk.

Membership Cancellations are processed on the last day of the month and any payments processed for that month will not be refunded. Membership Benefits will continue through the end of the month in which the member has cancelled. Please complete a cancellation form to submit your cancellation request.

Cancellations before the twelve-month term is up will be honored for the following reasons only:

- Relocation of greater than twenty-five (25) miles one way with documentation
- Medical reason with a physician's note
- Active Military Duty
- Seasonal Traveler: Memberships may be suspended up to three months at one time per year. Proof must be shown that alternative residential status has been established or that the patron is on vacation of more than twenty-five (25) miles one way for an extended period of time.

2-9 IDENTIFICATION CARDS

Members and patrons of the CORE must always have their membership or an identification card on their person. Lost or stolen Lemont Park District issued membership or ID cards can be replaced for a \$5.00 fee at the CORE Service Desk.

Your CORE Membership ID card can be accessed through the CORE App.

Membership I.D. Cards

The CORE issues a photo Membership I.D. card to each member. You may not let anyone else use your card. Use of your card by anyone other than yourself, will result in your card being confiscated and your membership revoked.

Resident and Non-Resident ID Cards

All residents and non-residents who are not CORE Members visiting The CORE are required to show a State issued ID card at the Service Desk and register for a Resident or Non-Resident ID Card prior to using the facility.

2-10 MEMBERSHIP GUIDELINES

- Persons less than eleven (11) years of age may not use the Fitness Center.
- Youths ten (10) years old and under must be accompanied by a parent or guardian sixteen (16) years of age or older at all times when using the aquatic center.
- We reserve the right to request proof of age for registration and admittance into the Fitness Center in the form of Birth Certificate, State ID or Driver's License.
- Passes are not transferable.
- All promotional memberships are subject to the terms and conditions of that specific promotion. Please read promotion documentation clearly to familiarize yourself with the specific terms and conditions.
- Discounted Corporate Membership Rates are available. Please contact our Customer Service Manager for additional information at (630) 257-6787 X 3032.

JUNIOR MEMBERSHIP: Persons, ages eleven (11) through thirteen (13), may use the Fitness Center

- must provide proof of age
- review and initial The CORE rules and regulations.
- Jr. Members must also be under the direct supervision of an adult member who is 18 (eighteen) years or older and from the same household.

TEEN MEMBERSHIP REQUIREMENTS: Persons, ages fourteen (14) through seventeen (17), may use the Fitness Center

- must provide proof of age
- review and initial The CORE rules and regulations
- must also sign Member "Virtual" Orientation Contract. A parent or legal guardian must also initial and sign the "Virtual" Orientation Contract.

2-11 MEMBERSHIP GUEST PRIVILAGES

Two guest passes will automatically be given to each member who purchases a CORE or CORE-Fit membership. Members are responsible for their guests and their actions. Guests are responsible for all rules and regulations of The CORE. To redeem a guest visit, the member or guest must inform The CORE Customer Service Desk staff that they are bringing a guest or are a guest when he/she checks in. The guest will be required to complete a brief check-in form, sign a waiver and show a valid driver's license, state issued ID or a school ID.

SECTION 3 – BEHAVIOR POLICIES AND PROCEDURES

The CORE designed the Facility Code of Conduct, General Use Ordinances, and other procedures to insure a safe and enjoyable environment in which to exercise and recreate. Please be thoughtful and observe the Policies and Procedures as you, and all members, agreed to follow. The Lemont Park District Board of Commissioners, in its sole discretion, has the right to modify the Policies and Procedures without notice at any time. All changes will be posted. All members will be responsible and required to know and follow the most current Policies and Procedures.

3-1 BEHAVIOR CODE OF CONDUCT

Lemont Park District Behavior Policy for Participants, Parents, Guardians and Spectators

Participants/parents/guardians/spectators shall exhibit appropriate behavior at all times. The Park District developed the following guidelines to help make programs safe and enjoyable for all participants. The Park District may develop additional rules for particular programs and athletic leagues as deemed necessary by staff.

Participants/parents/guardians/spectators shall:

- Show respect to all participants, staff, referees, volunteers and spectators; and take direction from staff.
- Refrain from using abusive or foul language.
- Refrain from threatening or causing bodily harm to self, other participants, spectators, referees and staff.
- Respect all equipment, supplies, and facilities.
- Not possess any weapons.

Staff will use a positive approach regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, prompt resolution will be sought, specific to each individual's situation. The Agency reserves the right to dismiss a participant from a program or a parent/guardian/spectator from a program area whose behavior is inappropriate or endangers the safety of himself/herself or others.

PROCEDURES FOR PARTICIPANT BEHAVIOR

Upon registration or entry into the program, the parent/guardian should be solicited for any information regarding special accommodations needed for the participant. If any of these special accommodations are behavior related, the parent/guardian should be contacted for information about any behavior modification programs in place at school or home. Attempts should be made to utilize these in the program. Also, the inclusion coordinator from the Special Recreation Association (SRA) should be contacted for guidance. Documentation should be maintained regarding any problem behaviors, special accommodations, and behavior modification programs.

If the participant exhibits inappropriate actions, the following guidelines should be followed:

1. Program leaders should determine the severity of the action and immediately take steps to correct it. These may include but are not limited to:
 - A verbal warning.
 - A supervised time-out from the program. (Most experts agree that a minute a year is a good rule of thumb for time-outs). The type of time-out may vary according to the situation (observational: from sidelines of activity; exclusion: away from the group but within view of the activity; seclusion: time-out area with staff member present away from view of the activity). If physical restraint is used to protect against injury, the time-out should be documented on a conduct report. Any conduct report made should be given to the full-time supervisor.
 - A suspension from the program for a designated time period. When determining the timeframes of suspension, the full-time program supervisor should consider the severity of the actions; the length of the program or activity; any past behavior issues with the individual; and willingness to improve their inappropriate behavior.
 - Dismissal from the program or activity by the full-time program supervisor. If inappropriate behavior persists or the behavior completely disrupts a program, removal from the program or activity may be necessary. Individuals dismissed or suspended from a program will be logged into the registration system in order for staff to monitor the individual's status.
2. If a participant receives a time-out or a suspension, the supervisor of the program should contact the parent/guardian. The supervisor should explain the inappropriate actions that were observed by the staff. Documentation is strongly recommended.
3. Communication between staff and parent should be on-going regarding any further incidences of inappropriate behavior. Some other options may be discussed with the parent/guardian including:
 - Transfer to another program where inappropriate behavior may be less prone to occur.
 - Limited/reduced timeframe that participant is allowed to attend the program.
4. Appeals by the participant and/or participant's parent/guardian should be directed to the Superintendent of Recreation or Director of Parks & Recreation.

PROCEDURES FOR PARENT/GUARDIAN/SPECTATOR BEHAVIOR

If a parent/guardian/spectator exhibits inappropriate actions, the following guidelines should be followed:

1. Program leaders, coaches, referees and Board members should determine the severity of the action and immediately take steps to correct it. These may include, but are not limited to:
 - A verbal warning
 - Removal from program area
2. Communication between staff and parent/guardian/spectator should be ongoing regarding any further incidences of inappropriate behavior.

When to Contact the Police

- If participant makes a direct threat of hurting himself, call the parent/guardian immediately. If a parent/guardian is not available, call the police and immediately inform the direct supervisor or management staff.
- If a participant/parent/guardian/spectator becomes overly aggressive and violent, call the police and immediately inform the direct supervisor or management staff.

3-2 3rd PARTY INDEPENDENT INSTRUCTION & PERSONAL TRAINERS

The CORE offers instructors/personal trainers for a fee to Members or patrons who would like to utilize this service. All private instructors/personal trainers must be contracted through The CORE and the Lemont Park District. NO third party non-affiliated private instructors/personal trainers are permitted to train patrons at The CORE. This includes private lessons given by third parties of any kind given in any location at The CORE (example: pool, gym, fitness center.) Violation of this policy will result in suspension/cancellation of your membership or a suspension/ban from The CORE.

3-3 ANNUAL MEDICAL EXAMINATION

The Lemont Park District strongly recommends an annual physical examination for all members.

3-4 ATTIRE

The Lemont Park District requires appropriate athletic attire to be worn at all times. The standard includes: shirt/sport top, shorts/sport pants and clean athletic shoes. Shirt and shoes are required at all times when walking through the building. The Lemont Park District and its employees reserve the right to determine appropriate athletic attire.

All roller skate style shoes and spikes/cleats are strictly prohibited.

3-5 ELECTRONIC DEVICES

Handheld Electronic Devices are strictly prohibited in all Rest Rooms and Locker Rooms. If you notice this rule is being violated, please notify the nearest Customer Service Representative and we will address the situation. Handheld Electronic Devices include Cell Phones, MP3 Players, Camcorders, and computer type devices including iPod touches and tablets.

Members are welcome to play radios and auxiliary music devices as long as headphones are used.

3-6 PERSONAL PHOTOGRAPHY/VIDEOGRAPHY

Personal photography/videography is allowed at Park District events and programs unless noted otherwise. We ask that our patrons use good judgement in taking photographs or video to only include those in your immediate family. In the event the photography is bothersome or intrusive to those around you, you will be asked to refrain from taking further pictures. Note: personal hand-held electronic devices are not allowed to be used in locker rooms or restrooms.

3-7 SMOKING

Smoking is prohibited on all Lemont Park District property. This includes tobacco products, medical marijuana, and e-cigarettes.

3-8 UNSUPERVISED CHILDREN

Children of any age MUST conduct themselves in an appropriate manner at The CORE. Children under the age of ten (10) years old must be directly supervised by a Parent or Guardian sixteen (16) years or older. Unsupervised children over the age of ten (10) are only allowed in The CORE lobby. Children are not allowed to loiter in the gym, pool, hallways and fitness classrooms in The CORE. Children must have the proper membership, daily usage fee or attending a program to be in the facility. The CORE staff will not assume responsibility of an unsupervised child.

3-9 VIOLATION OF RULES

In the unlikely event a member or guest does not conform to the Behavior Code of Conduct Policy or violates the District's General Use Ordinances, The CORE staff may take the following corrective action.

- Verbal Warnings: Verbal warnings will be given for actions. More than one verbal warning may be given depending on severity of action.
- Daily Suspensions: The member, participant or guest will be notified by Full Time Management or the Manager on Duty and follow up written documentation will be provided.
- Written Warnings: Warning letters may be given in some instances. If you have any questions regarding the warning letter please contact the person stated in the letter.
- Membership Suspension: Members may be suspended from The CORE or from District Property, depending on the situation and severity of the offence. When determining the timeframes of suspension, staff consider the severity of the actions, past behavior issues with the individual and willingness to improve their behavior.
- Membership Termination: Depending on the situation and the severity of the offense, the member may be permanently dismissed from the facility following any offense. A meeting will be arranged with the parent and/or member and written documentation will be provided.

3-10 APPEALS

Members, participants and guests may present an appeal if not in agreement with the actions taken. Please see the Lemont Park District's General Use Ordinances for more specific information regarding the appeal process.

SECTION 4 – CORE FACILITY & PROGRAM INFORMATION

4-1 FITNESS CENTER

The CORE encompasses a 6,750 square foot Fitness Center comprised of five individual components: free weights, cardiovascular, resistance equipment, abs and a stretching area. The Fitness Center accommodates all levels of ability with user-friendly accessible equipment and friendly knowledgeable staff. All Fitness members are encouraged to take advantage of their complimentary, Fitness Assessment and 30-minute Personal Training Session by CORE Certified Personal Trainers.

Fitness Center Rules

1. A valid membership ID or receipt must be presented to the fitness staff for admittance to the Fitness Center.
2. Minimum age requirement is eleven (11) years with copy of Birth Certificate or State issued ID and parental signature (17 years and under) with membership. Jr. Members (ages 11-13) must be under the direct supervision of an adult member, age eighteen (18) years or older and from the same household.
3. Clean athletic shoes must be worn.
4. Members and guests must wear appropriate workout attire. Socks and clean athletic shoes are required. Shirts must be worn at all times. Open-toed or open-backed shoes, boots, sandals, or casual shoes are not allowed.
5. Please be courteous and use weight room etiquette. Please do not “rest” on workout equipment. Allow others to “work in”. If others are waiting for equipment, please limit time on equipment to 30 minutes total.
6. Except for water bottles, food and drinks are not allowed in the Fitness Center.
7. Talking on Cell phones is prohibited on cardiovascular equipment. As a courtesy to other members, please step out to the hallway or lobby area to use your cell phone.
8. Spitting on the floor or in the drinking fountains is not permitted.
9. Weights belts are not permitted on pads.
10. The Park District reserves the right to ask any person to leave the facility who is engaged in fighting, foul or obscene language, antagonistic behavior or related actions and can result in expulsion from the facility.
11. Cleaning wipes are provided for your convenience to clean the equipment after use.
12. Chalk is not permitted.
13. Dropping of dumbbells or weights is not permitted.
14. Please re-rack all dumbbells and plates on the appropriate racks when finished with them.
15. Gym bags and coats and personal belongings are recommended to be secured in a locker. Participants are required to supply their own lock for the lockers. Please lock all property securely in the facility. The Lemont Park District and The CORE are not responsible for lost or stolen property.

4-2 CORE-Fit GROUP FITNESS INFORMATION

Three deluxe workout Studios sit inside The CORE. Les Mills, Strength Training, Interval Training, Dance Fitness, Spin, Pilates, Active Adult Fitness, and Aqua Fitness—you can find it all at The CORE! There are a variety of over 60 (sixty) classes offered weekly for most of the year. Summer months may have a decrease in class offerings based on participation.

All CORE-Fit Members must register for CORE-Fit classes prior to class. Members may register via the CORE Fitness App or the CORE online Portal at www.lemontparkdistrict.virtuagym.com. If you need help with your CORE App or Portal username and password, please email us at information@lemontparks.org. As a courtesy to others, if you cannot attend a class in which you are currently enrolled, please cancel your enrollment via the CORE App or Portal. If members do not arrive on time to class, members risk forfeiting their roster spot to another member.

Please note, classes averaging a low enrollment (4 or less) are subject to cancellation or replacement on the CORE-Fit Fitness Schedule. The CORE-Fit Fitness schedule is subject to change at any time.

Information on Group Exercise Classes including Class Descriptions and Schedules located at on the CORE App and Portal as well as our website at www.lemontparkdistrict.org.

Group Fitness Class Fees

Unlimited Group Exercise – Available to CORE-Fit Members ONLY

You may add unlimited group exercise classes onto your CORE membership for an additional fee per month – see website for prices.

Daily Drop-in Rate

For those who would not like to commit to a membership, there is a daily walk-in fee that includes group exercise classes. Please visit website for fee information.

4-3 PERSONAL TRAINING

Benefits of Personal Training

- Increases accountability
- Knowledge about health, fitness, and YOUR body
- Assists with goal setting
- Personalized sessions and work out plans
- Flexible schedule and format
- Promotes exercise variety
- Nutritional advice
- Helps your mental health
- Promotes a healthy lifestyle change

Personal Training at THE CORE

Your personalized program begins with a free consultation with a professionally certified personal trainer/instructor as part of your enrollment fee. The personal trainer/instructor will ask questions to determine your goals and understand your health history. Next, a comprehensive fitness evaluation serves as a guideline for your current fitness status and provides information to recommend a personalized program that will best help you meet your goals.

No independent trainers/instructors are permitted to train patrons at The CORE. All personal trainers/instructors must be contracted through the CORE and the Lemont Park District. Violation of this policy will result in suspension/cancellation of your membership.

To make an appointment for your free consultation, call the Fitness Center at (630) 257-6787 ext. 3037. For pricing information please visit our website at www.lemontparkdistrict.org.

Personal Fitness Assessment

A free fitness assessment is included with every new membership purchased for the Fitness Center; however, it is elective. Certified Personal Trainers will perform to members, fourteen (14) years and older, a fitness assessment which includes body fat analysis, flexibility, strength test and a heart rate test. Follow up assessments are available to CORE members at a cost of \$25 (\$35 for non-members) by calling a representative at (630) 257-6787 ext. 3037.

4-4 OPEN GYM

The CORE features a 21,000 square foot field house designed to accommodate three basketball courts, three volleyball courts, and two batting cages. CORE and CORE Fit members will receive free admission to all scheduled Open Gym sessions held at The CORE. CORE and CORE-Fit members will need to present their membership card for free access. All other users will be charged a daily fee. All members and guests must register or check in and sign a waiver at the Service Desk and get a wristband. Gym shoes are required. You can bring your own basketball and/or you may check out a basketball with and ID card from the Service Desk at The CORE.

CORE and CORE-Fit Members will be able to utilize gym space during CORE open hours anytime the CORE is open, unless posted otherwise. Gym may be closed due to special events or programs authorized by the Lemont Park District staff.

Open Gym Daily Fee and CORE Open Gym Membership Pricing

Please visit www.lemontparkdistrict.org for current pricing.

Gym Procedures

- The gymnasium will be available for open play at designated times.
- Open gym will require a daily admission fee (payable at the Service Desk) or by pass admission.
- CORE and CORE-Fit members will not be charged a daily fee.
- Open Gym passes are available to children age six (6) years through High School.

Open Gym Rules

1. Children ages ten (10) and under must be accompanied by a parent or guardian sixteen (16) years of age or older.
2. Fighting, foul or obscene language, antagonistic behavior and related actions may result in expulsion from the facility.
3. Slam dunking and/or hanging on the rim or net is not permissible.
4. Proper attire and footwear must be worn at all times. This includes but is not limited to: a shirt, athletic shorts, and clean athletic shoes.
5. Shirts must be worn at all times.
6. No food is allowed in the field house. Only water or sports drinks in plastic bottles are permitted.
7. Spitting on the floor or in the drinking fountains is not permitted.
8. Full-court play based on court availability.
9. Sharing courts as well as basket hoops is a must. The CORE staff reserve the right to split all full court games to half court games when deemed necessary.
10. The CORE staff is in charge of enforcing these rules for your safety and enjoyment at the facility. In all cases of dispute or player misconduct, staff ruling is final.
11. A limited number of basket balls are available for use by participants.
12. The Lemont Park District is not responsible for any injuries incurred during activities.

4-4 CORE POOL

The fitness/lap pool is a six lane, twenty-five yard lap pool ranging from 4 to 6 1/2 feet in depth. This pool will be available for lap swim, swim lessons, rentals, water fitness, swim team, and birthday parties. Some programs, classes and rentals may have additional fees.

CORE Pool Hours and Schedule

A complete schedule showing lap swim hours will be published via the Lemont Park District the CORE app. Schedules are subject to change without notice.

Pool Daily Fees

Daily fees are all available at The CORE Service Desk or Centennial Community Center. Pricing is also available at www.lemontparkdistrict.org. Prices are subject to change.

Lemont Park District Pool Rules

1. Lifeguards are on duty to enforce rules and respond to emergencies. Please do not distract them.
2. Guests and members entering the facility must provide a current season pass, membership ID or pay the daily admissions fee. Guests paying a daily admissions fee must provide proof of residency (state issued photo ID) or pay the non-resident fee.
3. Children ten (10) & under must be accompanied by a responsible individual sixteen (16) years of age or older. Never leave small children unsupervised in or near water. Never swim alone.
4. Only U.S. Coast Guard approved Type 3 floatation devices are permitted. Parent/Guardian must actively supervise children using life vests and/or children with limited swimming abilities and remain within one arm's length reach.
5. Children who are not toilet trained must wear swim diapers with tight fitting plastic pants.
6. All guests are encouraged to shower with soap before entering the pool.
7. Approved swimwear only. Street clothes are prohibited.
8. Plain white t-shirts over approved swimwear are allowed.
9. Running, diving in unauthorized areas, rough play and/or similar behavior is strictly prohibited.
10. Flotation devices, toys, snorkels, fins and masks are not allowed unless part of an organized class/special event.
11. Please leave all valuables at home. The Lemont Park District is not responsible for lost or stolen items.
12. The use of electronic devices is not permitted in the locker rooms.
13. Personal photography/videography is allowed. Please use good judgement to include only immediate family or you will be asked to refrain from taking further pictures.
14. No flash photography allowed at swim meets.
15. Outside coolers are not permitted. For your convenience, items are available for purchase at our concessions stand. Purchased food items must remain in the concessions area and

are not permitted on deck. Plastic water bottles with sports caps are permitted on the deck area. No glass containers allowed.

16. The use, possession of or being under the influence of drugs or alcohol will result in immediate ejection from the facility. The proper authorities will be notified.
17. Management may enforce other rules as they may apply to ensure the safety of our guests.
18. The Park District reserves the right to remove persons presenting a risk to any patron for any reason that may endanger the health or safety of any other patron.

Lap Swim Guidelines

1. Must be fourteen (14) years of age or older.
2. Enter and exit only from the end of the lane.
3. Swim on the right side of the center lane.
4. Swim continuously from end to end.
5. Please swim in a counter clockwise pattern.
6. When entering a lane, give the current swimmer the right of way.
7. When passing another swimmer pass to the swimmer's left, down the middle of the lane at full speed. Once you have finished passing, swim to the right of the lane.
8. When resting, move to the outside corner to allow other swimmers to pass easily.
9. Do not hang on lane lines.
10. If you use kick boards or pull buoys, please put them away when exiting the pool.
11. Guard on Duty: During certain hours of the day, this facility is not protected by lifeguards. Persons under the age of 16 must be accompanied by a parent, guardian or other responsible person at least 16 years of age. Swimming alone is not recommended. Please check the pool schedule for hours where there is No Lifeguard on Duty.

Reasons for Pool Closure

We reserve the right to close our pool for the following reasons:

1. If there is lightening spotted and/or thunder heard the outdoor pool will remain closed for a minimum of 30 minutes from the time it was last spotted or heard the outdoor pool will close. If a thunderstorm watch/warning or tornado watch/warning has been issued for the area AND lightning is spotted or thunder is heard, the indoor pool will be closed for a minimum of 30 minutes from the time the lightening was spotted or thunder heard.
2. Fecal incidents may cause pool closure for up to 24 hours.
3. Mechanical issues or any other unforeseen instances.
4. Temperature below 69 degrees. (Outdoor pool only)
5. Low attendance (10 or less). (Outdoor pool only)

Aquatic Facilities Supervision Policy

Children ten (10) years of age and under are not permitted in Lemont Park District aquatic facilities unless accompanied by a parent or guardian at least sixteen (16) years or older. While in the facilities, parents and guardians are responsible for supervising children ten (10) and under at all times. Lifeguards are on duty to enforce rules and respond to emergencies. The Lemont Park District greatly appreciates all of our patron's assistance in following this very important child supervision and safety policy. Individuals who do not supervise their children in accordance with this policy will be asked to leave the facilities.

Lap Swim and Water Aerobics

The CORE will try to have one lane open and available for CORE/CORE-Fit Members during operating hours. Please understand there are some programs that require the full use of the pool in which the pool will be closed to all Members.

Daily fees are available for lap swim. Please stop at the Service Desk for more information or visit www.lemontparkdistrict.org.

4-5 CORE TRACK

The track is suspended around the perimeter of our gym and consists of a three-lane, one-tenth mile track. The track features a rubberized, non-slip surface that helps cushion impact on your joints while providing the optimal environment for your workout.

Track Procedures

I.D. Cards - All resident and non-resident track users will be required to show a State issued ID card at the Service Desk and register for a Resident or Non-Resident ID Card prior to using the track. All CORE/CORE-Fit Members will be able to use the track at no additional cost but still must check in at the Service Desk.

Resident Fee - All Residents of Lemont Park District will be able to use the track at no charge. You will need to demonstrate residency by presenting your driver's license or State issued ID to use the track free of charge. You will then be issued a Resident ID Card. Persons who cannot prove residency will be charged the Non- Resident Rate.

Non-Resident Fee - Daily track use for Non-Residents is available for \$3.00 per day. Persons who cannot prove residency will be charged the Non Resident Rate and also register for a Non-Resident ID card by showing pictured ID. We also offer an annual walking pass for our non-residents. Please visit the Service Desk for more information.

Waiver - All Daily Admissions must sign in and complete a waiver to use the track.

Track Check In

The check-in point for the track will be at the Customer Service Desk. All Residents, Non-Residents, and Members who wish to use the track will be required to show proof of residency or their Member ID card at their first visit and register for a Resident or Non-Resident ID card. Each visit the guest must show the ID card and swipe in at check-in point.

NO CHILDREN UNDER EIGHT (8) ARE PERMITTED TO USE THE TRACK!

CHILDREN BETWEEN AGES OF EIGHT-THIRTEEN (8-13), with proper paperwork completed, MUST BE ACCOMPANIED BY A PARENT AT ALL TIMES!

Track Rules and Guidelines

1. Minimum age to use track unaccompanied is 14 years old. Children eight to thirteen (8-13) years old may use track under direct supervision of parent or guardian, **WITH PROPER PAPERWORK COMPLETED**. See Service Desk for more details.
2. Spectators are strictly forbidden on the track.
3. For safety reasons please do not stop on the track. If you need to rest, please do so in the corners of the track.
4. Walk / Jog only in the directed posted on the track.
5. Walkers should use the inner most lanes, runners the outermost lanes.
6. Walk/Run no more than two abreast (side by side) and please yield to faster walkers and runners when being passed.
7. Strollers, carriages, roller blades or any other equipment are not allowed on the track.
8. Proper, clean footwear and attire is required. Please make sure shoes are free of debris.
9. Absolutely **NO SPITTING** allowed on the track.
10. No food is allowed on the track.
11. Please use caution when entering and exiting the track area.
12. Please store all belongings, towels, etc. off the track area. There is space in the corners and a coat rack available to hang items. Small personal wallet lockers are also available for use outside the track. We are not responsible for loss, theft, or damage to personal property.
13. Absolutely no throwing of anything or spitting over the track railing to the courts below.
14. Ten laps around the track equals one mile.

4-6 RACQUETBALL COURTS

Two Racquetball Courts are available for use at the Centennial Community Center.

Racquetball Reservation Procedures

- Reservations will be taken for members with current Racquetball I.D. Card Number or a CORE Membership Number up to seven days in advance.
- Non-Members can reserve the courts up to two hours in advance.
- Reservations will only be taken during normal operating hours of the facility.
- Daily walk-in availability is on a first come, first serve basis.
- Courts must be cancelled 24 hours in advance or you will be charged for the court time.
- Fees are due at the time of the reservation.

Court Rules

- Street shoes are not permitted. Clean shoes with non-marking soles must be worn.
- Eye protection is recommended.
- Courts will not be held for a person who has not checked in prior to reservation time.
- If your arrival is prior to your scheduled court time, court lights will not be turned on until your scheduled court time.
- If your arrival is after your scheduled court time and the court has not been taken by another individual, you may play; however, it will be only for that hour and will not be extended to your late arrival.

SECTION 5 – GENERAL LEMONT PARK DISTRICT INFORMATION

The Lemont Park District has a variety of spaces where information is made available to the public. Our website, www.lemontparkdistrict.org, has the most up-to-date information regarding programming, events, and policies. We use several methods to disperse more timely updates. These methods include but are not limited to social media (Facebook, Instagram, etc.), text alerts and emails. Please make sure your contact information is updated and correct. The Customer Service Desk should be able to assist you in getting signed up for our text alerts and phone app.

5-1 SAFETY INFORMATION

Safety is our number one priority. The Lemont Park District will continue to closely monitor the situation and follow the guidelines of the CDC as well as all state and federal directives including the Restore Illinois Plan. Staff continues to work diligently, cleaning and sanitizing regularly with additional electrostatic and deem cleaning done on a scheduled basis. “Hands-free” Step-and-Pull door opening systems are installed on various doors and floor decals assist in encouraging social distancing.

Please act in a safe and responsible manner at all times while using The CORE. Follow all rules and regulations, wear safety gear where recommended, keep an eye out for potential problems and cooperate with staff at all times. Thank you!

5-2 ACCIDENT/INCIDENT REPORTING

Please report accidents/incidents to the Service Desk and/or any program staff member. First aid kits are located throughout the facility. The CORE staff is trained in CPR/AED Operations. If emergency assistance is needed, please contact the Customer Service Desk or the Fitness Desk.

5-3 LIABILITY RISK

The Lemont Park District and The CORE do not provide accident insurance for its members and other program participants. Each person participates at his/her own risk and agrees to hold the Lemont Park District and The CORE harmless for any injury incurred.

5-4 EMERGENCY PROCEDURES

Periodically, the Lemont Park District practices emergency responses and procedures including but not limited to tornado drills, fire alarms and evacuations. If an emergency procedure is sounded while you are in The CORE, you must follow all instructions given by staff. All exits are clearly marked, and shelter areas are posted in each room. Please familiarize yourself with their locations. Your cooperation in these drills is appreciated.

5-5 FACILITY RENTALS

Need a Location? The Lemont Park District rents out space at both Centennial Community Center and The CORE Fitness & Aquatic Complex. Ideal for bridal showers, baby showers, weddings, birthday parties, anniversaries, communions, business meetings, seminars, and much more, both facilities are ready to host your special event! Also, both the indoor pool at The CORE and Centennial Outdoor Pool are available for rental along with specific parks and outdoor space.

For availability, please call the Facility Coordinator at 630-257-6787 ext. 3014. Reserve early to save your special date!

<https://lemontparkdistrict.org/rentals-parties-permits/>

5-6 GENERAL CLASS REGISTRATION INFORMATION

The Lemont Park District hosts a variety of different programs, classes and camps. For more detailed up-to-date information and to register please visit <https://lemontparkdistrict.org/program-information/>.

5-7 BIRTHDAY PARTY PACKAGES

The LPD has a variety of birthday packages available so why not let us take care of your party needs! You can choose from themed, sports, arts and crafts, and games. We'll provide the Party Attendant/Instructor, decorations, the food and the facility. Age restrictions and number of guest vary by party package. Special cancellation policies apply. For more information on party packages and fees, please contact the Customer Service Desk at (630) 257-6787 for additional information.

5-8 LEMONT PARK FOUNDATION HELPING HAND PROGRAM

No family should be denied access to a park-funded program or event (excluding contractual obligations). The Lemont Park Foundation, working with The Lemont Park District, will provide a Helping Hand Award to a needy individual or family whom are Lemont residents that are approved through the program. Applications are confidential and the recipient parent or guardian is strongly encouraged to volunteer their time at a park district or community event. Information on Helping Hand Award Program can be obtained by contacting the Manager of Education Services & Community Liaison at (630) 257-6787, X 3001 or via the Lemont Park Foundation's website at <https://www.lemontparkfoundation.org/programs>.

5-9 NSF CHECKS

A minimum \$25.00 fee will be charged on all returned NSF checks.

5-10 VOLUNTEERING

Volunteers make valuable contributions to The CORE. If you have a few hours a week, you can make an important difference in the lives of people in our community. If you are interested, we would love to hear from you. Just give us a call or find more information on our website at <https://lemontparkdistrict.org/give-volunteer-project/>.

5-11 GIFT CERTIFICATES

Gift Certificates would be a great birthday or Christmas gift! Lemont Park District Gift Certificates can be used for any program, membership, merchandise, or service excluding concession stands. Gift Certificates are available for purchase at The CORE Service Desk in a variety of denominations. Please remember that all gift certificate purchases are final sales. There are NO REFUNDS on Gift Certificates and NO CASH equivalent will be given. Gift Certificates expire five years from the date of purchase.