



**100 Symphony Way
Elgin, Illinois 60120
(847) 531-7000**

Membership Handbook

A Facility of the City of Elgin Parks & Recreation Department

Table of Contents

Accident/Emergency Reporting.....	4
Adventure Island Information (Fees, Hours of Operation, Rules & Regulations)	20-23
Amenities	2
Annual Medical Examination	1
Aquatic Facilities Supervision Policy.....	22
Babysitting (Kidz World)	11-12
Banquet/Meeting Rooms	15-16
Birthday Party Packages	16
Climbing Wall.....	14
Cultural Arts.....	15
Diving Board Rules.....	22
Dress Code	5
Early Childhood.....	15
Facility Conduct Policy.....	3
Fire & Emergency Procedures	5
Food & Beverage	1
General Class Registration Information.....	9-10
Gift Certificates.....	16
Gym Attire	12
Gym and Pool Schedules	2
Gym Procedures.....	12-14
Health/Fitness Information & Rules	18
Holiday Closings.....	5
Hours of Operation	3
How to Register	9-10
Locker Rooms.....	1
Lost and Found	5
Lost Keys	1
Medical/Hospital Insurance	1
Membership	6-9
Membership Guidelines	3-4
Membership I.D. Cards.....	8
Open Gym Information and Rules.....	12-14
Paging	2
Personal Training.....	18-19
Personal Training Fees.....	19
Private Gym or Pool Parties.....	16
Punch Pass Cards (Kidz World)	11-12
(Lap Swim & Water Aerobics).....	21
Radio Playing.....	2
RecRewards.....	10
Returned Checks	5
Safety First.....	4
Satisfaction Guarantee	10

Table of Contents
(Continued)

Senior Center	15
Sherman Hospital.....	6
Smoking	4
Steam Room Policies	19
Teen Center.....	15
Track	16-17
Unsupervised Children.....	12
Volunteering	5
Waterslide Rules	23
Whirlpool Policies	20
Youth Scholarship.....	11

Welcome to The Centre!

The Centre Policies and General Information

Annual Medical Examination:

The Centre strongly recommends an annual physical examination for all members and especially for those over 35 years of age. For admittance to some programs, The Centre will require a doctor's report of fitness.

Medical/Hospital Insurance:

The Centre does not provide accident insurance for its members and other program participants. Each person participates at his/her own risk and agrees to hold The Centre harmless for any injury incurred.

Locker Rooms:

The Centre has a general locker room located on the first level adjacent to Adventure Island Aquatic Center and an adult locker room for Platinum, Gold or Silver Members on the second level in the Fitness Center. Members must be 18 years or older to use the adult locker room. Keys are provided for the adult locker room; however, each participant needs to furnish his/her own lock when using the general locker room. 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. Permanent Lockers are available for rental at an additional fee. The Centre suggests you not leave any valuable property in a locker at any time. The Centre is not responsible for lost and/or stolen property or damage to your property.

Lost Keys:

Patrons using the adult locker room will be issued a key for their locker. If you lose your key, a \$10 key replacement fee will be charged.

Food and Beverage:

No outside food or beverage is allowed within The Centre. Food and beverage can be purchased at The Centre from vending machines. Food and beverage are not allowed in the following areas: Gymnasium, Track, Racquetball Courts, Pool Deck and Health/Fitness Center. All food should be eaten in the designated areas. The only exception is contained water bottles. Patrons needing food accommodations for groups can contact our Banquet Office at 847-531-7047.

Radio Playing:

Members are welcome to play radios as long as headphones are used.

Paging:

The Centre will not page program participants in the building except for an emergency. Persons expecting a message by phone may check at the Main Courtesy Desk or the Fitness Desk.

Gym and Pool Schedules:

Gym and pool schedules are available at the Main Courtesy Desk, Pool and Gym Courtesy Desks and are posted in the building. Schedules are subject to change without notice.

The Centre Amenities:

- 9,600 square foot Health/Fitness Center
- Centrecise: Women's Work Out Room
- Zero-Depth leisure pool with flume slide, floor geysers, spray arches, boat slide, and tipping toucans
- Eight lane, 25 yard competition/lap pool
- Warm water therapy pool
- Three dance/aerobics rooms with sprung wood floors
- Three full-size court fieldhouse with three-lane 1/8th mile suspended running/walking track
- 300-person, multi-use banquet facility with catering/teaching kitchen
- Teen and senior center for games and activities with a computer lab and meeting room
- Five preschool rooms with a large activity room and outdoor playground
- KizWorld (Babysitting)
- Multi-purpose gymnasium
- Two racquetball courts
- Party room for small group celebrations
- Two conference rooms
- 9,300 square foot Sherman Hospital Wellness Partnership
- Two arts/crafts studio and a ceramic studio with kiln
- General locker rooms and upgraded adult locker room
- Attached 400 stall parking deck to serve The Centre users and visitors to the Hemmens Cultural Center, City Hall and Law Enforcement Facility.

Hours of Operation:

Please check Main Courtesy or Fitness Desk for an updated schedule of current hours of operation for Adventure Island, Centrecise, Climbing Wall and Open Gym.

Facility Hours

***includes Fitness, Track and Lap Swim**

Mon–Fri: 5:00 am to 9:00 pm

Saturday: 7:00 am to 5:00 pm

Sunday: 8:00 am to 5:00 pm

Holiday Hours - The Centre will observe holidays as follows:

January 1st – New Year’s Day	Closed
Martin Luther King Day	5am to 9pm
Easter Sunday	Closed
Memorial Day	Closed
July 4th	Closed
Labor Day	Closed
Thanksgiving	Closed
Friday after Thanksgiving	5am to Noon (Fitness, Track and Lap Swim Only)
Christmas Eve	5am to Noon (Fitness, Track and Lap Swim Only)
Christmas Day	Closed
New Year’s Eve	5am to Noon (Fitness, Track and Lap Swim Only)

Facility Conduct Policy:

To help make this a pleasant and safe recreation environment, the following facility conduct regulations are enforced:

- You must be involved in a program or activity to remain in this facility, no loitering.**
- Children under the age of 9 years may not be left unsupervised in this facility.**
- Foul language is prohibited at all times.**
- Show respect to all participants and staff.**
- Show good citizenship by respecting equipment, supplies and the facility.**
- Be responsible by exercising self-control and refrain from causing bodily harm to other participants and staff.**
- Facility users who do not conduct themselves in a proper manner, or do not follow the Facility Conduct Policy will be removed from the facility and grounds. Repeated improper conduct will result in loss of facility privileges.**

Conduct:

While in the facility, The Centre does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud,

abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members, patrons, or employees.

Violation of Rules:

If any member or guest violates any of The Centre Policies or Rules, he/she will be asked to stop and/or leave. A violation may also cause The Centre to suspend or terminate the violator's membership according to the terms of the Membership Agreement.

Membership Policies and Rules:

The Centre designed the Membership Policies and Procedures to insure a safer and more 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 Centre, 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.

Membership Guidelines:

- Resident (RES) fees and rates require an individual, couple or family to have their bona fide and principal residence within the corporate city limits of the City of Elgin.
- Non-Resident (NR) fees and rates are 25% greater than resident fees and rates.
- A couple is defined as two individuals residing in the same household.
- A family is defined as a couple adding additional members to complete the family unit. A minimum of one adult and a maximum of two adults all residing in the same household is required. (Note: No more than 2 adults per membership)
- The additional member rate applies to youth residing in the same household being added to a couple membership to make up a family unit. You must be a dependent to be considered a part of the family unit.
- An adult is defined as a person 18 years of age or older.
- A youth is defined as a person three years of age or older but less than 18 years of age or a person between 18 and 22 years of age showing proof of current enrollment as a full-time student.
- A child is defined as a person less than three years of age. Children are free.
- A senior is defined as a person 62 years of age or older.
- Youths less than 14 years of age may not use the Health/Fitness center. Youth, ages 14 through 17, may use the Health/Fitness center but must first submit a waiver executed by a parent or legal guardian.
- Youth 14-15 years of age must be accompanied by a parent/guardian when in the Health/Fitness Center.

- Youths may not use the Health/Fitness center adult locker room. Youth are welcome to use the general locker room adjacent to Adventure Island but must supply his own lock.
- Youths under the age of nine must be accompanied by adults at all times while using the aquatic center.
- Youths 10 years of age and younger must be accompanied by an adult or legal guardian at all times when using the racquetball facilities.
- Discounted Corporate rates will be based on the projected number of employees to become members. The discounted structure is based as follows:
 - 1 to 9 employees receive a 10% discount against the membership of their choice
 - 10-plus employees receive a 15% discount against the membership of their choice

This discount will be applied towards the employee and family members with within their household. Residency fees will apply against corporations residing in Elgin and will be extended to their employees and family members. Non-resident corporations will receive the same discount rates but on non-resident rates.
- Passes are not transferable.

Safety First:

Please act in a safe and responsible manner at all times while using The Centre. 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!

Accident/Emergency Reporting:

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

Smoking:

Smoking is prohibited in all areas of The Centre with exception of designated smoking areas outside.

Fire and Emergency Procedures:

Periodically, the Fire Department requires a demonstration of emergency and fire alarm procedures. If a fire alarm is sounded while you are in The Centre, you must immediately exit the facility by the closest stairway. All exits are clearly marked. Please familiarize yourself with their location. Your cooperation in these drills is appreciated.

Lost and Found:

The Centre is not responsible for lost or stolen items. Lost and found services are located at both the Fitness Desk and Administrative offices. All clothing items can be redeemed at the Fitness Desk while all lost valuables will be held in the Administrative offices. If you find equipment or personal items, please turn them in to staff at the Fitness Desk. Items will be held for thirty days. If you think you have lost something while at The Centre, you must come in person to check if your item has been found.

Dress:

The Centre 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 Centre reserves the right to determine appropriate athletic attire.

Returned Checks:

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

Volunteering:

Volunteers make valuable contributions to The Centre. If you have a few hours a week, you can make an important difference in the lives of people in our community. Coach in our youth sports programs, help a disabled person swim, teach leadership skills to teens, assist with office work. If you are interested, we would love to hear from you. Just give our volunteer coordinator a call at 847-931-6770.

Sherman Health Systems – The Centre’s Partner For Wellness

Sherman Health Systems is pleased to be the community’s link to health and wellness classes and programs for all ages at The Centre of Elgin. The Wellness Center, operated by Sherman Health Systems, is located on the first floor of the building and is the new location of the Sherman Education and Community Wellness Department, the Sherman Diabetes Center and the newest location of Sherman Physical Therapy Services including aquatic therapy.

At this location, Sherman will be offering a wide range of our HealthReach classes and programs, including CPR and first aid instruction, cholesterol and blood pressure screenings, self defense training, individualized nutrition counseling and programs on nutrition. Programming especially for Seniors will also be available through ShermanCare, Sherman’s program for those 50 and better, including senior exercise classes and lectures on maintaining good health.

For more information on Sherman Health Systems, please visit their website at: www.shermanhealthsystems.com. From their website you can access a complete listing of their HealthReach classes or register for the class of your choice. You may also call 1-800-397-9000 for more information.

Sherman Hospital Health Assessment:

A free Sherman Hospital Health Assessment is included in the Platinum and Gold Membership benefits; however, it is elective. Sherman will perform to members, 18 years and older, a Health Risk Assessment questionnaire, cholesterol/glucose screening and offer selected wellness classes for additional fees. This service is also available to all other Centre members at a cost of \$36.00 by contacting a Sherman Hospital representative at (847) 429-5450.

Membership:

All memberships are for (1) one year in duration. Cancellations before the 12-months will be honored for the following reasons only:

- Relocation of greater than 25 miles with documentation
- Medical reason with a Doctor's note
- Active Military Duty

To request a cancellation and/or extension of an annual membership, members must complete the appropriate form and provide proper documentation. All requests will be reviewed and the member to be notified. All transfers/downgrades will be assessed a \$25 fee. Forms can be obtained at the Fitness Desk.

All 3-Month Memberships must be paid in full at the time of registration. There are no refunds, transfers or cancellations. Employee or Corporate discounts can not be applied to a 3-month membership.

The EFT payment option is a Perpetual (ongoing) Membership that will continue until the member gives The Centre 30 days written notice prior to the next billing date. Any member choosing the monthly Electronic Fund Transfer (EFT) will be liable for at least the first 12 months of contract. There is a \$6.50 monthly service fee when using the EFT payment option.

Renewal Policies:

Annual Memberships will be sent a renewal notice in the mail about 30 days prior to their renewal date. To complete the renewal process, the member must complete the renewal form which is available at the Fitness Desk.

EFT memberships are perpetual and are automatically renewed. The monthly EFT membership fee deduction will be adjusted if there is a change in fees.

Initiation Fees:

An initiation fee is required when registering for an annual membership at The Centre and is not refundable. This is a one time fee as long as your membership does not lapse or cancel. If you cancel your membership for any reason, you will be required to pay a new initiation fee when rejoining.

Upgrades/Downgrades:

Upgrades/Downgrades will be processed within 30 days of approval. The fee difference for all upgrades must be collected at the time of the membership upgrade request or the request will not be processed.

A \$25 downgrade fee must accompany all membership downgrade forms or the request will not be processed.

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

Personal Trainers:

The Centre offers professional certified personal trainers for a fee to members who would like to utilize this service. NO independent trainers are permitted to train patrons at The Centre. All personal trainers must be employed by The City of Elgin through The Centre. Violation of this policy will result in suspension/cancellation of your membership.

Membership Extension:

The Centre will only freeze or extend your membership if you are in good standing. All Membership fees must be paid in full or current on your monthly EFT fees to be considered for an extension. Extensions will only be granted for the following reasons:

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

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

Employment Relocation: Employment relocation will be honored with verification of a relocation of 25 miles or greater for a minimum of one month.

All requests must be in writing. The Centre will not allow the extension or freeze of any membership that does not comply with the foregoing policy.

Snowbirds will be eligible to receive an extension on their annual membership once in the term of an annual membership.

Guest Privileges:

Six guest visits will automatically be given to each member who purchases a Platinum, Gold, Silver or Bronze membership. Members must be present and must accompany their guest. To redeem a guest visit, the member must inform the Centre Fitness Desk staff that they are bringing a guest when he/she checks in. The guest will be required to complete a brief check-in form and sign a waiver when accompanying a member. If the guest is under 18 years of age, a waiver must be signed by a parent or guardian. Only one guest at a time is permitted. When you reach your maximum of 6 guest visits, a daily fee will be required for your guest.

Membership I.D. Cards:

The Centre 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 possible suspension of your membership privileges.

Lost or stolen cards will be replaced for an \$8.00 fee.

Check In:

You must check in at the appropriate courtesy desk and present your photo Membership I.D. card each time you use the facility.

General Class Registration Information:

Classes at The Centre are short term special interest classes for preschoolers through seniors. They are open to both facility members and non-members.

How to Register for a Class:

Registration for classes can be taken by mail, fax or at the Main Courtesy Desk at The Centre. If you are faxing your registration, please be sure to include your credit card information and sign the waiver. If you are registering by mail, your payment options would be a check or credit card and again, please sign the waiver.

You will be contacted in writing or by phone regarding your registration in the following cases:

- The class you have requested has reached its registration limit and you were placed on the waiting list.
- We need your permission to process your second choice.
- Your registration form is incomplete.
- Your class is being cancelled due to insufficient registration.
- Your class has been modified (i.e., change of location, time, etc.)

To receive a receipt confirming your mail-in registrations, please enclose a self-addressed, stamped envelope with your registration. If you do not receive a call, your registration has been processed and you should attend class.

Registration Deadlines are necessary in order to allow the staff ample preparation time. All registration deadlines are one week prior to the class start date unless specified. Please note your class deadlines and register early to avoid disappointments. If you have missed the deadline, please inquire to see if there is space still available.

The City of Elgin Parks and Recreation Department reserves the right to cancel, postpone or combine classes for any reason found to be necessary by the staff. If insufficient enrollment causes an activity to be cancelled, participants will receive a household credit. If you prefer a refund, a full refund check will be mailed to you. **PLEASE ALLOW 3 TO 4 WEEKS FOR THE PROCESSING OF REFUNDS.** If you have paid with Visa, Discover or Mastercard, the refund will be credited to the appropriate credit card.

No refunds or transfers will be made after a program has started, except in the case of the participant's illness, supported by written documentation from the family physician.

A \$10.00 per participant service charge will be assessed for each activity the participant cancels prior to the start of a program.

Satisfaction Guarantee:

The City of Elgin Parks and Recreation Department is dedicated to providing high quality, creative programs to all our guests. If for any reason you are not fully satisfied with the program in which you are currently participating, please call us immediately at (847) 531-7000.

RecRewards

RecRewards is a free program that allows the participant to earn points on class registrations and memberships. To join just fill out a participation form that can be obtained from any of our Desk clerks. Once the form has been submitted, points can be earned on the very next registration. For every dollar spent, one RecRewards point is earned. These points are held until the course has been completed, or the membership has reached its full term. Once points are added to the current points

balance, they can be redeemed for more course registrations or memberships at a ratio of 50 points equals \$1.

Youth Scholarship Fund:

Each qualifying child is eligible to receive \$100 per calendar year towards City of Elgin Parks and Recreation programs, classes, memberships, outdoor pool punch passes. A participant must pay \$5 toward the program fee. Any remaining balance of the program fee must be paid by the participant. Scholarship assistance must be applied for and will be reviewed by administrative staff. After eligibility has been approved, the applicant will be called and registration along with payment will proceed. Proof for eligibility is required at the time the application is submitted. Proof of eligibility will include: a driver's license (or other form of identification and residency) and proof of income (copy of one of the following: Public Aid Card, Action Taken Notice if eligible for free lunch program, proof that participant is in a certified foster home or parent/ guardian's most recent U.S. 1040.) If using the most recent U.S. 1040 as proof of income, the child must be listed as a dependent. Scholarship assistance is limited to City of Elgin residents by existing funds on a first come, first serve basis. Youth scholarship registrations are taken Monday thru Friday between the hours of 8:00am and 11:00am in the Centre Manager Administration offices. Once the child has been qualified for the current year, further registrations may be taken at the main courtesy desk.

Babysitting (Kidz World):

Babysitting is available at a nominal charge to all persons who are using the facility.

- The babysitting service is available for infants (3 months) to children 10 years of age.
- A 24-hour advance reservation is required for infants under 1 year. Space availability is limited, call 847-531-7032 to make your reservation.
- The babysitting service has a maximum of 2.0 hours per day per child.
- Parents must complete an emergency card before leaving your child in the babysitting room the first time.
- Parents must abide by our sick policy. Please refrain from using the service if your child is ill.
- The Centre reserves the right to limit the amount of children in the room at any given time.
- Parents/Guardians must remain in the facility at all times.
- Parents are responsible for changing diapers, babysitting staff will not change diapers.

Fees are as follows:

\$3.00 per hour/per child

Punch Pass Cards:

Punch Pass Cards for babysitting will be available at the Main Courtesy Desk. Punch Pass cards are non-refundable and do not guarantee space in the babysitting room.

12-hour/24-hour Punch Pass cards are available for the following fees:

<u>12-hour</u>		<u>24-hour</u>	
Centre Member	\$30.00	Centre Member	\$60.00
Non-member	\$36.00	Non-member	\$72.00

<u>Unlimited 3 month Pass</u>		<u>Annual Unlimited Pass</u>	
Centre Member	\$60.00	Centre Member	\$150.00
Non-member	\$75.00	Non-member	\$225.00
Additional Child	\$25.00	Additional Child	\$ 75.00

Days and Hours of babysitting service:

Monday – Friday: 8:00 am to 1:00 pm and 4:00 to 8:00 pm
Saturday: 8:00 am to 1:00 pm

**The above hours are subject to change*

Unsupervised Children:

Children of any age MUST conduct themselves in an appropriate manner at The Centre. Children under the age of 8 years old must be directly supervised by an adult. The Centre staff will not assume responsibility of an unsupervised child.

Open Gym:

The Centre features a 20,000 square foot fieldhouse designed to accommodate three basketball courts or three volleyball courts. We also have a multi- use gym ideal for preschool and youth athletics, gym rentals or special events. The Centre Platinum, Gold and Silver members will receive *complimentary admissions* to all scheduled Open Gym sessions held at The Centre. Platinum, Gold and Silver members will need to obtain a wristband from either courtesy desk to gain access to the fieldhouse. All other users will be charged a daily fee. Gym shoes are required. You can bring your own basketball and/or borrow one from The Centre.

Gym Attire:

Any one participating in Open Gym must wear a shirt, socks and athletic shoes (preferably no black soles). No bare feet will be allowed in the gym. NO HATS or HEAD GEAR, other than sweat bands will be allowed in the gym. If you refuse to remove your hat or other head gear, you will be asked to leave the gym.

Gym Procedures:

- The gymnasium will be available for open play at designated times.
- Open gym will require a daily admission fee (payable at the Main Courtesy Desk) or by pass admission.
- Daily Fees:

	<u>Resident</u>	<u>Non-Resident</u>
Adult	\$ 8.00	\$ 10.00
Senior (62 years)	\$ 5.00	\$ 7.00
Youth (3-17 yrs)	\$ 5.00	\$ 7.00

- A supervisor will be present at all times during open gym.
- Platinum, Gold and Silver members will not be charged a daily fee.
- Open Gym is available to children age 8 years and above.

Open Gym Rules:

1. Fighting, foul or obscene language, antagonistic behavior and related actions will result in expulsion from the facility.
2. Slam dunking and/or hanging on the rim or net is not permissible.
3. Street shoes are not permitted. Clean athletic shoes must be worn.
4. Shirts must be worn at all times.
5. All hats must be removed when in the fieldhouse.
6. No food or drink is allowed in the fieldhouse.
7. Spitting on the floor or in the drinking fountains is not permitted.
8. Full-court games play to 11 with the winner remaining on the court for only 2 additional games. All 3-pointers are worth 2 points, all others are worth 1 point.
9. Sharing courts as well as basket hoops is a must. The Centre staff reserve the right to split all full court games to half court games when deemed necessary.
10. Next game will be played by signed-in teams/players.
11. The Centre 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.
12. A limited number of balls are available for check out by participants.
13. The Centre is not responsible for any injuries incurred during activities.

The Elgin Parks & Recreation Department also offers recreation and league play in a variety of sports including volleyball, basketball, softball and soccer. More details can be found in our brochure, which is available online. Brochures are also available at The Centre or City Hall.

Centre Daily Fees:
Adult/Seniors/Youth

Residents
\$15

Non-Residents
\$17

* A Centre Daily Fee includes use of Fitness, Centrecise, Adventure Island, Racquetball, Open Gym, Climbing Wall, and the Track. (Age restrictions apply to certain amenities)

Adventure Island / Aquatic	Residents	Non-Residents
Adult	\$ 7	\$ 8
Senior / Youth	\$ 6	\$ 7
Lap Swim	\$ 3	\$ 3.50

Walking/Running Track	Residents	Non-Residents
Daily Rate	FREE!	\$ 4
Monthly Pass	FREE!	\$21

* All track users are required to have a track pass and must sign in and out at the track.

Open Gym	Residents	Non-Residents
Adult	\$ 8	\$10
Senior/Youth	\$ 5	\$ 7

* Platinum, Gold and Silver Members are Free

Climbing Wall (Open Climb)	Residents	Non-Residents
Youth (5-17)	\$ 5	\$ 7
Adult (18 & Older)	\$ 8	\$10

* Platinum, Gold and Silver Members are Free

Racquetball Reservation Procedures:

- Reservations will be taken for members up to seven days in advance. (Members must use ID# when making reservations.)
- Non-Members can reserve the courts up to 24 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.
- Back-to-back reservations will only be permitted based on availability and approval from a Centre Manager.

Court Rules:

- Street shoes are not permitted. Clean, carried in shoes must be worn.
- Some type of 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 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.

Climbing Wall:

The Centre's 32 foot climbing wall is a great addition to our facility! The climbing wall offers mental as well as physical challenge in a safe and controlled setting. Climbing builds strength, coordination, agility, concentration and confidence. Open climbs, classes and birthday party packages are available. Highly trained staff teaches climbing techniques, belay strategies and equipment usage. For more information, call the climbing wall coordinator at 847-531-7006. Climbing is included in the Platinum, Gold and Silver Centre Memberships during open climb hours. Climbing Wall hours of operation may vary and are subject to change.

Cultural Arts Wing:

Our Cultural Arts Wing offers a ceramic studio with kilns, wheel, 2 arts and craft rooms and a state-of-the art dance studio which includes flooring allowing for tap. An expanded schedule of visual and performing arts classes is being planned for all ages from youth to adults.

Early Childhood Wing:

Our Early Childhood Wing features five preschool classrooms, a secured outdoor playground, use of the multi-use gym for active play and a babysitting room. Certified early childhood education teachers will lead our preschool program. A variety of educational and fun programming will be offered throughout the year. For more information, call Jan Monell.

Senior Center:

Our Senior Wing includes a billiards and activity room, meeting rooms and socialization areas. With convenience and safety in mind, we have designed a separate entrance for easy drop-off and pickup. Our senior club will offer a variety of services, activities, trips and programs for members and non-members alike. If you or a loved one is 62 years of age or older, stop in and see what wonderful things we have to offer! Our Senior Center Membership also includes the walking track. A fee of \$22 residents/\$26 non-residents offers you membership for a year of fun and friendship or you can drop in for a daily fee. For more information, please contact Brett Lind.

Banquets/Meeting Rooms:

Why not plan your next party or business meeting at The Centre! The Centre has a variety of rooms from which to choose to host your meetings or parties. Meeting, conference, and program rooms are available for 10 to 65 people. Our Heritage Ballroom can accommodate up to 300 people. This versatile space is ideal for weddings, graduations, banquets or large business meetings. Our caterer can compliment any type of event. There is a dance floor and bar available for use when renting the Heritage Ballroom. Adjoining the banquet room is a catering/teaching kitchen and an outdoor patio. For more information or rental rates, please call the Banquet office at 847-531-7047.

Birthday Party Packages:

The Centre has a variety of birthday packages available so why not let us take care of your party needs! You can choose from an Adventure Island Pool Party, sports parties, climbing wall parties, games or DDR. We'll provide the Party Attendant/Instructor, decorations, the food and the facility. Just think, no cooking

or clean up! Age restrictions and number of guest vary by party package. Special cancellation policies apply. For more information on party packages and fees, please contact

Private Gym or Pool Parties:

The gym or pool will be available to rent for private parties or for group use. Rent these spaces for one time only or for the entire season. Some restrictions will apply. For more information on gym rentals, contact Brett Lind at 847-531-7017 and for pool rentals, please contact Greg Bruggeman at 847-531-7007.

Gift Certificates:

Gift Certificates would be a great birthday or Christmas gift! Centre Gift Certificates can be used for any program, membership, punch pass, or merchandise. Gift Certificates are available for purchase at the Main Courtesy 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 can be given as change.

The Centre Track:

The track is suspended around the perimeter of our fieldhouse and consists of a three-lane, one-eighth 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. The banked corners and three lanes allow walkers and runners to co-exist in comfort.

Track Rules:

- 1. 8 laps to a mile on outside lane, 9 laps to a mile on inside lane.**
- 2. Outside lane is for running, middle lane is for jogging, inside lane is for walking.**
- 3. Walking may be done in pairs. Walkers must yield the right of way to joggers and runners.**
- 4. Activity will use Clockwise direction on Mon., Wed., Fri., Sun. Activity will use Counterclockwise direction on Tues., Thurs., Sat.**
- 5. No street shoes, only clean athletic shoes are allowed.**
- 6. No smoking, food or beverages are allowed in the facility.**
- 7. Minimum age is 8 years.**
- 8. Children 8 – 14 years of age may use the track at any time when accompanied by an adult.**
- 9. Spitting on track or in drinking fountains is prohibited.**
- 10. No spectator viewing allowed on the track.**
- 11. Throwing of objects from track will result in immediate expulsion from the facility.**

Track Procedures:

I.D. Cards: All resident and non-resident track users will be required to get an ID card at the main courtesy desk.

Resident ID- The resident ID card will be free to all Elgin residents. Any person over the age of eight who is eligible to use the track will be required to carry an ID card. If you wish to acquire a track pass at no charge, you will need to demonstrate residency by presenting your driver's license or State ID and a utility bill.

Non-Resident- There will be a \$21 monthly fee for all Non-Resident track users. Daily track use is available for \$4.00 per day.

Replacement ID cards will have a fee of \$8.00.

Check in Point:

The check in point for the track will be at the intersection by the rock wall and the windows overlooking the pool. The check in point will include a podium and a stool for staff. All Resident, Non-Resident, and Member track users will be required to show their ID card and sign in with their name and time at this point in order to use the track. Members may also show their locker key to use the track.

NO CHILDREN UNDER 8 YEARS OLD ARE PERMITTED PAST THE CHECK-IN POINT.

CHILDREN BETWEEN AGES 8-14 MUST HAVE A VALID ID CARD AND BE ACCOMPANIED BY A PARENT AT ALL TIMES.

Health/Fitness:

The Centre encompasses a 9,600 square foot Health/Fitness Center comprised of four individual components: free weights, cardiovascular, resistance equipment and a stretching area. The Health/Fitness Center accommodates all levels of ability with user-friendly accessible equipment and friendly knowledgeable staff. All Health/Fitness members are encouraged to take advantage of their complimentary, three phase equipment orientation instructed by Certified Trainers.

Health/Fitness Center Rules:

- 1. Minimum age 14 years.**
- 2. The adult locker room is for those 18 years and older.**
- 3. Clean athletic shoes must be worn.**
- 4. Appropriate attire is required.**
- 5. Shirts must be worn at all times.**
- 6. Food and gum are allowed only in the seating area.**
- 7. Water is only permitted in plastic drink bottles.**
- 8. Spitting on the floor or in the drinking fountains is not permitted.**
- 9. Weights belts are not permitted on pads.**
- 10. Fighting, foul or obscene language, antagonistic behavior and related actions will result in expulsion from the facility.**
- 11. Please be courteous and use weight room etiquette.**
- 12. Spray bottles and towels are provided for your convenience to clean the equipment after use.**
- 13. Chalk is not permitted.**
- 14. Dropping of dumbbells or weights is not permitted.**
- 15. Please re-rack all dumbbells and plates on the appropriate racks when finished with them.**
- 16. Gym bags and coats need to be secured in a locker in the locker room.**
- 17. Please discard used towels in the appropriate bins located in the locker rooms or at the Fitness Courtesy Desk.**

Personal Training:

We understand that starting or continuing an exercise routine can be difficult. Many people feel intimidated or confused and some need that extra incentive to motivate them to reach their fitness goals. That's why we offer an extensive Personal Training Program at The Centre. Your personalized program begins with a free consultation with a nationally certified trainer. The trainer 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 personal trainers are permitted. All personal trainers must be employed by The City of Elgin through The Centre. Violation of this policy will result in suspension/cancellation of your membership.

Benefits of Personal Training:

- **Improve your cardiovascular health**
- **Improve physical performance**
- **Achieve weight management goals**
- **Improve balance and posture**
- **Stress Management**
- **Sport Specific Training (golf, tennis, track, football, cycling, marathons, bodybuilding, etc.**

Personal Training Fees

Individual Training – 60 minute sessions

1 Session	\$50
5 Sessions	\$225
10 Sessions	\$400

Partnership Training

Partner with a friend, spouse or child (14 years or older) to share a one hour session with one of our personal trainers.

1 Session	\$40 per person
5 Sessions	\$175 per person
10 Sessions	\$300 per person

To make an appointment for your free consultation, call the Health/Fitness center at 847-531-7026. Only trainers contracted with the City of Elgin are allowed to offer services at The Centre. All personal trainers are nationally certified and apply the gold standards of American College of Sports Medicine. Non-members may work with The Centre trainers, with the applicable daily fee paid in addition to the Personal Training fees.

Steam Room Policies:

- 1. The steam room is kept between 100 and 110 degrees Fahrenheit.**
- 2. Limit yourself to a maximum of 10 minutes.**
- 3. Due to high temperatures and humidity, the steam room can be dangerous to your health. We recommend that you consult your physician before you use the steam room. Those with medical conditions such as high blood pressure, heart disease, respiratory problems and those who are pregnant, should avoid exposure to heat and humidity.**
- 4. No food or drink is allowed in the steam room.**
- 5. Please shower before entering the steam room.**
- 6. No street clothes permitted.**
- 7. A lined swim suit or towel are required at all times.**

Whirlpool Policies:

- 1. The whirlpool temperature is kept between 102 and 105 degrees Fahrenheit.**
- 2. Limit yourself to a maximum of 10 minutes.**
- 3. Due to high temperatures and humidity, the whirlpool can be dangerous to your health. We recommend that you consult your physician before you use the whirlpool. Those with medical conditions such as high blood pressure, heart disease, respiratory problems and those who are pregnant, should avoid exposure to heat and humidity.**
- 4. No food or drink is allowed in the whirlpool.**
- 5. Please shower before entering the whirlpool.**
- 6. No shaving is allowed in the whirlpool.**
- 7. A lined swimsuit is required in the whirlpool.**

Adventure Island:

Adventure Island includes a zero-depth entry, leisure swimming pool, an eight lane, 25-yard competition/lap swimming pool and a warm-water therapy pool. Swim classes, the swim team, and other aquatic programs are offered for a program fee.

The leisure pool, sloping from zero-depth to 3 ½ feet at the waterslide entry point includes a water slide and interactive water play elements where children and adults can enjoy hours of fun in the pool.

The competition/lap pool is an eight lane, twenty-five yard lap pool ranging from 5 to 12 feet in depth with 3 diving boards; two - 1 meter and one – 3 meter. This pool will be available for lap swim, swim lessons, rentals, water fitness, swim team, diving and scuba classes and birthday parties.

The Centre's therapy pool is a warm water pool which will be used for adaptive and rehabilitative programs offered by Sherman Hospital, Northern Illinois Special Recreation Association and various Parks & Recreation programming.

Hours of Operation:

A complete schedule showing public swim, lap swim, water fitness, swim lessons and pool rental hours will be published in our brochure, available at the Main Courtesy Desk, and Pool Courtesy Desk. Schedules are subject to change without notice.

Adventure Island visitors will also enjoy a full-service Locker Room which is adjacent to the pool, (4) family changing rooms and availability of a vending area.

Adventure Island Daily Fees:

	Resident	Non-Resident
Adult	\$ 7.00	\$ 8.00
Senior	\$ 6.00	\$ 7.00
Youth	\$ 6.00	\$ 7.00

Lap Swim and Water Aerobics:

Lap swim daily fees are \$3.00 for residents and \$3.50 for non-residents.

Punch cards will be available for purchase for water aerobics Daily drop-in fees are available for water aerobics.

Adventure Island Patron Regulations:

- 1. Admission to the pool shall be refused to all persons having any contagious disease; any infectious conditions such as colds, fever, ringworm, foot infections, skin lesions, carbuncles, boils, diarrhea, vomiting, inflamed eyes, ear discharges; or any other condition that has the appearance of being infectious. Persons with excessive sunburn, abrasions that have not healed, corn plasters, bunion pads, adhesive tape, rubber bandages or other bandages of any kind also shall be refused admittance. A person under the influence of alcohol or exhibiting erratic behavior shall not be permitted in the pool area.**
- 2. The pool water is not suitable for drinking. Avoid swallowing pool water.**
- 3. Littering is prohibited. In addition, no food, drink, gum or tobacco is allowed in other than specifically designated and controlled sections of the pool area. Glass containers are prohibited.**
- 4. All persons are encouraged to take a shower before entering the pool area.**
- 5. Personal conduct within the pool facility must be such that the safety of self and others is not jeopardized. No running, boisterous or rough play, except supervised water sports, is permitted.**
- 6. Only clean footwear, baby strollers or wheelchairs are allowed in the pool area or bathhouse.**
- 7. Spitting, spouting of water, blowing the nose or otherwise introducing contaminants into the pool is not permitted.**
- 8. Glass, soap or other material that might create hazardous conditions or interfere with efficient operation of the swimming pool shall not be permitted in the swimming pool or on the pool deck.**
- 9. Every one must wear a lined swim suit. Only plain white t-shirt's can be worn while in the pool.**
- 10. All children who are not toilet-trained shall wear a swim diaper and tight fitting rubber or plastic pants.**

- 11. Diving in water less than five feet deep is not permitted except when allowed for competitive swimming and training.**
- 12. Caution shall be exercised in the use of diving facilities.**
- 13. Lifeguards are responsible for enforcing safety rules and responding to emergencies. Parents or guardians must supervise their children.**
- 14. No one should swim alone.**
- 15. The pool management has the authority to implement and enforce rules that are more stringent or that supplement those listed here.**
- 16. Children under eight years are not allowed in the pool area unless accompanied by a parent or guardian at least 18 years or older.**
- 17. Two lanes will be reserved for lap swimming only.**
- 18. The management can not be held responsible for loss or theft of any personal belongings.**
- 19. Balls, masks, fins, snorkels and tubes of any kind are allowed in the pool at the discretion of the pool staff.**
- 20. The public address system is for official use only. Absolutely no paging allowed.**

Aquatic Facilities Supervision Policy:

Children under 8 years are not permitted in City of Elgin aquatics facilities unless accompanied by a parent or guardian at least 18 years or older. While in the facility, parents and guardians are responsible for supervising children under 8 years at all times. Lifeguards are on duty to enforce rules and respond to emergencies. The Elgin Parks and Recreation Department 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 facility.

Diving Board Rules:

- 1. One person on the diving board at a time.**
 - 2. ONLY ONE BOUNCE is allowed.**
 - 3. Dive or jump straight off the end of the board.**
 - 4. NO back or inward dives, handstands or cartwheels permitted.**
 - 5. Swim directly to the nearest ladder and exit the well.**
 - 6. Next guest in line must stay on the deck until well is clear.**
 - 7. Loitering or swimming in the diving well is not permitted.**
 - 8. Diving is permitted off the diving board only.**
 - 9. Hanging from the diving board is not permitted.**
 - 10. No floatation devices allowed with use of diving board.**
 - 11. Jumping off the diving board into the arms of another swimmer is not permitted.**
- * Demonstration to a lifeguard the ability to swim two widths before using the diving board may be required.**

Waterslide Rules:

- 1. All riders must be at least 42” tall or have prior approval from management in order to ride the waterslide.**
- 2. No combs or foreign objects are allowed in pockets and no jewelry can be worn while riding the slide. Only lined swim suits allowed.**
- 3. Riders must enter the slide in a sitting position, facing forward and wait for instructions from the attendant stationed at the slide starter tub.**
- 4. All riders must ride feet first while lying on their back and arms crossed across their chest or hands clasped behind their head and legs crossed at the ankles.**
- 5. Only one rider at a time.**
- 6. No tubes, mats, or life jackets are permitted on the waterslide.**
- 7. The line should form on the deck with one rider on each landing and one rider in each starter tub.**
- 8. Riders must be in good health. Pregnant women or individuals with heart or back conditions should not use this slide.**
- 9. Do not use this slide while under the influence of alcohol or drugs.**
- 10. Follow the instructions of the slide attendant.**
- 11. No running, standing, kneeling, rotating, tumbling or stopping in the flume. Arms and hands must remain inside the flume.**
- 12. No diving from the slide. Leave the plunge pool promptly after entering.**

Warning: “Failure to Follow Rules can result in Serious Injury.”