

Lake Forest College Sports Center Adult Community Recreation Programs

2009-2010 ACADEMIC YEAR COMMUNITY PROGRAM

Session I Wednesday, September 16, 2009 - Sunday, December 6, 2009

Session II Wednesday, January 13, 2010 - Sunday, April 25, 2010

AQUATICS

\$200 per academic year
\$125 per session

Our Aquatics Package offers members access to the College's aquatic center for *lap swimming only*. **The pool will close occasionally for swim team practices, meets and special programming.** Signs will be posted. *All swim participants must shower before entering the pool.* Please bring your community program card into the pool to show the lifeguards.

FITNESS & WEIGHT ROOM

\$150 per academic year
\$100 per session

Our Fitness & Weight Room Package offers members access to the College's weight room, exercise/fitness room, racquetball/handball courts. Courts are available on a first come first serve basis.

Refunds will be given for medical reasons only.

Registration is open to adults 18 and older.

F.A.N. Club members receive 50% off any academic year or session membership.

POOL HOURS

M W F	7:30 am - 8:30 am
M - F	12:30 pm - 2:00 pm
M - Th	8:30 pm - 10:00 pm
Sat. & Sun.	12:00 pm - 4:00 pm

Hours may vary due to varsity swimming/diving & special programming.

EXERCISE/FITNESS ROOM WEIGHT ROOM HOURS

M - F	7:00 am - 12:00 pm
M - Th	8:00 pm - 10:00 pm
Sat. & Sun.	12:00 pm - 4:00 pm

Weight room will be closed during home football games.

COURT AVAILABILITY

M - F	7:00 am - 12:00 pm
Sat.	12:00 pm - 6:00 pm
Sun.	12:00 pm - 10:00 pm

Hours may vary due to varsity handball practices & competitions.

FACILITIES WILL BE CLOSED

Fall break - Saturday, October 17, 2009 - Tuesday, October 20, 2009

Thanksgiving break - Wednesday, November 25, 2009 - Sunday, November 29, 2009

Winter break - Monday, December 7, 2009 - Tuesday, January 12, 2010

Spring break - Friday, March 5, 2010 - Sunday, March 14, 2010

Easter Sunday - Sunday, April 4, 2010

REGISTRATION

Name _____			
Address _____			
City _____	Zip _____		
Email _____	Phone _____		
Program	Session I	Session II	Academic Year
Aquatics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fitness & Weight Room	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Total Cost _____		

*Please return this application with your check **in person** to the Halas Hall Office 250 N. Washington St. Monday - Friday 9:00 am - 12:00 pm or **by mail** to Athletic Department - Community Recreation, Lake Forest College, 555 North Sheridan Road, Lake Forest, IL 60045-2399.*

Please make checks payable to Lake Forest College.

FOR OFFICE USE ONLY

Date received _____
Card sent _____
Amount paid _____
cash/check # _____

LIABILITY: You acknowledge that your attendance at or use of the Lake Forest College Sports Center, including without limitation, participation in any of the Lake Forest College Community Recreation Programs, and use of the equipment and facilities could cause injury to you. In consideration of your membership in the Community Recreation Programs, you hereby assume all risks of injury which may result from or arise out of your attendance at or use of the Lake Forest College Sports Center and you agree to release Lake Forest College and their employees from any and all liability. Further you hereby agree to release Lake Forest College from any and all liability for any loss of, theft of, or damage to any personal property. You acknowledge that you have carefully read this waiver and fully understand that it is a waiver and release of liability.

Signature: _____ Date: _____

LOCKERS/LOCKS

Locker room facilities are available. All locks must be removed daily. Community program participants must provide their own lock.

COURT ATTIRE/ EQUIPMENT

All participants must wear appropriate attire including shirt and tennis-type shoes. Black sole shoes are prohibited. Racquetball players must use either metal or fiberglass racquets with plastic-edge guards. Wooden racquets are prohibited.

*SPECIAL RATES

For family rate add \$50 per each additional adult family member. Individual cards will be issued for each family member. There is a 10% discount for seniors 65 and older. Prorates are available (call 847-735-6136 for information.)

GENERAL RULES/ REGULATIONS

1. Guests are not permitted.
2. Please be advised that the schedule may change due to Lake Forest College varsity practices or contests. Signs will be posted.
3. Please bring your Community Program card. You will need to show your card when entering the building, the pool, and the weight room.

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