

Welcome and thank you for your interest in our Sports and Recreation Center. I am thrilled with the many amenities it offers our community.

When considering membership to the College's Community Fitness and Recreation Program, I feel it is important to let you know that we are different than health clubs in that we are staffed primarily by students in our work study program, we do not offer fitness classes or personalized instruction, and our first priority for facility use and availability is the College community. Programming throughout the year, whether it be for varsity sports, special campus events, camps and conferences, or College breaks, will reflect that priority and I ask that you look carefully at our hours of operation and rules to make sure we can meet your specific fitness and recreation needs.

In closing, I do believe we will be able to meet many of your fitness and recreation goals and I look forward to having you join our Community Program. I also hope you will consider joining our F.A.N. Club (Forester Athletic Network). Not only will you get a discount on your program membership, you will become a special part of our athletic community. F.A.N. Club members receive schedules, newsletters, and invitations to various athletic events throughout the year.

I am excited about the healthy spirit and energy our facility continues to bring to our campus and community and look forward to seeing you soon.

Warm regards,



Jackie Slaats
Vice President for Athletics and Career Services



HOURS

Summer (May 22, 2023–August 23, 2023)

FACILITY and WEIGHT ROOM

M-TH 7 a.m.–10 p.m.
FRI 7 a.m.–8 p.m.
SAT CLOSED
SUN 9 a.m.–8 p.m.

POOL

M-F 7:30–8:30 a.m., 12–1 p.m.
M-TH 7:30–8:30 a.m., 12–1 p.m., 7–8 p.m.

GYMNASIUM, FIELDHOUSE, AND RACQUETBALL COURTS WILL HAVE LIMITED AVAILABILITY DUE TO CAMPS AND CONFERENCES

Academic Year (August 24, 2023–May 10, 2024)

FACILITY and WEIGHT ROOM

M-TH 6 a.m.–11 p.m.
FRI 6 a.m.–10 p.m.
SAT 8 a.m.–10 p.m.
SUN 8 a.m.–11 p.m.

POOL

M-F 7:30–9 a.m., 12:30–2 p.m.
M-TH 8:30–10 p.m.
SAT-SUN Noon–4 p.m.

FACILITIES WILL BE CLOSED TO COMMUNITY PROGRAM MEMBERS MON-FRI FROM 3:30 p.m.–7 p.m.

Spring Break (March 9, 2024–March 17, 2024)

FACILITY and WEIGHT ROOM

M-F 8 a.m.–6 p.m.
SAT-SUN 8 a.m.–6 p.m. (3/19, 8 a.m.–9 p.m.)

POOL

TBA

THE SPORTS & RECREATION CENTER WILL BE CLOSED

Memorial Day Weekend: May 27–29, 2023

Fourth of July: July 1–4, 2023

Annual Pool Maintenance (pool only): July 29–August 23, 2023

Thanksgiving Day: November 23, 2023

Winter Break: December 21, 2023–January 1, 2024

Easter Sunday: March 31, 2024

Summer Transition: May 11–19, 2024

DUE TO LAKE FOREST COLLEGE PROGRAMMING, FACILITY USE AND AVAILABILITY ARE SUBJECT TO CHANGE. CHANGES WILL BE POSTED.

To Sign Up or Renew:

Mike Raymond
847-735-6136
mraymond@lakeforest.edu

Matt Horgan
847-735-6153
mhorgan@lakeforest.edu

Lake Forest College

Community Fitness & Recreation Program

2023–2024



Our memberships offer access to the College's state-of-the-art facility which features:

- Fieldhouse - 3 multi-purpose courts (hardwood, tartan, synthetic turf)
- Three lane suspended recreational track - one tenth of a mile
- six lane, 25 meter lap pool (use of the diving boards not included)
- 9,275 Sq. ft. weight room
- 2,320 Sq. ft. cardio suite with Cardio Theater system
- 1,250 Sq. ft. aerobic/dance studio
- Three racquetball/handball courts
- Indoor tennis court
- Locker rooms (no overnight or permanent lockers available)
- Café
- ADA accessible; Elevator

Note: Ice Rink access is not included in a membership



General rules/regulations:

1. You must have a member ID card OR an updated photo on file to enter the building.
2. Individual memberships are open to adults 18 years of age or older.
3. Family memberships may include up to 2 adult family members over the age of 18 and immediate children and/or siblings 17 years of age and under.
4. Children under the age of 16 are not allowed on any cardiovascular or weight room equipment and must be accompanied and supervised by a parent in their family membership at all times.
5. Guest passes
 - a. Guest passes are available to members age 18 or older
 - b. Each qualifying member receives 3 guest passes per year (year begins when initial membership begins)
 - c. No guests under the age of 18
 - d. An individual guest receives 3 guest passes per year before membership is required (year begins when first guest pass is used)
6. Locker room facilities are available for daily use only. All items must be removed prior to leaving the building. Locks are available for purchase at a cost of \$10
7. Recreation equipment is available to check out at the front desk (members only). Unreturned equipment will incur a replacement charge on the member's account.
8. Group fitness classes are not offered to community members and personal training is not allowed in our facility.
9. Facility use and availability is subject to change due to College programming, summer camps, etc.
10. Membership fraud or any attempt to bypass the front desk check-in process is prohibited.

Members who violate the above rules/regulations are subject to membership suspension/termination. The primary account holder on a family membership assumes responsibility for sharing these rules with all other members on their account.

MEMBERSHIP	ANNUAL	MONTHLY
INDIVIDUAL*		
Standard Rate	\$500	\$70
F.A.N. Club Members	\$400	\$60
F.A.N. Club Members who are also Alumni and/or Senior Citizens***	\$275	\$45
FAMILY**		
Standard Rate	\$1,600	\$210
F.A.N. Club Members	\$1,250	\$170
F.A.N. Club Members who are also Alumni and/or Senior Citizens***	\$800	\$120

* Individual memberships are open to adults 18 years of age or older.

** Family memberships may include up to two adult family members 18 years of age or older and immediate children and/or siblings 17 years of age or younger.

*** Senior Citizens are defined as patrons 62 years of age or older.

*No single day or week passes available—
Lake Forest College reserves the right
to limit memberships*



**F.A.N. Club
annual membership fees:**
\$50 Individual, \$100 Family

*F.A.N. Club brochures
are located online and at the
Sports & Recreation Center front desk.*

goforesters.com