

Physical Education and Community Recreation Center



Facility and Membership Information

425 Fawell Blvd., Glen Ellyn, Illinois 60137
(630) 942-2365 • www.cod.edu/physed

 College of DuPage



Welcome

Welcome to the Physical Education and Community Recreation Center at College of DuPage, a state-of-the-art wellness, athletic and recreation facility.

The Physical Education and Community Recreation Center (PE) features the following:

- Main Arena, which can house either four basketball courts or four volleyball courts
- Natatorium, including an eight-lane, 25-yard lap pool and a diving well with three diving boards
- Five racquetball courts
- 1/10-mile indoor track
- Strength Complex
- Aerobic Fitness Center

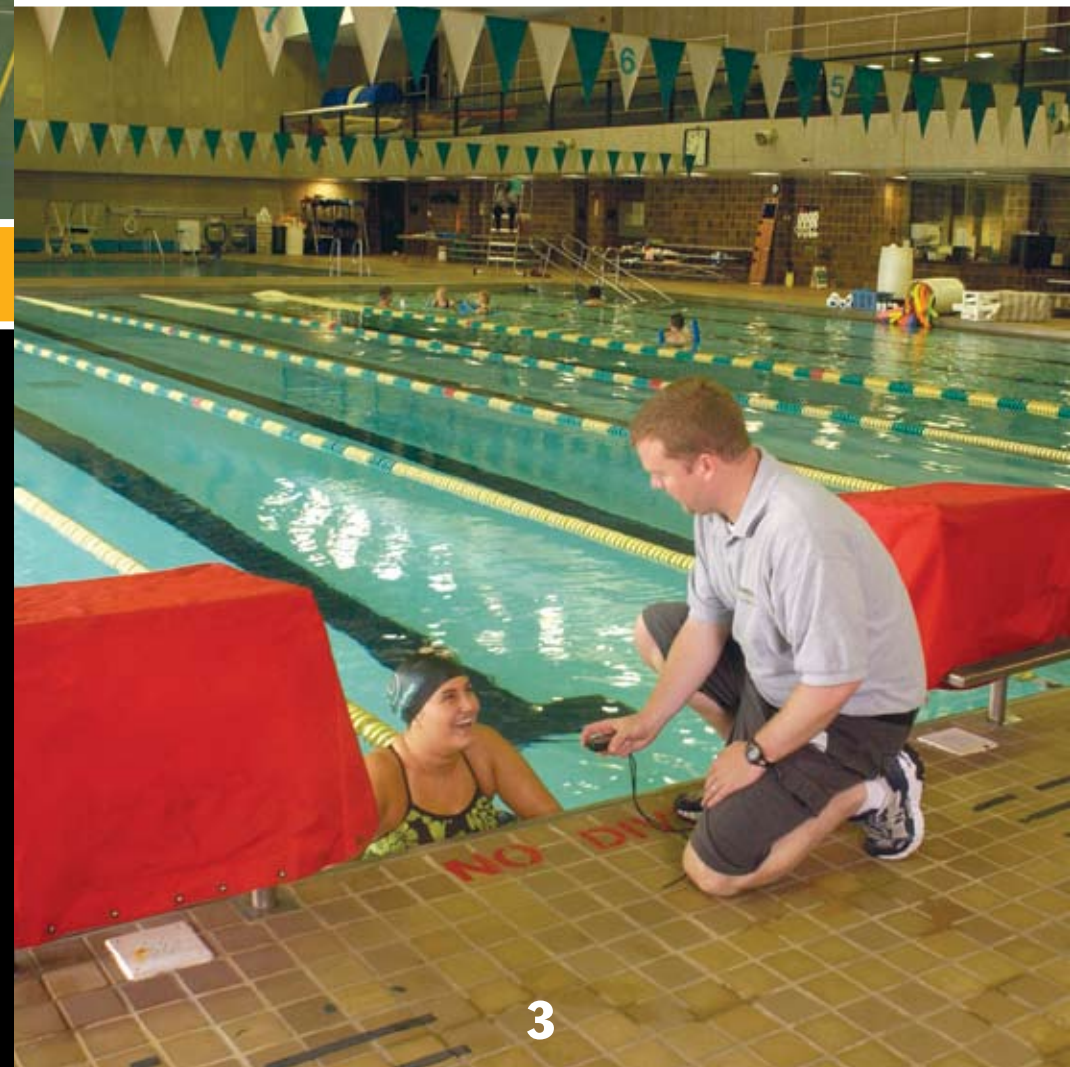
The P.E. Center is open during regularly scheduled school days, but is closed on Sundays and all designated college holidays (except for the Aerobic Fitness Center). Each term, morning, afternoon, evening and Saturday hours provide opportunities for community members to use the facilities. Refer to each term's schedule for current hours. For more information, call (630) 942-2365.

The Zamsky Natatorium includes an eight-lane, 25-yard lap pool, a separate diving well with three diving boards, and a recreational water basketball hoop. The pool has certified lifeguards on duty during all swimming hours. College of DuPage offers a variety of fitness classes as well as open community swim.

Pool classes include:

- Water Aerobics
- Deep Water Aerobics
- Learn to Swim
- Swim Fitness
- Scuba

Zamsky Natatorium



Membership Type	Member Benefits	Special Considerations	Membership Fees	
			Seasonal	Annual
GOLD	Arena, Aerobic Fitness Center, Indoor Track, Pool, Racquetball Courts, Strength Complex	Check for scheduled times in P.E. office.	Regular: \$100 Senior: \$50 Alumni: \$75 Employee: N/A Employee Family: \$50 (each person)	\$350 \$175 \$262 N/A \$175
SILVER	Arena, Indoor Track, Pool, Racquetball Courts, Strength Complex	Aerobic Fitness Center not included. Check for scheduled times in P.E. office.	Regular: \$70 Senior: \$35 Alumni: \$52 Employee: FREE Employee Family: \$35 (each person)	\$250 \$125 \$187 FREE \$125
BRONZE	Aerobic Fitness Center	Non-credit. See scheduled times, more than 65 hours per week Sunday through Saturday.	Regular: \$80 Senior: \$40 Alumni: \$60 Employee: \$40 Employee Family: \$40 (each person)	\$300 \$150 \$225 \$150 \$150
GREEN	<p>Students must be enrolled in 6 or more credit hours. \$5 for the student I.D. card, \$10 for the first semester membership; \$10 renewal when enrolled in 6 or more hours. Note: Student membership does not include the Aerobic Fitness Center.</p>			

Memberships

Membership registration is available by mail or in-person. For registration information, call (630) 942-2365.

A wide variety of membership plans are offered by the P.E. Center to meet the varied needs of the community.

- All memberships are individual memberships only.
- Must be 16 years of age.
- College of DuPage full-time and part-time employees and immediate family

members (spouse/children) are eligible for 50 percent off the regular rates.

Silver memberships are free to full-time and part-time employees only. Full- and part-time employees must be currently employed at the college.

- Retirees and spouse receive 50 percent off regular rates.

Guest passes: \$5 per visit (All guests must sign liability waiver form.)

Lost card replacement fee: \$5 first lost card, \$10 each replacement card thereafter.

Alumni (25 percent discount): With a degree, certificate or 40-plus semester hours (60-plus quarter hours)

Seniors (50 percent discount): For those who are 60 years of age or older

Seasonal membership: Three months from initial sign-up date.

The Aerobic Fitness Center is designed for adults of all ages. Lifetime fitness has become an important focal point in our culture. Longevity, productivity and quality of life are the rewards of good physical health.

At College of DuPage's Aerobic Fitness Center, an instructor is always present to assist Fitness Center users. Each participant receives a sound exercise activity program that enables them to improve physical fitness, strength, flexibility and endurance.

The Aerobic Fitness Center includes:

- Two weight circuits
- Treadmills
- Elliptical cross trainers

- Stationary bicycles
- Mini trampolines
- Rowing machines
- Ski machines
- Stair climbers
- Recumbent bicycles
- Entertainment system

The Aerobic Fitness Center also offers:

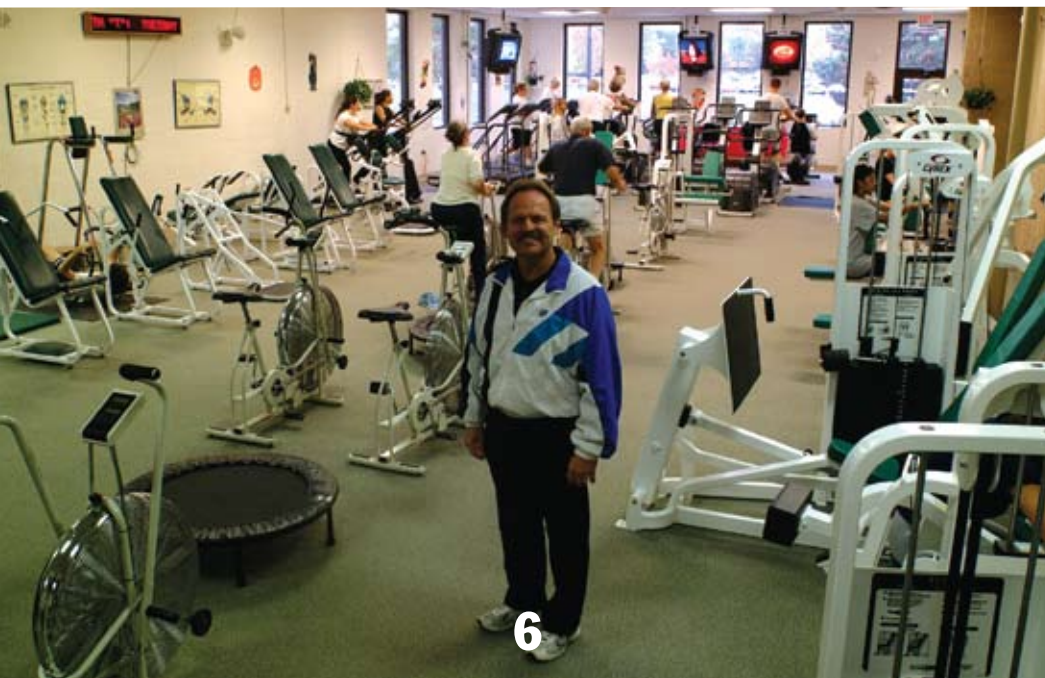
- Open hours that let you work at your own convenience.
- Instructions that give you a routine to follow.
- A professional staff that concentrates on your needs.

Fit fitness into your schedule. You'll be fit for life.

For further information, call (630) 942-2466.



The Aerobic Fitness Center



Strength Complex

The Strength Complex is a 2,800 square-foot state-of-the-art facility that has more than 35 pieces of exercise equipment. The exercise machines are designed to develop strength, power and body sculpting all within a safe and user-friendly environment. The Strength Complex features Body Masters selectorized equipment and Magnum free

weight power racks, Olympic platforms and exercise cycles. Men and women of all fitness levels and ages 16 and up will find that the Strength Complex will meet all of their training needs. Certified supervisors are available to give individual orientations to any member who requests one.