

**PERSONAL TRAINING:** One-on-one sessions with a certified trainer. Inquire at the front desk for availability of trainers and pricing.

**PUTTING AND DRIVING AREAS, BATTING CAGE, PITCHING AREA, and AEROBICS ROOMS** (with mirrors, equipment, and solid or matted flooring): Sign out for the rooms at the front desk. Those younger than 7<sup>th</sup> grade must be accompanied by an adult.

**MEN'S BASKETBALL LEAGUE:** Wednesday nights November - March.

**CO-ED VOLLEYBALL LEAGUE:** Thursday nights with pick-up games/league.

**SWIM TEAM:** Practices and competitions happen through the summer season as a member of the nine team Northeast Iowa Swim Conference. Visit [www.CrescoSwimTeam.Shutterfly.com](http://www.CrescoSwimTeam.Shutterfly.com) for more information and schedules.

**PARK & RECREATION ACTIVITIES** (1<sup>st</sup>- 8<sup>th</sup> graders): We offer a variety of camps and programs at the CFC throughout the year to relate with an array of outdoor activities for the summer.

**PLANNED ADDITIONAL ACTIVITIES:** Outside instructors that sign and pay for a rental contract with the fitness center can offer activities which include, but are not limited to, Tae Kwon Do, Children's Fitness, Dance, Children's Tumbling, Baton Twirling, and Wrestling. These activities will be individually arranged and conducted by each instructor. Sign up and fees for these activities will be handled by contacting the instructor directly. Each instructor will determine enrollment requirements. Inquire at the front desk for more details. Students in classes that are not members of the CFC may not come earlier than ten minutes before class and must leave within ten minutes after class ends. Those staying longer must pay the daily admission.

### **SPONSOR A SWIMMING LESSON OR SUMMER TICKET**

Please consider providing a donation to sponsor a swimming lesson (\$30.00/child) or a three month summer family ticket at the current ticket rate. The CFC will collect the money in a trust and Community Action will determine the recipients.

### **RENTALS**

**POOL** – \$80.00 to \$120.00/hour rates depending upon the number of participants. Available during non-open hours.

**GYM** – \$25.00/hour during open hours or \$50.00/hour non-open hours.

**MEETING ROOMS** – Non-members must pay a \$10.00 rental fee for each hour. Members have \$5 rental fee per hour. Everyone must pay daily admissions for each non-member participant beyond the room. Private parties of for-profit groups must pay \$10.00/hour. Non-profit groups may use these rooms for a donation. BIRTHDAY PARTY PACKAGES available for \$30 or \$50, see flyer.

**GROUP LOCK-INS** – Lock-ins may be scheduled for Friday or Saturday nights. A \$200.00 rental includes the first two hours in the lifeguarded pool and an overnight stay in the upper gymnasium. For \$50.00 more the fitness room may be added.

*If you would like to have some of the activities listed at different times, have new activities not listed included, or have any other activity suggestions, please let the staff know. We will try to accommodate you.*

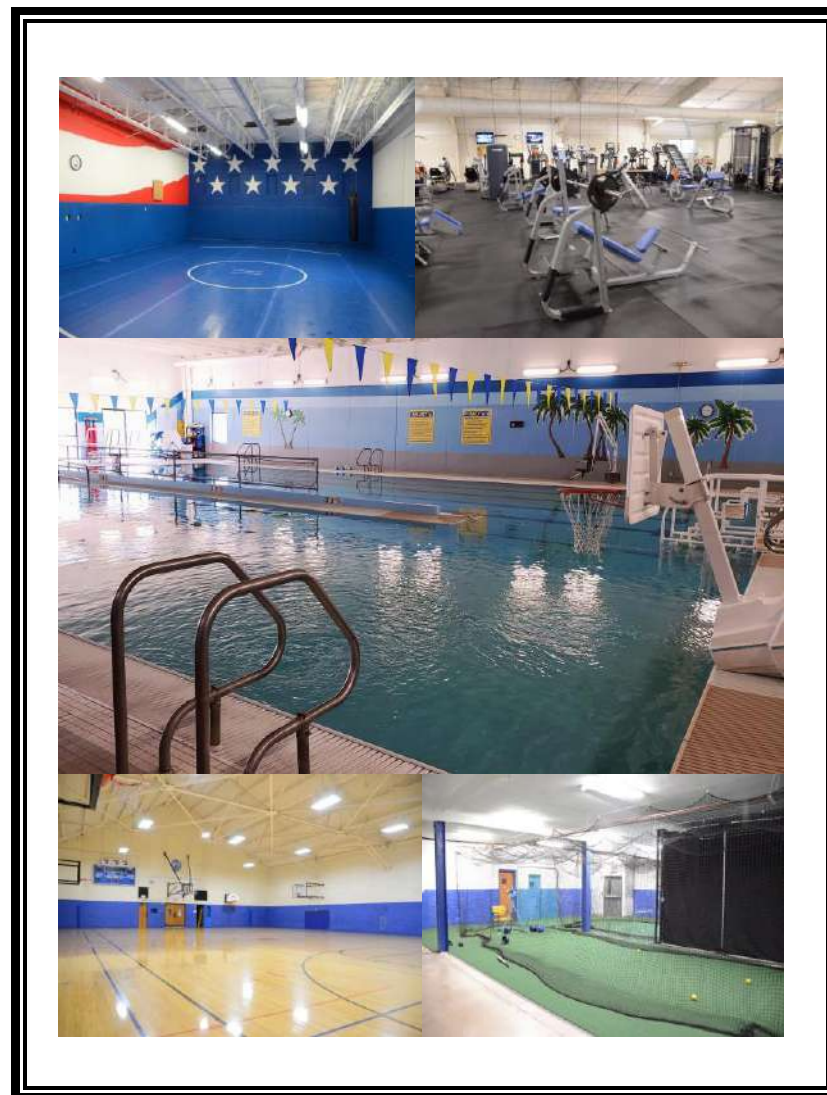
# Cresco Fitness Center

(563) 547 -3443

[www.cityofcresco.com](http://www.cityofcresco.com)

316 3<sup>rd</sup> Ave E

Cresco, IA 52136



**FACILITY HOURS:**

<b>Monday – Thursday</b>	5:00 am – 9:00 pm
<b>Friday</b>	5:00 am – 9:00 pm
<b>Saturday</b>	9:00 am – 6:00 pm*
<b>Sunday</b>	1:00 pm – 6:00 pm

**POOL HOURS (through the school year)**

<b>Monday through Friday</b>	<b>Saturday</b>
4:00 – 7:00 pm Open Swim*	10:00 am – 6:00 pm Open Swim**
	<b>Sunday</b>
	1:00 – 6:00 pm Open Swim

*\*Extra Open Pool Hours: No school days 1:00 - 4:00 p.m. and early-out days call to confirm hours*

**\*\* MEMORIAL WKND THRU OCTOBER: Saturday Closing @ 4:00 pm**

**POOL HOURS (through the summer)**

<b>Monday through Friday</b>	1:00 – 7:00 pm	Open Swim
<b>Saturday</b>	10:00 – 4:00 pm	Open Swim
<b>Sunday</b>	1:00 – 6:00 pm	Open Swim

**ADULT / LAP SWIM:**

**Monday, Wednesday, Friday** 5:00 – 8:00 am  
**Tuesday and Thursday** 11:30 am – 1:00 pm (through the school year)



**CLOSED ON THE FOLLOWING HOLIDAYS:**

New Year's Day, Easter, Fourth of July, Thanksgiving, Christmas

**SCHEDULE CHANGES:**

New Year's Day, Memorial Day and Labor Day: Open 1:00 – 6:00 pm  
 Closed during the week of the Howard County Fair for yearly cleaning.  
 Pool closes at 4:00 pm for summer swim meets. Check at the front desk for a schedule.  
 The CFC typically closes early on homecoming, and the eve of holidays.  
 The CFC **could be** closed due to maintenance, cleaning, or repairs.

**Call ahead to confirm hours before traveling over.**

**FACILITY AGE REQUIREMENTS:**

- Children 2<sup>nd</sup> grade and younger MUST BE SUPERVISED DIRECTLY BY SOMEONE 7<sup>TH</sup> GRADE OR OLDER in all areas of the facility. Children 2<sup>nd</sup> grade and younger must be accompanied directly with an adult in the pool unless the child is able to swim across the deep end.
- Children 3<sup>rd</sup> grade through 6<sup>th</sup> grade may use the pool during open hours as well as the track and gymnasium areas without supervision.
- Students 7<sup>th</sup> grade and older have full use of the facility

**RECEPTION DESK AND CHECK-IN**

- All patrons must check in at the front desk for records as well as monitoring safety. Each patron will enter their ticket number or name in the check-in computer and select an activity OR pay daily admission with cash/check/credit card or punch card.
- The south entrance/exit door is the only public access to the facility.
- All other doors are "exit only" and strictly for emergencies.



**PARTICIPATING BUSINESS ACCOUNTS (PBA):** Any business may choose to implement payroll deduction for yearly/monthly amounts which will receive the 10% discount with a minimum of three employee tickets. Each business may also choose to contribute another portion of the payment amount as a benefit.

**MONTHLY BILLINGS:** Automatic withdrawal from your checking account and credit card payments will debit/process around the 27<sup>th</sup> of the month for the next months participation. Authorization forms are available at the front desk.

**DELINQUENT ACCOUNTS POLICY**

Balances that are unpaid by the 1<sup>st</sup> of the month will be considered delinquent and are subject to a \$5.00 late fee. A person whose account is delinquent in excess of 15 days after the due date may be denied access to the facility. Reinstatement will require a new application and the payment of \$20.00 as a rejoining fee. The fee for a returned check will be \$20.00.



**DAILY ADMISSIONS**

Adults \$8.00, Students \$5.00, Walking-Track \$4.00

**PUNCH PASSES** *(No expiration and are transferable)*

Pay \$40.00 and get \$48.00 value

Pay \$80.00 and get \$100.00 value

Pay \$120.00 and get \$156.00 value

Pay \$35.00 and get 10 walking admissions

**TICKETS:** Lump Sum (one-time payment)

	Yearly (Includes 10% discount)	6-month	3-month
Student (K-C)	\$223.20	\$167.40	\$111.60
Individual	\$334.80	\$251.10	\$167.40
Couple	\$446.40	\$334.80	\$223.20
Family	\$558.00	\$418.50	\$279.00
WC Individual	\$167.00	\$125.25	\$83.50
WC Couple	\$223.20	\$167.40	\$111.60

	Monthly (year minimum)	Auto-Withdrawal or Credit Card	
Individual	\$31.00	Student (K-C)	\$20.67
Couple	\$41.33	WC Individual	\$15.46
Family	\$51.67	WC Couple	\$20.67

Sales Tax is included. Prices are subject to change.

WC- walking club for track use only

Students (college or military) may remain on their family's ticket thru age 23.

Two designated people from the same family may qualify as a Couple.

Special groups need the approval of the board to be considered a family or couple.

Children four and under are free with Individual/Couple tickets of their parents or a paid adult daily admission.



### AEROBICS PASSPORTS

10 punches	Member \$30.00	Non-member \$60.00
20 punches	Member \$55.00	Non-member \$110.00
30 punches	Member \$75.00	Non-member \$150.00



**These passes are transferable between designated water and floor classes**  
**Check the current class schedule and come join the fun!**

- **FLOOR AEROBICS:** Multiple classes are offered at various times of the year for low/moderate intensity aerobics, toning, and stress relief. Classes at a given time may include: Pilates, Yoga, Cardio Blast, Pump It, and Dynamic Focus.
- **WATER AEROBICS:** This is a great way to work out without added stress to your joints. You do not have to know how to swim to participate.
- **VIDEO AND DVD LIBRARY:** We have many of the popular workout programs that which may be checked out at the front desk or found shelved in the upper aerobics room

### SWIMMING LESSONS (Pay at time of sign-up)

**Public** Eight 40-50 minute lessons - \$50.00 w/out membership  
 - or \$25.00 with membership.

Levels 1-6 will be offered throughout the summer.

**Private** Four 35 minute lessons - \$100.00 w/out membership or \$50.00 with membership. Scheduled throughout the year.

**SMOKING AND ALCOHOL** are not permitted in and/or around the facility.

### DISCIPLINARY POLICY

Everyone must behave responsibly and treat the equipment, staff, and other patrons with respect. Failure to do so will result in disciplinary action or suspension from the facility.

**LOCKERS:** Rental fees are paid on a monthly, six month, or year agreement. Any patron may use open cubbies or lockers by securing with a padlock but the lock must be removed by the end of the day.

**TOWELS:** We ask that all patrons bring their own towels; however, there are towels available at the front desk for a rental fee.

**ATTIRE:** Patrons are expected to wear appropriate attire including shirts and clean tennis shoes in the fitness room and while participating in all activities. Swimsuits are required while using the pool or hot tub.

**CHILDCARE:** No childcare services are available at this time.

### FITNESS ORIENTATION & EQUIPMENT

A 20-minute orientation is recommended before using the equipment. Appointments may be made at the front desk. All children 6<sup>th</sup> grade and younger are **not** allowed on or around the fitness equipment (on the black matted areas).

### PLANNED LESSONS/PROGRAMS/EVENTS Offered by the CFC Staff

Session fees will vary according to the length of class sessions. Payment is expected at the time of registration and will cover instructor, referee fees or special equipment. There is no fee for parents to watch swimming or recreation programs. Classes are subject to enrollment requirements.

