



**CORE Hours of Operation**  
 Monday-Friday: 5 a.m. - 9 p.m.  
 Saturday & Sunday: 7 a.m. - 5 p.m.



**FACE COVERINGS ARE REQUIRED IN ALL COMMON AREAS AS WELL AS WHEN NOT ACTIVELY PARTICIPATING IN CARDIO EXERCISE OR SWIMMING IN THE INDOOR POOL. FACE COVERINGS MUST COVER YOUR NOSE AND MOUTH.**

### Check out Fitness On Demand in Studio B!

Select from a variety of virtual on-demand fitness classes including HITT, Strength, Mind and Body, Core, Dance and more! [Click here](#) to see Fitness on Demand in action. Stop by the Service Desk for more information and learn how you can experience Fitness on Demand at The CORE

### Fitness Class Highlight - Zumba with Nicole

The Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

### Aquatics Update

- \* Aqua Fitness is available Monday-Friday 9-9:45 am & Saturdays 8-8:45 am. Registration for the weekly classes begins at 7 a.m. on Sunday before classes begin.
- \* Group Swim Lessons for summer begin May 31! Weekday, mornings, evenings and Saturday times will be available. Registration begins 5/15 for Lemont residents and 5/22 for non-residents.
- \* Outdoor Pool Passes on sale NOW! Pool opens on 5/28 for pool pass holders and on 5/29 for the public.
- \* Visit [www.LemontParkDistrict.org](http://www.LemontParkDistrict.org) to reserve your lap swim lane time. We are offering six lap swimmers at time per hour. Please check the pool schedule each week for the most current schedule.
- \* Please remember to wear mask at all times on pool deck.

### Fitness Center Focus

What types of exercise help with stress? Almost any kind of exercise can be helpful! Here are some examples to try:

1. **Biking**
2. **Brisk walking or jogging**
3. **Swimming or water aerobics**
4. **Tennis, racquetball or pickleball**
5. **Strength training or weightlifting**
6. **Rowing**

Any type of exercise can increase your fitness and decrease your stress. However, it is important to choose an activity that you enjoy rather than dread. When you are having fun, you are more likely to stick with your workout routine.



### Personal Training Available at The CORE!

One-on-one personal training available at The CORE! Please contact Del Halter at [dhalter@lemontparks.org](mailto:dhalter@lemontparks.org) or at 630-257-6787 ext. 3037 for more information.

### May Safety Tip - Water Safety Month!

Here are a few water safety tips!...

- Teach children water safety and swimming skills as early as possible.
- Always brief babysitters on water safety, emphasizing the need for constant supervision.
- Appoint a “designated watcher” to monitor children during social gatherings at or near pools.
- Equip doors and windows that exit to the pool area with alarms.
- Post CPR instructions and learn the procedures.
- Keep rescue equipment poolside. Don’t wait for the paramedics to arrive because you will lose valuable life-saving seconds. Four to six minutes without oxygen can cause permanent brain damage or death.
- Keep a first aid kit as poolside.
- Maintain constant visual contact with children in a pool or pool area. If a child is missing, check the pool first; seconds count in preventing death or injury.
- Don’t use flotation devices as a substitute for supervision. Never allow a young child in a pool without an adult.
- Don’t leave objects such as toys that might attract a child in the pool and pool area.
- Never prop the gate to a pool area open.
- Never assume someone else is watching a child in the pool area.

Visit <https://www.nationalwatersafetymonth.org> for more information.