

CORE MATTERS



2022 - CORE Member Monthly Newsletter

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

Due to a staffing shortage and to continue to offer lap swim, The CORE Pool will be open, however, NO LIFEGUARD will be on duty Monday through Friday, 10 am-3:30 pm.

Persons under the age of 16 MUST BE accompanied by a parent, guardian or other responsible person of at least 16 years of age.

Swimming alone is not recommended.



ARE YOU UP FOR THE CHALLENGE?



DO THE Q!

5K & 10-MILE • MAY 7, 2022 • LEMONT, IL

REGISTER TODAY @ GetMeRegistered.com!



QUARRYMAN
challenge



CARA
CIRCUIT RACES



LEMONT
PARK DISTRICT
VILLAGE OF
LEMONT

www.QuarrymanChallenge.com

Fitness Class Highlight - Mix It Up

Join us for a premiere total-body workout that includes cardio conditioning in the form of step, kick boxing or high/low impact aerobics. We will also be strength training by using hand-held weights and working out the lower body.

Visit The CORE Service Desk for a schedule of Group Fitness Classes... why not try adding something new to your usual exercise routine?

Fitness Center Focus

Fun Facts About Exercising - We hope these fun facts will motivate you toward your next workout!

1. Exercise improves brain performance
2. Running burns calories
3. A pound of muscle burns three times more calories than a pound of fat
4. You get sick less often
5. Workout enables you to sleep better

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 the Sunday before classes begin.
- * Next session of group swim lessons begin 4/4! Register today!
- * **DAYTIME LIFEGUARDS AND SUMMER STAFF NEEDED! Competitive pay and paid training! Apply today at www.LemontParkDistrict.org!**