

# CORE MATTERS

The Lemont Park District  
**CORE**  
Fitness & Aquatic Complex

September 2022 - CORE Member Monthly Newsletter

CORE Summer Hours of Operation: Monday-Thursday: 5 a.m. - 9 p.m.  
Friday: 5 a.m. - 8 p.m. • Saturday & Sunday: 7 a.m. - 5 p.m.

**CORE LABOR DAY HOURS: 7 a.m. - 12 p.m.**

**Beginning Tuesday, September 6<sup>th</sup>,  
The CORE hours of operation will be as follows:  
Monday-Friday 5 a.m. - 9 p.m.  
Saturday & Sunday 7 a.m. - 5 p.m.**

## Group Fitness Class Highlight – Silver Sneakers

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. The CORE proudly offers as many as 15 Silver Sneakers weekly classes for our active adults. Check out the Active Adult Fitness Schedule for classes especially for the aged 55+.



Did you know that you may be eligible for a free fitness membership as part of the Silver Sneakers program? Check with your health care provider or visit [www.silversneakers.com](http://www.silversneakers.com) to see if you qualify for this amazing benefit.

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

## Fitness Center Focus

### Back to School Fitness - Four Fitness Tips for Busy Parents

1. Consider taking fitness classes. Fitness classes are great because they do not last very long, they are taught by seasoned fitness experts and they're a great way to meet new people and stay motivated.
2. Make every minute count. When the kids are in school, you can't use this as an excuse to NOT workout. Head to the gym and squeeze in a workout or go for a walk or run. Basically, make every minute you have count and use it to help get yourself fitter and healthier.
3. Prep your meals. Getting fit and healthier isn't just about exercising, it's about eating healthier. Use any free time you have to cook a series of simple, yet tasty, healthy meals that will keep in the fridge or freezer, which can simply be eaten cold or reheated during the week.
4. Find an exercise you enjoy. Exercise should not be a chore; it should be enjoyable. It may be tough, but you should still enjoy doing what you are doing.

## Aquatics Update

- \* 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 a.m.-3:30 p.m. 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.
- \* Aqua Fitness is available Monday-Friday, 9-9:45 a.m., Fridays 8-8:45 a.m. Registration for the weekly classes begins at 7 a.m. on the Sunday before classes begin.
- \* Group Swim Lessons at The CORE begin in September... don't forget to register!
- \* Now Hiring! Daytime Lifeguards Needed! Shifts available 4:45 a.m.-3:30 p.m. Competitive pay and paid training...apply today!



**Join the Lemont Park District Team! Competitive pay and paid training!  
PLUS all employees receive a FREE CORE Membership!  
Apply today at [www.LemontParkDistrict.org](http://www.LemontParkDistrict.org)!**

[www.LemontParkDistrict.org](http://www.LemontParkDistrict.org) • 630-257-6787