

## Membership Definitions

### AVAILABLE FOR WARREN & STERLING HEIGHTS RESIDENTS ONLY

- YOUTH:** Any person 3-17 years of age.  
**ADULT:** Any person 18 to 54 years old.  
**SENIOR:** Any person 55 years of age and older.  
**HOUSEHOLD:** Two adults and a maximum of three of their children/dependents under the age of 18. There is an added fee for additional

## Membership Descriptions

### ANNUAL MEMBERSHIP:

An annual pass allows year-round use of the facility recreation areas during "open use" times. Pass fee must be paid in full at the time of registration. All sales are final. No refunds.

**EFT MONTHLY PAYMENT:** This convenient monthly payment plan allows you to have the fee electronically deducted from your account on a monthly basis.

- The EFT service is free, however, we require the first and last month's payment and your bank account information when you sign up.
- The payment will be deducted from the bank account or credit/debit card you provide us with on the 15th of each month.
- Monthly electronic payments are only available with an annual pass.

### MONTHLY MEMBERSHIP:

A monthly pass allows use of the facility recreation areas during "open use" times, for a one month period. Pass fee must be paid in full at time of registration.

## Daily Passes

### FEES

Youth	Adult
\$5	\$10

*Daily passes are only available for residents of Warren and Sterling Heights only.  
All adults must show valid ID for entry.*

## Membership Fees

### ANNUAL MEMBERSHIP

Annual Amount	Youth	Adult	Senior	Household
	\$189	\$249	\$189	\$480*
<b>EFT Monthly Payment</b>	\$15.75	\$20.75	\$15.75	\$40

*\*Additional youths for an annual household membership is \$48 per youth. EFT payment will be adjusted accordingly.*

### MONTHLY MEMBERSHIP

Monthly Amount	Youth	Adult	Senior	Household
	\$20	\$25	\$20	\$50*

*\*Additional youths for a monthly household membership is \$10 per youth.*

## Rules and Regulations

- All swimmers must wear a swimsuit that is lined and suitable for public use.
- Children under 14 years of age must be accompanied and chaperoned by an adult.
- Children under 3 years are admitted free and must be accompanied by a paying adult.
- Lockers are available for day use only. Must provide own lock.
- Private locker rooms are available for moms with sons (13 & under), dads with daughters (13 & under), and adults with accessibility issues. Temporary access will be given to adults who have had recent surgery. All other members and guests should use the other locker rooms.
- Lockers are available for day use only. Locks must be removed each day.
- You must bring your own swimsuit and towel.
- Children of the opposite sex are not allowed in the opposite sex locker rooms.
- Minimum age to use the fitness center is 14.
- Children under age 6 must be accompanied by a paying adult in the water, in a bathing suit.
- Child care is available for children ages 2 months to 9 years with a membership.
- Maximum time limit in the child care is two hours per day. Children under the age of 1 have a time limit of one hour per day.
- Parent or legal guardian MUST be in the Warren Community Center during the child's stay in child care.
- Members are responsible for their guests.

## Features

*The Warren Community Center is barrier free accessible.*

### Leisure Pool

- Zero depth entrance
- Lazy river
- Play structure with 300 gallon tipping bucket
- Hot tub, steam room, and sauna

### Court Areas

- Two full court gymnasiums

### Child Care Center

- Available for children 2 months - 9 years of age with a membership

### Lap Pool

- Three 23 yard lap lanes
- Outdoor terrace
- Water exercise, lessons, and other special programs

### Weight and Fitness

- Cardiovascular equipment
- Treadmills
- Elliptical trainers
- Selectorized machine weights to work major muscles
- Dumbbells and plate loaded equipment
- TRX Equipment

### Locker Rooms

- Men's and women's locker room each have individual lockers and showers available
- The Private Locker Room has individual lockers along with private changing rooms that include a shower and bathroom. A handicap room is available.

### Outdoor Facilities

- Playground structure
- Two picnic shelters
- 1.25 mile walking/biking path
- Eight soccer fields

## Child Care Center

**MONDAY - SATURDAY**

9:30 a.m. - 2 p.m.

**MONDAY - FRIDAY**

4 p.m. - 7 p.m.

# Fitness Facility Schedule

## Fitness Center

**MONDAY - FRIDAY** 8 a.m. - 8 p.m.  
**SATURDAY** 8 a.m. - 6 p.m.

## Group Fitness Classes

### Body Pump

**MONDAY, WEDNESDAY & FRIDAY**  
 9:30 a.m. - 10:30 a.m.

### Yoga with Jeanie

**TUESDAY & THURSDAY**  
 9 a.m. - 10 a.m.  
**MONDAY (Chair)**  
 8:15 a.m. - 9 p.m.

### TLC Chair Exercise

**THURSDAY**  
 9:15 a.m. - 10 a.m.

### Senior Cardio Circuit

**TUESDAY & THURSDAY**  
 10 a.m. - 11 a.m.

### Belly Dancing

**WEDNESDAY**  
 11 a.m. - 12 p.m.

### Zumba Gold

**WEDNESDAY**  
 11 a.m. - 12 p.m.

### Zumba

**MONDAY - WEDNESDAY**  
 6 p.m. - 7 p.m.

### Total Body Conditioning

**WEDNESDAY**  
 6 p.m. - 6:45 p.m.

### Pilates

**WEDNESDAY**  
 7 p.m. - 7:45 p.m.

### Zumba Toning

**TUESDAY & THURSDAY**  
 7 p.m. - 8 p.m.

### TRX Class

**MONDAY & WEDNESDAY**  
 6:30 p.m. - 7:15 p.m.  
**TUESDAY & THURSDAY**  
 8:30 a.m. - 9:15 a.m.

## Open Basketball

**THURSDAY** 4 p.m. - 7 p.m.  
**SATURDAY** 12 p.m. - 5 p.m.

# Aquatic Center

## Play Structure & Lazy River

**MONDAY - FRIDAY** 8 a.m. - 8 p.m.  
**SATURDAY** 8 a.m. - 6 p.m.

## Open Swim & Lap Swimming

**MONDAY - FRIDAY** 8 a.m. - 8 p.m.  
**SATURDAY** 8 a.m. - 6 p.m.

## 23 YARD LANES AVAILABLE

## Hot Tub, Sauna & Steam Room

**MONDAY - FRIDAY** 8 a.m. - 8 p.m.  
**SATURDAY** 8 a.m. - 6 p.m.

# Water Exercise Schedule

### TLC Aqua Class

**MONDAY - FRIDAY** 10 a.m. - 11 a.m.

### Hydro Training Class

**MONDAY - FRIDAY** 9 a.m. - 10 a.m.  
**TUESDAY & THURSDAY** 6 p.m. - 7 p.m.

## Class Descriptions

### TLC Aqua Class

Tender Loving Care (TLC) Aqua Class is designed to be easier on the joints, focusing less on cardio and more on mobility, flexibility, balance and core strength. This is ideal for those with joint replacement, MS or arthritis. Noodles and kickboards will be used. Ability to swim is not required.

### Hydro Training

Designed for all levels. It is a great way to relieve stress, while working on increased muscular and cardiovascular strength.

Revised 8/24

**FITNESS CENTER**

**WARREN COMMUNITY CENTER**

**INDOOR WATER PARK**

**FACILITY FOR WARREN & STERLING HEIGHTS RESIDENTS**

[www.cityofwarren.org](http://www.cityofwarren.org)

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