



MEMBER INFORMATION PACKET

Welcome NEW Member - We are very happy to have you here!

Here are some important items that you need to know about the Club

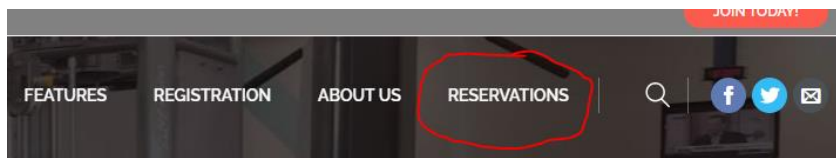
Club website: **HFRacquetandFitness.com** Club phone: **708-799-1323** Park website: **HFparks.com**

ENTERING THE CLUB

- Stop at the desk and scan in each time you visit the Club. The ways to do this are:
 - Use the RFC Membership ID you were issued when you joined (*only you can use this pass; no other family member or friend*)
 - Save your RFC Membership ID in the RFC App – you can scan in using your phone
 - Download app from App Store by searching *H-F Racquet & Fitness*
 - You need to have your valid ID to load it into the app
 - If you forgot or lost your ID card –stop at Welcome Center and ask the attendant to scan you in – they will need your last name and first initial
 - We ask that members only do this no more than 3 times – after this, you will be required to obtain a replacement card for \$5
 - If you have lost your ID – a replacement ID is available for \$5
- **Call Shelley with questions about membership 708-799-1323 ext. 1158**

GROUP FITNESS CLASSES – Included with RFC PREMIER AND RFC MONTH-2-MONTH memberships only (*not included with Racquet Sports memberships*)

- Group Fitness classes are offered via ZOOM and IN-PERSON. Classes require reservations to attend.
 - Reservations can be made at [HFRacquetandFitness.com](https://www.HFRacquetandFitness.com) website
 - Here are the steps to set up the registration process
 - Navigate to [HFRacquetandFitness.com](https://www.HFRacquetandFitness.com)
 - this process is easier when completed on a desktop or laptop computer
 - registration can be completed on smart phone or tablet
 - Hover cursor over RESERVATIONS



- Pull down to the class type you are interested in taking (*Zoom or In-Person*)
- The first time you use the system, it will prompt you to create an account – you will need to do this to make reservations in the TULA software which we use for reservations
- There is a RESERVATION TUTORIAL to assist in account creation
- **ZOOM CLASSES** are included with Premier Membership



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- **IMPORTANT** –After an account is created in Tula, a complimentary MEMBER CLASS PASS will be added to the account. This pass enables members to take virtual classes at no cost. **Virtual classes are only free to Premier members.**
 - If pass has not been added please REACH OUT TO THE WELCOME CENTER to have free MEMBER CLASS PASS added to TULA account.
 - Please allow up to 48 hours to add pass.
- **Call Kelly with questions about Group Fitness Classes 708-799-1323 ext. 1152**

VIRTUAL Class MEMBERSHIPS

ZOOM CLASSES are available for Racquet Sports Members and anyone who is not a Premier Member of the Club by purchasing a VIRTUAL CLASS PASS.

- Passes allow the pass holder to take any VIRTUAL ZOOM CLASSES ONLY.
 - \$12 monthly passes are valid for 30 days from purchase and auto renew unless canceled.
 - Single Class Pass is available for \$3
 - Gift certificates are available
- **Call Kelly with questions about Virtual Classes 708-799-1323 ext. 1152**

WORKOUT ZONE are reserved in same manner as the IN-Person group fitness classes

Members of the same household can work out together in the **Workout Zone**. Children ages 12 and under can work out with a parent in the Workout Zone. Parents are responsible for monitoring children in Workout Zone.

LOCKER USAGE AND RENTAL

Members are free to use a locker on a daily basis. We recommend you lock your personal items while in the building.

- We will keep cleaning supplies in each room for your use

Any locks that remain overnight on a daily-use locker WILL BE CUT OFF by the overnight cleaning crew

LOCKER RENTAL (*optional*)

- Lockers are available to rent - \$7.50.per month
- The monthly fee will be automatically charged to your credit card until you notify us in writing to cancel this plan.
- There are no refunds.
- This locker rental is not contingent on whether or not you have an active membership. If you no longer have a club membership, you must also cancel your locker rental.
- All articles left unclaimed in a locker that is no longer being rented will be bagged and held for 30 days.
- Members will maintain their own locker



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- Neither the Homewood-Flossmoor Park District or the H-F Racquet & Fitness Club are responsible for any lost, stolen or damaged items resulting from the rental of this locker
- In case of an emergency, the club reserves the right to open a locker with or without consent of the renter.
- **Please stop by the Welcome Center to sign up for a rental locker**

- **Call Ann for more information about locker rental 708-799-1323 Ext 1144**

TENNIS COURTS

Whether you are an experienced tennis player or a beginner, you can be a part of an exciting year-round adult and junior tennis program designed to accommodate your schedule and your lifestyle! The H-F Racquet & Fitness Club offers a variety of tennis programs for Club members, residents, and non-residents. Come and see what our Club offers!

- | | | |
|--|---|--|
| • 10 Indoor Tennis Courts
<i>Court rental fees apply</i> | • Racquetball Court | • Tennis Tournaments
<i>Juniors & Adults</i> |
| • Drills & Group Lessons
<i>Juniors & Adults</i> | • Private Tennis Lessons
<i>with Certified Tennis Pro</i> | • Tennis Ball Machine Rental |
| • Junior Tennis Camps | • Organized Adult Leagues | • Pickleball Lessons, Classes & Court Time |
| • Tennis Pro Shop | | |

TENNIS PRIVATE LESSONS

PRIVATE

Tier 2

\$58 Mem • \$77 Non-Mem adult • \$75 Non-Mem Youth

Tier 3

\$68 Mem • \$87 Non-Mem adult • \$85 Non-Mem Youth

SEMI-PRIVATE (rates are per person)

Tier 2

\$37 Mem • \$53 Non-Mem adult • \$51 Non-Mem Youth

Tier 3

\$41 Mem • \$58 Non-Mem adult • \$56 Non-Mem Youth

Private and Semi-Private Tennis Lessons are one hour in length and conducted by Certified Tennis Professionals. Semi-Private fees are per person.

TENNIS PROGRAMMING

Current programs and registration is available at hfparks.com

COURT FEES, BALL MACHINE AND PICKLEBALL

We use the [Kourts](#) app to book courts at the Club. You can download app from app store.

Courts can be booked and paid for at the Welcome Center for an additional \$5 convenience fee.

COURT FEES	TENNIS	PICKLEBALL	RACQUETBALL
Prime Time	Non-PCT \$30/hr PCT \$27/hr	Non-PCT \$15/hr PCT \$14/hr	Non-PCT \$12/hr PCT \$11/hr
Mon.-Fri.	6 pm - Close	6 pm - Close	6 pm - Close
Sat., Sun., & Holiday	8:30 am - Close	8:30 am - Close	8:30 am - Close
Non-Prime Time	Non-PCT \$23/hr PCT \$20/hr	Non-PCT \$12/hr PCT \$10/hr	Non-PCT \$10/hr PCT \$9/hr
Mon.-Fri.	8:30 am-6 pm	8:30 am-6 pm	8:30 am-6 pm
Special Time	Non-PCT \$18/hr PCT \$15/hr	Non-PCT \$9/hr PCT \$8/hr	Non-PCT \$9/hr PCT \$8/hr
Daily	Open-8:30 am	Open-8:30 am	Open-8:30 am
Junior Time	\$18/hr	\$9/hr	\$9/hr
Senior Time	\$18/hr Non-Prime Time & Special Time	\$9/hr Non-Prime Time & Special Time	\$9/hr Non-Prime Time & Special Time

Parent with child = Junior Rate

For information regarding permanent court time (PCT), contact Brandon Eichholz at beichholz@hfparks.com

Court Sports Daily Guest Fees:

\$9 / Adult • \$7 / Ages 17 & younger
(Additional court fee applies. Some restrictions may apply.)

Tennis Ball Machine: \$14 / hr + half price of court fee / hr.
Applies to an individual renter. Some restrictions may apply.

Drop-In Pickleball: \$8 M / \$10 R / \$13 NR (Max. 8)
Mondays, 6 - 8 pm • Wednesdays, 11 am - 1 pm



How to book with Kourts
Follow these simple steps to reserve a court on the Kourts app!

- Download the Kourts app on your smartphone.** It's available in App Store for iPhone and Google Play for Android.
- Open the app.** Scroll through the introductory slides by clicking "Next" or "Skip".
- Click "Me" to log in.** You'll only need to do this once.
- Choose how you'd like to connect to Kourts by clicking on one of the three options.** Follow the prompts to log in.
- Once you are logged in, click "Search" to see a list of clubs in your area.**
- If you'd like to adjust the day, time, or duration of your search, click "FILTER".**
- Make any adjustments to your search criteria and click "DONE".**
- Click on the facility where you'd like to make a court reservation.** Then select the time that you'd like to book.
- If required, enter your card information.** You only have to do this once.
- Click "CONFIRM" to complete the reservation.** You're booked!

Still need help getting started on Kourts? Email us at support@kourts.com

Get it on Google Play | Get it on the App Store

- Questions regarding Tennis programming and lessons – please call Mike Loszach at 708-799-1323 ext. 1153



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PERSONAL TRAINING

- Trainers are available to members and non-members
 - The personal training program is available to members and non-members. Members receive a discounted rate
 - Training Packages available
 - Starter Pack – 2 sessions 55 min with a RFC Trainer
 - Individual Training Packages
 - 5 session 55 min
 - 10 session 55 min
 - 20 session 55 min
 - 10 session 30 min
 - 20 session 30 min
 - Partner Training
 - 10 session 55 min
 - Rates can be found at HFRacquetandfitness.com under the FITNESS tab
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- **Call Shelley at 708-799-1323 ext. 1158 to request a personal trainer**

SMALL GROUP TRAINING

- *Small Group Training* is a paid fitness program available to members and non-members. Members receive a discounted rate for SGT classes
 - SGT is a program that offers classes led by RFC Personal Trainers
 - Class size is limited so that program is a bridge between 1-on-1 personal training and larger group fitness classes
 - SGT classes of more specialized formats that are structured to cater to the participants enrolled in each session
 - Currently offered SGT classes can be found
 - In Choices brochure at hfparks.com
 - On bulletin boards in Fitness center and by laundry Room
 - On monitors in Lobby and by Tennis Courts
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- **Call Kelly with questions about SGT at 708-799-1323 ext. 1150**



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POOL

- Access to the Pool is available only with PREMIER MEMBERSHIP for adults 18+
 - Racquet Sports memberships do not have access to the pool, steam rooms or whirlpools
- Solo swimming is not recommended when no lifeguards are present
- Pool closes 1 hour before facility closes

SWIM LESSONS

Group lessons

- Programs offered for infant, youth, and adult
- *Starfish Certified Instructor* facilitates lessons
- Current programs and registration is available at hfparks.com

Private lessons

Private	Member Fee	Resident Fee	Non-Resident Fee
One Lesson	\$25	\$30	\$35
Five Lessons	\$115	\$140	\$165

Semi-Private*	Member Fee	Resident Fee	Non-Resident Fee
Five Lessons	\$80 per person	\$105 per person	\$130 per person

*** Recommended for swimmers with similar abilities**

All private and Semi-Private Swim Lessons are 30-minutes each. *Starfish Certified Instructor* facilitates lessons. Private and semi-private lessons scheduled based on pool and instructor availability.

Lifeguard provided during group lessons

- **Contact Mike Loszach at 708-799-1323 ext. 1153**

Revised 5/16/2022