

ACTIVITIES FOR LIFE Community Membership

Membership Benefits

Members have the opportunity to utilize the Cordts Physical Education Center activity areas to include the swimming pool, fitness center, racquetball courts, practice gym, and climbing wall during the Fall 2026 and Spring 2027 semesters. The Fitness Center will also have limited weekday availability during Summer 2027.

Up to date facility hours will be listed on our website:
<https://www.frostburg.edu/afl/cordts-pe-center.php>

ACTIVITIES FOR LIFE

187 Cordts Physical Education Center, 301-687-7934 / anazelrod@frostburg.edu

MEMBERSHIP FEES & OPTIONS

Membership are valid for all facilities listed below during the Fall 2026 and Spring 2027 semesters. Valid for the fitness center only (limited hours) during Summer 2027.

GOLD		SILVER		BRONZE	
<u>FAMILY*</u>	<u>INDIVIDUAL</u>	<u>FAMILY*</u>	<u>INDIVIDUAL</u>	<u>FAMILY*</u>	<u>INDIVIDUAL</u>
\$250	\$195	\$195	\$167	\$167	\$137
Includes use of the following activity areas:		Includes use of the following activity areas:		○ Fitness Center ***** Includes use of <u>ONE</u> of the following activity areas:	
○ Swimming Pool ○ Racquetball Courts ○ Practice Gym ○ Climbing Wall ○ Fitness Center		○ Fitness Center ○ Swimming Pool		FAMILY* INDIVIDUAL \$137 \$117 Includes use of <u>ONE</u> of the following activity areas: ○ Swimming Pool <u>OR</u> ○ Racquetball Courts <u>OR</u> ○ Climbing Wall	

*A family membership is defined as no more than two adults (18 or older), and their direct dependent children, who are permanently residing together as a single-family household.

Direct parental/legal guardian supervision is required for children under 18 y/o in all activity areas.

Monthly membership available. \$20 per person, per activity area.

Membership Rules and Regulations

- This membership is valid all facilities included in your selected membership level during the fall 2026 and spring 2027 semesters. Valid for the fitness center only (limited hours) during summer 2027.
- Membership cards must be presented upon request.
- **Direct parental/legal guardian supervision is required for children under 18 y/o in all activity areas.**
- Children under 14 y/o are NOT permitted in the fitness center.
- The Cordts PE Center is open for use during designated hours during the Spring 2026 and Fall 2027 semesters, August 24 – December 9 and January 26 – May 11. Regular operating hours for the Cordts PE Center will be announced at the beginning of each semester. December and Spring Break, hours will be limited and announced in advance. During these times, the fitness center hours and pool hours will be limited, not guaranteed, and may be posted on a weekly basis.
- The PE Center is closed on Saturday and Sundays during January and summer months. Closures will be announced in advance whenever possible. The PE Center will be closed on all FSU administrative holidays.
- Use of the pool requires the presence of an FSU-appointed lifeguard. In the event a lifeguard is not present, the pool may open late or be closed without prior notice.
- The noon hour swim is designated for adults only.
- Memberships are not transferrable, and membership cards may not be given or loaned to another person to gain admission to the PE Center.
- **Members are not permitted to bring guests into the PE Center.**
- Racquetball court is reserved on a "first-come, first served" basis.
- Use of activity area is based upon availability which may vary by semester.
- **The wrestling room, dance studio, and baseball room are not included in the membership and closed to AFL members. The Main Arena and practice gym are available for use on a limited basis.**

To join, complete and return the following membership form along with payment in full to:

ACTIVITIES FOR LIFE, COMMUNITY MEMBERSHIP, 187 CORDTS PE CENTER, 101 BRADDOCK ROAD, FROSTBURG, MD 21532

Or email the form to anazelrod@frostburg.edu and **PAY ONLINE:** <https://www.frostburg.edu/about-frostburg/Administrative-Offices/billing-office/your-bill--payments.php> New Students/All Others/ Activities for Life - Class Number will be your AFL Membership Level

Please make CHECKS payable to: Frostburg State University. If paying with CASH, exact amount only.

Memberships are valid for membership September 1, 2026 – May 11, 2027, except for Fitness Center use which will extend through Summer 2027.

<u>*FAMILY</u>		<u>INDIVIDUAL</u>	
_____ Gold Level	\$250	_____ Gold Level	\$195
_____ Silver Level	\$195	_____ Silver Level	\$167
_____ Bronze Level Fitness Center	\$167	_____ Bronze Level Fitness Center	\$137
_____ Bronze Level Pool	\$137	_____ Bronze Level Pool	\$117
_____ Bronze Level Racquetball	\$137	_____ Bronze Level Racquetball	\$117
_____ Bronze Level Climbing Wall	\$137	_____ Bronze Level Climbing Wall	\$117

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NAME: (List all names) _____

MAILING ADDRESS: _____

PHONE: _____ E-MAIL: _____ ONLINE PAYMENT RECEIPT #: _____

Frostburg State University Activities for Life Release Statement

I, as a participant in, or parent/guardian of a minor who is a participant in Frostburg State University's Activities for Life, and my heirs and estate and/or the heirs and estate of my minor child (if child is a participant) agree to release and hold harmless the State of Maryland, the University Of Maryland System, Frostburg State University, and their agents, officials, and employees from any action or liability resulting from enrollment or participation in the Activities for Life.

I am aware that participation in this activity/course/class involves significant risks including but not limited to the risk of major, physical, mental, or emotional injury, such as permanent paralysis, brain damage, and possibly death. I am also aware that it is my personal responsibility to provide either insurance or personal coverage for actions arising from this participation.

I do further give my consent and permission for and waive and/or assign any and all rights to any photographs or video tapes taken by Frostburg State University while the above activity is in progress. As exclusive owner of such photographs and/or video tapes, Frostburg State University shall have the sole and exclusive right to display and/or reproduce these photographs and videos, and any copies made.

I have read and do fully understand and agree to abide by the Frostburg State University Activities for Life Release Statement as written above.

I agree to adhere to all Frostburg State University policies. I understand these policies may change throughout the membership year without prior notice.

Member Signature: _____ Date: _____

Member Signature: _____ Date: _____