

# ACTIVITIES FOR LIFE

## Community Membership

### Membership Benefits

Members will have the opportunity to utilize the Cordts Physical Education Center activity areas to include the swimming pool, fitness center, racquetball courts, tennis courts, practice gym, climbing wall and outdoor track.

### Facility Availability

**REGULAR COURTS P.E. CENTER HOURS**  
 January 27 – May 13  
 Monday – Thursday, 6am – 11pm  
 Friday, 6am – 9pm  
 Saturday, 11am – 9pm  
 Sunday, 12pm – 9pm

A full list of hours and closings will be provided semester by semester. Hours are subject to change based on weather and unforeseen circumstances.  
Winter, spring break and summer hours will be limited and are not guaranteed.

## ACTIVITIES FOR LIFE

187 Cordts Physical Education Center, 301-687-7934 / [anzelrod@frostburg.edu](mailto:anzelrod@frostburg.edu)

## MEMBERSHIP FEES & OPTIONS

Membership Rates January 27, 2025 through August 31, 2025

GOLD		SILVER		BRONZE	
<p><u>FAMILY*</u> \$135</p> <p><u>INDIVIDUAL</u> \$105</p> <p>Includes use of the following activity areas:</p> <ul style="list-style-type: none"> <li>○ Swimming Pool</li> <li>○ Fitness Center</li> <li>○ Racquetball Courts</li> <li>○ Practice Gym</li> <li>○ Climbing Wall</li> </ul>	<p><u>FAMILY*</u> \$105</p> <p><u>INDIVIDUAL</u> \$90</p> <p>Includes use of the following activity areas:</p> <ul style="list-style-type: none"> <li>○ Swimming Pool</li> <li>○ Fitness Center</li> </ul>	<p><u>FAMILY*</u> \$90</p> <p><u>INDIVIDUAL</u> \$75</p> <p>Includes use of <u>ONE</u> of the following activity areas:</p> <ul style="list-style-type: none"> <li>○ Swimming Pool <u>OR</u></li> <li>○ Fitness Center</li> </ul> <p>*****</p> <p><u>FAMILY*</u> \$60</p> <p><u>INDIVIDUAL</u> \$50</p> <p>Includes use of <u>ONE</u> of the following activity areas:</p> <ul style="list-style-type: none"> <li>○ Racquetball Courts <u>OR</u></li> <li>○ Climbing Wall</li> </ul>			

\*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.

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

## Membership Rules and Regulations

- Membership cards must be presented upon request.
- **Children under 18 will not be permitted to use any area unless a parent/guardian member is present in the building. Direct parental supervision is required for children under 14 y/o in all activity areas except the fitness center.**
- 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 academic year, January 27 -May 13. Regular operating hours for the Cordts PE Center will be announced at the beginning of each semester. Spring break, and summer 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 pool may be closed for several weeks during August. PE Center closures will be announced in advance whenever possible.
- 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 courts are reserved on a "first-come, first served" basis.
- Racquetball courts will be closed from mid-June through the end of July.
- **We will not take phone reservations for racquetball courts.**
- The climbing wall will be closed during winter break, spring break, and the summer months.
- The swimming pool may be closed for several weeks over the summer months.
- 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.**
- Questions about membership benefits should be directed to the Activities for Life office, 301-687-7934 or anazelrod@frostburg.edu.

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.**

*Please make checks payable to: Frostburg State University*

Memberships are valid for membership January 27, 2025 – August 31, 2025

<u>*FAMILY</u>	<u>INDIVIDUAL</u>
_____ <b>Gold Level</b> <b>\$135</b>	_____ <b>Gold Level</b> <b>\$105</b>
_____ <b>Silver Level</b> <b>\$105</b>	_____ <b>Silver Level</b> <b>\$90</b>
_____ <b>Bronze Level Pool</b> <b>\$90</b>	_____ <b>Bronze Level Pool</b> <b>\$75</b>
_____ <b>Bronze Level Fitness Center</b> <b>\$90</b>	_____ <b>Bronze Level Fitness Center</b> <b>\$75</b>
_____ <b>Bronze Level Racquetball</b> <b>\$60</b>	_____ <b>Bronze Level Racquetball</b> <b>\$50</b>
_____ <b>Bronze Level Climbing Wall</b> <b>\$60</b>	_____ <b>Bronze Level Climbing Wall</b> <b>\$50</b>

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**NAME: (List all names)** \_\_\_\_\_

**MAILING ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

### 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:** \_\_\_\_\_