

Village of Orland Park Sportsplex  
Fitness Center Track Survey Results  
Spring 2011

## ORLAND PARK FITNESS CENTER SURVEY & AGE COMPARISONS

Track Rules	# of responses	%	Policy Recommendation	Days & Times
<b>YES</b> - New Recommended Time	67	31%	<b>New Recommended Time:</b> Permit members and residents, 8 - 13 (accompanied by a parent) to utilize the track as follows:	<b>Monday - Friday:</b> 12 pm - 5:30 pm & 7:30pm - 10 Pm <b>Saturday &amp; Sunday :</b> 12pm - close
<b>YES</b> - Anytime With Adult Supervision	80	37%	<b>New Recommendation:</b> Permit members and residents, 8-13 to utilize the track anytime with adult supervision	
<b>Yes - Track Rule Totals:</b>	<b>147</b>	<b>68%</b>	<b>Staff Recommendation:</b> Permit members and residents, age 8-13 to utilize the track anytime with adult supervision.	
<b>NO</b> - Stay with current track usage rules	67	31%	<b>CURRENT USAGE</b> is open to members and residents, ages 8 - 13 (accompanied by a parent) during the following times:	<b>Monday - Friday:</b> 3pm - 5 pm <b>Saturday &amp; Sunday:</b> 1pm - 3 pm All additional times, usage is limited to members and residents 14 & up

**Total Responses:** 214

### Fitness Center Rules

<b>YES</b> - As Recommended	115	54%	<b>Recommendation:</b> Permit 12 & 13 yr. olds to utilize fitness center and participate in group exercise classes. Parent must be present at all times. Mandatory orientation with Personal Trainer to review safe usage of equipment & acceptable behavior.	
<b>No</b> - Stay With Current Rules	99	46%	<b>CURRENT USAGE</b> to utilize the fitness center or participate in group exercise classes is restricted to those 14 & up. Sportsplex offers several opportunities for those under the age of 14. These classes utilize the fitness center under the supervision and direction of a Personal Trainer. Opportunities included are as follows:	Youth personal training 8 - 13 year olds Kids Fitness & More 4 - 6 year olds Fitness Camp 7 - 13 year olds Kids Incorporated 7 - 13 year olds

**Total Responses:** 214

Minimum age requirements for local fitness centers:

Health Club Comparables	Age:
Lifetime Fitness - no track:	12 yrs.
Cardinal Fitness - no track:	12 yrs.
Palos Health & Fitness:	12-15 yrs. w/adult
LA Fitness:	13 yrs.
Riviera Country Club:	13 yrs.

Municipal Comparables	Track	Fitness Center
Downers Grove	7-12 yrs. w/adult supervision	Must be 15 yrs.
Wheaton Park District	13 yrs. & under w/adult	11-13 yrs. w/adult
Lockport Park District		Must be 14 yrs.