F.A.N. Information

Membership in the F.A.N. (Fitness at North) program includes all open activities that are offered at the Lincoln-Way North campus, including open gyms, fitness center, and weight room.

Family Membership $297
Couple Membership $189
Single Membership $135
Senior Pass (62 and older) $55
Drop-in daily fee Resident $5
Drop-in daily fee Non-Resident $10

Memberships can only be purchased at the park district office, located at 7540 W. Braemar Lane, Frankfort.
Membership is provided on an annual basis. Your membership is valid for one year from the date of purchase. No Refunds. F.A.N. hours are available on our website under the Programs tab. Any resident of the Frankfort Square Park District (FSPD) or Lincoln-Way Community High School District 210 (LWCHSD) is eligible to purchase an annual membership. It is required at the time of registration that three forms of ID be available to ensure residency.

Proof of Residency
Three separate forms of identification for proof of residency are needed. All must have an LWCHSD address that matches on all forms of proof of residency. **A valid driver's license or state ID must be shown for photo identification. Also, a utility bill within the last two months. The addresses must match.**
Two forms of identification can include:
• Valid driver's license
• Valid State of Illinois ID card
• Voter's registration card
• Vehicle registration card
• Foid card
• Utility bills - must be different utility providers with bills shown no older than 60 days of registration date.

An ID will be provided for all members. ID's must be carried whenever attending F.A.N. programming at the LWN campus.

Lost or stolen ID's can be replaced at the park district office for a fee of $10.

Membership is not available to non-residents.

Children must be at least 5 years of age to participate in the F.A.N. program.

Children under 14 must be directly supervised by their parents or legal guardian and be participating in an activity.

Children (eighth grade and under) are not permitted in the weight room or fitness room.
Participants (high school age) must be directly supervised by an adult (21 and older) in the weight room or fitness room.

Drop-In participants under the age of 18 must have their parents or legal guardian accompany them to sign the registration/waiver form.

F.A.N. Information

Indoor Track Information

• Approximately 8-9 laps in lanes 5 or 6 equal one mile.
• **INSIDE LANE (WALKING)** is designated for walking.
• **OUTSIDE LANE (JOGGING/PASSING)** is designated for jogging and passing.
• Proper athletic footwear and attire are required; shirt and gym shoes must be worn at all times.
• We encourage the reduction of waste by asking participants to use refillable water bottles in place of disposable water bottles and sports drinks.
• No organized track use: groups, practices, meets, timed group running, etc.
• No weights (dumbbells, plates) are allowed on the track, you may use wrist or ankle weights.
• No equipment is permitted on the track or in the basketball courts: cones, agility ladders, hurdles, starting blocks, etc.
• The distribution of goods or services, including without limitation the giving of instruction or lessons is prohibited without prior written approval from the Frankfort Square Park District.
• No strollers*, cleats, spikes, skate shoes, or Nordic poles allowed.