

# **DELTA COLLEGE FITNESS & RECREATION CENTER**

## **FREQUENTLY ASKED QUESTIONS**

### **Who is a Delta Fitness & Recreation Center Membership open to?**

Any Delta College faculty, staff, students, and any people in the community are eligible to purchase a membership.

### **What's included in the Membership?**

The weight and cardio equipment, recreational time in the gym, seven racquetball courts, three pools, locker room, and towel service. We offer members free fitness consultations and reduced fees for group fitness classes, swim classes, and other selected FRC programs.

### **What about lockers?**

Please stop by the FRC Service Desk for more details. All members without an annual locker rental may use a daily locker. Locks are not provided for daily lockers. Locks left on overnight in the daily use section will be cut off. Delta College is not responsible for any lost or stolen items.

### **How can I use a racquetball court?**

Courts are available on a reservation basis. Reservations can be made by calling the Fitness & Recreation Center at 989-686-9026. Court times can be booked up to one week in advance. Participants are not permitted to reserve consecutive court times for the same day. Users are required to bring their own equipment.

### **So, how do I sign up for a Membership?**

It's simple. Come to the Customer Service Desk in the Fitness & Recreation Center and pick up a membership application and liability waiver form or download the forms from the Fitness & Recreation Center web site. Once you have completed the forms and made payment to the FRC Service Desk, you will receive your membership packet of information and be able to use the facility immediately.

### **What do I need to do when I want to use the facility?**

Once you've complete the forms to sign up, you will just need to present your Membership ID card at the Customer Service Desk for check in. Please stop back at the FRC Service Desk to check out.

### **What are the hours of the facility?**

Facility hours are available on the Delta College Fitness & Recreation Center website, or by calling the FRC at 989-686-9026.

### **Do I have to bring my own equipment?**

Basketballs, volleyballs, and walleyballs will all be available at the FRC Service Desk for members to check. Any other equipment needed must be brought with you. Selected items may be purchased at the FRC Service Desk.

### **Do I need to bring my own towel?**

A towel service is provided with your membership. We ask for your cooperation, please pick a towel up when you check in and return it to the FRC Service Desk when you check out.

**Delta College Fitness & Recreation Center**  
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**989-686-9026**  
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