

Norwalk Arts & Sports Complex

The Norwalk Arts & Sports Complex is one of the most comprehensive and affordable fitness centers in the region. Membership entitles patrons use of the fitness center, basketball gymnasium, and indoor racquetball/handball court.

Classes Offered

A variety of classes are offered for all ages at the Norwalk Arts & Sports Complex and at the Cultural Arts Center. Please ask for a copy of the Recreation Quarterly Schedule of Events for detailed information or visit us online at www.norwalk.org.

Hours of Operation

GENERAL MEMBERSHIP HOURS

Monday-Thursday 1:00-9:00 p.m.
Friday 1:00-8:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.
Sunday Closed

SENIOR MEMBERSHIP HOURS

Monday-Thursday 8:00 a.m.-9:00 p.m.
Friday 8:00 a.m.-8:00 p.m.
Saturday 9:00 a.m.-6:00 p.m.

CORPORATE MEMBERSHIP HOURS

Monday-Friday 11:00 a.m.-2:30 p.m.

**NO PETS - ONLY SERVICE ANIMALS
ALLOWED IN FACILITY.**

Cultural Arts Center

A variety of art classes and workshops are offered for all ages at the Cultural Arts Center. The Center also houses the Mary Paxon Art Gallery which exhibits the works of local and regional artists. For more information, stop by or call **929-5521**.

Banquet/Meeting Rooms

PLANNING A SPECIAL EVENT?

The City of Norwalk has facility rentals that are ideal for weddings, family reunions, baby and bridal showers, birthday parties, meetings, and more. For more information, please call **929-5655**.

To reserve a room at the Norwalk Arts & Sports Complex or at a park facility, please call **929-5566**.

Norwalk Skate Park

NORWALK SKATE PARK

Helmets, kneepads, and elbow pads are required at all times. Hours of operation are subject to change.

Skateboard and In-line Skate Hours

Monday, Tuesday, Thursday 8:00 a.m.-8:00 p.m.
Friday, Sunday
Wednesday 8:00 a.m.-2:00 p.m. &
5:00-8:00 p.m.
Saturday 8:00 a.m.-2:00 p.m. &
4:00-8:00 p.m.

Bike Hours

Wednesday 2:00-5:00 p.m.
Saturday 2:00-4:00 p.m.

City of Norwalk
Recreation and Park Services
Department

NORWALK ARTS & SPORTS COMPLEX

MEMBERSHIPS, FACILITY RENTALS & GENERAL INFORMATION

13000 Clarkdale Avenue
Norwalk, CA 90650



562/929-5566

562/651-1075 fax

www.norwalk.org



LIFE FITNESS CENTER - "Living Inspires Fitness in Everyone"

GENERAL MEMBERSHIPS

ADULTS - Ages 18-54

Quarterly \$37.50 Resident / \$110.25 Non-resident

Annually \$150 Resident / \$441 Non-resident

YOUTH - Ages 8-17 (No access to Fitness Center)

Annually \$40 Resident / \$150 Non-resident

FAMILY*

Quarterly \$46.25 Resident / \$137.50 Non-resident

Annually \$185 Resident / \$550 Non-resident

*Immediate Family in Same Household (proof required):
Minimum one adult (parent/legal guardian); maximum
two adults (Ages 18+); optional one minor child;
maximum two minor children (Ages 8-17)

CORPORATE MEMBERSHIPS*

Quarterly \$56.25 / Annually \$225

*Employed in Norwalk - Current proof with address is required

SENIOR MEMBERSHIPS (Ages 55+)

Monthly \$3.35 Resident / \$12.50 Non-resident

Annually \$40 Resident / \$150 Non-resident

DAILY FEES

\$10 Resident / \$20 Non-resident

PROOF OF RESIDENCY REQUIRED

To be eligible to receive the resident rate for all membership purchases (new and renewals), you must present: 1) your valid photo ID (California Driver's License, California Identification Card), AND 2) a recent utility bill with your name and Norwalk address - No Exceptions.

MEMBERSHIPS, CARDS, & RENEWALS

- Membership cards must be presented and scanned at every visit or the daily fee will apply
- Fees and Hours of Operation are subject to change without notice
- Memberships are non-refundable
- Memberships are non-transferable
- Replacement card fee of \$5 applies
- Proof of residency is required with all renewals
- Membership may be suspended or revoked at any time if deemed necessary by City of Norwalk staff
- Expired membership cards will be retained until renewal

Shower towels and disposable sandals are available for purchase.

AMENITIES

FITNESS CENTER (Ages 18+ Only)

- Includes cardio equipment and weights
- Fitness Center attendants are available to assist you
- Must bring towel to wipe equipment after use

BASKETBALL GYMNASIUM

- One full-size court / two half courts
- Basketballs are available at the Customer Service (membership card required)
- Schedule subject to change due to Basketball Leagues and Special Events

RACQUETBALL/HANDBALL COURTS

- The Glass Court is available for use on a first-come, first-serve basis: Mon/Wed: Racquetball
- Tues/Thurs: Handball
- A \$5 hourly fee applies to private court use with a one hour limit
- Only same day telephone reservations are accepted

FITNESS CENTER ATTENDANTS

Attendants are available on-site to assist you with equipment instruction.

SENIORS ONLY Membership Required

EXCLUSIVE SENIOR WORKOUT HOURS

Exclusive use of our state-of-the art fitness equipment
Monday-Friday • 8:00-11:00 a.m. Attendants on-site to assist.

FREE SENIOR FITNESS CLASSES (Ages 55+)

Membership Required

9:30 a.m. Monday/Friday: **Strength/Conditioning**

9:30 a.m. Tuesday: **Yoga** Wednesday: **Zumba**

Thursday: **Tai Chi**

PERSONAL TRAINERS

Personal Trainers are available to assist you with one-on-one training to address your personal fitness needs at an additional cost. Register at Front Counter.

FREE CORE & STRENGTHING CLASSES

Membership Required

Tuesday-Thursday 12:15-1:00 p.m. (Corporate)

Mondays/Wednesdays 6:15-7:00 p.m. (Ages 18+)

Tuesdays/Thursdays 7:15-8:00 p.m. (Ages 8+)

BOXING PROGRAM

Boxing Membership Required

Separate membership required for use of the Fitness Center

- Coaches provide instruction on boxing techniques and conditioning skills.
- A quarterly fee of \$45 for residents and \$69 for non-residents. Proof of residency is required.
- No additional fees apply to receive training.
- Membership cards must be presented and scanned at every visit.
- Hand wraps are available for purchase at Front Counter.

Youth Schedule (Ages 8-17)

Monday-Thursday 4:00-6:30 p.m.

Friday 4:00-6:00 p.m.

Saturday 9:00 a.m.-12:00 p.m.

Adult Schedule (Ages 18+)

Monday-Thursday 6:30-8:00 p.m.

Friday 6:00-8:00 p.m.

Saturday 9:00 a.m.-12:00 p.m.