

CLUB OVERVIEW AND WELCOME GUIDE



Wheaton Sport Center



Welcome to the Wheaton Sport Center!

We are thrilled to have you as part of our vibrant community. Our mission is simple yet profound: to create memorable moments that help you enjoy our neighborhood club and achieve your wellness goals.

At Wheaton Sport Center, we believe that fitness is about more than just exercise; it's about building connections, fostering friendships, and nurturing a sense of belonging. Whether you're here to challenge yourself in a group class, compete on the courts, find your zen, work out on your own, or connect with fellow members, we are committed to supporting you every step of the way.

Our dedicated team cares and is passionate about providing exceptional service and ensuring that every visit feels special. We are excited to offer a variety of programs, activities, and events tailored to meet your individual needs. From fitness classes and pickleball to aquatics and social events, we invite you to explore everything we have to offer.

Your feedback is invaluable in helping us create an even better experience for everyone. We encourage you to share your ideas and suggestions, as we continuously strive to enhance our offerings and create an environment where all members can thrive.

Thank you for choosing the Wheaton Sport Center as your neighborhood for health and wellness. We look forward to being part of your journey and helping you create wonderful memories along the way.

Dawn Szumski
Wheaton Sport Center
General Manager

WSC TENNIS



WSC Tennis features 12 well-maintained courts, available seven days a week, and offers exceptional programming for players of all ages. With year-round adult and junior events, lessons, leagues, and socials, WSC Tennis is more than a sport; it's a community.

TENNIS MEMBER PERKS:

- Priority court reservations
- Free court time
- Program discounts
- 10% off racquets & gear
- 10% off InStyle Boutique
- Bonus guest passes

TENNIS STAFF:

Our Tennis Pros are certified by the Professional Tennis Registry and are excited to help individuals reach their goals and become an active part of our thriving tennis community!

ADULT TENNIS:

Lessons, leagues, Cardio Tennis, and drills—offered mornings, evenings, and weekends. Services include private lessons, ball machine rentals, racquet stringing, and on-site gear.

JUNIOR TENNIS:

WSC offers junior tennis programs for all levels, Evolution Kids (10 & under), Junior Academy (ages 11–18), High Performance for competitive players, and junior match play opportunities.

LEARN MORE



Questions? Contact Tennis Manager, Lori Mills at 630-315-5386 or email at lmills@wheatonsportcenter.com.



Enjoy our top-notch facility where you can fully embrace the rapidly growing sport of pickleball, take advantage of pro-level training to sharpen your game, and have a blast with fellow pickleball enthusiasts.

PICKLEBALL MEMBER PERKS:

- Priority pickleball court booking privileges
- Free court reservations
- Discounted fees for all pickleball classes
- Free in-house leagues
- Regular open play sessions called Paddle Up and Play
- Access to our Health Club amenities and more!

PICKLEBALL LEAGUES, EVENTS & PLAY OPPORTUNITIES:

Serve up fun, fitness, and friendly competition at WSC's Pickleball Pavilion. We offer leagues, tournaments, special events, skill-focused classes, and open play for all levels. Join Learn, Drill & Play to sharpen your skills with expert coaching and structured match play, or drop in for Paddle Up and Play.

JUNIOR PICKLEBALL:

Kids love pickleball, too! Learn more about our junior pickleball programming, such as Junior Pro League, which introduces kids ages 7-16 to the fastest growing sport in the U.S!

LEARN MORE



Questions? Contact Pickleball Manager, Bill Cranny at 630-315-5344 or email at bcranny@wheatonsportcenter.com.



Step onto the WSC Fitness Floor to unlock your strength and transform your fitness. Explore our state-of-the-art Weight Room, expansive Cardio Room, and FlexCore Area.

1-ON-1 OR SMALL GROUP PERSONAL TRAINING:

Our certified fitness professionals offer personalized training tailored to your goals. Nutrition consultations are also available to support your overall wellness.

WEIGHT MACHINE ORIENTATION:

Join this free session to learn safe, effective use of Cybex equipment with a Personal Trainer.

INBODY CONSULTATIONS:

Our InBody biomedical device provides members with body composition data like body fat percentage, skeletal muscle mass, and more to allow them to get a clear picture of their health

ZONE360 - INCLUDED IN ALL MEMBERSHIPS:

ZONE360 offers small group training led by Certified Trainers. Choose from 30, 45, or 60-minute classes in strength, hybrid, or TRX formats.

SQUAT, BENCH, DEADLIFT WORKSHOPS:

Learn proper form and technique in monthly sessions focused on foundational lifts.

LEARN MORE



Questions? Contact Fitness Manager, Michael Spearman at 630-315-5338 or email at mspearman@wheatonsportcenter.com.

WSC GROUP FITNESS



Welcome to our group fitness family! As a new member, you now have access to a wide variety of fun, energizing group fitness classes designed for every fitness level.

FIND YOUR PERFECT FIT:

From high-energy cardio and strength training to yoga and Pilates, there's something for everyone. Try different classes to discover what moves you—whether it's dance-based formats, cycle, or a total body bootcamp. Variety keeps things fun and helps you stay committed!

HOW TO JOIN A CLASS:

- Check the Schedule: On the WSC app, Website, or Front Desk.
- Reserve Your Spot: Registration opens at 12pm the day before.
- Arrive Early: It gives you time to get set up and ask questions.
- What to Bring: Just a water bottle and a great attitude! All equipment is provided.

MEET OUR INSTRUCTORS:

Our certified instructors are here to motivate, educate, and support you—don't hesitate to introduce yourself and ask for modifications in all class formats!

YOUR JOURNEY STARTS HERE.

LEARN MORE



Questions? Email Group Fitness Manager, Tony Gulley at tgulley@wheatonsportcenter.com



MASTERS SWIM CLASS:

Training for a race? Looking for water workout tips and swim drills from a coach? Come out and join us!

AQUATICS FITNESS :

Check out our Group Fitness schedule for the full list of our low-impact aquatic fitness classes.

SWIM ACADEMY - SWIM LESSONS:

The Swim Academy teaches essential swim skills and safety for ages six months and up. Group and private lessons are available to fit every swimmer's needs.

WATER SLIDE SUNDAYS:

Spend your weekends at our Water Slide Sundays at 2pm-4pm! Perfect for kids of all ages. Dependent on lifeguard availability. Must be at least 48" tall.

Quick Facts	Pool Length	Pool Depth	Temperature
Lap Pool	25 yards	3ft-6ft	80°-82°
Therapy Pool	17 yards	up to 4ft	91°-92°

Hot Tub Temperature: 102°-104 (Must be 16 years or older to enter.)

LEARN MORE



Contact Aquatics Manager, Ashley Moos at amoos@wheatonsportcenter.com or 630-315-5325 to learn more.

Office Hours: 9am-12pm | Monday, Tuesday, Thursday



Strengthen your core, improve flexibility, and enhance movement with Pilates. Choose from private sessions, duet sessions, and small group equipment classes led by certified instructors in our fully equipped Precision Studio.

PRECISION STUDIO IS OUR PILATES REFORMER STUDIO:

We offer many formats and levels in the Precision Studio, ranging from the slow mindful movement of Beginner Pilates to upbeat and energized REACH classes.

NEW TO PILATES?

Take a free Intro to Pilates class on Saturdays from 10:00am-10:30am to familiarize yourself with the Reformer.

REACH CLASSES:

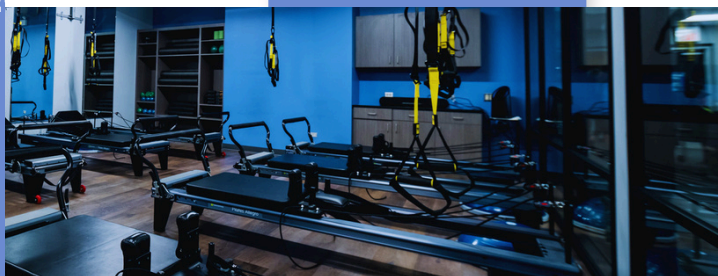
Small-group class focusing on lengthening, strengthening and improving total body awareness and alignment.

PRIVATE SESSIONS:

One-on-one and duet Pilates sessions offer personalized attention to help improve posture, core strength, and movement efficiency. Great for beginners or those recovering from injury.

Three Free
Reformer Classes
in the Precision
Studio have been
added to your
account!

LEARN MORE



Questions? Stop by the Mind/Body Office or contact Mind/Body Manager, Katie Martin at kmartin@wheatonsportcenter.com.



Yoga classes are included with membership and held in our serene, dedicated studio spaces. Our wide variety of yoga classes is designed to improve flexibility, build strength, and promote relaxation. Whether you're new to yoga or looking to deepen your practice, there's a class for every level and pace:

- Chair Yoga
- Prenatal
- Power Flow
- Beginner Flow
- Meditation
- Hot Yoga

OUR YOGA STUDIOS:

- Mind/Body Studio is our non-heated yoga studio.
- 🌸 The Studio hosts our temperature-controlled classes and has its own private transition space where you can safely store your belongings. Classes range from 75°, 85°, 95°, 105°.

SPECIALTY CLASSES:

Take your practice further with seasonal yoga classes like sound healing meditations and outdoor sessions on the pool deck. These offerings are a great way to try something new and connect with the WSC yoga community.

Register online or on the WSC App. All props needed for class will be provided, including a yoga mat!

LEARN MORE



Questions? Stop by the Mind/Body Office or contact Mind/Body Manager, Katie Martin at kmartin@wheatonsportcenter.com.



We make it easier for you to focus on your fitness while your kids have fun in a safe, engaging environment. Our Child Care team provides play-based care for children ages 3 months to 13 years.

WHAT TO EXPECT

Kids will enjoy age-appropriate toys, crafts, games, and social interaction under the care of our experienced staff. We keep things exciting with themed activities and special guests throughout the year! Kids can look forward to visits from local heroes like the Wheaton Police and Fire Departments, plus other engaging events designed to spark creativity, build friendships, and make every visit to Child Care extra special.

HOURS & RESERVATIONS:

Child Care is available mornings and evenings, Monday-Saturday. Reservations are required and can be made through the WSC App.

DEDICATED SPACES FOR EVERY AGE GROUP:

- Baby Room: Ages 3 months to walking
- Tot Lot: Walking to age 2
- Main Room: Ages 2–3
- Kids' Club: Ages 4–7
- Windy City Lounge: Ages 8–13

LEARN MORE



Questions? Contact Child Care Manager, Lisa Press at 630-315-5375 or email at lpres@wheatonsportcenter.com.

THE SPA



Relaxation is just steps away. Located right inside the club, The Spa offers convenient, high-quality services from licensed professionals in a serene and welcoming setting. Whether you're here for a quick refresh or a full self-care session, The Spa makes it easy to prioritize your well-being.

SERVICES INCLUDE:

- Massage Therapy
- Skin Care & Facials
- Body Treatments
- Waxing & Brow Tinting
- Nail Care
- Hair Care
- Hair Color Services

SPA PRODUCTS:

Extend your spa experience at home with our curated selection of professional-grade products. From skincare and haircare to wellness essentials. Explore our retail displays after your service or ask for personalized recommendations.

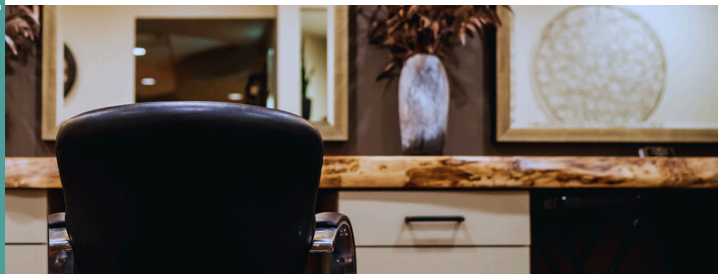
SPECIAL OFFERS & GIFT CARDS:

Ask about monthly specials, spa packages, and gift cards—perfect for treating yourself or someone you love.

BOOKING & AVAILABILITY:

Appointments are available seven days a week and open to members and guests. Reserve your spot through the WSC App, online, or at the Front Desk. Walk-ins are welcome based on availability.

LEARN MORE



Questions? Contact the Spa at 630-315-5346



WSC

YOUR NEIGHBORHOOD CLUB

WE'RE GLAD YOU'RE HERE

Whether you're here for fitness, family fun, recovery, or all of the above, Wheaton Sport Center is your all-in-one destination for wellness. We're thrilled to have you with us and can't wait to support your goals.

Download the WSC App:

- View class schedules
- Book courts & reservations
- Check in with your digital ID



Stay Connected:

- Follow us on Facebook & Instagram
- View our monthly newsletter for updates and promotions

Wheaton Sport Center is more than just a gym, it's your neighborhood club. We can't wait to see you around and be part of your wellness journey.