



FREQUENTLY ASKED QUESTIONS

What are the Freedom Centers hours?

Sunday: 9:00am-6:00pm

Monday -Friday: 5:30am-10:00pm

Saturday: 8:00am-8:00pm

**Please note that the pool closes 30 minutes prior to the rest of the facility.

Do I have to be a member to use the facility?

To use the Freedom Center, whether it is for your daily workout or your child participating in a program, you do not have to be a member. We offer daily memberships for individuals who want to use the gym without purchasing a month, 6-month, or annual membership. If you would like to register your child for a program, call the program registration line at 703-993-8513. The Freedom Center prides itself on being a destination for fun and fitness for everyone in the community!

What does my daily membership include?

With a daily membership you enjoy the same benefits as individuals with a membership. You have access to our group fitness classes, weight training room, cardio room, indoor track, competition pool, leisure pool, basketball courts, and other programs/activities scheduled that day. While members may depart and reenter the Center at any time, daily members will not be readmitted after they leave the facility unless they pay an additional daily fee.

Fees for one daily membership can be credited towards one month, six month, and annual membership dues, for up to one week with a receipt for proof of purchase. For information on rates, please contact a member service representative at 703-993-8444.

When is open gym?

The open gym hours for basketball, volleyball, and pickle ball are available on our website at: http://www.freedom-center.com/facility_gym.shtm. Gymnasium hours are subject to change without notice. Please check the Facility Closings page for exceptions to the gym schedule: http://www.freedom-center.com/facility_closings.shtm.

When is open swim?

The pool hours for lap swim, open swim, whirlpool, recreation swim, and diving board are located on our website at: http://www.freedom-center.com/aqua_pool_hours.shtm. Pool hours are subject to change. Please check the Facility Closings page for exceptions to the pool schedule: http://www.freedom-center.com/facility_closings.shtm.

Do you offer child care?

Yes! The Freedom Center is family friendly! If your child is not old enough to utilize the facility, Kid Kare welcomes children from 6 months to 11 years of age. The maximum stay is 2 consecutive hours per day. At least one parent or guardian must be present in the Freedom Aquatic & Fitness Center to use this service. All Kid Kare staff are subject to a criminal background check and are trained in CPR and First Aid. For more details please visit, http://www.freedom-center.com/services_kidkare.shtm.

Can I bring my own trainer/instructor?

We do not allow personal trainers/instructors who are not employed through the Freedom Center to conduct business. Fortunately, we have numerous highly-qualified personal trainers and instructors on staff at the Freedom Center. For more information and biographies on our personal trainers, please visit: http://www.freedom-center.com/fitness_personal_training.shtm.

How often does the group fitness schedule change?

The group fitness schedule changes three times a year in January, June and September.

What is your inclement weather policy?

Our weather decision will normally be made 60-90 minutes prior to opening the Center (between 4 – 4:30 a.m. on weekdays). At this time a recorded message will be posted on our sales and information line for our staff and the general public (703-993-8444). The information will also be posted to the Freedom website as soon as possible.

Do you rent the facility to outside groups?

The Freedom Center has limited availability for rental space both during and after operating hours. Examples include but are not limited to the Community Room, classrooms, pool space, gymnasium, birthday party area, outdoor tent, volleyball court, and field. Please call 703-993-8510 for more information.

How do I schedule a massage?

The perfect complement to a fitness program, massage therapy will increase circulation and energy, and provide needed muscular relaxation and soothing relief from stress. Call 703-993-8444 for information or to make an appointment. Please cancel 24-hours prior to your scheduled appointment to avoid being charged a 60% cancellation fee.

How do I reserve a racquetball court?

Racquetball courts may be reserved on an hourly basis by visiting or calling the Customer Service Desk at 703-993-8444.