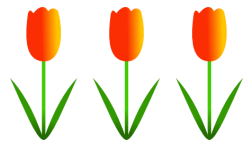
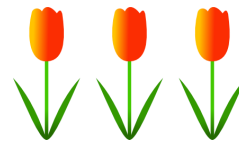


# Spring Hours

Monday-Friday 6am-9pm  
 Saturday 8am-5pm  
 Sunday 10am-5pm



# APRIL



Gym Closed for activities if highlighted in **RED!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
<b>EVENTS IN APRIL: First Friday Spring Into Wellness Friday, April 7; Annual Easter Egg Hunt Saturday, April 15; Where My Peeps at Scavenger Hunt 5K/10K Race/Walk Saturday, April 15; 5Point Film Festival Thursday, April 20-Sunday, April 23</b>						<b>1</b> Adult Drop In Pickleball 8-11am		
<b>2</b>	<b>3</b> Fitness Classes 7:30-8:30am & 9:15-10:30am Motion Mondays 10:30-11:45am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Volleyball 7-9pm Women's Adult Volleyball League 7-9pm	<b>4</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>5</b> Fitness Classes 9:15-10:30am Wild and Wacky Wednesday 10:30-11:45am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Basketball 7-9pm	<b>6</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>7</b> Fitness Classes 8:00am-10:30am and 11am-12pm Spring into Wellness First Friday Event 3-9pm	<b>8</b> Adult Drop In Pickleball 8-11am Birthday Party 11am-2pm Self-Defense Seminar 1-4pm		
<b>9</b>	<b>10</b> Fitness Classes 7:30-8:30am & 9:15-10:30am Motion Mondays 10:30-11:45am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Volleyball 7-9pm Women's Adult Volleyball League 7-9pm	<b>11</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>12</b> Fitness Classes 9:15-10:30am Wild and Wacky Wednesday 10:30-11:45am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Basketball 7-9pm	<b>13</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>14</b> Fitness Classes 8:00am-10:30am and 11am-12pm Adult Drop In Soccer 7-9pm	<b>15</b> Adult Drop In Pickleball 8-11am		
<b>16</b>	<b>17</b> Fitness Classes 7:30-8:30am & 9:15-10:30am Motion Mondays 10:30-11:45am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Volleyball 7-9pm Women's Adult Volleyball League 7-9pm	<b>18</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>19</b> Activity Room and Gym <b>CLOSED</b> for 5Point Film Festival: No Classes or Drop In Programs April 19-23			<b>20</b> WHOLE FACILITY CLOSED AT 5PM	<b>21</b> WHOLE FACILITY CLOSED AT 5PM	<b>22</b> WHOLE FACILITY CLOSED AT 12PM
<b>23/30</b> WHOLE FACILITY CLOSED AT 12PM (April 23)	<b>24</b> Fitness Classes 7:30-8:30am & 9:15-10:30am Motion Mondays 10:30-11:45am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Volleyball 7-9pm Women's Adult Volleyball League 7-9pm	<b>25</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>26</b> Fitness Classes 9:15-10:30am Fitness Class 12-1pm Fitness Class 5:30-6pm Adult Drop In Basketball 7-9pm	<b>27</b> Fitness Class 6-6:45am Fitness Class 8:30-9:30am Fitness Classes 10-11am, & 12-1pm Adult Drop In Pickleball 1:30-3:30pm Taekwondo 6:30-8pm	<b>28</b> Fitness Classes 8:00am-10:30am and 11am-12pm Adult Drop In Soccer 7-9pm	<b>29</b> Adult Drop In Pickleball 8-11am Gym <b>CLOSED</b> at 1pm for Private Rental		

## Gymnasium Rules

1. Children 6-10 yrs of age must be supervised by a paying guest 11 yrs or older.
2. Children under 6 yrs of age must be supervised by a paying adult at all times.
3. No spitting gum or saliva on the floors.
4. Must be 16 yrs or older to use pull-up bars. No sitting, standing, jumping, or crawling on the pull-up bars.
5. No drinking or eating in the gym unless you have a closed bottle.
6. Proper athletic attire including shorts, non-marking shoes must be worn at all times. No bare feet, flip flops, or sandals, etc.
7. No hanging on basketball rims!
8. The facility is NOT responsible for lost or stolen items. Please store them in a locked locker.
9. Any excessive physical aggression (Unsportsmanlike Conduct) towards other members or staff may result in immediate police involvement. "Excessive Physical Contact" includes but is not limited to pushing, kicking, punching, spitting, biting, etc. Enforcement of this rule may include, game suspensions, removal from league play, and/or ejection for one year of Adult Sports play.
10. Excessive verbal abuse or violence towards another participant or community center staff will not be tolerated. It is the complete discretion of Carbondale Recreation & Community Center Staff to revoke or suspend a patron's membership due to inappropriate behavior.
11. No jewelry may be worn during play.
12. No skateboards or scooters in gym.

## General Information

### CRCC Spring Hours of Operation

Monday-Friday 6am-9pm

Saturday 8am-5pm

Sunday 10am-5pm



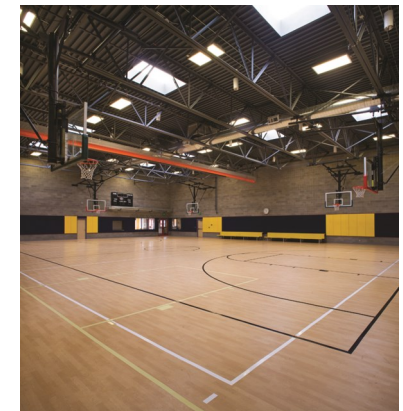
Please note that the gym can be closed for special events, programming and private rentals, please read the gym schedule for gymnasium closures or call for the most up to date information:

970.510.1290



# April

## Gymnasium Information



### *Carbondale Recreation & Community Center*

567 Colorado Ave  
Carbondale, CO 81623  
970.510.1290