Welcome to the CRC Gymnasium. This is a family-friendly space available for all to enjoy. Please adhere to the following guidelines to provide a safe and enjoyable space:

• Please follow the designated daily schedule of activities in each gym space.

• Non-sanctioned practices of any type are not permitted.

• Children under 12 years of age must be supervised when not in a program.

• Please use headphones for all personal music/listening.

• Water and sports drinks must be in closed containers, no glass containers.

• Only non-marking sole shoes permitted.

• Shirts are required.

• Actions that demean individuals are prohibited: foul language, obscene gestures, taunting, bullying, or hazing.

• Physical behaviors not tolerated include: pushing, shoving, aggressive play, fighting, etc.

• Please secure your personal belongings; PDOP is not responsible for any loss of items.