

Colchester Recreation Center



MEMBERSHIP GUIDE

May 2025

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About Us

“Optimizing the Experience of Living”

Colchester Recreation Center Amenities

First Floor:

- Full-size, multi-purpose gymnasium
- Locker rooms
- Kitchen
- Activity Rooms

Second Floor:

- Elevated walking/running track
- Cardio/weight room
- Fitness Studio

Accommodations

The Colchester Recreation Center complies with the Americans with Disabilities Act. We do our best to accommodate individuals with special needs. If you are interested in participating in a program, but are not sure about the accessibility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Customer Satisfaction

We will offer services to our members and guests all while promoting health and wellness opportunities. We focus on offering quality, diverse and accessible programs, activities and facilities that enhance the quality of life for all. If a member is not satisfied with their experience in the CRC or a class they participated in, they should contact the Recreation Center Manager. We will do our very best to assist you with your matter.

Comment Card

Your feedback is very important to us, if you have feedback on your experience at the Colchester Recreation Center, please complete a comment card or share your experience with a staff member.

Code of Conduct

The Colchester Recreation Center will provide a positive, safe, and motivating experience for all members and visitors. Staff members will strive to deliver this goal to all who enter the Colchester Recreation Center. Members and visitor's cooperation and agreement to follow the Colchester Recreation Center Code of Conduct is also necessary to provide a quality experience at the Colchester Recreation Center.

Contribute to a positive experience for all

Respect yourself and others including the facility and property of others

Conduct yourself in a safe and responsible manner

The Colchester Parks & Recreation Department may suspend or cancel any form of membership, participation in any program or use of the Colchester Recreation Center without refund if a person's behavior is considered detrimental to the best interest, health, or safety of other members, visitors or staff. Members, visitors and participants shall cooperate and/or follow instructions, the Code of Conduct, laws and ordinances.

Immediate removal from the building will be enforced for engaging in the following:

- Accessing a part of the Colchester Recreation Center without proper membership or pass
- Allowing others to enter the Colchester Recreation Center without a purchased membership or pass
- Multiple, repeated or single significant violations of the Colchester Recreation Center's Code of Conduct
- Refusal to adhere to instruction given by staff members
- Use of any tobacco, alcohol, illegal substances, or any other recreational products that may alter a person's mindset
- Violence or fighting
- Bringing firearms, knives or other dangerous weapons or substances in to the Colchester Recreation Center
- Theft, criminal activity, violations of laws or ordinances
- Other conduct deemed detrimental to others or the facility

Membership

ADULT (AGES 18*-61) * If 18 year old is not attending high school or college an adult membership is required.

		Resident	Non-Resident
Annual Membership	Fitness Center, Gymnasium, & Track	\$600/\$50mo	\$780/\$65mo
3-Month Membership		\$200	\$240
Daily Admission		\$15	\$18

SENIOR (AGES 62+)

		Resident	Non-Resident
Annual Membership	Fitness Center, Gymnasium, & Track	\$504/\$42mo	\$612/\$51mo
3-Month Membership		\$144	\$173
Daily Admission		\$12	\$15

FAMILY *Children can be in a family membership through age 22.

		Resident	Non-Resident
Annual Membership	Fitness Center, Gymnasium, & Track	\$1,200/\$100mo	\$1,560/\$130mo
3-Month Membership		-	-
Daily Admission		\$28	\$34

YOUTH (AGES 14-18)** *Must have a signed waiver by a parent/guardian for 14 – 17 years of age
** 18 year old must still be attending high school

		Resident	Non-Resident
Annual Membership	Fitness Center, Gymnasium, & Track	\$360/\$30mo	\$432/\$36mo
3-Month Membership		\$105	\$126
Daily Admission		\$10	\$12

COLLEGE STUDENT (AGES 18-24) *Must present a current College ID at the time of purchase

		Resident	Non-Resident
Annual Membership	Fitness Center, Gymnasium, & Track	\$456/\$38mo	\$504/\$42mo
3-Month Membership		\$120	\$140
Daily Admission		\$12	\$14

Membership

Family Membership Information

Gymnasium- The gym is available for use when programs are not scheduled or during “Open Play”. There will be time each day where families can go and play with the variety of equipment. Children ages 14 and under must be accompanied by a responsible adult 18 years and older.

Fitness Center/Track/Studio – Members ages 15 and older are welcome to use the fitness center, indoor track and studio during operating hours. Youth 14-17 must have a parent/guardian complete and sign all necessary paper work prior to participation. Children ages 14 can utilize the upstairs, but must be accompanied at all times by a responsible parent/guardian.

Punch Pass Information

Recreation Center – Allows daily admission for up to 10 visits to the Colchester Recreation Center. Admission includes the fitness center, track, group fitness classes and access to the gymnasium when it is available. If you are interested in taking one of our regular group fitness classes you must sign-up ahead of time to reserve your spot. Youth who are 14 and under must be accompanied by a responsible adult 18 years and older in the gymnasium and are not permitted upstairs at any time.

Group Fitness Classes – We provide a variety of group fitness classes that accommodate all levels and interests. Our fitness classes offer an enhanced experience for all of our participants. If you are interested in take one of our group fitness classes you must sign-up ahead of time to reserve your spot. Check out the class calendar today!

Membership

Hours of Operation

Monday through Thursday 5:30 AM – 9:00 PM

Friday 5:30 AM – 8:00 PM

Saturday 7:00 AM – 6:00 PM

Sunday 7:00 AM – 5:00 PM

The front doors of the building automatically lock 15 minutes before the building closes. The building may be closed for special events or inclement weather in which we will notify all members through our website, social media, sign updates at the facility driveway on Blakely road and via email.

Colchester Recreation Center Holiday Schedule:

New Year's Eve – Closes at 12:30 pm

New Year's Day – Closed

Easter Sunday – Closed

Memorial Day – Closes at 12:30 pm

Fourth of July – Closed

Labor Day – Closes at 12:30 pm

Thanksgiving Day – Closed

Christmas Eve – Closes at 12:30 pm

Christmas Day – Closed

****Please keep a lookout for hours or closures based on weather or other unforeseen circumstances.**

Membership Cards

Upon arrival, all members must scan their membership card at the front desk. If you do not have your card, you will be required to check-in with the front desk associate. You will also use your membership card to gain access to the second floor of the building. If you forgot your card the desk associate can provide you with a four digit access code to gain admittance to the second floor. If you lose your card or it becomes damaged you will be charged \$5.00 to replace it.

Methods of Payment

We accept Cash, Check, ACH or major credit cards (Visa, MasterCard and Discover) to purchase a membership. If you decide to use a Credit Card you will be charged an additional 3%. If you are paying via ACH, you will be required to provide a voided check at the time of your membership purchase.

Membership

Holds/Refunds/Cancellations

Holds- Memberships can be put on hold for up to 90 days based on medical reasons or extenuating circumstances. Holds must be placed 30 days prior to your billing due date, otherwise, suspension will be applied to the next scheduled payment. Members must complete a Membership Hold Form and return it to the front desk or submit it via email to crc@colchestervt.gov.

Refunds- We will not issue a refund for any 3-month memberships, daily drop-ins or punch pass once the transaction has been completed.

- **Fitness Class Refunds-** Requested refunds are only available up to 48 hours prior to the start of the fitness class. This applies to transfers as well. All cancellation requests must be completed online. If you purchased a single class, you will receive a credit on your account for a future class.

Cancellations- Annual memberships can be canceled after 90 days of sign-up. We do not allow cancellations prior to the 90 days. You must provide 30-day notice by completing and submitting the Membership Cancellation Form.

Punch Pass

We accept cash, check, or credit card and payment must be completed to activate the punch pass.

Caregiver for Member

If the caregiver is there strictly as a caregiver/personal aid, and assisting the member directly, then the caregiver does not have to have a membership or pay to enter. The caregiver will need to sign a waiver before entry. If the worker ends up utilizing the facility, they would need to pay the appropriate fee or daily rate.

Picture Waiver

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program or membership you are willingly signing a waiver that grants the Colchester Parks & Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken.

Fitness Center

Is this your first visit in a fitness center?

Welcome! We encourage all of our members to complete a 20-minute fitness equipment orientation. This will allow optimal performance and safety. To set-up a time to review all of our equipment, please contact the Recreation Center Manager.

Age Guidelines

Members 15 years and older have full access to the fitness center. Members who are 14 years old have access to the fitness center provided they are accompanied by a parent or guardian. The Parent or guardian must remain within arms reach of their child at all times while upstairs. Siblings or friends aged 18 or older are not permitted to supervise. Youth's friends who are 14 years of age will not be permitted access unless accompanied by their own parent or guardian. Persons 13 years of age or younger are not permitted upstairs.

Fitness Center Rules

- Appropriate fitness attire must be worn at all times
- Indoor sneakers are required. Sandals or open-toed shoes are not permitted
- Please do not wear fitness clothing that has large zippers or buttons
- Utilizing the fitness center is at your own risk
- All users must complete a liability waiver at the time of membership sign-up
- All members who are 14 years old are required to sign up for mandatory fitness equipment training within the first two weeks of purchasing your membership.
- Please wipe down ALL of your equipment and return loose equipment to its proper storage place.

NOTE: Do not clean the touch screens on the treadmills and ellipticals, rec center staff will clean them with microfiber towels and dedicated cleaner.

- All cardio equipment has a 30-minute time limit per user during high traffic periods
- Please alert the front desk if you notice damage to any equipment
- Music must be played on personal headphones. Personal speakers are not permitted
- Backpacks and duffle bags are not permitted upstairs at anytime. Members/guests should utilize the free provided lockers in both locker rooms. You are encouraged to place your own lock on any locker you are using.
- Small bags used for purposes such as medical reasons are permitted upstairs
- Do not drop weights, and please use collars/clips when lifting barbells
- Inappropriate language is not permitted at any time
- Water bottles ONLY in the fitness center
- Please be RESPECTFUL of yourself, others and our facility
- If you need any assistance please speak to someone at the front desk

Fitness Studio

Age Guidelines

Members 15 years and older have full access to fitness class offerings. Members 14 years and under cannot participate in any group fitness classes in the studio.

Fitness Studio Rules

- All users must complete a liability waiver at the time of sign-up
- Please check the fitness studio calendar for upcoming class before exercising
- Appropriate fitness attire and indoor sneakers are required at all times
- Please wipe down ALL of your equipment and return it to its proper place
- Music must be played on personal headphones, personal speakers are not permitted
- Please keep personal belongings in your locker
- Do not drop weights while exercising
- Inappropriate language is not permitted at any time
- Water bottles ONLY in the fitness studio
- Please alert the front desk if you notice damage to any equipment
- Please be RESPECTFUL of yourself, others and our facility
- If you need any assistance please speak to someone at the front desk

Fitness Class Calendar

We offer a variety of classes to fit the needs of the community for all fitness levels. A monthly class calendar will be posted on our website, or visit the front desk to take one home with you.

Class Cancellation Due to low enrollment

Programs that do not meet the minimum number of participants may be canceled. Registrants will be notified by phone. If we are unable to make phone contact with the participant a follow up email will also be sent. If you are using a punch card, the class will go back on to your account.

Class Cancellation Requests

Requested cancellation of a fitness class must be made prior to 48 hours of the enrolled fitness class. This applies to transfers as well. If you are a member and cancel prior to the 48-hour window, you will not be charged a cancellation fee. If you cancel within the 48-hour window you will be charged for the class. For those with punch passes, you will receive your punch back onto your account if you cancel prior to 48-hours. If you are within the 48 hours, you will lose your punch. All cancellation requests must be submitted in writing to crc@colchestervt.gov

Gymnasium

The Gymnasium offers a wide variety of uses, featuring one full size basketball court that can convert into two smaller basketball courts. The multipurpose flooring is also lined for three pickleball courts and two volleyball courts. Kids 14 and under need to be accompanied by a responsible adult 18 years and older.

Gymnasium Rules

- Utilizing the Gymnasium is at your own risk
- All users must complete a liability waiver at the time of membership sign-up
- Clean, appropriate athletic attire is required at all times
- Indoor sneakers must be worn at all times. During the winter months please bring a pair of clean sneakers with you
- Do not hang on rims, dunking is not permitted at any time.
- Please alert the front desk if you notice damage to any equipment
- Music must be played on personal headphones. Personal speakers are not permitted
- Please keep personal belongings in your locker
- Inappropriate language is not permitted at any time
- Water bottles ONLY, no food or beverages inside the Gymnasium
- Please be RESPECTFUL of yourself, others and our facility
- If you need any assistance please speak to someone at the front desk
- The activity designated on the Gym schedule has court priority

Locker Rooms

Locker Policy

Lockers are available to members of the Colchester Recreation Center. We encourage members/guests to bring your own lock to secure your personal belongings. Lockers are on a first-come-first-serve basis unless you rent a locker for a year.

Locker Room Etiquette

- Please lock all of your personal belongings
- Make sure you take all belongings with you after your visit. Lockers are for daily use only
- Cell phone use in the locker room is prohibited
- Please do not spend unnecessary time undressed
- Limit bare feet and use sandals when showering and walking around the locker room
- No food or drinks are allowed in the locker rooms except water bottles
- Please be RESPECTFUL of yourself, others and our facility
- If you need any assistance please speak to someone at the front desk

Locker Rentals

We will have lockers available to rent on an annual basis. The fee to rent a locker for the year is \$80 and a lock will be provided for use. Use of your own lock on yearly rentals is not permitted. We reserve the right to open lockers if we deem it necessary.

Health & Safety

Accident/Injury & Incident Reporting

All injuries (or alleged injuries) regardless of apparent severity, should be reported immediately to a Colchester Recreation Center staff member. After appropriate first aid is administered (if applicable), a Member Injury Form must be completed by a Colchester Recreation Center staff member using information provided by the attending instructor and the injured person. We ask you to report each accident/injury to the front desk associate located at the front desk. Call 911 on all serious injuries.

Head Injury Concussions

There is a potential for individuals to sustain a concussion while participating in an activity at the Colchester Recreation Center. If an individual sustains a head injury and they are showing signs of a concussion, department policy is to summon Emergency Medical Services (EMS) personnel. If an individual sustains a suspected head injury while participating in an activity at the CRC, and they refuse to be transported to the local hospital, CRC staff will require that you do not participate or return to any activity at the CRC for the remainder of the day.

Refusal of Care

Occasionally, a situation may arise where the patron disagrees on whether Emergency Medical Services (EMS) should be called. Circumstances such as a head injury, diabetic reactions, seizures, being under the influence of alcohol or drugs may affect a patron's judgment, or any other medical emergency deemed severe by Colchester Recreation Center Staff, EMS will still be called. A patron cannot refuse EMS to be called however, they can refuse treatment and/or transportation by EMS upon their arrival.

Controlled Substances

If there is an individual (or group) in the Colchester Recreation Center who has (or is) consumed(ing) alcohol/drugs, please notify the front desk immediately. Based on the severity, the Colchester Police Department will be notified and the individual may be banned from the CRC.

Weapons

All weapons (guns, rifles, knives and other dangerous or deadly weapons) are prohibited in the Colchester Recreation Center, excluding those of law enforcement personnel.

CONTACT INFORMATION

Colchester Parks and Recreation
Colchester Recreation Center
80 Dick Mazza Drive, Colchester, VT 05446
Phone: (802) 264-5640
Fax: (802) 264-5647
Email: crc@colchestervt.gov
Website: colchestervt.gov/recreation