



## Spotlight on Crestwood #35

### The Gymnasium

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One of the most fascinating things I've found in writing the Spotlight is the discovery of the many positive things that are happening within Crestwood that I would never notice otherwise. The changes being made within the gym area is a good example.

I have spent a good many hours of my life watching family members play basketball, so you would think I'd be giving the gym more thought. When I walked by it recently and peered in the window, I thought it looked bright and shiny, but that was the extent of my attention. It turns out that our Facilities Manager Jim Cristi has a vision for the gym, and the facility just took its second step toward perfection.

Last summer, with the help of our new riding scrubber machine, Jim labored over the gym floor and had it bright and shiny. The floor, often buffed, still shines, but the gym itself looked dreary with its dull beige walls. Now, in my old experience, most gyms looked that way – kind of grungy at times, but Jim chose to take the Crestwood gym a step above. He and Crestwood volunteer-extraordinaire Ward Ransdell got busy and started painting. Jim suggested the windows and doorways be trimmed in a purple hue, a color brought in from the hallway and which is prevalent within Christian churches. Then, with advice from a paint expert, they chose a medium gray for the bottom half of the walls. To my non-artistic eyes, it looks like it has a blue tint which really brightens things up.



The red chalice painted on the floor in the middle of the court, and the red lines marking out the full basketball court, remain. They are untouched for now, adding more color and life to the space.

There are other significant changes, not as obvious, but important. The emergency lights and all exit signs have been replaced. The exit sign colors have been changed to green which shows up more clearly. They are covered with new metal cages to protect them from out-of-bound balls. All emergency lights have been replaced. In the hallway outside, new lights have been installed. More green exit signs have been added to the hallways to safely direct visitors.

The gym has baskets for a full court game, and it sports two half-courts as well. It also has markings for volleyball, although Jim said that isn't being played at this time. The lobbed balls were knocking out the ceiling tiles and had to be discontinued. There are two electronic scoreboards and speakers if needed for tournament games.

The gym is frequently used, and not just for basketball. OLLI participants have yoga classes there. The Bluegrass Parkinson's Fitness group has it reserved regularly. The Childcare Center uses the gym for play whenever the weather is bad and at other times when the children want to ride their little indoor bikes, wagons, etc. As Jim explains, they are supposed to bring the toys through the building so as not to pick up rocks and dirt outside and damage the floor. The Glendover Basketball League plays at Crestwood, and there are several other groups and leagues that may return after the summer vacation. It is a well-used facility.

Jim's final step in his vision for the gym may be accomplished in the near future. He would like to strip down the floor and repaint it. Some of the painted lines were scratched and chipped before the current coating was laid down. He has to be one of the few people who brings extra work to himself, but it will be (and already is) an area of gymnastic excellence.

There were a few things missing, though, when I recently visited the gym. It's that stuffy, sweaty smell that permeates gyms that I remember from years ago. Maybe if I go visit league play one night, I can re-smell that smell and hear the sound of bouncing balls and yells that echo throughout the large space.

Gyms are places of exercise, fun but serious competition, and positive interactions. It is wonderful that Crestwood can offer these experiences to the community. Our state-of-the-art facility is something to be

proud of, even if some of us don't visit it regularly. Maybe we need some more exercise and should drop by.

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If there is some area of the church you would like to know more about, please share your ideas with me. Let's explore together. [Gaye Holman](#)



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