



# Upcoming Events Calendar for the Ciccotti Center April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  Beg. Pickleball 8-9am Pickleball 9am-12pm	2  Pickleball 12-3pm  Colonie Police PT 2-4pm (Courts 1, 2, and track)  LEGACY Bball AAU Practice 6-8pm (Gym Court 3)	3  Beg. Pickleball 8-9am Pickleball 9am-12pm Pickleball 5:30-7pm  Parents Night Out 5-7:45pm (F1)	4  Spring Fever Basketball League 9am-12pm (Courts 1, 2, 3) 12-1pm (Courts 1, 2)
5  CENTER CLOSED FOR EASTER  	6  FALLS PREVENTION PROGRAM ASSESSMENT WEEK  NO MORNING PICKLEBALL  Pickleball 5:30-7pm	7  WORLD HEALTH DAY NO PICKLEBALL Dance beyond Parkinson's 1:30-2:30pm (F1) Colonie Police PT 2-4pm (Courts 1, 2, and track) Jake Hogan Volleyball League 6:30-8pm (Courts 3 and 4)	8  NO PICKLEBALL	9  NO PICKLEBALL Colonie Police PT 2-4pm (Courts 1, 2, and track) LEGACY Bball AAU Practice 6-8pm (Gym Court 3)	10  NO MORNING PICKLEBALL  Pickleball 5:30-7pm	11  WORLD PARKINSONS DAY  NO BASKETBALL  Intro to Pedaling for Parkinson 10:30-11am and 11:15-11:45am (Bike Room)
APRIL BREAK CAMP 8AM - 4PM COURTS 3 AND 4						
12  Floor Hockey Rental 10am-12pm (Court 3 and 4)  Adult Co-Ed BBall League 10am-12pm (Courts 1 and 2)  Pickleball 12-2pm	13  Beg. Pickleball 8-9am Pickleball 9am-12pm Tai Chi Style 73 10:15-11:15am (F1) Falls Prevention Program 1-2pm (F1) Pickleball 5:30-7pm Provider Presentation from Active Family Chiropractic with Dr. B: Spring into Strength, Techniques to Strengthen and Support Postural Health 5:30-6:30pm (F2)	14  Pickleball 12-3pm  Dance beyond Parkinson's 1:30-2:30pm (F1)  Colonie Police PT 2-4pm (Courts 1, 2, and track) Jake Hogan Volleyball League 6:30-8pm (Courts 3 and 4)	15  Beg. Pickleball 8-9am Pickleball 9am-12pm  Pedaling for Parkinson 10-11am (Bike Room)  Integrating Yoga and Strength Training for Fall Prevention with Brianna 1-2pm (F2)	16  Red Cross Blood Drive 11:30am-6:00pm (Gym Court 2) Pickleball 12-3pm Falls Prevention Program 1-2pm (F1) Colonie Police PT 2-4pm (Courts 1, 2, and track) NO KID POWER FROM 5-6:30PM LEGACY Bball AAU Practice 6-8pm (Gym Court 3) CDYSL Board Meeting 6:30-8pm (F1)	17  Beg. Pickleball 8-9am Pickleball 9am-12pm  Beginner Tai Chi Style 73 10-11am (F2)  Parents Night Out 5-7:45pm (F1)	18  Pick and Roll Basketball League Draft 9am-12pm (Courts 1, 2)
19  Floor Hockey Rental 10am-12pm (Court 3 and 4)  Adult Co-Ed BBall League 10am-12pm (Courts 1 and 2)  Restorative Yoga 11:30am-12:30pm (F1)  Pickleball 12-2pm	20  Beg. Pickleball 8-9am Pickleball 9am-12pm Tai Chi Style 73 10:15-11:15am (F1) Falls Prevention Program 1-2pm (F1) Movement Presentation with Zach (assessments built in) 4-5pm (F1) Pickleball 5:30-7pm	21  Pickleball 12-3pm Dance beyond Parkinson's 1:30-2:30pm (F1) Colonie Police PT 2-4pm (Courts 1, 2, and track) 12-15 year old Strength & Conditioning 5:30-6:30pm (F3) Jake Hogan Volleyball League 6:30-8pm (Courts 3 and 4) Understanding Macros and How to Read a Food Label with Jeff 6-6:45pm (F2) 9 miles East Food Sampling and Talk 6:45-7:30pm (F2)	22  Beg. Pickleball 8-9am Pickleball 9am-12pm Pedaling for Parkinson 10-11am (Bike Room) Mindfulness presentation with Tiffany 2-3pm (F2) Sleep, Stress and Diet workshop by CDPHP 3-4pm (F2) 7-11 year old Strength & Conditioning 5:30-6:30pm (F3)	23  Connecting with the Outdoors and Mind-Muscle Connection Presentation with Nick and Jackie 11am-12pm (F2) Pickleball 12-3pm Falls Prevention Program 1-2pm (F1) Colonie Police PT 2-4pm (Courts 1, 2, and track) 12-15 year old Strength & Conditioning 5:30-6:30pm (F3) LEGACY Bball AAU Practice 6-8pm (Gym Court 3)	24  Beg. Pickleball 8-9am Pickleball 9am-12pm Beginner Tai Chi Style 73 10-11am (F2) Prevention of Early Aging through Exercise and MyFitRx Presentations with Julio and Pat 12-12:45pm (F2) 9 miles East Food Sampling and Talk 12:45pm-1:30pm (F2) Parents Night Out 5-7:45pm (F1)	25  Pick and Roll Basketball League 9am-12pm (Courts 1, 2, 3) 12-1pm (Courts 1, 2)
APRIL WELLNESS WEEK						
26  NO FLOOR HOCKEY  Adult Co-Ed BBall League 10am-12pm (Courts 1 and 2)  Pickleball 12-2pm	27  Beg. Pickleball 8-9am Pickleball 9am-12pm Tai Chi Style 73 10:15-11:15am (F1) Falls Prevention Program 1-2pm (F1)  Pickleball 5:30-7pm	28  Pickleball 12-3pm Dance beyond Parkinson's 1:30-2:30pm (F1) Colonie Police PT 2-4pm (Courts 1, 2, and track) 12-15 year old Strength & Conditioning 5:30-6:30pm (F3) Jake Hogan Volleyball League 6:30-8pm (Courts 3 and 4)	29  Beg. Pickleball 8-9am Pickleball 9am-12pm  Pedaling for Parkinson 10-11am (Bike Room)  7-11 year old Strength & Conditioning 5:30-6:30pm (F3)	30  Pickleball 12-3pm Falls Prevention Program 1-2pm (F1)  Colonie Police PT 2-4pm (Courts 1, 2, and track) LEGACY Bball AAU Practice 6-8pm (Gym Court 3) 12-15 year old Strength & Conditioning 5:30-6:30pm (F3)	 <b>Fitness Connect</b> <sup>SM</sup> <i>at the Ciccotti Center</i> 