

### 13. f. Recreation and Sports - Community Resources

**Newspapers:** You are encouraged to check the local newspapers such as Enterprise Record, Chico News and Review, Synthesis, The Orion and many others, for listings of events that regularly take place in the community.

**Gymnasiums:** There are several health gymnasiums in the community which accept memberships. On campus, you may also become a member of the Wildcat Recreation Center (WREC), an ultra- modern gymnasium which offers a variety of professional supervised programs.

**Bidwell Park:** Bidwell Park is a wonderful place to spend leisure time. The park starts at the edge of the University and stretches for 10 miles! You may hike, ride your bicycle, run, picnic, or swim -- all within a very short distance from the University.

**Adventure Outings:** Located on the first floor of the Bell Memorial Union on campus, Adventure Outings is one of the best places to find guided recreational tours in the Chico area year round. Sign up early since their offering are very popular and fill up quickly.

**Chico Area Recreation District (CARD) Resources:** CARD is a community resource focused on providing quality services and activities to meet both individual and family needs. We understand the importance in developing programs that bring friends and families together to have fun and build lasting memories. CARD is located at 545 Vallambrosa Avenue, Chico. Telephone: 530 895 4711.

<http://www.chicorec.com/index.html>