



Summer

ACTIVITIES

April – August 2011



Kids Events ★ July 4 ★ Details page 5



*ERBM Recreation & Park District
Meeker Recreation Center*

TABLE OF CONTENTS

| | |
|---------------------------------------|---------|
| Executive Director Letter | 2 |
| Family & Community Events | 3 – 5 |
| Youth Sports | 6 – 13 |
| Baseball/Softball | 9 – 10 |
| Soccer | 12 – 13 |
| Youth Programs | 14 – 15 |
| After School Mania | 14 |
| Summer Camps | 14 |
| Aquatics | 16 – 19 |
| Pool Hours/Rules | 16 |
| Aquatic Programs | 17 |
| Swim Lessons | 18 – 19 |
| Adult Activities | 20 – 21 |
| Active Adult 50+ | 22 – 23 |
| Fitness | 24 – 27 |
| Personal Training | 24 |
| Classes | 26 – 27 |
| Mark Your Calendar | 28 – 29 |
| MRC Hours/Fees/Registration | 30 – 31 |
| Locations Legend | 31 |

MISSION STATEMENT

ERBM RECREATION & PARK DISTRICT

To create opportunities for recreational, cultural and park activities for the residents of and visitors to Eastern Rio Blanco County.

STAFF

EXECUTIVE DIRECTOR

. . . Scott Pierson

OPERATIONS MANAGER

. . . Michael Weinbrecht

AQUATICS MANAGER

. . . Ryan Graham

OFFICE MANAGER

. . . Shay Bain

FACILITY MANAGER

. . . Dondi Glasscock

RECREATION MANAGERS

. . . Nicole Dupire, Kari Jo Stevens

RECREATE LOCALLY . . .

One of the trends in recreation is the “staycation”. Simply put, a staycation is when an individual or family stays close to home, taking day trips to area attractions or recreates locally. With that in mind, the Eastern Rio Blanco Metropolitan (ERBM) Recreation and Park District continues to offer recreational opportunities locally.

For those adventurous souls, take part in the 4th Annual Road Rash ‘N Splash Mini Triathlon. Challenge yourself to swim 250 yards, bike six miles and run two miles. If you don’t want to do it all yourself, form a team and compete against other teams! Looking for another outdoor recreational pursuit? Try our new “Learn to Kayak” class.

Once again this summer we will be having an outdoor concert series on the Courthouse lawn. We will also be showing movies once a month on our outdoor screen. The concession stand will be open so bring the whole family! The adult softball league continues to be a pleaser for both players and fans alike.

For the older adults of the community, check out the day trips to various regional attractions.

July is National Park & Recreation Month and the ERBM plans to include numerous special events and some surprises that month as well! Look for additional activities in July.

If you have any questions about the ERBM or any of its programs, please feel free to call 878.3403. Thanks for the support you have given us through the years.

Here’s wishing you a great summer!

Scott G Pierson.

APRIL POOLS DAY

Apr 1
*All ages



Bring the entire family to **Free Friday Family Fun** night at the Meeker Recreation Pool and enjoy an evening filled with games, inflatables and refreshments. Pool fun begins at 5:30pm. MRC will provide the inflatables. *Children under the age of 5 must be accompanied in the water by an adult age 13 or over.

Location MRC Pool
Date Apr 1
Day F
Time 5:30 – 8pm
Cost FREE
Age *All ages

LEARN TO KAYAK

Jun 10, 11
*Age 11+



The Kayaking Course starts with an afternoon lake session and progresses to a full day on the Colorado River. You will learn effective paddling techniques, paddle strokes, river reading skills, bracing, ferries, eddy turns, peel outs, surfing, and personal and group safety techniques. We will be camping along the Colorado River after the lake session has been completed. The two day class consists of one lake session and one full river day.

Participants must provide all meals, camping equipment, booties/river shoes & a synthetic long underwear top (weather permitting) to wear along with the provided wetsuit. Alpine Quest in Glenwood Springs will provide kayak, paddle, spray skirt, helmet, PFD, wetsuit & paddle jacket.

Please arrive at the Meeker Recreation Center at 8:00am on Friday, June 10. The bus will be leaving at 8:30am. Class will begin at noon on Friday, June 10th at Alpine Quest Sports in Glenwood Springs. Gear will be issued and then we will go to a flat water stretch for our lake session, which will end at about 5pm.

Saturday, June 11th will be spent on a stretch of the Colorado River beginning at 9am. The bus will arrive at 4:00 pm to take the group back to Meeker.

The bus transportation is not mandatory, but is highly recommended. Participants not riding the bus, must be on time.

*Children under age 18 must be accompanied by an adult age 18 or over.

Location Glenwood Springs
Date Jun 10, 11
Day F, Sa
Time Varies. See above
Cost \$169 per person
Age *11+
Instructor Sean Glacken
Min/Max 4/10

Registration deadline Jun 3, 8pm



Don't miss the best show in town! The grand finale recital featuring the Recreation District Academy dancers will be on Mother's Day, May 8. To alleviate "standing room only" and help ensure everyone has a seat, there will be two performances, one at 2pm and another at 6pm.

Location MHS Auditorium
Date May 8
Day Su
Time 2pm & 6pm
Cost FREE
Age All Ages



COMMUNITY GARDEN

Located near the upper parking lot of the MRC. District staff will rototill; you plant, weed and harvest. Call 878-3403 today to reserve your garden plot.

SUMMER SWIM FEST

Jun 23
*All ages

Beat the heat by making a big splash at the Summer Swim Fest. This energetic event will provide an afternoon of organized water activities, games, races and prizes. MRC pool provides your children with a safe and fun environment. Please stop by and join the fun at the MRC. *General pool guidelines will apply for children age six and under.

Location MRC Pool
Date Jun 23
Day Th
Time 1 – 4pm
Cost FREE
Age *All ages

DANCE PARTY • MAY 27 • 7-11 PM
FAIRFIELD CENTER
Age 18+ • \$10 per couple
DJ • Refreshments
See Ballroom Dancing page 20

4th Annual
ROAD RASH 'N SPLASH
MINI TRIATHLON
JUN 18 • AGE 13+
See page 25 for details.

MOVIES UNDER THE STARS

June ★ July ★ August
All Ages

Come over to Paintbrush Park for a one-of-a-kind experience that offers everyone the opportunity to sit back, relax and enjoy a movie under the stars! Our inflatable outdoor screen is awesome. You provide your own seating and we will provide the popcorn and movie! Family-friendly movies will range from classics to recent releases, action and adventure to comedy. High winds and lightning (not rain) are cause for cancellations, but will be determined AT showtime.

Location . . . Softball Field @ Paintbrush Park
Day F
Cost FREE

| Date | Movie Title | Rating | Time | Age |
|-----------|------------------------------|--------|--------|----------|
| June 10 | <i>The Goonies</i> | PG | Sunset | All Ages |
| July 8 | <i>A League of Their Own</i> | PG | Sunset | All Ages |
| July 22 | <i>Raiders/Lost Ark</i> | PG | Sunset | All Ages |
| August 12 | <i>Yogi Bear</i> | PG | Sunset | All Ages |

Sixth Annual

SUMMER ENTERTAINMENT SERIES

All Summer
All Ages

Mark your calendars and plan to join friends and neighbors at these **FREE** concerts on the Courthouse Lawn, 550 Main. Bring your own chair or blanket to sit upon. All ages will enjoy the music.

| Date | Day | Time | Band | Genre |
|-----------------------------------|-----|----------------|----------------------|-----------------------|
| Jun 17 | F | 6pm – dusk | “ODNA” | Latin Dance |
| Jul 15 | F | 6pm – dusk | “PINEAPPLE CRACKERS” | Hawaiian Roots/Reggae |
| Jul 23-Community Appreciation Day | Sa | 10am, 3pm, 6pm | To be announced! | To be announced! |
| Aug 19 | F | 6pm – dusk | “BELOVED INVADERS” | Surf Guitar Band |
| Sept 10 | Sa | 4pm – dusk | “CHUCK PYLE” | Zen Cowboy |

JULY 4TH EVENTS

RUN FOR YOUR LIFE ★ 5K RUN OR WALK

Jul 4 ★ All Ages

Looking for a little friendly competition or just a stroll around town with your friends? Plan on participating in this 5K Run or Walk race.

★Pre-registration at the Meeker Recreation Center is highly recommended (and cheaper). Pre-registered participants can pick up their bib number at the registration table on the Courthouse Lawn starting at 6:30am on July 4th.

★Registration includes a t-shirt!

★All proceeds benefit the MHS Cross Country program.

Location Courthouse Lawn, 550 Main

Date Jul 4

Day M

Age All

| COST | TIME |
|---|---------------------------------|
| Pre-registered before noon, Sun, Jul 3 \$15 | Jul 4 Registration Table 6:30am |
| Register Jul 4 \$20 | Run Race 7:30am |
| | Walk Race 8am |

KIDS EVENTS

Jul 4

Age 1 – 12

Kids and parents look forward to this annual event held during the Ranch Rodeo (which follows the Calcutta at 2pm). Kids join their peers on the track in front of the grandstands to play crazy games and get kid-friendly prizes. This event is tailor made for kids who don't mind getting a little dirty, wet or gooey.

Rec District staff will be on the track in front of the grandstands. Immediately following the Calcutta, they will call kids ages one to six onto the track to play their games. Ages seven to twelve will be called down next.

Location RBC Fairgrounds

Date Jul 4

Day M

Time After Calcutta at 2pm

Cost FREE

Age 1 – 12

COMMUNITY APPRECIATION DAY

Jul 23

All Ages

Help us celebrate National Park and Recreation Month and the ERBM Recreation & Park District's appreciation to the community for 30 years of support. Join us for **CONCERTS, GAMES, FOOD & FUN!**

Location Downtown

Date Jul 23

Day Sa

Cost FREE

Age All Ages



July is Park and Recreation Month

WWW.NRPA.ORG



| CONCERTS | 10am – noon | 3 – 5pm | 6pm – dusk |
|---|------------------------|------------|------------|
| DIZZY THE CLOWN MAGIC SHOW | 12:30pm | | |
| TASTE OF MEEKER | 11am – 1pm | | |
| ICE CREAM SCOOP-OFF | | | |
| Best Homemade Ice Cream | Entries Accepted | Noon – 1pm | |
| | Public Tasting | 2 – 5pm | |
| Ice Cream Eating Contest | Registration Forms Due | 1pm | |
| | Contest Starts | 1:30pm | |
| <i>All entry forms and rules available at the MRC</i> | | | |
| INFLATABLES | | | |
| Water Slide, Obstacle Course & More! | 11am – 3pm | | |
| KIDS STATION | | | |
| Face Painting, Spin Art, Games & FUN! | 10am – 4pm | | |

Team Sportsmanship

Agreement



The goal of the Team Sportsmanship Award program is to give each participant an opportunity to build self-esteem and to develop fundamental sport skills in a safe and positive environment. Prior to a sport season/event players, parents and coaches will pledge their support by agreeing to demonstrate positive behavior and treat all coaches, players, officials and spectators in a respectful manner. Each team will be evaluated throughout the season on their sportsmanship and will earn points for an end of the season team pizza party. Up to 15 points may be earned by each team at games/practices through positive demonstration of sportsmanship by the players (5 points), coaches (5 points), and parents/guardians (5 points). Every team that earns the minimum number of points (set by the District prior to the season) will be rewarded with a free end of the season pizza party. The pizza party will be sponsored by Ma Famiglia Restaurant.

I agree. Parent/GuardianDate

I agree. Player.....Date

SMART START SPORTS

Apr 14 – May 7

Age 3 – 4 with parent/caregiver

This four week session will focus on the basic skills of tennis, basketball, soccer and t-ball while emphasizing teamwork and sportsmanship. Participants can only register for Th or Sat session; not both. Parent or caregiver must attend and participate in the class. Don't forget to bring your water bottle and wear athletic clothes and shoes!

Location Barone Middle School

Cost\$10

Member Cost \$9

Age3 – 4

Min/Max 3/15

| | | |
|-------------|-----------------|-----------------|
| Day | Thursday | Saturday |
| Date | Apr 14 – May 5 | Apr 16 – May 7 |
| Time | 5:45 – 6:30pm | 10 – 10:45am |

MAJOR LEAGUE BASEBALL (MLB)

PITCH, HIT & RUN

Apr 30

Boys & Girls Age 7 – 14 as of 7/17/11

MLB Pitch, Hit & Run gives youngsters across the country an opportunity to participate in an exciting baseball skills competition. This national initiative gives boys and girls, age 7-14, the chance to showcase their pitching, hitting and running abilities. Boys and girls compete separately at all levels of competition. This program is intended to encourage youth participation and emphasize the "FUN" element of baseball. There is NO registration fee!

★Pre-registration at the Meeker Recreation Center is highly encouraged. Day of registration from noon-1pm at Paintbrush Park. We will start with the youngest age group first.

★Birth certificates are only needed for the first place finisher after the event.

★Volunteers needed! Please contact us at 878-3403 if you are interested in volunteering for this event.

Location Paintbrush Park

Date Apr 30

Day Sa

Time Registration noon – 1pm

.....Event begins 1pm

CostFREE

Age as of July 17, 20117 – 14

HERSHEY'S TRACK & FIELD

GAMES

May 21

Boys & Girls

Age 9 – 14 as of 12/31/11

For 30 years Hershey's Track & Field Games have put fun into fitness for kids. Each meet includes basic running, jumping and throwing events. For additional information on Hershey's Track & Field visit www.hersheystrackandfield.com.

★Pre-registration at the Meeker Recreation Center is strongly encouraged.

Day of registration from 9am-10am at Starbuck Stadium.

★Bring track shoes without spikes, sunscreen, hat and a water bottle.

★Birth certificates are only needed for the first place finisher, after the event.

★Volunteers needed! Please contact us at 878-3403 if you are interested in helping, or if you have questions on the local event.

Location . .Starbuck Stadium (MHS track)

DateMay 21

DaySa

Time 10am

Cost FREE

Age as of Dec 31, 2011 9 – 14

COWBOY BASKETBALL CAMP

Jun 1 – 2
Boys & Girls Grades K – 8th

This camp is a fun way to improve skills and increase basketball knowledge with Coach Kindler and his high school players. All proceeds benefit the MHS boys’ basketball program. Don’t forget your water bottle and wear athletic clothing and shoes!

Location MHS Gym
Date June 1 – 2
Day W,Th
Time 9 – 11am
Cost \$20
Grades K – 8th
Min 10

SUMMER JAM BASKETBALL CAMP

Jul 11 – 12
Boys & Girls Grades K – 8th

Join the Meeker High School girls' basketball team for these two fun filled days. This basketball camp is a fun way to develop skills through drills and games. All proceeds benefit the MHS girls’ basketball program. Please register early. Don’t forget to wear athletic clothes and shoes. Bring a water bottle.

Location MHS Gym
Date Jul 11 – 12
Day M, Tu
Time 1 – 3pm
Cost \$20
Grades K – 8th
Min 10



COWBOY FOOTBALL CAMP

Aug 9 – 10
Boys & Girls Grades 5th – 12th

MHS Football Coach and the staff will help players in grades 5-12 get revved up for the upcoming season during this two day football camp. Emphasis will be on drills and skills designed to promote individual and team confidence. All proceeds will go to the MHS football program.

Location BMS Football Practice Field
Date Aug 9 – 10
Day Tu,W
Time 5th – 8th; 4:30 – 6:30pm
 9th – 12th; 6:45 – 8:30pm
Cost \$20
Grades 5th – 12th
Min 10

BASEBALL CAMP

May 11
Boys & Girls Grades K – 8th

Join the MHS baseball coaches and team players for this fun filled baseball camp. Boys and girls of all skill levels are welcome. This camp is a fantastic way to develop your skills before the summer baseball and softball season. Be sure to dress in layers and wear athletic clothes/shoes and don’t forget your water bottle! All proceeds benefit the MHS baseball program.

Location Paintbrush Park
Date May 11
Day W
Time 6 – 8pm
Cost \$10
Grades K – 8th
Min 10

COACH PITCH

Jun 7 – 30
Boys & Girls Age 7 – 8

Kids in this program will work on teamwork, baseball skills and building self-confidence. At least two out-of-town games are planned for the season. Players will receive a t-shirt, baseball hat & pants. The pants need to be returned at the end of the season.

★ Please call 878-3403 and select option #1 after 2pm for practice/game cancellations throughout the season.

★ Coaches needed! Become involved in your community, by helping with this program.

Contact us at 878-3403 to find out how!
Location 6th Street Field
Date Jun 7 – 30
Day Tu, Th
Time 5:30 – 6:30pm
Cost \$20
Member Cost \$18
Age 7 – 8
Min/Max 5/30

T-BALL

Jul 5 – 28
Boys & Girls Age 5 – 7

Elementary baseball skills like base running, catching and batting will be introduced to kids in this program. Emphasis will be placed on player participation and having fun. Participants will receive a t-shirt and a hat.

★ Call 878-3403 and select option #1 after 2pm for practice/game cancellations throughout the season.

★ Coaches needed! Become involved in your community by helping with this program. Contact us at 878-3403 to find out how!

Location 6th Street Field
Date Jul 5 – 28
Day Tu, Th
Time 5:30 – 6:30pm
Cost \$20
Member Cost \$18
Age 5 – 7
Min/Max 5/30

REGISTRATION DEADLINES

For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.

NO EXCEPTIONS

BASEBALL

May 9 – mid-Jul
Age 8 – 12 as of 8/1/11



All players will learn teamwork, self-confidence and baseball skills during this worthwhile program.

★ Teams will participate in the Northwest Colorado Baseball League and travel to surrounding towns. Driving directions, updates, schedules and standings may be found on the Northwest Colorado Baseball League website: nwcbl.leaguerepublic.com

★ Uniforms will be handed out on May 9 & 10 at the skills evaluation. Baseball pants, t-shirt, hat, belt and socks will be provided. Players keep the hat, t-shirt and socks. The pants and belt need to be returned at the end of the season.

★ Call 878-3403 and select option #1 after 2pm for practice/game cancellations throughout the season.

★ Coaches needed! Become involved in your community, by helping with this program. Contact us at 878-3403 to find out how!

★ New registration policy: register early! **No registrations accepted after April 25**

Location Paintbrush Park
. & surrounding towns
Date May 9 – mid-Jul
Practice & Game Times TBA
Cost \$30
Member Cost \$27
Age as of Aug 1, 2011 8 – 10, 11 – 12
Min 10 per age group

Registration deadline April 25

SKILLS EVALUATION SCHEDULE

| Age | Day | Date | Time |
|---------------|-----|--------|---------|
| 8 – 10 years | M | May 9 | 6 – 7pm |
| 11 – 12 years | Tu | May 10 | 6 – 7pm |

BASEBALL

May 24 – late-Jul
Age 13 – 15 as of 8/1/11



All players will learn teamwork, self-confidence and baseball skills during this program.

- ★ Teams will participate in the Valley Youth League and travel to surrounding towns. Driving directions, updates, schedules and standings may be found on the Valley Youth League website: VYL.LeagueRepublic.com
- ★ Uniforms will be handed out on May 24 at the skills evaluation. Baseball pants, t-shirt, hat, belt and socks will be provided. Players keep the hat, t-shirt and socks. The pants and belt need to be returned at the end of the season.
- ★ Call 878-3403 and select option #1 after 2pm for practice/game cancellations throughout the season.
- ★ Coaches needed! Become involved in your community, by helping with this program. Contact us at 878-3403 to find out how!
- ★ New registration policy: register early! **No registrations accepted after May 9**

Location Paintbrush Park
. & surrounding towns
Date May 24 –late-Jul
Practice & Game Times TBA
Cost \$30
Member Cost \$27
Age as of Aug 1, 2011 Boys 13 – 15
Min 10

Registration deadline May 9

SKILLS EVALUATION SCHEDULE

| | | |
|----|--------|---------|
| Tu | May 24 | 6 – 7pm |
|----|--------|---------|

REGISTRATION DEADLINES
For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.
No EXCEPTIONS



FAST PITCH SOFTBALL

May 23 – late-Jul
Age 8 – 15 as of 8/1/11

This wholesome summer program will teach girls solid softball skills while building confidence.

- ★ Teams will participate in the Valley Youth League and travel to surrounding towns. VYL Website: Driving directions, updates, schedules and standings may be found on the Valley Youth League website: VYL.LeagueRepublic.com
- ★ Uniforms will be handed out on May 23rd & 25th at the skills evaluation. Uniform top and shorts, visor, slide pad and socks will be provided. The uniform top, shorts and slide pad need to be returned at the end of the season.
- ★ Call 878-3403 and select option #1 after 2pm for practice/game cancellations throughout the season.
- ★ Coaches needed! Become involved in your community, by helping with this program. Contact us at 878-3403 to find out how!
- ★ New registration policy: register early! **No registrations accepted after May 9.**

Location Paintbrush Park
. and surrounding towns
Date May 23 – late Jul
Practice & Game Times TBA
Cost \$30
Member Cost \$27
Age as of Aug 1, 2011 8 – 10, 11 – 12, 13 – 15
Min 10 per age group

Registration deadline May 9



SKILLS EVALUATION SCHEDULE

| Age | Day | Date | Time |
|--------------|-----|--------|---------|
| 8 – 12 years | M | May 23 | 6 –7pm |
| 13 – 15 | W | May 25 | 6 – 7pm |

TAEKWONDO

Apr 6 – May 4
Age 5 – 14

Taekwondo focuses on mental and ethical discipline, justice, etiquette, respect and self-confidence. Children who have been practicing martial arts have been found to be more focused both mentally and physically. Martial arts aim at bringing the mind and body under one's control and achieving a perfect balance between the two.

LocationMP Room
Date Apr 6 – May 4
DayW
Time 6 – 7pm
Cost\$35
Member Cost \$31.50
Age 5 –14
Instructor Jason Walker
Min/Max 5/20

HUNTER EDUCATION

Jun 13 – 18
Age 10+

Learn safe, responsible firearm handling. Persons born after Jan 1, 1949 wishing to obtain a hunting license in Colorado must have a hunter safety card obtainable by passing this class. Hunter Education is recommended for anyone who spends time outdoors whether or not they intend to hunt. Students must be age 10 or over and be able to take a written test. *Meeker Sportsman's Club is located 4½ miles southwest of Meeker on Colorado Highway 13. NO Rec District transportation will be provided.

Cost\$10
Age 10+
Min/Max 5/30

| Location | Date | Day | Time |
|--------------------------|-------------|-------|----------|
| MRC MP Room | Jun 13 – 17 | M – F | 6 –9pm |
| *Meeker Sportsman's Club | Jun 18 | Sa | 8 – 11am |



ARBOR DAY CELEBRATION

The community is invited to join the Meeker Rec Center and Meeker Elementary School students on Friday April 29 for our joint Arbor Day Celebration. There will be tree planting, science experiments and Arbor Day information sharing. The fun will take place throughout the day. Watch for details!



REGISTER ONLINE BY JUNE 24 — RECEIVE FREE REPLICA JERSEY

CHALLENGER SPORTS BRITISH SOCCER CAMP

Aug 8 – 12
Age 3 – 14

Challenger Sports’ British Soccer Camp is the most popular soccer camp in the country. Sign your child up for age specific camp programs, each taught by Challenger’s elite British coaches. Skill levels and confidence will blossom following a week of individual footwork drills, fundamental and technical practices and coached competitive play – all woven around a central theme of respect, responsibility, integrity, sportsmanship and leadership and delivered with a captivating British twist. All campers receive a soccer ball and a camp t-shirt at the end of camp. Enjoy a British Soccer Replica Jersey valued at \$40 if signed up online by June 24, 2011. Sign up now at www.challengersports.com Make this soccer experience even more special for your child by hosting one of our professional British coaches during your week of camp. Host families not only provide a memorable and truly international learning experience for their children but also receive an \$80 rebate towards the cost of camp. Contact us at 878-3403 for more information. ★Register online at www.challengersports.com. This is the preferred way or checks accepted with application available at the Meeker Recreation Center. Please see the Challenger British Soccer application for more information on registration process.

Location Paintbrush Park
Date Aug 8 – 12
Day M – F

- First Kicks** • Age 3: Young players are introduced to game basics through fundamental activities, games and fun soccer challenges. One hour a day for five days. Parents are encouraged to join in and help guide their child through this fun learning experience.
- Mini Soccer** • Age 4 to 5: Fun games, competitions and skill-building activities are designed to enlighten and develop budding players. One-and-one half hours a day for five days.
- Half Day** • Age 6 to 14: Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and games with coaches. This all action camp is our most popular program. Three hours a day for five days.
- Golden Goals** • Age 6 to 14: Special bonus camp for Half Day campers. Includes fun competition and scrimmages. Two hours per day, Mon-Thurs.

| Age | Program Title | Time | Cost |
|--------------|-------------------|-------------|-------|
| 3 years | First Kicks | 11am – noon | \$75 |
| 4 – 5 years | Mini Soccer | 9 – 10:30am | \$85 |
| 6 – 14 years | Half Day | 9am – noon | \$115 |
| 6 – 14 years | Golden Goals Camp | 1 – 3pm | \$40 |

SOCCER *AGE 3 – 4

Aug 3 – Aug 18

Three and four year olds get the balls rolling in this lively, fun to watch soccer program. Young players learn body coordination, how to follow directions and teamwork while playing with their peers. Shin Guards are required for all players. In bad weather, this program will be held at the MES Gym.

★New registration policy! **No registrations accepted after July 18.**

Location Paintbrush Park
Date Aug 3 – 18
Day W,Th
Time 5:45 – 6:30pm
Cost \$12
Member Cost \$10.75
Age *Boys & Girls 3 – 4 years old
Registration deadline July 18

SOCCER *AGE 5 – 6

Aug 29 – Sept 28 *(excluding M, Sept 5, Labor Day)

This program teaches boys & girls ages five and six how to play the game. The concepts of team play, sportsmanship and basic soccer skills will be stressed. Games will be coed intramural. Shin guards are required for all players. Soccer will be held in all weather conditions except lightning. Please be prepared.

★ New registration policy! **No registrations accepted after August 15.**

Location Paintbrush Park
 Date *Aug 29 – Sept 28
 Day M,W
 Time 5:45 – 6:45pm
 Cost \$25 (includes jersey)
Member Cost . . . \$22.50 (includes jersey)
 Age *Boys & Girls 5 –6 years old
Registration deadline August 15

SOCCER *AGE 10 – 13

Aug 29 – Sept 28
 *(excluding M, Sept 5, Labor Day)

Soccer is a terrific source of exercise and fun for 10 – 13 year old players. Players will increase their knowledge of strategy and teamwork while developing their skills. Games will be coed intramural. There will be the potential for out of town games with surrounding towns. NO Rec District transportation will be provided. Shin guards are required for all players. Soccer will be held in all weather conditions except lightning. Please be prepared.

★ If there are enough players, teams will be split by gender.
 ★ New registration policy! **No registrations accepted after August 15.**

Location Irwin Field
 Date *Aug 29 – Sept 28
 Day M,W
 Time 5:45 – 7:15pm
 Cost \$25 (includes jersey)
Member Cost \$22.50 (includes jersey)
 Age *Boys & Girls 10 –13 years old
Registration deadline August 15

SOCCER *AGE 7 – 9

Aug 30 – Sept 29

Children ages seven through nine will benefit from an abundance of exercise and positive interaction with peers and adults while developing strong soccer skills. Games will be coed intramural. Shin guards are required for all players. Soccer will be held in all weather conditions except lightning. Please be prepared.

★ New registration process! **No registrations accepted after August 15.**

Location Paintbrush Park
 Date Aug 30 – Sept 29
 Day Tu,Th
 Time 5:45 – 6:45pm
 Cost \$25 (includes jersey)
Member Cost \$22.50 (includes jersey)
 Age *Boys & Girls 7 – 9 years old
Registration deadline August 15

SOCCER *AGE 14 – 18 NEW

Aug 30 – Sept 29



Teens, are you ready for summertime soccer? This program is for you. Players will increase their knowledge of strategy and teamwork while developing their skills. There will be the potential for out of town games with surrounding towns. NO Rec District transportation will be provided. Shin guards are required for all players. Soccer will be held in all weather conditions except lightning. Please be prepared.

★ If there are enough players, teams will be split by gender.
 ★ New registration policy! **No registrations accepted after August 15.**

Location Irwin Field
 Date Aug 30 – Sept 29
 Day Tu,Th
 Time 5:45 – 7:15pm
 Cost \$25 (includes jersey)
Member Cost \$22.50 (includes jersey)
 Age *Boys & Girls 14 –18 years old
 Min 10
Registration deadline August 15

REGISTRATION DEADLINES

For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.

No EXCEPTIONS



TINY TOTS

Apr 4 – May 10

Age 2 – 3 with parent/caregiver

This class is all about having fun while learning important social, fine and gross motor skills. Children will use scissors, crayons, zippers, balls, sand, water and more. Building, beading and puzzles will help develop eye-hand coordination. Children can sign-up for Monday or Tuesday class, but not both, to give others the opportunity to participate.

LocationMP Room
 Cost\$10
 Member Cost\$9
 Age2 – 3 with parent/caregiver
 Instructor Michelle
 Min/Max 3/10

| Monday – Evening | Tuesday – Morning |
|------------------|-------------------|
| Apr 4 – May 9 | Apr 5 – May 10 |
| 5:15 – 6pm | 10 – 10:45am |

TINY TOES

Jun 6 – 28

Age 2 – 3 with parent/caregiver; maximum two children per adult

Parents and toddlers will be Movin’ & Shakin’, Rockin’ & Rollin’ to new and familiar music. Kids will become skilled at rhythm, coordination and basic dance moves. Children can sign-up for Monday or Tuesday class, but not both, to give others the opportunity to participate.

LocationStudio
 Cost\$12
 Member Cost\$10.75
 Age2 – 3
 Instructor Kari
 Min/Max 3/10

| Monday – Evening | Tuesday – Morning |
|------------------|-------------------|
| Jun 6 – Jun 27 | Jun 7 – Jun 28 |
| 5:15 – 6pm | 10 – 10:45am |

TINY TUMBLERS

Jul 11 – Aug 2

Age 2 – 3 years with parent or caregiver

Through basic tumbling maneuvers students will learn how to follow directions, interact with peers, increase coordination and boost body awareness. Children can sign-up for Monday or Tuesday class, but not both, to give others the opportunity to participate.

LocationStudio
 Cost\$12
 Member Cost\$10.75
 Age2 – 3
 Instructor Kari
 Min/Max 3/10

| Monday – Evening | Tuesday – Morning |
|------------------|-------------------|
| July 11 – Aug 1 | July 12 – Aug 2 |
| 5:15 – 6pm | 10 – 10:45 am |

CENTER STAGE (DRAMA)

Apr 6 – May 11

Grades 1st – 8th

Center Stage will help familiarize the community youth on all areas of musical theatre. Participants will learn music, dance, acting and staging skills. This class will also prepare the students for auditions in the Fall of 2011.

LocationMES Gym
 Date Apr 6 – May 11
 DayW
 Time 5:30 – 6:30pm
 Cost\$18
 Member Cost\$16
 Grades 1st – 8th
 Min/Max 3/30

MRC POOL — RULES, FEATURES, HOURS OF OPERATION

The pool is shared at all times with daily programming. * Drop-in hours indicate when the lazy river must be shared with other aquatic activities. **Pool closes 30 minutes prior to the MRC closing except for Saturday and Sunday. ***Lap Swimming will have a dedicated time on Tuesday and Thursday 5am-8am. Please note: Lap swimming is available on a drop in basis pending the daily aquatic programming schedule. There will be no lap lanes available during aquatic classes. Current lap lane schedules are available at guest services.

| | Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|----------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|----------------------|
| **Pool Hours | 5am–8pm | 5am–8pm | 5am–8pm | 5am–8pm | 5am–8pm | 11am–5pm | 11am–5pm |
| Open Swim | 10:30am–8pm | 10:30am–8pm | 10:30am–8pm | 10:30am–8pm | 10:30am–8pm | 11am–5pm | 11am–5pm |
| ***Lap Swim | 5am–8pm | 5am–8am | 5am–8pm | 5am–8am | 5am–8pm | 11am–5pm | 11am–5pm |
| *Water Walking | *Drop-in 5am–8pm | *Drop-in 5am–8pm | *Drop-in 5am–8pm | *Drop-in 5am–8pm | *Drop-in 5am–8pm | *Drop-in 11am–5pm | *Drop-in 11am–5pm |
| Whirlpool | 5am–8pm | 5am–8pm | 5am–8pm | 5am–8pm | 5am–8pm | 11am–5pm | 11am–5pm |

Pool Temperatures

- Leisure Pool, 87°–89°
- Lap Pool, 85°–87°
- Whirlpool, 102°–104°

Pool Closures

Mandatory Open Swim Safety Breaks

11:45am; 1:45pm; 3:45pm; 5:45pm

Guests under the age of 18 will be cleared from the pool during 15 minute safety breaks.

Unexpected closures

May occur at any time, but every effort will be made to avoid them. Call the MRC "hot line" for the latest information on any unexpected pool or facility closures — 970.878.3403 Opt. 1

Pool Features

- Four lap lanes, lazy river, water slide, zero depth entry, whirlpool, water toys, 12' deep end, diving board, individual and family locker rooms.
- Chair lift is available upon request for guests needing assistance in and out of the pool.
- Lap pool has a sloped Easy Ladder to help patrons get safely in & out of the pool.

Pool Rules

1. Please take full head and body showers before entering the pool.
2. Children age five and under must be accompanied by an adult, age thirteen or older, within an arm's length – in the water. Children age six and seven must be accompanied in the natatorium (pool area) by an adult, age thirteen or older. Children must be at least eight years old to be in the natatorium without adult supervision.
3. Diaper wearing children must wear swim diapers while in the pool. If you do not have one, please see the front desk.
4. Proper swim attire must be worn in the pool at all times.
5. All life jackets must be coast guard certified. (Jacket will have a tag reading "coast guard certified.")
6. If you cannot swim, even if you are wearing a life jacket, you will not be allowed in the deep end of the pool unless accompanied by an adult.
7. Personal water wings and other inflatable flotation devices are **NOT** allowed into the pool. Noodles are allowed.
8. NO running or walk-running.
9. Diving from the edge is only allowed at the deep end of the lap pool.
10. Lifeguards may stop any activity they feel is inappropriate.
11. Lockers and locks are available at no charge for day use. No overnight locks.
12. The Rec District is not responsible for lost or stolen items. Bringing items of value to the Facility is discouraged. Locks may be borrowed at the front desk for no fee.
13. Cameras, cell phones and laptops are prohibited in the locker rooms and natatorium (pool area).

AFTER HOURS

PRIVATE POOL PARTIES

Make your celebration a special event that will be remembered forever. Private pool parties at the Meeker Rec Center will provide the unique environment. Just bring your decorations and favorite party foods. (No alcohol allowed in the Center.) Parties are available during non-public swim hours, Friday, Saturday and Sunday evenings. The minimum fee of \$175 allows up to 30 swimmers use of the pool and lounge area for up to 2 hours. (Arrangements can be made for extended time and/or adding additional participants.) Private pool parties are a great way to turn any occasion into a special celebration. Call Layne or Ryan at 970.878.3403 ext 209. A party application and a \$50 non-refundable deposit are due 10 days prior to your party date. The \$125 balance is due the day of the event.



ITTY BITTY BEACH PARTY

May 2

Age *6 mo – 5 years with parent/caregiver

*All children must be accompanied in the water by an adult.

Join the fun at the Meeker Recreation Center's pool party for Itty Bitty children, age 5 years and under. Games, prizes and crafts will be included. *Children must be accompanied in the water by an adult.

Location MRC Pool

Date May 2

Day M

Time 10am – noon

Cost \$5 per adult

Member Cost \$4.50 per adult

. Children FREE

Age *6 mo – 5 yrs

SPLASH BASH

Apr 23

Grades 6th – 8th



teens

A Splash Bash **just for teens!** Sixth, seventh and eighth graders, come enjoy the music, swimming, games and “the ROCK” at the pool. MRC will provide the fun, food and supervision. Doors open at 7pm. However, no admittance will be allowed after 7:45. No re-entry allowed.

Location MRC Pool

Date Apr 23

Day Sa

Time 7 – 9:30pm

Cost \$5

Grades 6 – 8

SUMMER CAMP IN THE POOL

HYDRO TUBE BASKETBALL

TOURNAMENT

May 15

Grades 9 – 12



teens

Teams of three will compete in an exciting non-stop game of inner tube basketball. Players sit in inner tubes and move around the pool holding, passing, catching and shooting the ball. Rules are very similar to classic basketball. You may sign-up as teams of four players.

Registration deadline May 9. Bracket will be available to team captains May 13.

Location MRC Pool

Date May 15

Day Su

Time 2 – 5pm

Cost \$12 per team

Grades 9 – 12

Min/Max 4 teams/8 teams

Registration deadline May 9

GUARDSTART

June 27-July 1

Age 11-14

If you're between 11 and 14 years old and would be interested in learning what it takes to be a great lifeguard, start by completing the “GuardStart” program! The experience you gain through the GuardStart program will prepare you for a Lifeguard Training program in the future. (Please note that the GuardStart program is not a lifeguard certification course.) Each day please bring a swim suit, towel and drinking water.

Location MRC Pool

Date June 27-July 1

Day M – F

Time 1 – 3pm

Cost \$10

Member Cost \$9

Age 11 – 14

Min/Max 3/12

PRIVATE LESSONS

By appointment
All ages

Learn to swim or refine your stroke during private sessions with a certified water safety and swimming instructor. Private Lessons are by appointment only and are available for all ages. Contact guest services at the MRC to get started.

Private Swim Lesson Packages

- Four sessions – \$75. First session 45 minutes includes evaluation; remaining sessions 30 minutes
- Semi-private Swim Lesson Package
Five sessions for up to three students – \$100. First session one hour includes evaluation; remaining sessions 30 minutes

SWIM TEAM NEW

Apr 4 – May 6 – **Registration deadline Apr 4**
*Age 18 & under

An introductory Swim Team program that focuses on building swimming skills in a fun and enjoyable environment. This is a 5 week program designed to improve stroke techniques as well as conditioning. MRC will be hosting the County Cup Swimmers Dual with Rangely at the end of the season. *Team members must be able to swim the length of the lap pool – 25 yards. One piece swim suits (girls) and jammers (boys), goggles and swim caps are required.

Location MRC Pool
Date Apr 4 – May 6
Day/Time M,F; 3:30 – 4:30pm
..... W; 2:30 – 3:30pm
Cost \$40
Member Cost \$36
Age *18 & under
Instructor Coach Jamie Bumgardner
Min/Max 8/24

Registration deadline Apr 4

REGISTRATION DEADLINES

For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.

NO EXCEPTIONS

LEARN TO SWIM LESSONS

Jun 6 – 29 – **Registration deadline May 30**
Jul 11 – Aug 3 – **Registration deadline Jul 5**
Age Six months and over

MRC is excited to make available the best possible swimming instruction for the Meeker community and surrounding areas. We follow the American Red Cross guidelines for our classes and strive to help all swimmers improve their skill level. *Choose level based on complete descriptions on page 19.

Location MRC Pool
Cost \$25
Member Cost \$22.50
Certified Instructors
Min/Max 3/6

| AGE | *LEVEL # | TITLE | TIME | DAY |
|--------------|-----------------|-------------------|---------------|-----|
| 6-36 mo | Parent Child | N/A | 9 – 9:25am | M,W |
| 3-5 yrs | Preschool 1 | Pike | 9:35 – 10am | M,W |
| 3-5 yrs | Preschool 2 | Eel | 10:05 – 10:30 | M,W |
| 3-5 yrs | Preschool 3 | Sting Ray | 10:35 – 11am | M,W |
| 5yrs & older | Learn-to-Swim 1 | Blue Shark | 9:35 – 10am | M,W |
| 5yrs & older | Learn-to-Swim 2 | Goblin Shark | 10:05 – 10:30 | M,W |
| 5yrs & older | Learn-to-Swim 3 | Hammerhead Shark | 10:35 – 11am | M,W |
| 5yrs & older | Learn-to-Swim 4 | Bull Shark | 9:35 – 10am | M,W |
| 5yrs & older | Learn-to-Swim 5 | Tiger Shark | 10:05 – 10:30 | M,W |
| 5yrs & older | Learn-to-Swim 6 | Great White Shark | 10:35 – 11am | M,W |



SWIMMING LESSON LEVEL DESCRIPTIONS

| | |
|---|---|
| <p>PARENT AND CHILD AQUATICS LEVEL 1 (6 MONTHS – 36 MONTHS) Parents help introduce children to water using songs and games while learning basic body positions and holding techniques to promote water comfort. Basic skills learned in this class will lay the foundation to help them learn to swim. Swim diapers are required.</p> | <p>LEARN-TO-SWIM LEVEL 2 (5 AND OLDER): GOBLIN SHARK Children must be able to proficiently perform skills taught in Learn-to-Swim Level 1 and/or PSA 3 to move onto the next course. Skills required: <i>Skills from PSA 3 or LTS 1.</i> Goblin Sharks will be introduced to water entry and exit, independent breath control & submersion for 5 seconds, retrieve objects with eyes open, independent front float, front glide, back float, back glide, front and back swimming. Treading water independently for 15 seconds will also be introduced.</p> |
| <p>PRESCHOOL AQUATICS LEVEL 1: (3 - 5 YEARS OLD): PIKE Pikes will be introduced to basic elementary water skills. Skills introduced include: Water comfort, water entry & exit, breath control, submerging, front & back floats, changing direction & position, along with water safety.</p> | <p>LEARN-TO-SWIM LEVEL 3 (5 AND OLDER): HAMMERHEAD SHARK Children must be able to proficiently perform skills taught in Learn-to-Swim Level 2 to move onto the next course. Skills required: <i>Skills from LTS 2. Back float 15 seconds.</i> Hammerhead Sharks will be introduced to headfirst entries from a kneeling position, rotary breathing, bobbing, flutter kick, dolphin kick, scissor kick, elementary backstroke & front crawl.</p> |
| <p>PRESCHOOL AQUATICS LEVEL 2: (3 - 5 YEARS OLD): EEL Children must be able to proficiently perform skills taught in Preschool Aquatics Level 1 to move onto the next course. Skills required: <i>Skills from PSA 1.</i> Eels will be introduced to water entry & exit, retrieving submerged objects with eyes open, front float, front glide, back float, back glide, roll front to back & back to front, swimming on front & back with support.</p> | <p>LEARN-TO-SWIM LEVEL 4 (5 AND OLDER): BULL SHARK Children must be able to proficiently perform skills taught in Learn-to-Swim Level 3 to move onto the next course. Skills required: <i>Skills from LTS 3. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading water or floating for 45 seconds. Swim elementary backstroke for 15 yards.</i> Bull Sharks will be introduced to headfirst entry from stride position, underwater swimming, feetfirst surface dives, survival swimming, front crawl & backstroke open turns, front crawl, breaststroke, butterfly, backstroke & sidestroke.</p> |
| <p>PRESCHOOL AQUATICS LEVEL 3 (3 – 5 YEARS OLD): STING RAY Children must be able to proficiently perform skills taught in Preschool Aquatics Level 2 to move onto the next course. Skills required: <i>Skills from PSA 2.</i> Sting Rays will be introduced to jumping in, holding breath fully submerged for 5 seconds, front float, front glide, back float, back glide, changing direction & position, swimming on front & back. All skills will be instructed for students to perform independently.</p> | <p>LEARN-TO-SWIM LEVEL 5 (5 AND OLDER): TIGER SHARK Children must be able to proficiently perform skills taught in Learn-to-Swim Level 4 to move onto the next course. Skills required: <i>Skills from LTS 4. Perform feetfirst entry into deep water, swim front crawl for 25 yards, swim elementary backstroke for 25 yards & swim backstroke and breaststroke for 15 yards.</i> Tiger Sharks will be introduced to shallow-angle dives from side, tuck & pike surface dives, front & backstroke flip turn, refine front crawl, breaststroke, elementary backstroke & back crawl.</p> |
| <p>LEARN-TO-SWIM LEVEL 1 (5 AND OLDER): BLUE SHARK Blue Sharks will be introduced to basic swimming skills. Skills introduced will be water entry and exit, breath control, submerging with eyes open, front float, front glide, back float, back glide, front & back swimming. All skills are performed with support. Skills required: <i>Age 5 with minimal swimming experience.</i></p> | <p>LEARN-TO-SWIM LEVEL 6 (5 AND OLDER): GREAT WHITE SHARK Children must be able to proficiently perform skills taught in Learn-to-Swim Level 5 to move onto the next course. Level 6 will focus on 3 categories: Diving, Personal Water Safety and Fitness Swimmer. Skills required: <i>Skills from LTS 5. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke, survival float 5 minutes & object retrieval from the bottom of the pool 7'-10'.</i> Great White Sharks will be introduced to water rescue, diving board dives, as well as continued stroke development & technique refinement.</p> |

BALLROOM DANCING

Apr 8 – May 27
Age 18+

Ballroom dance has refused to fade in popularity! Learn some of the many interesting turns and movements that dancers have been doing for decades in a relaxed and comfortable atmosphere. Partners are required. Session ends with a dance party to test out all the steps you've learned. Dance Party is open to the public for \$10 per couple; those who register for the full session attend the Dance Party for FREE. There will be a DJ, refreshments and fun for a full night of dancing!

LocationStudio
DayF
Time6 – 7:30pm
Cost\$8/couple, drop-in
.....\$56/couple, 7 classes & dance party
Age18+
Min/Max 2/7 couples

| | |
|---------------|---|
| Apr 8 | Cha Cha |
| Apr 15 | Swing |
| Apr 22 | Waltz |
| Apr 29 | Tango |
| May 6 | Rumba |
| May 13 | Salsa |
| May 20 | Swing |
| MAY 27 | DANCE PARTY • 7-11 PM FAIRFIELD CENTER |



PERFECT POOCH DOG OBEDIENCE CLASS

May 4 – 25
Age: People 16+; Dogs 6 mo+

This dog-friendly and people-friendly class will provide a beginning level of instruction. Course work includes relationship building, sit, down, stand, come when called, leash manners, hand signals, games, tricks and effective solutions for problem behaviors. Dogs should be friendly toward other dogs, children and adults. Leash and current vaccinations including rabies are required. No wolf hybrids allowed. Participants will need to fill out paperwork on the dog and provide proof of vaccination at time of registration.

Location Indoor arena at RBC Fairgrounds and Outside
Date May 4 – 25
Day W
Time 6 – 7pm
Cost \$20
Member Cost *\$18*
Age People 16+
..... Dogs 6 mo+
Instructor Arlene Estes
Max. 10/one dog per person



HUNTER EDUCATION

Jun 13 – 18

Age 10+

Learn safe, responsible firearm handling. Persons born after Jan 1, 1949 wishing to obtain a hunting license in Colorado must have a hunter safety card obtainable by passing this class. Hunter Education is recommended for anyone who spends time outdoors whether or not they intend to hunt. Students must be age 10 or over and be able to take a written test. *Meeker Sportsman's Club is located 4½ miles southwest of Meeker on Colorado Highway 13. NO Rec District transportation will be provided.

Cost \$10
 Age 10+
 Min/Max 5/30

| Location | Date | Day | Time |
|--------------------------|-------------|-------|----------|
| MRC MP Room | Jun 13 – 17 | M – F | 6 – 9pm |
| *Meeker Sportsman's Club | Jun 18 | Sa | 8 – 11am |

ADULT RECREATIONAL COED SOFTBALL

Jul 18 – Aug 19

Age 18+ (Note change)

★ Get your team of 8-15 players together and take advantage of this popular Adult Coed Softball program. You can play with 8-10 players on the field. Each team should be equally split women and men on the playing field. You can have 9 players on the field if you have 4 men and 5 women playing. Team shirts will be provided for 15 players, additional shirts may be purchased at an additional cost. Game balls and catcher's mask will be provided by the Rec District. If you are interested in playing but do not have a team, call the Rec District at 878-3403.

★ End of the season tournament will be played the week of August 15-19.

★ At least one person from each team (everyone is encouraged to attend) must attend a mandatory rules meeting either July 13th or July 14th at 7pm in the multipurpose room. (You only need to attend one meeting.) Game schedules will be distributed during the rules meeting.

★ Please remember there is no alcohol or tobacco of any form allowed in Paintbrush Park. Please respect this rule. Sportsmanship is expected from all players/fans of each team at all times.

★ **Rosters with shirt sizes and fee are due July 5. No registration will be taken after this date.**

Location Paintbrush Park
 Date July 18 – Aug 19
 Day M, Tu, W
 Time 6pm & later
 Cost \$200
 Age 18+ (Note change)

Registration deadline Jul 5.



REGISTRATION DEADLINES

For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.

NO EXCEPTIONS

DAY TRIPS

**Day trips require reservations.
Bus space is limited.**

CAVE TOUR GLENWOOD SPRINGS

Apr 12
Age 50+

Your adventure will start with a ride on the Gondola up to Glenwood Caverns Adventure Park. While there, you will be guided on a walking tour through the Glenwood Caverns and Historic Fairy Caves. During the 70 minute tour, you will explore the historic sections of the caverns and a cliff side balcony with panoramic views of Glenwood Canyon and the Colorado River. This tour is appropriate for most fitness levels; the lower section does include 127 stair steps with sporadically placed resting benches. Please bring a light jacket and comfortable walking shoes. Gondola ride is wheelchair accessible; cave tours are not.

Location Meet at the MRC
Date Apr 12
Day Tu
Time 8am – 5pm
Cost \$20 – covers transportation, admission. Bring money for food and souvenirs
Age 50+
Min/Max 3/14

BROWNS PARK

JOHN JARVIE RANCH

May 10
Age 50+

Explore where the Wild West is still wild and where Butch Cassidy and the Sundance Kid hid out from the long arm of the law. This region was filled with outlaws, guns and traders. While visiting, you will be guided through the John Jarvie Ranch to get a glimpse of life at the turn of the century in Browns Park. Due to the long travel time, please provide your own brown bag lunch. The group will enjoy a picnic during the trip.

Location Meet at the MRC
Date May 10
Day Tu
Time 8am – 7pm
Cost \$5 – covers transportation
Bring a sack lunch
Age 50+
Min/Max 3/14

CEDAREdge FRONTIER TOWN

Jun 14
Age 50+

Take a step back in time by visiting a historical village. Travelers are encouraged to explore over 20 carefully restored buildings, such as the Coalby Store, Post Office and Barber Shop. Meet at the MRC at 8am. Return to MRC around 5pm.

Location Meet at the MRC
Date Jun 14
Day Tu
Time 8am – 5pm
Cost \$5 – covers transportation
Bring money for food and souvenirs
Age 50+
Min/Max 3/14

YAMPA RIVER BOTANIC PARK

Jul 12
Age 50+

Seize the moment! Take a pleasant and peaceful stroll surrounded by exquisite gardens. Several picturesque ponds are positioned between low rolling hills, bordered by a wide array of flowering and non-flowering plants and trees that can be found in the Yampa River Basin. Meet at the MRC at 8:00am. Return to the MRC about 4pm.

Location Meet at the MRC
Date Jul 12
Day Tu
Time 8am – 4pm
Cost \$5 – covers transportation
Bring money for food and souvenirs
Age 50+
Min/Max 3/14

COLORADO NATIONAL MONUMENT

CENTENNIAL CELEBRATION

Aug 9
Age 50+

Throughout 2011, the Colorado National Monument is celebrating its 100th anniversary. Active Adults will enjoy a specialized guided tour dedicated to the centennial celebration. Whether you enjoy getting a glimpse of the native animals or studying the rock formations, this trip will be exciting. Please provide your own brown bag lunch for a picnic with a great view at the Colorado National Monument. Leave the MRC at 8am. Return to MRC about 5pm.

Location Meet at the MRC
Date Aug 9
Day Tu
Time 8am – 5pm
Cost \$5 – covers transportation
Bring sack lunch
Age 50+
Min/Max 3/14

ACTIVE ADULT 50+

Day Trips

GENTLEMEN'S GROUP

Tuesday mornings, 9am.



Gather in the MRC lounge to discuss life's lessons with Frank & the boys. Coffee & refreshments, too! FREE

ACTIVE ADULT GAME DAY

Wednesday mornings, 9am



The coffee is always on, the donuts are always fresh and the company is always great! Play cards if you like, or just visit! In the MRC lounge. FREE

MONTHLY MOVIE MATINEE

First (non-holiday) Monday of the Month
April – Aug
Age 50+



Once a month we will watch a classic movie, or future classic new release. Sit back, relax and enjoy free refreshments. Is there a movie you would love to see? Let us know!

LocationMP Room
Date Apr 4, May 2, Jun 6, Jul 11, Aug 1
Day M
Time 10am
Cost FREE
Age 50+

CHUCKWAGON

First Monday ^{and}
Fourth Wednesday
of the Month
Age 50+



The Rio Blanco County Senior Citizen Nutrition Program (aka Chuckwagon) serves lunch in the Meeker Rec Center lounge the first Monday of every month starting at noon (immediately following the Monthly Movie Matinee) and the fourth Wednesday of every month starting at noon (immediately following the Active Adult Game Day). Guests of seniors are always welcome. Suggested donations are: Over age 60, \$2.50. Age 12 – 59, \$7. Children under age 12, \$3.50.

Monday Apr 4, May 2, Jun 6, Jul 11, Aug 1
Wednesday Apr 27, May 25, Jun 22, Jul 27, Aug 24

SPRING SOCIAL
Apr 14
Age 50+

Celebrate the arrival of spring with your friends and peers. Reminisce while enjoying delicious FREE food, fun and entertainment. Bring a friend and double the fun.

★ Note new location; new day!
Location . . . Fairfield Center, Third & Main
Date Apr 14
Day Th
Time Lunch – 11:30am
Cost FREE
Age 50+



FITNESS ROOM

Fully Equipped

- Life Fitness cardio with integrated video, treadmills, ellipticals, recumbent bike, arc trainer, upright bike, upper body ergometer.
- Hammer Strength free weights, Power Rack & Smith machine.
- Life Fitness cable motion and circuit strength machines.

Orientation

Learn how to comfortably use the Life Fitness, Hammer Strength & Techno Gym equipment to get the most out of your workout. Orientations are free and available by appointment

Apparel Guidelines

- Patrons must wear clean shoes with covered toes. No bare feet allowed.
- Rivets on pants damage the equipment. Please do not wear jeans.
- Patrons with inappropriate apparel will be asked to change clothes or leave the Center. The discretion of Rec Center staff will determine inappropriate apparel.

Locker Availability

Fitness room patrons may use the locker rooms to change clothes and store personal belongings during workout. Locks may be borrowed.

Age Restrictions

Children under the age of 13 are not permitted in the fitness area. Children ages 13–15 must complete a FREE Fitness Room Orientation or be accompanied by a parent in order to use the Fitness Room.

PERSONAL TRAINING PROGRAMS

MRC's **CERTIFIED** trainers are ready to help you. Our trainers have over 25 years of combined experience and a variety of programs to offer. Our personal trainers will design a personalized program for you which will correspond with your fitness level and goals. Information and/or registration for all personal training programs must be done by contacting guest services.

Personal Training — Package Options

•SEMI-PRIVATE

Small group personal training is available. Stay motivated and share the expense with a buddy. Our trainers will provide a custom workout program for 2 to 3 people. **ONE SESSION \$60**

•SPECIAL PACKAGE

A certified personal trainer will assess your cardiovascular endurance, muscular strength, flexibility, balance and body composition. The results of your assessment will be used to develop a personalized fitness program. **Two SESSIONS \$75**

•BASIC TRAINING

When you need a detailed program, one-on-one guidance or a new revised program to break through a fitness plateau the basic training package will meet your needs. **ONE SESSION \$40. THREE SESSIONS \$100**

•KNOW YOUR NUMBERS

Schedule an assessment with a trainer to determine your Body Composition and/or Cardiovascular Training Zone to measure your success. **ONE SESSION \$15**

Aquatic Personal Training

Water fitness offers health benefits to a wide variety of individuals. It is a perfect low impact exercise while also providing an excellent cross training opportunity for the serious athlete. Cost based on type of package selected (see above).

GAME ON

Sport Specific Training/Sport Training/Athletic Training

Increase your power, strength and endurance by utilizing MRC's personal trainer's sport specific off-season training programs. These programs are tailored for the determined competitor or active individual intent on achieving peak performance. Sign up today to improve your game.

- **INDIVIDUAL TRAINING PACKAGE** includes assessment, program design and one-on-one sessions with a certified trainer who will push you to maximize your athletic performance.

GAME ON INDIVIDUAL TRAINING PACKAGE is \$175.

- **TEAM TRAINING PACKAGES COACHES** what a great way to enhance your program. Off season training programs are available for your team. Training programs will be customized to meet your team goals.

TEAM TRAINING PACKAGE fees vary. Please contact Guest Services for more registration and cost information.



**4th Annual
ROAD RASH 'N SPLASH
MINI TRIATHLON**

Jun 18
Age 13+

Swim 250 Yards, Bike 6 miles and Run 2 miles in that order!
 Mark your calendars for the fourth annual Road Rash 'n Splash Mini-Triathlon. Recreational athletes will find this to be a fun, challenging event. Register as an individual or form a team with up to three members. The swim course is in the Meeker Recreation pool, 5 laps (a lap is down and back). You will share a swim lane with another competitor during the competition. Then you will transition from the pool to the bike course (helmets required). The bike course terrain will be pavement and gravel including cattle guards and hills. The running course will be on pavement, grass and gravel. For a registration form, course routes and additional information please stop by the Meeker Recreation Center. Required equipment: swim attire, bicycle and helmet. Recommended equipment: goggles, swim cap and running shoes. Don't have a bike to use for the event? Don't let this be your excuse this year! We can help you find a bike to borrow for the event.
 ★ New registration policy: Register early! **Registration deadline Saturday, June 11.**
 ★ Mandatory pre-race meeting 7:15am. Race begins 8am.

Location (start at) MRC MP Room
 Date Jun 18
 Day Sa
 Time 7:15am
 Cost \$15 individual; \$30 team
 Age Divisions 13-18, 19-24, 25-30, 31-39
 40-49, 50-59, 60-69, 70+, team division

Registration deadline Jun 11

REGISTRATION DEADLINES
 For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.
No EXCEPTIONS

Fitness Class Fees

Option #1: Guarantee a spot in the class by paying the enroll fee as noted below.

Option #2: Drop-in purchase a punch pass. This option does not guarantee a spot in the class.

Punch pass expires one year from date of purchase.

| | MRC Member Cost | Non-member Cost | |
|-----------|-----------------|-----------------|------|
| Option 2) | Drop-in | \$3.50 | \$4 |
| | 10 Punch Pass | \$35 | \$40 |
| | 20 Punch Pass | \$70 | \$80 |

Aquatic Fitness Classes

Water shoes are recommended for all water fitness classes.

See class descriptions on page 27. For safety reasons, youth under age 13 are not permitted in fitness classes.

| Class | Dates | Days | Times | Location | Min/Max | Member | Non-member |
|---|----------------|---------|---------------|--------------------------------|---------|--------|------------|
| Senior Splash #1 | Apr 4 – May 13 | M,W,F | 8:10 – 9am | Pool | 3/12 | \$54 | \$60 |
| Senior Splash #2 | Jun 6 – Jul 1 | M,W,F | 8:10 – 9am | Pool | 3/12 | \$36 | \$40 |
| Senior Splash #3 | Jul 11 – Aug 5 | M,W,F | 8:10 – 9am | Pool | 3/12 | \$36 | \$40 |
| A.M.Aqua Max | Apr 4 – May 13 | M,W,F | 5:30 – 6:30am | Pool | 3/12 | \$54 | \$60 |
| Cross Power | Apr 5 – May 13 | Tu,Th,F | 8:10 – 9am | Studio/ Pool/ Pace Space | 3/11 | \$54 | \$60 |
| S.W.A.T. (Suspended Water Aerobic Training) | Apr 5 – May 12 | Tu,Th | 5:30 – 6:30pm | Pool | 3/12 | \$36 | \$40 |
| W.E.T. (Water Extreme) | Jun 6 – Jul 1 | M,W,F | 5:30 – 6:30am | Pool | 3/12 | \$36 | \$40 |

Land Fitness Classes

See class descriptions on page 27.

For safety reasons youth under age 13 are not permitted in fitness classes.

| Class | Dates | Days | Times | Location | Min/Max | Member | Non-member |
|------------------|----------------|--------------|-----------------|----------------------------|---------|---------|------------|
| Pukka Pedalers A | Apr 5 – May 12 | Tu,Th | 5:30 – 6:30am | Pace Space | 3/11 | \$36 | \$40 |
| Pukka Pedalers B | Jul 11 – Aug 5 | M,W,F | 5:30 – 6:30am | Pace Space | 3/11 | \$32.25 | \$36 |
| Cross Power | Apr 5 – May 13 | Tu, Th, F | 8:10 – 9am | Studio/Pool/ Pace Space | 3/11 | \$54 | \$60 |
| Core Concepts | Apr 4 – May 11 | M,W | 12:10 – 12:50pm | Studio | 3/12 | \$36 | \$40 |
| Pilates Level I | Apr 5 – May 12 | Tu,Th | 12:10 – 12:50pm | Studio | 3/12 | \$36 | \$40 |
| Gear Blasters | Apr 4 – May 11 | M,W | 5:30 – 6:30pm | Pace Space | 3/11 | \$36 | \$40 |
| Zumba | Apr 4 – May 11 | M,W | 6 – 7pm | Studio | 3/15 | \$36 | \$40 |
| Boot Camp | Jun 7 – Jun 30 | Tu,Th | 5:30 – 6:30am | Old MES gym | 3/12 | \$21.50 | \$24 |
| Noon Cycling | Jun 6 – Jun 29 | M,W | 12:10 – 12:50pm | Pace Space | 3/11 | \$21.50 | \$24 |

AQUATIC FITNESS CLASS DESCRIPTIONS

Senior Splash

An excellent way to stay in shape without the stress land can put on your joints! The water will assist you with gentle to moderate exercises. Senior Splash will increase your balance, range of motion and strength as well as improve your cardiovascular health. Instructor: Coleen & Jamie.

A.M. Aqua Max

Jumpstart your day with this energetic water workout. This class will focus on cardiovascular as well as strength training in shallow and deep water. Come and join the group for an upbeat aerobic class that will leave you feeling refreshed. Instructor: Jamie & Layne

Cross Power **NEW**

Cross training is designed to mix up your exercise workout to enhance your overall fitness level. Tuesday classes will include free weights and BOSU; Thursday we meet at the Pool for water aerobics and plyometrics; Friday end your week with cardio cycling. Using these different types of workouts you will stay motivated while developing muscular fitness and aerobic conditioning. Instructor: Tammy

S.W.A.T. Suspended Water Aerobic

Training **NEW**

A deep water aerobic class designed to challenge your cardiovascular and muscular condition. This high intensity workout will utilize the deep water as well as aqua-jogger belts and water weights allowing you to take it to a higher level of fitness. Participants must be comfortable in the deep end of the pool. Instructor: Layne & Coleen

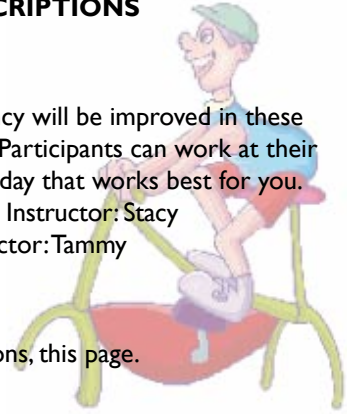
W.E.T. Water Extreme Training

This deep water aquatic bootcamp will use timed intervals sessions to increase your overall fitness level. Some shallow water exercises will also be utilized. W.E.T. will offer a variety of high intensity exercises along with water weights to improve your cardiovascular condition and boost your power. Instructor: Jamie

LAND FITNESS CLASS DESCRIPTIONS

Cycling Classes

Cardiovascular endurance and efficiency will be improved in these low-impact aerobic cycling workouts. Participants can work at their own fitness level. Choose the time of day that works best for you.
Pukka Pedalers – Early morning cycling Instructor: Stacy
Gear Blasters – Evening cycling Instructor: Tammy
Noon Cycling – Instructor: Stacy



Cross Power See aquatic descriptions, this page.

Core Concepts

This mid-day class will focus on abs and back muscles; the area of your body key to good posture and overall strength. The class will use Pilates, dance and resistance training. Participants can modify the intensity of the moves. Instructor: Kari

Pilates Level I

Pilates Level I works on the basic knowledge of the mat workout to develop lean, well-toned muscles, balance and strength with flexibility, improved posture, concentration and overall sense of well-being. Instructor: Coleen

Zumba

Zumba combines high energy and motivating music with unique moves that allow participants to build up cardio endurance while dancing away their worries. This workout is all about fun for all levels of fitness. Join the Party! Instructor: Kari.

Boot Camp

This high intensity program uses a team approach to achieve mental and physical fitness. Timed interval sessions will be used to increase agility, endurance, speed and strength. Instructor: Stacy.



MARK YOUR CALENDAR

Activities at-a-glance

| START DATE | DAY(S) | EVENT/START TIME | See pg. # |
|-----------------------|---------|--|-----------|
| Apr 1 | F | April Pools Day • 5:30pm | 3 |
| Apr 4 | M,W,F | Swim Team | 18 |
| Apr 4 | M – Th | After School Mania | 14 |
| Apr 4 | M or Tu | Tiny Tots | 15 |
| Apr 4 | M | Movie 10am • Chuckwagon noon | 23 |
| Apr 4 | | New Session of Fitness Classes begin | 26 |
| Apr 6 | W | Taekwondo • 6pm | 11 |
| Apr 6 | W | Center Stage • 5:30pm | 15 |
| Apr 8 | F | Ballroom Dancing • 6pm | 20 |
| Apr 12 | Tu | Cave Tour – Glenwood Springs • 8am | 22 |
| Apr 14 | Th | Spring Social • 11:30am | 23 |
| Apr 14 | Th, Sa | Smart Start Sports | 6 |
| Apr 23 | Sa | Splash Bash • 7pm | 17 |
| Apr 25/May 9 | | Baseball 8 – 12 | 9 |
| Apr 27 | W | Chuckwagon • noon | 23 |
| Apr 29 | F | Arbor Day Celebration | 11 |
| Apr 30 | Sa | MLB Pitch, Hit & Run • noon/1pm | 6 |
| May 2 | M | Itty Bitty Beach Party • 10am | 17 |
| May 2 | M | Movie 10am • Chuckwagon noon | 23 |
| May 4 | W | Perfect Pooch Dog Obedience • 6pm | 20 |
| May 8 | Su | Spring Dance Recital • 2pm or 6pm | 3 |
| May 9/May 23 | | Fast Pitch Softball | 10 |
| May 9/May 24 | | Baseball 13 – 15 | 10 |
| May 10 | Tu | Jarvie Ranch Tour – Browns Park • 8 am | 22 |
| May 11 | W | Baseball Camp • 6pm | 8 |
| May 15 | Su | Basketball Tournament – Hydro Tube • 2pm | 17 |
| May 21 | Sa | Hershey's Track & Field Games • 10am | 6 |
| May 25 | W | Chuckwagon • noon | 23 |
| May 27 | F | Dance Party • 7pm | 20 |
| May 30/June 6 | M,W | Swim Lessons Session I | 18 |
| May 31 | Tu,W | Summer Archery • 6pm | 7 |
| Jun 1, 2 | W,Th | Cowboy Basketball Camp • 9am | 8 |
| June 3/June 10 | F, Sa | Learn to Kayak | 3 |
| Jun 6 | M or Tu | Tiny Toes | 15 |
| Jun 6 – 9 | M – Th | Operation Fit Kids Summer Camp | 14 |
| Jun 6 | M | Movie 10am • Chuckwagon noon | 23 |
| Jun 6 | | New Session of Fitness Classes begin | 26 |
| Jun 7 | Tu,Th | Coach Pitch • 5:30pm | 9 |

Highlighted dates represent Registration Deadline

| LEGEND | Family/Community | Youth/Teen | Aquatic | Adult | Adult 50+ | Fitness |
|--------|------------------|------------|---------|-------|-----------|---------|
|--------|------------------|------------|---------|-------|-----------|---------|

| START DATE | DAY(S) | EVENT/START TIME | See pg. # |
|-----------------------|----------------|---|-----------|
| Jun 10 | F | Movie • <i>The Goonies</i> • Sunset | 4 |
| Jun 11 /Jun 18 | Sa | Road Rash 'n Splash – Mini-triathlon • 7:15am | 25 |
| Jun 13 – 16 | M – Th | Painting Summer Camp | 14 |
| Jun 13 – 18 | M – Sa | Hunter Education age 10 & over | 11, 21 |
| Jun 14 | Tu | Frontier Town Tour – Cedaredge • 8 am | 22 |
| Jun 17 | F | SES Concert • "Odna" • 6pm | 4 |
| *Jun 20 – 24 | *M – F | Tumbling Summer Camp *Excluding Th, Jun 23 | 14 |
| Jun 22 | W | Chuckwagon • noon | 23 |
| Jun 23 | Th | Summer Swim Fest • 1pm | 4 |
| Jun 27 – 30 | M – Th | Cultural Summer Camp | 14 |
| Jun 27 – Jul 1 | M – F | Guard Start - Summer Camp in the Pool • 1pm | 17 |
| Jul 4 | M | 5K Run/Walk • Kids Events | 5 |
| Jul 5 | Tu, Th | Golf for Kids | 7 |
| Jul 5 | Tu, Th | T-Ball • 5:30pm | 9 |
| Jul 5 /Jul 11 | M, W | Swim Lessons Session II | 18 |
| Jul 5 /Jul 18 | M, Tu, W | Adult Coed Softball | 21 |
| Jul 8 | F | Movie • <i>A League of Their Own</i> • Sunset | 4 |
| Jul 11 | M or Tu | Tiny Tumblers | 15 |
| Jul 11, 12 | M, Tu | Summer Jam Basketball Camp • 1pm | 8 |
| Jul 11 | M | Movie 10am • Chuckwagon noon | 23 |
| Jul 11 | | New Session of Fitness Classes begin | 26 |
| Jul 12 | Tu | Botanic Park Tour – Yampa River • 8 am | 22 |
| Jul 15 | F | SES Concert • "Pineapple Crackers" • 6pm | 4 |
| Jul 18 /Aug 3 | W, Th | Soccer 3 – 4 • 5:45pm | 12 |
| Jul 22 | F | Movie • <i>Raiders/Lost Ark</i> • Sunset | 4 |
| Jul 23 | Sa | Community Appreciation Day | 5 |
| Jul 27 | W | Chuckwagon • noon | 23 |
| Aug 1 | M | Movie 10am • Chuckwagon noon | 23 |
| Aug 8 – 12 | M – F | British Soccer Camp | 12 |
| Aug 9, 10 | Tu, W | Cowboy Football Camp | 8 |
| Aug 9 | Tu | Colorado National Monument Tour • 8 am | 22 |
| Aug 11 – 14 | Th – Su | MEEKER REC CENTER CLOSED • MAINTENANCE | 30 |
| Aug 12 | F | Movie • <i>Yogi Bear</i> • Sunset | 4 |
| Aug 15 /Aug 29 | M, W | Soccer 5 – 6 & Soccer 10 – 13 • 5:45pm | 13 |
| Aug 15 /Aug 30 | Tu, Th | Soccer 7 – 9 & Soccer 14 – 18 5:45pm | 13 |
| Aug 19 | F | SES Concert • "Beloved Invaders" • 6 pm | 4 |
| Aug 24 | W | Chuckwagon • noon | 23 |
| Sept 10 | Sa | SES Concert • "Chuck Pyle" • 4pm | 4 |

Highlighted dates represent Registration Deadline

| LEGEND | Family/Community | Youth/Teen | Aquatic | Adult | Adult 50+ | Fitness |
|--------|------------------|------------|---------|-------|-----------|---------|
|--------|------------------|------------|---------|-------|-----------|---------|

FACILITY SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|------------|------------|------------|------------|----------|----------|
| 5am–8:30pm | 5am–8:30pm | 5am–8:30pm | 5am–8:30pm | 5am–8:30pm | 8am–6pm | 11am–6pm |

Note: The pool closes 30 minutes before the Center closes M-F, and one hour on Saturday & Sunday. See pg 16 for detailed pool hours.

Call the MRC "hot line" for the latest information on any unexpected pool or facility closures — 970.878.3403 Opt. 1

SCHEDULED FACILITY CLOSURES

Easter Sunday, April 24

Monday, July 4

Annual routine building maintenance Thursday through Sunday, Aug 11 – 14.

ROOM RENTALS & PARTY PACKAGES

Advance reservations are required.

• **THE MULTIPURPOSE ROOM** may be rented for parties and meetings & features a sink, refrigerator, film screen, piñata hook, dry erase board, tables and chairs. **Rental Rate \$25 per hour.**

Birthday Party Special \$50 – includes two-hour use of the MP room, plus admission to the Pool for party guests.

• **THE STUDIO ROOM** may be rented for exercise, dance or related activities. It features a dance floor, mirrored walls, and a variety of fitness equipment available for an additional fee.

Rental Rate \$25 per hour. Exercise Equipment

Rental \$10 (per piece of equipment)

Call or visit the MRC for more information.

PRIVATE POOL PARTIES

Parties are available during non-public swim hours, Friday, Saturday and Sunday evenings. The minimum fee of \$175 allows up to 30 swimmers use of the pool and lounge area for up to two hours. Call Layne or Ryan at 970.878.3403 ext 209. A party application and a \$50 non-refundable deposit are due ten days prior to your party date. A 24 hour cancellation notice is required. For details and complete information see pg 16.

CORPORATE RATES

Available to businesses based and operated within Eastern Rio Blanco County. Contact us for details.

GIFT CERTIFICATES

- Expire one year from purchase date.
- May be used for all Rec District programs and facilities.
- No change or refund will be given for unused dollar amount on certificate.

LOUNGE

Guests are welcome to use the FREE lounge area which has wireless Internet, television and plenty of room for relaxing.

YOU SHOULD KNOW...

- ✓ Cell phones, cameras & laptop computers are allowed in the foyer & lounge areas only.
- ✓ At the discretion of Rec Center staff patrons with inappropriate apparel will be asked to change clothes or leave the Center.
- ✓ No tobacco products or alcohol are allowed in the building or on Rec District property.
- ✓ The Rec District is not responsible for lost or stolen articles.
- ✓ Children under 8 years must be supervised by an adult age 13 or older at all times.

DISTRICT POLICIES

Quality Assurance: The District strives to provide high quality services and programs. Contact us with comments, concerns or questions.

Background Checks: All employees and volunteers undergo a background check before working with District Patrons.

Volunteers: Many of our programs rely on community volunteers. Please contact us if you are interested in volunteering.

Financial Assistance: The District has a scholarship program. Applications are available upon request.

Fees: Fees are subject to change without notice.

Age Requirements: Participants must meet the specified age requirement for at least 50% of the program duration unless otherwise noted in program description.

Inclusion: The District strives to provide individuals with disabilities access to programs and activities. If further accomodation is required, reasonable provisions will be made upon request.

Cancellation/Refund Policy: A credit will be given to persons registered for a CANCELLED program – unless a refund is requested. Persons DROPPING a program must request a credit or refund prior to the second week of the class or program.

Risk of Injury: Participation in all recreation and park activities and programs is at the participant's own risk. The District, its cooperating agencies, its representatives, successors and assigns will not be liable for any injuries or damages suffered by participants in any activity. At the time of registration, all participants must also agree to the Agreement to Participate.

| Age Divisions | Daily Pass | Monthly Pass | Six Month Pass | *Annual Membership | *Monthly Direct Debit | |
|----------------|------------|--------------|----------------|--------------------|-------------------------------------|----------------------|
| | | | | | Initial Debit (Includes \$25 setup) | Subsequent Debit Amt |
| Three & Under | FREE! | FREE! | FREE! | FREE! | | |
| Children 4–12 | \$2/day | \$18 | \$90 | \$150 | \$37.50 | \$12.50 |
| Youth 13–17 | \$3/day | \$27 | \$135 | \$225 | \$43.75 | \$18.75 |
| Adults 18–54 | \$5/day | \$45 | \$225 | \$375 | \$56.25 | \$31.25 |
| Adults 55–74 | \$3/day | \$27 | \$135 | \$225 | \$43.75 | \$18.75 |
| Adults 75 plus | FREE! | FREE! | FREE! | FREE! | | |
| **Family | N/A | \$75 | \$360 | \$600 | \$75.00 | \$50.00 |
| ***Dual Adult | N/A | \$60 | \$300 | \$500 | \$66.67 | \$41.67 |

*Monthly Direct Debit available for **annual** memberships – ONLY.

**Two adults and dependents under age 21 who live in the same household. Memberships are nontransferable.

***Two adults living at the same address.

FITNESS CLASS FEES

Fitness classes are considered programs and are not paid for with membership passes. Fitness Class fees vary by option and class. See page 26 for complete information.

PROGRAM FEES MEMBER DISCOUNT PRICING NOW AVAILABLE

Member discount pricing is now available as noted with each program description. To qualify for member discount, enrollee must hold a valid membership pass at the time of registration. Children age 12 & under may receive membership pricing IF their parents hold a valid membership pass.

REGISTRATION POLICIES *NEW*

Preregistration will begin Mar 17 unless otherwise noted.

Preregistration is strongly recommended and in some cases required – as noted!

To be considered registered, relevant fees must be paid.

Registration Deadlines Registrations will close for any of the following reasons:

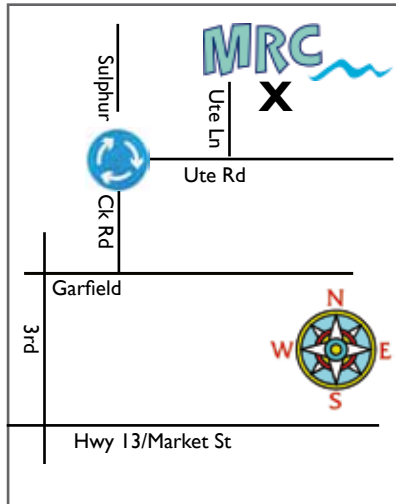
- A. For programs with registration deadlines, such as team sports leagues, no registrations will be accepted after the deadline date. Registration deadlines are noted in the program descriptions.
- B. When a program maximum has been met. (However, registrants can have their name put on a waiting list in the event of unexpected openings.)
- C. After one-third of the program sessions have occurred.
- D. At the instructor's discretion.
- E. At the discretion of Rec Dist staff.

LOCATIONS LEGEND

- BMS Barone Middle School Bob Tucker Drive
- MES. Meeker Elementary School 201 Ute Rd
- MHS Meeker High School 550 School St
- MRC Meeker Recreation Center 101 Ute Rd
- MP Room Multipurpose Room at the MRC 101 Ute Rd
- Pace Space At the MRC 101 Ute Rd
- Paintbrush Park Adjacent to MRC 101 Ute Rd
- Studio At the MRC 101 Ute Rd
- Irwin Field. South of MRC at Fairgrounds 700 Sulphur Creek Rd
- Old MES Gym old Meeker Elementary School 455 Main
- Fairfield Center 200 Main
- Courthouse 550 Main
- 6th Street Field. Between Hill & Cedar on 6th Street



ERBM Recreation & Park District
Meeker Recreation Center
101 Ute Road
Meeker, CO 81641
970-878-3403



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SPRINGS, CO
PERMIT NO.133

POSTAL PATRON

PROGRAM REGISTRATION BEGINS MARCH 17

NEW Registration Deadline Policy...pg 3 |
Register early!

Spring Dance Recital ★ Sunday, May 8 ★ details pg 3

