

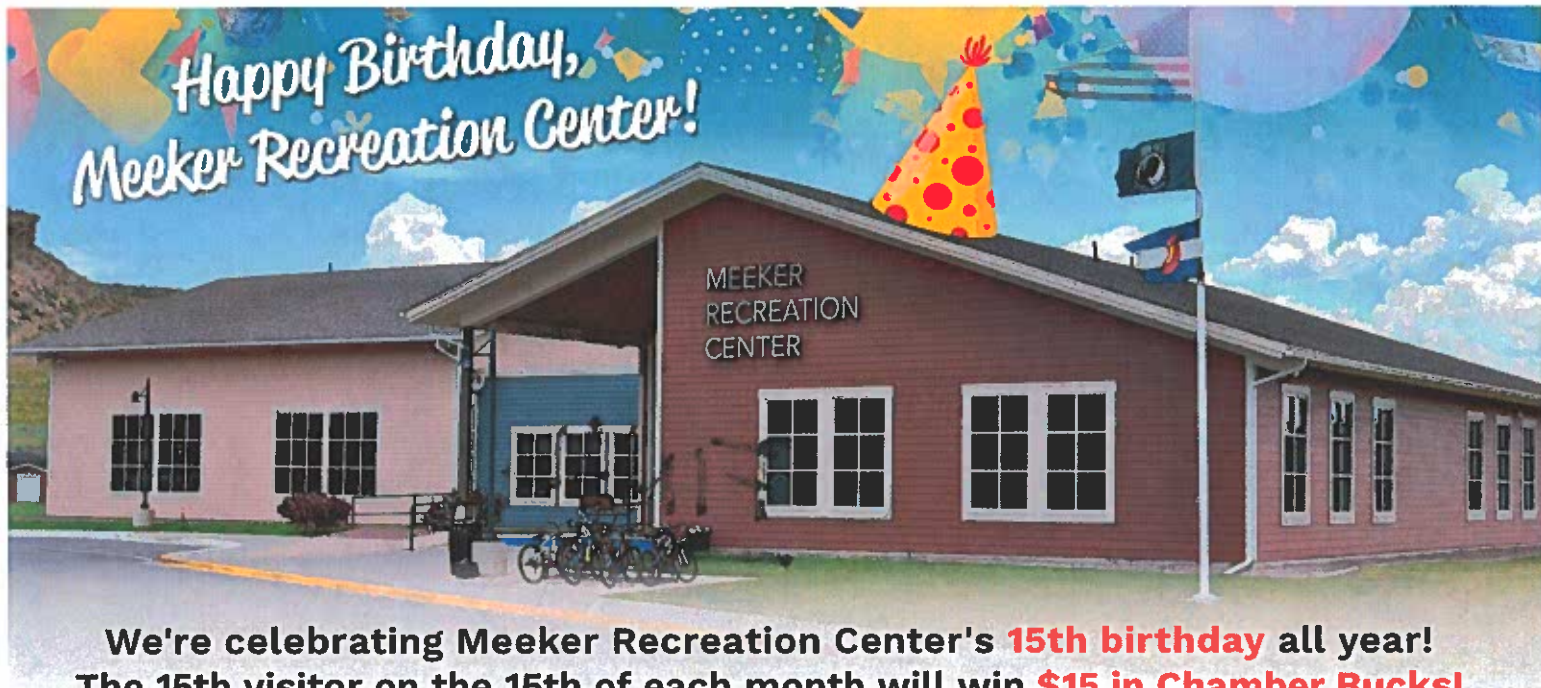
FINAL

MAKE A SPLASH!

Bounce & Splash • Community Water Wars
Meekerpalooza • Fourth of July
+ more summer fun!

Activity Line-Up
SUMMER 2023

MAY | JUNE | JULY | AUGUST
Registration begins April 17, 2023



We're celebrating Meeker Recreation Center's **15th birthday** all year!
The 15th visitor on the 15th of each month will win **\$15 in Chamber Bucks!**

Join the fun on social!



@erbmrec
#meekerfun
#meekertrails

MEEKER RECREATION CENTER

101 Ute Road, Meeker, CO 81641

970.878.3403

Spring Center/Pool Hours *through May 29*

Monday-Friday: 5:00am-7:30pm

Saturday: 10:30am-6:00pm

Sunday: Noon-6:00pm

Summer Center/Pool Hours

Monday-Friday: 5:00am-7:30pm

Saturday-Sunday: 10:30am-6:00pm

Check erbmrec.com for current hours
and any closures before you visit!

HOW TO REGISTER **1**

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LINE-UP ABBREVIATIONS:

EB: Early Bird Cost

FC: Full Cost

Visit our website for all things ERBM!

Find hours, closures, activities, and lots more!

www.erbmrec.com



REGISTER ONLINE!

Sign up for ERBM activities any time, anywhere with the Online Registration Portal!

> erbmrec.com/register

Registration by telephone is not available. You may register for activities in-person at Meeker Recreation Center if you'd prefer not to use the portal.



GENERAL PROGRAMS

»» FITNESS ROOM ORIENTATION »» Activity #4983

Learn how to use the fitness room equipment at the Meeker Recreation Center. Orientations cover all equipment, their use, and safety.

Youth 13-14 years old must complete an orientation before using the fitness room or they must be accompanied by a person 18 years or older.

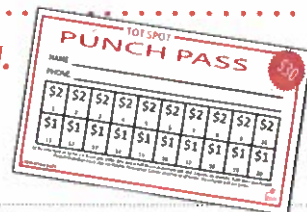
When	Usually the 2 nd and 4 th Sunday of each month 1:00pm
Who	Ages 13 & Older
Where	MRC Fitness Room
Cost	\$10 (non-refundable)

»» TOT SPOT DROP-IN CHILDCARE »» No registration required.

Let us take care of your children, giving you the freedom to take a fitness class located at the Recreation Center, workout in the fitness room, or go for a swim.

Rules and details at erbmrec.com/center > Tot Spot

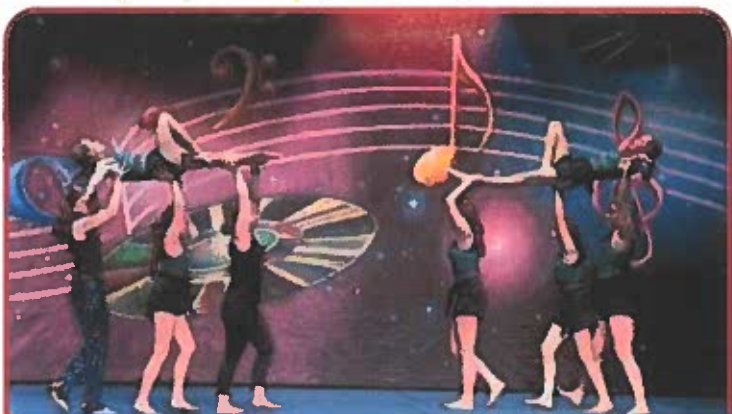
When	January 2-May 18 Mondays-Thursdays 8:45am-11:45am
Who	Ages 6 Months to 7 Years Old
Where	MRC MP Room
Cost	\$2 for one hour; \$3 for 1.5 hours per child Punch passes available at Guest Services!



»» ANNUAL RECITAL »» No registration required.

Join us for the 23rd Annual Recital for the dancers, tumblers, and cheerleaders! FREE Admission!

When	Saturday, May 6 <ul style="list-style-type: none">» 2:30pm Creative Movement & Tumble Fun» 4:30pm 1st-4th Grade Tumble & 1st-8th Grade Cowboy Cheer» 6:30pm 1st-4th Grade Dance Sunday, May 7 <ul style="list-style-type: none">» 4:30pm 5th-12th Grade Dance, 5th-12th Grade Tumble & Adult Tap
Who	All Ages
Where	MHS Auditorium
Cost	FREE



SPECIAL/COMMUNITY EVENTS

»» BOUNCE AND SPLASH SERIES »» *No registration required.*

Enjoy the summer at the Meeker Rec Center with the Summer Bounce and Splash Series! Guaranteed fun with inflatables and activities for all ages.

All pool rules and fees apply. Ages 7 and under must be supervised in the water by someone 13 years of age or older.

»» BOUNCE AND SPLASH #1

When	Friday, June 2 12:00pm-2:00pm
What	Giant pool inflatable obstacle course and activities
Who	All Ages
Where	Meeker Recreation Center
Cost	Normal pool fees apply

»» BOUNCE AND SPLASH #2

When	Friday, June 16 12:00pm-2:00pm
What	Giant pool inflatable obstacle course, outdoor bounce house, large inflatable water slide
Who	All Ages
Where	Meeker Recreation Center
Cost	Normal pool fees apply

»» BOUNCE AND SPLASH #3

When	Thursday, July 13 12:00pm-2:00pm
What	Giant pool inflatable obstacle course and activities
Who	All Ages
Where	Meeker Recreation Center
Cost	Normal pool fees apply

»» BOUNCE AND SPLASH #4

When	Thursday, July 27 12:00pm-2:00pm
What	Giant pool inflatable obstacle course, outdoor bounce house, large inflatable water slide
Who	All Ages
Where	Meeker Recreation Center
Cost	Normal pool fees apply



»» YOUTH FISHING DAY

»» *No registration required.*

Join ERBM and Colorado Parks and Wildlife (CPW) for a day of fishing at Circle Park Pond. CPW will be on hand to provide all of the necessary equipment, plus knowledge on how to fish, types of fish and the environment in which the fish live. CPW will sponsor the event by providing a free breakfast ^{that Lions Club will serve} at 10:00am. Stick around for the CPW's educational fish speech at 10:30am for a chance to win some prizes and learn something new!

When	Saturday, June 3 8:00am-11:00am
Who	All Ages
Where	Circle Park Pond
Cost	FREE



★ ☆ ★ RANGE CALL ★ ☆ ★

»» RUN FOR YOUR LIFE 5K (RUN & WALK)

In-person and by phone registration only.

No better way to kick off the Fourth of July with the annual 5K with your family and friends! Register to run or walk. There is a 1.5 hour time limit to complete the course. Registration cost includes a T-shirt.

T-shirt sizes guaranteed for registrations completed before June 15th.

Pre-registration packet pick up available July 3rd from 8:00am-4:00pm. No pre-registrations taken after 4:00pm on July 3rd.

Day of registration and packet pick up available from 6:30am-7:15am at the ERBM Registration Tent, Downtown Plaza. Race starts at 7:45am. Anyone that starts the race late will not be timed.

When	Tuesday, July 4 Run and Walk begin at 7:45am
Who	All Ages
Where	Downtown Plaza
Cost	EB: \$20 FC: \$30
Deadline	EB: July 3, 4:00pm Final: July 4, 7:15am



»» STARS N STRIPES 3-ON-3 BASKETBALL TOURNAMENT

Activity #5045

Avoid the lines and pre-register online by 4:00pm on July 3rd. Day-of registration and team check-ins will be from 10:30-11:30am at the **Administration Building North Parking Lot (555 Garfield St.) CASH AND CHECKS ONLY.** Games will begin at noon and courts will be divided by age divisions. Rules and regulations are available at the Meeker Recreation Center.

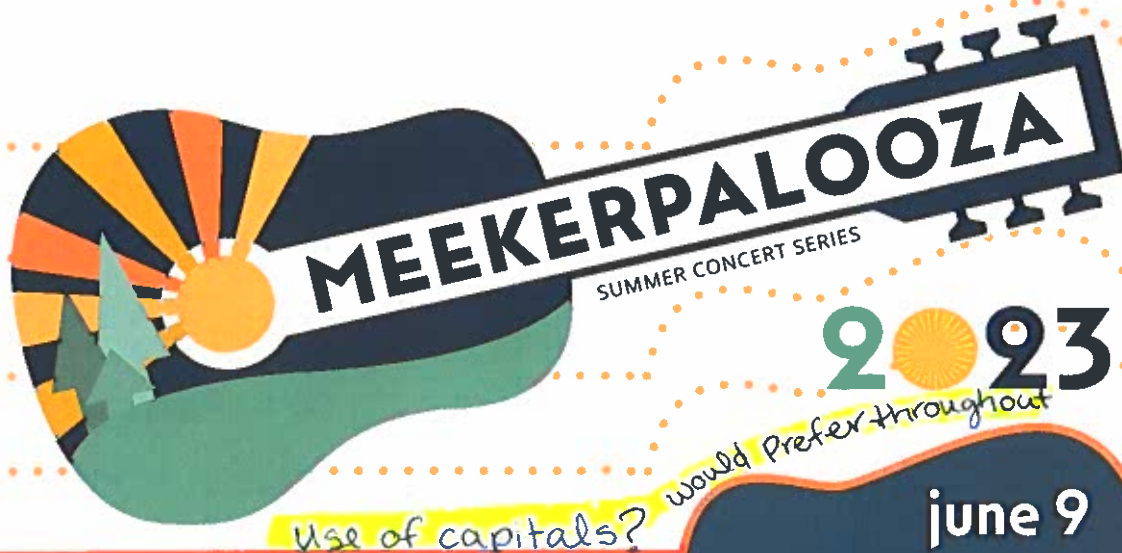
Register by June 15 to be guaranteed a T-shirt.

- » Minimum of 3 players per team/maximum of 4 players per team.
- » Divisions may be combined depending on the number of teams.
- » Individuals may play up one age bracket but not down.

When	Tuesday, July 4, Noon
Who	3 rd -4 th Grade Coed 5 th -6 th Grade Male 5 th -6 th Grade Female 7 th -8 th Grade Male 7 th -8 th Grade Female 9 th -12 th Grade Male 9 th -12 th Grade Female 18 & Older Male 18 & Older Female
Where	NEW LOCATION! Admin Gym Parking Lot
Cost	EB: \$30 FC: \$40
Deadline	EB: July 3, 4:00pm Final: July 4, 11:30am

SPECIAL/COMMUNITY EVENTS

meekerpalooza



June 9

4:00pm to 8:00pm
farmer's market

6:30pm to 9:00pm
live music by West Hiway 7 • beer garden • kids activities
cornhole tournament
onsite registration 5:30pm-6:15pm, \$10/team

June 23

6:30pm to 9:00pm
live music by Elk Range
beer garden
kids activities

July 14

6:30pm to 9:00pm
live music by Noodle Soup
beer garden
kids activities
doubles pickleball tournament
onsite registration 5:30pm-6:15pm, \$10/team

July 21

4:00pm to 8:00pm
farmer's market



5:00pm to 6:30pm
WREA Annual Meeting & Membership Appreciation Dinner

6:30pm to 9:00pm
live music by A Band Called Alexis • beer garden

DOWNTOWN PLAZA
MEEKER



SPECIAL/COMMUNITY EVENTS

Don't have any current pics.
Emailed the Run club logo
or can use any race pic.

»» RUN CLUB »» Activity #4995

Join fellow runners in the fun, slightly competitive running series. All running abilities are welcomed. Each week runners will meet for a variety of predetermined 2-6 mile courses. The top finishers will earn points. At the end of the series, the male and female runners with the most points will receive a prize. Runners under 12 years must be accompanied by an adult.

When	Tuesdays, June 6-July 25 7:00pm
Who	All Ages
Where	MRC Upper Parking Lot
Cost	EB: \$43 FC: \$47 Drop In \$7
Deadline	EB: May 24 Final: June 13

»» HIKING CLUB »» Activity #5031

Get out and explore the beauty of NW Colorado. Each week hikers will explore a different trail. Participants must provide their own equipment, water, and snacks. Participants must be in good health and capable of moderate physical activity.

When	Saturdays, June 17-July 22 June 17-Big Fish June 24-Marvine July 8-Wall Lake July 15-West Lost Lake July 22-Pagoda, Snell Creek Hikes start from trailheads at 8:00am
Who	13 Years & Older
Where	Various trails
Cost	EB: \$56 FC: \$64 Drop In \$7
Deadline	EB: June 9 Final: June 23

Emailed pics

SPECIAL/COMMUNITY EVENTS



»» GLENWOOD SPRINGS RAFTING TRIP »» Activity #4982

This three-hour rafting trip through class III-IV rapids near the Shoshone Rapids in Glenwood Canyon on the Colorado River. Please bring proper attire for the rafting ride; shorts, t-shirts, bathing suits, and sport sandals or shoes you don't mind getting wet. Bringing dry clothes for the ride home will be beneficial for your comfort. Pack a lunch or bring money for lunch and snacks. **All participants under the age of 18 must have a parent/guardian sign the liability waiver available at Guest Services.**

When	Thursday, July 6 <i>Bus departs at 9:30am returns at 6:00pm</i>
Who	12 & Older
Where	Glenwood Springs <i>Meet at MRC</i>
Cost	EB: \$70 FC: \$80
Deadline	EB: June 22 Final: June 29

»» NEW! COMMUNITY WATER WARS »» Activity #4976

Families of all ages enjoy cooling off with a fun filled afternoon of water wars!

Step 1: Partake in multiple carnival water games and contests.

Step 2: Find various water guns, balloons, and cannons hidden throughout the park.

Step 3: Find your partner and fire away.

When	Saturday, July 22 10:00am-12:00pm
Who	All Ages
Where	Sanderson Hills Park
Cost	EB: \$5/person FC: \$7/person
Deadline	EB: July 21 Final: July 22, 9:30am-11:00am Onsite registration

»» MOUNTAIN VALLEY BANK SUMMER FESTIVAL

»» No registration required.

Come visit the Mountain Valley Bank Festival fundraiser to benefit local non-profit organizations. ERBM Recreation & Park District partners with Mountain Valley Bank to provide prizes for ticket winning participants. Enjoy fun, games, and food for the entire family.

When	Saturday, August 26 11:00am-2:00pm
Who	All Ages
Where	Mountain Valley Bank
Cost	FREE



**Mountain
Valley Bank**

»» PARENT AND CHILD SWIM LESSONS »» Activity #4941

These eight 30-minute lessons will help your child learn basic water safety skills and gain confidence in and around the water. **One parent or caregiver, age 13 or older, must accompany each child in the water and participate in class.**



When	July 11-August 3 Tuesdays & Thursdays, 11:45am-12:15pm	Where	MRC Pool
Who	6 Months to 36 Months with Parent/Caregiver	Cost	EB: \$36 FC: \$44
		Deadline	EB: June 16 Final: June 23

American Red Cross



American Red Cross

»» PRESCHOOL AQUATICS (PSA) SWIM LESSONS »» Activity #4952

These eight 30-minute lessons will orient preschool age children to the aquatics environment and help them acquire and build aquatics skills. Instructors will provide guided practice. These are closed classes. No observers allowed (including parents and siblings) in the pool area except during the last day of the class. Goggles are recommended.



When	June 6-June 29 Tuesdays & Thursdays PSA LEVEL 1 10:00am-10:30am PSA LEVEL 2 10:35am-11:05am PSA LEVEL 3 11:10am-11:40am	Who	Ages 3-5
		Where	MRC Pool
		Cost	EB: \$36 FC: \$44
		Deadline	EB: May 12 Final: May 19
When	July 11-August 3 Tuesdays & Thursdays PSA LEVEL 1 10:00am-10:30am PSA LEVEL 2 10:35am-11:05am PSA LEVEL 3 11:10am-11:40am	Who	Ages 3-5
		Where	MRC Pool
		Cost	EB: \$36 FC: \$44
		Deadline	EB: June 16 Final: June 23

Not sure which level to enroll? Check out swim lesson level descriptions at erbmrec.com/activities > tap 'Swim Lessons'

»» PRINCESS DANCE CAMP »» Activity #4981

This 45-minute class is designed to introduce young dancers to the basics of ballet and the joy of moving to music. Dancers will twirl, jump, and point their way to a love for dance! Dancers are encouraged to wear a fancy dress. The last 15 minutes of the final class, parents/caregivers are encouraged to come watch the dancers perform and take photos when they receive their crowns.

When	July 5-July 26 Wednesdays 9:30am-10:15am
Who	PreK-K Minimum Age of 4 Years Old
Where	MRC Studio
Cost	EB: \$15 FC: \$19
Deadline	EB: June 23 Final: June 30

TOT TO KINDER

»» SUMMER SOME »» Activity #4961

Rec Kids Summer SOME will offer fun, enrichment activities, sports, arts and crafts. These fun classes will keep participants busy and engaged.

»» SOCCER

Who	Grades PreK-K
When	June 6-June 27 Tuesdays 3:30pm-4:15pm
Where	Sanderson Hills Park
Cost	EB: \$20 FC: \$25
Deadline	EB: May 24 Final: May 31

»» ARTS & CRAFTS

Who	Grades PreK-K
When	June 7-June 28 Wednesdays 3:30pm-4:15pm
Where	MRC MP Room
Cost	EB: \$20 FC: \$25
Deadline	EB: May 24 Final: May 31

»» FOOTBALL FUNDAMENTALS

Who	Grades PreK-K
When	June 8-June 29 Thursdays 3:30pm-4:15pm
Where	Sanderson Hills Park
Cost	EB: \$20 FC: \$25
Deadline	EB: May 24 Final: May 31



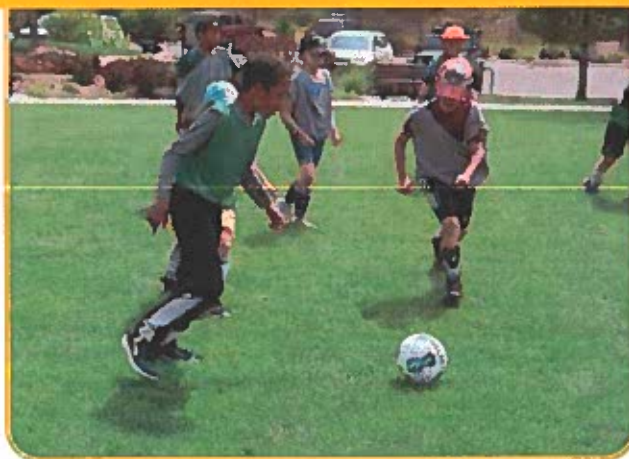
YOUTH (6-17)

»» MEEKER YOUTH SOCCER

»» Activity #4998

Recreational soccer provides the opportunity to learn teamwork, sportsmanship, and basic fundamentals of the game, all while placing emphasis on fun. Shin guards are required and must be worn at all practices and games. Games will be in-house. Soccer practices and games will be held in all weather conditions except lightning.

When	May 1-May 24 Mondays & Wednesdays 5:30pm-6:30pm
Who	Grades 3 rd -6 th , Boys & Girls
Where	6th Street Field
Cost	EB: \$24 FC: \$28
Deadline	EB: April 17 Final: April 24



Volunteer coaches needed!

**Call 970-878-7409
for more information.**

»» MEEKER MARLINS SWIM TEAM

»» USA SWIM TEAM »» Activity #4942

This team competes in USA Swimming. It is designed for athletes with advanced and demonstrated commitment to the sport of swimming, with an emphasis on refining stroke technique and building strength and endurance. Swimmers are expected to possess proficient stroke technique with a strong work ethic. This group's workload will progressively increase throughout the season. Meet dates are Saturdays and Sundays. Team suit, cap, and goggles are included in the cost of the program. **No practice July 3-4.**



When	May 30-August 4 Mondays-Fridays 7:30am-9:00am
Who	Ages 18 & Under
Where	MRC Pool
Cost	EB: \$278 FC: \$312
Deadline	EB: May 2 Final: May 9

»» YOUTH SWIM TEAM »» Activity #4943

This team competes in the High Country League. With focus on the basics of competitive swimming, technique, and stroke development, while providing a fun, dynamic environment. These athletes should be able to swim at least one length of the lap pool in freestyle or backstroke. Swimmers will learn lane etiquette, use of pace clock, and how to form a race strategy. Swimmers will participate in 3-4 fun, learning meets throughout the summer. Meets are on Fridays. Team suit, cap, and goggles are included in the cost of the program. **No practice July 3-4.**

When	June 6-July 27 Tuesdays-Thursdays 8:30am-9:30am
Who	Ages 18 & Under
Where	MRC Pool
Cost	EB: \$128 FC: \$141
Deadline	EB: May 2 Final: May 9

»» LEARN TO SWIM (LTS) SWIM LESSONS »» Activity #4945

These eight 30-minute lessons focus on developing good swimming habits in and around the water. Participants coordinate and refine strokes and gradually develop fundamental skills while building confidence. These are closed classes. No observers allowed (including parents and siblings) in the pool area except during the last day of class. Goggles are recommended.



American Red Cross

»» SESSION 1	When	June 5-June 28 Mondays & Wednesdays LTS LEVEL 1 10:00am-10:30am LTS LEVEL 2 10:35am-11:05am LTS LEVEL 3 11:10am-11:40am	Who	Ages 6+
	Where	MRC Pool	Cost	EB: \$36 FC: \$44
	Deadline	EB: May 12 Final: May 19		
»» SESSION 2	When	July 10-August 2 Mondays & Wednesdays LTS LEVEL 1 10:30am-11:00am 10am-10:30am LTS LEVEL 2 11:05am-11:35am 10:35am-11:05am LTS LEVEL 3 11:40am-12:10pm 11:10am-11:40am	Who	Ages 6+
	Where	MRC Pool	Cost	EB: \$36 FC: \$44
	Deadline	EB: June 16 Final: June 23		

Not sure which level to enroll? Check out swim lesson level descriptions at erbmrec.com/activities > tap 'Swim Lessons'

»» MEEKER YOUTH BASEBALL »» Activity #4999

Meeker Youth Baseball is a recreational traveling program that is a part of the Valley Youth Baseball League. This program places emphasis on baseball fundamentals in a team setting. Players will practice twice a week and play out-of-town games on week nights. Cost includes game T-shirt and hat. Participants must provide their own socks and pants. A game schedule will be handed out at the start of the season (end of season tournament TBD).

Volunteer coaches needed!
Call 970-878-7409 for more information.

When	June 5-July 12 Mondays & Wednesdays 5:30pm-6:30pm No practice July 3
Who	8-10 Years Old
Where	Paintbrush Park Field #1 & #2
Cost	EB: \$60 FC: \$66
Deadline	EB: May 15 Final: May 31

»» MEEKER YOUTH SOFTBALL »» Activity #4980

Meeker Youth Softball is a recreational traveling program that is part of the Valley Youth Softball League. This program places emphasis on softball fundamentals in a team setting. Players will practice twice a week and play out-of-town games on week nights. Cost includes a game jersey and visor. Participants must provide their own socks and pants. A game schedule will be provided at the start of the season. End of season tournament will be July 15.

Volunteer coaches needed!
Call 970-878-7435 for more information.

When	June 6-July 13 Tuesdays & Thursdays 5:30pm-6:30pm
Who	8-10 Years Old
Where	Paintbrush Park Field #1
Cost	EB: \$58 FC: \$64
Deadline	EB: May 15 Final: May 31

»» MEEKER KARATE CLUB »» Activity #5046

Come learn karate! Karate is a martial arts system that develops the mind, body, and the ability to defend one's self. Karate is known to improve discipline, concentration, balance, stamina and self-confidence. Students will learn punching, kicking, blocking, takedowns and grappling. Students are encouraged to wear comfortable clothing that provides proper coverage. Class will be taught barefoot. Contact Guest Services to purchase an optional Meeker Karate Club T-shirt.

To enroll in Level 2 or any higher level, students must be at least 8 years old, have completed the previous levels, or have the instructor's approval.

»» LEVEL 1

When	June 16-August 11 Fridays 8:30am-9:30am
Who	6-15 Years Old
Where	Admin Gym
Cost	EB: \$27 FC: \$32
Deadline	EB: June 2 Final: June 9

»» LEVEL 2 & 3

When	June 16-August 11 Fridays 9:45am-10:45am
Who	8-17 Years Old
Where	Admin Gym
Cost	EB: \$27 FC: \$32
Deadline	EB: June 2 Final: June 9

»» INTERMEDIATE/ ADVANCED

When	June 16-August 11 Fridays 11:00am-Noon
Who	8-17 Years Old
Where	Admin Gym
Cost	EB: \$27 FC: \$32
Deadline	EB: June 2 Final: June 9



>>> SUMMER SOME >>> Activity #5047

Rec Kids Summer SOME will offer enrichment activities, sports, and painting. These fun classes will keep participants busy and engaged.

>>> DISCOVER MEEKER

explore

Join us Mondays as we ~~take trips to~~ various locations around the beautiful town of Meeker.

Who	Grades 1 st -4 th
When	June 5-June 26 Mondays 1:00pm-3:00pm
Where	June 5: Town Park & Cemetery June 12: Meeker Courthouse June 19: White River Museum June 26: Meeker Hotel
Cost	EB: \$40 FC: \$45
Deadline	EB: May 24 Final: May 31

>>> SOCCER

>>> GRADES 1ST-2ND

>>> GRADES 3RD-4TH

Enjoy running and playing with Soccer Tuesdays.

Who	Grades 1 st -4 th
When	June 6-June 27 Tuesdays 3 rd -4 th 1:00pm-2:00pm 1 st -2 nd 2:15pm-3:15pm
Where	Sanderson Hills Park
Cost	EB: \$20 FC: \$25
Deadline	EB: May 24 Final: May 31

>>> PAINTING

>>> GRADES 1ST-2ND

>>> GRADES 3RD-4TH

Relax and let the creativity flow with painting Wednesdays.

Who	Grades 1 st -4 th
When	June 7-June 28 Wednesdays 3 rd -4 th 1:00pm-2:00pm 1 st -2 nd 2:15pm-3:15pm
Where	MRC MP Room
Cost	EB: \$40 FC: \$45 Cost includes canvas and paint
Deadline	EB: May 24 Final: May 31

>>> FOOTBALL FUNDAMENTALS

>>> GRADES 1ST-2ND

>>> GRADES 3RD-4TH

Toss a ball and hone your skills with Thursdays Football Fundamentals.

Who	Grades 1 st -4 th
When	June 8-June 29 Thursdays 3 rd -4 th 1:00pm-2:00pm 1 st -2 nd 2:15pm-3:15pm
Where	Sanderson Hills Park
Cost	EB: \$20 FC: \$25
Deadline	EB: May 24 Final: May 31

>>> T-BALL/COACH PITCH >>> Activity #4959

This program provides friendly, instructional competition with an emphasis on baseball fundamentals. Players will have the option to hit from a tee or bat against a coach pitched ball. Cost includes a T-shirt and baseball hat. Games are in-house; no travel. A game schedule will be provided at the start of the season.

Volunteer coaches needed!

Call 970-878-7435 for more information.

When	July 10-August 2 Mondays & Wednesdays 5:45pm-6:45pm
Who	6-8 Years Old
Where	6th Street Field
Cost	EB: \$51 FC: \$55
Deadline	EB: June 12 Final: June 19

YOUTH (6-17)

»» GOLF FOR KIDS »» Activity #5048

This program introduces youth to the fundamentals of golf including the basics of putting, chipping, pitching, and driving. Golf clubs will be provided for participants who do not own clubs. When registering, select the level that best fits the golfing abilities of your child. **Bring water to each practice.**



»» LEVEL 1 (BEGINNER)

Beginner - Level 1 is for beginners, no experience or limited experience/skills. Choose **one**:

When July 10–August 2
Mondays & Wednesdays
8:00am–9:00am

Who 6-18 Years Old, Boys & Girls

Where Meeker Golf Course

Cost **EB:** \$80 **FC:** \$84

Deadline **EB:** June 26 **Final:** July 3

OR

When July 11–August 3
Tuesdays & Thursdays
8:00am–9:00am

Who 6-18 Years Old, Boys & Girls

Where Meeker Golf Course

Cost **EB:** \$80 **FC:** \$84

Deadline **EB:** June 26 **Final:** July 3

»» LEVEL 2 OR HIGHER (INTERMEDIATE)

Level 2 participants should be able to drive the ball 75-100 yards, consistently make putts from 2 ft., and chip/pitch while consistently landing on the green from 5 yards out.

When July 10–August 2
Mondays & Wednesdays
9:15am–10:15am

Who 6-18 Years Old, Boys & Girls

Where Meeker Golf Course

Cost **EB:** \$80 **FC:** \$84

Deadline **EB:** June 26 **Final:** July 3

OR

When July 11–August 3
Tuesdays & Thursdays
9:15am–10:15am

Who 6-18 Years Old, Boys & Girls

Where Meeker Golf Course

Cost **EB:** \$80 **FC:** \$84

Deadline **EB:** June 26 **Final:** July 3

Transportation to the golf course is not provided.



VOLUNTEER COACHES NEEDED!

Call 970-878-7409 for more information.

»» MHS SPORTS CLINICS »» No pre-registration required.

The ERBM Recreation & Park District is proud to support Meeker High School athletic programs. Coaches and high school team members will teach fundamentals of the sport at each clinic. These clinics will directly support MHS athletic programs.

»» SOFTBALL CLINIC

When	June 15 Thursday 5:30pm-7:30pm
Who	Grades K-8 th
Where	Paintbrush Park Field #1
Cost	\$5 at the door (cash or check made out to MHS)

»» VOLLEYBALL CLINIC

When	July 12 Wednesday K-4th Grade: 8:30am-9:30am 5th-8th Grade: 9:30am-Noon
Who	Grades K-8 th
Where	MHS Main Gym
Cost	\$5 at the door (cash or check made out to MHS)

»» FOOTBALL CLINIC

When	August 3 Thursday K-5th Grade: 10:00am-11:30am 6th-8th Grade: 1:00pm-2:30pm
Who	Grades K-8 th
Where	Starbuck Stadium at MHS
Cost	\$5 at the door (cash or check made out to MHS)



»» YOUTH COED VOLLEYBALL

This recreational league emphasizes skill development and fun! The program will focus on teaching basic volleyball skills such as passing, serving, setting and hitting. Cost includes a T-shirt.

GRADES 3RD-4TH »» Activity #5001

This division will play in-house games focusing mainly on fundamentals.

Who	Grades 3 rd -4 th
When	August 21-September 20 Mondays & Wednesdays 6:30pm-7:30pm No session Sept. 4
Where	MES Gym
Cost	EB: \$39 FC: \$44
Deadline	EB: July 31 Final: August 7

GRADES 5TH-6TH »» Activity #5002

This division will participate in the Colorado River Volleyball League with matches in Rifle, New Castle and Parachute.

Who	Grades 5 th -6 th
When	August 22-October 5 Tuesdays & Thursdays 6:30pm-7:30pm No session week of BMS Estes Park Trip
Where	MES Gym
Cost	EB: \$48 FC: \$54
Deadline	EB: July 31 Final: August 7

Volunteer coaches needed! Call 970-878-7435 for more information.

GROUP FITNESS

SESSION 1

EARLY BIRD DEADLINE: APRIL 28 FINAL DEADLINE: MAY 8

WAKE UP WORKOUT Activity #5035

Dig deep to increase fitness with the ultimate circuit training program.

When	May 1-May 17 M/W, 5:15am-6:00am	Where Admin Building
Cost	EB: \$21 FC: \$24	Instructor Stacy

VINYASA YOGA Activity #5036

Enjoy a little bit of everything with poses to strengthen, stretch, and restore.

When	May 1-May 17 M/W, 12:10pm-12:50pm	Where MRC Studio
Cost	EB: \$21 FC: \$24	Instructor Antina



MELT YOGA Activity #5038

Through a series of easy, precise techniques—using simple, specialized equipment like soft body rollers and small balls—this groundbreaking program quickly rehydrates connective tissue, making it more supportive, allowing the body to release long-held tension caused by daily living that contributes to chronic pain.

RAISE THE BARRE Activity #5037

Low impact workout that combines Pilates and ballet workouts to motivating music.

When	May 2-May 18 Tu/Th, 12:10pm-12:50pm	Where MRC Studio
Cost	EB: \$21 FC: \$24	Instructor Kari Jo

STEP 'N TONE Activity #5039

Combine principles of easy-to-follow step choreography with sculpting exercises to gain tone and cardiovascular development.

When	May 4-May 18 Th, 5:30pm-6:15pm	Where Admin Gym
Cost	EB: \$11 FC: \$12	Instructor Stacy

When	May 1-May 15 M, 5:30pm-6:15pm	Where MRC Studio
Cost	EB: \$11 FC: \$12	Instructor Katie

SESSION 2

EARLY BIRD DEADLINE: MAY 24 FINAL DEADLINE: JUNE 16

SUMMER BOOTCAMP Activity #5032

Cross-train in bootcamp! Push yourself past your comfort level with challenging workouts.

When	June 5-June 28 M/W, 5:15am-6:00am	Where Mon: Sanderson Hills Park Wed: Admin Building
Cost	EB: \$28 FC: \$32	Instructor Stacy

DROP-INS WELCOME (AS SPACE ALLOWS)

\$7 ADULT, \$5 YOUTH/SENIOR

GET A 10-PUNCH PASS AT GUEST SERVICES

\$40 YOUTH/SENIOR, \$55 ADULT

MINIMUM AGE FOR FITNESS CLASSES: 13

FRESH AIR YOGA Activity #5033

Find foundational strength, freedom of movement, and a connection to your breath.

When	June 5-June 28 M/W, 12:10pm-12:50pm	Where Paintbrush Park
Cost	EB: \$28 FC: \$32	Instructor Antina

PILATES IN THE PARK Activity #5034

This mid-day class will have you calling on your "controlled" strength with an emphasis on alignment, core, and coordination.

When	June 6-June 29 Tu/Th, 12:10pm-12:50pm	Where Paintbrush Park
Cost	EB: \$28 FC: \$32	Instructor Kari Jo

»» WATER WARRIOR

Challenge the body with this medium to high intensity water class which combines water aerobics with various strength moves. Designed to improve muscular strength, flexibility, range of motion, and overall conditioning.

»» JUNE »» Activity #5025

When	June 6-June 29 Tu/Th, 5:15am-6:00am	Where MRC Pool
Cost	EB: \$28 FC: \$32	Instructor Kris
Deadline	EB: May 24 Final: June 16	

»» JULY »» Activity #5026

When	July 11-July 27 Tu/Th, 5:15am-6:00am	Where MRC Pool
Cost	EB: \$21 FC: \$24	Instructor Kris
Deadline	EB: June 30 Final: July 21	

»» AUGUST »» Activity #5027

When	August 8-August 31 Tu/Th, 5:15am-6:00am	Where MRC Pool
Cost	EB: \$28 FC: \$32	Instructor Kris
Deadline	EB: July 28 Final: August 18	

»» HYDRO FIT

This intermediate water class involves cardio and strength training.

»» JUNE »» Activity #5030

When	June 6-June 29 Tu/Th, 7:45am-8:30am	Where MRC Pool
Cost	EB: \$28 FC: \$32	Instructor Kris
Deadline	EB: May 24 Final: June 16	

»» JULY »» Activity #5029

When	July 11-July 27 Tu/Th, 7:45am-8:30am	Where MRC Pool
Cost	EB: \$21 FC: \$24	Instructor Kris
Deadline	EB: June 30 Final: July 21	

»» AUGUST »» Activity #5028

When	August 8-August 31 Tu/Th, 7:45am-8:30am	Where MRC Pool
Cost	EB: \$28 FC: \$32	Instructor Kris
Deadline	EB: July 28 Final: August 18	

ACTIVE ADULT (62+)

»» GEEZER GATHER *No registration required.*

Stop by for conversation, coffee, and donuts with the best gents in town.

When	May 2-August 29 Tuesdays 9:00am-10:30am
Who	Gents 62 & Older
Where	MRC Lounge
Cost	FREE

»» GAME DAY *No registration required.*

Enjoy refreshments, conversation, and a game of cards in the MRC Lounge.

When	May 3-August 30 Wednesdays 9:00am-11:00am
Who	Ladies 62 & Older
Where	MRC Lounge
Cost	FREE

GET OUT AND *PLAY!*

Park & Trail Rules Prohibit:

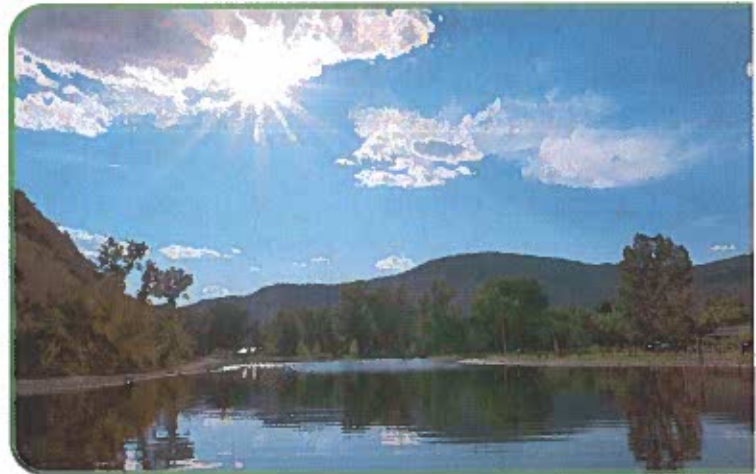
- Overnight parking and camping in undesignated areas (RV and tent camping information at erbmrec.com) ^{no period}
- Littering or dumping any debris; use trash receptacles or pack it out with you
- Motorized vehicles (except for ADA equipment)
- Alcoholic beverage consumption
- Glass containers of any kind
- Hunting and the use of any firearm or projectile weapon
- Removal or disturbance of any man-made or natural feature
- Fires and fireworks
- Horses
- Off-leash dogs, pick up after your pet
- Engaging in commercial activity including solicitation without a permit
- Amplified music
- Off-trail hiking

Park hours are sunrise to sunset.

Additional rules may apply at designated areas throughout the parks and on trails. Contact non-emergency dispatch with any concerns at 970-878-5555 or dial 911 to report immediate emergencies.



erbmrec.com/trails



erbmrec.com/parks



PAVILIONS & EQUIPMENT

»» EQUIPMENT CHECK-OUT

Check out pickleball and horseshoe equipment at the Meeker Recreation Center for free. We also have volleyballs and basketballs available for check-out. Visit with Guest Services at the Meeker Recreation Center or call 970-878-3403 for more information.

»» PAVILION RESERVATIONS

Pavilions at Sanderson Hills Park, Town Park, Circle Park, and Paintbrush Park can now be reserved for \$30/half-day or \$55/full-day. Reservations must be scheduled at least 24 hours prior to date you are reserving. Reserve with Guest Services at 970-878-3403.



POLICIES & PROCEDURES

»» CODE OF CONDUCT POLICY

ERBM Recreation & Park District seeks to create a welcoming environment for all facility users and program/activity participants. To assist in ensuring a safe and satisfactory experience, the District asks that all patrons exhibit respectful, courteous, and considerate behavior. The District reserves the right to take appropriate actions with any individual who demonstrates inappropriate behavior.

»» REFUND POLICY

Programs/Activities

Full Refund:

- When entire program/activity is cancelled by the ERBM Recreation & Park District.
- When registrant withdraws from program/activity prior to registration deadline.
- When a drop-in fee or birthday party fee or reservation has been paid and the pool or park has closed unexpectedly.

Partial Refund:

- When there is a partial cancellation of a program/activity.

No Refund:

- For withdrawals on or after first day of program/activity.
- No refunds for contracted service programs.

Refund Questions

- See Guest Services for any other questions or to inquire about any refund.

**Exceptions to this refund policy may be approved by a supervisor or manager.*

Memberships

Prorated Refund:

- Annual memberships paid in full at the time of purchase may qualify for a prorated refund based on the month of expiration. Please speak with Administrative Services Supervisor for more information.

No Refund:

- For planned or unexpected closures; for annual memberships on a monthly payment plan.

Refund Options

- When a refund is issued, the patron will have the option to put the refund amount on account or receive a check by mail. Refunding to credit/debit cards is NOT an option.

»» ACTIVITY/PROGRAM CANCELLATION POLICY

ERBM Recreation & Park District reserves the right to postpone, reschedule, or cancel any activity if, at any time, the weather conditions and/or field/facility are deemed unsafe. Activities postponed or cancelled may or may not be rescheduled. For current information call Guest Services at 970-878-3403. Some activities/programs may have a minimum number of participants needed to run the activity/program. In the event the minimum has not been met, ERBM Recreation & Park District reserves the right to cancel the activity. Participants will be notified and a refund will be given.

»» AGE/GRADE REQUIREMENTS POLICY

Programs/Activities

- Participants must be the required age/grade on the first day of the program/activity.
- Programs for children ages 2-3 require the child to be at least 2 years old and under 4 years old on the first day of the program/activity.
- PreK-K programs are for children at least 4 years old on the first day of the program through Kindergarten age. They do not need to be enrolled in Preschool or Kindergarten.

Grade Requirements

For June through August programs/activities with grade requirements, refer to the grade the participant will enter in the fall.

For programs/activities that occur during the school year, refer to the grade in which the participant is currently enrolled.

Special Program Exceptions

- Age requirements for certain external sports league programs, such as Coach/Machine Pitch, are determined by the league. The age required by date may be something other than the first day of the program. Details will be in the pertinent Line-Up.
- National programs, such as Denver Nuggets Skills Challenge and Colorado Rockies Skills Challenge, etc., have their own age-by date requirements. Details will be in the pertinent Line-Up.
- Programs containing curriculum and/or requirements imposed by other external organizations, such as American Red Cross, may have their own age requirements.

»» CHILD SUPERVISION POLICY

For their own safety and in consideration of other patrons, children under the age of 8 must be supervised by someone that is at least 13 years of age while in the facility; this applies to children ages 6-7 that have passed a swim test. Those participating in an ERBM program, activity, or event are excluded from the policy because they are under ERBM supervision.

»» ADA REQUIREMENTS



ERBM Recreation & Park District invites patrons with or without disabilities to join our programs, parks, and facilities. If you are in need of modifications because of a disability, contact Shelly Rogers, Accessibility Coordinator, at 970-878-7415.

»» PHOTOGRAPHY POLICY

The ERBM Recreation & Park District staff routinely photograph and videotape guests enjoying our parks, facilities, programs, events, and equipment. These images may be used in print, visual presentations, and on our website or social media to promote the District. If you do not wish yourself and/or your children to be photographed, please inform Guest Services and complete the Media Release Refusal Form.



101 Ute Road
Meeker, CO 81641
www.erbmrec.com
970-878-3403

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Volunteering is a great way to give back to your community AND improve your personal health and happiness.

Visit erbmrec.com/volunteer or call 970-878-3403 to learn more.

