



SUMMER 2024

MAY | JUNE | JULY | AUGUST

Activity Line-Up

Registration begins April 19, 2024!
erbmrec.com/register

MEEKER RECREATION CENTER

101 Ute Road, Meeker, CO 81641

970.878.3403

Summer Center Hours

Mondays-Fridays: 5:00am-7:30pm

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

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

Join the fun on social!



@erbmrec
#meekerfun
#meekertrails

GENERAL PROGRAMS	1
COMMUNITY EVENTS	1
TOT TO KINDER	5
YOUTH (6-17)	7
ADULT	13
ACTIVE ADULT	14
GROUP FITNESS	14

Visit our website for all things ERBM!

Find hours, closures, activities, and lots more!

www.erbmrec.com



GENERAL PROGRAMS

FITNESS ROOM ORIENTATION

Fitness room orientation covers equipment, use, and safety in the MRC Fitness Room. **Beginning April 19, 2024, orientations are by appointment only.** The cost is \$10/person. Call 970-878-3403 to schedule.

Children 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.

TOT SPOT DROP-IN CHILDCARE

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

Rules and details at erbmrec.com/center#totspot

A \$30 Punch Pass is available for purchase at Guest Services. Punch Passes are transferrable.

Activity #	No registration is required.
When	April 22-May 16 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 are available at Guest Services!

SPECIAL/COMMUNITY EVENTS

ANNUAL RECITAL

Join us for the 24th Annual Recital for the dancers, tumblers, and cheerleaders!

Saturday, May 4

2:30pm: Creative Movement & Tumble Fun

4:30pm: 1st-4th Grade Tumble & 1st-5th Grade Cowboy Cheer

6:30pm: 1st-4th Grade Dance

Sunday, May 5

4:30pm: 5th-12th Grade Dance, 5th-12th Grade Tumble & Adult Tap

Activity #	No registration is required.
When	May 4-5 Saturday & Sunday
Who	All Ages
Where	Meeker High School Auditorium
Cost	Free

COMMUNITY GARDEN

Cultivate and grow to your heart's content with a plot in the ERBM Community Garden; plots must contain fruits and veggies that are safe for human consumption.

An adult must accompany anyone under the age of 13. Timers and hoses are the responsibility of the gardener. A Community Garden Plot Application and Agreement Form must be completed before garden use.

Activity #	In-person registration only.
When	May 1-October 31
Who	All Ages
Where	Community Garden
Cost	\$25

RUN CLUB

Join fellow runners in a fun, slightly competitive running series. All running abilities are welcome. 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.

Moonlight runs will be held June 25 & July 23 at 9:30pm

Activity #	5318
When	June 4-August 6 Tuesdays 7:00pm-9:00pm
Who	All Ages
Where	MRC Upper Parking Lot
Cost	\$60
Deadline	June 5



Fourth of July Fun!

RUN FOR YOUR LIFE 5K (RUN & WALK)

Kick off the 4th of July with a family-friendly and festive 5K. This fun run/walk is perfect for first-time 5K participants, elite runners, kids, parents with strollers, well-behaved furry friends, and everyone in between! There is a 1.5-hour time limit to complete the course. All registered participants will get an American Flag to carry across the finish line when they turn the last corner to head towards the final stretch. The registration cost includes a T-shirt, American Flag, and race bib with a chip for timing. There will be prizes for the top three female and male finishers.

T-shirt sizes are guaranteed for registrations completed on or before June 12.

Pre-registration packet pick up is available July 1-3 from 12:00pm-6:00pm.

Day of registration and packet pick up is available from 6:30am-7:15am at the ERBM registration tent in the downtown plaza.

The race starts at 7:45am. Only those who start the race on time will be timed.

Activity #	In-person/phone registration only. 101 Ute Road/970-878-3403
When	July 4 Thursday 7:45am-9:15am
Who	All Ages
Where	Downtown Plaza
Cost	Pre-registration: \$20 Day-of: \$30
Deadline	Guaranteed T-shirt: June 11, 7:30pm Final: July 4, 7:15am

STARS N STRIPES 3-ON-3 BASKETBALL TOURNAMENT

Join us for an epic basketball showdown where every dribble counts and any shot could be the game-winner!

Avoid the lines and pre-register online by 4:00pm on July 3. Day-of registration and team check-ins will be from 10:30am-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 before June 12 to be guaranteed a T-shirt.

If you do not pre-register but wish to participate, the cost will be \$40 per team for same day registration.

Minimum of 3 players per team, with a maximum of 4. Players may only compete for one team. Divisions may be combined depending on number of teams.

Individuals may play up one age bracket but not down.

Activity #	Listed below by age bracket.
When	July 4 Thursday Noon
Who	18 & Older Female Activity# 5380 18 & Older Male Activity# 5381 3 rd -4 th Grade Coed Activity# 5382 5 th -6 th Grade Female Activity# 5383 5 th -6 th Grade Male Activity# 5384 7 th -8 th Grade Female Activity# 5385 7 th -8 th Grade Male Activity# 5386 9 th -12 th Grade Female Activity# 5387 9 th -12 th Grade Male Activity# 5388
Where	Admin Building, N. Parking Lot
Cost	Pre-registration: \$30 Day-of: \$40
Deadline	Guaranteed T-shirt: June 12 Pre-registration: July 3, 4:00pm Final: July 4, 11:30am



2024

meekeerpalooza

FAMILY FUN • LIVE MUSIC • MEEKER MARKET • BEER GARDEN • MORE!

JUNE 7

JUNE 21

JULY 19

4:00pm to 8:00pm

Meeker Market
Featuring Nonprofits

6:00pm to 8:30pm

Live Music • Elk Range
Beer Garden

6:30pm

Cornhole Tournament
WINNER GETS HALF THE POT!
\$10/team
Courthouse Basketball Court
Register online: erbmrec.com/register
Register on-site: 6:00pm-6:30pm

4:00pm to 8:00pm

Meeker Market
Featuring Young Entrepreneurs

6:00pm to 8:30pm

Live Music • Rodney Rice
Beer Garden

6:30pm

Doubles Pickleball
Tournament
WINNER GETS HALF THE POT!
\$10/team
Courthouse Basketball Court
Register online: erbmrec.com/register
Register on-site: 6:00pm-6:30pm

4:00pm to 8:00pm

Meeker Market
Featuring Arts, Crafts & Goods

5:00pm to 6:30pm

WREA Annual Meeting &
Membership Appreciation
Dinner

5:00pm to 8:30pm

Beer Garden
Live Music
5:00pm-6:00pm • 8th /tree Pickers
6:00pm-8:30pm • /tring Kitchen

DOWNTOWN PLAZA • MEEKER, COLORADO



SPECIAL/COMMUNITY EVENTS

BOUNCE AND SPLASH SERIES

Enjoy the summer at the Meeker Rec Center with the Summer Bounce and Splash Series! It will be guaranteed fun with inflatables and activities for all ages with a giant inflatable obstacle course in the pool, an outdoor bounce house, and a large inflatable water slide!

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

Activity #	No registration is required.	Who	All ages
When	June 6 Thursday 12:15pm-2:00pm	Where	Meeker Recreation Center
		Cost	Normal pool fees apply

BOUNCE AND SPLASH #2

Activity #	No registration is required.	Who	All ages
When	June 27 Thursday 12:15pm-2:00pm	Where	Meeker Recreation Center
		Cost	Normal pool fees apply

BOUNCE AND SPLASH #3

Activity #	No registration is required.	Who	All ages
When	July 11 Thursday 12:15pm-2:00pm	Where	Meeker Recreation Center
		Cost	Normal pool fees apply

GLENWOOD SPRINGS RAFTING TRIP

This is a 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 sports 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 must have the liability waiver signed before departing. If a participant is under 18, they must have a parent/guardian sign the liability waiver available at Guest Services.

The bus will depart the MRC at 9:00am and is expected to return at 6:00pm.

Activity #	5317
When	July 18 Thursday 9:00am-6:00pm
Who	12 & Older
Where	Glenwood Springs Meet at MRC
Cost	\$80
Deadline	July 10

MOUNTAIN VALLEY BANK SUMMER FESTIVAL



Mountain Valley Bank

Come visit the Mountain Valley Bank Summer 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.

Activity #	No registration required.
When	August 24 Saturday 11:00am-2:00pm
Who	All Ages
Where	Mountain Valley Bank
Cost	Free

PARENT AND CHILD SWIM LESSONS

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.

Activity #	5334
When	June 3-26 Mondays & Wednesdays 10:30am-11:00am
Who	6 months to 36 months
Where	MRC Pool
Cost	\$40
Deadline	May 22

PRESCHOOL AQUATICS (PSA) SWIM LESSONS

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 (including parents and siblings) are allowed in the pool area except during the last day of the class. Goggles are recommended.

PSA LEVEL 1

SESSION 1	Activity # 5362
When	June 3-26 Mondays & Wednesdays 8:30am-9:00am
Who	Ages 3-5
Where	MRC Pool
Cost	\$40
Deadline	May 22

SESSION 2	Activity # 5363
When	July 8-July 31 Mondays & Wednesdays 8:30am-9:00am
Who	Ages 3-5
Where	MRC Pool
Cost	\$40
Deadline	June 26

PSA LEVEL 2

SESSION 1	Activity # 5360
When	June 3-26 Mondays & Wednesdays 9:10am-9:40am
Who	Ages 3-5
Where	MRC Pool
Cost	\$40
Deadline	May 22

SESSION 2	Activity # 5364
When	July 8-July 31 Mondays & Wednesdays 9:10am-9:40am
Who	Ages 3-5
Where	MRC Pool
Cost	\$40
Deadline	June 26

PSA LEVEL 3

SESSION 1	Activity # 5361
When	June 3-26 Mondays & Wednesdays 9:50am-10:20am
Who	Ages 3-5
Where	MRC Pool
Cost	\$40
Deadline	May 22

SESSION 2	Activity # 5365
When	July 8-July 31 Mondays & Wednesdays 9:50am-10:20am
Who	Ages 3-5
Where	MRC Pool
Cost	\$40
Deadline	June 26

Not sure which level to enroll your child in?

Swim lesson level descriptions can be found by tapping the button to the right or by visiting erbmrec.com/activities#swim-lessons



ACTIVITY CANCELLED SUMMER TUMBLING SPECIALTY



PRINCESS DANCE CAMP

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. In the last 15 minutes of the final class, parents/caregivers are encouraged to watch the dancers perform and take photos when they receive their crowns.

Activity #	5316
When	July 10-31 Wednesdays 9:30am-10:15am
Who	PreK-K
Where	MRC Studio
Cost	\$20
Deadline	July 3

NEW! LITTLE ATHLETES

Little Athletes is a new program for kids ages 4-7 to learn new sports skills. Each class is filled with a mixture of learning fundamentals and having fun! Children will socialize with others, making friendships along the way!

Activity #	5377
When	June 13-27 Thursdays 1:00pm-2:00pm
Who	Ages 4 to 7
Where	Admin Gym
Cost	\$15
Deadline	June 5

MEEKER YOUTH SOCCER

Recreational co-ed soccer provides the opportunity to learn teamwork, sportsmanship, and fundamentals of the game, all while emphasizing 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.

Activity #	5406
When	April 29-May 15 Mondays & Wednesdays 5:30pm-6:30pm
Who	Grades 3rd-6th
Where	Sanderson Hills Field
Cost	\$21
Deadline	April 24

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



MHS SPORTS CLINICS *No pre-registration required.*

Learn from Meeker High School athletics programs! Coaches and high school team members will teach the fundamentals of their sport at each clinic. These clinics will directly support MHS athletic programs.

BASEBALL CLINIC

Activity #	5400
When	May 7 Tuesday 5:30pm-7:30pm
Who	Grades K-8th
Where	Paintbrush Park Field #2
Cost	\$5 at the door (cash/check payable to MHS)

SOFTBALL CLINIC

Activity #	5398
When	June 12 Wednesday 5:30pm-7:30pm
Who	Grades K-8th
Where	Paintbrush Park Field #1
Cost	\$5 at the door (cash or check payable to MHS)

VOLLEYBALL CLINIC

Activity #	5399
When	July 10 Wednesday 8:30am-12:00pm <i>K-4th: 8:30am-9:30am</i> <i>5th-8th: 9:30am-Noon</i>
Who	Grades K-8th
Where	MHS Main Gym
Cost	\$5 at the door (cash or check payable to MHS)

FOOTBALL CLINIC

Activity #	5397
When	August 1 Thursday 10:00am-2:30pm <i>K-5th: 10:00am-11:30am</i> <i>6th-8th: 1:00pm-2:30pm</i>
Who	Grades K-8th
Where	Starbuck Stadium
Cost	\$5 at the door (cash or check payable to MHS)

YOUTH (6-17)



USA SWIM TEAM

This swim 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 techniques and building strength and endurance. Swimmers are expected to possess proficient stroke techniques and a strong work ethic. This group's workload will progressively increase throughout the season. Meets occur on most Saturdays and Sundays, though attendance at every meet is not required. Team suits, caps, and goggles are included in the program's cost.

Activity #	5389
When	May 28-August 2 Mondays-Thursdays 7:30am-9:00am Fridays 8:00am-9:00am
Who	Ages 6 to 17
Where	MRC Pool
Cost	\$300
Deadline	May 15

NEW! NERF BATTLES

Do you love Nerf? Join the Nerf Battles for a great way to be active by jumping, running, and crawling while getting use out of your Nerf toys! Coordinators will guide battling teams through various games while encouraging teamwork, strategy, planning, good sportsmanship, and athleticism.

Participants must provide their Nerf toy, eye protection, and ammo.

5-9 YEAR OLDS

Activity #	5314
When	June 13-27 Thursdays 2:30pm-3:30pm
Who	Ages 5 to 9
Where	Admin Gym
Cost	\$11
Deadline	June 5

10-14 YEAR OLDS

Activity #	5315
When	June 13-27 Thursdays 3:45pm-4:45pm
Who	Ages 10 to 14
Where	Admin Gym
Cost	\$11
Deadline	June 5



American Red Cross

LEARN TO SWIM (LTS) SWIM LESSONS

These eight 45-minute lessons focus on developing good swimming habits in and around the water. Participants coordinate, refine strokes and gradually develop fundamental skills while building confidence. These are closed classes. No observers (including parents and siblings) are allowed in the pool area except during the last day of class. Goggles are recommended.

Not sure which level to enroll your child in? Swim lesson level descriptions can be found by tapping the button below, or visit erbmrec.com/activities#swim-lessons.



LTS LEVEL 1

SESSION 1		Activity # 5370	SESSION 2		Activity # 5391
When	June 4-27 Tuesdays & Thursdays 8:30am-9:15am	Who Ages 6+	When	July 9-August 1 Tuesdays & Thursdays 8:30am-9:15am	Who Ages 6+
Where	MRC Pool	Cost \$44	Deadline	May 22	Where MRC Pool
			Cost	\$44	Deadline
					June 26

LTS LEVEL 2

SESSION 1		Activity # 5371	SESSION 2		Activity # 5373
When	June 4-27 Tuesdays & Thursdays 9:25am-10:10am	Who Ages 6+	When	July 9-August 1 Tuesdays & Thursdays 9:25am-10:10am	Who Ages 6+
Where	MRC Pool	Cost \$44	Deadline	May 22	Where MRC Pool
			Cost	\$44	Deadline
					June 26

LTS LEVEL 3

SESSION 1		Activity # 5367	SESSION 2		Activity # 5374
When	June 4-27 Tuesdays & Thursdays 10:20am-11:05am	Who Ages 6+	When	July 9-August 1 Tuesdays & Thursdays 10:20am-11:05am	Who Ages 6+
Where	MRC Pool	Cost \$44	Deadline	May 22	Where MRC Pool
			Cost	\$44	Deadline
					June 26

LTS LEVEL 4

SESSION 1		Activity # 5369	SESSION 2		Activity # 5392
When	June 4-27 Tuesdays & Thursdays 9:15am-10:00am	Who Ages 6+	When	July 9-August 1 Tuesdays & Thursdays 9:15am-10:00am	Who Ages 6+
Where	MRC Pool	Cost \$44	Deadline	May 22	Where MRC Pool
			Cost	\$44	Deadline
					June 26

LTS LEVEL 5

SESSION 1		Activity # 5390	SESSION 2		Activity # 5393
When	June 4-27 Tuesdays & Thursdays 10:10am-10:55am	Who Ages 6+	When	July 9-August 1 Tuesdays & Thursdays 10:10am-10:55am	Who Ages 6+
Where	MRC Pool	Cost \$44	Deadline	May 22	Where MRC Pool
			Cost	\$44	Deadline
					June 26

ACTIVITY CANCELLED SUMMER TUMBLING SPECIALTY

MEEKER YOUTH SOFTBALL

Meeker Youth Softball is a recreational traveling program that is part of the Valley Youth Softball League. This program emphasizes softball fundamentals in a team setting. Players will practice twice a week and play out-of-town games on weeknights. The cost includes a game jersey and visor. Participants must provide their own socks, belts, and pants. A game schedule will be provided at the start of the season. The end-of-season tournament will be on July 20.

No practice July 3.

8-10 YEAR OLDS

Activity #	5368
When	June 3-July 17 Mondays & Wednesdays 5:30pm-6:30pm
Who	Ages 8 to 10
Where	Paintbrush Park Field #1
Cost	\$79
Deadline	May 22

11-13 YEAR OLDS

Activity #	5372
When	June 3-July 17 Mondays & Wednesdays 9:00am-10:00am
Who	Ages 11 to 13
Where	Paintbrush Park Field #1
Cost	\$79
Deadline	May 22

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

MEEKER YOUTH BASEBALL

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

No practice on July 4.

Activity #	5395
When	June 4-July 18 Tuesdays & Thursdays 5:30pm-6:30pm
Who	Ages 8 to 10
Where	Paintbrush Park Field #1 & #2
Cost	\$72
Deadline	May 22

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

SUMMER CHEERLEADING

Join us for a fun class teaching the fundamentals of cheerleading. This fun and energetic sport fosters teamwork, dedication, and life skills while teaching the benefits of communication, poise, and crowd management. Participants will learn motions, jumps, cheers, chants, sidelines, and small stunts. A small performance will be given on the last day of the clinic.

Activity #	5430
When	July 9-30 Tuesdays 1:30pm-2:30pm
Who	Ages 6 to 13
Where	Admin Gym
Cost	\$14
Deadline	July 3

YOUTH (6-17)

T-BALL/COACH PITCH

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. The cost includes a T-shirt and a baseball hat. Games are in-house, and a game schedule will be provided at the start of the season.

Activity #	5378
When	July 8-31 Mondays & Wednesdays 5:45pm-6:45pm
Who	Ages 6 to 8
Where	6th Street Field
Cost	\$55
Deadline	June 26

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

GOLF FOR KIDS

This program introduces youth to the fundamentals of golf, including 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 ability of your child.

Please bring water to each practice.

Transportation to the golf course is not provided.

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

LEVEL 1 (BEGINNER)

Level 1 is for beginners (no experience or limited experience/skills).

Activity #	5402
When	July 8-31 Mondays & Wednesdays 8:00am-9:00am
Who	Ages 6-18
Where	Meeker Golf Course
Cost	\$84
Deadline	July 3

OR

Activity #	5403
When	July 9-August 1 Tuesdays & Thursdays 8:00am-9:00am
Who	Ages 6-18
Where	Meeker Golf Course
Cost	\$84
Deadline	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.

Activity #	5404
When	July 8-31 Mondays & Wednesdays 9:15am-10:15am
Who	Ages 6-18
Where	Meeker Golf Course
Cost	\$84
Deadline	July 3

OR

Activity #	5405
When	July 9-August 1 Tuesdays & Thursdays 9:15am-10:15am
Who	Ages 6-18
Where	Meeker Golf Course
Cost	\$84
Deadline	July 3

LEGOS AT THE LIBRARY

Build away with various Lego kits provided by ERBM, and let your creativity soar. Escape the heat of summer while building at the Meeker Regional Library, utilizing the public space and outdoor patio.

Activity #	5341
When	July 10-31 Wednesdays 2:00pm-3:00pm
Who	Ages 6 to 13
Where	Meeker Public Library
Cost	\$14
Deadline	July 3

YOUTH COED VOLLEYBALL

This recreational league emphasizes skill development and fun! The program will focus on teaching volleyball fundamentals such as passing, serving, setting, and hitting.

GRADES 3RD-4TH

This division will play in-house games. The cost includes a T-shirt.

No practice on September 2.

Activity #	5375
When	August 19-September 25 Mondays & Wednesdays 6:30pm-7:30pm
Who	Grades 3rd-4th
Where	MES Gym
Cost	\$56
Deadline	August 14

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

GRADES 5TH-6TH

This division will participate in the Colorado River Volleyball League with possible matches in Rifle, New Castle, and Glenwood. The cost includes a T-shirt. A game schedule will be provided at the start of the season (end-of-season tournament TBD).

No volleyball during BMS Estes Park Trip.

Activity #	5376
When	August 20-October 3 Tuesdays & Thursdays 6:30pm-7:30pm
Who	Grades 5th-6th
Where	MES Gym
Cost	\$60
Deadline	August 14

ADULT

TOUR AND TASTE

Enjoy a day of fun and relaxation while touring a selection of wineries and the Meadery in Grand Junction CO. Let your worries melt away as we take care of the driving for you! The cost of lunch and all beverages are the responsibility of the participant.

Depart MRC: 8:30am, Lunch: 11:00am

Tour and Indulge: After lunch, Projected Return: 6:00pm

Activity #	5342
When	May 30 Thursday 8:30am-6:00pm
Who	Adults 21 and Older
Where	Grand Junction
Cost	\$10
Deadline	May 22

ACTIVE ADULT (62+)

GEEZER GATHER

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

Activity # *No registration is required.*

When Starting May 7
Tuesdays
9:00am-10:30am

Who Gents 62 & Older

Where MRC Lounge

Cost FREE

GAME DAY

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

Activity # *No registration is required.*

When Starting May 1
Wednesdays
9:00am-12:30pm

Who Ladies 62 & Older

Where MRC Lounge

Cost FREE

GROUP FITNESS

GROUP FITNESS SESSION 1

**REGISTRATION DEADLINE:
APRIL 24**

CORE YOGA

Check in with yourself as we concentrate on breathing, stretching, and core strengthening.

Activity # **5345**

When April 29-May 15
Mondays & Wednesdays
12:10pm-12:50pm

Where MRC Studio
Instructor Antina

Cost \$24

RAISE THE BARRE

This low-impact workout combines Pilates and ballet workouts to motivating music.

Activity # **5347**

When April 30-May 16
Tuesdays & Thursdays
12:10pm-12:50pm

Where MRC Studio
Instructor Kari Jo

Cost \$24

TOTAL BODY BLAST

This class is dedicated to moving, strengthening, and toning all muscles. Various types of equipment will be utilized.

Activity # **5354**

When April 30-May 16
Tuesdays & Thursdays
5:30pm-6:15pm

Where Admin Gym
Instructor Megan

Cost \$24

THE MINIMUM AGE FOR ALL FITNESS CLASSES IS 13.

DROP-INS ARE WELCOME (AS SPACE ALLOWS).

\$7 FOR ADULTS (18-61).

\$5 FOR YOUTH (13-17) OR SENIORS (62+).

PUNCH PASSES ARE AVAILABLE AT GUEST SERVICES (10 PUNCHES).

\$55 FOR ADULTS (18-61).

\$40 FOR YOUTH (13-17) OR SENIORS (62+).



GROUP FITNESS SESSION 2

REGISTRATION DEADLINE:
MAY 29

BARRE BURN

This low-impact workout combines Pilates and ballet movements to motivating music.

Activity # 5349

When

June 3-26
Mondays & Wednesdays
5:15am-6:00am

Where

MRC Studio

Instructor

Kari Jo

Cost \$32

FRESH AIR YOGA

Check in with yourself as we concentrate on breathing, stretching, and core strengthening.

Activity # 5346

When

June 3-26
Mondays & Wednesdays
12:10pm-12:50pm

Where

Paintbrush
Park

Instructor

Antina

Cost \$32

H2O BOOTCAMP

Challenge yourself in this cardio-intensive class with a more athletic approach to water fitness. Various drills are performed, including kicks, jabs, calisthenics, lunges, jumping, and running. There will also be a more extensive strengthening and toning focus using weights, noodles, and kickboards.

Activity # 5350

When

June 4-27
Tuesdays & Thursdays
5:15am-6:00am

Where

MRC Pool

Instructor

Kris

Cost \$32

SLOW FLOW

A low to moderate-intensity water class where exercises are designed to help improve flexibility and reduce stiffness. The water buoyancy and natural resistance will prevent unnecessary jarring on joints, and it will feel amazing to work out!

Activity # 5352

When

June 4-27
Tuesdays & Thursdays
7:45am-8:30am

Where

MRC Pool

Instructor

Kris

Cost \$32

PILATES IN THE PARK

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

Activity # 5348

When

June 4-27
Tuesdays & Thursdays
12:10pm-12:50pm

Where

Paintbrush
Park

Instructor

Kari Jo

Cost \$32

GROUP FITNESS SESSION 3

REGISTRATION DEADLINE:
JULY 3

H2O BOOTCAMP

Challenge yourself in this cardio-intensive class with a more athletic approach to water fitness. Various drills are performed, including kicks, jabs, calisthenics, lunges, jumping, and running. There will also be a more extensive strengthening and toning focus using weights, noodles, and kickboards.

Activity # 5351

When

July 9-August 1
Tuesdays & Thursdays
5:15am-6:00am

Where

MRC Pool

Instructor

Kris

Cost \$32

SLOW FLOW

A low to moderate-intensity water class where exercises are designed to help improve flexibility and reduce stiffness. The water buoyancy and natural resistance will prevent unnecessary jarring on joints, and it will feel amazing to work out!

Activity # 5353

When

July 9-August 1
Tuesdays & Thursdays
7:45am-8:30am

Where

MRC Pool

Instructor

Kris

Cost \$32

GET OUT AND *PLAY!*



Park & Trail Rules Prohibit:

- Overnight parking and camping in undesignated areas (RV and tent camping information at erbmrec.com)
- 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.

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.





2024 Patron Communication Survey

We want to hear from YOU! Please complete this short survey to help us improve our activities/events, registration process, and your overall experience as a valued patron. You will be entered to win **\$50 in Chamber Bucks!** Return to Meeker Recreation Center, 101 Ute Road, Meeker, CO, 81641.

Prefer digital or need an accessible version?

Please use this link to fill out the electronic version!

1. Do you register ...

- in the online Registration Portal
- in person at MRC
- both online and in person at MRC
- I don't register for anything

2. Please rate your experience using the online Registration Portal on a scale from 1 (very poor) to 5 (exemplary).

1 2 3 4 5

Very poor *Exemplary*

3. When you register yourself or family members for programs, do you register for:

- all activities at once
- a few activities at a time
- one activity at a time
- I don't register for anything

4. How may ERBM activities/events do you or your family members participate in annually, on average?

- We do not participate in activities/events
- 1-5 activities/events annually
- 6-10 activities/events annually
- 10+ activities/events annually

5. Which communication channel(s) do you find most useful for receiving messages from ERBM? (Select all that apply).

- mail
- email
- text messaging
- phone call
- printed flyers/handouts
- social media posts
- other

6. On a scale from 1 to 5, where do you most often see messaging from ERBM?

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Always

- Line-Up (mailed) _____ 1 2 3 4 5
- Website _____ 1 2 3 4 5
- Facebook _____ 1 2 3 4 5
- Instagram _____ 1 2 3 4 5
- Email _____ 1 2 3 4 5
- Newspaper _____ 1 2 3 4 5
- Word of mouth _____ 1 2 3 4 5
- MRC signage _____ 1 2 3 4 5
- Posters/flyers _____ 1 2 3 4 5
- Invites/postcards _____ 1 2 3 4 5

7. How often do you or your family visit Meeker Recreation Center (MRC)?

- Never
- A few times a month
- A few times a year
- Weekly
- Monthly
- Every day

8. Do you have an MRC membership?

- Yes
- No

9. Overall, what is your opinion of ERBM Recreation & Park District?

1 2 3 4 5 6 7 8 9 10

Very negative *Very positive*

10. For sorting purposes only, please provide:

Age: _____ Household Size: _____ Zip code: _____

To be entered to win, please provide

your name and number or email address: _____

We appreciate your feedback!

Your responses will be used for analysis only. Final data will be anonymized. Your individual responses and personal information will not be shared with any third party. Proceeding with this survey implies you understand and agree to the provisions outlined above.



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

ECRWSS EDDM

POSTAL PATRON
Meeker, CO 81641

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
MEEKER, CO



*We want to hear
from YOU!*

*Complete our 2024 Patron
Communication Survey and
you'll be entered to win*
\$50 in Chamber Bucks!

Prefer paper? Fill out the survey on the
back side of this page and return to Meeker
Recreation Center, 101 Ute Road, Meeker, CO,
81641.



We appreciate your feedback!