

# Activity Line-Up

WINTER/SPRING 2024

JANUARY | FEBRUARY | MARCH | APRIL



**Registration begins  
December 15, 2023.**



## MEEKER RECREATION CENTER

101 Ute Road, Meeker, CO 81641

**970.878.3403**

### Winter/Spring Center Hours

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

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

Check [erbmrec.com](http://erbmrec.com) for pool hours and any closures before you visit!

*Join the fun on social!*



@erbmrec  
#meekerfun  
#meekertrails

Visit our website for all things ERBM!  
*Find hours, closures, activities, and lots more!*

**[erbmrec.com](http://erbmrec.com)**

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*Cover photo by Jesse McCann, Did I Shutter Photography*





# GENERAL PROGRAMS

## »» FITNESS ROOM ORIENTATION *Activity #5282*

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

**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.**

<b>When</b>	The 2 <sup>nd</sup> Sunday of each month 1:00pm
<b>Who</b>	Ages 13 & Older
<b>Where</b>	MRC Fitness Room
<b>Cost</b>	\$10 (non-refundable)

## »» PRIVATE AND SEMI-PRIVATE SWIM LESSONS *In-person registration only.*

Our certified instructors are available to teach all skill levels. One student per private lesson or 2-3 students per semi-private lesson (class size determined by skill level). Goggles are recommended. Contact the Aquatics Division at 970-878-7419 to schedule.

<b>When</b>	Varies based on instructor and pool availability
<b>Who</b>	All Ages
<b>Where</b>	MRC Pool
<b>Costs</b>	<b>Private (one student):</b> \$100 for five 30-minute lessons <b>Semi-Private (2-3 students):</b> \$120 for five 30-minute lessons

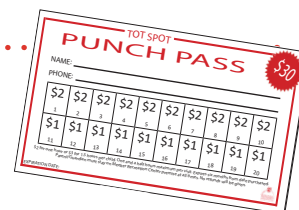
## »» TOT SPOT DROP-IN CHILDCARE *No registration is required.*

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](http://erbmrec.com/center#totspot)**

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

<b>When</b>	January 2-April 30 Mondays-Thursdays 8:45am-11:45am
<b>Who</b>	Ages 6 Months to 7 Years Old
<b>Where</b>	MRC MP Room
<b>Cost</b>	\$2 for one hour; \$3 for 1.5 hours per child <b>Punch passes are available at Guest Services!</b>



# SPECIAL/COMMUNITY EVENTS

## »» CARDBOARD DERBY *No registration is required.*

Construct the fastest or most creative cardboard sled to take you down the famous sled hill at Paintbrush Park. Warm beverages will be served at 9:30am to kick off the festivities. Sleds can ONLY be constructed with cardboard, tape, and glue. Sleds may be decorated with paint, markers, and tape. No snow?! Bring your sled anyway; we will still be enjoying the day and judging the most creative sled!

**A trophy will be awarded to the Fastest Overall.**

**Awards are also given for Fastest in Age Divisions, Most Creative, and Biggest Wipeout.**

**Registration begins at 9:30am. Derby begins at 10:30am.**

**Race Divisions: Ages 3 and under, 4-7 Years old, 8-11 Years old, 12+ Years old, Family/Group (up to 4 participants)**

<b>When</b>	January 6 Saturday 9:30am <b>Race starts at 10:30am</b>
<b>Who</b>	All Ages
<b>Where</b>	Paintbrush Park
<b>Cost</b>	FREE

# SPECIAL/COMMUNITY EVENTS

## »» FAMILY ICE FISHING DAY *No registration is required.*

Join ERBM, Colorado Parks and Wildlife (CPW), and Meeker Lions Club for a day of ice fishing at Lake Avery. CPW will be on hand to provide all of the necessary equipment, plus knowledge on how to ice fish, types of fish, and the environment in which the fish live. A free lunch will be provided, prepared, and served from 11:30am-1:30pm or until it's gone!

A valid Colorado fishing license is required for all participants 16 and older. For more information, contact a local licensing agent or visit [cpw.state.co.us](http://cpw.state.co.us)

This event is weather-dependent. If the ice is deemed unsafe, the event will be canceled.

**The decision to cancel will be made by January 6 and will be advertised in the January 11 Herald Times, ERBM's website, and ERBM's social media pages.**

<b>When</b>	January 13 Saturday 10:00am-2:00pm
<b>Who</b>	All Ages
<b>Where</b>	Lake Avery
<b>Cost</b>	FREE



MEEKER LIONS CLUB

## »» CUPID'S INFLATABLE POOL PARTY *No registration is required.*

Celebrate Valentine's with a variety of pool inflatables and Valentine's crafts.

**Ages 7 and under must be supervised by someone 13 or older in the water.**

**All pool rules apply.**

<b>When</b>	February 9 Friday 10:00am-12:00pm
<b>Who</b>	All Ages
<b>Where</b>	MRC Pool
<b>Cost</b>	Normal MRC fees apply

## »» MOTHER-DAUGHTER TEA *Activity #5164*

Mothers and daughters of all ages, bring your special tea cups and spend the afternoon enjoying flavored teas, small snacks, and parlor games at the Annual Mother-Daughter Tea.

**Participation of a parent/caregiver is required.**

**Register by February 7 to receive a gift bag!**

**If you do not pre-register but wish to attend, the cost will be \$15 per person at the door.**

<b>When</b>	February 24 Saturday 2:00pm-4:00pm
<b>Who</b>	Mothers & Daughters of All Ages
<b>Where</b>	Fairfield Center
<b>Cost</b>	\$10/person (\$15/person at the door)
<b>Deadline</b>	February 23

## »» HUNTER EDUCATION *Activity #5235*



Learn safe and responsible firearm handling. Persons born after January 1, 1949, applying for a hunting license in Colorado must have a hunter safety card, which can be obtained by passing this class. In addition to successfully completing the written test, full participation in all three days is required, including safe gun handling and shooting techniques, as demonstrated by each participant at a shooting range on Sunday afternoon.

**An optional Saturday lunch (pizza, drink, and dessert) can be purchased at time of registration for \$10.**

<b>When</b>	March 15-17 Friday: 6:00pm-8:00pm Saturday: 8:00am-5:00pm Sunday: 8:00am-4:00pm
<b>Who</b>	All Ages <i>(The class is taught at a 6<sup>th</sup> grade level and participants must be able to take a written test without assistance.)</i>
<b>Where</b>	BMS Gym
<b>Cost</b>	\$13 <i>(optional Saturday lunch available for additional \$10)</i>
<b>Deadline</b>	March 6

# SPECIAL/COMMUNITY EVENTS

## »» SHAMROCK POOL PARTY *No registration is required.*

Join us for our St. Patrick's Day Shamrock Pool Party and craft project on the deck.

**Ages 7 and under must be supervised by someone 13 or older in the water.**

**All pool rules apply.**

<b>When</b>	March 15 Friday 10:00am-Noon
<b>Who</b>	All Ages
<b>Where</b>	MRC Pool
<b>Cost</b>	Normal MRC fees apply

## »» FATHER-DAUGHTER BALL *Activity #5166*

Fathers and daughters of all ages, join us for the Annual Ball. Partake in sweet and savory snacks, amazing music, dancing till your feet hurt, and loads of fun!

**Participation of a parent/caregiver is required.**

**Register by March 27 to receive a gift bag!**

**If you do not pre-register but wish to attend, the cost will be \$15 per person at the door.**

<b>When</b>	April 6 Saturday 7:00pm-9:00pm
<b>Who</b>	Fathers & Daughters of All Ages
<b>Where</b>	Fairfield Center
<b>Cost</b>	\$10/person (\$15/person at the door)
<b>Deadline</b>	April 5



## »» COMMUNITY GARDEN *In-person registration only.*

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.**

<b>When</b>	April 1-October 31
<b>Who</b>	All Ages
<b>Where</b>	Community Garden
<b>Cost</b>	\$25/plot
<b>Register in-person at the Meeker Recreation Center.</b>	

## SNOWSHOE EQUIPMENT RENTAL

Youth \$5/set/day or Adult \$10/set/day (three-day maximum)

Visit with Guest Services at the Meeker Recreation Center or call 970-878-3403 for more information.



# TOT TO KINDER

## »» TINY PROGRAMS

Maximum of two children per parent/caregiver. Children under six months old are allowed to stay with parent/caregiver in a carrier. Tot Spot is available for children not enrolled in the following tiny programs. **Tot Spot fees do apply. Find Tot Spot details on page 1.**

**No classes March 18-22 (Spring Break).**

### »» TINY SPORTS & GAMES [Activity #5278](#)

Tots will work on sports-related activities each day. The Tiny Sports & Games coach will determine what sport(s) will be emphasized during each class.

<b>When</b>	January 4-25 Thursdays 10:00am-10:45am
<b>Who</b>	2-3 Years Old with Parent/Caregiver
<b>Where</b>	Admin Gym
<b>Cost</b>	\$19
<b>Deadline</b>	December 27, 2023

### »» TINY ARTS & CRAFTS [Activity #5275](#)

Parents and toddlers share creativity through winter-themed arts and crafts projects. Be prepared to get messy!

<b>When</b>	February 1-22 Thursdays 10:00am-10:45am
<b>Who</b>	2-3 Years Old with Parent/Caregiver
<b>Where</b>	MRC MP Room
<b>Cost</b>	\$19
<b>Deadline</b>	January 24

### »» TINY TUMBLE [Activity #5272](#)

Learn tumbling skills with fun and creative techniques while discovering body awareness through jumping, balancing, and coordination.

<b>When</b>	February 29-March 28 Thursdays 10:00am-10:45am
<b>Who</b>	2-3 Years Old with Parent/Caregiver
<b>Where</b>	Admin Gym
<b>Cost</b>	\$19
<b>Deadline</b>	February 21

### »» TINY TOES [Activity #5274](#)

Get movin', shakin', rockin' and rollin' to new and familiar music that involves rhythm, coordination, and basic dance moves.

<b>When</b>	April 4-25 Thursdays 10:00am-10:45am
<b>Who</b>	2-3 Years Old with Parent/Caregiver
<b>Where</b>	MRC Studio
<b>Cost</b>	\$19
<b>Deadline</b>	March 27

## »»» TINY OPEN GYM **No registration is required.**

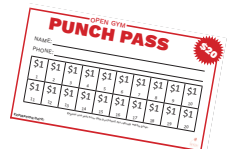
Bring your toddlers to this open gym to burn off some of their built-up energy! Use sports and tumbling equipment independently. A gym supervisor will be present to monitor safety but will not lead organized activities.

**Maximum of 3 children per parent/caregiver.**

**A minimum of 4 participants must arrive by 10:15am, or open gym will be canceled for the day.**

**A \$10 or \$20 punch pass is required for any open gym, indoor track, or adult drop-in sports time and is available for purchase at Guest Services. Punch passes are transferable.**

<b>When</b>	January 9-March 12 Tuesdays 10:00am-11:00am
<b>Who</b>	Ages 1-4 Years Old with Parent/Caregiver
<b>Where</b>	Admin Gym
<b>Cost</b>	Punch Pass - \$10/\$20 \$1 punch per child per use <b>Punch passes are available at Guest Services</b>





## »» CREATIVE MOVEMENT

This popular class introduces tap, jazz, and ballet to young dancers. Participants will develop body awareness and listening skills while experiencing peer interaction. Ballet shoes (pink for girls, black for boys) and black tap shoes are required. Dancers are encouraged to wear comfortable clothing that provides proper coverage.

**Only dancers are allowed in the studio while class is in session.**

**Costume purchase and performance are optional; more information will be handed out during class.**

**Dancers will learn fun routines that will be revealed at the Annual Recital on May 4.**

**No classes March 18-22 (Spring Break).**



## »» MONDAY CLASS [Activity #5268](#)

<b>When</b>	January 8-May 4 Mondays 4:00pm-5:00pm
<b>Who</b>	PreK-K Minimum Age of 4 Years Old
<b>Where</b>	MRC Studio
<b>Cost</b>	\$80
<b>Deadline</b>	January 17

## »» THURSDAY CLASS [Activity #5270](#)

<b>When</b>	January 11-May 4 Thursdays 5:15pm-6:15pm
<b>Who</b>	PreK-K Minimum Age of 4 Years Old
<b>Where</b>	MRC Studio
<b>Cost</b>	\$80
<b>Deadline</b>	January 17

## »» TUMBLE FUN

Join the fun in this engaging class that encourages large-muscle activity and promotes the physical advantages of acquiring new body skills such as coordination and flexibility. Girls are encouraged to wear a leotard or unitard for proper coverage; boys are encouraged to wear loose-fitting clothing and shirts that can be tucked in.

**A complimentary shuttle from MES to the Admin Gym for 4:00pm classes is available.**

**Only tumblers are allowed in the gym while class is in session.**

**These classes will conclude with the Annual Recital on May 4.**

**No classes February 5-12 or March 18-22 (Spring Break).**

## »» TUMBLE FUN TUESDAY [Activity #5167](#)

<b>When</b>	January 9-May 4 Tuesdays 4:00pm-4:45pm (free shuttle)
<b>Who</b>	PreK-K Minimum Age of 4 Years Old
<b>Where</b>	Admin Gym
<b>Cost</b>	\$76
<b>Deadline</b>	January 24

## »» TUMBLE FUN WEDNESDAY [Activity #5168](#)

<b>When</b>	January 10-May 4 Wednesdays 4:00pm-4:45pm (free shuttle)
<b>Who</b>	PreK-K Minimum Age of 4 Years Old
<b>Where</b>	Admin Gym
<b>Cost</b>	\$76
<b>Deadline</b>	January 24

# TOT TO KINDER

## »» PARENT AND CHILD SWIM LESSONS

### Activity #5194



American Red Cross

These eight 30-minutes lessons will help your child learn basic water safety skills and gain confidence in and around the water.

**One parent/caregiver, age 13 or older, must accompany each child in the water and participate in class.**

<b>When</b>	February 6-29 Tuesdays & Thursdays 10:00am-10:30am
<b>Who</b>	6 Months to 36 Months with Parent/Caregiver
<b>Where</b>	MRC Pool
<b>Cost</b>	\$38
<b>Deadline</b>	January 31

## »» PRESCHOOL AQUATICS (PSA) SWIM LESSONS Activity #5211



American Red Cross

These eight 30-minute lessons will orient preschool-age children to the aquatic environment and help them acquire and build aquatic skills. Instructors will provide guided practice. Goggles are recommended.

Not sure what level to enroll? Swim lesson level descriptions can be found by scanning the QR code below with your smartphone or visit [erbmrec.com/activities#swim-lessons](http://erbmrec.com/activities#swim-lessons).

### »» PSA LEVEL 1 Activity #5214

<b>When</b> February 6-29 Tuesdays & Thursdays 4:15pm-4:45pm	<b>Who</b> Ages 3-5	<b>Where</b> MRC Pool	<b>Cost</b> \$44	<b>Deadline</b> January 31
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### »» PSA LEVEL 2 Activity #5215

<b>When</b> February 5-28 Mondays & Wednesdays 4:45pm-5:15pm	<b>Who</b> Ages 3-5	<b>Where</b> MRC Pool	<b>Cost</b> \$44	<b>Deadline</b> January 31
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### »» PSA LEVEL 3 Activity #5217

<b>When</b> February 6-29 Tuesdays & Thursdays 4:55pm-5:25pm	<b>Who</b> Ages 3-5	<b>Where</b> MRC Pool	<b>Cost</b> \$44	<b>Deadline</b> January 31
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**Scan the QR code for swim lesson level descriptions.**



## »» LITTLE DRIBBLERS Activity #5236

Kids will learn the fundamentals of basketball. Practices will be geared towards building confidence, engaging in physical activity, and having fun!

**Participation of a parent/caregiver is required.**

**Maximum of two children per parent/caregiver.**

**Participants must be at least 4 years old to register.**

<b>When</b>	March 25-April 10 Mondays & Wednesdays 5:45pm-6:30pm
<b>Who</b>	PreK-K Minimum Age of 4 Years Old
<b>Where</b>	MES Gym
<b>Cost</b>	\$29
<b>Deadline</b>	March 20

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



## »» TUMBLING AND ACROBATICS CLASSES [Activity #5169](#)

Tumbling is a form of gymnastics performed without props or equipment, while acrobatics is the performance of human feats of balance, agility, and motor coordination. Girls are encouraged to wear a leotard/unitard for proper coverage; boys are encouraged to wear loose-fitting clothes and shirts that can be tucked in.

**A complimentary shuttle from MES to the Admin Gym for 4:00pm classes is available.**

**Only tumblers are allowed in the gym while class is in session.**

**These classes will conclude with the Annual Recital on May 4-5.**

**No classes February 5-12 or March 18-22 (Spring Break).**

## »» TUMBLING & ACROBATICS: 1ST & 2ND GRADE [Activity #5170](#)

When	Who	Where	Cost	Deadline
January 8-May 4 Mondays (free shuttle) 4:00pm-5:00pm	Grades 1 <sup>st</sup> -2 <sup>nd</sup>	Admin Gym	\$53	January 24

## »» TUMBLING & ACROBATICS: 3RD & 4TH GRADE [Activity #5172](#)

When	Who	Where	Cost	Deadline
January 10-May 4 Wednesdays 5:15pm-6:15pm	Grades 3 <sup>rd</sup> -4 <sup>th</sup>	Admin Gym	\$56	January 24

## »» TUMBLING & ACROBATICS: 5TH-8TH GRADE [Activity #5171](#)

When	Who	Where	Cost	Deadline
January 8-May 5 Mondays 6:30pm-7:30pm	Grades 5 <sup>th</sup> -8 <sup>th</sup>	Admin Gym	\$53	January 24

## »» COWBOY CHEER

Cheerleading is a positive, versatile, high-energy, and team-based sport that encourages athleticism, artistry, and acrobatics. Classes will introduce and teach participants the fundamentals of cheerleading, including motions, jumps, cheers, chants, sidelines, tumbling, and stunting. Participants **MUST** wear athletic, laced shoes in good condition and are encouraged to wear T-shirts and shorts.

**No classes February 5-12 or March 18-22 (Spring Break).**

**Only cheerleaders are allowed in the gym while class is in session.**

**These classes will conclude with the Annual Recital on May 4-5.**



## »» 1ST-4TH GRADE [Activity #5174](#)

<b>When</b>	January 8-May 4 Mondays 5:15pm-6:15pm
<b>Who</b>	Grades 1 <sup>st</sup> -4 <sup>th</sup>
<b>Where</b>	Admin Gym
<b>Cost</b>	\$53
<b>Deadline</b>	January 24

## »» 5TH-8TH GRADE [Activity #5228](#)

<b>When</b>	January 10-May 5 Wednesdays 6:30pm-7:30pm
<b>Who</b>	Grades 5 <sup>th</sup> -8 <sup>th</sup>
<b>Where</b>	Admin Gym
<b>Cost</b>	\$56
<b>Deadline</b>	January 24

# YOUTH (6-17)

## »» ERBM DANCE COMPANY [Activity #5242](#)

The ERBM Dance Company is geared toward participants who are more serious about taking their dance and performance experience to the next level. Participants are expected to have a strong work ethic. The registration cost includes a performance outfit. Tan jazz shoes and tan tights are required but not provided. These dancers will have the opportunity to perform in multiple community events and the Annual Recital on May 5. **No class March 18-22 (Spring Break).**

**When** January 2-April 30  
Tuesdays  
6:30pm-8:00pm

**Who** Grades 7<sup>th</sup>-12<sup>th</sup>

**Where** MRC Studio

**Cost** \$137

**Deadline** January 19

### Qualifications/Requirements:

- › **MUST** be enrolled in at least one other dance or tumble class during the seasons of September 2023-May 2024.
- › **MUST** demonstrate mastery of one split of choice, heel stretch, and single pirouette.
- › **MUST** attend mandatory audition prep classes on January 2 and 9 from 6:30pm-7:30pm at the MRC Studio.
- › **MUST** audition on January 9 at 7:30pm at the MRC Studio.



## »» LYRICAL BALLET DANCE [Activity #5313](#)

This combination class gives students the opportunity to experience the flow and emotion of lyrical dance as well as the grace and discipline of ballet. Proper dance shoes are required. Girls: pink ballet shoes. Boys: black ballet shoes.

**These classes will conclude with the Annual Recital on May 5.**

**No classes March 18-22 (Spring Break).**

**When** January 9-April 30  
Tuesdays  
5:15pm-6:15pm

**Who** Grades 5<sup>th</sup>-8<sup>th</sup>

**Where** MRC Studio

**Cost** \$60

**Deadline** January 17

## »» YOUTH OPEN GYM *No registration is required.*

Seize the opportunity to play unorganized basketball games like knock-out, 3-on-3, and more; the options are endless! A gym supervisor will be present to monitor safety but will not lead any organized activities.

**A minimum of four participants must arrive by 1:15pm, or open gym will be canceled for the day.**

**Children under 8 years old must have a parent/caregiver 13 or older present.**

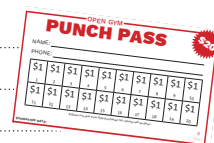
**A \$10 or \$20 punch pass is required for any open gym, indoor track, or adult drop-in sports time and is available for purchase at Guest Services. Punch passes are transferable.**

**When** January 12-March 15  
Fridays  
1:00pm-2:30pm

**Who** Grades K-12<sup>th</sup>

**Where** MES Gym

**Cost** \$20 punch pass  
\$1 per person per use





## »» S.O.M.E. (SCHOOLS OUT MEEKER ENRICHMENT)

This program provides a variety of activities for youth in grades K-5th.

**No S.O.M.E. March 18-22 (Spring Break).**

**No S.O.M.E. during school closures (including snow days or other types of impromptu closures).**

### »» MONDAY: MONDAY MASHUP Activity #5175

Join us for Monday Mashups and a variety of activities! Have fun outdoors, play sports, make crafts, watch movies, and more. The sky is the limit!

<b>When</b>	Mondays, 4:00pm-5:15pm <b>January 8-29</b> <b>February 5-26</b> <b>March 4-25</b> <b>April 1-29</b>
<b>Who</b>	Grades K-5 <sup>th</sup>
<b>Where</b>	MRC MP Room
<b>Cost</b>	<b>January:</b> \$20 <b>February:</b> \$20 <b>March:</b> \$15 <b>April:</b> \$25
<b>Deadline</b>	<b>January:</b> January 3 <b>February:</b> January 31 <b>March:</b> February 28 <b>April:</b> March 27

### »» WEDNESDAY: WATER DAY Activity #5180

Join us at the pool for a fun, water-filled time. Participants must be at least 3'8" or be able to swim independently. All non-swimmers must wear life jackets.

<b>When</b>	Wednesdays, 4:00pm-5:15pm <b>January 10-31</b> <b>February 7-28</b> <b>March 6-27</b> <b>April 3-May 1</b>
<b>Who</b>	Grades K-5 <sup>th</sup>
<b>Where</b>	MRC Pool
<b>Cost</b>	<b>January:</b> \$20 <b>February:</b> \$20 <b>March:</b> \$15 <b>April:</b> \$25
<b>Deadline</b>	<b>January:</b> January 3 <b>February:</b> January 31 <b>March:</b> February 28 <b>April:</b> March 27

### »» THURSDAY: LEGO Activity #5185

Enjoy building and imagination exploration with a variety of Legos.

<b>When</b>	Thursdays, 4:00pm-5:00pm <b>January 11-25</b> <b>February 1-29</b> <b>March 7-28</b> <b>April 4-May 2</b>
<b>Who</b>	Grades 1 <sup>st</sup> -5 <sup>th</sup>
<b>Where</b>	MRC MP Room
<b>Cost</b>	<b>January:</b> \$15 <b>February:</b> \$25 <b>March:</b> \$15 <b>April:</b> \$25
<b>Deadline</b>	<b>January:</b> January 3 <b>February:</b> January 24 <b>March:</b> February 28 <b>April:</b> March 27



Scan for info on ERBM's Scholarship/  
Reduced Rate Program or visit  
[erbmrec.com/activities#scholarships](http://erbmrec.com/activities#scholarships)



# YOUTH (6-17)

## >>> MEEKER KARATE CLUB [Activity #5229](#)

Come learn karate! Karate is a martial arts system that develops the mind, body, and the ability to defend oneself. Karate improves 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.

**No classes March 18-22 (Spring Break).**

### >>> LEVEL 1 [Activity #5232](#)

**When**

January 9-April 9  
Tuesdays  
5:00pm-6:00pm

**Who**

Grades 1<sup>st</sup>-4<sup>th</sup>

**Where**

Admin Gym

**Cost**

\$46

**Deadline**

January 24

***Participants must have the instructor's approval to enroll in Level 2 or higher.***

### >>> LEVEL 2 [Activity #5233](#)

**When**

January 9-April 9  
Tuesdays  
6:15pm-7:15pm

**Who**

Grades 1<sup>st</sup>-12<sup>th</sup>

**Where**

Admin Gym

**Cost**

\$46

**Deadline**

January 24

### >>> LEVEL 3 [Activity #5234](#)

**When**

January 11-April 12  
Thursdays & Fridays  
Thursdays: 4:00pm-5:00pm (*free shuttle*)  
Fridays: 9:15am-10:00am

**Who**

Grades 1<sup>st</sup>-12<sup>th</sup>

**Where**

Admin Gym

**Cost**

\$91

**Deadline**

January 24

### >>> INTERMEDIATE [Activity #5231](#)

**When**

January 11-April 12  
Thursdays & Fridays  
Thursdays: 5:15pm-6:15pm  
Fridays: 10:15am-11:00am

**Who**

Grades 1<sup>st</sup>-12<sup>th</sup>

**Where**

Admin Gym

**Cost**

\$91

**Deadline**

January 24

### >>> ADVANCED [Activity #5230](#)

**When**

January 11-April 12  
Thursdays & Fridays  
Thursdays: 6:30pm-7:30pm  
Fridays: 11:15am-Noon

**Who**

Grades 1<sup>st</sup>-12<sup>th</sup>

**Where**

Admin Gym

**Cost**

\$91

**Deadline**

January 24

## »» USA SWIM TEAM PRE-SEASON

### Activity #5192

The pre-season program is optional and aimed toward preparing swimmers for the summer league season. To enroll, swimmers must have previously been on the USA Swim Team or pass a swimming assessment. Contact the Aquatics Division at 970-878-7419 to request a swim assessment.

<b>When</b>	March 26-May 2 Tuesdays & Thursdays 4:00pm-5:00pm
<b>Who</b>	Ages 18 & Under
<b>Where</b>	MRC Pool
<b>Cost</b>	\$42
<b>Deadline</b>	March 20

## »» YOUTH TECHNIQUE & FITNESS SWIMMING Activity #5193

This class is a structured one-hour coached swim workout. Focus will be on proper body position, correct stroke technique, development of a strong flutter kick, breaststroke kick, dolphin kick, and rotary breathing mechanics. To enroll, swimmers must have successfully completed LTS 4 or pass a swimming assessment. Contact the Aquatics Division at 970-878-7419 before March 27 to schedule an assessment. Goggles are recommended.

<b>When</b>	April 1-April 24 Mondays & Wednesdays 4:00pm-5:00pm
<b>Who</b>	Ages 18 & Under
<b>Where</b>	MRC Pool
<b>Cost</b>	\$28
<b>Deadline</b>	March 27

## »» LEARN TO SWIM (LTS) SWIM LESSONS Activity #5195



American  
Red Cross

These eight 45-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. Goggles are recommended.

Not sure what level to enroll? Swim lesson level descriptions can be found by scanning the QR code below with your smartphone, or visit [erbmrec.com/activities#swim-lessons](http://erbmrec.com/activities#swim-lessons).

### »» LTS LEVEL 1 Activity #5197

<b>When</b>	<b>Who</b>	<b>Where</b>	<b>Cost</b>	<b>Deadline</b>
April 2-April 25 Tuesdays & Thursdays 4:15pm-5:00pm	Ages 6+	MRC Pool	\$44	March 27

### »» LTS LEVEL 2 Activity #5199

<b>When</b>	<b>Who</b>	<b>Where</b>	<b>Cost</b>	<b>Deadline</b>
April 2-April 25 Tuesdays & Thursdays 5:05pm-5:50pm	Ages 6+	MRC Pool	\$44	March 27

### »» LTS LEVEL 3 Activity #5202

<b>When</b>	<b>Who</b>	<b>Where</b>	<b>Cost</b>	<b>Deadline</b>
April 2-April 25 Tuesdays & Thursdays 4:15pm-5:00pm	Ages 6+	MRC Pool	\$44	March 27

**Scan the QR  
code for swim  
lesson level  
descriptions.**



# YOUTH (6-17)

## »» MEEKER YOUTH BASKETBALL RECREATION LEAGUE - BOYS

As part of the Colorado River Basketball League, this program emphasizes fundamentals in a team setting. Game jerseys will be checked out for the season and must be returned at the end of the season. Players will need to provide their own black basketball shorts for games. A traveling game schedule will be provided at the start of the season. Games on Saturdays are TBD.

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

**Coaches Meeting in the MRC MP Room**  
Wednesday, January 3 at 6:00pm

**Parents Meeting in the MES Cafeteria**  
3<sup>rd</sup>-4<sup>th</sup> Grade: Monday, January 8, 6:45pm  
5<sup>th</sup>-6<sup>th</sup> Grade: Tuesday, January 9, 7:15pm

### »» 3RD-4TH GRADE [Activity #5258](#)

<b>When</b>	January 8-February 14 Mondays & Wednesdays 6:00pm-7:00pm
<b>Who</b>	Boys, Grades 3 <sup>rd</sup> -4 <sup>th</sup>
<b>Where</b>	MES Gym
<b>Cost</b>	\$52
<b>Deadline</b>	January 3

### »» 5TH-6TH GRADE [Activity #5259](#)

<b>When</b>	January 9-February 23 Tuesdays, Thursdays & Fridays Tuesdays & Thursdays: 6:30pm-7:30pm Fridays: 10:00am-11:00am
<b>Who</b>	Boys, Grades 5 <sup>th</sup> -6 <sup>th</sup>
<b>Where</b>	MES Gym
<b>Cost</b>	\$84
<b>Deadline</b>	January 3

### »» JUNIOR DRIBBLERS [Activity #5261](#)

Balance, footwork, agility, passing, dribbling, and shooting will be developed in this program. An emphasis will be placed on sportsmanship and teamwork as athletes continue to grow their basketball skills.

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

<b>When</b>	March 26-April 18 Tuesdays & Thursdays 5:45pm-6:45pm
<b>Who</b>	Grades 1 <sup>st</sup> -2 <sup>nd</sup>
<b>Where</b>	MES Gym
<b>Cost</b>	\$28
<b>Deadline</b>	March 20

## »» MEEKER YOUTH TRACK & FIELD [Activity# 5262](#)

This program offers an opportunity to engage in track and field skills. Practices are designed to introduce events and promote stretching and conditioning. Track equipment will be provided. All participants should come prepared with athletic shoes and a water bottle. The rainout location will be at the MHS indoor track.

**The program will conclude with the Annual Track Meet on May 10.**

<b>When</b>	April 12-May 10 Fridays 12:30pm-1:45pm
<b>Who</b>	Grades 1 <sup>st</sup> -6 <sup>th</sup>
<b>Where</b>	Bob King Track (Rainout Location: MHS Indoor Track)
<b>Cost</b>	\$18
<b>Deadline</b>	April 10





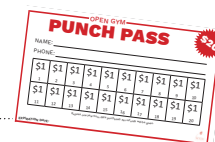
## »» INDOOR TRACK TIME *No registration is required.*

Join us for a walk or run at the Meeker High School indoor track. A gym supervisor will be present to monitor safety but will not lead any organized activities.

**A minimum of four participants must arrive by 8:45am, or indoor track time will be canceled for the day.**

**A \$10 or \$20 punch pass is required for any open gym, indoor track, or adult drop-in sport time and is available for purchase at Guest Services. Punch passes are transferable.**

<b>When</b>	January 8-March 14 Mondays-Thursdays 8:30am-9:30am
<b>Who</b>	Ages 18 & Older
<b>Where</b>	MHS Indoor Track
<b>Cost</b>	Punch Pass - \$10/\$20 \$1 punch per person per use <b>Punch passes are available at Guest Services</b>



## »» ADULT TAP *Activity #5264*

Join this class for terrific exercise and a whole lot of fun! Tap dance helps build coordination, balance, strength, and confidence.

**Participants need tap shoes and comfortable clothing to practice.**

**Only participants are allowed in the studio during class.**

**Dancers will learn a routine to be revealed on May 5 at the Annual Recital.**

**Costume purchase and performance are optional; more info will be handed out during class.**

<b>When</b>	January 11-May 2 Thursdays 6:30pm-7:30pm <b>No class March 18-22 (Spring Break)</b>
<b>Who</b>	Ages 16 & Older
<b>Where</b>	MRC Studio
<b>Cost</b>	\$64
<b>Deadline</b>	January 12

## »» ADULT OPEN GYM *No registration is required.*

A gym supervisor will be present with basketball equipment available for use but will not lead any organized activities.

**A minimum of four participants must arrive by 7:30pm, or open gym will be canceled for the evening.**

**A \$10 or \$20 punch pass is required for any open gym, indoor track, or adult drop-in sport time and is available for purchase at Guest Services. Punch passes are transferable.**

<b>When</b>	January 10-March 13 Wednesdays 7:15pm-9:00pm
<b>Who</b>	Ages 13 & Older
<b>Where</b>	MES Gym
<b>Cost</b>	Punch Pass - \$10/\$20 \$1 punch per person per use <b>Punch passes are available at Guest Services</b>



## »» GLENWOOD SPRINGS VAUDEVILLE REVUE *Activity #5276*

The Vaudeville Revue is a fun dinner theater show with professional talent performing a variety of comedy skits, jokes, high-energy dance numbers, and more.

**Prices listed are for show tickets and transportation only. Food and beverages are optional and a la carte.**

**Tickets will be purchased on February 29. No refunds will be given after the deadline.**

<b>When</b>	March 9 Saturday 4:00pm-11:30pm <b>Depart: 4:00pm from MRC</b> <b>Projected Return: 11:30pm</b>
<b>Who</b>	18 & Older
<b>Where</b>	The Glenwood Vaudeville Revue 915 Grand Ave, Glenwood Springs, CO
<b>Cost</b>	\$40
<b>Deadline</b>	February 28



## »» IRON MOUNTAIN HOT SPRINGS [Activity #5277](#)

Relax, restore, and rejuvenate with a day in Glenwood Springs. Spend 3 hours in 17 pure-mineral pools looking at the scenic banks of the Colorado River. Finish the day with lunch at one of the many area restaurants. The cost of lunch is the responsibility of the participant.

Mineral pools are not private and will be shared with all guests.

Towels are available to rent for \$5.

Lockers are included with your reservation

Water bottles are welcome and can be filled at the water refilling stations.

Guests are required to sign an Iron Mountain Hot Springs waiver before admittance.

Visit [ironmountainhotsprings.com](http://ironmountainhotsprings.com) for more info.

**Tickets will be purchased on March 28.**  
**No refunds will be given after the final deadline.**

<b>When</b>	April 5 Friday 7:30am-4:00pm <b>Depart:</b> 7:30am from MRC <b>Soak:</b> 9:00am-Noon <b>Lunch:</b> 12:30pm-2pm <b>Projected Return:</b> 4:00pm
<b>Who</b>	Ages 18 & Older
<b>Where</b>	Glenwood Springs
<b>Cost</b>	\$55
<b>Deadline</b>	March 27

## ACTIVE ADULT (62+)

### »» GEEZER GATHER

*No registration is required.*

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

**No Gather on December 26, 2023 or January 2.**

<b>When</b>	Starting January 9 Tuesdays 9:00am-10:30am
<b>Who</b>	Gents 62 & Older
<b>Where</b>	MRC Lounge
<b>Cost</b>	FREE

### »» GAME DAY

*No registration is required.*

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

**No Game Day on December 27, 2023 or January 3.**

<b>When</b>	Starting January 10 Wednesdays 9:00am-12:30pm
<b>Who</b>	Ladies 62 & Older
<b>Where</b>	MRC Lounge
<b>Cost</b>	FREE

### »» SPRING SOCIAL [Activity #5283](#)

Ring in Spring with the Annual Social. Indulge in refreshments, conversation, lunch, and fun entertainment.

**11:00-11:30am: Meet, greet, and drink**

**11:30am: Lunch**

**Noon-1:00pm: Entertainment, games, and fun**

If you do not pre-register but wish to attend, the cost will be \$15 per person at the door.

<b>When</b>	April 11 Thursday 11:00am-1:00pm
<b>Who</b>	Ages 62 & Older
<b>Where</b>	Fairfield Center
<b>Cost</b>	\$10/person (\$15 at the door)
<b>Deadline</b>	April 10

# GROUP FITNESS SESSION 1



**DEADLINE: JANUARY 10**

## »» SCULPT AND FLOW YOGA *Activity #5291*

Strengthen yourself with a perfect blend of yoga and strength training.

<b>When</b>	January 8-February 7 Mondays & Wednesdays 12:10pm-12:50pm	
<b>Where</b>	MRC Studio	
<b>Cost</b>	\$40	<b>Instructor</b> Antina

## »» RAISE THE BARRE *Activity #5293*

A low-impact workout that combines Pilates and ballet movements with motivating music.

<b>When</b>	January 8-February 5 Mondays 5:30pm-6:15pm	
<b>Where</b>	MRC Studio	
<b>Cost</b>	\$20	<b>Instructor</b> Kari Jo

## »» POOL POWER *Activity #5221*

Challenge yourself with this medium to high-impact water aerobics workout that develops strength, increases muscle tone, and enhances flexibility. Although swimming skills are not necessary, participants must have some level of comfort in deep water. Water belts will be available, and participants are encouraged to bring water bottles to class.

<b>When</b>	January 9-February 8 Tuesdays & Thursdays 5:15am-6:00am	
<b>Where</b>	MRC Pool	
<b>Cost</b>	\$40	<b>Instructor</b> Kris

## »» AQUA FITNESS *Activity #5224*

Challenge yourself in the pool with this low to medium-impact cardiovascular and strength workout. Perfect for all levels of fitness. Not only will you be conditioning your heart, but you'll also be utilizing a variety of pool equipment to tone and strengthen with water resistance. Participants are encouraged to bring water bottles to class.

<b>When</b>	January 9-February 8 Tuesdays & Thursdays 8:45am-9:30am	
<b>Where</b>	MRC Pool	
<b>Cost</b>	\$40	<b>Instructor</b> Kris

## »» HAVE A BALL PILATES *Activity #5292*

Spice up your Pilates routine by adding stability balls, bender balls, and weighted balls

<b>When</b>	January 9-February 8 Tuesdays & Thursdays 12:10pm-12:50pm	
<b>Where</b>	MRC Studio	
<b>Cost</b>	\$40	<b>Instructor</b> Kari Jo

## »» RHYTHM RIDE *Activity #5296*

A fun combo class of cycling to some of your favorite tunes and Pilates core workouts.

<b>When</b>	January 9-February 6 Tuesdays 5:30pm-6:15pm	
<b>Where</b>	Admin West	
<b>Cost</b>	\$20	<b>Instructor</b> Kari Jo

2024  
New year,  
new energy!



# GROUP FITNESS SESSION 2

**DEADLINE: FEBRUARY 14**

## »» CORE YOGA *Activity #5298*

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

**When** February 12-March 13  
Mondays & Wednesdays  
12:10pm-12:50pm

**Where** MRC Studio

**Cost** \$40 **Instructor** Antina

## »» TOTAL BODY BLAST *Activity #5303*

This class is dedicated to strengthening and toning all muscles. A variety of equipment will be utilized.

**When** February 12-March 11  
Mondays  
5:30pm-6:15pm

**Where** MRC Studio

**Cost** \$20 **Instructor** Megan

## 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+).

## »» POOL POWER *Activity #5220*

Challenge yourself with this medium to high-impact water aerobics workout that develops strength, increases muscle tone, and enhances flexibility. Although swimming skills are not necessary, participants must have some level of comfort in deep water. Water belts will be available, and participants are encouraged to bring water bottles to class.

**When** February 13-March 14  
Tuesdays & Thursdays  
5:15am-6:00am

**Where** MRC Pool

**Cost** \$40 **Instructor** Kris

## »» AQUA FITNESS *Activity #5225*

Challenge yourself in the pool with this low to medium-impact cardiovascular and strength workout. Perfect for all levels of fitness. Not only will you be conditioning your heart, but you'll also be utilizing a variety of pool equipment to tone and strengthen with water resistance. Participants are encouraged to bring water bottles to class.

**When** February 13-March 14  
Tuesdays & Thursdays  
8:45am-9:30am

**Where** MRC Pool

**Cost** \$40 **Instructor** Kris

## »» BARRE BURN *Activity #5299*

A low-impact workout that combines Pilates and ballet movements with motivating music.

**When** February 13-March 14  
Tuesdays & Thursdays  
12:10pm-12:50pm

**Where** MRC Studio

**Cost** \$40 **Instructor** Kari Jo

## »» CORE DYNAMIC PILATES *Activity #5304*

With the focus on the core muscles, participants will stretch and strengthen muscles from head to toes while working on balance, strength, and flexibility.

**When** February 13-March 12  
Tuesdays  
5:30pm-6:15pm

**Where** Admin West

**Cost** \$20 **Instructor** Kari Jo

# GROUP FITNESS SESSION 3

**DEADLINE: MARCH 27**

## »» PROPS & POSTURES YOGA Activity #5306

While incorporating many props, participants will hold yoga postures to offload the joints and relax the muscles.

<b>When</b>	March 25-April 24 Mondays & Wednesdays 12:10pm-12:50pm
<b>Where</b>	MRC Studio
<b>Cost</b>	\$40
<b>Instructor</b>	Antina

## »» MELT YOGA Activity #5308



Learn gentle self-care techniques that enhance mobility, stability, and performance.

<b>When</b>	March 25-April 22 Mondays 5:30pm-6:15pm
<b>Where</b>	MRC Studio
<b>Cost</b>	\$20
<b>Instructor</b>	Katie

## »» VINYASA YOGA Activity #5312

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

<b>When</b>	March 28-April 25 Thursdays 5:30pm-6:15pm
<b>Where</b>	Admin West
<b>Cost</b>	\$20
<b>Instructor</b>	Antina

## »» POOL POWER Activity #5223

Challenge yourself with this medium to high-impact water aerobics workout that develops strength, increases muscle tone, and enhances flexibility. Although swimming skills are not necessary, participants must have some level of comfort in deep water. Water belts will be available, and participants are encouraged to bring water bottles to class.

<b>When</b>	March 26-April 25 Tuesdays & Thursdays 5:15am-6:00am
<b>Where</b>	MRC Pool
<b>Cost</b>	\$40
<b>Instructor</b>	Kris

## »» AQUA FITNESS Activity #5226

Challenge yourself in the pool with this low to medium-impact cardiovascular and strength workout. Perfect for all levels of fitness. Not only will you be conditioning your heart, but you'll also be utilizing a variety of pool equipment to tone and strengthen with water resistance. Participants are encouraged to bring water bottles to class.

<b>When</b>	March 26-April 25 Tuesdays & Thursdays 8:45am-9:30am
<b>Where</b>	MRC Pool
<b>Cost</b>	\$40
<b>Instructor</b>	Kris

## »» PILATES FUSION Activity #5307

A modern twist to a classic Pilates mat workout. Various props will be used to help develop a strong inner core while strengthening long, lean muscles.

**No class April 11**

<b>When</b>	March 26-April 25 Tuesdays & Thursdays 12:10pm-12:50pm
<b>Where</b>	MRC Studio
<b>Cost</b>	\$36
<b>Instructor</b>	Kari Jo





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