

SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER

Registration begins August 11, 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

**Fall Center Hours** begin August 21 Monday-Friday: 5:00am-7:30pm Saturday-Sunday: 10:30am-6:00pm

Check <u>erbmrec.com</u> for pool hours and any closures before you visit!

|  | / TO |  |  |
|--|------|--|--|
|  |      |  |  |
|  |      |  |  |

GENERAL PROGRAMS

COMMUNITY EVENTS

TOT TO KINDER 4

YOUTH (6-17)

ADULT 12

ROUP FITNESS 14

ACTIVE ADULT 17

#### **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



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## REGISTER ONLINE!

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

## > erbmrec.com/register

Registration by telephone is not available except for select events noted in this Line-Up.

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 #5071

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.

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

## >>> PRIVATE AND SEMI-PRIVATE SWIM LESSONS

<u>Private Lessons: Activity #5150</u> <u>Semi-Private Lessons: Activity # 5152</u>

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). Lessons will be scheduled based on instructor and pool availability. Goggles are recommended. Contact Aquatics at 970-878-7419 to schedule.

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

### >>> 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#totspot

| When  | August 21-December 28  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<br>Punch passes available at Guest Services! |  |

## **SPECIAL/COMMUNITY EVENTS**



#### >>> NEW! CAMP HALE HIKE Activity #5061

Enjoy the day on this 3-mile long, flat area hike at the site of the former Camp Hale on the Eagle River, a few miles north of Tennessee Pass.

Camp Hale was the home to men of the 10th Mountain Division of the U.S. Army. Only road-cuts and a few foundations remain.

Bring water, sack lunch, sunscreen, sunglasses, and a jacket. This is a self-guided hike. Elevation: 9,200 feet.

For more information, visit www.fs.usda.gov/sites/default/files/CH-CD-NM-Factsheet.pdf

| When     | Saturday, September 16<br>8:00am-6:00pm<br>Depart: 8:00am<br>Projected arrival: 10:30am<br>Projected return: 6:00pm |
|----------|---|
| Who      | All Ages  |
| Where    | Camp Hale National Historic Site  |
| Cost     | <b>EB:</b> \$10/person <b>FC:</b> \$15/person   |
| Deadline | <b>EB:</b> August 30 <b>Final:</b> September 6  |



#### >>> NATIONAL PUBLIC LANDS DAY No registration required.

BLM invites you to celebrate National Public Lands Day by improving our local trails. This year's project will start at the Ute Park trailhead (12th and Hill St.) Bring a sack lunch and plenty of water.

Youth 13 & under must be accompanied by an adult.

|       | September 23<br>Saturday<br>8:00am-Noon |  |
|-------|---|--|
| Who   | All Ages                                |  |
| Where | West Entrance of Ute Park               |  |
| Cost  | FREE                                    |  |

#### >>> NEW! MOTHER & SON DANCE Activity #5060

Mothers and sons of all ages are invited to the Mother and Son Dance. Moms, break out your vintage prom or bridesmaids dresses! Sons, get decked out in all your finery and enjoy an evening of dancing, savory and sweet snacks, and plenty of fun!

| When     | Saturday, September 23<br>7:00pm-9:00pm                                      |
|----------|--|
| Who      | All Ages   |
| Where    | Fairfield Center   |
| Cost     | <b>EB:</b> \$7/person <b>FC:</b> \$10/person <b>At the door:</b> \$15/person |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 22                            |

## **SPECIAL/COMMUNITY EVENTS**

#### >>> PUMPKINS EATS 'N TREATS No registration required.

Join ERBM and local businesses at the Downtown Plaza to celebrate Halloween with trick-or-treating and a costume parade!

#### **Costume Parade Categories:**

Ages 3 and Under, 4-7 Years, 8-11 Years, 12+ Years, Family/Group/Duo, Pet

#### **Business Owners:**

For more information on how to join us downtown and reserve your spot, call 970-878-7421.

| When  | October 31<br>Tuesday<br>Trick-or-Treating starts at 4:30pm<br>Parade Line-up: 5:15pm<br>Parade: 5:30pm |
|-------|---|
| Who   | All Ages  |
| Where | Downtown Plaza  |
| Cost  | FREE  |

#### >>> NEW! GOBBLE WOBBLE (RUN & WALK) In-person/phone registration only.

Time to get off the sofa after all that turkey and join the 1st Annual Gobble Wobble 5K! This is a family friendly run or walk race that helps raise money for the local Meals on Wheels.

Race starts at 11:00am. There is a 1.5 hour time limit to complete the course. Anyone who starts the race late will not be timed.

Pre-registration packet pick-up is available November 20-21 from Noon-6pm and November 22 from 8am-Noon. Day-of registration and packet pick-up available from 9:30am-10:15am at the Downtown Plaza.

| When     | Saturday, November 25<br>11:00am-12:30pm                      |                          |
|----------|---|--------------------------|
| Who      | All Ages  | Pioneers                 |
| Where    | Downtown Plaza  | Healthcare<br>Foundation |
| Cost     | <b>EB:</b> \$20 <b>FC:</b> \$30                               | 1 001108 (1011           |
| Deadline | <b>EB:</b> November 22, Noon <b>Final:</b> November 25, 10:15 | iam                      |

Registration cost includes a T-shirt.

T-shirt sizes guaranteed for registrations completed before November 1.

### >>> BREAKFAST WITH SANTA No registration required.

You are invited to visit Santa! Enjoy breakfast provided and cooked by the Meeker Lions Club. Bring your wish list to share with Santa and some nonperishables to donate to the local food pantry.

| When  | December 9<br>Saturday<br>8:00am-10:00am |
|-------|--|
| Who   | All Ages                                 |
| Where | Fairfield Center                         |
| Cost  | FREE                                     |





## **SPECIAL/COMMUNITY EVENTS**

### >>> TUMBLING & DANCE EXPO No registration required.

You are cordially invited to support your local tumblers and dancers as they showcase the skills they have been working on since September. All are welcome to attend.

**5:30pm-**Tumble Fun

6:00pm-Creative Movement

6:30pm-1st-2nd Grade and 3rd-4th Grade Tumbling

7:00pm-Cowboy Cheer

7:30pm-5th-8th Grade Tumbling

| When  | December 14<br>Thursday<br>5:30pm-8:30pm |
|-------|--|
| Who   | All Ages                                 |
| Where | MES Gym                                  |
| Cost  | FREE                                     |

## **TOT TO KINDER**

#### >>> CREATIVE MOVEMENT >>> Activity #5084

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.

Participants will be learning fun routines that will be revealed at the Tumbling and Dance Expo on December 14.

| When     | September 11-December 14<br>Mondays<br>4:00pm-5:00pm<br><b>No class November 20</b> |
|----------|---|
| Who      | PreK-K<br>Minimum Age of 4 Years Old<br>Boys & Girls                                |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$52 <b>FC:</b> \$66   |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 27                                   |

#### >>> TUMBLE FUN

Participants will engage in large-muscle activities and enjoy the physical advantages of acquiring new body skills such as coordination and flexibility. Girls are encouraged to wear a leotard/unitard for proper coverage; boys are encouraged to wear loose fitting clothing and shirts that can be tucked in.

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

These classes will conclude with the Tumbling and Dance Expo on Thursday, December 14.

#### >>> TUMBLE FUN TUESDAY Activity #5055

| When     | September 12-December 14<br>Tuesdays<br>4:00pm-4:45pm<br><b>No class October 31 or November 21</b> |
|----------|--|
| Who      | PreK-K<br>Minimum Age of 4 Years Old   |
| Where    | Admin Gym  |
| Cost     | <b>EB:</b> \$49 <b>FC:</b> \$62  |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 27  |

#### >>> TUMBLE FUN WEDNESDAY Activity #5056

| When     | September 13-December 14<br>Wednesdays<br>4:00pm-4:45pm<br><i>No class November 22</i> |
|----------|--|
| Who      | PreK-K<br>Minimum Age of 4 Years Old   |
| Where    | Admin Gym  |
| Cost     | <b>EB:</b> \$52 <b>FC:</b> \$66  |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 27                                      |

#### >>> TINY PROGRAMS

Children under six months old are allowed to stay with a parent/caregiver and must remain in a carrier. Tot Spot is available for children not enrolled in the following tiny programs. Tot Spot fees apply-see page 1 for details.

Maximum of two children per parent/caregiver.

#### >>> TINY SPORTS & GAMES Activity #5082

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

| When     | September 7-28<br>Thursdays<br>10:00am-10:45am  |
|----------|---|
| Who      | 2-3 Years Old with Parent/Caregiver             |
| Where    | Admin Gym                                       |
| Cost     | <b>EB:</b> \$15 <b>FC:</b> \$19                 |
| Deadline | <b>EB:</b> August 23<br><b>Final:</b> August 30 |

#### >>> TINY TOES Activity #5080

Parents/caregivers and toddlers will be movin', shakin', rockin', and rollin' to new and familiar music with rhythm, coordination, and basic dance moves.

| When     | October 5-26<br>Thursdays<br>10:00am-10:45am       |
|----------|--|
| Who      | 2-3 Years Old with Parent/Caregiver                |
| Where    | MRC Studio   |
| Cost     | <b>EB:</b> \$15 <b>FC:</b> \$19                    |
| Deadline | <b>EB:</b> September 20 <b>Final:</b> September 27 |



#### >>> TINY TUMBLE Activity #5081

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

| Who<br>Where | 10:00am-10:45am  2-3 Years Old with Parent/Caregiver  Admin Gym |
|--------------|---|
| Cost         | <b>EB:</b> \$12 <b>FC:</b> \$15                                 |
| Deadline     | <b>EB:</b> October 18 <b>Final:</b> October 25                  |

#### >>> **NEW! HARVEST POOL PARTY** No registration required.

Make a splash with us at our harvest pool party. Enjoy inflatables and crafts. All pool rules apply.

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

| When  | November 17 Friday 10:00am-Noon |
|-------|---------------------------------|
| Who   | Ages 7 & Under                  |
| Where | MRC Pool                        |
| Cost  | Normal MRC Pool Fees Apply      |

## **YOUTH (6-17)**

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

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

- > No class the week of Thanksgiving (November 20-24).
- > No SOME during school closures.



#### >>> MONDAY: MASHUP MONDAY Activity #5154

Join us on Mashup Mondays for a variety of activities! Have fun in the sun, play sports, make crafts, and watch movies. The sky is the limit!

| When     | Mondays, 4:00pm-5:15pm August 21-28 September 11-25 October 2-30 November 6-27 December 4-18              |
|----------|---|
| Who      | Grades K-5 <sup>th</sup>  |
| Where    | MRC MP Room   |
| Cost     | August: \$10<br>September: \$15<br>October: \$25<br>November: \$15<br>December: \$15                      |
| Deadline | August: August 16 September: September 6 October: September 27 November: November 1 December: November 29 |

#### >>> WEDNESDAY: WATER DAY Activity #5156

Join us at the pool for a fun, water-filled time.

| When     | Wednesdays, 4:00pm-5:15pm August 23-30 September 6-27 October 4-November 1 November 8-29 December 6-20  |
|----------|---|
| Who      | Grades K-5 <sup>th</sup>  |
| Where    | MRC Pool  |
| Cost     | August: \$10<br>September: \$20<br>October: \$25<br>November: \$15<br>December: \$15                    |
| Deadline | August: August 16 September: August 30 October: September 27 November: November 1 December: November 29 |

#### >>> TUESDAY: SPIKEBALL DAY Activity #5155

This program provides supervised Spikeball games for youth

| When     | Tuesdays, 4:00pm-5:15pm<br>August 22-29<br>September 5-26 |
|----------|---|
| Who      | Grades K-5 <sup>th</sup>                                  |
| Where    | MRC MP Room   |
| Cost     | August: \$10<br>September: \$20                           |
| Deadline | August: August 16<br>September: August 30                 |

#### >>> THURSDAY: LEGO Activity #5157

Bring your LEGO® creations to life! Five different models make it fun to learn the basics of building, coding, engineering, and robotics.

September: Legos

October/November: Lego Boost Robotics

| When     | Thursdays, 4:00pm-5:00pm September 7-28 October 5-November 16 |
|----------|---|
| Who      | Grades 1 <sup>st</sup> -5 <sup>th</sup>                       |
| Where    | MRC MP Room   |
| Cost     | September: \$20<br>October/November: \$35                     |
| Deadline | September: August 30 October/November: September 27           |



Scan for info on ERBM's Scholarship/Reduced Rate Program or visit <u>erbmrec.com/</u> <u>activities#scholarships</u>

#### >>> MEEKER KARATE CLUB Activity #5158

Come learn karate! Karate is a martial arts system that develops the mind, body, and the ability to defend oneself. Karate is known to improve discipline, concentration, balance, stamina, and selfconfidence. Students will learn punching, kicking, blocking, takedowns, and grappling. Students are encouraged to wear comfortable clothing that provides proper coverage.

#### >>> **LEVEL 1**

| When                     | Who            | Where     | Cost            | Deadline             |
|--------------------------|----------------|-----------|-----------------|----------------------|
| September 12-November 14 | Grades 1st-5th | Admin Gym | <b>EB:</b> \$27 | <b>EB:</b> August 30 |
| Tuesdays                 |                |           | <b>FC:</b> \$32 | Final: September 6   |
| 5:00pm-6:00pm            |                |           |                 |                      |
| No class October 31.     |                |           |                 |                      |

## To enroll in Level 2 or higher, you must have instructor's approval or prior experience.

#### >>> LEVEL 2

| <b>When</b> September 12-November 14 Tuesdays | <b>Who</b><br>Grades 1st-5th | <b>Where</b><br>Admin Gym | <b>EB:</b> \$27 | <b>Deadline EB:</b> August 30 <b>Final:</b> September 6 |
|---|------------------------------|---------------------------|-----------------|---|
| 6:15pm-7:15pm                                 |                              |                           |                 |   |
| No class October 31.                          |                              |                           |                 |   |

#### **>>> LEVEL 3**

| When                     | Who            | Where     | Cost            | Deadline           |
|--------------------------|----------------|-----------|-----------------|--------------------|
| September 14-November 17 | Grades 1st-9th | Admin Gym | <b>EB:</b> \$60 | EB: August 30      |
| Thursdays: 4:00pm-5:00pm |                |           | <b>FC:</b> \$70 | Final: September 6 |
| Fridays: 9:15am-10:00am  |                |           |                 |                    |
|                          |                |           |                 |                    |

#### >>> INTERMEDIATE

| When                     | Who            | Where     | Cost            | Deadline           |
|--------------------------|----------------|-----------|-----------------|--------------------|
| September 14-November 17 | Grades 1st-9th | Admin Gym | <b>EB:</b> \$60 | EB: August 30      |
| Thursdays: 5:15pm-6:15pm |                |           | <b>FC:</b> \$70 | Final: September 6 |
| Fridays: 10:15am-11:00am |                |           |                 |                    |
| •                        |                |           |                 |                    |

#### >>> ADVANCED

| When  | Who            | Where     | Cost                            | Deadline                                       |
|---|----------------|-----------|---------------------------------|--|
| September 14-November 17<br>Thursdays: 6:30pm-7:30pm<br>Fridays: 11:15am-Noon | Grades 1st-9th | Admin Gym | <b>EB:</b> \$60 <b>FC:</b> \$70 | <b>EB:</b> August 30 <b>Final:</b> September 6 |

#### >>> TUMBLING AND ACROBATICS CLASSES Activity #5159

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.

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

These classes will conclude with the Tumbling and Dance Expo on December 14.

No class the week of Thanksgiving (November 20-24).

Complimentary shuttle available from MES to the Admin Gym for 4:00pm classes.

#### >>> 1ST & 2ND GRADE

| When                     | Who            | Where     | Cost            | Deadline                   |
|--------------------------|----------------|-----------|-----------------|----------------------------|
| September 11-December 14 | Grades 1st-2nd | Admin Gym | <b>EB:</b> \$42 | <b>EB:</b> September 6     |
| Mondays                  |                |           | <b>FC:</b> \$49 | <b>Final:</b> September 27 |
| 4:00pm-5:00pm            |                |           |                 |                            |

#### >>> 3RD & 4TH GRADE

| When                     | Who                                     | Where     | Cost            | Deadline            |
|--------------------------|---|-----------|-----------------|---------------------|
| September 13-December 14 | Grades 3 <sup>rd</sup> -4 <sup>th</sup> | Admin Gym | <b>EB:</b> \$42 | EB: September 6     |
| Wednesdays               |   |           | <b>FC:</b> \$49 | Final: September 27 |
| 5:15pm-6:15pm            |   |           |                 |                     |

#### >>> 5TH-8TH GRADE

| When                     | Who                                     | Where     | Cost            | Deadline               |
|--------------------------|---|-----------|-----------------|------------------------|
| September 11-December 14 | Grades 5 <sup>th</sup> -8 <sup>th</sup> | Admin Gym | <b>EB:</b> \$42 | <b>EB:</b> September 6 |
| Mondays                  |   |           | <b>FC:</b> \$49 | Final: September 27    |
| 6:30nm-7:30nm            |   |           |                 |                        |

#### >>> 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 which includes 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.

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

These classes will conclude with the Tumbling and Dance Expo on December 14 .

No class the week of Thanksgiving (November 20-24).

#### >>> 1ST-4TH GRADE Activity #5065

| When     | September 11-December 14<br>Mondays<br>5:15pm-6:15pm |
|----------|--|
| Who      | Grades 1 <sup>st</sup> -4 <sup>th</sup>              |
| Where    | Admin Gym  |
| Cost     | <b>EB:</b> \$50 <b>FC:</b> \$57                      |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 27    |

#### >>> 5TH-8TH GRADE Activity #5066

| When     | September 13-December 14<br>Wednesdays<br>6:30pm-7:30pm |
|----------|---|
| Who      | Grades 5 <sup>th</sup> -8 <sup>th</sup>                 |
| Where    | Admin Gym   |
| Cost     | <b>EB:</b> \$50 <b>FC:</b> \$57                         |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 27       |

#### >>> JAZZ ACADEMY Activity #5160

Express yourself with confidence through dance while learning the benefits of flexibility and coordination. Proper dance shoes are required. Girls: Pink ballet shoes or tan jazz shoes. Boys: Black ballet or jazz shoes.

No classes October 31, November 20-24, December 25-Jan 5, 2024, March 18-22, 2024.

These classes will conclude with a performance at the Annual Recital on May 4-5, 2024.

#### >>> 1ST-2ND GRADE

| When     | September 12-May 4, 2024<br>Tuesdays<br>4:00pm-5:00pm |
|----------|---|
| Who      | Grades 1 <sup>st</sup> -2 <sup>nd</sup>               |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$93 <b>FC:</b> \$109                      |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> October 18       |

#### >>> 3RD-4TH GRADE

| When     | September 13-May 4, 2024<br>Wednesdays<br>4:00pm-5:00pm |
|----------|---|
| Who      | Grades 3 <sup>rd</sup> -4 <sup>th</sup>                 |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$96 <b>FC:</b> \$112                        |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> October 18         |

#### >>> 5TH-8TH GRADE

| When     | September 13-May 5, 2024<br>Wednesdays<br>5:45pm-6:45pm |
|----------|---|
| Who      | Grades 5 <sup>th</sup> -8 <sup>th</sup>                 |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$96 <b>FC:</b> \$112                        |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> October 18         |

#### >>> 9TH-12TH GRADE

| When     | September 13-May 5, 2024<br>Wednesdays<br>7:00pm-8:15pm |
|----------|---|
| Who      | Grades 9 <sup>th</sup> -12 <sup>th</sup>                |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$96 <b>FC:</b> \$112                        |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> October 18         |

#### >>> TAP & BALLET ACADEMY Activity #5119

This class is built on basic ballet movements combined with a fun, tap-style of dance. Proper dance shoes are required. Girls: black tap shoes and pink ballet shoes. Boys: black ballet shoes.

No classes October 31, November 20-24, December 25-Jan 5, 2024, March 18-22, 2024.

This class will conclude with a performance at the Annual Recital on May 4, 2024.

| When     | September 14-May 4, 2024<br>Thursdays<br>4:00pm-5:00pm |
|----------|--|
| Who      | Grades 1 <sup>st</sup> -4 <sup>th</sup>                |
| Where    | MRC Studio   |
| Cost     | <b>EB:</b> \$96 <b>FC:</b> \$112                       |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> October 18        |

### >>> LYRICAL & BALLET ACADEMY

#### Activity #5120

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.

No classes October 31, November 20-24, December 25-Jan 5, 2024, March 18-22, 2024.

This class will conclude with a performance at the Annual Recital on May 5, 2024.

| When     | September 12-May 5, 2024<br>Tuesdays<br>5:15pm-6:15pm |
|----------|---|
| Who      | Grades 5 <sup>th</sup> -8 <sup>th</sup>               |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$93 <b>FC:</b> \$109                      |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> October 18       |

## **YOUTH (6-17)**

#### >>> FLAG FOOTBALL

Flag football will offer young players a fun and exciting opportunity to play 5-on-5, non-contact football. Players will increase their knowledge of football with an emphasis on teamwork and sportsmanship. Players should come prepared to play in all weather conditions (except lightning).

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

#### **Meeting Dates & Times**

**Coaches Meeting:** 1st/2nd Grade: Monday, September 11 at 5:15pm at Paintbrush Park Baseball Field #2 3rd/4th Grade: Tuesday, September 12 at 5:15pm at Paintbrush Park Baseball Field #2

#### >>> 1ST-2ND GRADE Activity #4765

| When     | September 11-October 11<br>Mondays & Wednesdays<br>5:30pm-6:30pm |
|----------|--|
| Who      | Grades 1 <sup>st</sup> & 2 <sup>nd</sup>                         |
| Where    | Paintbrush Park Baseball Field #2                                |
| Cost     | <b>EB:</b> \$30 <b>FC:</b> \$35                                  |
| Deadline | <b>EB:</b> August 30 <b>Final:</b> September 6                   |

#### >>> 3RD-4TH GRADE Activity #5109

| When     | September 12-October 12<br>Tuesdays & Thursdays<br>5:30pm-6:30pm |
|----------|--|
| Who      | Grades 3 <sup>rd</sup> & 4 <sup>th</sup>                         |
| Where    | Paintbrush Park Baseball Field #2                                |
| Cost     | <b>EB:</b> \$30 <b>FC:</b> \$35                                  |
| Deadline | EB: August 30<br>Final: September 6                              |

#### >>> MEEKER YOUTH BASKETBALL RECREATION LEAGUE-GIRLS

The Colorado River Basketball League offers a recreational league that places an emphasis on basketball fundamentals in a team setting. The 3rd and 4th graders will practice twice a week and play in-house games. The 5th and 6th graders will practice three days a week and will participate in out-of-town games. Game jerseys will be checked out at the beginning of 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 game schedule will be provided at the start of the season.

#### **Meeting Dates & Times**

Coaches Meeting: 3<sup>rd</sup>/4<sup>th</sup> Grade: Monday, October 9 at 5:15pm at the MES Gym 5<sup>th</sup>/6<sup>th</sup> Grade: Tuesday, October 10 at 5:15pm at the MES Gym Parents Meeting: 3<sup>rd</sup>/4<sup>th</sup> Grade: Monday October 9 at 6:30pm at the MES Gym 5<sup>th</sup>/6<sup>th</sup> Grade: Tuesday, October 10 at 6:30pm at the MES Gym

#### >>> 3RD-4TH GRADE Activity #5110

| When     | October 9-November 15<br>Mondays & Wednesdays<br>5:45pm-6:45pm |
|----------|--|
| Who      | Grades 3 <sup>rd</sup> & 4 <sup>th</sup><br>Girls              |
| Where    | MES Gym  |
| Cost     | <b>EB:</b> \$42 <b>FC:</b> \$48                                |
| Deadline | <b>EB:</b> September 27 <b>Final:</b> October 4                |

#### >>> 5TH-6TH GRADE Activity #5111

| October 10-December 1                           |
|---|
| Tuesdays, Thursdays & Fridays                   |
| Tuesdays & Thursdays                            |
| 5:45pm-6:45pm                                   |
| Fridays 10:00am-11:00am                         |
| No practice October 31, November 20-24          |
| Grades 5 <sup>th</sup> & 6 <sup>th</sup>        |
| Girls   |
| MES Gym   |
| <b>EB:</b> \$57 <b>FC:</b> \$65                 |
| <b>EB:</b> September 27 <b>Final:</b> October 4 |
|   |



#### **VOLUNTEER COACHES NEEDED!**

Call 970-878-7409 for more information.

#### >>> MEEKER YOUTH BASKETBALL COMPETITIVE LEAGUE - GIRLS

#### Activity #5107

The competitive league is a program suited for advanced players. This program has games that are played within the Colorado River Basketball League. This team will practice three days a week and participate in local and out-of-town games on Saturdays. Players are expected to commit to all practices and be willing to play games with competitive rules. Game jerseys will be checked out at the beginning of 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 game schedule will be provided at the start of the season. End of season tournament date TBD.

| Meeting | Dates | & | Times |
|---------|-------|---|-------|

Participants must attend a skills assessment on **Friday, September 29 at 10:00am** in the MES Gym to determine player readiness. **Coaches Meeting:** Tuesday, October 10 at 5:15pm at the MES Gym. **Parents Meeting:** Thursday, October 12 at 6:30pm at the MES Gym.

| When     | October 10-December 1 Tuesdays, Thursdays & Fridays Tuesdays & Thursdays 5:45pm-6:45pm |
|----------|--|
|          | Fridays 10:00am-11:00am  No practice October 31,  November 20-24                       |
| Who      | Grades 5 <sup>th</sup> & 6 <sup>th</sup>   |
| Where    | MES Gym<br>Surrounding towns for games   |
| Cost     | <b>EB:</b> \$69 <b>FC:</b> \$79  |
| Deadline | <b>EB:</b> October 4 <b>Final:</b> October 9   |

**VOLUNTEER COACHES NEEDED!** Call 970-878-7409 for more information.

#### >>> MEEKER YOUTH BASKETBALL COMPETITIVE LEAGUE TRYOUTS-

#### **BOYS** No registration required.

Interested participants must attend a skills assessment to determine player readiness. The competitive league is a program suited for advanced players. This program has games that are played within the Colorado River Basketball League. This team will practice three days a week and participate in local and out-of-town games. Players will be expected to commit to all practices and be willing to play games with competitive rules.

| When  | December 12<br>Tuesday<br>6:00pm-8:00pm |
|-------|---|
| Who   | Grades 5 <sup>th</sup> -6 <sup>th</sup> |
| Where | MES Gym                                 |

#### >>> HOLIDAY HOOPS BASKETBALL CLINIC No registration required.

The ERBM Recreation & Park District is proud to support Meeker High School athletic programs. Coaches and high school team members will teach the fundamentals of basketball and these clinics will directly supports MHS athletics.

| When  | December 28<br>Thursday<br>10:00am-Noon     |
|-------|---|
| Who   | Kindergarten-8 <sup>th</sup> Grade          |
| Where | Meeker High School Main Gym                 |
| Cost  | \$5 at the door<br>(checks made out to MHS) |



#### >>> YOUTH OPEN GYM No registration required.

Seize the opportunity to play a variety of 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.

At least four participants need to arrive by 1:15pm or Open Gym will be cancelled for the day.

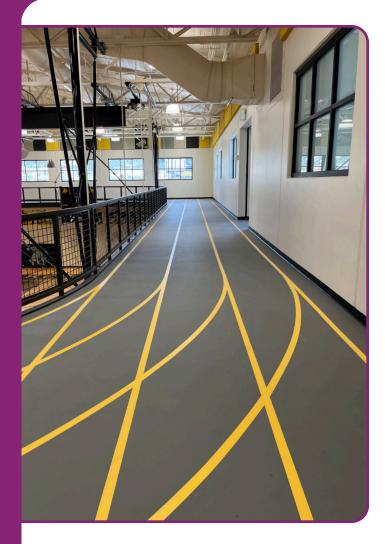


Must purchase a \$10 or \$20 punch pass to use at any open gym or indoor track time.

Transferrable between family members.

| When  | October 20-December 22<br>Fridays<br>1:00pm-2:30pm<br><i>No Open Gym November 24.</i>                              |
|-------|--|
| Who   | Grade K–12 <sup>th</sup> Boys & Girls Children under 8 years old must have a parent/caregiver 13 or older present. |
| Where | MES Gym  |
| Cost  | Punch Pass - \$10/\$20   |

## **ADULT**



#### >>> INDOOR TRACK TIME

No registration required.

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

A minimum of four participants need to arrive by 8:45am or Indoor Track Time will be cancelled for the day.

| When  | October 3-December 21<br>Tuesdays & Thursdays<br>8:30am-9:30am<br><i>No Indoor Track November 21 or 23.</i> |
|-------|---|
| Who   | Ages 18 & Older   |
| Where | MHS Indoor Track  |
| Cost  | Punch Pass - \$10/\$20<br>\$1 punch per person per use<br>Punch passes available at Guest Services          |

Must purchase a \$10 or \$20 punch pass to use at any open gym or indoor track time.

Transferrable between family members.



#### >>> **NEW! DROP-IN PICKLEBALL** No registration required.

Seize the opportunity to play indoor Pickleball. A volunteer will be present to monitor safety and stamp your punch pass.

At least four participants need to arrive by 5:45pm or Drop-In Pickleball will be cancelled for the night.

| When  | October 16-December 6<br>Mondays & Wednesdays<br>6:00pm-8:00pm<br><b>No pickleball November 22</b> |  |
|-------|--|--|
| Who   | Ages 13 & Older  |  |
| Where | Barone Middle School Gym   |  |
| Cost  | Punch Pass - \$10/\$20<br>\$1 punch per person per use<br>Punch passes available at Guest Services |  |

You must purchase a **\$10 or \$20 punch pass** to use at any open gym, drop-in pickleball or indoor track time.

Transferrable between family members.



#### >>> LINE DANCING Activity #5121

Put on your boots (or comfy shoes) and have fun with basic line dancing.

| When     | September 14-October 12<br>Thursdays<br>6:30pm-7:30pm |
|----------|---|
| Who      | Ages 16 & Older                                       |
| Where    | MRC Studio  |
| Cost     | <b>EB:</b> \$17 <b>FC:</b> \$22                       |
| Deadline | <b>EB:</b> September 6 <b>Final:</b> September 14     |

#### >>> ADULT BALLET & JAZZ Activity #5122

Introduction of two great dance genres! Combine the foundational skills and beauty of ballet with the creative and dynamic movements of jazz.

| When     | October 26-November 16<br>Thursdays<br>6:30pm-7:30pm |
|----------|--|
| Who      | Ages 16 & Older                                      |
| Where    | MRC Studio   |
| Cost     | <b>EB:</b> \$14 <b>FC:</b> \$18                      |
| Deadline | <b>EB:</b> October 18 <b>Final:</b> October 26       |



### >>> IRON MOUNTAIN HOT SPRINGS Activity #5057

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. 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 prior to admittance.
- > Visit ironmountainhotsprings.com for more info.

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

| When     | October 6 Friday 7:30am-4:00pm Depart: 7:30am from MRC Soak: 9:00am-Noon Lunch: 12:30pm-2pm Projected Return: 4:00pm |
|----------|--|
| Who      | Ages 18 & Older  |
| Where    | Glenwood Springs   |
| Cost     | <b>EB:</b> \$50 <b>FC:</b> \$55  |
| Deadline | <b>EB:</b> September 20 <b>Final:</b> September 27   |

## GROUP FITNESS SESSION 1

**EARLY BIRD DEADLINE: SEPTEMBER 6 FINAL DEADLINE: SEPTEMBER 15** 

#### >>> WAKE UP WORKOUT Activity #5147

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

| When  | September 11-October 11         |                         |
|-------|---------------------------------|-------------------------|
|       | Mondays & Wednesdays            |                         |
|       | 5:15am-6:00am                   |                         |
| Where | Admin Gym                       |                         |
| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40 | <b>Instructor</b> Stacy |

#### >>> POSE PRO YOGA Activity #5124

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

| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40         | <b>Instructor</b> Antina |
|-------|---|--------------------------|
| Where | MRC Studio                              |                          |
|       | Mondays & Wednesdays<br>12:10pm-12:50pm |                          |
|       | September 11-October 11                 |                          |

#### >>> RAISE THE BARRE Activity #5126

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

| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40                                 | Instructor Kari Jo |
|-------|---|--------------------|
| Where | MRC Studio  |                    |
|       | September 11-October 12<br>Mondays & Thursdays<br>5:30pm-6:15pm |                    |
| :     |   |                    |

#### >>> AQUA POWER Activity #5144

Build your strength, tone muscles, and pump up your heart rate with this water fitness workout. This class will increase your overall fitness with water resistance, water jogging, river running, lap swimming, and other various fitness challenges.

| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40                           | Instructor Kris |
|-------|---|-----------------|
| Where | MRC Pool  |                 |
|       | September 12-Octol<br>Tuesdays & Thursda<br>5:15am-6:00am |                 |

#### >>> AQUACISE Activity #5141

A water-based class designed to improve cardio fitness and achieve muscle tone with minimal stress on joints.

|      | September 12-October 12<br>Tuesdays & Thursdays<br>8:45am-9:30am |                        |
|------|--|------------------------|
|      | MRC Pool   |                        |
| Cost | <b>EB:</b> \$35 <b>FC:</b> \$40                                  | <b>Instructor</b> Kris |

#### >>> MAT STRENGTH PILATES Activity #5125

Build strength and balance while focusing on the importance of your mind-body connection.

| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40         | <b>Instructor</b> Kari Jo |  |
|-------|---|---------------------------|--|
| Where | MRC Studio                              |                           |  |
|       | Tuesdays & Thursdays<br>12:10pm-12:50pm |                           |  |
|       | September 12-October 12                 |                           |  |

#### >>> ZEN CYCLING Activity #5127

Build strength, balance, and flexibility with a fun combo class of indoor cycling and yoga.

|       | <b>EB:</b> \$15 <b>FC:</b> \$22 | Instructor Katie |
|-------|---------------------------------|------------------|
| Where | Admin West                      |                  |
|       | 5:30pm-6:15pm                   |                  |
|       | Tuesdays                        |                  |
| When  | September 12-October 10         |                  |

## GROUP FITNESS SESSION 2

**EARLY BIRD DEADLINE: OCTOBER 11 FINAL DEADLINE: OCTOBER 20** 

#### >>> CORE YOGA Activity #5128

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

|       | October 16-November 15 Mondays & Wednesdays |                          |
|-------|---|--------------------------|
|       | 12:10pm-12:50pm                             |                          |
| Where | MRC Studio                                  |                          |
| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40             | <b>Instructor</b> Antina |

#### >>> TOTAL BODY BLAST Activity #5130

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

| 5:30pm-6:15pm  Where MRC Studio                        |  |
|--|--|
|  |  |
| <b>When</b> October 16-November 16 Mondays & Thursdays |  |

## THE MINIMUM AGE FOR **ALL FITNESS CLASSES** IS 13.

## **DROP-INS WELCOME** (AS SPACE ALLOWS)

\$7 ADULT \$5 YOUTH (13-17)/SENIOR (62+)

## 10-PUNCH PASS AVAILABLE **AT GUEST SERVICES**

\$55 ADULT \$40 YOUTH (13-17)/SENIOR (62+)

#### >>> AQUA POWER Activity #5145 ~~

Build your strength, tone muscles, and pump up your heart rate with this water fitness workout. This class will increase your overall fitness with water resistance, water jogging, river running, lap swimming, and other various fitness challenges.

|       | October 17-November 16 Tuesdays & Thursdays |                 |
|-------|---|-----------------|
|       | 5:15am-6:00am                               |                 |
| Where | MRC Pool                                    |                 |
| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40             | Instructor Kris |

#### >>> AQUACISE Activity #5142 ~~~~

A water-based class designed to improve cardio fitness and achieve muscle tone with minimal stress on joints.

|       | October 17-November<br>Tuesdays & Thursdays<br>8:45am-9:30am | 16              |
|-------|--|-----------------|
| Where | MRC Pool   |                 |
| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40                              | Instructor Kris |

#### >>> BARRE BURN Activity #5129

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

|       | October 17-November<br>Tuesdays & Thursdays<br>12:10pm-12:50pm | 16                        |
|-------|--|---------------------------|
| Where | MRC Studio   |                           |
| Cost  | <b>EB:</b> \$35 <b>FC:</b> \$40                                | <b>Instructor</b> Kari Jo |

#### >>> MELT YOGA Activity #5131

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

|      | October 17-Novemb<br>Tuesdays<br>5:30pm-6:15pm | er 14                   |
|------|--|-------------------------|
|      | Admin West                                     |                         |
| Cost | <b>EB:</b> \$18 <b>FC:</b> \$22                | <b>Instructor</b> Katie |

## GROUP FITNESS SESSION 3

#### **EARLY BIRD DEADLINE: NOVEMBER 22 FINAL DEADLINE: DECEMBER 8**

#### >>> YULETIDE YOGA Activity #5132

Enhance strength, flexibility, and inner peace in this fun yoga class. A variety of equipment will be utilized.

| Cost  | <b>EB:</b> \$28 <b>FC:</b> \$36      | Instructor Antina |
|-------|--------------------------------------|-------------------|
| Where | MRC Studio                           |                   |
|       | Mondays & Wednesd<br>12:10pm-12:50pm |                   |
| When  | November 27-Decem                    | nher 20           |

#### >>> MISTLETOE MELT YOGA Activity #5134

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



| Where Admin West             |  |
|------------------------------|--|
|                              |  |
| 5:30pm-6:15pm                |  |
| Mondays                      |  |
| When November 27-December 18 |  |



#### >>> MUSCLES & MISTLETOE Activity #5146

Build your strength, tone muscles, and pump up your heart rate with this water fitness workout. This class will increase your overall fitness with water resistance, water jogging, river running, lap swimming, and other various fitness challenges.

| Cost  | <b>EB:</b> \$28 <b>FC:</b> \$36       | Instructor Kris |
|-------|---------------------------------------|-----------------|
| Where | MRC Pool                              |                 |
|       | Tuesdays & Thursdays<br>5:15am-6:00am |                 |
|       | November 28-December 21               |                 |

#### >>> O FITNESS TREE Activity #5143~

A water-based class designed to improve cardio fitness and achieve muscle tone with minimal stress on joints.

|       | November 28-Decemb<br>Tuesdays & Thursdays<br>8:45am-9:30am |                 |
|-------|---|-----------------|
| Where | MRC Pool  |                 |
| Cost  | <b>EB:</b> \$28 <b>FC:</b> \$36                             | Instructor Kris |

#### >>> PEPPERMINT PILATES Activity #5133

Build strength and balance while focusing on your core.

| Cost  | <b>EB:</b> \$25 <b>FC:</b> \$32                                      | <b>Instructor</b> Kari Jo |
|-------|--|---------------------------|
| Where | MRC Studio   |                           |
|       | Tuesdays & Thursday<br>12:10pm-12:50pm<br><i>No class December 7</i> | 'S                        |
| When  | November 28-Decem  |                           |

#### >>> JOY TO THE WORKOUT Activity #5135

Build strength and balance while focusing on the importance of your mind body connection.

| Cost  | <b>EB:</b> \$14 <b>FC:</b> \$18                      | <b>Instructor</b> Kari Jo |
|-------|--|---------------------------|
| Where | Admin West   |                           |
|       | November 28-December 19<br>Tuesdays<br>5:30pm-6:15pm |                           |
|       |  |                           |

16

## **ACTIVE ADULT (62+)**

#### >>> GEEZER GATHER

No registration required.

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

| When  | Starting September 5 Tuesdays 9:00am-10:30am No Gather on December 26 or January 2, 2024 |
|-------|--|
| 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  | Starting September 6 Wednesdays 9:00am-12:30pm No Game Day on December 27 or January 3, 2024 |
|-------|--|
| Who   | Ladies 62 & Older  |
| Where | MRC Lounge   |
| Cost  | FREE   |

#### >>> HOLIDAY SOCIAL Activity #5067

Celebrate the winter season with the Holiday Social. Indulge in lunch, refreshments, conversation, entertainment, and games.

11:00-11:30am: Meet, greet and beverages

11:30am: Lunch

11:45am: Entertainment Noon-1:00pm: Games

| When     | December 7<br>Thursday<br>11:00am-1:00pm        |
|----------|---|
| Who      | Ages 62 & Older                                 |
| Where    | 4-H Community Center                            |
| Cost     | EB: \$10/person FC: \$15/person                 |
| Deadline | <b>EB:</b> November 15 <b>Final:</b> December 6 |



## **PARKS & TRAILS**

#### **Park & Trail Rules Prohibit:**

- Overnight parking and camping in undesignated areas (RV and tent camping information at ERBMrec.com/parks)
- 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
- Removal or disturbance of any man-made or natural feature
- Fires and fireworks

- 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 nonemergency dispatch with any concerns at 970-878-5555 or dial 911 to report immediate emergencies.

## MORE

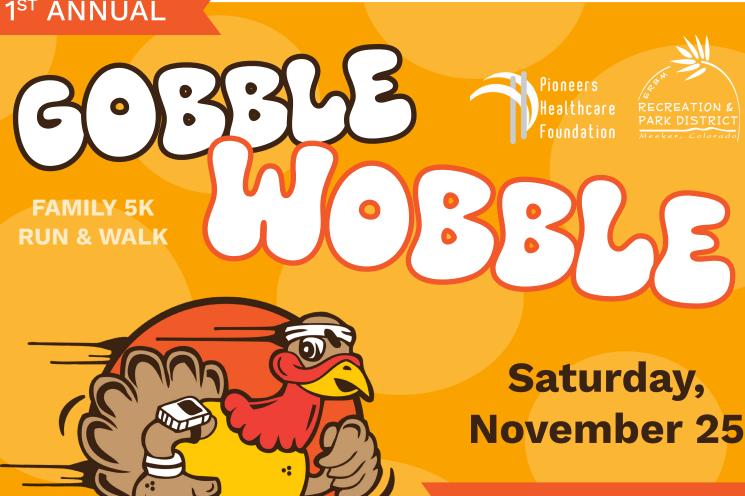




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1ST ANNUAL

970-878-3403



**Details on Page 3!** 

Benefitting Meals on Uneels