# **Active Adult (62+)**

**Geezer Gather**

Type: Recreation

Location: MRC Lounge at Meeker Recreation Center

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

 15 Week Session

Tue, September 2 - Tue, December 9

Ages: 62 and up

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

5714 MRC Lounge at Meeker Recreation Center 9am to 10:30am Tue, September 2 - Tue, December 9 Tu Gallegos, Ariel

**Holiday Social**

Type: Recreation

Location: Fairfield Center

Fee: Standard charge: $10.00

Fri, December 5, 2025

Ages: 62 and up

Celebrate the season with the Holiday Social! Enjoy lunch, conversation, and entertainment. Early registration is encouraged.

Schedule:

* 11:00am: Doors Open
* 11:30am: Lunch and Entertainment

$10/person for advance registration. Pre-register by December 4. $15/person at the door.

5715 Fairfield Center 11:30am to 1pm Fri, December 5, 2025 F Ruchti, Kari Jo

# **Adult Activities**

**Adult Open Gym: Volleyball (November)**

Type: Recreation

Location: MES Gym

Fee: Free

 3 Week Session

Tue, November 4 - Tue, November 18

Ages: 18 and up

Join us for indoor volleyball! A gym supervisor will be present and have equipment available for use but will not lead any organized activities. A punch pass is required for any open gym, indoor track, or adult open gym. Punch passes are available for purchase at Guest Services in increments of 10 punches. $1 punch per person per use. Punch passes are transferable. At least four participants must be present within 15 minutes of the program starting or it will be canceled for the day.

5712 MES Gym 7pm to 8:15pm Tue, November 4 - Tue, November 18 Tu Gallegos, Ariel

**Adult Open Gym: Volleyball (December)**

Type: Recreation

Location: MES Gym

Fee: Free

 3 Week Session

Tue, December 2 - Tue, December 16

Ages: 18 and up

Join us for indoor volleyball! A gym supervisor will be present and have equipment available for use but will not lead any organized activities. A punch pass is required for any open gym, indoor track, or adult open gym. Punch passes are available for purchase at Guest Services in increments of 10 punches. $1 punch per person per use. Punch passes are transferable. At least four participants must be present within 15 minutes of the program starting or it will be canceled for the day.

5713 MES Gym 6pm to 7:15pm Tue, December 2 - Tue, December 16 Tu Gallegos, Ariel

**Adult Hip Hop Intro Dance**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $20.00. Senior, 62 and over: $13.00

 5 Week Session

Thu, September 11 - Thu, October 9

Ages: 15 and up

Come learn a new dance style or join us to rekindle a love you once had for hip hop. This class teaches basic moves and agility. This class is very beginner-friendly! Bare feet or white-soled tennis shoes are encouraged.

5710 MRC Studio at Meeker Recreation Center 6:30pm to 7:30pm Thu, September 11 - Thu, October 9 Th Gallegos, Ariel

**Adult Line Dance**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $20.00. Discount for 62 or more years old: $7.00

 5 Week Session

Thu, October 16 - Thu, November 13

Ages: 15 and up

Kick up your heels and have fun learning basic line dancing moves and routines! Only registered participants are allowed in the studio while class is in session. Please wear clean shoes in the Studio.

5711 MRC Studio at Meeker Recreation Center 6:30pm to 7:30pm Thu, October 16 - Thu, November 13 Th Ruchti, Kari Jo

**Leadville Scenic Train Ride**

Type: Recreation

Location: Leadville Railroad

Fee: Standard charge: $75.00

Fri, September 12, 2025

Ages: 18 and up

Enjoy a scenic ride through the Rocky Mountains while taking in the fall colors! Bring your sack lunch and water. Come prepared for any weather conditions. Concessions sold on board. Tickets will be purchased on September 4th. No refunds after that date.

5709 Leadville Railroad 6am to 5pm Fri, September 12, 2025 F Gallegos, Ariel

# **Aquatics**

**Swim Lessons: Learn to Swim 1 (LTS 1)**

Type: Aquatics

Location: MRC Pool

Fee: Standard charge: $48.00

 4 Week Session

Tue, October 14 - Thu, November 6

Ages: At least 6 but less than 12y 11m 5w

These eight 45-minutes lessons focus on developing good swimming habits in and around the water. Participants will gradually develop the fundamental skills, coordinate and refine strokes, and build confidence in their abilities. Goggles are welcome. For an overview of required skills, check out our swim lesson level descriptions. If you would like to stay and swim after your lesson ends, normal MRC fees and all pool rules apply. Please stop by Guest Services with any questions.

5716 MRC Pool 4:15pm to 5pm Tue, October 14 - Thu, November 6 Tu Th

**Swim Lessons: Learn to Swim 2 (LTS 2)**

Type: Aquatics

Location: MRC Pool

Fee: Standard charge: $48.00

 4 Week Session

Tue, October 14 - Thu, November 6

Ages: At least 6 but less than 12y 11m 5w

These eight 45-minutes lessons focus on developing good swimming habits in and around the water. Participants will gradually develop the fundamental skills, coordinate and refine strokes, and build confidence in their abilities. Goggles are welcome. For an overview of required skills, check out our swim lesson level descriptions. If you would like to stay and swim after your lesson ends, normal MRC fees and all pool rules apply. Please stop by Guest Services with any questions.

5717 MRC Pool 5:10pm to 5:55pm Tue, October 14 - Thu, November 6 Tu Th

**Swim Lessons: Preschool Aquatics 1 (PSA 1)**

Type: Aquatics

Location: MRC Pool

Fee: Standard charge: $44.00

 4 Week Session

Tue, October 14 - Thu, November 6

Ages: At least 3 but less than 5y 11m 5w

These eight 30-minutes lessons will orient preschool-age children to the aquatic environment in addition to helping them acquire and build aquatic skills. Instructors will provide guided practice. Goggles are welcome! For an overview of required skills, check out our swim lesson level descriptions. If you would like to stay and swim after your lesson ends, normal MRC fees and all pool rules apply. Please stop by Guest Services with any questions.

5718 MRC Pool 4:15pm to 4:45pm Tue, October 14 - Thu, November 6 Tu Th

**Swim Lessons: Preschool Aquatics 2 (PSA 2)**

Type: Aquatics

Location: MRC Pool

Fee: Standard charge: $44.00

 4 Week Session

Tue, October 14 - Thu, November 6

Ages: At least 3 but less than 5y 11m 5w

These eight 30-minutes lessons will orient preschool-age children to the aquatic environment in addition to helping them acquire and build aquatic skills. Instructors will provide guided practice. Goggles are welcome! For an overview of required skills, check out our swim lesson level descriptions. If you would like to stay and swim after your lesson ends, normal MRC fees and all pool rules apply. Please stop by Guest Services with any questions.

5719 MRC Pool 4:55pm to 5:25pm Tue, October 14 - Thu, November 6 Tu Th

**Swim Lessons: Preschool Aquatics 3 (PSA 3)**

Type: Aquatics

Location: MRC Pool

Fee: Standard charge: $44.00

 4 Week Session

Tue, October 14 - Thu, November 6

Ages: At least 3 but less than 5y 11m 5w

These eight 30-minutes lessons will orient preschool-age children to the aquatic environment in addition to helping them acquire and build aquatic skills. Instructors will provide guided practice. Goggles are welcome! For an overview of required skills, check out our swim lesson level descriptions. If you would like to stay and swim after your lesson ends, normal MRC fees and all pool rules apply. Please stop by Guest Services with any questions.

5720 MRC Pool 5:35pm to 6:05pm Tue, October 14 - Thu, November 6 Tu Th

# **Community/Special Events**

**Annual Expo**

Type: Recreation

Location: MES Gym

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Mon, December 15, 2025

Ages: Any

You are cordially invited to come support ERBM tumblers, cheerleaders, and dancers as they showcase the skills they have been working on since September! Everyone is welcome to attend!Schedule:6:00pm: Creative Movement & Tumble Fun6:30pm: 1st-2nd Grade Tumble and 1st-2nd Grade Cheer7:00pm: 3rd-5th Grade Tumble and 3rd-5th Grade Cheer7:30pm: 6th-12th Grade Tumble

5733 MES Gym 6pm to 8pm Mon, December 15, 2025 M Ruchti, Kari Jo

**ARC Babysitter Training Course**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $75.00

 1 Week Session

Fri, November 14 - Sat, November 15

Ages: At least 12 but less than 18y 11m 5w

American Red Cross babysitting courses help you provide quality care to children of all ages. Train on topics like:- choosing age-appropriate activities- basic child care like bottle-feeding- child behavior- leadership- professionalism- safety- starting a babysitting business Upon completion of this course, participants will receive their own copy of the American Red Cross Babysitter's Training Handbook and an official American Red Cross Babysitter Certification including Pediatric First Aid, CPR, and AED.

5722 MRC MP Room at Meeker Recreation Center 9am to 3pm Fri, November 14 - Sat, November 15 F Sa Buhler, Tawnee

**ARC First Aid/CPR/AED Course (August)**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $75.00

Sat, August 30, 2025

Ages: 12 and up

The American Red Cross First Aid/CPR/AED course teaches participants how to recognize and respond appropriately to cardiac, breathing, and first aid emergencies. This course will teach the participants the knowledge and skills needed to give immediate care to an injured or ill person until advanced medical care is available. Upon completion, participants will receive the American Red Cross Adult and Pediatric CPR Certification.

5723 MRC Studio at Meeker Recreation Center 9am to 1pm Sat, August 30, 2025 Sa Buhler, Tawnee

**ARC First Aid/CPR/AED Course (September)**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $75.00

Sat, September 20, 2025

Ages: 12 and up

The American Red Cross First Aid/CPR/AED course teaches participants how to recognize and respond appropriately to cardiac, breathing, and first aid emergencies. This course will teach the participants the knowledge and skills needed to give immediate care to an injured or ill person until advanced medical care is available. Upon completion, participants will receive the American Red Cross Adult and Pediatric CPR Certification.

5724 MRC Studio at Meeker Recreation Center 9am to 1pm Sat, September 20, 2025 Sa Buhler, Tawnee

**Breakfast with Santa**

Type: Recreation

Location: Fairfield Center

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Sat, December 6, 2025

Ages: Any

Join us for a visit with Santa and a free breakfast provided by the Meeker Lions Club! Enjoy pancakes, eggs, and sausage while Santa takes photos and listens to your holiday wishes. Please bring nonperishables to donate to the local food pantry.

5732 Fairfield Center 8am to 10am Sat, December 6, 2025 Sa Ruchti, Kari Jo

**Family Night Pool Party: September**

Type: Recreation

Location: MRC Pool at Meeker Recreation Center

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Thu, September 18, 2025

Ages: Any

Bring the whole family to enjoy the MRC Pool! September will kick off with a Luau Party with games, inflatables, and special surprises! Normal MRC drop-in fees apply: Members: Free Tots 0-3: Free Kids 4-12: $4/eachYouth13-17: $5/each Adults 18-61: $7/each Seniors 62+: $5/each Towel Rental: $1/each Participants ages 7 and under must be accompanied in the water by someone 13+ at all times. All other pool rules apply.

5793 MRC Pool at Meeker Recreation Center 4pm to 7pm Thu, September 18, 2025 Th Buhler, Tawnee

**Family Night Pool Party: October**

Type: Recreation

Location: MRC Pool at Meeker Recreation Center

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Thu, October 16, 2025

Ages: Any

Bring the whole family to enjoy the MRC Pool! In October we will have a Carnival party with games, inflatable fun, and special surprises! Normal MRC drop-in fees apply: Members: Free Tots 0-3: Free Kids 4-12: $4/eachYouth13-17: $5/each Adults 18-61: $7/each Seniors 62+: $5/each Towel Rental: $1/each Participants ages 7 and under must be accompanied in the water by someone 13+ at all times. All other pool rules apply.

5794 MRC Pool at Meeker Recreation Center 4pm to 7pm Thu, October 16, 2025 Th Buhler, Tawnee

**Family Night Pool Party: December**

Type: Recreation

Location: MRC Pool at Meeker Recreation Center

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Thu, December 11, 2025

Ages: Any

Bring the whole family to enjoy the MRC Pool and brighten up dark winter nights at our December Glow Party! Enjoy inflatable fun and special surprises! Normal MRC drop-in fees apply: Members: Free Tots 0-3: Free Kids 4-12: $4/eachYouth13-17: $5/each Adults 18-61: $7/each Seniors 62+: $5/each Towel Rental: $1/each Participants ages 7 and under must be accompanied in the water by someone 13+ at all times. All other pool rules apply.

5795 MRC Pool at Meeker Recreation Center 4pm to 7pm Thu, December 11, 2025 Th Buhler, Tawnee

**Fitness Room Orientation**

Type: Recreation

Location: MRC Fitness Room

Fee: Standard charge: $10.00

 1 Week Session

Mon, December 1 - Fri, December 19

Ages: 13 and up

A fitness room orientation covers equipment, use, and safety in the MRC Fitness Room. Youth 13-14 MUST complete a fitness room orientation to use the Fitness Room without adult supervision. Closed toe shoes required.

5728 MRC Fitness Room -- Mon, December 1 - Fri, December 19 Ruchti, Kari Jo

**Harvest Pool Party**

Type: Recreation

Location: MRC Pool

Fee: Free

Fri, November 7, 2025

Ages: Any

Make a splash with us at the Harvest Pool Party! Join us for volleyball or enjoy a float on a variety of inflatables. Participants ages 7 and under must be supervised in the water by someone 13 years of age or older at all times.

5721 MRC Pool 10:15am to Noon Fri, November 7, 2025 F

**National Public Lands Day**

Type: Recreation

Location: Ute Park Trailhead, 12th and Hill Street

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Sat, September 20, 2025

Ages: Any

BLM invites you to celebrate National Public Lands Day by volunteering to improve our local trails. This year's project will start at the Ute Park trailhead (12th and Hill St.) Bring plenty of water and wear sunscreen! Youth 13 & under must be accompanied by an adult. Participants will receive a T-shirt, drinks, and a snack courtesy of the BLM. Bring a sack lunch and water.

5730 Ute Park Trailhead, 12th and Hill Street 8am to Noon Sat, September 20, 2025 Sa Gallegos, Ariel

**Pumpkins Eats 'N Treats**

Type: Recreation

Location: Downtown Plaza at Meeker Recreation Center

Fee: Standard charge: Please call Guest Services, (970)878-3403, for more information.

Fri, October 31, 2025

Ages: Any

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

* Trick-or-treating: 4:00pm
* Parade Line up: 4:45pm
* Parade: 5:00pm

Costume Parade Categories:

* 3 and Under
* 4-7 Years
* 8-11 Years
* 12+ Years
* Family/Group
* Pet

To participate in the Costume Contest, you must join the Costume Parade.

\*\*\*Business Owners and local organizations, please join us to hand out goodies to our community! To reserve your booth space, call 970-878-7421.

5731 Downtown Plaza at Meeker Recreation Center 4pm to 5:30pm Fri, October 31, 2025 F Ruchti, Kari Jo

# **Fitness Classes**

**Session 1: Aqua Power**

Type: Recreation

Location: MRC Pool

Fee: Standard charge: $48.00. Discount for 62 or more years old: $17.00

 6 Week Session

Tue, September 9 - Thu, October 16

Ages: 13 and up

Join this water class to help improve your balance, strength, endurance, and mental well-being with low-impact exercises. The water's buoyancy reduces the impact on your joints while challenging your body to maintain stability, improving cardio and muscle tone.

5775 MRC Pool 5:15am to 6am Tue, September 9 - Thu, October 16 Tu Th Arcolesse, Kris

**Session 1: Aquacise**

Type: Recreation

Location: MRC Pool

Fee: Standard charge: $48.00. Discount for 62 or more years old: $17.00

 6 Week Session

Tue, September 9 - Thu, October 16

Ages: 13 and up

Join this water class to help improve your balance, strength, endurance, and mental well-being with low-impact water exercises. The water's buoyancy reduces the impact on your joints while challenging your body to maintain stability, improving cardio and muscle tone.

5774 MRC Pool 8:45am to 9:30am Tue, September 9 - Thu, October 16 Tu Th Arcolesse, Kris

**Session 1: Barre Fit**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $48.00. Discount for 62 or more years old: $17.00

 6 Week Session

Tue, September 9 - Thu, October 16

Ages: 13 and up

Get lean, toned, and strong! This class teaches a combination of ballet, core, stretching, and body weight exercises to strengthen and stretch your entire body, focusing on arms, abs, inner and outer thighs, and glutes.

5777 MRC Studio at Meeker Recreation Center 12:10pm to 12:50pm Tue, September 9 - Thu, October 16 Tu Th Ruchti, Kari Jo

**Session 1: Core Yoga**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $48.00. Discount for 62 or more years old: $17.00

 6 Week Session

Mon, September 8 - Wed, October 15

Ages: 13 and up

This yoga class focuses on breathing, stretching, and core strengthening.

5772 MRC Studio at Meeker Recreation Center 12:10pm to 12:50pm Mon, September 8 - Wed, October 15 M W DiBenedetto, Antina

**Session 1: Groove Dance Fitness**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $48.00. Senior, 62 and over: $31.00

 6 Week Session

Mon, September 8 - Wed, October 15

Ages: 13 and up

This cardio experience will keep you sweating and smiling with a fusion of pop, hip-hop, and Latin dance music. Tot Spot childcare for children ages 6 months to 7 years is available during this class!

5771 MRC Studio at Meeker Recreation Center 9:30am to 10:15am Mon, September 8 - Wed, October 15 M W Ruchti, Kari Jo

**Session 1: Power of 3**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $24.00. Senior, 62 and over: $15.50

 6 Week Session

Mon, September 8 - Mon, October 13

Ages: 13 and up

Class kicks off with a cardio section, followed by a high rep upper body focus, and ends with a final focus on the lower body.

5773 MRC Studio at Meeker Recreation Center 6:30pm to 7:15pm Mon, September 8 - Mon, October 13 M Gallegos, Jaydyn

**Session 1: Raise the Barre**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $24.00. Discount for 62 or more years old: $8.50

 6 Week Session

Thu, September 11 - Thu, October 16

Ages: 13 and up

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

5792 MRC Studio at Meeker Recreation Center 5:30pm to 6:15pm Thu, September 11 - Thu, October 16 Th Ruchti, Kari Jo

**Session 2: Aqua Power**

Type: Recreation

Location: MRC Pool

Fee: Standard charge: $40.00. Discount for 62 or more years old: $14.00

 5 Week Session

Tue, October 21 - Thu, November 20

Ages: 13 and up

Join this water class to help improve your balance, strength, endurance, and mental well-being with low-impact exercises. The water's buoyancy reduces the impact on your joints while challenging your body to maintain stability, improving cardio and muscle tone.

5781 MRC Pool 5:15am to 6am Tue, October 21 - Thu, November 20 Tu Th Arcolesse, Kris

**Session 2: Aquacise**

Type: Recreation

Location: MRC Pool

Fee: Standard charge: $40.00. Discount for 62 or more years old: $14.00

 5 Week Session

Tue, October 21 - Thu, November 20

Ages: 13 and up

Join this water class to help improve your balance, strength, endurance, and mental well-being with low-impact water exercises. The water's buoyancy reduces the impact on your joints while challenging your body to maintain stability, improving cardio and muscle tone.

5782 MRC Pool 8:45am to 9:30am Tue, October 21 - Thu, November 20 Tu Th Arcolesse, Kris

**Session 2: Balance Yoga**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $40.00. Discount for 62 or more years old: $14.00

 5 Week Session

Mon, October 20 - Wed, November 19

Ages: 13 and up

Focus on finding equilibrium in the body and mind through various yoga techniques with the goal of improving strength, flexibility, and mindfulness.

5779 MRC Studio at Meeker Recreation Center 12:10pm to 12:50pm Mon, October 20 - Wed, November 19 M W DiBenedetto, Antina

**Session 2: High Fitness**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $20.00. Senior, 62 and over: $13.00

 5 Week Session

Mon, October 20 - Mon, November 17

Ages: 13 and up

This class takes old school aerobics and transforms it into a modern, heart-pounding, fun, and effective workout.

5780 MRC Studio at Meeker Recreation Center 6:30pm to 7:15pm Mon, October 20 - Mon, November 17 M Hanberg, Megan

**Session 2: Mat Pilates**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $20.00. Discount for 62 or more years old: $7.00

 5 Week Session

Thu, October 23 - Thu, November 20

Ages: 13 and up

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

5784 MRC Studio at Meeker Recreation Center 5:30pm to 6:15pm Thu, October 23 - Thu, November 20 Th Ruchti, Kari Jo

**Session 2: Pilates With Props**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $40.00. Discount for 62 or more years old: $14.00

 5 Week Session

Tue, October 21 - Thu, November 20

Ages: 13 and up

Up the variety, challenge, and support to your mat-based Pilates workout. Props will help you isolate or engage specific muscles, and help you achieve better form.

5783 MRC Studio at Meeker Recreation Center 12:10pm to 12:50pm Tue, October 21 - Thu, November 20 Tu Th Ruchti, Kari Jo

**Session 2: Raise the Barre**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $40.00. Senior, 62 and over: $26.00

 5 Week Session

Mon, October 20 - Wed, November 19

Ages: 13 and up

This low-impact workout combines Pilates and ballet movements with motivating music. Tot Spot childcare for children ages 6 months to 7 years is available during this class!

5778 MRC Studio at Meeker Recreation Center 9:30am to 10:15am Mon, October 20 - Wed, November 19 M W Ruchti, Kari Jo

**Session 3: Aqua Power Muscles & Mistletoe**

Type: Recreation

Location: MRC Pool

Fee: Standard charge: $24.00. Discount for 62 or more years old: $8.50

 3 Week Session

Tue, December 2 - Thu, December 18

Ages: 13 and up

Join this water class to help improve your balance, strength, endurance, and mental well-being with low-impact exercises. The water's buoyancy reduces the impact on your joints while challenging your body to maintain stability, improving cardio and muscle tone.

5787 MRC Pool 5:15am to 6am Tue, December 2 - Thu, December 18 Tu Th Arcolesse, Kris

**Session 3: Aquacise O Fitness Tree**

Type: Recreation

Location: MRC Pool

Fee: Standard charge: $24.00. Discount for 62 or more years old: $8.50

 3 Week Session

Tue, December 2 - Thu, December 18

Ages: 13 and up

Join this water class to help improve your balance, strength, endurance, and mental well-being with low-impact water exercises. The water's buoyancy reduces the impact on your joints while challenging your body to maintain stability, improving cardio and muscle tone.

5788 MRC Pool 8:45am to 9:30am Tue, December 2 - Thu, December 18 Tu Th Arcolesse, Kris

**Session 3: Christmas Cookie Crusher**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $12.00. Senior, 62 and over: $7.75

 3 Week Session

Mon, December 1 - Mon, December 15

Ages: 13 and up

Get ready to target your muscles from the waist down. Plyometric-focused workouts will help you strengthen your lower body and core.

5786 MRC Studio at Meeker Recreation Center 6:30pm to 7:15pm Mon, December 1 - Mon, December 15 M Gallegos, Jaydyn

**Session 3: Frosty's Flex Fitness**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $12.00. Discount for 62 or more years old: $4.25

 3 Week Session

Thu, December 4 - Thu, December 18

Ages: 13 and up

This class is dedicated to strengthening and toning all muscle groups utilizing various equipment.

5790 MRC Studio at Meeker Recreation Center 5:30pm to 6:15pm Thu, December 4 - Thu, December 18 Th Hanberg, Megan

**Session 3: Jingle Belle Barre**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $24.00. Discount for 62 or more years old: $8.50

 3 Week Session

Tue, December 2 - Thu, December 18

Ages: 13 and up

Get lean, toned, and strong. This class use a combination of ballet, core, stretching, and body weight exercises to strengthen and stretch your whole body, focusing on arms, abs, inner and outer thighs, and glutes.

5789 MRC Studio at Meeker Recreation Center 12:10pm to 12:50pm Tue, December 2 - Thu, December 18 Tu Th Ruchti, Kari Jo

**Session 3: Peppermint Pilates**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $24.00. Senior, 62 and over: $15.50

 3 Week Session

Mon, December 1 - Wed, December 17

Ages: 13 and up

With a focus on the core muscles, participants will stretch and strengthen from head to toe while working on balance, strength, and flexibility. Tot Spot childcare for children ages 6 months to 7 years is available during this class!

5785 MRC Studio at Meeker Recreation Center 9:30am to 10:15am Mon, December 1 - Wed, December 17 M W Ruchti, Kari Jo

# **Tot to Kinder (0-6)**

**Tot Spot Drop-In Childcare**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Free

 16 Week Session

Wed, September 3 - Wed, December 17

Ages: At least 6m but less than 7y 11m 5w

We'll care for your tots in a fun and safe environment while you work out in the Fitness Room or MRC Pool, take a group fitness class, or enjoy some time to yourself in the Lounge! Cost: $2 for 1 hour or $3 for 1.5 hours. A punch pass is available for purchase at Guest Services in increments of 10 punches. $1 per person per punch. Punch passes are transferrable. No Tot Spot during Thanksgiving Break (November 26).

5729 MRC MP Room at Meeker Recreation Center 9am to 11am Wed, September 3 - Wed, December 17 M W Raley, Ashley

**Creative Movement**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $46.00

 13 Week Session

Mon, September 8 - Mon, December 8

Ages: At least 3 but less than 6

This popular class introduces tap, jazz, and ballet to young dancers. Participants will develop body awareness and listening skills while enjoying positive peer interaction. Requirements: Ballet shoes (pink for girls, black for boys) Black tap shoes Dancers are encouraged to wear comfortable clothing that provides proper coverage. No class November 24.These classes will conclude with the Annual Expo on December 15.

5736 MRC Studio at Meeker Recreation Center 4pm to 5pm Mon, September 8 - Mon, December 8 M Ruchti, Kari Jo

**Tumble Fun Tuesday**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Tue, September 9 - Tue, December 9

Ages: At least 3 but less than 6

In tumbling, your child will work on gross muscle skills, acquiring coordination and flexibility while having lots of fun! 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. No class November 25.Complimentary shuttle from MES to the Admin Gym. These classes will conclude with the Annual Expo on December 15.

5737 Admin Gym 4pm to 4:45pm Tue, September 9 - Tue, December 9 Tu Casias, Loran

**Tumble Fun Wednesday**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Wed, September 10 - Wed, December 10

Ages: At least 3 but less than 6

In tumbling, your child will work on gross muscle skills, acquiring coordination and flexibility while having lots of fun! 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. No class November 26.Complimentary shuttle from MES to the Admin Gym. These classes will conclude with the Annual Expo on December 15.

5738 Admin Gym 4pm to 4:45pm Wed, September 10 - Wed, December 10 W Casias, Loran

**Tiny Games**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $25.00

 5 Week Session

Thu, September 11 - Thu, October 9

Ages: At least 2 but less than 3y 11m 5w

This class will offer structured play to enhance physical development, introduce basic skills, and foster social interaction. This class will incorporate activities like soccer, basketball, and volleyball adapted for young children's abilities. Parent/caregiver participation is required. Maximum of two children per parent/caregiver. Children under six months old are allowed to stay with parents/caregivers in a carrier. Complimentary Tot Spot is available for children not enrolled in Tiny programs.

5734 Admin Gym 10am to 10:45am Thu, September 11 - Thu, October 9 Th Casias, Loran

**Tiny Toes**

Type: Tot Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $25.00

 5 Week Session

Thu, October 16 - Thu, November 13

Ages: At least 2 but less than 3y 11m 5w

Get movin', shakin', rockin', and rollin' to new and familiar music! Tots will build rhythm and coordination. Parent/caregiver participation is required. Maximum of two children per parent/caregiver. Children under six months old are allowed to stay with parent/caregiver in a carrier. Complimentary Tot Spot is available for children not enrolled in Tiny programs.

5735 MRC Studio at Meeker Recreation Center 10am to 10:45am Thu, October 16 - Thu, November 13 Th Ruchti, Kari Jo

# **Youth (6-17)**

**Youth Open Gym**

Type: Recreation

Location: MES Gym

Fee: Free

 8 Week Session

Fri, October 24 - Fri, December 19

Grades: Kindergarten - 12th Grade

Play 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. No Open Gym November 28.Four participants must be present within 15 minutes of the program starting or open gym will be canceled for the day. Children under 8 years old must have a parent or caregiver 13 or older present. A punch pass is required for any open gym, indoor track, or adult open gym. Punch passes are available for purchase at Guest Services in increments of 10 punches. $1 punch per person per use. Punch passes are transferable.

5770 MES Gym 1pm to 2:30pm Fri, October 24 - Fri, December 19 F Gallegos, Ariel

**After School Session 1: Craft Day**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $20.00

 4 Week Session

Mon, August 18 - Mon, September 15

Ages: At least 6 but less than 11y 11m 5w

Join us in the MRC MP Room to get your creativity flowing as we create different projects each week. No class September 1.No Sessions during school closures.

5739 MRC MP Room at Meeker Recreation Center 4pm to 5pm Mon, August 18 - Mon, September 15 M Casias, Loran

**After School Session 1: STEM Day**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $25.00

 5 Week Session

Tue, August 19 - Tue, September 16

Ages: At least 6 but less than 11y 11m 5w

Kids will be working with their hands, exercising their brains, and having a blast in this program, with each project and concept explained weekly. Kids will bring projects home and show you what they made during the program! No Sessions during school closures.

5742 MRC MP Room at Meeker Recreation Center 4pm to 5pm Tue, August 19 - Tue, September 16 Tu Gallegos, Ariel

**After School Session 1: Water Wednesday**

Type: Recreation

Location: MRC Pool at Meeker Recreation Center

Fee: Standard charge: $25.00

 5 Week Session

Wed, August 20 - Wed, September 17

Ages: At least 6 but less than 11y 11m 5w

Join us at the pool for splashy fun! Participants must be able to swim independently or be at least 3'8". All non-swimmers must wear life jackets. No Sessions during school closures.

5745 MRC Pool at Meeker Recreation Center 4pm to 5:15pm Wed, August 20 - Wed, September 17 W Gallegos, Ariel

**After School Session 2: Craft Day**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $30.00

 6 Week Session

Mon, September 22 - Mon, October 27

Ages: At least 6 but less than 11y 11m 5w

Join us in the MRC MP Room to get your creativity flowing as we create different projects each week. No Sessions during school closures.

5740 MRC MP Room at Meeker Recreation Center 4pm to 5pm Mon, September 22 - Mon, October 27 M Casias, Loran

**After School Session 2: STEM Day**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $30.00

 6 Week Session

Tue, September 23 - Tue, October 28

Ages: At least 6 but less than 11y 11m 5w

Kids will be working with their hands, exercising their brains, and having a blast in this program, with each project and concept explained weekly. Kids will bring home projects and show you what they made during the program! No Sessions during school closures.

5743 MRC MP Room at Meeker Recreation Center 4pm to 5pm Tue, September 23 - Tue, October 28 Tu Gallegos, Ariel

**After School Session 2: Water Wednesday**

Type: Recreation

Location: MRC Pool at Meeker Recreation Center

Fee: Standard charge: $30.00

 6 Week Session

Wed, September 24 - Wed, October 29

Ages: At least 6 but less than 11y 11m 5w

Join us at the pool for splashy fun! Participants must be able to swim independently or be at least 3'8". All non-swimmers must wear life jackets. No Sessions during school closures.

5746 MRC Pool at Meeker Recreation Center 4pm to 5:15pm Wed, September 24 - Wed, October 29 W Gallegos, Ariel

**After School Session 3: Craft Day**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $30.00

 6 Week Session

Mon, November 3 - Mon, December 15

Ages: At least 6 but less than 11y 11m 5w

Join us in the MRC MP Room to get your creativity flowing as we create different projects each week. No class November 24.No Sessions during school closures.

5741 MRC MP Room at Meeker Recreation Center 4pm to 5pm Mon, November 3 - Mon, December 15 M Casias, Loran

**After School Session 3: STEM Day**

Type: Recreation

Location: MRC MP Room at Meeker Recreation Center

Fee: Standard charge: $30.00

 6 Week Session

Tue, November 4 - Tue, December 16

Ages: At least 6 but less than 11y 11m 5w

Kids will be working with their hands, exercising their brains, and having a blast in this program, with each project and concept explained weekly. Kids will bring home projects and show you what they made during the program! No class November 25. No Sessions during school closures.

5744 MRC MP Room at Meeker Recreation Center 4pm to 5pm Tue, November 4 - Tue, December 16 Tu Gallegos, Ariel

**After School Session 3: Water Wednesday**

Type: Recreation

Location: MRC Pool at Meeker Recreation Center

Fee: Standard charge: $30.00

 6 Week Session

Wed, November 5 - Wed, December 17

Ages: At least 6 but less than 11y 11m 5w

Join us at the pool for splashy fun! Participants must be able to swim independently or be at least 3'8". All non-swimmers must wear life jackets. No class November 26.No Sessions during school closures.

5747 MRC Pool at Meeker Recreation Center 4pm to 5:15pm Wed, November 5 - Wed, December 17 W Gallegos, Ariel

**Cowboy Cheer: 1st-2nd Grade**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Mon, September 8 - Mon, December 8

Grades: 1st Grade - 2nd Grade

This class is a perfect introduction to the fundamentals of cheerleading, including motions, jumps, cheers, and chants. Proper white athletic shoes are required. No class November 24. These classes will conclude with the Annual Expo on December 15.Complimentary shuttle from MES to the Admin Gym.

5759 Admin Gym 4pm to 5pm Mon, September 8 - Mon, December 8 M Raley, Ashley

**Cowboy Cheer: 3rd-5th Grade**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Thu, September 11 - Thu, December 11

Grades: 3rd Grade - 5th Grade

This class is a perfect introduction to the fundamentals of cheerleading, including motions, jumps, cheers, and chants. Proper white athletic shoes are required. No class November 27. These classes will conclude with the Annual Expo on December 15.Complimentary shuttle from MES to the Admin Gym.

5760 Admin Gym 4pm to 5pm Thu, September 11 - Thu, December 11 Th Raley, Ashley

**Flag Football**

Type: Recreation

Location: Paintbrush Park Baseball Field #2 at Meeker Recreation Center

Fee: Standard charge: $35.00

 5 Week Session

Mon, September 8 - Wed, October 8

Grades: 1st Grade - 2nd Grade

Flag football offers young players the opportunity to play 5-on-5, non-contact football. Players will increase their football knowledge with an emphasis on teamwork and sportsmanship. Players should come prepared to play in all weather conditions (except lightning).Volunteer coaches needed! Contact 970-878-3403 for more information.

5748 Paintbrush Park Baseball Field #2 at Meeker Recreation Center 5:30pm to 6:30pm Mon, September 8 - Wed, October 8 M W Casias, Loran

**Jazz Dance: 1st-2nd Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Tue, September 9, 2025 - Tue, April 28, 2026

Grades: 1st Grade - 2nd Grade

This class offers a fun and engaging introduction to both tap and ballet dance styles. Students will learn basic steps and techniques in each discipline, developing rhythm, coordination, and musicality. Proper dance shoes are required. Girls: Black tap shoes and pink ballet shoes or tan jazz shoes Boys: Black ballet and tap shoes No classes November 25, December 23, December 30, or March 17.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5755 MRC Studio at Meeker Recreation Center 4pm to 5pm Tue, September 9, 2025 - Tue, April 28, 2026 Tu Ruchti, Kari Jo

**Jazz Dance: 3rd-5th Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Wed, September 10, 2025 - Wed, April 29, 2026

Grades: 3rd Grade - 5th Grade

This class offers a fun and engaging introduction to both tap and ballet dance styles. Students will learn basic steps and techniques in each discipline, developing rhythm, coordination, and musicality. Proper dance shoes are required. Girls: Black tap shoes and pink ballet shoes or tan jazz shoes Boys: Black ballet and tap shoes No classes November 26, December 24, December 31, or March 18.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5761 MRC Studio at Meeker Recreation Center 4pm to 5pm Wed, September 10, 2025 - Wed, April 29, 2026 W Ruchti, Kari Jo

**Jazz Dance: 6th-8th Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Wed, September 10, 2025 - Wed, April 29, 2026

Grades: 6th Grade - 8th Grade

This class offers a fun and engaging introduction to both tap and ballet dance styles. Students will learn basic steps and techniques in each discipline, developing rhythm, coordination, and musicality. Proper dance shoes are required. Girls: Black tap shoes and pink ballet shoes or tan jazz shoes Boys: Black ballet and tap shoes No classes November 26, December 24, December 31, or March 18.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5762 MRC Studio at Meeker Recreation Center 5:45pm to 6:45pm Wed, September 10, 2025 - Wed, April 29, 2026 W Ruchti, Kari Jo

**Jazz Dance: 9th-12th Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Wed, September 10, 2025 - Wed, April 29, 2026

Grades: 9th Grade - 12th Grade

This class offers a fun and engaging introduction to both tap and ballet dance styles. Students will learn basic steps and techniques in each discipline, developing rhythm, coordination, and musicality. Proper dance shoes are required. Girls: Black tap shoes and pink ballet shoes or tan jazz shoes Boys: Black ballet and tap shoes No classes November 26, December 24, December 31, or March 18.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5763 MRC Studio at Meeker Recreation Center 7pm to 8:15pm Wed, September 10, 2025 - Wed, April 29, 2026 W Ruchti, Kari Jo

**Lyrical Dance: 6th-8th Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Tue, September 9, 2025 - Tue, April 28, 2026

Grades: 6th Grade - 8th Grade

Lyrical dance uses movement to express emotion. Students will work on balance as well as technique. Proper dance shoes are required. Girls: pink ballet shoes or tan jazz shoes Boys: black ballet or jazz shoes No class November 25, December 23, December 30, or March 17.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5754 MRC Studio at Meeker Recreation Center 5:30pm to 6:30pm Tue, September 9, 2025 - Tue, April 28, 2026 Tu Hanberg, Megan

**Meeker Karate Club: Advanced**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $77.00

 11 Week Session

Thu, September 11 - Fri, November 21

Grades: 1st Grade - 12th Grade

Completion of Level 3/Intermediate or prior instructor approval is required to enroll in this class. 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.

5767 Admin Gym 6:30pm to 7:30pm Thu, September 11 - Fri, November 21 Th F Edwards, Jay

**Meeker Karate Club: Level 1**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $39.00

 11 Week Session

Tue, September 9 - Tue, November 18

Grades: 1st Grade - 5th Grade

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.

5764 Admin Gym 5pm to 6pm Tue, September 9 - Tue, November 18 Tu Casias, Loran

**Meeker Karate Club: Level 2**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $39.00

 11 Week Session

Tue, September 9 - Tue, November 18

Grades: 1st Grade - 5th Grade

Completion of Level 1 or prior instructor approval is required to enroll in this class. 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.

5765 Admin Gym 6:15pm to 7:15pm Tue, September 9 - Tue, November 18 Tu Casias, Loran

**Meeker Karate Club: Level 3/Intermediate**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $77.00

 11 Week Session

Thu, September 11 - Fri, November 21

Grades: 1st Grade - 9th Grade

Completion of Level 2 or prior instructor approval is required to enroll in this class. 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.

5766 Admin Gym 5:15pm to 6:15pm Thu, September 11 - Fri, November 21 Th F Edwards, Jay

**Meeker Youth Basketball MYB Rec League (3rd-4th Grade Girls)**

Type: Recreation

Location: MES Gym

Fee: Standard charge: $49.00

 7 Week Session

Mon, October 6 - Wed, November 19

Grades: 3rd Grade - 4th Grade

Meeker Youth Basketball Rec League places an emphasis on basketball fundamentals in a recreational team setting. The 3rd-4th grade team will play in-house games. Game jerseys will be checked out at the beginning of the season and must be returned at the end of the season. Players must provide their own black basketball shorts for games. A game schedule will be provided at the start of the season. Volunteer coaches are needed! Call 970-878-3403 for more information. Coaches meeting will be held 15 minutes prior to the first practice.

5768 MES Gym 5:45pm to 6:45pm Mon, October 6 - Wed, November 19 M W Casias, Loran

**Meeker Youth Basketball MYB Rec League (5th-6th Grade Girls)**

Type: Recreation

Location: MES Gym

Fee: Standard charge: $74.00

 7 Week Session

Tue, October 7 - Fri, November 21

Grades: 5th Grade - 6th Grade

Meeker Youth Basketball Rec League places an emphasis on basketball fundamentals in a recreational team setting. The 5th-6th grade team will travel. Game jerseys will be checked out at the beginning of the season and must be returned at the end of the season. Players must provide their own black basketball shorts for games. A game schedule will be provided at the start of the season. Volunteer coaches are needed! Call 970-878-3403 for more information. Coaches meeting will be held 15 minutes prior to the first practice.

5769 MES Gym 5:45pm to 6:45pm Tue, October 7 - Fri, November 21 Tu Th F Casias, Loran

**Tap & Ballet: 1st-2nd Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Thu, September 11, 2025 - Thu, April 30, 2026

Grades: 1st Grade - 2nd Grade

This class offers a fun and engaging introduction to both tap and ballet dance styles. Students will learn basic steps and techniques in each discipline, developing rhythm, coordination, and musicality. Proper dance shoes are required. Girls: Black tap shoes and pink ballet shoes or tan jazz shoes Boys: Black ballet and tap shoes No classes November 27, December 25, January 1, or March 19.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5752 MRC Studio at Meeker Recreation Center 4pm to 5pm Thu, September 11, 2025 - Thu, April 30, 2026 Th Ruchti, Kari Jo

**Tap & Ballet: 3rd-5th Grade**

Type: Recreation

Location: MRC Studio at Meeker Recreation Center

Fee: Standard charge: $105.00

 30 Week Session

Mon, September 8, 2025 - Mon, April 27, 2026

Grades: 3rd Grade - 5th Grade

This class offers a fun and engaging introduction to both tap and ballet dance styles. Students will learn basic steps and techniques in each discipline, developing rhythm, coordination, and musicality. Proper dance shoes are required. Girls: Black tap shoes and pink ballet shoes or tan jazz shoes Boys: Black ballet and tap shoes No classes November 24, December 22, December 29, or March 16.These classes will conclude with a performance at the Annual Recital on May 2-3, 2026.

5753 MRC Studio at Meeker Recreation Center 5:15pm to 6:15pm Mon, September 8, 2025 - Mon, April 27, 2026 M Ruchti, Kari Jo

**Tumbling & Acrobatics: 1st-2nd Grade**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Mon, September 8 - Mon, December 8

Grades: 1st Grade - 2nd Grade

Tumbling is a form of gymnastics performed without props or equipment, while acrobatics focuses on balance, agility, and motor coordination. Girls are encouraged to wear a leotard/unitard; boys are encouraged to wear loose fitting clothing and shirts that can be tucked in. No class November 24.These classes will conclude with the Annual Expo on December 15.

5749 Admin Gym 5:15pm to 6:15pm Mon, September 8 - Mon, December 8 M DiBenedetto, Antina

**Tumbling & Acrobatics: 3rd-5th Grade**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Wed, September 10 - Wed, December 10

Grades: 3rd Grade - 5th Grade

Tumbling is a form of gymnastics performed without props or equipment, while acrobatics focuses on balance, agility, and motor coordination. Girls are encouraged to wear a leotard/unitard; boys are encouraged to wear loose fitting clothing and shirts that can be tucked in. No class November 26.These classes will conclude with the Annual Expo on December 15.

5750 Admin Gym 5:15pm to 6:15pm Wed, September 10 - Wed, December 10 W DiBenedetto, Antina

**Tumbling & Acrobatics: 6th-12th Grade**

Type: Recreation

Location: Admin Gym

Fee: Standard charge: $46.00

 13 Week Session

Mon, September 8 - Mon, December 8

Grades: 6th Grade - 12th Grade

Tumbling is a form of gymnastics performed without props or equipment, while acrobatics focuses on balance, agility, and motor coordination. Girls are encouraged to wear a leotard/unitard; boys are encouraged to wear loose fitting clothing and shirts that can be tucked in. No class November 24.These classes will conclude with the Annual Expo on December 15.

5751 Admin Gym 6:30pm to 7:30pm Mon, September 8 - Mon, December 8 M DiBenedetto, Antina