



**SUMMER 2024**

MAY | JUNE | JULY | AUGUST

# Activity Line-Up

Registration begins April 19, 2024!  
[erbmrec.com/register](http://erbmrec.com/register)

# MEEKER RECREATION CENTER

101 Ute Road, Meeker, CO 81641

**970.878.3403**

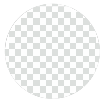
## Summer Center Hours

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

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

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

*Join the fun on social!*



@erbmrec  
#meekerfun  
#meekertrails

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Visit our website for all things ERBM!

*Find hours, closures, activities, and lots more!*

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



# GENERAL PROGRAMS

## FITNESS ROOM ORIENTATION

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

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

## TOT SPOT DROP-IN CHILDCARE

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

**Rules and details at [erbmrec.com/center#totspot](http://erbmrec.com/center#totspot)**

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

<b>Activity #</b>	<b>No registration is required.</b>
<b>When</b>	April 22-May 16 Mondays-Thursdays 8:45am-11:45am
<b>Who</b>	Ages 6 Months to 7 Years Old
<b>Where</b>	MRC MP Room
<b>Cost</b>	\$2 for one hour; \$3 for 1.5 hours per child <b>Punch passes are available at Guest Services!</b>

# SPECIAL/COMMUNITY EVENTS

## ANNUAL RECITAL

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

### Saturday, May 4

2:30pm: Creative Movement & Tumble Fun

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

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

### Sunday, May 5

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

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

## ACTIVITY CANCELLED COMMUNITY GARDEN

# ACTIVITY CANCELLED

## RUN CLUB

Join fellow runners in a fun, slightly competitive running series. All running abilities are welcome. Each week, runners will meet for a variety of predetermined 2-6 mile courses. The top finishers will earn points. At the end of the series, the male and female runners with the most points will receive a prize.

**Runners under 12 years must be accompanied by an adult.**

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

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



# Fourth of July Fun!

## RUN FOR YOUR LIFE 5K (RUN & WALK)

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

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

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

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

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

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

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

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

Avoid the lines and pre-register online by 4:00pm on July 3. Day-of registration and team check-ins will be from 10:30am-11:30am at the Administration Building North Parking Lot (555 Garfield St.) **CASH AND CHECKS ONLY.**

**Games will begin at noon and courts will be divided by age divisions.**

**Rules and regulations are available at the Meeker Recreation Center.**

**Register before June 12 to be guaranteed a T-shirt.**

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

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

**Individuals may play up one age bracket but not down.**

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



# meekeerpalooza

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

## JUNE 7

**4:00pm to 8:00pm**  
Meeker Market  
Featuring Nonprofits

**6:00pm to 8:30pm**  
Live Music • Elk Range  
Beer Garden

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

## JUNE 21

**4:00pm to 8:00pm**  
Meeker Market  
Featuring Young Entrepreneurs

**6:00pm to 8:30pm**  
Live Music • Rodney Rice  
Beer Garden

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

## JULY 19

**4:00pm to 8:00pm**  
Meeker Market  
Featuring Arts, Crafts & Goods

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

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

**DOWNTOWN PLAZA • MEEKER, COLORADO**



# SPECIAL/COMMUNITY EVENTS

## BOUNCE AND SPLASH SERIES

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

**All pool rules and fees apply.**

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

### BOUNCE AND SPLASH #1

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

### BOUNCE AND SPLASH #2

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

### BOUNCE AND SPLASH #3

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

## GLENWOOD SPRINGS RAFTING TRIP

This is a three-hour rafting trip through class III-IV rapids near the Shoshone Rapids in Glenwood Canyon on the Colorado River. Please bring proper attire for the rafting ride: shorts, T-shirts, bathing suits, and sports sandals or shoes you don't mind getting wet. Bringing dry clothes for the ride home will be beneficial for your comfort. Pack a lunch or bring money for lunch and snacks.

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

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

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

## MOUNTAIN VALLEY BANK SUMMER FESTIVAL



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

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

## PARENT AND CHILD SWIM LESSONS



American Red Cross

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

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

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

## PRESCHOOL AQUATICS (PSA) SWIM LESSONS

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



American Red Cross

### PSA LEVEL 1

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

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

### PSA LEVEL 2

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

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

### PSA LEVEL 3

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

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

## Not sure which level to enroll your child in?

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



## ACTIVITY CANCELLED SUMMER TUMBLING SPECIALTY



### PRINCESS DANCE CAMP

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

**Activity #** 5316

**When** July 10-31  
Wednesdays  
9:30am-10:15am

**Who** PreK-K

**Where** MRC Studio

**Cost** \$20

**Deadline** July 3

### NEW! LITTLE ATHLETES

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

**Activity #** 5377

**When** June 13-27  
Thursdays  
1:00pm-2:00pm

**Who** Ages 4 to 7

**Where** Admin Gym

**Cost** \$15

**Deadline** June 5



## MEEKER YOUTH SOCCER

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

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

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



## MHS SPORTS CLINICS

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

### BASEBALL CLINIC

<b>Activity #</b>	<b>No pre-registration is required.</b>
<b>When</b>	May 7 Tuesday 5:30pm-7:30pm
<b>Who</b>	Grades K-8th
<b>Where</b>	Paintbrush Park Field #2
<b>Cost</b>	\$5 at the door (cash or check made out to MHS)

### SOFTBALL CLINIC

<b>Activity #</b>	<b>No pre-registration is required.</b>
<b>When</b>	June 12 Wednesday 5:30pm-7:30pm
<b>Who</b>	Grades K-8th
<b>Where</b>	Paintbrush Park Field #1
<b>Cost</b>	\$5 at the door (cash or check made out to MHS)

### VOLLEYBALL CLINIC

<b>Activity #</b>	<b>No pre-registration is required.</b>
<b>When</b>	July 10 Wednesday 8:30am-12:00pm <i>K-4th: 8:30am-9:30am</i> <i>5th-8th: 9:30am-Noon</i>
<b>Who</b>	Grades K-8th
<b>Where</b>	MHS Main Gym
<b>Cost</b>	\$5 at the door (cash or check made out to MHS)

### FOOTBALL CLINIC

<b>Activity #</b>	<b>No pre-registration is required.</b>
<b>When</b>	August 1 Thursday 10:00am-2:30pm <i>K-5th: 10:00am-11:30am</i> <i>6th-8th: 1:00pm-2:30pm</i>
<b>Who</b>	Grades K-8th
<b>Where</b>	Starbuck Stadium
<b>Cost</b>	\$5 at the door (cash or check made out to MHS)



## USA SWIM TEAM

This swim team competes in USA Swimming. It is designed for athletes with advanced and demonstrated commitment to the sport of swimming, with an emphasis on refining stroke techniques and building strength and endurance. Swimmers are expected to possess proficient stroke techniques and a strong work ethic. This group's workload will progressively increase throughout the season. Meets occur on most Saturdays and Sundays, though attendance at every meet is not required. Team suits, caps, and goggles are included in the program's cost.

**Activity #** 5389

**When** May 28-August 2  
Mondays-Thursdays  
7:30am-9:00am  
Fridays  
8:00am-9:00am

**Who** Ages 6 to 17

**Where** MRC Pool

**Cost** \$300

**Deadline** May 15

## NEW! NERF BATTLES

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

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

### 5-9 YEAR OLDS

**Activity #** 5314

**When** June 13-27  
Thursdays  
2:30pm-3:30pm

**Who** Ages 5 to 9

**Where** Admin Gym

**Cost** \$11

**Deadline** June 5

### 10-14 YEAR OLDS

**Activity #** 5315

**When** June 13-27  
Thursdays  
3:45pm-4:45pm

**Who** Ages 10 to 14

**Where** Admin Gym

**Cost** \$11

**Deadline** June 5



American Red Cross

## LEARN TO SWIM (LTS) SWIM LESSONS

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

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



### LTS LEVEL 1

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

### LTS LEVEL 2

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

### LTS LEVEL 3

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

### LTS LEVEL 4

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

### LTS LEVEL 5

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

**ACTIVITY CANCELLED SUMMER TUMBLING SPECIALTY**

## MEEKER YOUTH SOFTBALL

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

**No practice July 3.**

### 8-10 YEAR OLDS

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

### 11-13 YEAR OLDS

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

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

## MEEKER YOUTH BASEBALL

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

**No practice on July 4.**

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

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

## SUMMER CHEERLEADING

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

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

# YOUTH (6-17)

## T-BALL/COACH PITCH

This program provides friendly, instructional competition with an emphasis on baseball fundamentals. Players will have the option to hit from a tee or bat against a coach-pitched ball. The cost includes a T-shirt and a baseball hat. Games are in-house, and a game schedule will be provided at the start of the season.

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

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

## GOLF FOR KIDS

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

**Please bring water to each practice.**

**Transportation to the golf course is not provided.**

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

### LEVEL 1 (BEGINNER)

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

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

**OR**

<b>Activity #</b>	<b>5403</b>
<b>When</b>	July 9-August 1 Tuesdays & Thursdays 8:00am-9:00am
<b>Who</b>	Ages 6-18
<b>Where</b>	Meeker Golf Course
<b>Cost</b>	\$84
<b>Deadline</b>	July 3

### LEVEL 2 OR HIGHER (INTERMEDIATE)

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

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

**OR**

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

## NEW! LEGOS AT THE LIBRARY

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

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

## YOUTH COED VOLLEYBALL

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

### GRADES 3RD-4TH

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

**No practice on September 2.**

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

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

### GRADES 5TH-6TH

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

**No volleyball during BMS Estes Park Trip.**

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

# ADULT

## TOUR AND TASTE

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

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

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

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

# ACTIVE ADULT (62+)

## GEEZER GATHER

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

**Activity #** No registration is required.

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

**Who** Gents 62 & Older

**Where** MRC Lounge

**Cost** FREE

## GAME DAY

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

**Activity #** No registration is required.

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

**Who** Ladies 62 & Older

**Where** MRC Lounge

**Cost** FREE

## GROUP FITNESS

### GROUP FITNESS SESSION 1

**REGISTRATION DEADLINE:  
APRIL 24**

#### CORE YOGA

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

**Activity #** 5345

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

**Where** MRC Studio

**Instructor** Antina

**Cost** \$24

#### RAISE THE BARRE

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

**Activity #** 5347

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

**Where** MRC Studio

**Instructor** Kari Jo

**Cost** \$24

#### TOTAL BODY BLAST

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

**Activity #** 5354

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

**Where** Admin Gym

**Instructor** Megan

**Cost** \$24

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

### DROP-INS ARE WELCOME (AS SPACE ALLOWS).

\$7 FOR ADULTS (18-61).

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

### PUNCH PASSES ARE AVAILABLE AT GUEST SERVICES (10 PUNCHE

\$55 FOR ADULTS (18-61).

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





## GROUP FITNESS SESSION 2

REGISTRATION DEADLINE:  
MAY 29

### BARRE BURN

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

**Activity #** 5349

<b>When</b>	June 3-26 Mondays & Wednesdays 5:15am-6:00am	<b>Where</b>	MRC Studio	<b>Instructor</b>	Kari Jo	<b>Cost</b>	\$32
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### FRESH AIR YOGA

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

**Activity #** 5346

<b>When</b>	June 3-26 Mondays & Wednesdays 12:10pm-12:50pm	<b>Where</b>	Paintbrush Park	<b>Instructor</b>	Antina	<b>Cost</b>	\$32
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### H2O BOOTCAMP

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

**Activity #** 5350

<b>When</b>	June 4-27 Tuesdays & Thursdays 5:15am-6:00am	<b>Where</b>	MRC Pool
<b>Instructor</b>	Kris	<b>Cost</b>	\$32

### SLOW FLOW

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

**Activity #** 5352

<b>When</b>	June 4-27 Tuesdays & Thursdays 7:45am-8:30am	<b>Where</b>	MRC Pool
<b>Instructor</b>	Kris	<b>Cost</b>	\$32

### PILATES IN THE PARK

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

**Activity #** 5348

<b>When</b>	June 4-27 Tuesdays & Thursdays 12:10pm-12:50pm	<b>Where</b>	Paintbrush Park	<b>Instructor</b>	Kari Jo	<b>Cost</b>	\$32
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## GROUP FITNESS SESSION 3

REGISTRATION DEADLINE:  
JULY 3

### H2O BOOTCAMP

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

**Activity #** 5351

<b>When</b>	July 9-August 1 Tuesdays & Thursdays 5:15am-6:00am	<b>Where</b>	MRC Pool
<b>Instructor</b>	Kris	<b>Cost</b>	\$32

### SLOW FLOW

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

**Activity #** 5353

<b>When</b>	July 9-August 1 Tuesdays & Thursdays 7:45am-8:30am	<b>Where</b>	MRC Pool
<b>Instructor</b>	Kris	<b>Cost</b>	\$32

# GET OUT AND *PLAY!*



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

- Overnight parking and camping in undesignated areas (RV and tent camping information at [erbmrec.com](http://erbmrec.com))
- Littering or dumping any debris; use trash receptacles or pack it out with you
- Motorized vehicles (except for ADA equipment)
- Alcoholic beverage consumption
- Glass containers of any kind
- Hunting and the use of any firearm or projectile weapon
- Removal or disturbance of any man-made or natural feature
- Fires and fireworks
- Horses
- Off-leash dogs, pick up after your pet
- Engaging in commercial activity including solicitation without a permit
- Amplified music
- Off-trail hiking

***Park hours are sunrise to sunset.***

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

## PAVILIONS & EQUIPMENT

### **EQUIPMENT CHECK-OUT**

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

### **PAVILION RESERVATIONS**

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







101 Ute Road  
Meeker, CO 81641  
[erbmrec.com](http://erbmrec.com) | [@erbmrec](https://twitter.com/erbmrec)  
970-878-3403



*We want to hear  
from YOU!*

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

**Prefer paper?** Fill out the survey on the  
back side of this page and return to Meeker  
Recreation Center, 101 Ute Road, Meeker, CO,  
81641. Copies are also available at MRC!



*We appreciate your feedback!*