



## BATTLEMENT MESA GOLF CLUB

3930 N Battlement Pkwy  
Battlement Mesa, CO 81635  
[www.BattlementMesaGolf.com](http://www.BattlementMesaGolf.com)  
(970) 285-7274

## GRAND VALLEY RECREATION CENTER

0398 Arroyo Dr.  
Battlement Mesa, CO 81635  
[www.PBMPRD.org](http://www.PBMPRD.org)  
(970) 285-9480

## WESTERN TOWN COMMUNITY PARK

273 Sipprelle Dr.  
Battlement Mesa, CO 81635  
[programs@gvrc.net](mailto:programs@gvrc.net)  
(970) 285-9480

### Golf Club Hours

Mon-Fri 7am-6pm  
Saturday 7am-6pm  
Sunday 7am-6pm

### Rec Center Hours

Mon-Fri 5am-9pm  
Saturday 9am-5pm  
Sunday 12pm-5pm

### Swimming Pool

Mon-Fri 8am-8pm  
Saturday 10am-4:30pm  
Sunday 1pm-4:30pm

### Babysitting Hours

**New Morning Hours!**  
Mon-Fri 8:30am-12:30pm  
Mon-Fri 4:30pm-8:30pm

Mon. - Fri. 8a -10a is reserved for FITNESS SWIM & the pool complex is closed from 1p-2p for training and swim lessons.

Grand Valley Recreation Center and Garfield 16 Presents

# Trunk R Treat Street

**FREE EVENT FOR ALL**

**October 31**  
at 80E 5pm-7pm

0741 Tamarisk Trail

**Trunk R Treat and Trick R Treat Street - Fire Pits to Warm up - Free Hot Dogs - Costume Parade - Dress as Storybook Character - Free Book per child (until they run out)**

If you are interested in being a trunk please contact Shawnee or Stephanie at the Grand Valley Recreation Center 970.285.9480



## Buck Fever Fun Run

Prices:

- \$15 Adult
- \$10 Youth
- \$10 Senior
- \$40 family of 4 (additional \$5 per person)

Registration at [pbmprd.org](http://pbmprd.org)

**October 21st, 2023**  
Check in 7:30 Am  
Race starts 9:00 Am

Men's and Women's:  
Youth (5-17 yrs)  
Adult (18-54 yrs)  
Senior (55-100 yrs) categories

**Vendors, Games, T-shirts, Prizes and More**

Come join the stampede with us at the GV Rec Center!

Brought to you by:

# Please watch out for court closures in October

PARACHUTE/BATTLEMENT MESA PARK AND RECREATION DISTRICT PRESENTS THE

# 40th Annual Craft Fair

**November 18th**  
**Grand Valley High School**



## Junior and Youth Basketball

**Junior**  
Pre-K & Kindergarten  
\$30

**Youth**  
1st/2nd  
\$30

Registration opens  
September 6th  
Season starts end of October



# GERI-FIT®

Strength Training Workout for Older Adults

**Get Fit**

**Geri-Fit® Lifestyle Change Program Helps...**

- ✓ Increase Muscular Strength
- ✓ Enhance Flexibility and Gait
- ✓ Improve Balance and Coordination
- ✓ Lessen Arthritic Conditions
- ✓ Boost Motor Skills and Reaction Time
- ✓ Manage Chronic Disease

Geri-Fit® is a 45-minute video-led strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more.

There's no dancing, aerobics, or choreography to learn and you never have to get on the floor. Enrollment is open to older adults of all ages and fitness levels... simply work out at your own pace!

Bring a set of 2 or 3-pound dumbbells, a stretch band, and water to drink.



**All are welcomed to come join this class with Cora**

WHERE: Grand Valley Rec Center Flex Room 1

WHEN: 9:00 Am

DATES Starting October 12th Every Thursday



## 2023-2024 DANCE AND TUMBLING SCHEDULE with Miss Shandice

**DANCE CLASSES**  
TUESDAYS, SEPTEMBER 5TH - MAY 14TH

3-4 COMBO CLASS  
4:15 - 5:00 PM

5-6 COMBO CLASS  
5:00 - 6:00 PM

7-9 COMBO CLASS  
6:00 - 7:00 PM

**BALLET & TAP** \$40 PER MONTH

**TUMBLING CLASSES**  
THURSDAYS, SEPTEMBER 7TH - MAY 16TH

3-4 TUMBLING  
4:30 - 5:15 PM

5-6 TUMBLING  
5:30 - 6:30 PM

\$30 PER MONTH

### GRAND VALLEY HIKERS CLUB

The Grand Valley Hikers Club meets every Thursday on the 3rd level of the Grand Valley Recreation Center parking lot at 8:15am for a 8:30am departure. We hike trails throughout the Grand Valley, anywhere from 4 to 7 miles, although the norm is around 4.5 to 5.5 miles.

Transportation to the trailheads is by carpool, with each rider paying a pre-set amount to the driver. (Varies according to the destination.) We are always looking for new members. Bring water, lunch, hat, sunscreen, insect repellent, a basic first aid kit, and rain gear. Be prepared for possible foul weather as it can change quickly. Good hiking boots are highly recommended.

Hiking/trekking poles are optional. For further information, contact Tom Noel (tpnoel3@gmail.com)

Hiking places are in **RED** on the month schedule

## Massage Therapy

October 13th  
October 27th

WHERE: Grand Valley Recreation Center

30min \$45  
60min \$90  
90min \$120

3pm-8pm

Schedule with Jennifer  
(720) 842 9323

### SPECIAL FREE FITNESS CLASSES

- ★ Silversneakers
- ★ Active & Fit
- ★ Healthy Contributions
- ★ ALL INDIVIDUALS

★ For these fitness classes below



**Monday** — WaterPower 9:00 AM ● Dance2BFit 9:00 AM

**Tuesday** — Laugh & Splash 9:00 AM ● Evening water aerobics 6:00 PM ● ★ Boom Muscle 9:00 AM

**Wednesday** — ★ Boom Splash 9:00 AM ● Dance2BFit 9:00 AM ● Flow Yoga 5:15 PM

**Thursday** — Laugh & Splash 9:00 AM ● Evening water aerobics 6:00 PM

**Friday** — ★ Boom Muscle 9:00 AM

**Saturday** — Flow Yoga 9:30 AM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Battlement Reservoir USA Boxing 7:15 PM \$30 per class	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> Adult Pick Up Basketball	<b>12</b> Monument Canyon USA Boxing 7:15 PM \$30 per class	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> USA Boxing 7:15 PM \$30 per class	<b>17</b>	<b>18</b> Adult Pick Up Basketball	<b>19</b> Otto's Bathtub USA Boxing 7:15 PM \$30 per class	<b>20</b>	<b>21</b> Buck Fever 5K 
<b>22</b>	<b>23</b> USA Boxing 7:15 PM \$30 per class	<b>24</b>	<b>25</b> Adult Pick Up Basketball	<b>26</b> Devils Canyon USA Boxing 7:15 PM \$30 per class	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b> USA Boxing 7:15 PM \$30 per class	<b>31</b> Trunk R Treat Halloween 				

