



**BATLEMENT 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

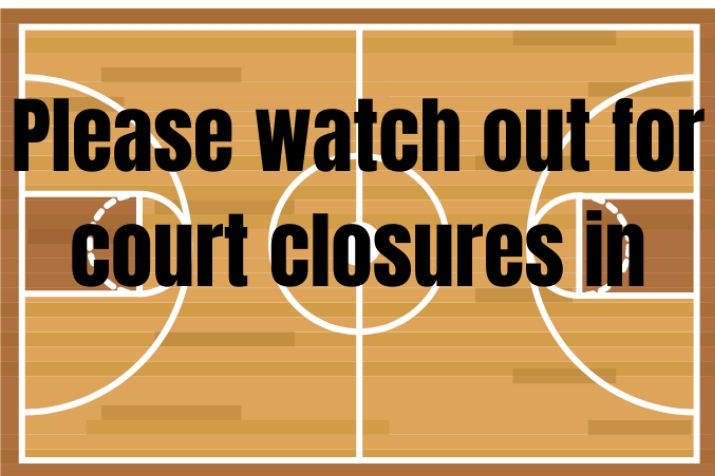
**Swimming Pool**

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.



PARACHUTE/BATLEMENT MESA PARK AND RECREATION DISTRICT PRESENTS THE

**40th Annual Craft Fair**

The Western Slopes Largest And Best Christmas Arts And Craft Fair!!

**NOVEMBER 18, 2023 -9 AM TO 4PM**  
**GRAND VALLEY HIGH SCHOOL**  
**800 CARDINAL WAY**  
**PARCHUTE, CO 81635**

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

**WE'RE WORTH THE DRIVE**  
**ONE DAY ONLY! FREE ADMITTANCE**



**We will be hosting a field trip for Graham Mesa Elementary School on November 9th from 9am-2pm**







## CRAFT NIGHT

COME JOIN US AND CREATE A PUMPKIN WREATH AT THE GRAND VALLEY REC CENTER.

**NOVEMBER 13TH AT 6:00 PM**

\$10 PER PERSON MUST PRE-REGISTER WITH THE REC CENTER BY NOVEMBER 5, 2023



970-285-9480



## GERI-FIT®

Strength Training Workout for Older Adults

**Get Fit**

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

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

## Cross Country Skiing & Snowshoeing

On Thursday, Nov. 30th we will kick off the winter season for the Battlement Mesa Hiking Group, meaning that we cross country ski or snowshoe. We meet at 8:45 in the third level of the Rec Center parking lot and depart for Grand Mesa at 9:00. Travel is by carpool with the rider share being \$8.00. We ski or snowshoe the Grand Mesa Nordic Council groomed trails at either Skyway or Countyline trailheads, until 12:00 or 12:30, then go to lunch, returning to Battlement around 2:30 or so. Join us beginning Thursday, Nov. 30th

For further information, contact Tom Noel at [tpnoel3@gmail.com](mailto:tpnoel3@gmail.com)

★ GRAND VALLEY REC CENTER ★

## BASKETBALL SEASON

FOR BOYS GRADES 3RD-6TH

Registration opens NOVEMBER 6TH

LOOKING FOR COACHES AND ASSISTANT COACHES

SEASON STARTS JANUARY 2024

REGISTRATION \$75 PER PLAYER

FOR MORE INFORMATION: [GVRCSPORTS&PBMPRD.ORG](http://GVRCSPORTS&PBMPRD.ORG)

### SPECIAL FREE FITNESS CLASSES

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

★ For these fitness classes below

## Winter Swim Lessons

Preschool 3-5 yrs  
Mon/Wed 10am-11:15am  
Jan 8th-31st \$50.00

Saturday Lessons  
Level 2 & 4  
10am-11am  
Jan 6th- Feb 24th  
8 Classes for \$50.00

Parent Tot 6mo-3yrs  
Tues/Thurs 10:30am-11:00am  
Feb 6th-29th \$45.00

**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>  USA Boxing 7:15 PM \$30 per class	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>  Adult Pick Up Basketball	<b>9</b>  USA Boxing 7:15 PM \$30 per class	<b>10</b>	<b>11</b>   Veterans Day Brunch 10am-11am
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>  Adult Pick Up Basketball	<b>16</b>  USA Boxing 7:15 PM \$30 per class	<b>17</b>	<b>18</b>   Annual Craft Fair 9am-4pm
<b>19</b>	<b>20</b>  USA Boxing 7:15 PM \$30 per class	<b>21</b>	<b>22</b>  GVRC Closes at 2pm  Adult Pick Up Basketball	<b>23</b>   GVRC Closed All Day	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>  USA Boxing 7:15 PM \$30 per class	<b>28</b>	<b>29</b>	<b>30</b>		



HELLO NOVEMBER!