



BATTLEMENT MESA GOLF CLUB

3930 N Battlement Pkwy
Battlement Mesa, CO 81635
www.BattlementMesaGolf.com
(970) 285-7274

GRAND VALLEY RECREATION CENTER

0398 Arroyo Dr.
Battlement Mesa, CO 81635
www.PBMPRD.org
(970) 285-9480

WESTERN TOWN COMMUNITY PARK

273 Sipprelle Dr.
Battlement Mesa, CO 81635
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.

Holiday Closures

SUNDAY DECEMBER 17 - CLOSED ALL DAY

SUNDAY DECEMBER 24 (CHRISTMAS EVE) - CLOSED ALL DAY

MONDAY DECEMBER 25 (CHRISTMAS DAY) - CLOSED ALL DAY

SUNDAY DECEMBER 31 (NEW YEARS EVE) - OPEN REGULAR HOURS

MONDAY JANUARY 1 (NEW YEARS DAY) - CLOSED ALL DAY

BREAKFAST WITH SANTA

December 16, 2023

9:00 - 11:00
\$5 per person

Please pre-register
Call 970-285-9480

Pancakes and Sausage



Parachute Library Story time



Pancake Topping Bar



Hot Chocolate Bar



Crafts
RHP PROPERTIES, INC

Cookie Decorating
Shommy's



Thank you to all our sponsors



2024 Rates

	Monthly	Annual	Day Pass	Punch Pass
Youth	In-District \$18	In-District \$180	\$9	\$45 For 6 Punches
	Out-of-District \$24	Out-of-District \$240		
Adult	In-District \$25	In-District \$250	\$14	\$70 For 6 Punches
	Out-of-District \$35	Out-of-District \$350		
Adult Dual	In-District \$45	In-District \$450		
	Out-of-District \$59	Out-of-District \$590		
Family of Four	In-District \$67	In-District \$670		
	Out-of-District \$79	Out-of-District \$790		

Annual Membership Rate can be paid off in Four Consecutive payments.
In-District = Proof you Live Within the Parachute/Battlement Mesa Park and Recreation Taxation Boundaries

FREE

House decorating contest.
Show off your Christmas spirit!
We will have prizes for 1st, 2nd, 3rd place.
Sign up at the rec center
DEADLINE 12/15
Judging 12/18





MEDICARE 101

TUESDAY JANUARY 9TH | 5PM - 6PM

LOCATION: GRAND VALLEY RECREATION CENTER

Aurora McCarroll of Passage Insurance will present an introduction to Medicare ABCs for members and friends of Grand Valley Rec Center. During this one-hour talk, Medicare parts A,B,C & D and Medicare Supplements will be reviewed. A sample plan will be presented to explain how the options work together. This presentation is for anyone turning 65 years old, retiring and coming off group health insurance, or interested in finding out if you can save money by going on to Medicare while still working.

Cost: Free
 Registration: No registration required, just show up
 Refreshments Provided



GERI-FIT® Lifestyle Change Program Helps... Get Fit

Ger-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

Ger-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 \$40 PER MONTH

5-6 COMBO CLASS 5:00 - 6:00 PM \$40 PER MONTH

7-9 COMBO CLASS 6:00 - 7:00 PM \$40 PER MONTH

TUMBLING CLASSES
 THURSDAYS, SEPTEMBER 7TH - MAY 16TH

3-4 TUMBLING 4:30 - 5:15 PM \$30 PER MONTH

5-6 TUMBLING 5:30 - 6:30 PM \$30 PER MONTH

Cross Country Skiing & Snowshoeing

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.

For further information, contact Tom Noel at tpnoel3@gmail.com

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

Fitness Classes 2024 Rates

\$52.00 pack of 8
 \$7.00 single ticket

See next page for classes

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

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 ● Geri-fit 9:00 AM

Friday — ★ Boom Muscle 9:00 AM

Saturday — Flow Yoga 9:30 AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 USA Boxing 7:15 PM \$30 per class	5	6 Adult Pick Up Basketball	7	8 USA Boxing 7:15 PM \$30 per class	9
10	11 USA Boxing 7:15 PM \$30 per class	12	13 Adult Pick Up Basketball	14	15 USA Boxing 7:15 PM \$30 per class	16
17 Closed All Day	18 USA Boxing 7:15 PM \$30 per class	19	20 Adult Pick Up Basketball	21	22 USA Boxing 7:15 PM \$30 per class	23
24 <i>Christmas Eve</i> Closed All Day	25 <i>MERRY CHRISTMAS</i> Closed All Day	26	27	28	29	30
31				USA Boxing 7:15 PM \$30 per class		

