

# FRUITA

# PARKS & RECREATION

## FRUITA COMMUNITY CENTER

324 N. Coulson St, Fruita, CO 81521

970-858-0360

[www.fruita.org/parksrec](http://www.fruita.org/parksrec)



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2016



# FRUITA RECREATION FACILITIES

## HOURS OF OPERATION

MON-FRI  
6:00 AM- 9:00 PM

SATURDAY  
7:00 AM- 8:00 PM

SUNDAY  
NOON - 6:00 PM

## INDOOR POOL HOURS

MON-FRI  
6:00 AM- 8:30 PM

SATURDAY  
7:00 AM- 7:30 PM

SUNDAY  
NOON - 5:30 PM

\*Please see aquatics schedule for open swim, lap swim, and open features times.

## REC CENTER AMENITIES

- LIBRARY
- MEETING ROOMS
- SENIOR CENTER
- GYMNASIUM
- RUNNING TRACK
- LOCKER ROOMS
- POOL PARTY ROOM
- FITNESS AREA- FREE WEIGHTS, SELECTORIZED WEIGHTS, CARDIO
- FITNESS AEROBICS ROOM
- INDOOR PLAYGROUND
- OUTDOOR POOL
- INDOOR POOL- 5 LAP LANES, LEISURE POOL, SPA, DROP SLIDE, CLIMBING WALL, DIVING BOARD, TOT AREA, LAZY RIVER



## Fruita Community Center

324 N. Coulson St. Fruita CO 81521

## Fruita Civic Center

325 East Aspen St. Fruita CO 81521

### Stop by the Community Center and register in person for activities!

Have the Activity Number available and come by during business hours.

### Register for activities online at [www.fruita.org](http://www.fruita.org)!

Just click on the "City Recreation" link then click "Online Registration."

Online Registration requires a valid credit card.

Or call 858-0360 to register by phone.

### Please note:

A registration waiver is required for all activities.

Checks, MasterCard, Visa, Discover, and American Express accepted.

*This guide is provided by the Fruita Parks and Recreation Department. Published three times yearly, the guide is designed to provide information on programs and activities sponsored by or available through the City of Fruita Parks and Recreation Department. The information in this guide is presumed correct. However, dates, fees and other information is subject to change and we cannot be held responsible for errors or omissions in the guide. Unless otherwise noted, all content in this guide is ©City of Fruita, Colorado.*

REGISTRATION &  
INFORMATION:  
858-0360

RAIN OUT:  
639-4206



The City of Fruita offers accessible accommodations to patrons with ADA requirements. Please notify parks and recreation staff if you are in need of assistance.

## FRUITA PARKS AND RECREATION MISSION STATEMENT

To provide a comprehensive system of quality open space, parks, recreation facilities and trails while efficiently and responsively offering programs, activities, and events that enhance the quality of life of citizens and visitors on social, mental, and physical levels.

## FRUITA PARKS AND RECREATION VISION

To be the *Best in the West* by offering safe facilities, Fruita Community-like programs and engaging activities that the Fruita Community wants through our trained and trusted staff.

## CULTURE/VALUE STATEMENTS

Build Relationships, Share the Positive, Accept the Challenge, Act with Integrity, Lead with Humility, and Inspire Success.



**FRUITA COMMUNITY CENTER PASS RATES**

DAILY ADMISSION	PASS RATE/RESIDENT DISCOUNT
Child (3-9) **	\$3.00
Youth (10-17)	\$4.00
Adult (18-64)	\$6.00
Senior (65+)	\$5.00

20 PUNCH PASS	PASS RATE	RESIDENT DISCOUNT
Child (3-9) **	\$57.00	\$54.00
Youth (10-17)	\$76.00	\$72.00
Adult (18-64)	\$114.00	\$108.00
Senior (65+)	\$95.00	\$90.00

3 MONTH PASS	PASS RATE	RESIDENT DISCOUNT
Child (3-9) **	\$48.75	\$45.00
Youth (10-17)	\$64.98	\$60.00
Adult (18-64)	\$97.50	\$90.00
Adult Couple / Buddy	\$146.25	\$135.00
Senior (65+)	\$81.25	\$75.00
Senior Couple / Buddy (65+)	\$122.00	\$112.50
Family (3 members)	\$162.50	\$150.00
Family (4 members)	\$175.00	\$161.25
Family (5 members)	\$187.50	\$172.50

ANNUAL/MONTHLY PASS	PASS RATE	RESIDENT DISCOUNT
Child (3-9) **	\$195.00/\$16.25 mo	\$180.00/ \$15.00 mo
Youth (10-17)	\$260.00/ \$21.66 mo	\$240.00/ \$20.00 mo
Adult (18-64)	\$390.00/ \$32.50 mo	\$360.00/ \$30.00 mo
Adult Couple / Buddy	\$585.00/ \$48.75 mo	\$540.00/ \$45.00 mo
Senior (65+)	\$325.00/ \$27.08 mo	\$300.00/ \$25.00 mo
Senior Couple / Buddy (65+)	\$487.50/ \$40.62 mo	\$450.00/ \$37.50 mo
Family (3 members)	\$650.00/ \$54.17 mo	\$600.00/ \$50.00 mo
Family (4 members)	\$700.00/ \$58.33 mo	\$645.00/ \$53.75 mo
Family (5 members)	\$750.00/ \$62.50 mo	\$690.00/ \$57.50 mo

- Fees are subject to change.
- \*\*Adult passes must be purchased with child passes.
- Family passes can have no more than 2 adults (18+).
- No changes to the number of members can be made to a 3 month pass once it is purchased.
- 3 credit card declines on annual pass will result in no longer using installment billing as a payment.

**HOLIDAY CLOSURES**

- CLOSED Thanksgiving Day**  
November 24
- CLOSED Christmas Eve**  
at 5:00 PM
- CLOSED Christmas Day**  
December 25
- CLOSED New Year's Eve**  
at 5:00 PM
- CLOSED New Year's Day**  
January 1

**MAINTENANCE WEEK**

Sept 12-Sept 18  
The Fruita Community Center will be closed for Maintenance Week September 12 through September 18.

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## RESIDENT DISCOUNT

While all individuals who shop locally in Fruita will equally pay the 1% sales tax that supports the Center, those who live inside Fruita City Limits are also assessed a 1% use tax on vehicle purchases and building materials for new home construction and remodels. In addition, Fruita residents pay higher sales tax on their utility bills. The resident discount is intended to offset the additional taxes that Fruita residents pay. Please remember sales and use taxes are not assessed on gas, groceries, or prescription medicine purchases.

## PROOF OF RESIDENCY

Resident rates apply to those who reside within the City of Fruita. Proof of residency includes one of the following: current lease agreement or trash/sewer bill. Proof of residency must be shown with the purchase of any pass. Resident discounts are only available on pass/punch card purchases.

## FAMILY PASSES

A family consists of two members of an immediate family over the age of 18 and children under the age of 18 living in the same household/residence.

## COUPLE PASSES

A couple consists of two adults/seniors or any combination of adult/senior and child/youth living in the same household/residence forming a family unit.

## BUDDY PASS

Don't live in the same household? Get a buddy pass. A buddy pass consists of any combination of adult/senior paired with another adult/senior/youth/child.

## ANNUAL PASS PAYMENT OPTIONS

Customers have the option of paying monthly through electronic funds transfer/auto debit or in full. The Fruita Parks and Recreation Department accepts Visa, MasterCard, Discover, and American Express. Checks are also accepted.

## VETERANS ASSISTANCE PROGRAM

The American Legion Post 2006 Veterans Assistance Program is designed to aid Veterans in the community who are in need of financial assistance in order to participate in using the recreation facilities at the Fruita Community Center. Applications are available at the Fruita Community Center. Complete instructions are included on the application form.

## AGE POLICY

### FRUITA COMMUNITY CENTER AGE POLICY

All children under the age of 10 must be accompanied by a guardian (16 and older) at all times. Youth under 14 are not allowed upstairs in the fitness area. Youth 14-16 must complete a fitness orientation prior to using equipment. Youth 10-13 are allowed on the running track with an adult 16 years or older. Children 6 and under must have an adult in water to swim.

## RECRATS CHILDCARE

Childcare is available for \$3.00 per hour per child, or 20hr/40hr punch cards can be purchased for \$1.00 per hour. There are no refunds given for unused punch passes and they expire 1 year from date of purchase. Parents are required to stay in the facility while their child is in childcare. Childcare is limited to 2 hours per day per child. There is a maximum capacity of 10 children in the childcare room.

## RECRATS CHILDCARE HOURS

Monday—Friday 8:00am-1:00pm  
Monday—Thursday 4:00pm-8:00pm  
Saturday—8:00am-12:00pm  
Sunday—Closed

*\* Hours are subject to change*



## LOCKERS/LOCKS

Lockers are available at no charge. Please bring your own lock with you to use in our locker rooms. A limited supply of locks will be available for purchase at the front desk. Locks are available for rental at the front desk. Locks and contents stored must be removed daily. Locks not removed on a daily basis will be cut off. The Community Center will not replace cut locks.

## GYMNASIUM HOURS

The Fruita Community Center gymnasium is available for drop in during regular business hours. Hours for volleyball, adult basketball, and pickle ball drop in use are listed below.

*\*Please note that all or part of the gymnasium may be used for special events and other programs.*

## VOLLEYBALL DROP IN – ½ COURT

Sundays - 12:00pm-4:00pm

## ADULT BASKETBALL DROP IN – ½ COURT

Monday- Friday 12:00pm- 2:00pm  
Saturday – 7:00am-10:00am

## PICKLE BALL DROP IN – ½ COURT

Mondays - 9:00am-11:00am  
Tuesdays - 11:00am-2:00pm  
Thursdays- 9:00am-11:00am





**MEETING ROOMS**

The Fruita Community Center Meeting Room is 1860 square feet and is finished with wood flooring. The meeting room can be partitioned into three separate rooms. Individual rooms, as well as the entire meeting room, are available for rental. The outside patio is included in each rental (in the area of the room rented). Capacity for the Meeting Room is 93 persons.

ROOM	RENTAL RATE	REFUNDABLE DEPOSIT
Cherry	\$30.00/ hr	\$50.00 / \$100 w/alcohol
Peach	\$30.00/ hr	\$50.00 / \$100 w/alcohol
Plum	\$30.00/ hr	\$50.00 / \$100 w/alcohol
Full MTG Room	\$90.00/ hr	\$100.00 / \$200 w/alcohol
Kitchen	\$30.00/ hr	\$50.00

*\*Non-profit rates available for meeting room rentals.*

**GYMNASIUM AND OTHER FACILITY RENTALS**

The gymnasium, as well as the indoor and outdoor pool, is available for rental. Rentals for these areas must be after regular business hours and should be coordinated with the Guest Services Supervisor. For additional information please contact 970-858-0360.

*\*\*The gymnasium is not available for team rentals during normal business hours.*

**POOL PARTY ROOM AND OUTDOOR SHELTERS**

The Fruita Community Center Pool Party Room is located next to the Indoor Pool. The party room is available for rental during normal aquatic hours. Rentals include 10 child/youth passes and 2 adult passes to the pool. Each additional person will receive a 2 dollar discount off of the daily entry fee. The Pool Party Room is only available for 2 hour rentals (minimum). Capacity for the Pool Party Room is 28 persons.

Outdoor shelters are available for rentals during regular seasonal aquatic hours. There are two south shelters and one north shelter.

ROOM	RENTAL RATE	REFUNDABLE DEPOSIT
Pool Party Room	\$90.00 / 2 hours	\$50.00
Outdoor Shelters	\$20.00 / hour	none

**PARKS RENTALS**

Parks and park shelters are available for rental. There is a \$25.00 charge for park shelter rentals for two hours. Each additional hour is \$10.00. Full park rentals or parties of significant numbers require a special events permit. For more information please call 970-858-0360.

**Parks & Recreation Staff - Fruita Community Center 858-0360**

Parks & Recreation Director .....	Ture Nycum .....	x6400 .....	tnycum@fruita.org
Recreation Superintendent .....	Tom Casal .....	x6405 .....	tcasal@fruita.org
Recreation Supervisor -Athletics.....	Bree Hare.....	x6406 .....	bhare@fruita.org
Recreation Supervisor - Aquatics.....	Jeff Burkhart.....	x6403.....	jburkhart@fruita.org
Recreation Supervisor- Special Events/Activities.....	Angie Ballegeer.....	x6407 .....	aballegeer@fruita.org
Recreation Supervisor - Seniors.....	Jacqui Foster.....	x6408 .....	jfoster@fruita.org
Recreation Supervisor - Guest Services .....	Nicole MacDonald .....	x6402 .....	nmacdonald@fruita.org
Parks Crew Leader .....	Art Shires .....	x6509 .....	ashires@fruita.org
Administrative Technician .....	Roxie McConnell.....	x6431 .....	rmccconnell@fruita.org
Fitness Coordinator .....	Cheri Delaney .....	x6425.....	cdelaney@fruita.org
Building Maintenance Coordinator .....	Eric Ahlberg .....	x6429 .....	eahlberg@fruita.org
Facility Coordinator .....	Cyle Bilger .....	x6426 .....	cbilger@fruita.org

City of Fruita	Address/Location	Total Acres	Developed Acres	Miles of Trail	Drinking Fountains	Baseball Field	Softball Field	Multi-Use Field - Turf	Basketball Court	Tennis Court	Volleyball	Walking Path/ Paved Trail	Tot Lot	Playground	Picnic Tables	Pavilion/ Picnic Shelter	Natural Environment	Rest Rooms/ San-o-lets	Barbecues	Horseshoes	Off-street Parking	Amphitheater	Disc Golf		
<b>PARKS (Pocket Parks, Neighborhood Parks, Community Parks, Special Purpose Parks, and Open Space/Natural Corridor Parks)</b>																									
Circle	Downtown Fruita	.80	.80		X																				
Rotary Triangle	103 S. Coulson St.	.40	.40																						
Dan Williams/ Roberson	280 W. Roberson	1.52	1.52																						
Reed Park	250 S. Elm St.	3.30	3.30		X			X	X											X					
Prospector Park	725 Galena Dr.	2.40	2.40					X												X	X				
Olga Anson Park	Visa Valley Dr.	7.00	7.00																	X					
Heritage Park	210 I-7 - Frontage Rd.	3.50	3.50		X			X	X											X					
Fruita Bike Park	280 Clements Way	2.40	2.40		X								X	X	X	X	X	X	X	X					
Little Salt Wash Park	651 N. Pine St.	23	18.00	.85	X	X	X	X				X	X	X	X	X	X	X	X	X				X	
Chive Center Memorial Park	Downtown Fruita	1.30	1.30																	X				X	
Ort/ Raptor State Park	Next to FCC	4.47	4.47		X																				
Tennis Courts at Fruita 8/9 School	Next to Fruita 8/9 School					X				X															
Snooks Bottom Open Space	South of Colorado River																			X					
Mountain Lakes	South of Glade Park																			X					
Little Salt Wash Greenway	Along Little Salt Wash			.85																X					
Big Salt Wash Greenway	Along Big Salt Wash			.83																X				X	
Fruita Riverfront Park	South of Colorado River		26.00																					X	
<b>TRAILS AND TRAILHEADS</b>																									
Big Salt Wash Trail	Ortley and Hwy 6850																			X					
US 6850	North Side of Hwy 6850																			X					
SH 340	East Side of Hwy 340																			X					
Riverfront Trail	South Side of I-70																			X					
Snooks Bottom	In Snooks Bottom Open Space																			X					
Little Salt Wash Park Trail	With-in Little Salt Wash Park																			X					
Sycamore Trail	Connects Rabor to Columbine at Sycamore																			X					
Fremont Trail	Connects Wildcat to Ortley at Fremont																								
Little Salt Wash Trail	Along Little Salt Wash																			X					
I-3 Road	Connects Wildcat to Pine																			X					
Village at Country Creek	Along I5W, East of Village at Country Creek																			X					



SNOOKS BOTTOM OPEN SPACE



LITTLE SALT WASH PARK

## Enjoy Your Parks, Open Space, and Trails System in FRUITA!

Visit one of Fruita's Parks this fall. Each park has its own look, feel, and amenities. Whether playing at a playground, throwing a baseball as a family, or having a picnic, one of Fruita's parks will have the amenity you are looking for. Use the adjacent chart to determine which park setting will meet your needs.

Park shelters are available for rent at Reed Park, Little Salt Wash Park, Heritage Park, and the new Fruita Bike Park. Shelter reservations are \$25 for two hours and \$10 for each additional hour. Please reserve your shelter to ensure you have it for the time you want.

Field rentals for baseball, softball, football, or soccer are also available at Little Salt Wash Park.

There is a rental fee associated with your field reservation. Please contact Fruita Parks and Recreation at 858-0360 or stop by the Fruita Community Center if you have questions and/or to reserve your park shelter or field.

With almost 10 miles of hard and soft surface trails you will find a place to take a run or simply go on a walk. There are trails that connect our neighborhoods together, like the new Fremont Trail. And Fruita has trails where you can enjoy nature and view wildlife, such as the trail around Snooks Bottom Lake.

Parks, Trails and Open Space areas are typically open from dawn to dusk unless otherwise posted.

Remember to be kind and pick up after your dog. Each park features a doggie waste bag station for your convenience.



FRUITA BIKE PARK



HERITAGE PARK

**CO-ED REC VOLLEYBALL**

**LOCATION: Fruita Community Center**

**LOWER REC:** This division is designed for those players that are out to have a good time and enjoy healthy competition in a relaxed atmosphere. This league will have beginner to intermediate participants.

**UPPER REC:** This division is designed for those players that like the competitive aspect of the sport. This league will have intermediate to more advanced participants.

Players must be at least 18 years of age to participate. Divisions will be combined if needed. Teams will be responsible for calling their own games. City of Fruita will provide supervisors and score keepers. Team registration only!

Volleyball games will be held at the FCC on Sunday evenings. Season begins September 25, 2016.

Registration Deadline: September 11, 2016 at 6:00 PM.

ACT #	DAY	SESSION	AGE	TIME	FEE
325400 LOWER	Sunday	09/25-11/20	18+	Afternoons/ Evenings	\$190 Team
325401 UPPER	Sunday	09/25-11/20	18+	Afternoons/ Evenings	\$190 Team

**ADULT TAP DANCE**

**LOCATION: Fruita Community Center**

Enjoy a great workout! Work on your dancing skills with Tap instructor Chris Bonelli. Adult Tap class will be from 10:00-11:00 AM and Beginner Tap will be from 11:00-12:00 PM.

*\*Tap shoes are required.*

*\*No classes held on Sept 17 for Maintenance Week.*

ACT #	DAY	SESSION	AGE	TIME	FEE
455702	Sat	09/03-09/24	18+	10:00-12:00 PM	\$25.00
455702	Sat	10/01-10/29	18+	10:00-12:00 PM	\$25.00
455702	Sat	11/05-11/26	18+	10:00-12:00 PM	\$25.00
455702	Sat	12/03-12/31	18+	10:00-12:00 PM	\$25.00

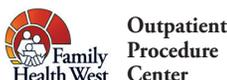


*We take care of all of you.*

From your head to your toes, for your insides and your outsides, through every stage of every life, we're here to take care of all of you.



**Family Health West**



No one cares for you like Family.

300 West Ottley Avenue • Fruita, Colorado 81521 • 970.858.3900 • fhw.org

## WATER AEROBIC CLASSES

Fees for water aerobic classes are general admission + \$1.00 per class. You can also take advantage of the unlimited class pass, which is only \$10/month. This pass is good for all drop-in water aerobic and fitness classes. This class pass does not include admission to the facility. Stop at the front desk to sign the class roster, pay the class fee, and receive a token for admission to the class. Please turn in your token to the instructor.

\*All classes and times are subject to change.



### AEROBIC WAVES

Join us in the pool for one of the best low-impact, high-energy aerobic fitness classes available! This cross-training and total body water class provides a great cardiovascular workout, increased flexibility, and enhanced strength without the stress on your joints. Water provides resistance to every movement while it assists your circulatory system and cools you. Whether you are an experienced swimmer or not, fit or getting into shape, you will enjoy the benefits of water exercise. Deep water adjustment skills with or without flotation equipment may be necessary.

\*Equipment provided.

### POWER WAVES

Do you enjoy a high intensity cross training workout? This non-impact workout will take you to the depths of your fitness training! Focus is on cardiovascular and strength training using various equipment and movements. Basic deep water adjustment skills are necessary for participation.

### PLATINUM SPLASHERS

Are you looking for a little variety in life? Slow the effects of aging with a unique water class specifically designed for those "Platinum Splashers" in the community. While exercising with friends, add life to your years and years to your life! Swimming skills are not necessary to enjoy the benefits of this class. Silver Sneakers membership applies, but is not required.

### SPLASH I

This low impact water workout uses the resistance of the water to increase intensity and the buoyancy to reduce the impact on your joints. This shallow water class will use a variety of equipment, including noodles, to give you an overall workout without pushing you over the limit.

### SPLASH II

This high impact shallow water workout is designed to give you a great cardiovascular workout using the resistance of the water to increase intensity and the buoyancy to reduce the impact on your joints. A variety of moves and equipment is used to give you the maximum benefits of this class, including resistance bands. This class will give you a little taste of water kickboxing, too!

### EXPRESS BREATH

You will get it all with this class! Some cardiovascular and core conditioning, muscle toning, and much more while focusing on proper breathing technique. Some deep water exercises may be included in this class.

### STRETCH & STRENGTHEN

Learn to challenge stability and increase core strength and flexibility. Pilates principles will be implemented and adapted for the water.

### DEEP WATER JOGGING

Splash into your next workout! Water jogging has all the benefits of land, but without the pounding on your joints. Water gives you balance and buoyancy that land cannot. Jump into the pool to get a great low-impact workout, available during most times. See a Pool Manager for more information. Jogging belts are available.



### WATER YOGA

This therapy pool class is designed to integrate slow, fluid movements along with standing poses. Water Yoga will improve flexibility, balance, strength, posture, and breathing that will calm your mind and promote relaxation and healing. Water's natural buoyance and hydrostatic pressure supports the body in all directions, making this class accessible for everyone.

# INDOOR POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Pool</b>							
Lap Swim (4-5 lanes)	6:00 am-8:25 am	6:00 am-8:25 am	6:00 am-8:25 am	6:00 am-8:25 am	6:00 am-8:25 am	7:00 am-8:55 am	Limited lap swim
Lap Pool Open Swim	12:30 pm-5:30 pm 6:30 pm-8:30 pm	12:30 pm-5:30 pm 6:30 pm-8:30 pm	12:30 pm-5:30 pm 6:30 pm-8:30 pm	12:30 pm-5:30 pm 6:30 pm-8:30 pm	12:30 pm-5:30 pm 6:30 pm-8:30 pm	9:00 am-7:30 pm	12:00-5:30 pm
Youth Swim Conditioning*		6:30-8:30 pm (2-4 lanes)		6:30-8:30 pm (2-4 lanes)			
<b>Leisure Pool</b>							
Open Swim	6:00 am-8:30 pm	6:00 am-8:30 pm	6:00 am-8:30 pm	6:00 am-8:30 pm	6:00 am-8:30 pm	7:00 am-7:30 pm	12:00 pm-5:30 pm
Swimming Lessons (1/2 pool closed)	8:30-12:00 pm	5:00-7:00 pm	8:30-12:00 pm	5:00-7:00 pm		9:00-11:30 am	
<b>Features</b>							
Diving Board	1:00-2:00 pm 3:00-4:00 pm 5:00-5:30 pm 6:30-7:00 pm	2:00-3:00 pm 4:00-5:00 pm	1:00-2:00 pm 3:00-4:00 pm 5:00-5:30 pm 6:30-7:00 pm	2:00-3:00 pm 4:00-5:00 pm	1:00-2:00 pm 3:00-4:00 pm 5:00-6:00 pm 7:00-8:00 pm	12:00-1:00 pm 2:00-3:00 pm 4:00-5:00 pm 6:00-7:30 pm	1:00-2:00 pm 3:00-4:00 pm 5:00-5:30 pm
Water Slide	2:00-3:00 pm 4:00-5:00 pm 7:00-7:30 pm	1:00-2:00 pm 3:00-4:00 pm	2:00-3:00 pm 4:00-5:00 pm 7:00-7:30 pm	1:00-2:00 pm 3:00-3:45 pm	2:00-3:00 pm 4:00-5:00 pm 6:00-7:00 pm	1:00-2:00 pm 3:00-4:00 pm 5:00-6:00 pm	2:00-3:00 pm 4:00-5:00 pm
River/Vortex	Lazy River and Vortex are generally open all hours of operation. Water Aerobics classes occasionally use this area during classes.						
Climbing Wall	1:00-5:30 pm 6:30-8:30 pm	1:00-5:00 pm 7:00-8:30 pm	1:00-5:30 pm 6:30-8:30 pm	1:00-5:00 pm 7:00-8:30 pm	1:00-8:30 pm	9:00 am-7:30 pm	12:00-5:30 pm
<b>Water Aerobics* (Lap Pool)</b>							
Splash I	8:30-9:20 am		8:30-9:20 am		8:30-9:20 am		*Water Aerobics Classes and times are subject to change. Some classes require deep water adjustment skills. Please see class descriptions before attending!
Splash II	9:30-10:20 am		9:30-10:20 am		9:30-10:20 am		
Platinum Splashers	10:30-11:20 am		10:30-11:20 am		10:30-11:20 am		
Express Breath	11:30 am-12:20 pm		11:30 am-12:20 pm		11:30 am-12:20 pm		
Aerobic Waves		5:30-6:20 pm		5:30-6:20 pm			
H2O Stretch & Strengthen		8:30-9:20 am		8:30-9:20 am			
Water Yoga	9:30-10:20 am	9:30-10:20 am	9:30-10:20 am	9:30-10:20 am	9:30-10:20 am		
Deep Water		10:30-11:30 am		10:30-11:30 am			
Power Waves	5:30-6:20 pm		5:30-6:20 pm				

\*If crowds warrant, features may be closed to maintain a safe pool environment and is at the discretion of the Pool Manager.

\*Lap swimming is available most hours of operation, but lanes are only guaranteed during scheduled lap swimming times.

**\*All times are subject to change.**

## SAFETY CHECK/ADULT SWIM

This 10 minute break helps us to keep a clean and safe pool environment for all. All patrons under the age of 18 yrs must exit the water during this time. Small children with adults are not permitted in the pool at this time. Those 18 years and older may utilize the hot tub, lap pool, lazy river, leisure pool, and the outdoor pool.

The slide will not operate during this time.

Saturday	Sunday
2:50 PM	1:50 PM
4:50 PM	3:50 PM



## FRUITA COMMUNITY CENTER POOL HEALTH AND SAFETY POLICIES

HELP US KEEP THE POOL HEALTHY AND SAFE FOR EVERYONE!

### GENERAL

- Children 6 yrs & under and non-swimmers **MUST** be accompanied in the pool with an adult 16 yrs and up and stay within reach.
- Children 3 yrs & under and children over 3 yrs that are not toilet trained **MUST** wear a swim diaper.
- Do not use the pool if you show any signs of illness or diarrhea or have had diarrhea in the last two weeks.
- All patrons must shower thoroughly before using the pool or hot tub.
- Parents are directly responsible for the safety and well-being of their children.
- No prolonged breath holding.
- Lifeguards/Pool Managers are the final authority on rules and regulations in the pool area.
- Only dive in designated areas. Diving in shallow areas is prohibited.

### HOT TUB

- All patrons must shower thoroughly before using the pool or hot tub.
- Children ages 0-6 yrs are not allowed in the hot tub.
- Children ages 7-13 yrs must be accompanied by an adult 16 yrs and up in the hot tub at all times.
- Please limit your use of the hot tub to 15 minutes.
- If you are pregnant or have a heart condition, please speak with your physician before using the hot tub.

## SWIM LESSONS

The American Red Cross Swimming and Water Safety program teaches people how to be safe in, on, or around water and to teach individuals of different ages and abilities how to swim. In a logical progression, the program covers the knowledge and skills needed for aquatic development. As participants develop these skills, they will become safer and better swimmers. All of our courses are taught by American Red Cross certified instructors. We strive for a 1:5 participant ratio as much as possible. Classes with less than 3 participants may be cancelled. Children 3 and under, and those not toilet trained, must wear a swim diaper.



LEVEL	CLASS FOCUS	PRE-REQS	AGE
Parent & Child	Familiarize children 6 mo-3 yrs with water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to swimming.	None. Parents attend class with child. Please, one parent per child.	6 mos- 3 yrs
Preschool 1: Introduction to Water Skills	Familiarize children 3-5 yrs with water and help them begin their journey into swimming while reinforcing fun and safety. Front and back floats and movement in the water.	None.	3-5 yrs
Preschool 2: Fundamental Aquatic Skills	Building on the skills learned in Preschool 1, focus will be on front crawl, glides, recoveries, and introduction to deep water.	Going under/holding breath without hesitation, floating on back and front independently, independent front glide and recovery and/or successful completion of Preschool 1.	3-5 yrs
Level 1: Introduction to Water Skills	Familiarize students 5 yrs and up with water and help them begin their journey into swimming while reinforcing fun and safety. Front and back floats and movement in the water.	None.	5 yrs and up
Level 2: Fundamental Aquatic Skills	Building on the skills learned in Level 1, focus will be on front crawl, glides, recoveries, and introduction to deep water.	Be able to enter and exit water safely. Be able to submerge without hesitation as well as front and back float without assistance and/or completion of Level 1.	5 yrs and up
Level 3: Stroke Development	Building on the skills learned in the first 2 levels, in this course students will learn rhythmic breathing and treading water. Breaststroke and Butterfly stroke will be introduced at this level.	Swim 15 yards with coordinated arm and leg action, float independently and/or completion of Level 2.	5 yrs and up
Level 4: Stroke Improvement	Continuing with skills previously learned, swimmers will begin to improve all of their strokes and will begin to learn additional strokes and turns.	Swim 15 yards front crawl with coordinated strokes and breathing. Students must be comfortable in deep water and/or completion of Level 3.	5 yrs and up
Level 5: Stroke Refinement	All strokes will be refined as well as turns and treading water.	Swim 25 yards front crawl with coordinated strokes and rhythmic breathing and/or completion of Level 4.	5 yrs and up
Level 6: Advanced Swimming	Pre-swim team; this course will focus on honing all swimming skills and increasing endurance. Starts and turns will be included.	Demonstrate all strokes with proficiency for at least 25 yards and/or completion of Level 5.	5 yrs and up

**MONDAY & WEDNESDAY MORNING SESSIONS**

SESSION	DATES	LENGTH	FEE
D	09/19-10/12	4 weeks	\$45.00
E	10/24-11/16	4 weeks	\$45.00
F	11/28-12/21	4 weeks	\$45.00

**TUESDAY & THURSDAY EVENING SESSIONS**

SESSION	DATES	LENGTH	FEE
D	09/20-10/13	4 weeks	\$45.00
E	10/25-11/17	4 weeks	\$45.00
F	11/29-12/22	4 weeks	\$45.00

**SATURDAY MORNING SESSIONS**

SESSION	DATES	LENGTH	FEE
D	09/24-10/15	4 weeks	\$30.00
E	10/29-11/19	4 weeks	\$30.00
F	12/03-12/24	4 weeks	\$30.00

**MONDAY & WEDNESDAY MORNINGS**

	9:10 -9:40 AM	9:50-10:20 AM
CLASS CODE	Parent & Child 313100	Preschool 1 313110
CLASS CODE	Preschool 1 313110	Preschool 2 313111
CLASS CODE	Preschool 2 313111	Level 1 313120

**TUESDAY & THURSDAY EVENINGS**

	5:00-5:30 PM	5:40-6:10 PM	6:20-6:50 PM
CLASS CODE	Preschool 1 313113	Parent & Child 313101	Preschool 2 313114
CLASS CODE	Preschool 2 313114	Preschool 1 313113	Level 1 313131
CLASS CODE	Level 1 313131	Level 3 313151	Level 2 313141
CLASS CODE	Level 2 313141	Level 1 313131	Level 3 313151
CLASS CODE	Level 3 313151	Level 4 313161	Level 5 313171

**SATURDAY MORNINGS**

	9:00-9:40 AM	9:50-10:30 AM	10:40-11:20 AM
CLASS CODE	Parent & Child 313102	Preschool 2 313117	Preschool 1 313116
CLASS CODE	Preschool 1 313116	Level 2 313142	Preschool 2 313117
CLASS CODE	Level 1 313132	Level 3 313152	Level 4 313162
CLASS CODE	Level 2 313142	Level 1 313132	Level 1 313132

**YOUTH SCHOLARSHIP PROGRAM**

The City of Fruita is proud to offer a youth scholarship program. Financial assistance is available for local youth so they can participate in Fruita's recreational sports and activities, including swim lessons. Scholarship funds are limited. To qualify, local youth must be on Medicaid or on free and reduced lunches through the school district. Those interested are encouraged to complete an application at the Fruita Community Center.



“My kids have fun and I enjoy the small class sizes, quality staff and programming, and nice facilities.” - Swim Lesson Parent

**AMERICAN RED CROSS LIFEGUARD TRAINING**

Participants will learn the duties, responsibilities, and rescue skills necessary to becoming a professional lifeguard. Upon completion of the class, participants are certified in: Life-guarding, CPR/AED for the professional rescuer, First Aid and Waterpark Skills. This class follows the guidelines established by the American Red Cross and attendance of all class sessions is mandatory.

**A prerequisite skills test is given the first session and is as follows:**

- 1. Swim 300 yards continuously using freestyle and breast-stroke.**
- 2. Swim 20 yards, surface dive to bottom of the deep end, retrieve a 10 lb brick, and then swim with both hands on the brick, back 20 yards to the starting line, and exit water within 1 minute 40 seconds.**
- 3. Tread water without the use of hands for 2 minutes.**

*\*Participants will not be allowed to continue in the course if they cannot complete the prerequisites, and a refund will be given.*

ACT #	DAY	SESSION	TIME	FEE	AGE
353910	Mon-Thurs	Dec 27-30	9:00 AM-3:30 PM	\$150.00	15 yrs+

**YOUTH SWIMMING CONDITIONING**

This course is an extension of our swimming lessons for those advanced swimmers who want a swim team-like experience. Swimmers must be able to swim one full length of the pool without assistance or stopping.

Cost: \$45 Ages: 6-17 yrs

*\*Dues for August and September will be pro-rated.*

ACT #	DESCRIPTION	DAY/SESSIONS	TIME
113186-8	Intermediate (Younger)	Tu/Th Monthly	6:30-7:30 PM
113186-8	Advanced (Older)	Tu/Th Monthly	7:00-8:30 PM

**AMERICAN RED CROSS BABYSITTER'S TRAINING COURSE**

**LOCATION: FRUITA COMMUNITY CENTER**

The primary purpose of the American Red Cross Babysitter's Training course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. This training will help participants to develop leadership skills: learn how to develop a babysitting business, keep themselves and others safe, help children behave, and learn about basic child care and basic first aid. This training is designed for youths ages 11-15 years.

ACT #	DAY	SESSION	TIME	FEE	AGE
113960-1	FRI/SAT	10/07-10/08	9:00-12:00 pm	\$50.00	11-15

**LAP SWIMMING**

Do you enjoy swimming laps, but not dodging the swimmers during open swim? We have the answer!

Join us for Lap Swim.

Fins and kickboards are available upon request.

See pool schedule for days and times.

**PRIVATE SWIM LESSONS**

Are you interested in taking swim lessons, but the group times don't work well with your schedule? The FCC offers private swim lessons! Private lessons provide the flexibility of choosing the number of lessons you would like, as well as one-on-one time with a certified instructor. Application forms are available at the front desk, or you may contact the Aquatics Supervisor or a Pool Manager for more information. Lessons will be scheduled according to instructor and pool availability.

Fee: \$20 per half hour, per person.



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**ACADEMY OF SELF DEFENSE - KARATE**

LOCATION: CIVIC CENTER

Want to learn self-defense and gain the confidence to protect yourself and others? Karate can do that!

Do your kids need to learn some self-control and become more focused and disciplined - both at school and at home?

Karate can do that! Looking to increase your physical fitness and mental awareness? Karate can do that! Looking for an all around full-body workout with the side benefits of increasing stamina, cardio, flexibility and strength? Karate can do that! Times may be adjusted to replace unavailable dates due to space.

During these sessions some classes will run longer to make up that time.

*Civic Center-Monument View Room (3-9 yrs)*

No classes on September 23, November 11, and November 25.

ACT #	DAY	SESSION	AGE	TIMES	FEE
451902-1	F	09/09-10/07	3-9 yrs	6:00-6:30 PM	\$30.00
451902-2	F	10/14-11/11	3-9 yrs	6:00-6:30 PM	\$30.00
451902-3	F	11/18-12/16	3-9 yrs	6:00-6:30 PM	\$30.00

*Civic Center-Independence Room (10 yrs+)*

No classes on September 23, November 11, and November 25.

ACT #	DAY	SESSION	AGE	TIMES	FEE
451903-1	F	09/09-10/07	10 yrs+	6:00-6:45 PM	\$35.00
451903-2	F	10/14-11/11	10 yrs+	6:00-6:45 PM	\$35.00
451903-3	F	11/18-12/16	10 yrs+	6:00-6:45 PM	\$35.00



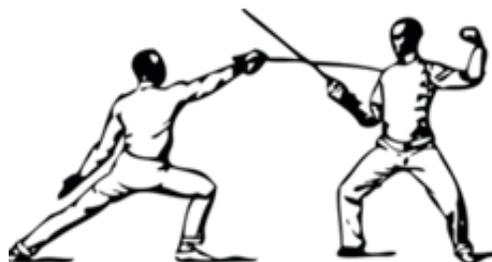
**FENCING**

LOCATION: CIVIC CENTER- MONUMENT VIEW ROOM

Does your child turn every stick into a sword? Here is an opportunity to harness that potential. Fencing is a one of a kind sport because it exercises your mind as well as your body. You can think of Fencing as a strategy game that gives you an aerobic workout while you play. The sport develops agility, strength, speed and cunning. Because of the speed of its actions, fencing is considered the fastest martial sport. But, most importantly, it's fun! Register at the Fruita Community Center.

*\*A minimum of 4 students are required for each class to run.*

ACT #	DAY	SESSION	TIME	AGE	FEE
455910-1	Every Tuesday	09/06-09/27	6:30-7:30 PM	8 yrs +	\$60.00
455910-2	Every Tuesday	10/04-10/25	6:30-7:30 PM	8 yrs +	\$60.00
455910-3	Every Tuesday	11/01-11/22	6:30-7:30 PM	8 yrs +	\$60.00
455910-4	Every Tuesday	11/29-12/20	6:30-7:30 PM	8 yrs +	\$60.00



**FRUITA MILE RUNNING CLUB**

LOCATION: FRUITA COMMUNITY CENTER

Want to get a head start over your competition? Do you need to add speed to your skill set?

The Fruita Mile Running Club is a running program designed to help youth 2nd-7th grade learn the basics of running while working to complete a 1 mile race. Skills, drills and games will be used to improve pace and increase agility. We also hope to prevent injuries commonly associated with overuse by teaching correct running form. Accommodations will be made for all running levels. Coach Lindsay will provide a framework and guidance to help young athletes develop appropriately as runners and to help them develop a base of running that will lead to as much success as possible at the high school level and beyond.

Beginning on September 21, FMRC is a 7 week running program designed to help youth complete a 1 mile race. The cost is \$25 and includes 7 training sessions, your entry into Fruita's 0.038 Marathon, and a 0.038 Marathon bumper sticker.

ACT #	DAY	GRADE	SESSION BEGINS	TIMES	FEE
315901	W	2nd-7th	09/21	4:30 PM	\$25.00



**FALL YOUTH FLAG FOOTBALL**

**LOCATION:** Little Salt Wash Park  
 Boys and girls, “Are you ready for some football?” Let’s start chasing those flags. Practices begin the week of August 29th, and games begin September 10th. All games will be played on Saturdays after soccer games have concluded. We have arranged Flag Football and Soccer games to both be played on Saturdays, but soccer will be in the mornings and flag football in the afternoons. If you choose to play both sports, there will not be any scheduling conflicts with games. **Please understand that you will need to be flexible with your schedule if you choose to play both sports.** Volunteer coaches are needed! Contact the Fruita Parks and Recreation office to fill out a coach application.

**Divisions:** To increase the number of teams in each division, we will be building rosters based off age instead of grade level, as in the past. The two divisions that we will be using are: 6-8 years and 9-11 years. Participants that are 5 years of age and in Kindergarten will be allowed to play in the 6-8 year old division.

**REGISTRATION DEADLINE: SUNDAY, AUGUST 7th AT 6:00 PM.**

**A NON-REFUNDABLE LATE FEE OF \$10.00 WILL BE APPLIED TO ANY REGISTRATION AFTER THE INITIAL DEADLINE OF AUGUST 7TH AT 6:00 PM.**

**FALL YOUTH SOCCER**

**LOCATION:** Little Salt Wash Park  
 Games begin September 10, 2016. All games will be played on Saturdays. Practices begin the week of August 29, 2016.

Teams will be selected at random based on grade level. Players must play in the grade level they are enrolled for the 2016/2017 school year.

**Reversible Jersey Policy:** Fruita Parks and Recreation is implementing a reversible jersey for the 2016 Fall Soccer Season, and all subsequent seasons that follow. Participants will be required to purchase a jersey upon registration. This jersey will be used for all other soccer seasons as well. The only time you need to purchase a new jersey is when you need a different size. The jersey cost for the 2016-2017 school year will be \$10.00. The jersey cost will increase Fall 2017.

Volunteer coaches are needed! The success of our programs is dependent on volunteers. More information on coaches meetings will be provided at a later date.

**REGISTRATION DEADLINE: SUNDAY, AUGUST 7, 2016 at 6:00 PM.**

**A NON-REFUNDABLE LATE FEE OF \$10.00 WILL BE APPLIED TO ANY REGISTRATION AFTER THE INITIAL DEADLINE OF AUGUST 7th AT 6:00 PM.**

ACT #	DAY	GAMES BEGIN	DIVISION	TIME	FEE
315303	SAT	Sept 10	6-8 yrs	AFTER-NOONS	\$50.00
315304	SAT	Sept 10	9-11 yrs	AFTER-NOONS	\$50.00

ACT #	GRADE	FEE	JERSEY FEE
315103	K-1	\$50.00	\$10.00
315104	2-3	\$50.00	\$10.00
315105	4-5	\$50.00	\$10.00
315106	6-7	\$50.00	\$10.00

**FINANCIAL ASSISTANCE AVAILABLE!**

*The City of Fruita is proud to offer a youth scholarship program. Financial assistance is available for local youth so they can participate in Fruita’s recreational sports and activities. Scholarship funds are limited. To qualify, local youth must be on Medicaid or on free and reduced lunches through the school district. Those interested are encouraged to complete an application at the Fruita Community Center.*

**BOYS AND GIRLS YOUTH BASKETBALL**

Kids, hit the court dribbling, passing, and shooting. Fruita Parks and Recreation will continue to interleague with Grand Junction Parks and Recreation this year. Fruita Parks and Recreation will create teams, schedule practices, order t-shirts, and schedule pictures for those who register with Fruita P&R. Games will be scheduled by Grand Junction P&R and will be played at various middle schools throughout the valley.

**League Information:**

Teams are formed by Parks and Recreation staff based on school attendance area. **NO** requests for coaches will be taken or granted. **ONE carpool request may be submitted per child, and that request is not guaranteed.** All carpool requests must be submitted in writing. Volunteer coaches are needed! The success of our programs is dependent on volunteers. Please fill out a coach application if interested.

**3rd Grade:** Players use a junior size ball and play on 8 foot hoops. 3rd grade coaches will officiate their games. Score is not kept.

**4th Grade:** Players use a junior size ball and play on regulation hoops. Score is not kept.

**5th Grade:** Players use an intermediate size ball and play on regulation hoops. Score is kept.

**6th Grade:** Players use an intermediate size ball and play on regulation hoops. Score is kept.

**Practice Information:**

3rd-6th Grade practices are held Monday-Friday evening at various school locations.

3rd & 4th Grade will practice once a week.

5th & 6th Grade will practice once or twice per week- depending on facility availability.

Practices are limited to one hour.

**Game Information:**

3rd-6th Grade games are played on Saturdays.

**A NON-REFUNDABLE LATE FEE OF \$10.00 WILL BE APPLIED TO ANY REGISTRATION AFTER THE INITIAL DEADLINE.**



GIRLS		
Deadline: Sunday, September 18 @ 6PM		
ACT #	GRADE	FEE
315205	3rd Grade	\$50.00
315206	4th Grade	\$50.00
315207	5th Grade	\$50.00
315208	6th Grade	\$50.00
Practices begin week of October 10		
Games begin October 29		

BOYS		
Deadline: Sunday, December 4 @ 6PM		
ACT #	GRADE	FEE
115207-2	3rd Grade	\$50.00
115208-2	4th Grade	\$50.00
115209-2	5th Grade	\$50.00
115210-2	6th Grade	\$50.00
Practices begin week of January 3		
Games begin January 14		

**7th & 8th GRADE BASKETBALL LEAGUE FOR BOYS**

Players will use a regulation men's ball and play on regulation hoops. Score is kept and games are at Fruita Monument High School on Sundays. This league is NOT for AAU players and will follow Parks and Recreation guidelines. The focus of this league is on fundamentals and development, rather than competition.

**Practice Information:**

7th-8th Grade practices are held Monday-Friday evening at various school locations.

7th & 8th Grade will practice once or twice per week- depending on facility availability.

Practices are limited to one hour.

**Game Information:**

7th-8th Grade games will be played on Sundays.

Game schedule will be available once teams and coaches are finalized, one week prior to the first game.

**A NON-REFUNDABLE LATE FEE OF \$10.00 WILL BE APPLIED TO ANY REGISTRATION AFTER THE INITIAL DEADLINE.**

BOYS 7th-8th		
Deadline: Sunday, January 15 @ 6PM		
ACT #	GRADE	FEE
115211-2	7th-8th	\$55.00
Practices begin week of January 30		
Games begin February 12		



**ATTACK BASKETBALL CAMP**

LOCATION: FRUITA COMMUNITY CENTER

Strengthen your athletic abilities! This camp will teach your child the fundamentals of basketball: shooting, passing, and dribbling. Learn the fundamentals or sharpen your skills to prepare for future league play! All skill levels welcome.

Camp taught by Scott Vanlandingham, a local basketball coach and teacher at Fruita Middle School.



ACT #	DAY	SESSION	AGE	TIME	FEE
115600	M-W	12/19-12/21	11-13	8:00-9:00 AM	\$30.00
115600	M-W	12/19-12/21	9-10	9:15-10:15 AM	\$30.00
115600	M-W	12/19-12/21	6-8	10:30-11:30 AM	\$30.00

**YOUTH CO-ED VOLLEYBALL**

LOCATION: FRUITA COMMUNITY CENTER-GYMNASIUM

We are excited to offer our 2nd season of Youth Volleyball for kids in grades 3rd, 4th, 5th, and 6th. Practices will be held at the Fruita Community Center and local schools. All games will be played at the Community Center and begin on January 21st. No games on February 18th. Volunteer coaches are needed to help operate a successful league.

Divisions will be separated into 3rd/4th Grade and 5th/6th Grade. Registration Deadline: December 18, 2016 at 6:00 PM. A \$10.00 fee will be applied to all late registrations. This is a non-refundable fee.



ACT #	DAY	SEASON BEGINS	GRADE	FEE
115400	Sat	Jan 21	3-4	\$50.00
115401	Sat	Jan 21	5-6	\$50.00

**WI-FI • HIGH-SPEED INTERNET ACCESS • YOUTH PROGRAMMING**



# FRUITA Branch Library

## REGULAR EVENTS

- Story Time — 10 a.m., Mondays
- Adult Book Club — 3 p.m., Second Tuesdays
- Kids Club — 2 p.m., Wednesdays
- Infant/Toddler Story Time — 10:30 a.m., Wednesdays
- Tech Help — 4 p.m., Third Thursdays
- Individual Tech Instruction\* — 2 p.m., First & Third Thursdays

\*Registration Required. Call 970-858-7703.



Mesa County LIBRARIES

**VISIT THE FRUITA BRANCH LIBRARY**

MONDAY—THURSDAY: 9 a.m. – 7 p.m. • FRIDAY: 9 a.m. – 6 p.m. • SATURDAY: 9 a.m. – 4 p.m.  
 970-858-7703 • 324 North Coulson Street • mesacountylibraries.org

**PEE WEE SOCCER**

**LOCATION:** Fruita Community Center Backyard

Calling all Pee Wee Soccer players! Grab your shoes and lace them up for another fun filled soccer season. Pee Wee Soccer will teach the fundamentals of soccer in a positive learning environment. This instructional program will help kids develop the proper skills of soccer through activities, drills, and fun games. Registration includes a t-shirt.

ACT #	DAY	SESSION	AGE	TIME	FEE
315108	M/W	09/19-10/12	4-5	4:00-4:40 PM	\$40.00
315108	M/W	09/19-10/12	4-5	5:00-5:40 PM	\$40.00



**WRESTLING**

**LOCATION:** FMHS Wrestling Deck

Learn the fundamentals of wrestling and challenge your friends! Competition opportunities will be available throughout the season. End of season tournament will be the last day of wrestling. Coached by Dirk Hoisington. Registration includes a t-shirt.

ACT #	DAY	SESSION BEGINS	GRADE	TIME	FEE
115901	Tu/Th	Nov 29	1-6	6:15-7:45 PM	\$45.00



## NIGHT AT THE FCC

### LOCATION: FRUITA COMMUNITY CENTER

Have you ever wanted to have the entire Community Center to yourself? If you are in the 5th, 6th, or 7th Grade-- YOU CAN!

Night at the FCC is offered 4 times a year: January, March, September, and November. Live music and dancing with DJ Ryan Griz. Games in the gymnasium, swimming, and a fun FREE attraction, such as a bungee run or photo booth at each event. Pizza, chips, and drink will be served. Come out for a night of FUN! *\*Parents must sign their children in and out.*

DAY	DATE	GRADE	TIME	FEE
Fri	Sept 9	5th, 6th, 7th	7:00 PM-10:00 PM	\$10.00
Fri	Nov 18	5th, 6th, 7th	7:00 PM-10:00 PM	\$10.00
Fri	Jan 13	5th, 6th, 7th	7:00 PM-10:00 PM	\$10.00
Fri	Mar 17	5th, 6th, 7th	7:00 PM-10:00 PM	\$10.00



# Night at the FCC

Have you ever wanted to have the entire Community Center to yourself? Well if you are in 5th-7th grade, you can!

There is a fun FREE attraction at each event such as a bungee run, sumo suits or photo booth. Cool raffle items too!

**September 9th - Go Rockies! (wear Rockies Gear!)**

**November 18th - Go Broncos! (wear Broncos Gear!)**

**January 13th - Kick Off 2017 Party!**

**March 17th - Celebrate St. Patty's Day! (Wear Green!)**

Fruita  
Community  
Center  
7pm-10pm  
5th-7th Grade

\$10  
Entry

DJ Ryan Griz  
Dancing  
Basketball  
Swimming  
Pizza/Chips/Drink  
Raffle

All students must be signed in and out by an adult. Remember the D51 dress code is required. Entrance will not be permitted by participants not in compliance. Refer to <http://www.mesa.k12.co.us>. For more information please call the Fruita Community Center at 970-858-0360.

**CREATIVE MOVEMENT (3-5yrs)**

LOCATION: FRUITA COMMUNITY CENTER

Dancers will explore imagery, patterns, shapes, and rhythmic movement. This is a fun, interactive class to build confidence while getting to know how our bodies work. Participants are encouraged to register the Friday before classes begin. Students signing up for the October and November session are committing to participate in a Showcase at the end of November. A Costume fee of \$30 is due to Instructor first day of class.

*No class on September 13th for maintenance week.*

ACT #	DAY	SESSION	AGE	TIME	FEE
415700	Tu	09/06-09/27 *3 classes	3-5 yrs	4:00-4:30 PM	\$24.00
415700	Tu	10/11-11/15 *6 classes	3-5 yrs	4:00-4:30 PM	\$48.00



**DANCE COMBINATION (6-11yrs)**

LOCATION: FRUITA COMMUNITY CENTER

Dancers will experience several dance genres including: Ballet, Jazz, Hip-Hop, and Contemporary forms. This is a great class to explore space and body movement in a safe environment. The young dancer is encouraged to use multiple intelligences and be rewarded for their own personal creativity. Participants are encouraged to register the Friday before classes begin. Students registered for the October and November session are committing to prepare and participate in a Showcase the end of November. A Costume fee of \$30 is due to Instructor first day of class.

*No class on September 13th for maintenance week.*

ACT #	DAY	SESSION	AGE	TIME	FEE
415701	Tu	09/06-09/27 *3 classes	6-11 yrs	4:45-5:45 PM	\$30.00
415701	Tu	10/11-11/15 *6 classes	6-11 yrs	4:45-5:45 PM	\$60.00



**TWINKLE TOES BALLET PREP (3-5 yrs)**

LOCATION: FRUITA COMMUNITY CENTER

Basic ballet skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, music, and mime in a supportive and supervised environment. Students registered for the October and November session are committing to prepare and participate in a Showcase the end of November. A Costume fee of \$30 is due to Instructor first day of class.

*No class on September 15th for maintenance week.*

ACT #	DAY	SESSION	AGE	TIME	FEE
415705	Th	09/08-09/29 *3 classes	3-5 yrs	4:30-5:00 PM	\$24.00
415705	Th	10/13-11/17 *6 classes	3-5 yrs	4:30-5:00 PM	\$48.00



**KIDS YOGA WORKSHOPS (5-12yrs)**

LOCATION: FRUITA COMMUNITY CENTER- PLUM ROOM

Children are out of school today! This is the perfect opportunity to explore a healthy class for mind and body. Kids Yoga focuses on values taught through playful poses, breath work, and storytelling. The first child is \$10.00 to register and any siblings are an additional \$5.00.

ACT #	DAY	SESSION	AGE	TIME	FEE
411900	Fr	SEPT 2	5-12 yrs	10:00-11:00 AM	\$10.00
411900	Fr	OCT 28	5-12 yrs	10:00-11:00 AM	\$10.00
411900	Fr	NOV 11	5-12 yrs	10:00-11:00 AM	\$10.00



## DINOMITES ELEMENTARY DAYS OFF CAMP

### LOCATION: FRUITA COMMUNITY CENTER

Are you looking for a safe place to send your elementary (K-5) aged child when there is no school during the week? We are now offering "Elementary Days Off Camp" for your child from 8:30 AM-4:30 PM. Early drop off starting at 7:30 AM and late pick up until 5:30 PM. Certified staff will organize games, activities, sports, and crafts at the Fruita Community Center.

Please bring a water bottle, lunch, and swim suit each day.

\*Pre-register for each no school day for \$30 per day.

\*Drop in registration is \$40 per day and you are NOT guaranteed a spot. Class size is limited.

\*There must be 5 kids enrolled two days before each class for the camp to run. If there are less than 5, you will receive a call cancelling the class. You will be refunded.

Contact Angie at [aballageer@fruita.org](mailto:aballageer@fruita.org) for more information.

Elementary No School Days are as follows:

SEPT	OCT	NOV	DEC	JAN	FEB	MAR	MAY
2, 6	3, 4, 5, 6, 7, 17, 27, 28	11, 21, 22, 23	19, 20, 21, 22, 27, 28, 29, 30	2, 3, 16	16, 17, 20	10, 20, 21, 22, 23, 24	4, 5

## TRUCK-N-TREAT

### LOCATION: FRUITA CIVIC CENTER

October means time to go trick-or-treating! Come to Truck-N-Treat on October 29th for a safe alternative for your kids to collect candy. Explore fire trucks, dump trucks, police cars, and many other fun vehicles! Wear your Halloween costume and bring a bucket to collect your candy. This event is FREE for kids! Join us this year for extra fun activities as we celebrate our 10th Anniversary! Bump-n-Jumps, face painting, and a photo booth!

If you have a truck or interesting vehicle and would like to participate (for free) as a driver, please call 970-858-0360 x6407 or email Angie at [aballeger@fruita.org](mailto:aballeger@fruita.org).

DAY	DATE	AGE	TIME	FEE
Sat	10-29	Any	10:00 AM-12:00 PM	FREE!

# 10th Anniversary

## COOKIES 'N' CLAUSE

### LOCATION: FRUITA COMMUNITY CENTER

Wear your pajamas and bring a blanket and pillow for a bedtime Christmas film. There will be cookies and cocoa, and an opportunity to sit on Santa's lap for photos. Please pre-register for this event. Cost is \$5.00. Each child will receive a fun trinket! This years movie is "Shrek the Halls."

ACT #	DAY	DATE	AGE	TIME	FEE
319800	Wed	12-21	10 yr & under	6:00 PM	\$5.00



**KINESIOTAPING**

A totally new approach to treating pain and muscle fatigue, KinesioTaping gives support and stability to your joints and muscles without affecting circulation or range of motion. It is a non-restrictive type of tape which allows for full range of motions. This gives you the ability to stretch further in a safe and effective manner. Stop by the front desk or call 858-0360 for an appointment.

**FALL SPEAKER SERIES**

The Fruita Community Center and Family Health West would like you to join us for our Fall Speaker Series at the Fruita Community Center. This free series is open to community members of all ages. Local experts from Family Health West and other local businesses will be speaking about current health-related topics every Tuesday evening from 6:00-7:00 PM from September 27 to December 13. There will be opportunities to ask questions and find local resources related to each topic. For more information, call the front desk at 858-0360.



**PRENATAL FITNESS**

**LOCATION: FRUITA COMMUNITY CENTER**  
 Kelsey's Prenatal Fitness class is specifically designed to guide you through the journey of pregnancy, interweaving childbirth education as well as addressing therapeutic applications- linking stretching postures with the breath will bring awareness to mind, body, and spirit, and allow for deep connection with your baby. Many techniques are used to create balance both in strength and in flexibility. This class is designed to join any time in the pregnancy and to be able to practice up until birth. All levels are welcome.

\*Participants are encouraged to register the Friday before classes begin.

*No class on September 15th for Maintenance Week.*

ACT #	DAY	SESSION	TIME	FEE
411900	Th	09/08-09/29	6:00-7:00 PM	\$27.00
411900	Th	10/13-10/27	6:00-7:00 PM	\$27.00
411900	Th	11/03-11/17	6:00-7:00 PM	\$27.00

**RESTORATIVE/GENTLE FLOW YOGA**

**LOCATION: FRUITA COMMUNITY CENTER**  
 This class is appropriate for all students seeking the benefits of a very relaxing, gentle, and nourishing practice. The combination of gentle hatha and deep restorative work improves range of motion and joint mobility while reducing pain and the effects of stress. Students with injuries, arthritis, or other chronic conditions are welcome in these classes. No prior yoga experience required.

\*Participants are encouraged to register the Friday before classes begin.

*No class on September 13th for Maintenance Week.*

ACT #	DAY	SESSION	TIME	FEE
411900	Tu	09/06-09/27	6:00-7:00 PM	\$27.00
411900	Tu	10/11-10/25	6:00-7:00 PM	\$27.00
411900	Tu	11/01-11/15	6:00-7:00 PM	\$27.00





**FIT4MOM is now open!** Our location offers Stroller Strides and Fit4Baby classes with new programs being added Winter 2016-2017.

Stroller Strides® is a stroller-based fitness program designed for moms with little ones. Each 60-minute, total body workout incorporates power walking, strength, toning, songs and activities. Our certified fitness instructor offers a variety of fun class formats both indoors and outdoors.

Fit4Baby is a prenatal exercise program incorporating strength, aerobic, balance, and flexibility components. Our location also offers a free playgroup with Our Village so moms can form lasting friendships with other moms through organized play-dates, moms' nights out, and activities for the whole family.

Stroller Strides® classes are held every Tuesday/ Thursday from 9:00-10:00 AM. Monday/Wednesday from 6:00-7:00 PM and the 1st and 3rd Saturday from 9:00-10:00 AM..

Currently, Fit4Baby classes are combined with the Stroller Strides schedule. Locations vary, please check [www.fruita.fit4mom.com](http://www.fruita.fit4mom.com) for our full schedule and rates. Contact Lindsay Maurer at 970-712-3616 or [lindsaymaurer@fit4mom.com](mailto:lindsaymaurer@fit4mom.com) for more information.



**ASSISTED CONTRACT AND RELAX STRETCHING**

Master Personal Trainer Clint Hawkins is certified in this type of assisted stretching, perfect for seniors, those rehabilitating from injuries, and anyone else with tight muscles and joints. Clint uses this form of stretching on a massage table, targeting specific muscle groups to improve flexibility and range of motion. This gives you the ability to stretch further and increase your flexibility beyond stretching on your own, in a safe and effective manner.

CONTACT THE FRONT DESK AT 970-858-0360 FOR AN APPOINTMENT.

**Not sure what Adult Group Fitness class is for you?**

See the monthly schedule for more info.

*Balls, Bands, Bars:* Get a full body workout using the three B's...balls, bands, and bars. Join us for a lot of fun!

*Cardio Kick:* A total body training program to increase balance, flexibility, strength, and cardiovascular endurance. A fun and functional alternative to conventional aerobics training!

*Cycling:* This class simulates a variety of terrain and intensity. Hills, flats, jumps, sprint interval and endurance interval training are all included!

*Ladies Lifting:* Learn to safely and effectively train all major muscle groups through supervised lifting with other women!

*ReFit:* A high intensity dance workout for a “total body workout” - body, mind, and soul.

*Tai-Chi/QiGong:* A traditional Chinese practice using slow and soft martial arts. Benefits include...improved flexibility, balance, strength, and coordination.

*Total Body:* This class targets major muscle groups using various equipment and body weights. Your cardio and strength will improve.

*VEM (Various Exercise Modalities):* Class uses multiple exercise techniques using free weights, bands, body bars, balls and body weights to stimulate your mind and body.

*Yoga:* A flowing sequence of postures, focusing on building strength, flexibility, and balance. Breathing techniques and meditation are utilized to help you relax and find peace.

**FITNESS AREA**

The Fitness Area includes free weights, circuit weights, cardio machines, stretching area, indoor track and group fitness studio to help you reach your personal fitness goals. Users must be 14 or older to use the fitness area (all cardio and weight equipment). Users ages 14-16 must attend the Youth Fitness Orientation, which can be scheduled at the front desk. These free orientations will ensure the proper use of the equipment and safety of the users and those around them.

**INDOOR TRACK**

The indoor track is open to users 10 and up (10-13 must be accompanied by an on-track adult). The track direction changes every other day, and is posted near the track. When walkers and runners are both on the track, walkers should remain on the inside lane and runners should use the outside lane. **15 laps equals 1 mile.** No strollers please, however, against the body infant carriers are welcome.

**ADULT GROUP FITNESS**

Join us for motivating classes that offer a fun social environment, great music and excellent instructors. Find a wide variety of classes that take fitness to a new level. We offer classes for every level of fitness and ability, so join the class that is best for you. Classes are \$1 per class, which is in addition to the regular pass fee. Stop at the front desk to sign the class roster, pay the class fee, and receive a token for admission to the class. Please turn in your token to the instructor. Class schedules are made on a monthly basis, so be sure to look for the latest schedule. All classes will be in the Group Fitness Room unless otherwise noted.

**FITNESS ORIENTATIONS**

Our personal trainers offer complimentary fitness orientations for ages 14+. An orientation will give you the knowledge you need to safely and effectively use the fitness equipment. Orientations are available by appointment. See the front desk or call (970) 858-0360 to schedule.

**FITNESS ASSESSMENTS**

A fitness assessment is a complimentary series of simple tests that can help you decide what type of exercise you should be doing and at what intensity. Our fitness staff will perform tests of balance, flexibility, strength, and cardiovascular endurance to make sure that you're being safe and effective with your exercise routine. Assessments are available by appointment. See the front desk or call (970) 858-0360 to schedule.

**UNLIMITED CLASS PASS**

Love group fitness classes? Take advantage of our Unlimited Class Pass which is only \$10/month. This pass is good for all drop-in fitness classes and for water aerobics. This pass does not include entrance to the facility.

**PERSONAL TRAINING**

Personal training gives you the guidance, motivation, and education to get to your goals and make a lifestyle change. Whether you need help putting together a plan that will help you reach your fitness goals or simply need basic instruction on how to use our equipment, personal trainers are here to help! Stop by the front desk, or call (970)858-0360 to schedule a fitness orientation, fitness assessment or personal training session.



TRAINING OPTIONS	AGE	FEE
Fitness Orientation	17+	FREE
Youth Fitness Orientation	14-16 yrs	FREE
Personal Training: 1 session	14+	\$40
Personal Training: 2 sessions	14+	\$75
Personal Training: 4 sessions	14+	\$140
Personal Training: 10 sessions	14+	\$325
Partner Training: 6 sessions	14+	\$85/person
Partner Training: 12 sessions	14+	\$170/person
Group (3-6 people): 6 sessions	14+	\$75/person
Group (3-6 people): 12 sessions	14+	\$150/person

## SENIOR CENTER

The Senior Center is located on the southwest corner of the Fruita Community Center and is free for use for all seniors 55+. The Senior Center is a wonderful place to gather and socialize with friends, play cards, pool, watch a movie, or relax and read a book.

### GAME NIGHT

LOCATION: SENIOR CENTER

Games of all kinds, puzzles, and friends to hang out with. Every 1st and 3rd Tuesday of the month at 5:00 PM.

### WALKING CLUB

DAY: 1st and 3rd Fridays

Come and join us for a weekly hike around town or venture onto a nearby trail with other seniors that just want to get out and about for some fresh air! Days and times vary due to the weather, please check with the front desk for further information and destination of the week!

### FOOD FOR THOUGHT

LOCATION: SENIOR CENTER

DAY: 1st and 3rd Mondays

TIME: 2:00-4:00 PM

This group will help explain nutritional facts along with providing recipes that can make meal time enjoyable. We will share menus, recipes, nutritional facts, and have fun tasting some samples along the way. This activity is free. Bring a dish to fit the weekly theme. The theme is posted in the Senior Center bimonthly.

### SOCIAL NIGHT

LOCATION: SENIOR CENTER

DAYS: 2nd and 4th Friday each month.

TIME: 5:30 PM-Meal or 6:30 PM-Social

FEE: \$4 Meal

Social activities may vary. Call 858-0360 in advance for social information and to register for meal- sign up by Thursday.

### BUNCO

LOCATION: MEETING ROOMS

It's Bunco time! Every 3rd Thursday at 1:00 PM.

Bring a wrapped white elephant gift and a SMILE!

### BINGO FOR FUN

LOCATION: MEETING ROOMS

After lunch on the 1st Thursday of the month at 1:00 PM, join us for Bingo For Fun! Please bring a wrapped white elephant gift.

### PINOCHLE & POOL

LOCATION: SENIOR CENTER

Tuesdays and Fridays at 10:00 AM

Join us for a game!

Hang out and play a bit of billiards in between hands or challenge a friend for an afternoon of excitement.

## NUTRITION AND DISCUSSION

### SENIOR LUNCH PROGRAM

The Gray Gourmet serves up a delicious hot lunch for seniors age 60 and older.



A variety of menu selections are served with an emphasis on good nutrition and healthy eating. Coffee, milk, and dessert are included. Doors open at 11:00 AM. Lunch is served at 12:00 noon. Come join us and meet some new friends!

DAY	TIME	LOCATION	FEE
Mon, Tues, Wed, Fri	12:00 Noon	FCC Cherry Room	\$3.50
Reservations are required, call 243-9844x1 at least one day in advance			
FREE BLOOD PRESSURE CLINIC ON THE LAST FRIDAY OF EACH MONTH 11:00-11:45 IN THE DINING ROOM			

### SENIOR POTLUCK LUNCH

LOCATION: FRUITA COMMUNITY CENTER-MEETING ROOMS

Show off a new recipe by bringing a dish to share with friends at Potluck Lunch; otherwise, the cost is \$3.00. Thursdays at 12:00 noon.

### COOKIE EXCHANGE

MEET AT: FCC SENIOR CENTER

Swap 'til you drop!

You are invited to attend our annual Cookie Exchange! Bake your favorite cookies, attend the party, and exchange yours for other delicious Holiday cookies to take home and share with your family and friends.

PreRegistration is required. You are required to bring 3 dozen cookies to exchange.

Registration Deadline: November 14, 2016.

ACT #	DAY	DATE	TIME	FEE
331902-5	Tues	Nov 15	2:00 PM	3 DZ Cookies



**HEALTH AND WELLNESS**

**SILVERSNEAKERS CLASSES**

LOCATION: FITNESS STUDIO

Monday through Friday, 1:00-2:00 PM.

Gain strength, improve your balance, increase your fitness level and have fun! See monthly fitness schedule for details.

You MAY be eligible for a FREE Community Center Membership pass. Bring your insurance card to the front desk to find out if you are eligible.



**SILVER & FIT**

You MAY be eligible for a FREE Community Center Membership pass. Bring your insurance card to the Front Desk to find out if you are eligible. Pass members enjoy unlimited facility usage, including access to the weekly SilverSneakers classes.

**SENIOR LINE DANCE CLASS**

LOCATION: CHAMBER ROOM AT CIVIC CENTER

Learn to line dance! Alleviate stress and exercise to great music with wonderful people. New participants are always welcome.

Contact Daphne at 243-5678.

ACT #	DAY	TIME	AGE	FEE
437700	M, W, Sat	1:00-2:30 PM	55+	\$40.00 Sat only: \$20.00

**“FRUITA FOSSILS” HIKING CLUB**

This Hiking Club meets every other Friday morning for an adventure. We will be traveling further and hiking longer! Wear your best hiking shoes, fill those water bottles, and join us for your next adventure into the Wild West! \*\*All Hikes/Walks will be eligible for our Miles Club. Join the Club this Friday! Silver Sneakers and Silver & Fit member- swipe your card and pay \$1.

DAY	TIME	AGE	FEE
2nd Fridays	Varies	55+	\$5 each or \$20 punch card for 5 hikes

**AARP SMART DRIVER COURSE**

LOCATION: FRUITA COMMUNITY CENTER

Learn about:

- Defensive driving techniques.
- Proven safety strategies.
- New traffic laws and rules of the road.

Date: October 18, 2016

Time: 9:00 AM-1:00 PM

To Register: Call Jack Philp at 970-639-2433



**AGING IN PLACE INFORMATIONAL SERIES**

What is Aging in Place? Aging in place is simply a matter of preserving the ability for people to remain in their home or neighborhood for as long as possible. It is defined as: remaining living in the community, with some level of independence, rather than in residential care.

Most people prefer to age in place because it is seen as enabling older people to maintain independence, autonomy, and connections to social support, including friends and family.

This informational series will begin by informing you of the new choices that are available within your community to keep you “Aging in Place.” You will get answers to questions, such as: What will you need to successfully age in place? There will be seminars throughout the year, focusing on every topic.

Speaker: Diane Barger from RSVP- Serving the community by utilizing the talents and skills of senior volunteers and placing them in rewarding opportunities at local agencies. This will keep seniors active and involved within the community and help to build a healthy future through social engagement. Meet new people, experience new activities and give back to the community.

Topics:

Handyman services are available.

What other services are available?

How do I begin?

SPEAKER	DATE	TIME	MEET
RSVP- Diane Barger	October 12	5:30 PM	FCC Senior Center

# SENIOR ADVENTURE TRIPS

Guests welcome to all activities!  
 Must be 45+ and accompanied by a senior 55+.

On any of our overnight trips: Single rooms available at an extra cost and upon request. Please contact Jacqui for further information.

Consideration for full payment reimbursement only prior the trip deadline.

Trips are labeled Green Circle, Blue Square, and Black Diamond indicating the level of trip and requirements needed for the trip to make it a safe and fun one for all.

## OURAY ADVENTURE JEEP TOUR

MEET AT: FCC SENIOR CENTER  
 Book early for this popular trip- space is limited!  
 Enjoy a jeep tour of the San Juan Mountains (elevation 7792'), waterfalls, aspen groves, and fabulous vista points on the old mining roads to Red Mountain Town Site. Take a dip in the hot springs and shop at the downtown boutiques. Take a hike around beautiful Ouray and visit a museum to witness a quilt show or see a special exhibit.  
 Trip Includes: 3 Day Transportation, Ouray Hot Springs Pool admission, 1/2 Day Jeep Tour and 2 Nights Lodging.  
Registration Deadline: August 15, 2016. ■

ACT #	DATE	TIME	AGE	FEE
231902-11	Aug 29-31	9:00 AM	55+ Event	\$266.00

## LEAF PEEPING COLOR DRIVE

MEET AT: FCC SENIOR CENTER  
 Enjoy a leisurely tour as we travel through Colorado's mountainous area to witness the stunning autumn colors. A picnic lunch will be provided among the warmth of the leaves.  
 Trip Includes: Transportation and picnic lunch.  
Registration Deadline: October 2, 2016. ●

ACT #	DATE	TIME	AGE	FEE
331901-4	Oct 5	9:30 AM	55+ Event	\$40.00



## MOAB ADVENTURE TRIP (2 OPTIONS)

MEET AT: FCC SENIOR CENTER  
 Unbelievable adventure awaits you in Moab!  
**Day 1:** Arrive in Moab for an afternoon of shopping and dinner. Relax at Red Cliffs Lodge with a beautiful sunset. Visit the Cowboy Movie Museum, swim in the outdoor pool, or collect rocks by the river.  
**Day 2 (Option 1):** Awake to an adventure like no other! We'll take a Hummer ride on the best red rocks of Moab! The finishing touch on a perfect day, come along and enjoy a cowboy-style Dutch oven dinner and Canyonlands by Night river tour.  
**Day 2 (Option 2):** Awake to an adventure like no other! We'll take a drive through Arches National Park of Moab! The finishing touch on a perfect day, come along and enjoy a cowboy-style Dutch oven dinner and Canyonlands by Night river tour.  
**Day 3:** Awake at your leisure as the sun breaks beyond the cliffs. Venture home with a stop of town along the way for and picnic among friends and a hike.  
**Option 1 - Black Diamond = Difficult** ◆  
**Option 2 - Blue Square = Intermediate** ■  
 Trip Includes: Transportation, lodging for 2 nights, breakfasts, hummer ride, Canyonlands by Night tour, and a special Senior Adventurer gift. Does NOT include lunches or dinners unless otherwise indicated.  
Registration Deadline: September 16, 2016.

ACT #	DATE	TIME	AGE	FEE
331901-2 Option 1	October 24-26	9:00 AM	55+ Event	\$337.00
331901-5 Option 2	October 24-26	9:00 AM	55+ Event	\$312.00



**HOLIDAY LIGHTS TOUR**

MEET AT: FCC SENIOR CENTER

Join us for the amazing holiday lights display of illuminated homes as we celebrate the season. Sponsored by Family Health West and the FCC Senior Department. Seats are limited, please register early. Both nights tour Grand Junction lights.

ACT #	DATE	TIME	AGE	FEE
331910-1	Dec 7	5:30 -7:30 PM	55+ Event	Donation to driver is appreciated
331910-2	Dec 8		45 + Guest	



**COMMUNITY CONCERTS AND DINNERS**

**WYLIE & THE WILD WEST**

Cowboy, country, western swing & folk music at its best! The group has one goal- to win over a crowd and not be boring!

Includes: Transportation, dinner, concert ticket. Space is LIMITED- register early.

ACT #	DATE	TIME	FEE
331000-8	Fri, Sept 30	4:30 PM	\$40.00

**FIR**

An Irish International singing duo w/piano accompaniment. Both singers have performed around the world on the biggest stages.

Includes: Transportation, dinner, concert ticket. Space is LIMITED- register early.

ACT #	DATE	TIME	FEE
331901-6	Sat, Oct 29	4:30 PM	\$40.00

**THE ULTIMATE ELVIS**

This is the closest thing to the King! Shawn Klush - a charismatic showman!

Includes: Transportation, dinner, concert ticket. Space is LIMITED- register early.

ACT #	DATE	TIME	FEE
331902-6	Wed, Nov 16	4:30 PM	\$40.00

**Senior Adventurer Trip Symbols**

Which one are you?



Green Circle

EASY

**BEST FOR:**

Type 1

**ADVENTURERS**

**Trip Characteristics:**

*\*Open to every level!*

- Day Trips
- Frequent stops
- Limited or Light physical activity.



Blue Square

INTERMEDIATE

**BEST FOR:**

Type 2

**ADVENTURERS**

**Trip Characteristics:**

- Trip length moderate
- Some stops along the way
- Moderate physical activity



Black Diamond

DIFFICULT

**BEST FOR:**

Type 3

**ADVENTURERS**

**Trip Characteristics:**

- Extended trip length
- Some stops along the way
- Vigorous Activities
- Limited amenities

**DOG DAZE!**

**LOCATION: FRUITA COMMUNITY CENTER-  
OUTDOOR POOL**

Let your dog come and play in the outdoor pool!  
Donations go to Roice-Hurst Humane Society.



DAY	DATE	AGE	TIME	FEE
Sat	09/10	All	10:00-12:00 PM	Donation

**FRUITA 0.038 MARATHON**

Bring back the 0.038!

The City of Fruita has teamed up with CMU and the US Bank Rim Rock Marathon to host the 2nd annual 0.038 Fruita Marathon on Saturday, November 5th. We will head out from Circle Park and run down Aspen Street to Sycamore Street and back! When done, enjoy live music and cheer on the participants of the Rim Rock Marathon as they finish at Circle Park. \$10.00 entry fee. To register, visit [www.rimrockmarathon.com](http://www.rimrockmarathon.com) or stop by the Fruita Community Center.



**HOLIDAY ARTS AND CRAFTS FAIR**

**LOCATION: FRUITA COMMUNITY CENTER**

Join us at the Fruita Community Center before the Hometown Christmas Parade for the annual Arts and Crafts Fair from 10am to 3pm. FREE to attend! Find the perfect gift! Local artisans will be selling unique, handmade items such as woodworking, clothing, jewelry, ornaments, wall decor, organic lotions, ceramics, and much more. Just in time for the holidays. For a booth application, please visit [fruita.org](http://fruita.org) and click on Arts and Crafts Application.

DAY	DATE	TIME	FEE
Sat	12/10	10:00 AM- 3:00 PM	Free to attend Vendor Fee varies

**SWEET HEART 5K/10K RUN AND HEALTH EXPO**

Grab your running shoes and get prepared for the 10th Annual Sweet Heart 5K/10K run/walk and health expo on February 18th. More details to come. Register online starting in December at [sweetheartrun.com](http://sweetheartrun.com) or at the Fruita Community Center.

10th Annual



# Truck-n-Treat!



October 29th  
10am-Noon  
**FREE!**



**Civic Center Park in Fruita**

*Wear your costume, explore fun vehicles & collect candy!  
Celebrate our ten year anniversary with face painting,  
bump-n-jumps, concessions and a photo booth!*



Enter your vehicle for  
**FREE:** email  
[aballegeer@fruita.org](mailto:aballegeer@fruita.org)

**2015 Tricked Out Truck Winner  
LOVES**

**Parents, No Early Birds!**





Fruita Parks and Recreation  
 324 N. Coulson  
 Fruita, CO 81521

PRSRT STD  
 US POSTAGE PAID  
 GRAND JUNCTION, CO  
 PERMIT NO 295

ECR-WSS EDDM  
 RESIDENTIAL CUSTOMER

# DinoMites No School Days

Are you looking for a safe place to send your elementary (K-5) aged child when there is no school during the week? The Fruita Community Center offers camp from 8:30am to 4:30pm on these days. Drop off as early as 7:30am, and pick up no later than 5:30pm. Certified staff will organize games, activities, sports and crafts.

- \*Pre-register for each no school day for \$30 per day.
- \*You must register a minimum of 2 full days before the no school day. Class size is limited. There must be 5 kids enrolled for the class to run.
- \*Fall & Spring Break discount of \$125 per week if you sign your child up for the entire week.

**Located at the Fruita Community Center**

**Only \$30 per day!**

**Bring swim suit, towel and lunch each day!**



For more information email Angie at [aballegeer@fruita.org](mailto:aballegeer@fruita.org) or call 858-0360.  
 2-Sep, 6-Sep, 3-Oct, 4-Oct, 5-Oct, 6-Oct, 7-Oct, 17-Oct, 27-Oct, 28-Oct, 11-Nov, 21-Nov, 22-Nov,  
 23-Nov, 19-Dec, 20-Dec, 21-Dec, 22-Dec, 27-Dec, 28-Dec, 29-Dec, 30-Dec, 2-Jan, 3-Jan, 16-Jan,  
 16-Feb, 17-Feb, 20-Feb, 10-Mar, 20-Mar, 21-Mar, 22-Mar, 23-Mar, 24-Mar, 4-May, 5-May

**\*Ask about multiple child discounts!**