

CITY OF FRUITA PARKS & RECREATION



MAY - AUGUST
Summer 2016

FRUITA COMMUNITY CENTER

324 N. Coulson St, Fruita, CO 81521

970-858-0360

Visit www.fruita.org

recreation@fruita.org



#SUPERJULY

PARK AND
RECREATION
MONTH
JULY 2016

WHEN OUR POWERS COMBINE,
WE CHANGE LIVES



July 2016 – Parks and Recreation Month

The listed events are suggestions and are not organized activities unless stated otherwise. Normal Fees apply

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Shoot hoops at the FCC	2 Hike Dinosaur Hill
3 Watch the Fruita fireworks	4 Picnic in a Park for 4th of July	5 Go fishing at Snooks Bottom	6 Visit the Colorado National Monument	7 Attend the Thursday Night Concert at Civic Center	8 Hike Devils Canyon	9 Attend the Fruita Farmers Market at Civic Center
10 Play a game of catch at Little Salt Wash Park	11 Take your bike for a ride at the Fruita Bike Park	12 Hike the Fruita Paleo Trail	13 Fly a kite at Comstock Park	14 Attend the Thursday Night Concert at Civic Center	15 Play a round at Adobe Creek Golf Course	16 Take a Super-sized fitness class at the FCC 7:30
17 Go for a swim at the FCC	18 Chalk up Aspen St. with Angle at 10:00 a.m.	19 Go Geocaching	20 Head to the playground at Heritage Park	21 Attend the Thursday Night Concert at Civic Center	22 Ride your bike to downtown in the evening for Food Truck	23 Take a family camping trip
24 Take a bike ride along the River Front trail	25 Visit Dinosaur Journey	26 Attend the Rim Rock Rodeo	27 Visit the Nature Center	28 Attend the Thursday Night Concert at Civic Center	29 Play Horseshoes at Reed Park	30 Cool off at Highline Lake
31 Play a round of Disc Golf at Snooks Bottom						

Pick up Passport Booklets at the front desk in the Fruita Community Center

Bring your Passport to the FCC with a selfie doing each activity to receive a stamp.

Collect stamps to receive prizes!

-10 Stamps = 1 prize

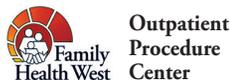
-20 Stamps = 2 prizes

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



**The Pool Party Room is the perfect place for
your next Birthday Party!**

Party guests will have easy access
to the indoor pool.

The rental is for 2 hours and is only \$90.00
plus a \$50.00 deposit.

You bring the food and decorations,
we provide the table and chairs.

Check at the front desk for availability!

**Happy
birthday!**

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
7:30 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!

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.





HOLIDAY CLOSURES

FOURTH OF JULY
July 4

MAINTENANCE WEEK
Sept 12-Sept 18

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

WHAT'S INSIDE!

COMMUNITY CENTER
Pgs 4-7

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

PARKS
Pgs 8-9

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

AQUATICS
Pgs 10-16

YOUTH ATHLETICS
Pgs 17-19

YOUTH PROGRAMS, ACTIVITIES
& EVENTS
Pgs 20-21

SPECIAL EVENTS
Pg 22-23

ANNUAL 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

FITNESS
Pgs 24-25

SENIOR PROGRAMS
Pgs 26-29

- 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.

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
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	tncum@fruita.org
Recreation Superintendent	Tom Casal	x6405	tcasal@fruita.org
Recreation Supervisor-Athletics.....	Mark Fitzgerald.....	x6406	mfitzgerald@fruita.org
Recreation Supervisor- Aquatics.....	Jeff Burkhardt.....	x6403.....	jburkhardt@fruita.org
Recreation Supervisor- Special Events/Activities.....	Angie Ballegeer.....	x6407	aballegeer@fruita.org
Recreation Supervisor - Seniors.....	Jacqui Foster.....	x6408	jfoster@fruita.org
Guest Services Supervisor	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
PARKS (Pocket Parks, Neighborhood Parks, Community Parks, Special Purpose Parks, and Open Space/Natural Corridor Parks)																							
Chicle	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			
Olga Anson Park	Visa Valley Dr.	7.00	7.00																				
Heritage Park	210 I-7 - Frontage Rd.	3.50	3.50		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
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																						
Mountain Lakes	South of Glade Park																						
Little Salt Wash Greenway	Along Little Salt Wash			.85																			
Big Salt Wash Greenway	Along Big Salt Wash			.83																			
Fruita Riverfront Park	South of Colorado River		26.00																				X
TRAILS AND TRAILHEADS																							
Big Salt Wash Trail	Ortley and Hwy 68&50																			X			
US 68&50	North Side of Hwy 68&50																			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 15W, East of Village at Country Creek																			X			



LITTLE SALT WASH PARK



PROSPECTOR PARK

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

Visit one of Fruita's Parks this summer. 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.



SNOOKS BOTTOM OPEN SPACE



TRIANGLE PARK

INDOOR POOL SCHEDULE (May 21- September 9)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Pool							
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*		7:00-8:30 am (2-4 lanes)		7:00-8:30 am (2-4 lanes)			
Leisure Pool							
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	8:30-12:00 pm 5:00-7:00 pm	8:30-12:00 pm	8:30-12:00 pm 5:00-7:00 pm		9:00-11:30 am	
Features							
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
Water Aerobics* (Lap Pool)							
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! *Classes may be moved to the Outdoor Pool at instructor discretion.	
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				

*Youth Swim Conditioning runs May and August only.

*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.**

OUTDOOR POOL SCHEDULE (May 21-August 9)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim							
Lap Swim (4-5 lanes)	6:00 am-7:00 am	6:00 am-7:00 am	6:00 am-7:00 am	6:00 am-7:00 am	6:00 am-8:30 am	7:30 am-10:30 am	
Lap Swim (1 lane) and Swim Team	7:00 am-9:30 am	7:00 am-9:30 am	7:00 am-9:30 am	7:00 am-9:30 am			
Water Aerobics							
Splash I					8:30 am-9:30 am		
Splash II	9:30 am-10:30 am		9:30 am-10:30 am		9:30 am-10:30 am		
H2O Yoga							
Deep Water		10:30 am-11:30 am		10:30 am-11:30 am			
Open Swim							
Open Swim	11:30 am-8:30 pm	11:30 am-8:30 pm	11:30 am-8:30 pm	11:30 am-8:30 pm	11:30 am-8:30 pm	11:30 am-7:30 pm	12:00 pm-5:30 pm

OUTDOOR POOL SCHEDULE (August 10-September 9)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim							
Lap Swim* (4-5 lanes)	6:00 am-9:30 am	6:00 am-9:30 am	6:00 am-9:30 am	6:00 am-9:30 am	6:00 am-8:00 am	7:30 am-10:30 am	
Water Aerobics							
Splash I					8:30 am-9:30 am		
Express Breath	11:30 am-12:30 pm		11:30 am-12:30 pm		11:30 am-12:30 pm		
Open Swim							
Open Swim	1:00 pm-8:00 pm	1:00 pm-8:00 pm	1:00 pm-8:00 pm	1:00 pm-8:00 pm	1:00 pm-8:00 pm	11:30 am-7:30 pm	12:00 pm-5:30 pm

*Outdoor Lap Swim may be limited due to staffing concerns.

**Pool closes at Dark and is at the discretion of the Pool Manager.

MAY IS WATER SAFETY MONTH IN FRUITA!

The Red Cross Swimming and Water Safety program teaches people of all ages and varying abilities to swim and be safe in, on, and around water. Swimming readiness and swim instruction courses, which include Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim and Adult Swim courses. These courses take an inclusive approach that emphasizes skill development in conjunction with water safety and drowning prevention education. Please sign up for swimming lessons to help keep our children safe in, on, and around the water!

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 and or plastic pants.

Were you previously in Super Splashers and confused about where to sign up? See below. If your child...	Ages	
	3-5 yrs	5 yrs and up
Has never had lessons/ can't float or get face wet/ is a beginner	Preschool 1	Level 1
Was in Super Splashers previously and/or can float on their own and get face wet	Preschool 2	Level 1 or 2
Was in Super Splashers previously and/or can swim with coordinated arm and leg action	Preschool 3	Level 2

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
Preschool 3: Stroke Development	Improving of strokes and endurance, basic dives, and increase comfort in deep water.	Swim 10 yards with coordinated arm and leg actions and/or successful completion of Preschool 2.	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 - THURSDAY MORNING SESSIONS			
SESSION	DATES	LENGTH	FEE
E	05/30-06/09	*2 weeks	\$38.00
F	06/13-06/23	2 weeks	\$45.00
G	07/05-07/14	*2 weeks	\$38.00
H	07/18-07/28	2 weeks	\$45.00

*No class on 05/30/2016 and 07/04/2016

TUESDAY & THURSDAY EVENING SESSIONS			
SESSION	DATES	LENGTH	FEE
E	05/31-06/23	4 weeks	\$45.00
F	07/05-08/04	4 weeks	\$45.00
G	08/16-09/08	4 weeks	\$45.00

SATURDAY MORNING SESSIONS			
SESSION	DATES	LENGTH	FEE
E	06/04-06/25	4 weeks	\$30.00
F	07/09-07/30	4 weeks	\$30.00
G	08/13-09/10	4 weeks	\$30.00

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.



MONDAY -THURSDAY MORNINGS					
	8:30-9:00 AM	9:10-9:40 AM	9:50-10:20 AM	10:30-11:00 AM	11:10-11:40 AM
CLASS CODE	Preschool 1 213100	Parent & Child 213110	Preschool 1 213110	Preschool 1 213110	Preschool 1 213100
CLASS CODE	Preschool 2 213111	Preschool 1 213111	Preschool 2 213111	Preschool 2 213111	Preschool 2 213111
CLASS CODE	Preschool 3 213112	Preschool 2 213111	Preschool 3 213112	Preschool 3 213112	Preschool 3 213112
CLASS CODE	Level 1 213130	Preschool 3 213112	Level 1 213130	Level 1 213130	Level 1 213130
CLASS CODE	Level 2 213140	Level 1 213130	Level 2 213140	Level 2 213140	Level 2 213140
CLASS CODE	Level 3 213150	Level 2 213140	Level 3 213150	Level 3 213150	Level 3 213150
CLASS CODE		Level 4 213160	Level 5 213170	Level 4 213160	Level 6 213180



TUESDAY & THURSDAY EVENINGS			
	5:00-5:30 PM	5:40-6:10 PM	6:20-6:50 PM
CLASS CODE	Preschool 1 213113	Parent & Child 213101	Preschool 2 213114
CLASS CODE	Preschool 2 213114	Preschool 1 213113	Level 1 213131
CLASS CODE	Level 1 213131	Preschool 3 213115	Level 2 213141
CLASS CODE	Level 2 213141	Level 1 213131	Level 3 213151
CLASS CODE	Level 3 213151	Level 4 213161	Level 5 213171

SATURDAY MORNINGS			
	9:00-9:40 AM	9:50-10:30 AM	10:40-11:20 AM
CLASS CODE	Parent & Child 213102	Preschool 2 213117	Preschool 1 213116
CLASS CODE	Preschool 1 213116	Level 2 213142	Preschool 3 213118
CLASS CODE	Level 1 213132	Level 3 213152	Level 4 213162
CLASS CODE	Level 2 213142	Level 1 213132	Level 3 213152

FRUITA COMMUNITY CENTER POOL HEALTH AND SAFETY POLICIES

HELP US KEEP THE POOL HEALTHY AND SAFE FOR EVERYONE!

GENERAL

- Children 6 & under and non-swimmers **MUST** be accompanied in the pool with an adult 16 yrs and up and stay within reach.
- Children 3 & under and children over 3 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 are not allowed in the hot tub.
- Children ages 7-13 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.

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 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.

Mon-Fri	Saturday	Sunday
1:50 PM	2:50 PM	1:50 PM
2:50 PM	4:50 PM	3:50 PM
4:50 PM		



FRUITA GATORS YOUTH SWIM TEAM

This recreational summer swim team is geared towards youth ages 6-17 looking for a swim team experience. Practices will be held in the outdoor pool during designated times with optional swim meets throughout the summer, June and July. [Register for the full summer for a discount!](#) You may also sign up month to month. If you are uncertain which time is best for you, please contact the Aquatics Supervisor at jburkhart@fruita.org. Like us on Facebook for up to date information!



ACT #	DESCRIPTION	SESSION	TIME	FEE	AGE
213186-1	Green Group (Advanced)	Mon-Thurs 06/01-06/25	7:00-8:30 AM	\$65.00	6-17 yrs
213186-2	Yellow Group (Intermediate)	Mon-Thurs 06/01-06/25	8:30-9:30 AM	\$65.00	6-17 yrs
213186-3	Green Group (Advanced)	Mon-Thurs 07/06-07/30	7:00-8:30 AM	\$65.00	6-17 yrs
213186-4	Yellow Group (Intermediate)	Mon-Thurs 07/06-07/30	8:30-9:30 AM	\$65.00	6-17 yrs
213186-5 full summer	Green Group (Advanced)	Mon-Thurs** 06/01-07/31	7:00-8:30 AM	\$120.00	6-17 yrs
213186-6 full summer	Yellow Group (Intermediate)	Mon-Thurs** 06/01-07/31	8:30-9:30 AM	\$120.00	6-17 yrs

****There will be no practice on July 4.**

YOUTH SWIMMING CONDITIONING

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

Cost: \$45 Ages: 6-17 yrs

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

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.

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.

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.

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.

Fruita
Thrift Shop
Since 1951

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

Slip on a flotation belt and join us in the deep end! A variety of moves will be used to boost your heart rate, strengthen your abs, and burn calories. Basic deep water adjustment skills are necessary for participation.



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 buoyancy and hydrostatic pressure supports the body in all directions, making this class accessible for everyone.

YOUTH ATHLETICS

LITTLE TENNIS CAMP

LOCATION: FMHS TENNIS COURTS

Learn a new sport! Skills will be taught through fun games and activities as well as drills and personal instruction. Please bring your own racquet and water.

ACT #	DAY	SESSION	AGE	TIME	FEE
215602	Tu/Th	06/07-06/23	5-8	8:30-9:30 AM	\$35.00
215602	Tu/Th	07/05-07/21	5-8	8:30-9:30 AM	\$35.00



YOUTH TENNIS CAMP

LOCATION: FMHS TENNIS COURTS

Learn the basics of grip, forehand, backhand, and volleys. All skill levels are welcome! Please bring your own racquet and water.

ACT #	DAY	SESSION	AGE	TIME	FEE
215604	Tu/Th	06/07-06/23	9-13	9:45-10:45 AM	\$35.00
215604	Tu/Th	07/05-07/21	9-13	9:45-10:45 AM	\$35.00



CHALLENGER SOCCER CAMP

LOCATION: LITTLE SALT WASH PARK

DATES: JULY 18TH-JULY 22ND

REGISTER AT WWW.CHALLENGERSPORTS.COM

Get your soccer shoes laced up for an exciting and enjoyable soccer camp this summer. Challenger soccer will teach skills within a framework of character development based on respect, responsibility, integrity, leadership, and sportsmanship. Kids enrolled in the First Kicks division will be introduced to game basics through fundamental activities, games, and fun soccer challenges. In the Mini Soccer division fun games, competitions, and skill building activities are designed to enlighten and develop budding players. Finally, the Half Day campers will have an emphasis placed on skill development and mastery of core techniques through individual and small group practices and coached games. The Golden Goal option is only for those already registered for the Half Day Camp. **ON-LINE REGISTRATION ONLY!**



FRUITA TRACK & FIELD CAMP

LOCATION: FRUITA 8/9 TRACK

The Fruita Track & Field Camp will give runners an eight week course over the fundamentals of running. Runners will learn and improve in the technical realm of running: proper running form, techniques for throwing events, and racing strategies. Runners will improve both their physical and psychological conditioning. They will obtain tools to help them both on and off the track, as they develop a sense of perseverance and learn helpful lifestyle choices like staying hydrated and maintaining proper nutrition.

ACT #	DAY	SESSION	AGES	TIME	FEE
215606	M/W/F	05/30-07/22	5-16	8:00-10:00 AM	\$65.00

DIVISION	AGES	SESSION	DAYS	TIME	FEE
First Kicks	3	07/18-07/22	M-F	11:00-12:00 PM	\$97.00
Mini Soccer Camp	4-5	07/18-07/22	M-F	9:00-10:30 AM	\$125.00
Half Day Camp	6-14	07/18-07/22	M-F	9:00-12:00 PM	\$161.00
Golden Goal	6-14	07/18-07/22	M-Th	1:00-3:00 PM	\$57.00



**ADOBE CREEK
NATIONAL**

ADOBE CREEK JUNIOR GOLF CAMP

LOCATION: ADOBE CREEK NATIONAL GOLF COURSE

Adobe Creek Junior Golf Camps are designed to introduce and promote the game of golf to junior golfers of all abilities. Our goal is to provide a fun and enjoyable learning environment for golfers age 6 to 16. Juniors of our camps will learn the importance of rules and etiquette, as well as the basics of the golf swing. Lessons will be taught in areas including: putting, chipping, irons, and woods.

Adobe Creek has a limited amount of junior golf clubs, so we ask that junior golfers bring a minimum of a putter, a wedge, and a wood. Registrations will be taken at the Fruita Community Center. For any questions or for more information, please call Adobe Creek at 970-858-0521 or the City of Fruita Parks and Recreation Department at 858-0360.



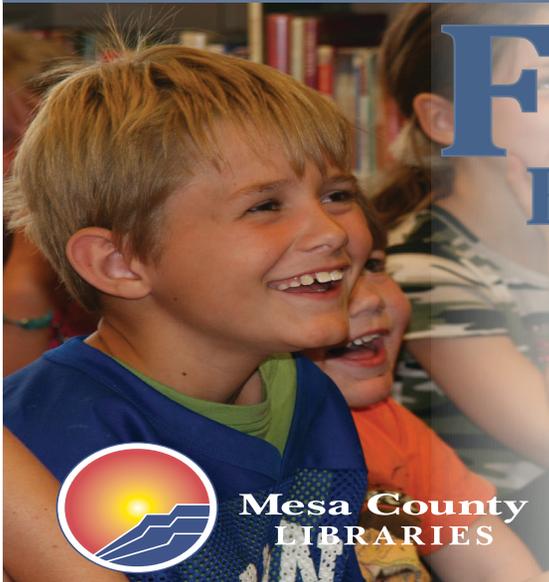
The City of Fruita is proud to offer a youth scholarship program. Financial assistance is available for local youth so they can participate in Fruita's recreational sports and activities.

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.

ACT #	DAY	SESSION	AGES	TIME	FEE
215608	M-F	06/20-06/24	6-16	10:00-11:00 AM	\$100 each
215608	M-F	07/11-07/15	6-16	10:00-11:00 AM	\$100 each

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
- Teen Time — 3 p.m., Thursdays (June and July)



**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



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
215600	M-Th	06/20-06/23	11-13	8:00-9:00 AM	\$35.00
215600	M-Th	06/20-06/23	9-10	9:15-10:15 AM	\$35.00
215600	M-Th	06/20-06/23	6-8	10:30-11:30 AM	\$35.00

FALL YOUTH FLAG FOOTBALL

LOCATION: Little Salt Wash Park

Registration begins May 2nd. 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.

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



FALL YOUTH SOCCER

LOCATION: Little Salt Wash Park

Registration begins May 2nd. 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 #	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

TUMBLE TOTS

LOCATION: FCC GROUP EXERCISE ROOM

Kids learn basic tumbling skills in a fun and safe environment. Your kids will get involved in several exciting and enjoyable tumbling activities. Throughout the course, tumblers will build off of their skills learned from the previous week. Each session is six weeks long and will last for 45 minutes.

ACT #	DAY	SESSION	AGE	TIME	FEE
215800	Tu	05/17-06/21	3-6	4:00-4:45PM	\$24.00
215800	Tu	05/17-06/21	3-6	5:00-5:45 PM	\$24.00
215800	Tu	06/28-08/02	3-6	4:00-4:45PM	\$24.00
215800	Tu	06/28-08/02	3-6	5:00-5:45 PM	\$24.00
215800	Tu	08/09-08/30	3-6	4:00-4:45PM	\$24.00
215800	Tu	08/09-08/30	3-6	5:00-5:45 PM	\$24.00

BACK TO SCHOOL BIKE RODEO

LOCATION: FRUITA COMMUNITY CENTER

Come any time from 9:00 AM- NOON. We will send groups of riders through the course in waves. Estimated time to complete is 30 minutes. Learn how to ride safely with Grand Valley Bikes instructors., Fruita Police Department, and Colorado Canyons Hospital and Medical Center of Family Health West. Courses and skills from Safe Routes to School. Register and inspect your bike and receive a free helmet from our friends at Coloramo Federal Credit Union. Bring your bike and get ready for a fun, educational Saturday morning! Don't have a bike? That's okay, we have bikes onsite so all kids can participate!

ACT #	DAY	DATE	GRADE	TIME	FEE
Bike Rodeo	Sat	August 13	Preschool-5th	9:00 AM- NOON	Free



JOHN McCONNELL



Exploring Wonders - Expanding Minds

JOHN MCCONNELL MATH & SCIENCE CENTER SUMMER CAMPS

LOCATION: FRUITA CIVIC CENTER

CODING: Pairs of students will learn to program in Java and write Artificial Intelligence logic for a team of simulated paintball players. Enrollment is limited to 14 students.

MYTH CRUSHERS: Join us for a week long investigation of scientific tomfoolery. Fact or fiction; we will find out! Enrollment is limited to 14 students.

ADVANCED ROBOTICS: Students will create a machine that moves! Enrollment is limited to 14 students.

ASTRONOMY & BEYOND: Spend a week learning about the infinite frontier, aka outer space! This camp features an overnight stay at a local state park.

CHEMISTRY DIY: Join us as we create everyday items and learn why those weird and whacky chemicals are put in some of our favorite things.

TECHNOLOGY OF THE MIDDLE AGES: Join us as we explore the science and math behind catapults, abaci, crossbows, and many other exciting inventions of the distant past.

TOPIC	ACT #	DAY	SESSION	GRADE	TIMES	MSC MEMBER FEE	NON-MEMBER FEE
CODING	111500	M-F	06/13-06/17	Incoming 6th, 7th, 8th	9:00 AM-4:00 PM	\$125.00	\$150.00
MYTH CRUSHERS	111500	M-F	06/20-06/24	Incoming 6th, 7th, 8th	9:00 AM-4:00 PM	\$125.00	\$150.00
ADVANCED ROBOTICS	111500	M-F	06/27-07/01	Incoming 6th, 7th, 8th	9:00 AM-4:00 PM	\$175.00	\$200.00
ASTRONOMY & BEYOND	111500	M-F	07/05-07/09	Incoming 3rd, 4th, 5th	9:00 AM-4:00 PM	\$125.00	\$150.00
CHEMISTRY DIY	111500	M-F	07/11-07/15	Incoming 6th, 7th, 8th	9:00 AM-4:00 PM	\$125.00	\$150.00
TECHNOLOGY OF THE MIDDLE AGES	111500	M-F	07/18-07/22	Incoming 6th, 7th, 8th	9:00 AM- 4:00 PM	\$125.00	\$150.00

DINOMITES SUMMER CAMP

LOCATION: SHELLEDY ELEMENTARY GYM AND CAFETERIA

This day camp will be for kids 5 to 10 years old. Summer camp will be eight weeks long starting June 6. Participants will have the choice of which weeks they would like to sign up for. Parents pay a flat fee per week but can pick up their child any time. Campers will experience a variety of crafts, sports, games and other hands-on activities. Thursdays will be off-site field trip days. Tuesday, Wednesdays, and Fridays will be swim days at the Fruita Community Center. Campers will enjoy a fun-filled and safe environment where they will interact with friends and camp leaders. Campers will also take part in activities that are within walking distance of the Elementary School. Scheduled activities are subject to change. Ask about a discounted rate for multiple children. **Sign up at the Fruita Community Center. Bring immunization records. All registration forms can be found online at fruita.org/parksrec under athletics and programs. Camp will NOT be held the week of July 4-8.**

SESSION	DAY	DATES	AGE	EARLY DROP OFF TIME	CAMP TIME	LATE PICK UP TIME	FEE
1	M-F	06/06-06/10	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
2	M-F	06/13-06/17	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
3	M-F	06/20-06/24	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
4	M-F	06/27-07/01	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
5	M-F	07/11-07/15	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
6	M-F	07/18-07/22	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
7	M-F	07/25-07/29	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125
8*	M-F	08/01-08/05	5-10 YRS	7:30-8:30 AM	8:30 AM-4:30 PM	4:30-5:30 PM	\$125

*Summer Camp will be held at the Fruita Community Center for Session 8, August 1-August 5.

I LOVE HORSES! CLUB

LOCATION: HARMONY ACRES EQUESTRIAN CENTER

At Harmony Acres Equestrian Center we love horses and we love kids who love horses! Our I Love Horses! Club allows young boys and girls who don't have a horse the opportunity to be around horses in a fun and positive environment. We do un-mounted hands-on lessons and activities with the horses to allow children to learn basic horse skills and horse care. Our curriculum emphasizes building a relationship with a particular horse, which allows children to gain empathy, self-esteem, and confidence throughout the program. The group setting also emphasizes teamwork, communication, and relationship with self and others.

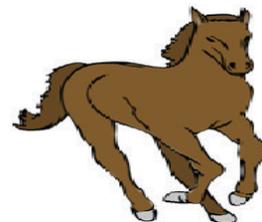
AGE	NUMBER OF PARTICIPANTS	STAFF TO PARTICIPANT RATIO	FEE	DATES	TIME
7-11 YRS	3-8	1:8	\$88.00	5/27, 6/3, 6/10, 6/17, 6/24, 7/8, 7/15	4:30-6:00 PM

GIRLS AND HORSES

LOCATION: HARMONY ACRES EQUESTRIAN CENTER

At Harmony Acres Equestrian Center we believe that the pairing of girls and horses can produce powerful results that extend beyond the riding arena. Our Girls and Horses group is for girls ages 11-15 who would benefit from working with horses in a positive and supportive environment. Our curriculum emphasizes activities that promote confidence, self-esteem, communication skills, and relationship with horse and others. Girls will work together to learn basic horse skills up to and including riding.

AGE	NUMBER OF PARTICIPANTS	STAFF TO PARTICIPANT RATIO	FEE	DATES	TIME
11-15 YRS	3-8	1:4	\$94.00	6/6, 6/13, 6/20, 6/27, 7/11	5:00-6:30 PM



MIKE THE HEADLESS CHICKEN 5K RUN/WALK

LOCATIONS: FRUITA CIVIC CENTER, 325 E ASPEN AVE

Run with Mike! This 5K race/walk is fun for all ages! Register online at www.miketheheadlesschicken.org. Forms can also be found on www.fruita.org or come by the Fruita Community Center.

Early registration ends May 31st. Price increases by \$5.00 after this date.

ACT #	DAY	AGE	TIME	DATE	FEE
249800-04	SAT	ANY	9:00 AM	June 4	\$20.00

MIKE THE HEADLESS CHICKEN DISC GOLF TOURNAMENT

LOCATION: FRUITA RIVERFRONT DISC GOLF PARK, SOUTH OF I-70 AT SNOOKS BOTTOM OPEN SPACE PARK

Register as an individual or a family of four for this fun, family-friendly tournament. Even first-time players will enjoy this one! First 50 registered will get a custom disc. If you can't register early, simply show up at Snooks on Saturday between 8:30 AM-10:00 AM and pay the late fee. Call 858-0360 to register over the phone with a credit card or visit the Fruita Community Center.

EVENT	TIME	DATE	FEE (BY 5/31)	FEE (AFTER 5/31)
INDIVIDUAL	10:00 AM	June 4	\$10.00	\$15.00
FAMILY OF 4	10:00 AM	June 4	\$30.00	\$40.00

MIKE THE HEADLESS CHICKEN CAR SHOW

LOCATION: DOWNTOWN FRUITA

Put your car on display at the 13th Annual Car Show, June 4th from 10:00 AM-3:00 PM. Call Jim Davis at 970-523-0256 for information and to register. There is a pre-registration dinner at Munchies at 6:00 PM on Friday for those who wish to participate. Day of registration is Saturday from 8:00 AM-10:00 AM. Awards will be at 3:00 PM. Presented by Blue Dots Car Club.

MIKE THE HEADLESS CHICKEN 3V3 BASKETBALL TOURNAMENT

LOCATION: CIVIC CENTER PARK STREETS

Mike the Headless Chicken 3 v 3 Basketball Tournament will be held on Saturday, June 4th. Games will start at 11am, and we will have a schedule built by Thursday, June 2nd. We are asking that teams pre-register for this event in order for us to create brackets ahead of time. The registration deadline is Tuesday, May 31st at 6:00pm. Please register at the Fruita Community Center or online at www.fruita.org/parksrec. Winners of each division will receive t-shirts. Games will be played to 11 points or a time limit of 15 minutes. Teams still tied after 15 minutes will play for the next basket to break the tie. Please call us at 858-0360 for any questions.



ACT #	DIVISION	DAY	TIME	FEE/TEAM
255200	2nd/3rd Grade Open	Sat	TBA	\$15.00
255200	4th/5th Grade Open	Sat	TBA	\$15.00
255200	Middle School Male	Sat	TBA	\$15.00
255200	Middle School Female	Sat	TBA	\$15.00
255200	Middle School Co-Ed	Sat	TBA	\$15.00
255200	High School Male	Sat	TBA	\$15.00
255200	High School Female	Sat	TBA	\$15.00
255200	High School Co-Ed	Sat	TBA	\$15.00
255200	Adult Male	Sat	TBA	\$15.00
255200	Adult Female	Sat	TBA	\$15.00
255200	Adult Co-Ed	Sat	TBA	\$15.00



BIKE TO WORK DAY: JUNE 22, 2016

LOCATION: FRUITA COMMUNITY CENTER
 Ride your bike to work on Wednesday, June 22nd to participate. Enjoy breakfast at the FrUITa Community Center, provided by Colorado Canyons Hospital, from 6:30 AM-9:00 AM.



FRUITA FIREWORKS

LOCATION: CITY OF FRUITA
 Experience the 2016 FrUITa Fireworks on July 3rd. Fireworks begin at dusk and will be lit at Snooks Bottom Open Space Park. Please call 858-0360 for optimal viewing locations.

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
Saturday	Sept 10	All	10:00 AM- 12:00 PM	Donation

TRUCK-N-TREAT

October 29th is the 10th anniversary of Truck-N-Treat! Don't wait until it's too late; get your vehicle entered into this awesome, FREE, community event! Email Angie Ballegeer at aballegeer@fruita.org if you have a fun, cool vehicle you would like to have participate.





ARROWHEAD
 VETERINARY HOSPITAL INC.

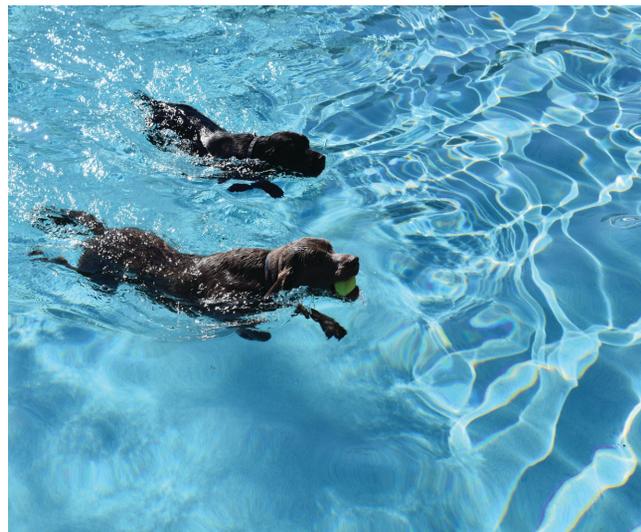
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(970) 858-8881

Michael Etchart, DVM • Paul Bingham, DVM
Alyson Etchart, DVM




Quality and compassionate care for your small animal, avian, and exotic pet family.

www.arrowheadvethospital.com



Chesnick Realty LLC



FIT4MOM is now open! 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 instructors offer a variety of fun class formats both indoors and outdoors. 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, Wednesday, and Thursday from 10am-11am. Locations vary, please check www.fruita.fit4mom.com for our full schedule and rates. Contact Lindsay Maurer at 970-712-3616 or lindsaymaurer@fit4mom.com for more information.

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.

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 Class will be from 11:00-12:00 pm.

**Tap shoes are required.*

ACT #	DAY	SESSION	AGE	TIME	FEE
455702	Sat	05/07-05/28	18+	10:00-12:00 PM	\$25.00
455702	Sat	06/04-06/25	18+	10:00-12:00 PM	\$25.00
455702	Sat	07/02-07/30	18+	10:00-12:00 PM	\$25.00
455702	Sat	08/06-08/27	18+	10:00-12:00 PM	\$25.00

ASSISTED CONTRACT AND RELAX STRETCHING

Master Personal Trainer Clint Hawkins is certified in this type of assisted stretching, perfect for seniors and those rehabilitating from injuries. 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 in a safe and effective manner.

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

SUPER SIZE IT!!

Join us at the Fruita Community Center on Saturday, July 16, from 7:30 to 9:00 a.m. for a fun, Super-Sized Fitness Class – open to all fitness levels, ages 14 yrs and up. FCC Member or not, all are welcome! Get a taste of the Fruita Community Center's most popular fitness classes and see how much fun getting in shape can really be!
*Daycare option will be extended to accommodate early start.

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.

ACT #	DAY	SESSION	TIME	FEE
411900	Tu	08/02-08/23	6:00-7:00 PM	\$36.00

TAI CHI: MOVING FOR BETTER BALANCE

An evidence-based program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in everyday activities. Learn and practice eight Tai Chi movements tailored to adults who wish to improve balance and mobility and reduce the risk of falling.



ACT #	SESSIONS	DAY	TIME	FEE
237301	June 20-Sept 14	Mon & Wed	8:00 AM	\$25.00

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

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.

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.

TAI CHI: MOVING FOR BETTER BALANCE

An evidence-based program that uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in everyday activities. Learn and practice eight Tai Chi movements tailored to adults who wish to improve balance and mobility and reduce the risk of falling. See Fitness section for more information.



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

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.



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

INTER-MEDIATE

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

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.

SUNSET FLOAT DOWN THE COLORADO RIVER

MEET AT: RIMROCK ADVENTURES, FRUITA

Take a scenic float down the Colorado River with our experienced guide that will explore the wonders of the beautiful wilderness that surrounds the river ecosystem and sunset. Following the float, enjoy a cook-out with your new found friends. *Open to all levels.

*Tips for Guides are on your own.

Trip Includes: Guided river trip and cook-out.

Registration Deadline: June 1, 2016. ●

ACT #	DATE	TIME	AGE	FEE
231900-1	June 8	4:00 PM	55+ Event	\$55.00

RUBY HORSETHIEF CANYON RAFT TRIP

MEET AT: RIMROCK ADVENTURES, FRUITA

On this full day tour you will float through 25 miles of towering red sandstone canyons. Along the way, you'll witness huge boulders of Precambrian schist "Black Rocks," photograph a variety of water fowl, and tinkle your toes in the cool refreshing waters of the Colorado River. *Open to all levels.

*Must be able to sit for long periods of time in the heat and sun. Bring a hat and water bottle.

*Tips for Guides are on your own.

Trip Includes: Guided raft trip and lunch. ●

Registration Deadline: June 15, 2016.

ACT #	DATE	TIME	AGE	FEE
231900-3	June 22	8:00 AM	55+ Event	\$95.00
231900-8	June 28			



WHITTLE THE WOOD RENDEZVOUS TRIP

MEET AT: FCC SENIOR CENTER

A perfect Father's Day weekend in Craig, Colorado. A premier event, featuring head-to-toe competitions between experienced wood carvers, chainsaw artists, and a festival in the park, filled with concerts, food, and crafts. Trip Includes: Transportation, 2 night hotel, full breakfasts, and concerts.

Registration Deadline: May 27, 2016. ●

ACT #	DATE	TIME	AGE	FEE
231900-2	June 17-19	10:30 AM	55+ Event	\$162.00



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 1, 2016. ■

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

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

FRUITA FOSSILS HIKING CLUB- EXTENDED HIKES

All extended hikes will meet at the FCC Senior Center at 7:00 AM. On these half day hikes, please bring: a lunch, appropriate clothing, and water.

Registration Deadline: Thursday prior.



HIKE	DATE	TIME	COST
Green River Hike	May 27	7:00 AM	\$10.00
Monument Hike	June 24	7:00 AM	\$10.00
Moonlight- Serpents Trail	July 19	9:00 PM	\$10.00
Grand Mesa Wildflower Hike	August 12	7:00 AM	\$10.00
La Sal Hike	September 23	7:00 AM	\$10.00



PICNICS

SWEITZER LAKE BY DELTA

MEET AT: FCC SENIOR CENTER

Coined the "Oasis on the edge of the desert."

*Open to every level.

Registration Deadline: May 6, 2016.



ACT #	DATE	TIME	FEE
231000-4	May 10	9:00 AM	\$30.00

SYLVAN LAKE BY EAGLE

MEET AT: FCC SENIOR CENTER

Sylvan means: a peaceful, wooded place with stunning mountain scenery, abundant recreation, wildlife to watch, and top-notch fishing and hiking.

*Open to every level.

Registration Deadline: July 8, 2016.



ACT #	DATE	TIME	FEE
231901-4	July 12	9:00 AM	\$40.00

GRAND MESA- WILDFLOWER

MEET AT: FCC SENIOR CENTER

The Grand Mesa is filled with the sweet smells of summer!

*Open to every level.

Registration Deadline: July 29, 2016.



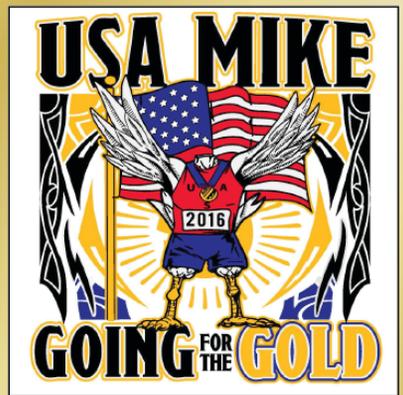
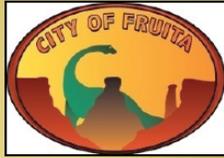
ACT #	DATE	TIME	FEE
231902-4	August 1	9:00 AM	\$30.00



2016 Mike the Headless Chicken Festival

June 3rd & 4th

**Presented by:
The City of Fruita &
Credit Union of Colorado**



Event located at Civic Center Park - 325 E Aspen St.

Friday, June 3

1:00pm Tee-Off

“Links and Line Drives” Golf Tournament @ Adobe

Sponsor: St Mary's Foster Grandparent & Senior Companion Programs

4:00pm – 10:00pm

Mike Games (*free*), Store, Artisan & Food Vendors Open

4:00pm – 8:00pm

FREE Poultry Show in the Civic Center

Come see hundreds of prize chickens at the top floor of the big brick building!

5:00pm – 7:00pm

Entertainment - We Speak Imaginese

6:00pm

Pre Registration Dinner @ Munchies for Car Show

7:30pm – 9:30pm

Entertainment - The Williams Brothers Band

Saturday, June 4

7:00am – 10:00am

Lion's Club Pancake Breakfast *IOOF Hall on the Circle*

8:00am – 3:30pm

Mike's Madness Car Show *8am-10am Registration*

10am-3pm Show & 3pm Awards Presented by Blue Dots Car Club

7:00am – 8:30am

Race day Registration for 5k Run

8:30am – 10:00am

Mike's Disc Golf Tournament @ Snooks Bottom

pay and play - register between 8:30am-10am @ Snooks

9:00am – 10:00am

Mike 5k Run/Walk Begins

Sponsored By ----->



9:00am – 10:00pm

Mike Games (*free*), Store, Artisan & Food Vendors Open

9:00am – 8:00pm

FREE Poultry Show in the Civic Center (brick building)

Chicken Poop Bingo @ 12pm, 1pm, 2:30pm, 3:30pm. \$1 buys you 2 squares. Winners get a fun prize! 9:30am Obstacle Course. 2:00pm Judge Costume Contest.

11:00 am

3v3 Basketball Tournament on Aspen St.

Pre-register at the Fruita Community Center by May 31st. \$15 per team.

12:30pm – 2:00pm

Peep Eating and Wing Eating Contest

Sponsored by Suds Brothers Brewery

2:00 pm – 2:45pm

Rooster Calling Contest & Do the Chicken Dance

w/92.3 The Moose & 1340 The Team On stage

4:00pm – 6:00pm

Entertainment - Shotgun Hodown

6:00 pm

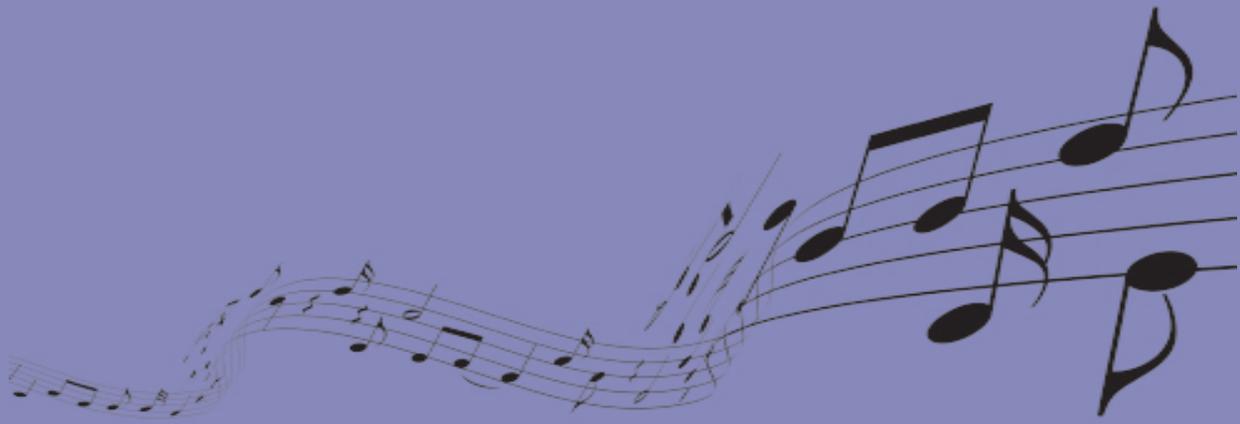
Poultry Show Awards on Stage

and drawing for raffle/silent auction

7:30pm – 9:30pm

Entertainment - Cracker





Thursday Night Concert Series

Presented by: City of Fruita and FCI

June 9 - Jack and Jill - Indie/Alternative

June 16 - The Navigators - Original Folk/Rock/Blues

June 23 - Bicycle Annie - 90's Alternative

June 30 - Centennial Band - Great American Band

(Fruita City Council Ice Cream Social)

July 7 - Stonefed - Funky Rock 'n' Roll

July 14 - Flat Top Reed - Blues/Roots Country/Rock

July 21 - Sleep Junkys - Classic Rock

July 28 - Retrospectacle - Funk/Jazz/Blues/Rock

August 4 - Zolopht - Funk/Reggae/Rock

August 11 - The Williams Brothers Band - Country/Rock

Bring a chair! All concerts are FREE and begin at
7:30 PM at 325 E Aspen Ave.





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

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ECR-WSS
RESIDENTIAL CUSTOMER

June 22: Colorado Bike to Work Day

What: Colorado's annual celebration of bicycle commuting

Where: Across Colorado

Why you should ride: Celebrate your daily bicycle commute or begin a new bike commuting habit by stopping at the Fruita Community Center for a FREE breakfast sponsored by Colorado Canyons Hospital & Medical Center from 6:30-9:00 am.

- Enter the Commuter Challenge
- Register your business as part of the Mesa County Business Biking Challenge
- To register, or for information on other Colorado Bike Month event details, visit: **HealthyMesaCounty.org/bike-month-btwd**
- Fruita's June 22 flashride—more information to come!

