



OCTOBER 2020 ACTIVITY GUIDE



Fruita Community Center
324 N.Coulson St., Fruita, CO 81521
970-858-0360
www.fruita.org/parksrec



FRUITA
COLORADO
PARKS & RECREATION

HOURS OF OPERATION AND DAILY RATES

HOURS OF OPERATION

MONDAY-FRIDAY

5:30 AM—7:00 PM

SATURDAY

8:00 AM—5:00 PM

SUNDAY

NOON—5:00 PM

DAILY ADMISSION	DAY RATE
Child (3-9)	\$4.00
Youth (10-17)	\$5.00
Adult (18-64)	\$7.00
Senior (65+)	\$6.00

- MASKS ARE REQUIRED WHEN ENTERING, EXITING, AND CIRCULATING THE FACILITY.
- MASKS MAY BE REMOVED WHEN EXERCISING.



MEMBERSHIP RATES

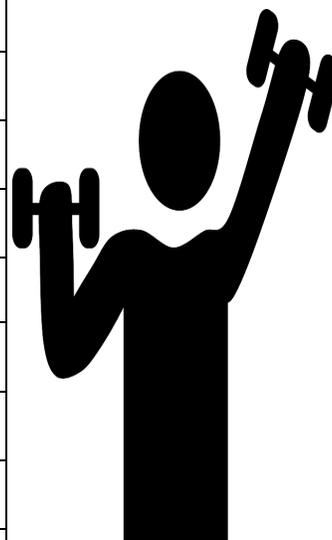


20 PUNCH PASS	NON-RESIDENT RATE	RESIDENT RATE
Child (3-9)***	\$76.00	\$72.00
Youth (10-17)	\$95.00	\$90.00
Adult (18-64)	\$133.00	\$126.00
Senior (65+)	\$114.00	\$108.00

3 MONTH PASS	NON-RESIDENT RATE	RESIDENT RATE
Child (3-9)***	\$65.00	\$60.00
Youth (10-17)	\$81.25	\$75.00
Adult (18-64)	\$113.75	\$105.00
Senior (65+)	\$97.50	\$90.00
Adult Couple/Buddy	\$171.00	\$157.50
Senior Couple/Buddy (65+)	\$146.25	\$135.00
Family (3 members)	\$190.88	\$176.25
Family (4 members)	\$207.00	\$191.25
Family (5 members)	\$223.50	\$206.25

ANNUAL/MONTHLY PASS	NON-RESIDENT RATE	RESIDENT RATE
Child (3-9)***	\$260.00/\$21.67 mo.	\$240.00/\$20.00 mo.
Youth (10-17)	\$325.00/\$27.08 mo.	\$300.00/\$25.00 mo.
Adult (18-64)	\$455.00/\$37.92 mo.	\$420.00/\$35.00 mo.
Senior (65+)	\$390.00/\$32.50 mo.	\$360.00/\$30.00 mo.
Adult Couple/Buddy	\$684.00/\$57.00 mo.	\$630.00/\$52.50 mo..
Senior Couple/Buddy (65+)	\$585.00/\$48.75 mo.	\$540.00/\$45.00 mo.
Family (3 members)	\$763.50/\$63.63 mo.	\$705.00/\$58.75 mo.
Family (4 members)	\$828.00/\$69.00	\$765.00/\$63.75 mo.
Family (5 members)	\$894.00/\$74.50 mo.	\$825.00/\$68.75 mo.

- A \$2.00 surcharge fee will be added to all monthly installment billing credit card as payment.
- No changes to the number of members can be made to a 3 month pass once it is purchased.
- ***Adult passes must be purchased with child passes.
- Family passes can have no more than 2 adults (18+)



RENTALS



Park shelters are available for rental and are the perfect spot for an outdoor birthday party. There is a \$25.00 charge for park shelter rentals for two-hours. Each additional hour is \$10.00. For more information call the front desk at 970-858-0360.

Meeting Rooms are available for your socially distant meeting or party! Call the front desk at 970-858-0360 for COVID restrictions and capacity limits.



INDOOR POOL



Reservations for lap lanes and water aerobics are required.

<https://www.signupgenius.com/go/fcc2020>

Family swim is now drop-in!

Come when you want, stay as long you can.

INDOOR POOL HOURS

MONDAY—FRIDAY

5:30 AM-6:30 PM

SATURDAY

8:00 AM—4:30 PM

SUNDAY

12:00 PM—4:30 PM

- * Children 6 yrs & under and non-swimmers MUST be accompanied in the pool with an adult 16 yrs and up and stay with in reach.
- * Parents are directly responsible for the safety and well-being of their children.
- * Lifeguards/Pool Managers are the final authority on rules and regulations in the pool area.
- * Children 3 yrs & under and children over 3 ys that are not toilet trained MUST wear a swim diaper.
- * No prolonged breath holding.

INDEPENDENT SWIM LESSONS



GUIDELINES

- **Parent/Guardian must be in water for lesson**
- **Waiver must be completed before first lesson**
- **Lessons will be scheduled according to instructor and pool availability**
- **There is no min/max number of lessons participant must enroll in**
- **Lesson fees are \$10.00 per half hour per person**
- **You will receive a private swim lesson pass for each lesson, passes must be presented to the front desk and turned in to the instructor prior to each lesson.**

• **Interested in signing up for Independent swim lessons?**

Please fill out the application at <https://www.fruita.org/parksrec/page/independent-swim-lessons> and email to shirsch@fruita.org

October 2020 Water Aerobics Schedule

	Monday	Wednesday	Friday
8:30-9:20	Splash 1 Elaine	Strength and stretch Nici	Water Yoga Jared
9:30-10:20	Water Yoga Nici	Water Yoga Nici	Splash 2 Jared
Our classes will grow! Thank you for your continued participation! We love having you here! Stay safe!		Please note class schedule is subject to changes throughout the month to accommodate social distancing and holidays.	



So which class is right for me?

- **Splash I and Splash II** will get you up and moving. These multi-level classes are easy on the joints while providing a mid- to high-intensity workout. These classes use a variety of equipment and utilize different areas of the pool to keep you moving. Our instructors will incorporate different styles of classes to give you a taste of the current fitness trends such as deep water, river resistance, Tabata and interval strength, and cardio training. These classes address principles of balance, body alignment, and flexibility. Splash I is the more advanced class.
- **Yoga** Flexibility is often overlooked during workouts. It is a vital function that we use daily. Yoga addresses flexibility, strength, and breathing that will calm the mind and promote relaxation and healing. It also ties in body awareness and helps with proper posture.
- **Stretch and Strengthen** will involve shallow water resistance training. The goals for this class include improvement in muscle strength and tone, range of motion, and stabilization with an increased focus on major joints and posture.

Alternative exercises are offered to accommodate participants with specific physical limitations

SCUBA



Discover Scuba

Want to try out Scuba to see if it is for you? This is an introductory “try out SCUBA” class. We will meet at the Fruita Community Center for some basic introduction into SCUBA with DAN and PADI certified instructors. Bring a suit,, as you will be getting in with the equipment. You must pre-register.

ACT #	DAY	DATE	TIME	AGE	FEE
313949-3	SAT	10/10	9:00 AM-11:00AM	16+YRS	FREE
313949-4	SAT	11/14	9:00 AM-11:00AM	16+YRS	FREE

Scuba Class

Learn to SCUBA dive! This instructional class will meet at the Fruita Community Center for classroom and pool sessions. Our DAN and PADI certified instructor will provide pre-certification referral upon successful completion of the course. Participants will learn the skills needed to complete their certification with an open water dive course (not included). No previous SCUBA experience is required, however basic swimming skills are necessary to complete the course.

ACT #	DATES	TIME	AGE	FEE
313950-1B	FRIDAY, OCTOBER 9 SUNDAY, OCTOBER 11, 18, 25 SUNDAY, NOVEMBER 1	FRIDAYS 5: 00 PM-6:00 PM SUNDAYS 9:00 AM-2:00 PM	16+YRS	\$300

OCTOBER GROUP FITNESS CLASSES

FCC OCTOBER GROUP FITNESS CLASS SCHEDULE



FRUITA
COLORADO
PARKS & RECREATION

MONDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 4:30 - 5:30 P.M. 5:30 - 6:30 P.M.	CYCLE & TONE CYCLE & ABS TAI CHI/QI GONG SHAPE UP FLOW YOGA	SHAUNI TORI DIANA ANN MELANIE
TUESDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:15 A.M. 5:45 - 6:30 P.M.	TOTAL BODY EXPRESS CYCLE & ABS PILATES CYCLE & TONE	SHAUNI TRACY TINA TORI
WEDNESDAY	9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 4:30 - 5:30 P.M. 6:00 - 6:45 P.M.	YOGA/PILATES TAI CHI/QI GONG SHAPE UP CARDIO KICK	ERIKA DIANA ANN CHRISTINE
THURSDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 5:45 - 6:30 P.M.	TOTAL BODY EXPRESS CYCLE & ABS HIIT	DAWN TRACY TORI
FRIDAY	6:00 - 6:45 A.M. 9:00 - 10:00 A.M. 10:30 - 11:30 A.M. 4:30 - 5:30 P.M.	CYCLE & TONE CYCLE & ABS TAI CHI/QI GONG SHAPE UP	DAWN TORI DIANA ANN
SATURDAY	10:00 - 11:00 A.M.	ZUMBA	ROXANA
SUNDAY	3:00 - 4:00 P.M.	STEP UP DANCE	CHRISTINE

*If your class is held outside please follow the exit signs,
after checking in to find your class.*

Mask can be removed while working out indoors. We recommend that you bring your own Yoga equipment (blankets and straps) as these will not be provided.

No \$1 class fee will be collected.

FITNESS CLASS DESCRIPTIONS

CARDIO KICK: Ready to sweat? Elevate your heart rate and torch calories while building strength and coordination. This class combines high intensity choreography with basic kick boxing routines.

CYCLE & TONE: This 45-minute class has all the things you want in a workout. 25 to 30 minutes of Cycling and finish with strength training.

FLOW COMBO: This class will combine the ease and energetic movement of Yoga and the benefits of strength training.

FLOW YOGA: A Yoga class that incorporates energetic movement. Posture is matched with breathing, creating an even greater sense of flow, strength, ease, and tension release.

SHAPE UP: This high intensity, low impact cardio workout with varied weight training options presented with modifications for all levels.

TAI-CHI/QIGONG: A traditional Chinese practice using slow and soft martial arts. Along with relaxing meditative techniques, benefits include improved flexibility, balance, strength, and coordination.

TOTAL BODY EXPRESS: A class targeting major muscle groups using various equipment and body weight in a shorter time frame.

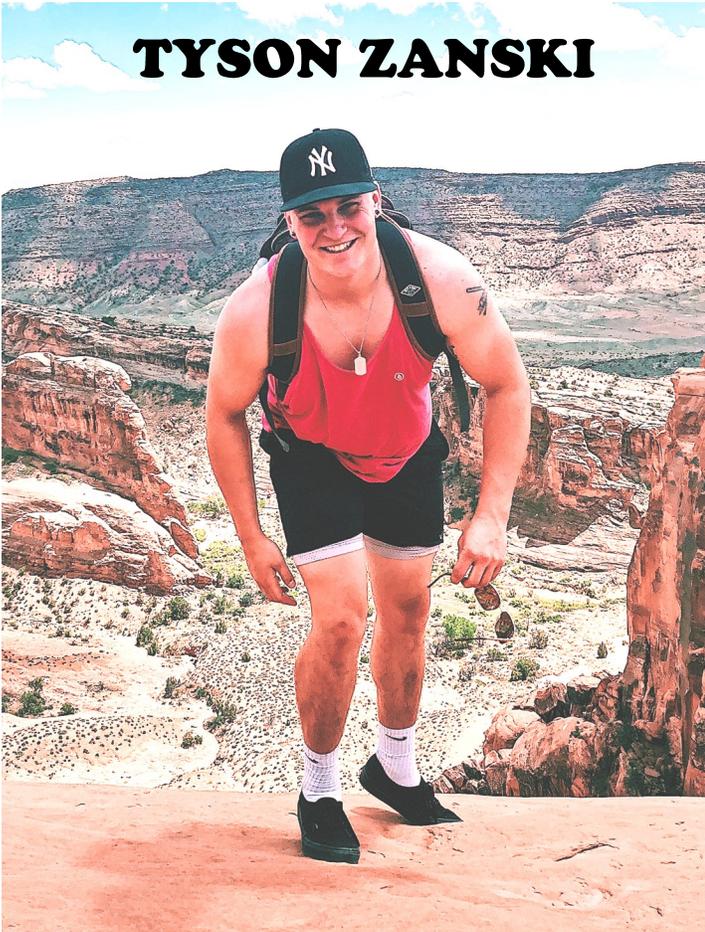
PILATES: a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture.

YOGA/PILATES: Experience the fusion of Pilates and Yoga, strengthening, and toning your core muscles while also creating flexibility and improving balance.

ZUMBA: For every body and everyone! Zumba is a fitness program that combines Latin and international music with dance moves. Routines incorporating interval training (alternating fast and slow rhythms) and resistance training.

MEET THE FRUITA COMMUNITY CENTER PERSONAL TRAINERS!

TYSON ZANSKI



Hey y'all, I'm Tyson. I am a former college baseball player. My baseball career ended due to a torn labrum and rotator cuff. After many months of shoulder rehab I was able to find a new passion in the fitness world.

With more than 5 years of experience, I have come to love and live my fitness philosophy of "enjoyable change". My main goal is to help you achieve all of your goals in a positive, enjoyable way! As an International Sports Science Association ELITE TRAINER, I specialize in strength gain, functional movement, weight management, and dietary advice. I cannot wait to help you tackle your goals and dominate life!

My personal fitness journey began when I found myself unhappy and overweight. I decided it was time to make some changes and I haven't looked back since.

I am a certified personal trainer, indoor cycle, bootcamp, and HIIT instructor. I am also First Aid and CPR/AED certified. Helping people reach their personal fitness goal is my biggest passion. I love when someone reaches a goal or does something that they never thought they could do. We are all capable of so much more than we realize. I am very energetic and that is reflected in my training style -- lots of energy, positivity, and motivation. I enjoy working with all ages and fitness levels.

TRACY DURDEN



Personal Training Options

Personal Training 1 Session	\$45.00
Personal Training 2 Sessions	\$80.00
Personal Training 4 Sessions	\$150.00
Personal Training 10 Sessions	\$350.00
Partner Training 4 Sessions	\$95.00/per person
Partner Training 10 Sessions	\$190.00/per person

Group Training (3– 6 people) 4 Sessions	\$75.00/ per person
Group Training (3-6 people) 10 Sessions	\$150.00/ per person
Fitness Orientations (Youth and Adult)	Free
Fitness Assessment	Free

Personal training will give the guidance, education, and motivation you seek for your personal health and wellness goals and lifestyle needs. Whether you need guidance creating a plan that will help you obtain your fitness goals or basic instruction on use of our equipment, personal trainers are here to help. Stop by the front desk, or call (970)858-0360 to schedule a fitness orientation, fitness consultation, or personal training session. A trainer will follow-up with you within 24 hours. Questions? Contact Victoria Retallack, Fitness Coordinator, at vretallack@fruita.org or 970.858.0360 x 6425.

ATHLETICS

LEARN TO FISH

Location: FCC and Snooks Bottom



Is your middle schooler looking to learn the ropes on how to fish? Here is a perfect opportunity. Mark Vana, an experienced local fisherman, has teamed up with us to offer youth in grades 6-8 how to fish lessons. The first two weeks will cover the basics of fishing (how to cast, knot tying, bait, etc. at the FCC). The remaining four weeks will be held out at Snooks Bottom. BYOP (Bring your own pole).

Activity No.	Day	Session	Ages	Time	Fee
415901-1	TH	10/8-11/12	11-14	5:00-6:00pm	\$50
415901-1A	TH	10/8-11/12	11-14	6:00-7:00pm	\$50

RUN CLUB

Location: FCC Backyard

The Fruita Mile Club is a running program designed to help youth 2nd to 7th grade learn the basics of running while working to complete a 1 mile race. All running levels are suitable as coaches will provide the right framework and guidance to see that runners develop appropriately!

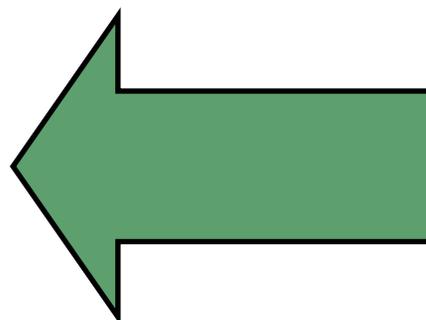
Run club starts September 30th we are still taking enrollments!

Contact Tyler Talkington at ttalkington@fruita.org or 970-858-0360 ext. 6406 to find out more information.



Possible Winter sports coming:

- ◆ **Wrestling**
- ◆ **Youth Basketball**
- ◆ **Youth Volleyball**
- ◆ **Adult Volleyball**
- ◆ **Adult Basketball**





KARATE

Academy of Self Defense

Location: Cottonwood Mall– 2493 HWY 6&50, Unit 9, Grand Junction

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!

Little Ninjas: Monday/ Wednesday

Activity No.	Day	Session	Ages	Time	Fee
415902-B1	Mon/Wed	9/30-10/28	3-8	5:00-5:30pm	\$70
415902-B2	Mon/Wed	11/02-11/23	3-8	5:00-5:30pm	\$70
415902-B3	Mon/Wed	11/30-12/21	3-8	5:00-5:30pm	\$70

Golden Dragons: Evening Class Monday thru Thursday . Students train 2x week. Your pick of days.

Activity No.	Day	Session	Ages	Time	Fee
45593-B1	Mon-Thurs	9/30-10/28	9+	5:30-6:15pm	\$80
45593-B2	Mon-Thurs	11/02-11/23	9+	5:30-6:15pm	\$80
45593-B3	Mon-Thurs	11/30-12/21	9+	5:30-6:15pm	\$80

Cardio Boxing: Tues/Thurs Session

Activity No.	Day	Session	Ages	Time	Fee
455902-1	Tue/Thurs	10/1-10/29	9+	6:45-7:30pm	\$45
455902-1A	Tue/Thurs	11/3-11/26	9+	6:45-7:30pm	\$45
455902-1B	Tue/Thurs	12/1-12/22	9+	6:45-7:30pm	\$45

Cardio Boxing: Saturday Session

Activity No.	Day	Session	Ages	Time	Fee
455902-2	Saturday	10/3-10/24	9+	10:30-11:15am	\$25
455902-2A	Saturday	10/31-11/21	9+	10:30-11:15am	\$25
455902-2B	Saturday	11/28-12/19	9+	10:30-11:15am	\$25

Woman's Self Defense: Small, groups of friends or family members. Will be scheduled to meet all participants availability

Activity No.	Day	Session	Ages	Time	Fee
415900-3C	Schedule	10/3-10/24	16+	Need to Schedule	\$60
415900-3D	Schedule	10/31-11/21	16+	Need to Schedule	\$60
415900-3E	Schedule	11/28-12/19	16+	Need to Schedule	\$60

DINOMITES DAY CAMP

Are you looking for a fun, safe place to send your child (ages 5-10) when there is no school during the week? DinoMites Days Off Camp is here to help!

Each camp day runs from 8:30 AM to 4:30 AM (with early drop off at 7:30 AM & late pick up at 5:30 PM). Certified staff will organize games, activities, sports, and crafts at the Fruita Community Center.

Upcoming DinoMites Dates: October 12 & 13 and November 23, 24 & 30.

For More Details: <https://www.fruita.org/parksrec/page/dinomites-days-camp>

#DINOMITES2020





FRUITA
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FALL DANCE CLASSES

**SIGN-UP
NOW**



MONDAYS

BALLET/TAP (5-8 YEARS) 411608-3F

FRIDAYS

CREATIVE MVMT (3-5 YEARS) 411602-3F

KIDS JAZZ (5-8 YEARS) 411607-3F

SATURDAY

TWINKLE TOES BALLET (4 & 5 YEARS) 411600-3G

KIDS YOGA (6-12 YEARS) 411604-5C

TO REGISTER

GO ONLINE:

FRUITA.ORG/PARKSREC

CALL:

970.858.0360

VISIT:

FRUITA COMM. CENTER



Fall Yoga Classes

MONDAYS

Salute to the Sun 9 AM (411604-2C)

Prenatal 5:30 PM (411604-3C)

FRIDAY

Phases of the Moon 5:30 PM (411604-4C)

SUNDAY

Mindful Meditation 10 AM (411604-3F)

Fruita.org/ParksRec
recreation@fruita.org
970.858.0360



FRUITA
COLORADO
PARKS & RECREATION

FAMILY HIKES

Location	Date	Time	Meeting Spot	Description
Opal Hill	10/13	4:30 PM	Snooks Bottom Parking lot	Opal Hill gets its name from the Opal that can be found scattered over the terrain. The Opal found in the area is called common Opalized wood.
Alcove Nature Trail: Colorado National Monument	10/20	4:15 PM	Colorado National Monument Fruita Entrance	The Alcove trail offers an informative hike with numbered markers that coincide with entries in a guide booklet. The entries describe plants and animals in the park as well as the geological history. 4th graders will earn a free pass to the Colorado Na-



SENIOR HIKES

Location	Date	Time	Meeting Spot	Description
Canyon Rim Trail	10/16	8:30 AM	Colorado National Monument Visitor's Center	For views of Praying Hands, Independence Monument, and the other statuesque monoliths in Monument Canyon, take a stroll along Canyon Rim Trail. The trail is 1/2 mile one-way or 1 mile round trip. The hike can be extended beyond Book Cliff View by hiking another 1/4 mile to Window Rock. No matter what distance you hike, this is an easy trek with excellent views.
Fruita Dugway -Moderate to Hard, some steep areas	10/23	8:30 AM	Kodel's trail head-turnout Just past King's view Drive off Hwy 340	The Dugway was built along a cattle trail that had been in use since the 1880's and remained an important driveway for many years afterwards. You might imagine yourself being part of a cattle drive a hundred years or more ago and pick out the spots where you might stop for lunch or lay up for the night. Rusty old tin cans lay upon the ground in various places. Steep trail in a couple places. Bring your trekking poles.
Skinner's Cabin	11/6	8:30 PM	Paleo parking lot off King's View Drive into McInnis Canyons	A wonderful stretch of rolling terrain below steep cliffs as you make your way back into the canyon towards Skinner's cabin.





FRUITA
COLORADO
PARKS & RECREATION



Drive-Thru

TRUCK N' TREAT

**REGISTRATION
REQUIRED**

OCTOBER 24

9 a.m. to noon

CITY SHOPS • 900 KEIFER AVE, FRUITA

Register for a timeslot using these codes:

9 AM 341901-1A

10:30 AM 341901-1D

9:30 AM 341901-1B

11 AM 341901-1E

10 AM 341901-1C

11:30 AM 341901-1F

CALL 970.858.0360 OR VISIT RECREATION.FRUITA.ORG TO REGISTER!



FOR YOUR SAFETY AND THE SAFETY OF STAFF & VOLUNTEERS:
Remain in your vehicle at all times. Make sure everyone in the vehicle is feeling well
at the time of the drive-thru.