

Activity Guide

Fall 2012



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Thank You to Our Sponsor

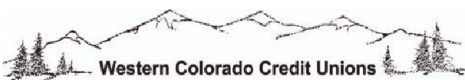
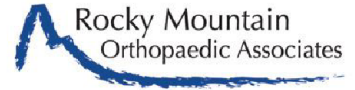
Every year, Parks and Recreation receives financial or in-kind support from local businesses, individuals, and community organizations. This support helps keep program fees low and helps provide scholarships for those individuals who cannot afford registration fees. Thanks to this generous support, Parks and Recreation programs reach thousands of people and positively impacts our community making it a better place to live!

Outstanding Partner of the Season



CPC Solutions was the proud sponsor of the City's Arbor Day program this spring donating \$2,250 to purchase 1,500 tree seedlings. They also printed over 500 art pads that were distributed to School District 51 students who participated in the "Celebrate Trees In Our Community" poster contest.

CPC staff helped pass out seedling trees on Arbor Day and were also recognized by City Council during the Arbor Day Proclamation meeting. Thank you CPC Solutions for making a positive difference in our community!



Would you like to make the list? Call Parks and Recreation at (970)254-3866 to find out how you can be involved gaining important recognition and providing essential community support.



As you travel through the community, you may have noticed a number of construction projects underway in several parks. During the past year, it has been a priority of the Parks & Recreation Department to repair and replace much of the infrastructure in our park system including playgrounds, irrigation systems and park shelters.

Playgrounds are being replaced at Ridges Tot Lot, Hidden Valley and Duck Pond Ridges. Irrigation systems will be upgraded at Cottonwood Meadows, Dixson, Autumn Ridge and Riverside Parks. We have also added over 100 new parking spaces at Canyon View Park to help accommodate the many special events that are held there on a regular basis.

One of the most high profile projects is underway at Lincoln Park. Through a series of public meetings, we gathered input from neighbors in the area as well as frequent users of the park. As a result of their input, we have adopted a new plan which includes two new restrooms, a new picnic shelter, new playground and resurfaced tennis and pickle ball courts. The plan also includes an arboretum trail system, additional parking, and an improved entrance to the park. While much of this work is underway at this time, we anticipate final completion during the summer of 2013.

We hope that you enjoy the improved areas within your parks. We appreciate your feedback on these and other improvements to the many parks and recreational facilities throughout Grand Junction.

“Parks and Recreation..... the Benefits are Endless”

Rob Schoeber,
Parks and Recreation Director

City of Grand Junction website www.gjcity.org

Parks & Recreation program registration website www.gjcity.org and click “Recreation”

Arts and Culture www.gjarts.org

Lincoln Park and Tiara Rado Golf Course website www.golfgrandjunction.net



Register for an Activity



GJ Parks and Rec Website



Parks Facility Guide



Tree and Shrub Guide

Cover by: Karen Peterson

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Questions? Contact our Recreation Staff

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Call 970-254-3866

American with Disabilities Act (ADA)

Grand Junction Parks and Recreation welcomes people of all abilities to participate in programs. Contact Traci Wieland at (970)254-3846 or via email at traciw@gjcity.org to find out how we can help make program modifications so your experience is enjoyable.

Colorado Pork and Hops Challenge 2012

September 7 & 8
 Friday - \$15 Admission
 Gates open at 4:30 p.m.
 Pineapple Crackers
 Gin Blossoms



Saturday - \$20 Admission
 Gates Open at 12:00 p.m.
 JT and The Big Dogs
 Jay Ketchum Band
 Neal McCoy



Tickets available at all Grand Valley
 Stop 'n Save locations, Parks and
 Recreation, and Town Square Media

Grilling 101 NEW

Come learn the basics of grilling from Kelly Wertz, a BBQ World Champion. This is a great class for the beginner to intermediate BBQ/Grill enthusiast.

Location: Lincoln Park Barn
 Fee: \$45.00 One Person/ \$75.00 Two People
 Age: 16 +

Class#	Date	Day	Time
42343	9/05	Wed	6:00pm-9:00pm

BBQ 101

Kelly Wertz of 4 Legs Up BBQ, the BBQ World Champion, will let you sample and show you how to produce competition quality BBQ chicken, ribs, pork, and brisket. Also learn how to do competition turn-ins. This is a great class for backyard cooks who want to learn how to improve BBQ for friends and neighbors!

Location: Lincoln Park Barn
 Fee: \$125.00
 Age: 16 +

Class#	Date	Day	Time
42279	9/06	Thu	6:00pm-10:00pm

Pork and Hops Kids Que NEW

The Pork and Hops Kids Que will get kids interested in cooking and be a positive learning experience! Competitors will be divided by experience levels. Rangers are beginners who have never cooked and will cook hamburger. Masters have cooked before and anything goes. Kids Que rules are on www.porknhops.com or call (970)254-3876. Registration deadline is September 5th.

Class#	Date	Day	Time	Fee
42370	9/07	Fri	7:30pm	\$15 / Sibling \$5

Lincoln Park Open Track Meet

Bring the whole family and test your skills in an all ages, open track meet that includes field and running events. Ribbons awarded to all competitors.

Location: Lincoln Park Track
 Fee: \$5.00
 Age: All Ages

Class#	Date	Day	Time
41976	9/10	Mon	5:30pm



Dog Days

What better way to end the "Dog Days of Summer" than by letting your pooch paddle the day away at the 8th Annual Dog Days at Lincoln Park-Moyer Pool? Man's best friend can leap off the diving board, splash in the shallow end, and chase tennis balls and Frisbees on the lawn. Don't miss this great end of summer event. Note: The pool is available for canines ONLY; no humans will be allowed to swim during this event. Dogs dive in on Sunday, September 9 from 10:00 a. m. – 2:00 p.m. for \$5 each. Up to four dogs (belonging to the same family) can swim for \$12.

Filthy 5K NEW

Come test your skills in the dirtiest and zaniest race in the Grand Valley! Hurdle over obstacles, scale the highest Matchett Park peaks, and finish in the massive mud pit. This race will test your filthy fitness level and push you to the dirtiest of limits! Can you survive the Filthy Five? Got a dirty kid? Have them enter the EINSTEIN BROS Filthy Kid 1.5 mile race with scaled back obstacles and distance but just as much mud and fun! **30% of every registration benefits United Way of Mesa County.**

Class#	Date	Day	Start Time	Age	Fee	Event
41747	9/15	Sat	9:00am	14 +	\$35	Filthy 5K
41746	9/15	Sat	10:30am	8-16	\$30	Filthy Kid

NFL/Pepsi Punt, Pass, and Kick

Test your football skills in this popular competition. Each participant gets one punt, pass, and kick attempt. First, second, and third place finishers in each age group will receive ribbons. Some participants may have the opportunity to compete in a sectional competition and even advance to the state finals held before a Denver Broncos game! Age is determined as of December 31, 2012. Participants must wear sneakers or tennis shoes; turf shoes or cleats are not allowed.

Location: Lincoln Park Football Field
 Fee: Free
 Age: 6 - 15

Class#	Date	Day	Time
41879	9/23	Sun	10:00am

Poker Walk

Get your tennis shoes on and head out to the Rimrock Chiropractic Poker Walk! Explore the health fair, get a massage, and win great prizes by participating in fun physical activities! A delicious lunch will be provided by The Atrium.

Location: Canyon View Park Grand Shelter
 Fee: \$5.00
 Age: 50 +

Class#	Date	Day	Time
41908	9/28	Fri	10:00am

Western Cookout and Cowboy Poetry Night

Have a good 'ol time with our western style BBQ and bonfire, featuring local cowboy poets performing live next to the Colorado River! Bring a lawn chair and car pool if you can. Registration deadline is September 26.

Location: Rimrock Adventures Rafting Company
 Fee: \$12.00 13 and older / \$5.00 12 and under
 Age: All Ages

Class#	Date	Day	Time
42091	10/03	Wed	5:30pm-8:30pm

Fall Color Tour and Apple Fest

Enjoy the gorgeous fall colors over the Grand Mesa and a fun-filled day at the Apple Fest in Cedaredge. Experience the crafts, art, food, and apples galore! A picnic sack lunch and transportation is included. Meet at the Lincoln Park Barn. Registration deadline is September 28.

Location: Lincoln Park Barn
 Fee: \$40.00
 Age: 18 +

Class#	Date	Day	Time
41907	10/07	Sun	9:00am-6:00pm

Deuces Wild

Have an evening of Las Vegas style fun! Enjoy a delicious dinner, then play poker, blackjack, Texas hold'em, or spin the wheel for your chance to win fabulous prizes.

Location: Senior Recreation Center
 Fee: \$5.00
 Age: 50 +

Class#	Date	Day	Time
42221	10/18	Thu	4:30pm-7:00pm



Matchett Trail Run/Walk

Fun for the whole family is awaiting you at Matchett Park. Race day registration is from 8:00 a.m. - 8:45 a.m. The 5K run begins at 9:00 a.m. with the Kids 1K following at 10:00 a.m. Trail strollers and dogs on leash are welcome! Day of registration \$25 for the 5K; \$20 for 1K.

Location: Matchett Park
 Age: All Ages

Class#	Date	Day	Start Time	Fee	Event
41974	10/20	Sat	9:00am	\$20/\$25 Day of Event	5K
41975	10/20	Sat	10:00am	\$15/\$20 Day of Event	1K

Ouray Jeep Tour

Enjoy tours of the San Juan mountain range, waterfalls, lakes, aspen groves, and fabulous vista points on the old mining roads to abandoned mine ruins and ghost towns. This is the ultimate view point for the autumn colors! Price includes: transportation, jeep tour, and picnic lunch. Bring money for dinner. Meet at the Lincoln Park Barn. Registration deadline is September 14.

Location: Lincoln Park Barn
 Fee: \$82.00
 Age: 18 +

Class#	Date	Day	Time
42092	9/22	Sat	9:00am-8:00pm



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 gjparksandrec or go to www.gjcity.org



Candy Cane Hunt

Join the 12th Annual Candy Cane Hunt with a holiday craft, cookies, and cocoa. Mesa County Library will render a holiday themed puppet show for entertainment. At exactly 11:00 a.m., the hunt for candy canes will begin! Starting at 10:00 a.m., MJ Photography can capture a holiday family photo with Frosty the Snowman to send to the grandparents. Photo packages begin at \$15.

Location: Lincoln Park Loop and Barn
 Fee: Free
 Age: 12 and under

Date	Day	Time
12/01	Sat	10:00am Activities; 11:00am Hunt

Holiday Light Tour for 50+

Get in the holiday spirit while you relax and enjoy the hidden gems of the City's best light displays. Enjoy hot chocolate and goodies. Pick up and drop off is at Lincoln Park Barn.

Location: Lincoln Park Barn
 Fee: \$5.00
 Age: 50 +

Class#	Date	Day	Time
42093	12/05	Wed	6:00pm-7:30pm

Jingle Bell Run

Jingle all the way! Get into the spirit this season with a run/walk at Canyon View Park. Race day registration is from 8:00 a.m. - 8:45 a.m. The 5K run begins at 9:00 a.m. with the Kids 1K following at 10:00 a.m. Participants will receive a long sleeve T-shirt and race goodies. Remember to come with bells on and your best Santa suit! Day of registration \$30 for the 5K; \$25 for 1K.

Location: Canyon View Park Baseball Shelter
 Age: All Ages

Class#	Date	Day	Start Time	Fee	Event
42117	12/08	Sat	9:00am	\$24/\$30	Day of Event 5K
42118	12/08	Sat	10:00am	\$19/\$25	Day of Event 1K

Regional Author Meet and Greet

Meet authors from Grand Junction, the Front Range, and Colorado. Local titles make great holiday gifts; books will be available for purchase.

Location: Lincoln Park Barn
 Fee: Free
 Age: All Ages

Class#	Date	Day	Time
42282	12/15	Sat	2:00pm-4:00pm

KOOL Kruiise

Come watch a holiday movie at the Avalon Theatre, visit with Santa, then let us drive you around and see the best Christmas lights Grand Junction has to offer. Children under 12 must be accompanied by an adult. There is a fee for this event and pre-registration is appreciated. Get tickets early to guarantee your preferred bus time. Show times are 4:30 p.m. or 7:30 p.m. Our one hour light tour times are: 5:30 p.m., 6:30 p.m., or 7:30 p.m.

Location: Avalon Theatre
 Fee: \$5.00 / \$7.00 Day of Event
 Age: All Ages
 Class: 42316

Saturday, December 8			
Movie Times	4:30 p.m.	7:30 p.m.	
Tour Times	5:30 p.m.	6:30 p.m.	7:30 p.m.

Southwest Arbor Fest

April 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Chili, Beer, Music, Jalapeños,
and Much More

Chocolate Walk

Experience downtown Grand Junction's holiday charm during a walking tour of beautiful Main Street, featuring your choice of either an Art on the Corner Tour or History Tour. All paid participants receive a special commemorative mug filled with Enstrom's hot chocolate. The tour will be guided by the Downtown Development Authority/Art on the Corner and the Museum of Western Colorado staff. To guarantee you will receive a mug commemorating the event, register by Thursday, November 8. An adult must accompany children under 12.

Location: Enstrom Candies
 Fee: \$10.00
 Age: 12 +



Class#	Date	Day	Time
42311	12/14	Fri	5:30pm

Super Fun Fridays

Looking for something to do with your kids? Join Super Fun Fridays for a super fun time. Program will focus on early childhood development skills and activities. Parents are required to attend. Pre-registration is highly recommended because space is limited.

Location: Bookcliff Activity Center
 Fee: \$5.00
 Age: 3 - 5
 Day: Friday
 Time: 9:00 a.m. -10:30 a.m.

Class#	Date	Theme
41977	9/07	Not a Box
41978	10/05	Can You Make a Scary Face?
41979	11/09	Tell Me How to Get to Sesame Street
41980	12/14	Where's Walrus





Wacky Wednesdays

Indoor playtime with other toddlers and preschool-aged kiddos is a great way to learn socialization and burn some energy. Parents are required to attend and closely supervise their child. Program available October 3 through December 19 (no program November 21).

Location: Bookcliff Activity Center
 Fee: \$2.00
 Age: 1 - 5
 Day: Wednesday
 Time: 9:00 a.m. - 11:00 a.m.

In Need of a Program Scholarship?

Scholarships are available for those on Medicaid, CHP or CHP+, or if receiving free or reduced lunch. If your family qualifies, 10%-70% of the cost of the class can be covered. Call (970)254-3866 for more information.

Follow us on Facebook and Twitter!  [gjparksandrec](https://www.facebook.com/gjparksandrec) or go to www.gjcity.org 

Kids Day Out

No school? No worries! Send your child to our all day kid's program. Morning and afternoon snack will be provided. Each child must bring a lunch. Schedule is subject to change. All participants need to be dropped off at starting location by 9:00 a.m. A \$10 late fee will be assessed if registration is received less than four days prior to program. Registration forms are required.

Fee: \$30.00
 Age: 1st-8th Grade

Class#	Date	Day	Theme
42160	9/14	Fri	C.S. Lewis' Realm of Narnia
42161	10/19	Fri	The Wonderful Wizard of Oz
42162	10/25	Thu	Robin Hood of Nottingham
42163	10/26	Fri	Dracula vs Frankenstein
42164	11/02	Fri	The Adventurous Sherlock Holmes
42165	11/19	Mon	The Whale, Moby Dick
42166	11/20	Tue	The Last of the Mohicans
42167	12/27	Thu	Gulliver - A Traveller's Tales
42168	12/28	Fri	Musketeers of the Guard
42169	1/03	Thu	The Pirates and Buried Gold at Treasure Island
42170	1/04	Fri	Jekyll and Hyde
42171	1/07	Mon	Beowulf



Becas

Becas son disponibles! Si su familia califica, pagamos 10% hasta 70% del cobro de la clase. Le podemos ayudar con una beca si tiene Medicaid, CHP o CHP+, o si sus hijos reciben almuerzo reducido o gratis. Usted puede calificar para que sus hijos pueden participar en nuestros eventos! Llame a 970-254-3866 para más información.

Golden Dragons Youth Karate

Kids who train in the martial arts have an increased sense of responsibility, raised self-esteem, and are less likely to become involved in unhealthy behaviors. Tuesday and Thursday 6:30 p.m. class is for ages 12 and older, so parents, come train with your kids! Additionally, adults can train Mon/Tue/Thurs from 6:30-7:30 p.m.

2493 Hwy 6 & 50, Grand Junction, CO

Location: Academy of Self Defense Gym
Fee: \$70.00

Age: 7 - 16

Class#	Date	Day	Time
42246	9/05-9/26	Wed, Mon	4:30pm-5:25pm
42237	9/05-9/26	Wed, Mon	5:45pm-6:45pm
42247	9/06-9/27	Thu, Tue	2:30pm-3:20pm
42238	9/06-9/27	Thu, Tue	5:00pm-5:55pm
42248	10/01-10/29	Mon, Wed	4:30pm-5:25pm
42240	10/01-10/29	Mon, Wed	5:45pm-6:45pm
42249	10/02-10/30	Tue, Thu	2:30pm-3:20pm
42241	10/02-10/30	Tue, Thu	5:00pm-5:55pm
42250	11/05-11/28	Mon, Wed	4:30pm-5:25pm
42243	11/05-11/28	Mon, Wed	5:45pm-6:45pm
42251	11/06-11/29	Tue, Thu	2:30pm-3:20pm
42244	11/06-11/29	Tue, Thu	5:00pm-5:55pm
42255	12/03-12/19	Mon, Wed	4:30pm-5:25pm
42252	12/03-12/19	Mon, Wed	5:45pm-6:45pm
42256	12/04-12/20	Tue, Thu	2:30pm-3:20pm
42253	12/04-12/20	Tue, Thu	5:00pm-5:55pm

Age: 12 +

42239	9/06-9/27	Thu, Tue	6:30pm-7:45pm
42242	10/02-10/30	Tue, Thu	6:30pm-7:45pm
42245	11/06-11/29	Tue, Thu	6:30pm-7:45pm
42254	12/04-12/20	Tue, Thu	6:30pm-7:45pm

Little Ninjas Karate

Karate helps kids learn skills to develop a more confident and enthusiastic outlook. A detailed curriculum focuses on improvement of basic motor and listening skills. Choose a half session of four weeks or the full session of eight weeks.

Location: Academy of Self Defense Gym
Fee: \$60.00 Half Session / \$120.00 Full Session
Age: 3 - 6

Class#	Date	Day	Time
42229	10/15-12/19	Mon, Wed	5:10pm-5:40pm
42230	10/15-12/19	Mon, Wed	5:50pm-6:20pm
42231	10/16-12/20	Tue, Thu	4:45pm-5:15pm
42232	10/16-12/20	Tue, Thu	5:25pm-5:55pm

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Kendo

Check out the martial art of the Samurai. Class will give you an introduction to the traditional action, form, and thought of the Kendo-practicing Samurai.

Location: Bookcliff Activity Center
Fee: \$45.00
Age: 10 +

Class#	Date	Day	Time
41923	9/05-9/26	Wed	7:00pm-8:00pm
41924	10/03-10/24	Wed	7:00pm-8:00pm
41925	11/07-12/05	Wed	7:00pm-8:00pm

Fencing

Fencing helps teach problem solving, strategy, physical fitness, and coordination. Also learn basic rules of the game, its history, basic attack, and defense.

Location: Bookcliff Activity Center
Fee: \$45.00
Age: 8 +

Class#	Date	Day	Time
41917	9/06-9/27	Thu	6:30pm-7:30pm
41918	10/04-10/25	Thu	6:30pm-7:30pm
41919	11/01-11/29	Thu	6:30pm-7:30pm

Kidz Tandem Bike Rally

The 4th Annual Kidz Tandem Rally will take place on the bike path starting at the Butterfly House. This five mile ride includes stops at Riverside and Eagle Rim Parks for snacks and kid play time. Family members on single bikes are welcome. Cost does not include bike rental. Call Brown Cycles at (970)245-7939 for rental information.

Location: Western Colorado Botanical Gardens
Fee: \$12.50
Age: 4 +

Class#	Date	Day	Time
42114	9/30	Sun	2:00pm-4:00pm

Bicycle Maintenance

Preparation is key to successful biking, so ready yourself by receiving hands-on training in tube/tire repair, lubrication, brake and gear adjustment, preventative maintenance, and more. Students may bring their own bikes. All students receive a complimentary tube and patch kit and 10% off of accessories purchased the night of the class.

Location: Brown Cycles
Fee: \$28.50
Age: 12 +

Class#	Date	Day	Time
42112	9/05-9/12	Wed	7:00pm-9:00pm
42113	10/10-10/17	Wed	7:00pm-9:00pm

Kid's Climbing Technique Class

This four-week class for beginner to intermediate climbers covers safety, gym etiquette, climbing technique, and rope management. Class is educational and fun in a low-pressure, highly encouraging environment. For more information, go to www.gjclimbing.com.

Location: Grand Junction Climbing Center
 Fee: \$65.00
 Age: 8 +

Class#	Date	Day	Time
42109	9/11-10/04	Tue, Thu	4:30pm-6:00pm
42110	10/16-11/08	Tue, Thu	4:30pm-6:00pm
42111	11/27-12/20	Tue, Thu	4:30pm-6:00pm

Beginning Fly Casting

Get ready to stalk Colorado's Gold Medal waters in search of the big one with this fly casting class! The staff from Western Anglers will teach you basic techniques such as the Double Haul, Roll, and Puddle. Personal equipment including fly rod, reel, and line is required. Need equipment? Contact Phil at Western Anglers (970)244-8658.

Location: Canyon View Park Pond North
 Fee: \$30.00
 Age: 12 +

Class#	Date	Day	Time
42115	9/06	Thu	6:00pm-8:00pm



Basic Fly Tying

Fall is the perfect time of year to restock your fly box for summer fishing! Learn to tie seven of Colorado's most successful nymph and dry fly patterns from the staff at Western Anglers. A vise and all tying materials will be provided, and you can take advantage of a 10% discount on supplies the night of class.

Location: Western Anglers
 Fee: \$50.00
 Age: 15 +

Class#	Date	Day	Time
42121	10/13	Sat	2:00pm-5:00pm

Junior Olympic Archery Development NEW

Recurve and compound archers will have the opportunity to learn range safety and proper shooting technique in an environment that fosters focus, increased self-confidence, and team building skills.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 7 - 19

Beginning

The beginning level will demonstrate proper shooting technique, rules, review ailments and release skills, hand rotation and elbow rotation drills, learn to draw, and introduce side and face anchor.

Class#	Date	Day	Time
42094	9/05-9/26	Wed	3:00pm-4:00pm
42289	9/10-10/01	Mon	4:30pm-5:30pm
42095	10/03-10/24	Wed	3:00pm-4:00pm
42290	10/08-10/29	Mon	4:30pm-5:30pm
42291	11/05-12/03	Mon	4:30pm-5:30pm
42096	11/07-12/05	Wed	3:00pm-4:00pm

Intermediate

In the intermediate class, archers must have previous knowledge of shooting and desire to improve technique and form such as; proper expansion to fire and good follow through, dynamic posture, hand positions and more.

Class#	Date	Day	Time
42295	9/04-9/25	Tue	5:30pm-6:30pm
42292	9/05-9/26	Wed	4:30pm-5:30pm
42296	10/02-10/23	Tue	5:30pm-6:30pm
42293	10/03-10/24	Wed	4:30pm-5:30pm
42297	10/30-11/27	Tue	5:30pm-6:30pm
42294	11/07-12/05	Wed	4:30pm-5:30pm

Equestrian Vaulting NEW

Equestrian vaulting is a sport that combines horsemanship skills with dance and gymnastics. Students will learn fundamental vaulting movements on a stationary vaulting barrel in the gymnasium, then begin working on a live vaulting horse. Students will also learn basic horse care and safety. No previous experience in riding, gymnastics, or dance is necessary.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 8 +

Class#	Date	Day	Time
42313	9/05-9/26	Wed	3:00pm-4:00pm
42307	9/08-9/29	Sat	10:00am-11:00am
42314	10/03-10/24	Wed	3:00pm-4:00pm
42308	10/06-10/27	Sat	10:00am-11:00am
42312	11/03-12/01	Sat	10:00am-11:00am
42315	11/07-12/05	Wed	3:00pm-4:00pm

Silk

Aerial silk is a new, exciting sport seen in Cirque du Soleil. Silk combines the beauty of dance with the adrenaline of flight. Learn to move your body through space while developing core strength and flexibility.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 8 +

Class#	Date	Day	Time
42025	9/05-9/26	Wed	5:00pm-6:00pm
42026	10/03-10/24	Wed	5:00pm-6:00pm
42027	11/07-12/05	Wed	5:00pm-6:00pm

Tumbling Tots 1

Early childhood gymnastics provides a positive social environment, builds self-confidence, enhances body awareness, enhances physical development, and increases imaginative play.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 3

Class#	Date	Day	Time
41998	9/06-9/27	Thu	10:10am-11:00am
41999	9/06-9/27	Thu	4:30pm-5:20pm
42000	9/06-9/27	Thu	5:30pm-6:20pm
42001	10/04-10/25	Thu	10:10am-11:00am
42002	10/04-10/25	Thu	4:30pm-5:20pm
42003	10/04-10/25	Thu	5:30pm-6:20pm
42004	11/01-11/29	Thu	10:10am-11:00am
42005	11/01-11/29	Thu	4:30pm-5:20pm
42006	11/01-11/29	Thu	5:30pm-6:20pm

Tumbling Tots 2

Gymnastics helps brain development, concentration, reasoning skills, and organizational strategies.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 4 - 5

Class#	Date	Day	Time
42319	9/06-9/27	Thu	9:00am-9:50am
42320	9/06-9/27	Thu	4:30pm-5:20pm
42321	9/06-9/27	Thu	5:30pm-6:20pm
42322	10/04-10/25	Thu	9:00am-9:50am
42323	10/04-10/25	Thu	4:30pm-5:20pm
42324	10/04-10/25	Thu	5:30pm-6:20pm
42325	11/01-11/29	Thu	9:00am-9:50am
42326	11/01-11/29	Thu	4:30pm-5:20pm
42327	11/01-11/29	Thu	5:30pm-6:20pm

Circus Arts

Come climb, invert, and position yourself in the air floating in a silk and trapeze. Students discover flexibility, center of gravity, muscular development, and pride as new beautiful positions are performed.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 8 +

Class#	Date	Day	Time
42024	9/10-10/01	Mon	4:30pm-5:30pm
42336	10/08-10/29	Mon	4:30pm-5:30pm
42337	11/05-12/03	Mon	4:30pm-5:30pm

Beginning Gymnastics

Have fun learning cartwheels, backwards and forward rolls, headstands, pullovers, and backhip circles. Classes build muscular strength and flexibility, build self-esteem, and increase social interaction.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 6 - 12

Class#	Date	Day	Time
42329	9/10-10/01	Mon	5:45pm-6:45pm
42330	10/08-10/29	Mon	5:45pm-6:45pm
42331	11/05-12/03	Mon	5:45pm-6:45pm

Intermediate Gymnastics

Watch your child bloom into an active, outgoing, self-assured gymnast. Must be able to perform a cartwheel and handstand in good form. Students will learn round-offs, back extensions, and front and back walkovers.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 6 - 12

Class#	Date	Day	Time
42010	9/04-9/25	Tue	5:45pm-6:45pm
42011	10/02-10/23	Tue	5:45pm-6:45pm
42012	10/30-11/27	Tue	5:45pm-6:45pm

Parkour for Tots

Participate in exciting theme-based parkour stations designed to attract children's attention while developing motor, social, and cognitive skills.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 4 - 5

Class#	Date	Day	Time
42007	9/07-9/28	Fri	5:00pm-6:00pm
42008	10/05-10/26	Fri	5:00pm-6:00pm
42009	11/02-11/30	Fri	5:00pm-6:00pm

Beginning Parkour/Urban Gymnastics

Learn balance, precision jumps, rolls, and vaults, basic gymnastics skills, and safety techniques needed to establish a strong base for parkour activities.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 6 - 12

Class#	Date	Day	Time
42014	9/04-9/25	Tue	5:45pm-6:45pm
42015	10/02-10/23	Tue	5:45pm-6:45pm
42016	10/30-11/27	Tue	5:45pm-6:45pm



Intermediate Parkour/Urban Gymnastics

Advance your vaulting techniques, enhance your tumbling skills, and improve your physical and mental abilities. Focus on precision jumps, increasing balance, and mastering front and back flips.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 7 +

Class#	Date	Day	Time
42018	9/06-9/27	Thu	5:30pm-7:00pm
42019	10/04-10/25	Thu	5:30pm-7:00pm
42020	11/01-11/29	Thu	5:30pm-7:00pm

Adult Parkour/Urban Gymnastics

Parkour is a way of conditioning the body and the mind by learning how to overcome obstacles with speed and efficiency. Learn how to adapt movements in vaulting, rolling, tumbling, and jumping.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 13 +

Class#	Date	Day	Time
42021	9/05-9/26	Wed	5:00pm-6:00pm
42022	10/03-10/24	Wed	5:00pm-6:00pm
42023	11/07-12/05	Wed	5:00pm-6:00pm

Introductory Piano Classes

Are you a beginning piano student, want to strengthen your sight reading ability, or just learn a new way to improve your piano skills? These classes will help you meet your goals whatever your experience or ability. Using digital keyboards with an interactive based learning program, students can learn everything from beginning basics, to good practice habits, or even conquer learning the Beethoven Sonata.

Location: Crossroads United Methodist Church
 Fee: \$15.00 per day

Adult

Dates Available	Day	Time
9/05-12/19	Wed	6:00pm-6:45pm

Middle/High School

Dates Available	Day	Time
9/05-12/19	Wed	4:15pm-5:00pm
9/06-12/20	Thu	3:30pm-4:15pm

Elementary

Dates Available	Day	Time
9/05-12/19	Wed	2:15pm-3:00pm
9/05-12/19	Wed	3:00pm-3:45pm
9/06-12/20	Thu	4:15pm-5:00pm

Parenting with Dignity

Become empowered to lead your family in a positive and dignified manner. This family leadership class will teach you how to shape the ideas in your children's minds as well as enable you to stop parenting in crisis management mode and start enjoying your family.

Location: The Parenting Place
 Fee: \$50.00

Class#	Date	Day	Time
42368	9/27-11/01	Thu	6:00pm-7:30pm

S.T.E.P. (Systematic Training for Effective Parenting)

Parents and caregivers learn to teach children good choices within limits and emphasize responsibility for choices and actions. Learn the tools to help you raise confident, respectful, and cooperative children.

Location: The Parenting Place
 Fee: \$50.00

Class#	Date	Day	Time
42366	9/25-10/30	Tue	6:00pm-7:30pm

Subscribe to our monthly email newsletter. Scan above code with your smart phone or go to tiny.cc/gjpr.



Friday Hikes

Fun hikes, great company, and beautiful places! Lunch is included. Registration deadline is two days prior to the event. Email lorieg@gjcity.org for driving directions.

Location: Trail Heads
 Fee: \$5.00
 Age: 18 +

Horsethief Bench - Kokopelli

Loop along the Colorado River through slick rock, some dry washes, and a small canyon below beautiful sandstone walls. Distance: 7.7 mile loop; Elevation: 4586-4840 ft.; Difficulty: Moderate

Class#	Date	Day	Time
42225	9/21	Fri	8:00am-1:00pm

Corkscrew Trail - Colorado National Monument

The trail gets its name from the series of switchbacks that make up the southern most portion of the trail that goes from the valley floor to the Precambrian bench area over 700 feet higher! Distance: 3 mile loop; Difficulty: Moderate

Class#	Date	Day	Time
42226	10/19	Fri	9:00am-1:00pm

Independence Monument - Colorado National Monument

Wind through and around giant boulders with amazing views of distant spires and end at the base of Independence Monument. Distance: 5 miles; Elevation: 4722 - 5411 ft.; Difficulty: Moderate-Strenuous.

Class#	Date	Day	Time
42227	11/09	Fri	8:00am-1:00pm

Senior Recreation Center (970)243-7408

Senior Center Special Events
 \$3.00 pre-registration/\$5.00 at the door
Thanksgiving Party - November 15
Halloween Party - October 25
Christmas Party - December 20
 The Senior Center now has email!
gjseniorcenter@gmail.com

Holiday Craft Fair

A holiday craft fair with homemade goodies and turkey noodle soup will be held at the Senior Recreation Center, November 3rd from 9:00 a.m. – 4:00 p.m. Booth space is just \$5! Interested vendors should call Ginny at (970)243-7408.

Beginning Dog Obedience

Your dog must be at least four months old; have current distemper, parvo, and rabies vaccinations; have current Mesa County license, and must be under control at all times.

Age: 12 +

Bob Simpleman

Training covers the five basic commands and includes plenty of dog socialization.

Location: Canyon View Baseball Shelter Fee: \$50

Class#	Date	Day	Time
41912	9/10-9/13	Mon-Thu	5:30pm-6:30pm
41913	10/08-10/11	Mon-Thu	5:30pm-6:30pm

Holly Koch

Understand your dog's behavior, proper equipment, training exercises, leash manners, and safety awareness.

Location: Sherwood Park South Shelter Fee: \$60

Class#	Date	Day	Time
41911	10/07-11/11	Sun	1:00pm-2:00pm

Garden Talk

Join an educational brown bag lunch series presented by industry professionals at the Western Colorado Botanical Gardens. A portion of the proceeds benefits the Western Colorado Botanical Gardens.

Location: Western Colorado Botanical Gardens
 Fee: \$5.00
 Age: 18 +

Harvesting and Storing your Herbs

Instructor: Certified Herbologist Yvonne Barron.

Class#	Date	Day	Time
42345	9/19	Wed	12:00pm-1:00pm

Create a Gourd Pendant

Instructor: Laurie Jo Elisha, Gourd Society and Gourd Artist.

Class#	Date	Day	Time
42346	10/17	Wed	12:00pm-1:00pm

Garden Talk Q & A: Bring your Gardening Questions

Instructor: Margie Frey, Western Colorado Botanical Gardens Master Gardener.

Class#	Date	Day	Time
42347	11/21	Wed	12:00pm-1:00pm

Emergency Christmas Gifts: Dish Garden Demonstration

Plant selection, soil, watering and proper planting techniques. Instructor: Margie Frey, Western Colorado Botanical Gardens Master Gardener.

Class#	Date	Day	Time
42348	12/19	Wed	12:00pm-1:00pm

Cell Phone Basics

Learn how to use your cell phone! Class covers storing contacts, managing voicemail, speed dialing, and much more.

Location: Senior Recreation Center
 Fee: \$10.00
 Age: 18 +

Class#	Date	Day	Time
42283	9/11	Tue	10:00am-11:00am
42284	11/06	Tue	10:00am-11:00am

Smart Phones, iPads, and You

Take advantage of some of the advance features of your smart phone! Learn how to change settings and ring tones. Learn about apps and how to use them.

Location: Senior Recreation Center
 Fee: \$10.00
 Age: 18 +

Class#	Date	Day	Time
42285	9/18	Tue	10:00am-11:00am
42286	11/13	Tue	10:00am-11:00am

Advanced Smart Phone and iPad

Learn how to use your smart phone or iPad to send and receive e-mail, browse the web, and use web-based applications like Facebook.

Location: Senior Recreation Center
 Fee: \$10.00
 Age: 18 +

Class#	Date	Day	Time
42287	9/25	Tue	10:00am-11:00am
42288	11/20	Tue	10:00am-11:00am

eReader Workshop

Learn how to download library items to your eReader. This class is a demonstration only and it is not necessary to bring your eReader. Mesa County Libraries will have handouts for downloading onto particular devices. Registration deadline is September 21.

Location: Senior Recreation Center
 Fee: Free
 Age: 10 +

Class#	Date	Day	Time
42280	9/25	Tue	6:00pm-7:00pm

Introduction to Altered Books

Turn a book into your own work of art. Learn what an altered book is and choose a method to make your piece special. Get a start on your altered book here! Materials are provided by Mesa County Libraries.

Location: Senior Recreation Center
 Fee: Free
 Age: 18 +

Class#	Date	Day	Time
42281	10/16	Tue	5:30pm-8:00pm

Digital Photography

Location: Senior Recreation Center
 Age: 14 +
 Time: 6:00 p.m. - 9:00 p.m.

Beginning Photography

Conquer your digital camera with this quick hands on class that will put you at ease with your camera and the other mysteries of digital photography. Bring your camera, charged battery, and camera manual.

Class#	Date	Day	Fee
40335	9/19	Wed	\$49

Using Your Digital Camera - Past the Basics

Learn how and when to use different exposures, shutter speeds, white balance and flash, and the best way to transfer and save your images to your computer. Bring your camera, charged battery, and camera manual.

Class#	Date	Day	Fee
41928	9/25-9/26	Tue,Wed	\$99

The Art of Composition in Photography

Go beyond the basics of photography to a level of taking 'winning' pictures. Learn how to use lighting to get great photos of landscape, garden or wild flowers, night photos, and panoramic. The third class will review the students digital images and find the photos that could be enhanced to get 'winning' picture.

Class#	Date	Day	Fee
40338	10/15-10/23	Mon,Wed,Tue	\$119



DON'T FORGET TO PLAY.™



YOUTH BASKETBALL



League Information: Teams are formed based on MIDDLE SCHOOL attendance area. Late registrations are not guaranteed placement on a team in their attendance area.

NO requests for coaches will be taken. ONE carpool request may be submitted per child. NO carpool requests are guaranteed. ALL carpool requests must be submitted in writing before the registration deadline.

Practices are held at area elementary schools. Efforts are made to keep practices in the same area as the Middle School but due to space constraints, no guarantees are made.



\$10 Late fee for all registrations received after the deadline



	Fee	Ball Size	Hoop Height	Officials	Score	Game Day	Practice	Game Location
2nd Grade	\$35	Junior	8 ft.	Coaches	No	Sat	No Practice	Various
3rd Grade	\$45	Junior	8 ft.	Coaches	No	Sat	Once a week	Various
4th Grade	\$45	Junior	8 ft.	Provided	No	Sat	Once a week	Various
5th Grade	\$45	Intermediate	10 ft.	Provided	Yes	Sat	1-2 times a week	Various
6th Grade	\$45	Intermediate	10 ft.	Provided	Yes	Sat	1-2 times a week	Various
7th/8th Grade	\$50	Intermediate	10 ft.	Provided	Yes	Sun	1-2 times a week	FMHS

GIRLS		BOYS	
Deadline: September 18		Deadline: November 28	
2nd Grade	42102	2nd Grade	42108
3rd Grade	41932	3rd Grade	42103
4th Grade	41933	4th Grade	42104
5th Grade	41934	5th Grade	42105
6th Grade	41935	6th Grade	42106
7th/8th Grade	41936	7th/8th Grade	42107
Practices begin week of October 15		Practices begin week of January 7	
Games begin November 3, 2nd Grade begins October 27		Games begin January 19, 2nd Grade January 19	
Coaches meetings will be October 7 (in GJ) October 10 (in Fruita)		Coaches meetings will be December 16 (in GJ) January 2 (in Fruita)	
Coaches will contact players by October 11		Coaches will contact players by January 4	

These teams rely on volunteer coaches. Please consider coaching your child's team. Teams without a coach may have to be disbanded and players distributed to teams with space throughout the league. All coaches must pass a background check and participate in concussion awareness training. Equipment is provided.

Program Supervisor

Allison Cripe allisonc@gjcity.org (970)254-3801

Play Back Sports

Do you have sports equipment that needs a good home? Or, do you need equipment or help paying for registration? Play Back Sports is a group of local high school students who are accepting donations of gently used sports equipment. Please contact Kelin at playbacksports@aol.com, if you are in need or would like to donate.

Freestyle Wrestling for Kids NEW

This class is designed for all levels that want to enhance and develop their skills. Learn take downs, escapes, standup grappling, and physical conditioning. Students will be challenged to continually improve while having fun and making some new friends in a safe, controlled environment.

Location: Academy of Self Defense Gym
 Fee: \$45.00
 Age: 6 - 16

Class#	Date	Day	Time
42262	9/06-9/27	Thu, Tue	2:30pm-3:20pm
42263	10/02-10/30	Tue, Thu	2:30pm-3:20pm
42264	11/06-11/29	Tue, Thu	2:30pm-3:20pm
42265	12/04-12/20	Tue, Thu	2:30pm-3:20pm
42266	1/08-1/31	Tue, Thu	2:30pm-3:20pm



CMU Football Clinic

Colorado Mesa University Football is hosting a clinic to help you learn the basic fundamentals of football! Pads and helmets are not required; all skills will be taught with minimal contact.

Location: Colorado Mesa University
 Fee: Free
 Age: 8 - 15

Class#	Date	Day	Time
42328	9/28	Fri	4:30pm

Girls on the Run NEW

Celebrate "RUN"tober! Girls on the Run is offering this clinic open to all 4th - 8th grade girls. Each day will focus on a different FUNdamental of running. Topics include conditioning/strength training, stretching/flexibility, injury prevention, and running form.

Location: Lincoln Park Barn
 Fee: \$30.00
 Age: 9 - 14

Class#	Date	Day	Time
42349	10/03-10/31	Wed	3:30pm-4:45pm

Drop-In Sports

Looking for a place to play sports? Look no further! BAC provides convenient drop-in times that allow you to play your favorite sport with your family and friends or a pick-up game. Times are subject to change, so check the monthly calendar at www.gjcity.org. *Drop-in begins September 16.*

Location: Bookcliff Activity Center
 Fee: \$4.00
 Age: All Ages

Drop-In Basketball and Volleyball

Day	Time
Tue	5:30pm-8:30pm
Sun	11:00am-2:00pm

Drop-In Table Tennis

Day	Time
Tue	5:30pm-8:00pm



CMU Basketball Clinic

Hoop it up with the Colorado Mesa University men's basketball team! Boys and girls will learn about shooting, passing, dribbling, and rebounding from some of the most experienced players and coaches around.

Location: Colorado Mesa University
 Fee: Free
 Age: 8 - 15

Class#	Date	Day	Time
42332	11/17	Sat	8:00am-10:00am



Tennis Descriptions

Little Tennis	Age: 5-6	\$28	These lessons use smaller racquets, exciting games, and other fun teaching methods to ensure success. Racquets are available for use during class.
Beginner	Age: 6-13	\$30	This class will focus on the FUNdamentals of tennis. Players will learn basic tennis techniques through drills and games developed by the USTA for players 13 and under.
Adult Level 1	Age: 14 +	\$33	Learn grip, forehand, body position, follow through, hand-eye coordination, serving, backhand, scoring, singles and doubles format, and etiquette.

Little Tennis, Beginner, and Adult Tennis Lessons Lincoln Park Tennis Courts

Level	Time	Day	9/13-10/04
Little Tennis	4:30pm-5:30pm	Thu	42371
Beginner	5:30pm-6:30pm	Thu	42372
Adult Level 1	6:30pm-7:30pm	Thu	42373



Indoor Tennis

Tennis enthusiasts look no further! You will learn the proper technique for tennis and how to play points in a game situation. Mini tennis racquets and foam tennis balls are available. Please wear tennis shoes.

Location: Bookcliff Activity Center
 Fee: \$12.00
 Age: 8 - 15

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
41887	10/29	Mon	3:30pm-5:00pm
41888	10/31	Wed	3:30pm-5:00pm
41889	11/05	Mon	3:30pm-5:00pm
41890	11/07	Wed	3:30pm-5:00pm
41891	11/12	Mon	3:30pm-5:00pm
41892	11/14	Wed	3:30pm-5:00pm
41893	11/26	Mon	3:30pm-5:00pm
41894	11/28	Wed	3:30pm-5:00pm
41895	12/03	Mon	3:30pm-5:00pm
41896	12/05	Wed	3:30pm-5:00pm

Tennis Opportunities and Tournaments

Grand Junction Tennis Club (970)986-8104
 USTA Adult and Senior Leagues (970)986-8104
 Mesa County Tennis Program
 Junior Leagues (970)623-1750

Scan to get your adult sports schedules and standings



tiny.cc/gjsideline



Team Sideline



Follow us on Facebook and Twitter!
 gjparksandrec or go to www.gjcity.org



5 on 5 Basketball

Grab some buddies and hit the court in our 5 on 5 basketball league! League includes eight officiated games and an end of season tournament. Teams must have team uniforms. League begins September 30. Registration deadline is September 19.

Location: Bookcliff Activity Center
 Fee: \$630.00
 Age: Adult

<u>Class#</u>	<u>Day</u>
42362	Sun

3 on 3 Basketball

League includes ten self-officiated games and an end of season tournament. League begins October 1. Registration deadline is September 19.

Location: Bookcliff Activity Center
 Fee: \$115.00
 Age: Adult

<u>Class#</u>	<u>Day</u>
42361	Mon



Boston's Halloween Softball Tournament

It's the last tournament of the 2012 season, so hurry and register for some Halloween fun! Teams are guaranteed at least two games and prizes will be given to the winners of each bracket. The men's division will play on Saturday and the coed division will play on Sunday. Registration deadline is October 22. Late registrations will incur a \$50 fee.

Location: Canyon View Park
 Fee: \$150.00
 Age: Adult

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Division</u>
42119	10/27	Sat	Men's
42120	10/28	Sun	Coed



Fall Volleyball

Get ready to pass, set, and spike your way into fall. The fall season begins week of October 1 and includes eight matches as well as an end of season double elimination tournament. We provide one official for all matches and give awards to the top teams in league play and the 1st place team in tournament play. Registration deadline is September 19. Games will be played at: Pear Park Elementary School, Bookcliff Activity Center, Redlands Middle School, and Orchard Mesa Middle School.

Fee: \$200.00
 Age: Adult

<u>Class#</u>	<u>Day</u>	<u>Division</u>
42350	Mon	Women's Leisure
42351	Mon	Women's Rec
42359	Tue	Coed 4 Player
42360	Tue	Women's 4 Player
42352	Wed	Women's Rec
42353	Wed	Women's Upper Rec
42354	Wed	Women's Comp
42355	Wed	Coed Rec
42356	Thu	Coed Leisure
42357	Thu	Coed Rec
42358	Thu	Coed Upper Rec



DON'T FORGET TO PLAY.™

Hit the Stage

No stars shine brighter than those found in the Hit the Stage program. The Triple-Threat Core Program (acting, singing, dancing) helps students gain confidence and skill in all three key disciplines. These skills will be evident when we present a full-scale musical for the public. Our small casts provide our students an opportunity to shine. Fall 2012 production is "The Emperor's New Clothes". Performances will be December 7 and 8.

Location: Lincoln Park Barn
 Fee: \$185.00
 Age: 11 - 17

Class#	Date	Day	Time
41910	9/10-12/03	Mon	4:15pm-6:30pm

Theatre's Rising Stars

Join Stars-on-the-Rise as they begin to develop their very own musical and steer their way into an exciting, challenging fun-filled fall semester! Each cast member plays a character with lines, songs, and choreography. This is a perfect opportunity for core training in voice, acting, and dance. Fall 2012 production is "The Shoemaker and the Elves". Performance dates are December 7 and 8.

Location: Lincoln Park Barn
 Fee: \$160.00
 Age: 6 - 10

Class#	Date	Day	Time
41909	9/12-11/28	Wed	4:15pm-5:30pm



Register for all golf programs at either golf course.

Lincoln Park Golf Course at (970)242-6394 * Tiara Rado Golf Course at (970)254-3830

Get Golf Ready

Gain the knowledge and confidence to take up the game of golf! Let us help design a program for your business, group of friends, couple, or family. Get a group of four or more and contact one of our instructors to design a Get Golf Ready schedule that will fit your group. Instruction includes facility tour, etiquette/rules, scoring, full swing fundamentals, short game, on-course instruction, and course care.

Visit: www.getgolfready.com

Advanced Junior Golf League

Junior golfers will be flighted by age and qualifying scores then participate in different formats and weekly events. Fee includes clinics, green fees, and awards following the completion of the league.

Date	Day	Time	Location	Fee
9/05 - 10/24	Tues	4:00pm	Tiara Rado	\$50

Juniors Golf Special

Junior golfers are free with a paid adult September – October on Saturdays after 12:00 p.m. at Lincoln Park and Tiara Rado Golf Courses. Limited to one junior green fee per paid adult (fee does not include a cart).

Play at Your Own Pace

Play the game without worrying about pace of play and staying ahead of groups behind on the front nine holes of the picturesque Tiara Rado Golf Course. Program is ideal for all beginning golfers to learn the game.

Date	Day	Time	Location
Sept - Oct	Mon	After 5pm	Tiara Rado

Check us out at
www.golfgrandjunction.net
 or scan the QR Code with
 a smart phone.



Contact Information

Head Golf Professional, Mike Mendelson: (970) 254-3833

Tiara Rado Golf Course: (970) 254-3830

Lincoln Park Golf Course: (970) 242-6394

Brian Franco and Zach Massey

Robert O'Hara and Chance Semones

Beginning Line Dance

Experience a great time learning fun dances that will improve your balance and coordination, strengthen your heart, and stimulate your mind! No partner or previous dance skills needed.

Location: Lincoln Park Barn
 Fee: \$18.00
 Age: 50 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
42222	9/17-10/22	Mon	12:15pm-1:00pm
42223	11/05-12/10	Mon	12:15pm-1:00pm

Two-Step

No more sitting on the sidelines! Here's a chance for you and your partner to learn to dance, turn, and twirl in just two easy lessons. Instructors are Rick and Glenna Sheley. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn
 Fee: \$12.00
 Age: 16 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
41900	9/20-9/27	Thu	7:00pm-8:30pm

Triple-Step

The Triple-Step is fun, easy to learn, and can be done to many different songs. In just two lessons, you'll be able to add a turn or two and spin around the dance floor. Instructors are Rick and Glenna Sheley. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn
 Fee: \$12.00
 Age: 16 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
41902	11/01-11/08	Thu	7:00pm-8:30pm

Intermediate Line Dance

Build on your line dancing skills and have fun! No partner is needed. Drop in or purchase a punch pass at the Parks and Recreation Office. Punch passes are transferable and non-refundable.

Location: Lincoln Park Barn
 10 Punch Pass Fee: \$30.00
 Drop-in Fee: \$4.00
 Age: 50+
 Day: Monday
 Time: 1:00pm-2:30pm

Cowboy Cha Cha

Have fun and learn the Cowboy Cha Cha in just two weeks! No experience necessary to master this expressive couples' line dance. Instructors: Rick and Glenna Sheley. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn
 Fee: \$12.00
 Age: 16 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
41903	11/29-12/06	Thu	7:00pm-8:30pm



Country Swing

In just two weeks you can learn the basic moves and a few turns to get you swinging on the dance floor! No experience necessary. Instructors are Rick and Glenna Sheley. Fee is per individual. Must register as a couple.

Location: Lincoln Park Barn
 Fee: \$12.00
 Age: 16 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
41901	10/11-10/18	Thu	7:00pm-8:30pm

Senior Dances with Live Music

Dance the night away and enjoy your favorite songs performed live!

Location: Senior Recreation Center
 Fee: \$2.00
 Age: 50 +

<u>Day</u>	<u>Time</u>
Thursday	7:00pm – 10:00pm
Sunday	1:00pm – 5:00pm (1st & 3rd)

Aerial Yoga

Come turn your world upside down with a combination of Yoga plus the usage of an aerial hammock. Release tension on the bones and muscles while increasing core stability and flexibility.

Location: Defy Gravity Youth and Community Center
 Fee: \$52.00
 Age: 12 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
42301	9/07-9/28	Fri	6:30am-7:30am
42304	9/10-10/01	Mon	5:45pm-6:45pm
42302	10/05-10/26	Fri	6:30am-7:30am
42305	10/08-10/29	Mon	5:45pm-6:45pm
42303	11/02-11/30	Fri	6:30am-7:30am
42306	11/05-12/03	Mon	5:45pm-6:45pm



Gentle Yoga

Designed for the older adult, this class will help increase flexibility, balance, strength, and relaxation in a supportive atmosphere utilizing props such as a chair, blocks, and straps.

Location: Lincoln Park Barn
 Fee: \$36.00 / \$4.00 Drop-in
 Age: 18 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
41904	9/17-11/01	Mon, Thu	7:45am-8:45am
41905	11/05-12/20	Mon, Thu	7:45am-8:45am



MMA Fitness for Self Defense

Get in shape and lose weight using the principles of mixed-martial arts with the added benefit of learning practical self-defense techniques. Physical training will include cardio conditioning, technical explanation, and application in a safe and fun format to help you gain confidence while challenging yourself to continually improve. Save \$20 when you register with a friend.

Location: Academy of Self Defense Gym
 Fee: \$120.00 Full session / \$60.00 Half session
 Age: 15 +

<u>Class#</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
42267	9/10-12/12	Mon, Wed	7:00pm-8:00pm



Coming Again This Spring...

Coed Youth Volleyball

Sign up your 4th – 9th grader for a program focusing on FUN-damentals, team work, and equal play time! Look for more information in our 2013 Winter/Spring Activity Guide.





Daily Admissions	
Infant 0-2	\$1.00
Youth 3-17	\$3.50
Adult 18-59	\$4.75
Senior 60+	\$3.50
Aqua Aerobics	\$4.25
Orchard Mesa Waterslide	\$1.00
Orchard Mesa Hot Tub	\$1.00

Passes	Year Round Pass *	90 Day **
Youth 3-17	\$215.25	\$78.75
Adult 18-59	\$292.25	\$106.75
Senior 60+	\$215.25	\$78.75
Group (5 people or less)	\$922.75	\$337.25
Additional Group Member	\$184.55	\$67.50
* Expires 1 year from date of purchase		
** Expires 90 days from date of purchase		

Punch Cards	30 Punch	Aqua Aerobics (12 punch)
Youth 3-17	\$59.40	
Adult 18-59	\$80.70	\$43.44
Senior 60+	\$59.40	\$43.44
Orchard Mesa Hot Tub	\$20.00	

New Aquatics Frequent Swimmer Card

Come pick up an Aquatic Frequent Swimmer Card at either of the City's Aquatic Facilities. For every 11 visits where you pay regular admission, we will give you one free. So come swim early and often!

Private Swim Lessons

These half-hour lessons are great for swimmers of all ages and abilities who are interested in one-on-one instruction. Private lessons help to develop proficiency and endurance at the individual swimmer's pace. Fee: \$12 per half-hour; semi-private \$20 per half-hour. Call (970)254-3885 or (970)254-3866 for more details.

SCUBA Time

Preparing for an upcoming SCUBA trip or just interested in testing out some new gear? Test out your skills and equipment on Monday nights at the Orchard Mesa Community Center Pool. The deep end of the pool is closed for exclusive SCUBA use from 6:00 p.m. to 7:30 p.m. Participants must show a PADI certification card and pay entry to the pool.

Swim Colorado Challenge

Challenge yourself and your friends to swim across Colorado – 380 miles from Utah to the Kansas border! For every mile of laps you put in at Orchard Mesa Community Center Pool, you'll get 10 miles on the map. Prizes will be awarded for reaching mile marker goals, and the first male and female swimmers to complete the challenge will receive a special bonus prize – free admission to the 2013 Highline Hustle Sprint Triathlon! Registration is just \$15 for this ongoing contest, and swimmers are welcome to participate as many times as they would like. Ask a pool staff member for more information and a registration form today!

Table Reservations

Want to throw a pool party? Book a table and ten chairs for two hours for only \$15 (regular admission fees apply). Reservations are recommended at least three days in advance. Payment required at the time of reservation. For more information or to reserve your table, call Orchard Mesa Community Center Pool at (970)254-3885 or Parks and Recreation at (970)254-3866.

Orchard Mesa Community Center Pool

(970)254-3885

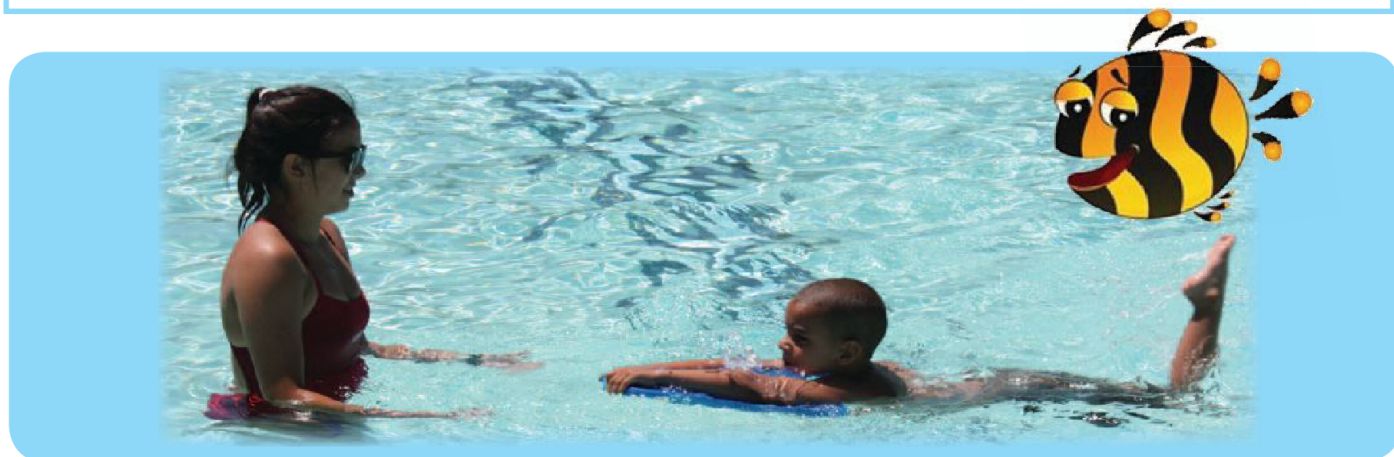
Regular Hours of Operation

	Adult Swim	Aqua Aerobics	Public Swim, Hot Tub, & Waterslide *	Public Swim Discount Days
Monday	6:30am-9:15am	8:15am-9:15am	11:30am-1:30pm 3:30pm-7:30pm	
Tuesday	6:30am-9:15am 11:30am-1:30pm	5:30pm-6:30pm		
Wednesday	6:30am-9:15am 11:30am-1:30pm	8:15am-9:15am	3:30pm-7:30pm	
Thursday	6:30am-9:15am	5:30pm-6:30pm	11:30am-1:30pm	
Friday	6:30am-9:15am 11:30am-1:30pm	8:15am-9:15am	3:30pm-7:30pm	\$2.50 per admission
Saturday			1:30pm-7:30pm	
Sunday			1:30pm-6:00pm	\$2.50 per admission

Waterslide is only available Friday, Saturday, and Sunday.

Lap lanes available during public swim.

The 11:30am-1:30pm afternoon swim will begin on Tuesday, September 4.



Orchard Mesa Community Center Pool

Holiday/School's Out Hours

	Adult Swim	Aqua Aerobics	Public Swim, Hot Tub, & Waterslide	Public Swim Discount Days
Monday	6:30am-9:15am	8:15am-9:15am	11:30am-7:30pm	
Tuesday	6:30am-9:15am 11:30am-1:30pm		1:30pm-5:00pm	
Wednesday	6:30am-9:15am 11:30am-1:30pm	8:15am-9:15am	1:30pm-7:30pm	
Thursday	6:30am-9:15am		11:30am-5:00pm	
Friday	6:30am-9:15am 11:30am-1:30pm	8:15am-9:15am	1:30pm-7:30pm	\$2.50 per admission
Saturday			1:30pm-7:30pm	
Sunday			1:30pm-6:00pm	\$2.50 per admission

Lap lanes available during public swim.

■ **Regular Hours of Operation** (See schedule on page 20)

■ **Holiday/School's Out Hours** (See schedule on page 20)

■ **Pool Closures**


September 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Pool will be closed after 1:30 p.m.		

November 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



*Orchard Mesa
Pool Calendar*



Aqua Aerobics

These novice to intermediate aqua aerobic classes are for individuals introducing themselves to water exercise or those who have enjoyed our previous classes. Moderate intensity activities incorporate noodles, hand paddles, water weights, and more.

Location: Orchard Mesa Community Center Pool
 Drop-In Fee: \$4.25
 Punch Card Fee: \$43.44 (12 punches)
 Age: 16 +

Dog Days

What better way to end the "Dog Days of Summer" than by letting your pooch paddle the day away at the 8th Annual Dog Days at Lincoln Park-Moyer Pool? Man's best friend can leap off the diving board, splash in the shallow end, and chase tennis balls and Frisbees on the lawn. Don't miss this great end of summer event.

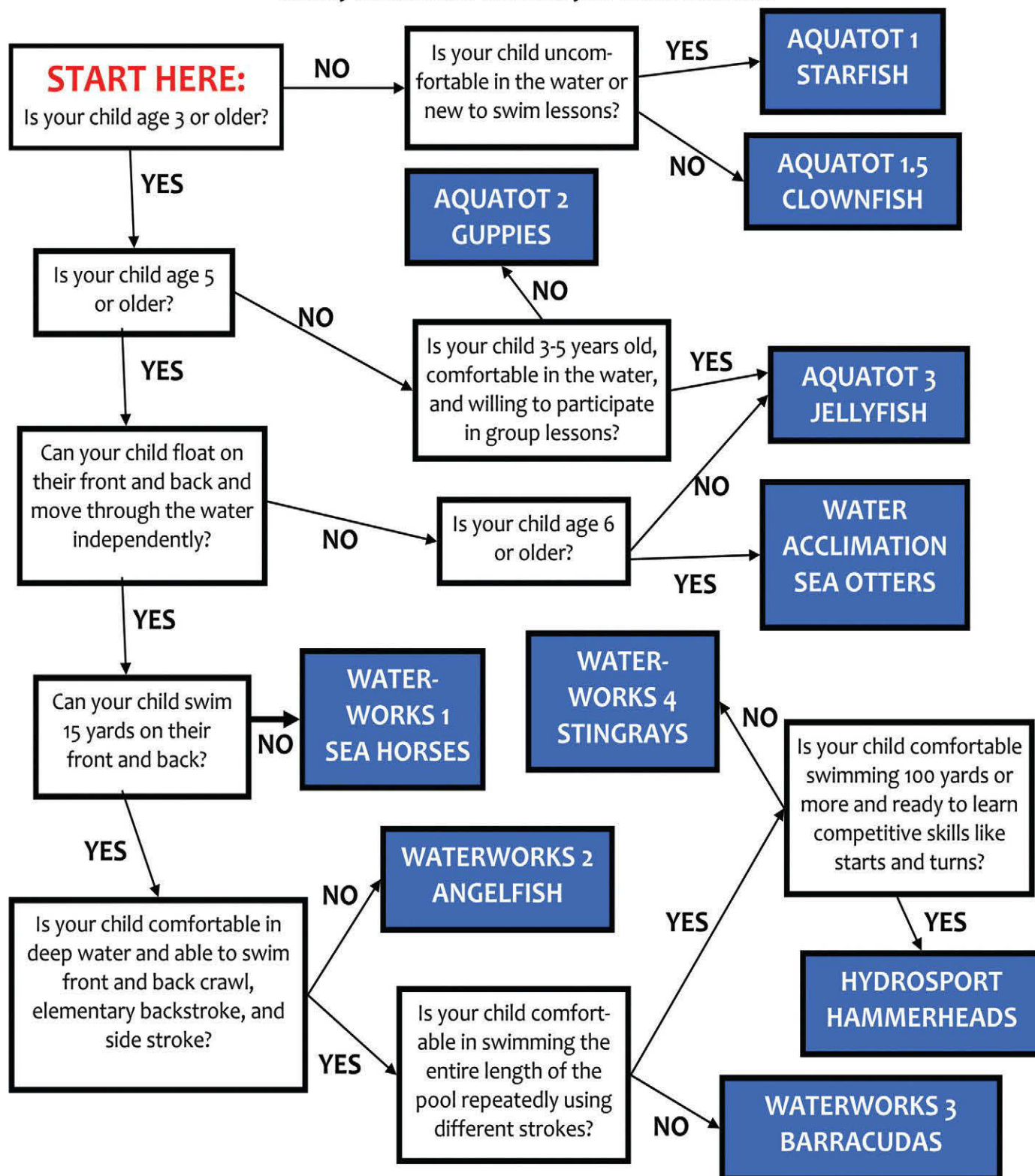
Note: The pool is available for canines ONLY; no humans will be allowed to swim during this event.

Dogs dive in on Sunday, September 9 from 10:00 a. m. – 2:00 p.m. for \$5 each.

Up to four dogs (belonging to the same family) can swim for \$12.

Which group swim lesson is right for your child?

This chart outlines the critical prerequisite skills that determine class placement. Follow the chart to identify the class that best suits your child's skill level.



IMPORTANT NOTES:

- Aquatot 1 and Aquatot 1.5 require adult participation in the pool.
- Repetition of skills and levels is an important part of the learning process. Parents are encouraged to estimate their child's ability level as accurately as possible to ensure a positive experience for all swimmers.
- Springboard diving, Snorkeling, Junior Lifeguarding, and other upper-level classes are available to students who have completed Hydrosport or equivalent.

Learn to Swim Descriptions	
Aquatot 1 Starfish	Infants and parents work toward becoming comfortable in the pool by blowing bubbles, singing songs, playing games, and floating on their front and back. Repetition and play are important components of this class. Suggested ages 6-36 months
Aquatot 1.5 Clownfish	Toddlers work with their parents on basic skills, moving toward independence in the water in a structured class. Many skills are similar to those taught to the Guppies, but parent involvement helps ease the fear of being in the water. Class is helpful for children who are not comfortable in the pool alone with an instructor. Suggested ages 18-36 months
Aquatot 2 Guppies	Children will learn the basics of swimming, including moving independently for five yards and floating on their front and back with assistance. This class is designed to help reluctant swimmers get acclimated. It may take swimmers more than one session to complete these skills. Suggested age 3-5 years
Aquatot 3 Jellyfish	Jellyfish become completely independent from the instructor while swimming on their front and back. Once the child can swim without assistance on their front and back, and float for five seconds, they can move on to Sea Horses! It may take a few sessions for a child to master enough to move on. Suggested ages 4-5 years
Water Acclimation Sea Otters	This class is a great opportunity for older kids to participate in an entry-level class while swimming with kids of similar age. Class helps children become acclimated to the water, independently float on their front and back, explore deep water, and prepare to swim the crawl stroke and back stroke. This class may be just what older kids need to get up to speed with other swimmers their age. Suggested ages 6-12 years
Waterworks 1 Sea Horses	In the Sea Horse class, swimmers refine their front and back crawl strokes and water treading. They start learning the breaststroke, self help, and basic rescue skills. After swimming 15 yards with good stroke techniques, they can move on to Angelfish! Suggested ages 5-6 years
Waterworks 2 Angelfish	Rotary breathing for front crawl is introduced in the Angelfish class, as well as side stroke, elementary back stroke, and plenty of experience in deep water. After swimming 15-20 yards with good breathing and stroke techniques, swimmers can move up to Barracudas! Suggested ages 5-8 years
Waterworks 3 Barracudas	Class focuses on technique and endurance reinforcing positive swimming skills and building stamina. Swimmers can move on when they swim the length of the pool using front crawl, back stroke, breast stroke, side stroke, and elementary back stroke with good breathing and stroke techniques. Suggested ages 5-12 years
Waterworks 4 Stingrays	Class is designed to prepare swimmers for the pre-competitive Hammerheads class. They will learn how to do turns and swim laps in good form, nonstop, using their front and back crawl strokes, breaststroke, and sidestroke, and be introduced to the butterfly. Once the swimming requirements have been met, students will be introduced to lifesaving and rescue techniques. Suggested ages 5-15 years
Hydrosport Hammerheads	Class focuses on pre-competition skills and extended swimming. Swimmers should have a strong background in all six strokes before enrolling because a significant portion of class is dedicated to lap swimming. Lifesaving and rescue skills are also practiced. Hammerheads prepares swimmers for Springboard Diving and Junior Lifeguarding. Suggested ages 8-15 years
Springboard Diving	Springboard diving is a beginner-level diving class, focusing on the basics of competitive diving. Participants will learn various approaches, hurdles, presses, and lifts, as well as how to use the diving board safely. Divers will progress through front, back, inward, and reverse dives. Suggested ages 8 and up
Adult Workshop	The Adult Workshop is designed to provide individualized instruction for both novice and advanced swimmers. Beginning swimmers will work on improving body position, kick, breathing, and overall coordination. Swimmers looking for more advanced instruction will get tips and swim sets that will improve their form and endurance. Swimmers must be 16 years or older.

In Need of a Program Scholarship?

Scholarships are available for those on Medicaid, CHP or CHP+, or if receiving free or reduced lunch. If your family qualifies, 10%-70% of the cost of the class can be covered. Call (970)254-3866 for more information.

Orchard Mesa Community Center Pool Learn to Swim

Level	Time	Day	8/28-9/20	9/25-10/18	10/23-11/15	11/27-12/20	Fee
Aquatot 1 Starfish	5:30pm-6:05pm	Tue, Thu	41940	41937	41938	41939	\$34.00
Aquatot 1.5 Clownfish	6:15pm-6:50pm	Tue, Thu	41941	41942	41943	41944	\$34.00
Aquatot 2 Guppies	5:30pm-6:05pm	Tue, Thu	41958	41949	41952	41955	\$34.00
	6:15pm-6:50pm	Tue, Thu	41959	41950	41953	41956	\$34.00
	7:00pm-7:35pm	Tue, Thu	41960	41951	41954	41957	\$34.00
Aquatot 3 Jellyfish	5:30pm-6:05pm	Tue, Thu	41967	41969	41972	41963	\$34.00
	6:15pm-6:50pm	Tue, Thu	41962	41961	41971	41964	\$34.00
	7:00pm-7:35pm	Tue, Thu	41966	41968	41971	41965	\$34.00
Water Acclimation Sea Otters	5:30pm-6:05pm	Tue, Thu	42083	42084	42085	42086	\$36.25
	7:00pm-7:35pm	Tue, Thu	42087	42088	42089	42090	\$36.25
Waterworks 1 Sea Horses	5:30pm-6:05pm	Tue, Thu	42044	42039	42042	42046	\$36.25
	6:15pm-6:50pm	Tue, Thu	42045	42040	42041	42047	\$36.25
	7:00pm-7:35pm	Tue, Thu	42049	42050	42043	42048	\$36.25
Waterworks 2 Angelfish	5:30pm-6:05pm	Tue, Thu	42052	42053	42051	45054	\$36.25
	6:15pm-6:50pm	Tue, Thu	42055	42056	42057	42058	\$36.25
	7:00pm-7:35pm	Tue, Thu	42059	42060	42061	45062	\$36.25
Waterworks 3 Barracudas	5:30pm-6:05pm	Tue, Thu	42070	42063	42064	42072	\$36.25
	6:15pm-6:50pm	Tue, Thu	42073	42071	42068	42069	\$36.25
	7:00pm-7:35pm	Tue, Thu	42065	42066	42067	42074	\$36.25
Waterworks 4 Stingrays	5:30pm-6:05pm	Tue, Thu	42079	42075	42076	42081	\$36.25
	7:00pm-7:35pm	Tue, Thu	42080	42077	42078	42082	\$36.25
Hydrosport Hammerheads	5:30pm-6:30pm	Tue, Thu		42031		42034	\$36.25
	6:30pm-7:30pm	Tue, Thu	42033		42032		\$36.25
Springboard Diving	5:30pm-6:30pm	Tue, Thu	42035		42037		\$36.25
	6:30pm-7:30pm	Tue, Thu		42036		42038	\$36.25
Lap Swimming	5:30pm-7:30pm	Tue, Thu	Daily Admission Fee, Punch Card, or Pass				
Adult Workshop	7:00pm-7:35pm	Tue, Thu	41945	41946	41947	41948	\$33.00

**Adult lap swim during lessons is available for parents who have swimmers in the program (regular admission fees apply).
Two lanes designated for lap swim, but priority is given to swim lesson participants.**

Adaptive

Individuals with special needs can optimize water time with fun, recreational experiences. This swim class offers a structured environment for learning water safety and stroke development. Participants must be comfortable in the water. Parent/guardian supervision is not required, but encouraged.

Location: Orchard Mesa Community Center Pool
 Fee: \$36.25
 Age: 5 - 18

Class#	Date	Day	Time
42098	8/28-9/20	Tue, Thu	6:15pm-6:50pm
42099	9/25-10/18	Tue, Thu	6:15pm-6:50pm
42100	10/23-11/15	Tue, Thu	6:15pm-6:50pm
42101	11/27-12/20	Tue, Thu	6:15pm-6:50pm

Junior Lifeguarding

This course will prepare you with lifesaving techniques, CPR, and first aid training, as well as leadership and professional skills necessary to someday become a lifeguard.

Location: Orchard Mesa Community Center Pool
 Fee: \$75.00
 Age: 11 - 15

Class#	Date	Day	Time
42097	9/25-10/18	Tue, Thu	5:30pm-7:30pm





Parks and Recreation Phone Numbers

Administration	(970)254-3842
Aquatics	Orchard Mesa Community Center Pool (970)254-3885
	Lincoln Park-Moyer Pool (970)254-3848
Bookcliff Activity Center	(970)254-3888
City Cemeteries	(970)244-1550
Forestry	(970)254-3849
Golf Courses	Lincoln Park (970)242-6394 Tiara Rado (970)254-3830
Parks Maintenance	(970)254-3868
	(970)254-3861
Memorial Tree Program	(970)254-3849
	(970)244-1550
Park Field/Shelter Reservations	(970)254-3866
Senior Recreation Center	(970)243-7408
Sport Facilities	(970)254-3866

Check out our website at www.gjcity.org

REGISTER NOW!

ON-LINE

www.gjcity.org and click "Recreation"

PHONE-IN

Monday - Friday 8 a.m. - 5 p.m. (970)254-3866

WALK-IN

Monday - Friday 8 a.m. - 5 p.m. 1340 Gunnison Avenue

MAIL-IN

1340 Gunnison Avenue, Grand Junction, CO 81501

Community Sports Organizations

Organization	Phone Number
Little League Baseball www.codist1.org	245-1663
7th & 8th Grade AAU Basketball Boys	248-4829
Grand Junction Soccer Association www.gjsoccer.org	242-4550
Mesa County Junior Football www.mcjfa.org	523-3596
GJ Tennis Club	986-8104
Maverick Aquatics	248-1139
Fruita Monument Mats Cats Wrestling	250-2269
Lil Mavs Wrestling	234-0496
Little Warriors Wrestling	434-8699
	261-4617
Tiger Paw Wrestling	683-5705
	361-0698
Girls/Women on the Run www.gotrwesterncolorado.org	257-9267
Western Colorado Horeshoe Club ringers4jdm@yahoo.com	260-6287
Grand Valley Lacrosse rjshel@bresnan.net www.grandvalleylax.com	
Powderhorn Racing Club	245-3173
Rugby www.grandjunctionrugby.com	210-1734
Grand Valley BMX www.grandvalleybmx.com	433-7159
On Edge Skating www.onedgeskating.com	589-7706
Thunder Mountain United Soccer www.thundermountainunited.com	424-2164
Western CO Volleyball www.gjvbc.org	640-5195
Grand Valley Skating Center	778-7127 242-7007
Grand Junction Browns Baseball and Softball www.gjbrowns.com	270-7089

Sign up for our Email Newsletter



Sign up for our monthly email newsletter full of important registration deadlines, program information, and money saving offers. Never miss a registration deadline again! Subscribe by going to tiny.cc/gjpr.

*Basketball Registration
Deadlines
Girl's - September 18
Boy's - November 28*

Grand Junction Parks and Recreation

Ready, Set, Go!

Filthy 5K



*Come test your skills in the dirtiest
and zaniest race in the Grand Valley!
More information on page 2.*

Matchett Trail Run/Walk



*Fun for the whole family is awaiting you at
Matchett Park. More information on page 3.*

Jingle Bell Run



*Jingle all the way! Get into the
spirit this season with a run/
walk at Canyon View Park.
More information on page 4.*