



# Grand Valley

Recreation Center  
0398 Arroyo Dr.  
Battlement Mesa, CO 81635  
[www.GVRC.net](http://www.GVRC.net)  
[info@gvrc.net](mailto:info@gvrc.net)

## Building Hours

Mon-Fri 5am-9pm  
Saturday 9am-5pm  
Sunday 12pm-5pm

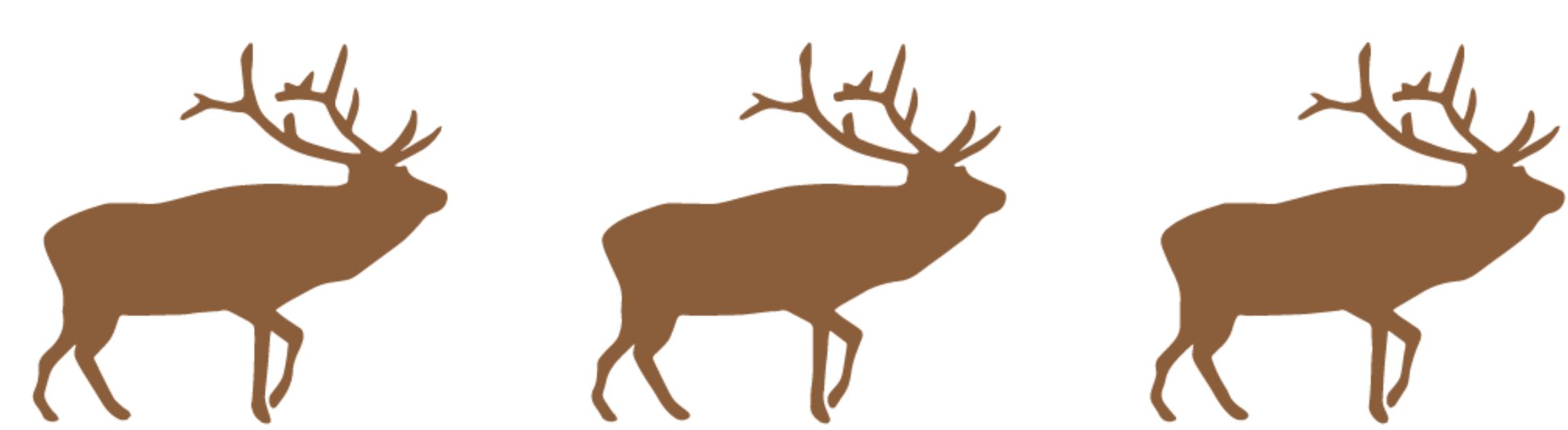
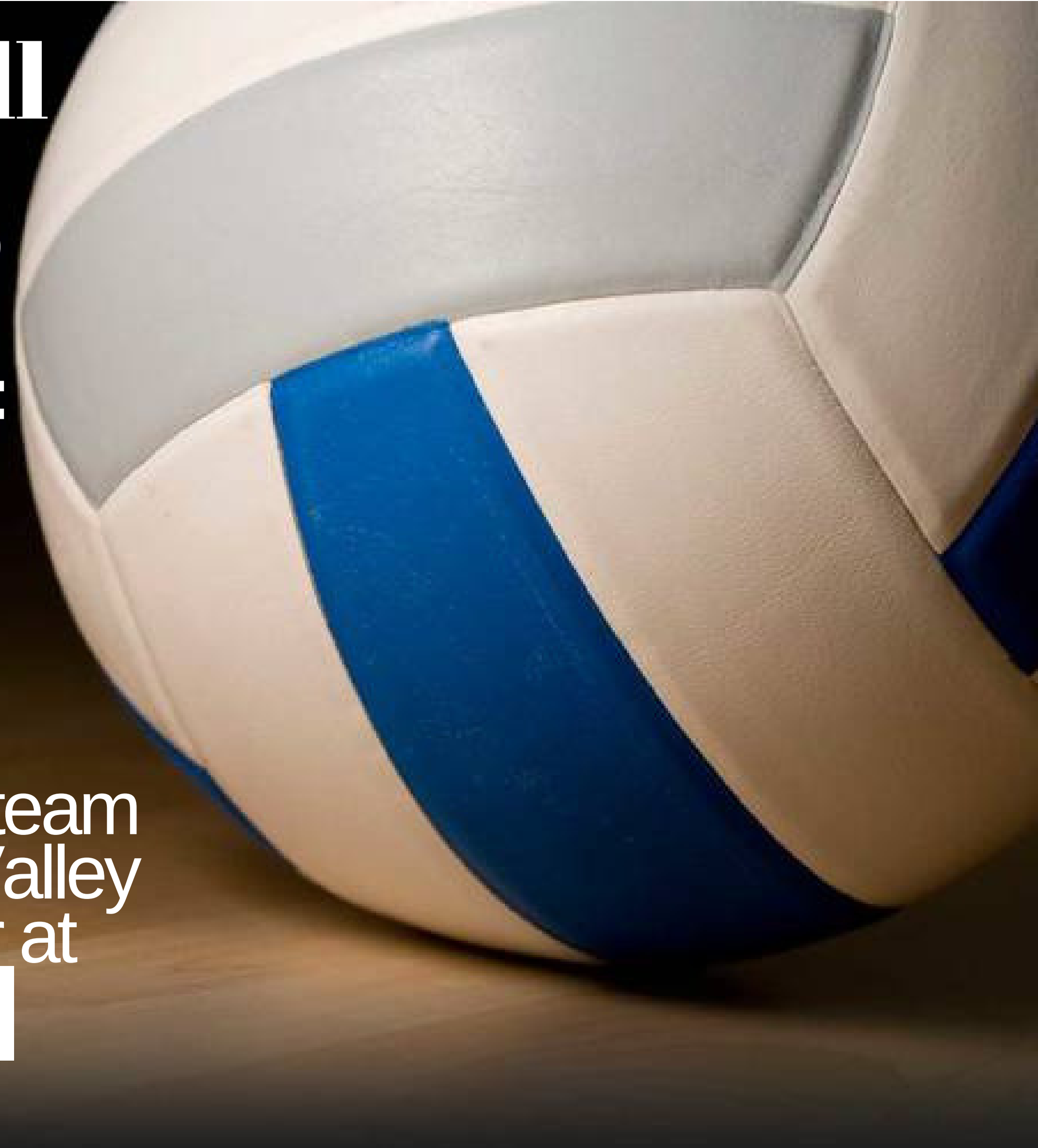
Mon. - Fri. 8a -10a is reserved for FITNESS SWIM & the pool complex is closed from 1pm-2pm for training and swim lessons.

## Adult Volleyball

Fall League  
Mondays - 6:30 - 9:00p

Registration Deadline:  
October 17, 2018  
Games are November  
to December

League Fee:  
\$175 / 6 person co-ed team  
Register at the Grand Valley  
Recreation Center or at  
[www.GVRC.net](http://www.GVRC.net)



# Parachute/Battlement Mesa

Park and Recreation District  
Sports and Activities  
[www.ParachuteBattlementParkandRec.org](http://www.ParachuteBattlementParkandRec.org)  
[programs@gvrc.net](mailto:programs@gvrc.net)



## Pool Complex Hours

Mon-Fri 8am-8pm  
Saturday 10am-4:30pm  
Sunday 1pm-4:30pm

## Babysitting Hours

Mon-Fri 8am-12pm  
Mon-Fri 4:30pm-8:30pm

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Newsletter

# Trunk or Treat

Free for All

Wednesday, October 31, 2018  
273 Sippelle Dr. Battlement Mesa, CO  
5:00 pm - 7:00 pm  
Located between the Grand Valley Middle School  
and the Grand River Health Clinic.



## Veterans Day Dinner

HONORING THOSE WHO SERVED

Join us November 11, 2018  
for our Veterans Day Dinner at the  
Grand Valley Recreation Center  
5:00 pm - 8:00pm  
Please register at GVRC by November 4, 2018



## NOV. 2, 2018

Contestant Fee: \$20 Per Entry  
Registration Form on [GVRC.net](http://GVRC.net)

or at the front desk.

1st Place: 50% 2nd Place 30%, 3rd Place 20%

## To Judge The Chili

Adult Fee: \$10

Kid Fee: \$7

Kids Under 3: FREE



For those interested  
in having a  
gymnastic class at  
the Grand Valley  
Recreation Center  
please sign up at the  
front desk or online  
at [www.GVRC.net](http://www.GVRC.net)!

**FREE**

## Tiny Tot Soccer Coaches Clinic



December 15, 2018  
10am - 12pm

Please join us for a coaching clinic to help  
better our soccer programs! For more  
information please contact  
Jerre Witt - [jerre@gvrc.net](mailto:jerre@gvrc.net)

Deadline: December 8, 2018  
Open to EVERYONE interested in coaching!

Class	Day	Time	Cost	Instructor
AARP Safe Driving Class	Saturday, Nov. 3, 2018	9:00a	Call Instructor for info	(970) 985-1574
Adult Pickup Basketball	Wednesdays	6:15p	Free for members	\$8 for Guests
Beginners Gymnastics	Mondays	TBA		
Cadio and Strength	Monday / Wednesday	9:00a	Universal Ticket	Charla
Gentle Yoga	Fridays	9:00a	\$48 for 8 classes	Cathy
Get Up and Move	Tuesday / Thursday	9:00a	Universal Ticket	Charla
N' Balance	Mondays	11:00a	\$45 for 8 classes	Jennifer
Pickleball (Schedule Subject to Change)	Tuesday / Thursday Saturdays	5:00p 10:00a	Free for members	\$5 Youth Guest \$8 Adult Guest
Tai Chi I	Mondays - 10/8/18-11/26/18	3:00p	\$40 for 8 classes	Jennifer
Tai Chi II + Review	Fridays - 9/14/18-11/2/18	10:30a	\$40 for 8 classes	Jennifer
Tiger to Dragon Into To Martial Arts	Mondays	7:00p	\$8 Walk In or \$30/mo	Tom
Water Aerobics - Deep Water	Tuesday / Thursday	8:30a	Universal Ticket	Michelle
Water Aerobics with Debbie	Winter Class Dates TBA	TBA	Universal Ticket	Debbie
Water Aerobics - Shallow Water	Monday / Wednesday	8:30a	Universal Ticket	Michelle
Weight Room Orientation	Mondays (14-17 year olds)	2:00p	Free	Charla
Zumba	Tuesday / Thursday	6:00p	\$40 for 10 classes or \$5 per class	Bobbie

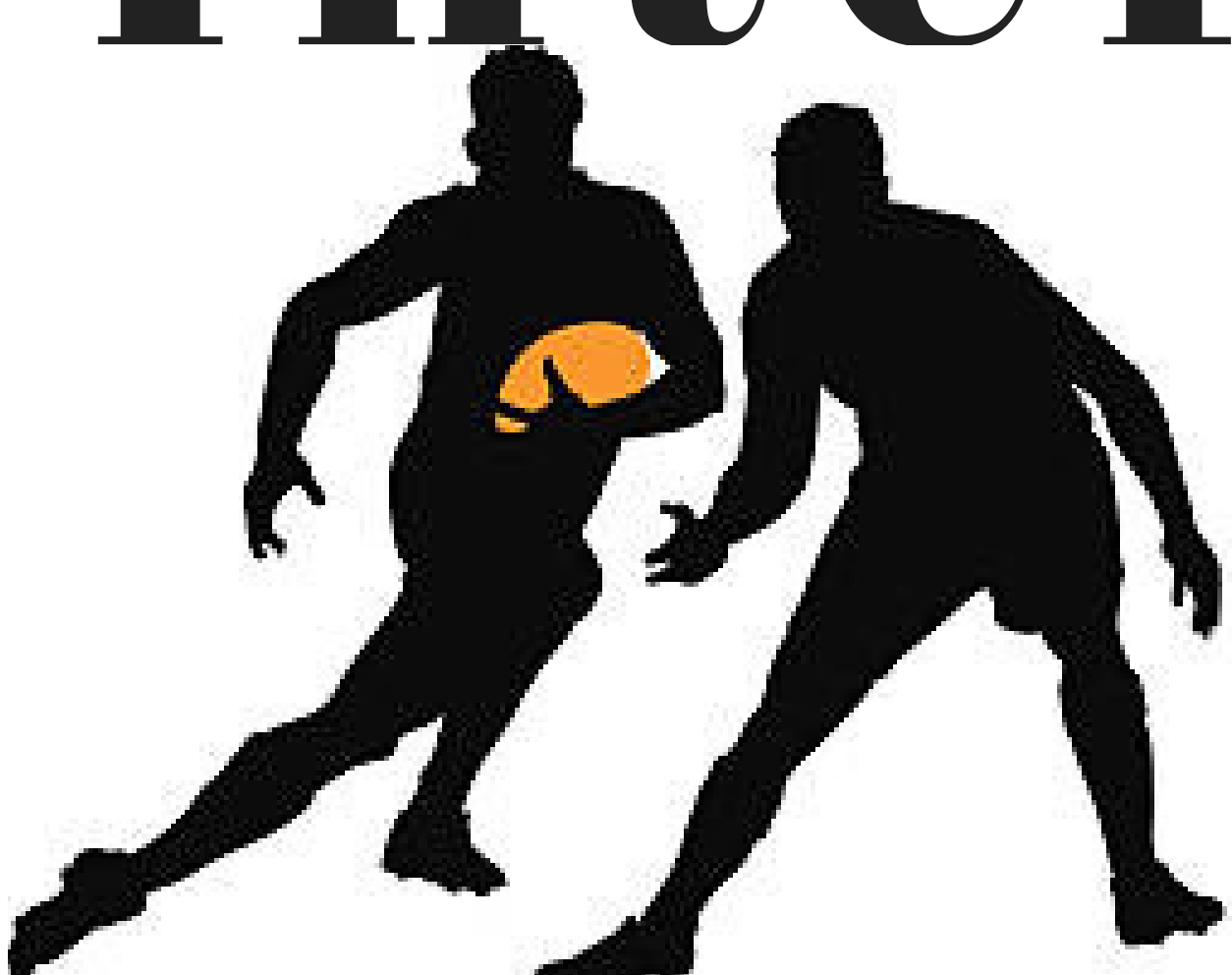
## Other Services & Clubs

Epilepsy Support Group	Call for schedule		Free	(970) 462-6891
Tennis	Code will change daily, Contact Samantha for more info		Must check in to get code	(970) 285-9480
Party Bridge	Mondays	12:45p	Free to all	
Personal Trainer	1 One on One Session 4 One on One Sessions 12 Week Special	By Appt	\$50 (1 Session) \$150 (4 Sessions) \$219 (12Weeks)	Devin (719) 680-8254
Private Swim Lesson	Certified Red Cross Instructors	By Appt	\$29 per Lesson	Call GVRC

Sports	Requirements	Cost	Schedule	Contact
Adult Volleyball	16 years old mininum Minimum of 6 person team	\$175/ Team	Deadline: 10/17/18	Jerre@gvrc.net (970) 285-9480
Boys Basketball	3rd and 4th Graders 5th and 6th Graders	\$60	Deadline: 12/14/18	Jerre@gvrc.net (970) 285-9480
Tiny Tot Basketball	Ages 4 years old - 2nd Grade	\$30	Deadline: 10/26/18	Jerre@gvrc.net (970) 285-9480

Special Activities / Events	Requirements	Cost	Schedule	Contact
36th Annual Craft Fair	Located at the Grand Valley High School	Free	11/17/2018 9:00a	Denie@gvrc.net (970) 285-9480

# Interested in playing RUGBY?



For those interested in having rugby, please sign up at the front desk or online at [www.GVRC.net](http://www.GVRC.net)!

For more information contact Jerre Witt -

