

# FRUITA, COLORADO PARKS AND RECREATION

ATHLETICS | AQUATICS | PARKS | PROGRAMS | SPECIAL EVENTS

## SUMMER 2024 ACTIVITY GUIDE

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### FRUITA COMMUNITY CENTER

970.858.0360  
324 N COULSON ST, FRUITA,  
CO 81521

### FRUITA CIVIC CENTER

970.858.3663  
325 E ASPEN AVE, FRUITA, CO  
81521

### HOURS OF OPERATION

SUN 12:00PM - 6:00PM  
MON-THURS 5:30AM - 9:00PM  
FRI 5:30AM - 7:00PM  
SAT 7:00AM - 6:00PM

### REC RATS CHILDCARE

MON-SAT 8:00AM - 12:00PM  
MON-THUR 4:00PM - 8:00PM

-INDOOR POOL CLOSSES  
30 MINUTES BEFORE FACILITY

-OUTDOOR POOL CLOSSES 60  
MINUTES BEFORE FACILITY



# FRUITA PARKS AND RECREATION FACILITIES

## YOUR ESSENTIAL GUIDE TO FRUITA PARKS AND RECREATION

Welcome to the Fruita Parks and Recreation Department's Activity Guide, published three times a year. This guide is your go-to resource for programs and activities sponsored by or available through the City of Fruita Parks and Recreation Department. The City of Fruita is committed to creating safe, family friendly, innovative programs and various activities that help our community grow together. Through our Parks and Recreation Department we aim to inspire new generations to be proactive and to never stop learning.

While we strive to keep the information in this guide accurate, please note that dates, fees, and other details are subject to change, and we cannot be held responsible for any errors or omissions. Unless specified otherwise, all content in this guide pertains to the City of Fruita, Colorado.

To register for the exciting activities featured in this guide, you can conveniently visit [fruitaactivityreg.com](http://fruitaactivityreg.com) or stop by the Fruita Community Center. Please be aware that registration waiver is mandatory for all activities. The City of Fruita is committed to providing accessible accommodations for patrons with ADA requirements. If you need assistance, kindly inform our parks and recreation staff.

We accept a variety of payment options, including checks, Mastercard, Visa, Discover, and American Express.

Join us in exploring the many recreational opportunities that Fruita has to offer!



## COMMUNITY CENTER AMENITIES

### AQUATICS AREA

FIVE LAP LANES, SPA, LEISURE POOL, DROP SLIDE, CLIMBING WALL, DIVING BOARD, TOT AREA, LAZY RIVER



### GYMNASIUM

SIX BASKETBALL HOOPS, VIEWING STANDS, WATER FOUNTAINS, COURT NETS



### MEETING ROOMS

PROJECTORS, CHAIRS, TABLES, KITCHEN, PRIVACY SCREENS, PATIO ACCESS



### FITNESS AREA

FREE WEIGHTS, CABLE MACHINES, CARDIO EQUIPMENT, STRETCHING AREA



### LOCKER ROOMS

FREE LOCKERS, SHOWERS, SCALES, BATHROOMS, SUIT DRYERS



### AEROBICS ROOM

WALL MIRRORS, EXERCISE BALLS, YOGA MATS, FITNESS BIKES, GROUP CLASSES



### SENIOR CENTER

POOL TABLES, TV, COUCHES, COFFEE, SINKS, PROGRAMMED ACTIVITIES



### POOL PARTY ROOM

TABLE, CHAIRS, COUNTERS, SINK



### DAYCARE

PLAY AREA, CHANGING STATION, AFFORDABLE CARE



### RUNNING TRACK

TWO LANE MULTI DIRECTION



### INDOOR PLAY AREA

CARPET, TOYS, PLAYGROUND ACTIVITIES, SEATING



### LIBRARY

MEETING ROOM, COMPUTERS, CHILDRENS AREA



# FRUITA COMMUNITY CENTER PASSES

## RESIDENT DISCOUNT

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

## PROOF OF RESIDENCY

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

## FAMILY PASSES NEW UPDATES TO FAMILY PASSES

A family consists of members of an immediate family 18 and older up to 20 years of age living in the same household/residence up to three children.

## COUPLE PASSES

A couple consists of two adults/seniors or any combination of adult/senior and child/youth living in the same household/residence forming a family unit. Pass fee will be at the higher rate.

## ANNUAL PASS PAYMENT OPTIONS

Customers have the option of paying monthly through electronic funds transfer, credit card billing (a surcharge fee applies), or in full. The Fruita Parks and Recreation Department accepts Visa, Mastercard, Discover, and American Express, cash, and checks.

## VETERANS ASSISTANCE PROGRAM

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

## FRUITA COMMUNITY CENTER AGE POLICY

All children under the age of 10 must be actively supervised by a guardian (16 and older) at all times. Youth under 14 are not allowed upstairs in the fitness area. Youth 14-16 must complete a fitness orientation prior to using equipment. Youth 10-13 are allowed on the running track with an adult 16 years or older. While swimming, children 6 and under must have an adult within arms reach at all times while in the water. Adults with children of the opposite sex who are 4 years or older must use the family change area.

## GROUP SWIM RATES

We offer discounted rates for groups of 10 or more participants. The group rate is \$3.00 for youth participants. Any group wishing to visit the swimming pools needs to contact an Aquatic Coordinator at least one week in advance of the visit.

# PASS PRICING INFORMATION

DAILY ADMISSION		PASS RATE	
CHILD (3-9)		\$5.00	
YOUTH (10-17)		\$6.00	
ADULT (18-64)		\$8.00	
SENIOR (65+)		\$7.00	
SHOWER		\$5.00	
20 PUNCH PASS	PASS RATE	RESIDENT DISCOUNT	
CHILD (3-9)	\$95.00	\$90.00	
YOUTH (10-17)	\$114.00	\$108.00	
ADULT (18-64)	\$152.00	\$144.00	
SENIOR (65+)	\$133.00	\$126.00	
THREE MONTH PASS	PASS RATE	RESIDENT DISCOUNT	
CHILD (3-9)	\$81.25	\$75.00	
YOUTH (10-17)	\$97.50	\$90.00	
ADULT (18-64)	\$130.00	\$120.00	
SENIOR (65+)	\$113.75	\$105.00	
ADULT COUPLE	\$195.00	\$180.00	
SENIOR COUPLE (65+)	\$171.00	\$157.50	
FAMILY (THREE MEMBERS)	\$219.39	\$202.50	
FAMILY (FOUR MEMBERS)	\$236.25	\$221.25	
FAMILY (FIVE MEMBERS)	\$260.01	\$240.00	
ANNUAL/MONTHLY PASS	PASS RATE	RESIDENT DISCOUNT	
CHILD (3-9)	\$325.00/\$ 27.08 mo	\$300.00/ \$25.00 mo	
YOUTH (10-17)	\$390.00/\$32.50 mo	\$360.00/ \$30.00 mo	
ADULT (18-64)	\$520.00/ \$43.33 mo	\$480.00/ \$40.00 mo	
SENIOR (65+)	\$455.00/ \$37.92 mo	\$420.00/ \$35.00 mo	
ADULT COUPLE	\$780.00/ \$65.00 mo	\$720.00/ \$60.00 mo	
SENIOR COUPLE (65+)	\$684.00/\$57.00 mo	\$630.00/ \$52.50 mo	
FAMILY (THREE MEMBERS)	\$877.56/ \$73.13 mo	\$810.00/ \$67.50 mo	
FAMILY (FOUR MEMBERS)	\$945.00/\$78.75 mo	\$885.00/ \$73.75 mo	
FAMILY (FIVE MEMBERS)	\$1040.04/\$86.67 mo	\$960.00/ \$80.00 mo	





### FRUITA COMMUNITY CENTER POOL HEALTH AND SAFETY POLICIES

- Open swim refers to general pool use.
- Activities like lap swimming, water aerobics, swim/dive team, and classes are not open swim.
- Children ages 0-6 and non-swimmers need adult supervision within arm's reach.
- Children under 6 wishing to use the deep end must pass a Swim Competency Test. (SEE PAGE 21).
- Children under 3 and non-toilet trained kids must wear swim diapers, that are available for purchase.
- Don't use the pool when ill.
- NO GLASS allowed in the pool area.
- Shower before pool or hot tub use.
- Parents are responsible for their children's safety.
- No prolonged breath holding.
- Dive only in designated areas.
- Opposite sex adults with kids aged 4 or older should use the family change area versus locker rooms.
- Aquatic staff have final authority on pool rules.
- Kids aged 0-6 are prohibited from using the hot tub.
- Children aged 7-13 require adult supervision when using the hot tub.

### MEETING ROOMS

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

MEETING ROOM RENTAL		
ROOM	FEE	DEPOSIT
PEACH	\$30 / HR	\$50 / \$100 W ALCOHOL
PLUM	\$30 / HR	\$50 / \$100 W ALCOHOL
CHERRY	\$30 / HR	\$50 / \$100 W ALCOHOL
KITCHEN	\$30 / HR	\$50 / \$100 W ALCOHOL
FULL MTG	\$90 / HR	\$50 / \$100 W ALCOHOL

### PARK RENTALS

Parks and park shelters are available for a \$25.00 charge for for two hours. Each additional hour is \$10.00. Full park rentals or parties over 50 require a special events permit. For more information please call 970.858.0360.



### POOL PARTY ROOM

The Fruita Community Center Pool Party Room is located next to the indoor pool. The party room is available for rental during normal aquatic hours. Rentals include 10 child/youth passes and 2 adult passes to the pool. Each additional person will receive a \$2.00 discount off of the daily entry fee. The pool party room is available for 2 hour rentals (minimum). Capacity for the pool party room is 28 persons.

Outdoor shelters are available for rentals May 25 - September 2. There are two south shelters and one north shelter.

POOL PARTY ROOM RENTAL		
ROOM	FEE	DEPOSIT
POOL PARTY ROOM	\$90 / 2 HR	\$50
OUTDOOR SHELTERS	\$20 / HR	NONE





# FRUITA'S OPEN SPACE AND PARKS

## CIRCLE PARK (1)

[101 North Park Square](#)

Drinking fountains  
Pavilion/picnic shelter  
Picnic tables

## CIVIC CENTER PARK (2)

[325 E. Aspen](#)

Amphitheater  
Off-street parking

## DAN WILLIAMS MEMORIAL PARK (3)

[280 W. Roberson Drive](#)

Horseshoes  
Picnic tables

## FRUITA BARK PARK (4)

[552 Jurassic Ct.](#)

Drinking fountains  
Natural environment  
Off-street parking

## FRUITA BIKE PARK (5)

[280 Clements Way](#)

Barbecues  
Drinking fountains  
Natural environment  
Off-street parking  
Pavilion/picnic shelter  
Picnic tables  
Playground  
Tot lot  
Restrooms

## RIVERFRONT PARK (6)

[1051 Kingsview Rd.](#)

Disc golf  
Natural environment  
Off-street parking  
Rest rooms/san-o-lets

## HERITAGE PARK (7)

[210 I-70 Frontage Rd.](#)

Basketball court  
Drinking fountains  
Multi-use turf field  
Off-street parking  
Pavilion/picnic shelter  
Picnic tables  
Playground  
Rest rooms/san-o-lets  
Tot lot

## LITTLE SALT WASH PARK (8)

[651 N. Pine St.](#)

Baseball field  
Disc golf  
Drinking fountains  
Multi-use turf field  
Natural environment  
Off-street parking  
Pavilion/picnic shelter  
Picnic tables  
Playground  
Rest rooms/san-o-lets  
Softball field  
Walking path/paved trail

## RAPTOR SKATE PARK (9)

[324 M. Coulson](#)

Off-street parking  
Halfpipe  
Rails  
Skate Box

## PROSPECTOR PARK (10)

[725 Galena Dr.](#)

Multi-use turf field  
Pavilion/picnic shelter  
Picnic tables  
Playground

## REED PARK (11)

[250 S. Elm St.](#)

Barbecues  
Basketball court  
Drinking fountains  
Horseshoes  
Multi-use turf field  
Off-street parking  
Pavilion/picnic shelter  
Picnic tables  
Playground  
Rest rooms/san-o-lets

## ROTARY TRIANGLE PARK (12)

[303 S. Coulson St.](#)

Barbecues  
Off-street parking  
Picnic tables

## SNOOKS BOTTOM OPEN SPACE (13)

[1051 Kingsview Rd.](#)

Fishing  
Natural environment  
Off-street parking  
Rest rooms/san-o-lets

## VISTA VALLEY PARK (14)

[225 Vista Valley Dr.](#)

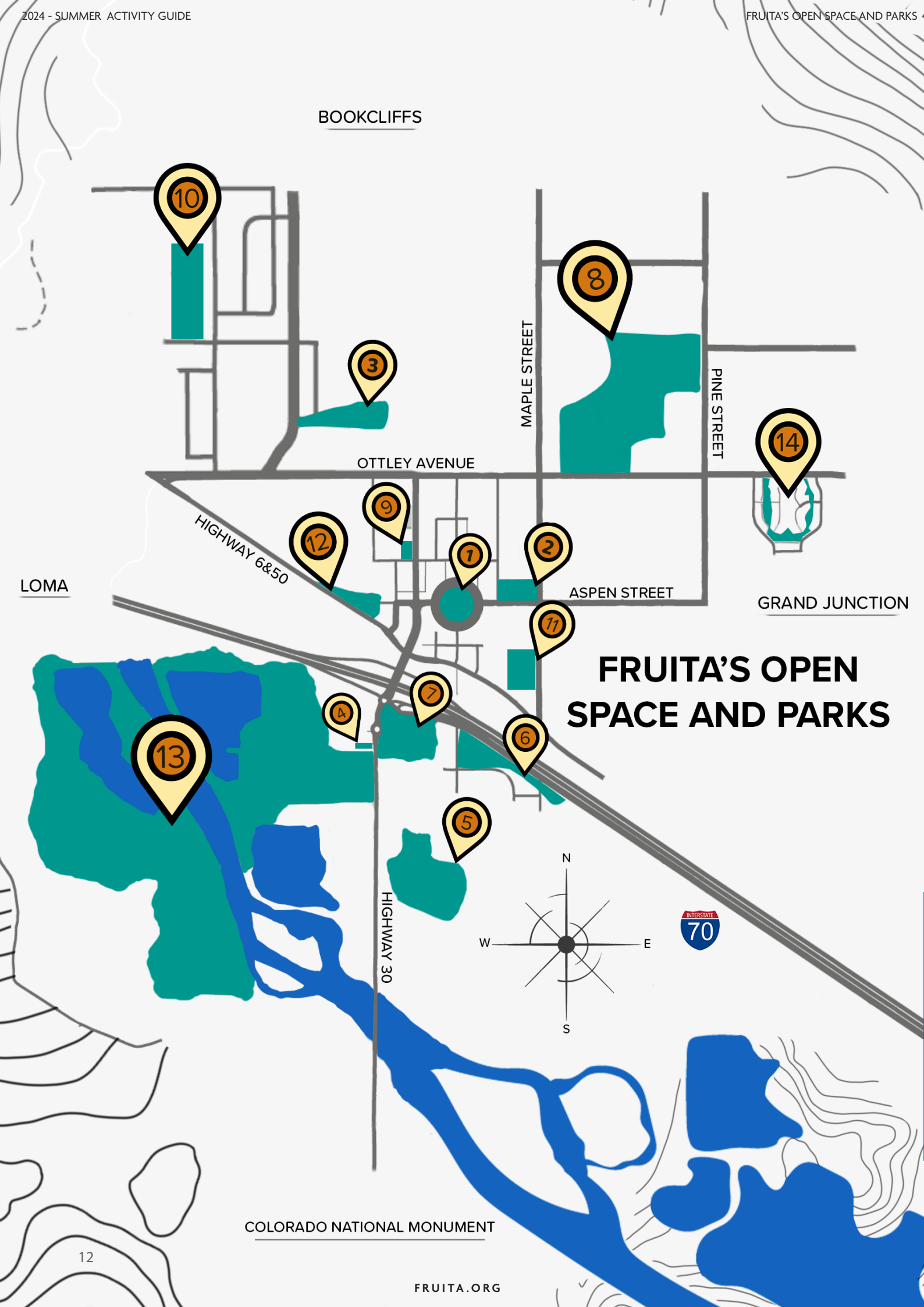
Pavilion/picnic shelter  
Picnic tables  
Playground  
Tot lot

# FRUITA'S OPEN SPACE AND PARKS

DISCOVER WHY FRUITA'S OPEN SPACE AND PARKS ARE THE PERFECT PLACES TO BRING YOUR FAMILY

CALL THE FRUITA COMMUNITY CENTER FRONT DESK FOR RESERVATIONS 970.858.0360





# NEW PROGRAMS

EXPLORE OUR INNOVATIVE NEW PROGRAMS, DESIGNED TO INSPIRE AND ENGAGE. THESE OFFERINGS ALLOW YOU TO DELVE INTO UNIQUE INTERESTS, JOIN IN ON CREATIVE ACTIVITIES, AND CONNECT WITH YOUR FRIENDS AND FAMILY.



# NEW YOUTH PROGRAMS

## FENCING CAMP

Does your child turn every stick into a sword? Here is an opportunity to harness that potential. Olympic style sword fighting or fencing teaches agility and problem solving, all, while giving kids a good workout. Camp participants will learn basic attack and defense in two fencing styles (Foil and Epee). They will also learn basic rules, strategy, and problem-solving skills. They will then be able to practice what they have learned in a class tournament. Participants must wear long pants (no shorts or skirts) and tennis shoes. All equipment will be provided.

AGES: 9 - 14

DATE: JUNE 17, 18, AND 19

TIME: 9:00 PM - 12:00 PM

FEE: \$135.00

## BEGINNER LINE DANCING

A great low impact way to meet others and keep fit. Using a variety of music styles, beginners can learn the basics and progress to become more experienced dancers. No partner needed, and beginners are always welcome. Learn dance terminology and simple, easy-to-remember dances.

AGES: 16+

DAY: THURSDAY EVENING

DATE: APRIL 4 - AUGUST 8

TIME: 6:00 PM - 7:00 PM

FEE: \$20.00 PER SESSION OR \$6.00 PER CLASS

## INTERMEDIATE LINE DANCING

A great way to meet others and keep fit. No partner needed. Using a variety of music styles, participants can progress beyond the basics and learn slightly more complex dance steps and routines to become more experienced dancers. Participants should have the ability to perform rhythmic footwork and knowledge of basic line dance steps for maximum enjoyment of this class. Learn more dance terminology and fun dances combining a wider variety of movement.

AGES: 16+

DAY: THURSDAY EVENING

DATE: APRIL 4 - AUGUST 8

TIME: 7:00 PM - 8:00 PM

FEE: \$20.00 - \$25.00 PER MONTH OR \$6.00 PER CLASS

**WIFI ACCESS • EVENTS FOR ALL AGES • TECHNOLOGY HELP**



# FRUITA

## Branch Library

- Weekly activities for all ages!
- Find a quiet place in the study room.
- Check out passes to state parks and local cultural attractions.
- Ask us about Libby and Hoopla for e-books.
- One-on-one Tech Help by appointment.
- In a hurry? Pick-up your holds from our walk-up window.



**Mesa County**  
LIBRARIES

**VISIT THE FRUITA BRANCH LIBRARY**  
 MON. - THURS. 9 a.m. - 7 p.m. • FRI. 9 a.m. - 6 p.m. • SAT. 9 a.m. - 4 p.m.  
 970-858-7703 • 324 North Coulson Street • visit mesacountylibraries.org

## JUNIOR PICKLEBALL

Pickleball is not just for adults. Come learn the fastest growing sport in the United States! An introduction to the game of pickleball. The goal of the youth clinics is to have fun and learn the fundamentals of pickleball.

### SESSION ONE:

AGES: 8 - 10

DAYS: MONDAYS AND WEDNESDAYS

DATE: JULY 8 - 31

TIME: 1:00 PM - 2:00 PM

FEE: \$50.00

### SESSION TWO:

AGES: 11 - 14

DAYS: TUESDAY AND THURSDAY

DATE: JULY 9 - AUGUST 1

TIME: 1:00 PM - 2:00 PM

FEE: \$50.00



**From 2018 - 2024 Pickleball  
has been the fastest growing  
sport in America!**





EXPERIENCE OUR FITNESS AND WELLNESS PROGRAMS, TAILORED TO FOSTER YOUR HEALTH AND WELL-BEING. ENGAGE IN INVIGORATING ACTIVITIES, LEARN FROM WELLNESS EXPERTS, AND JOIN A COMMUNITY FOCUSED ON ACHIEVING PERSONAL HEALTH.

# FITNESS AND WELLNESS

# NUTRITIONAL PROGRAM

INSTRUCTOR: LINDSEY HENSLEE MS, NASM

## NUTRITION COACHING



### WARM UP \$65

ONE HOUR WITH NUTRITION COACH REVIEWING:

NUTRITION QUESTIONNAIRE AND GOALS FORM

ONE WEEK FOOD LOG (USING \*MYFITNESSPAL\* APP)

LIFESTYLE CHANGES COMBING NUTRITION AND EXERCISE

### DIVE IN \$200

WARM UP PACKAGE PLUS:

TWO 45 MINUTE IN PERSON COACHING SESSIONS  
WEEKLY RECIPES AND MEAL TRACKING REVIEW FOR FOUR WEEKS  
MEAL PREP GUIDANCE AND GROCERY LISTS FOR FOUR WEEKS

### HIGHEST PEAK \$350

WARM UP PACKAGE PLUS:

FOUR 45 MINUTE IN PERSON COACHING SESSIONS  
WEEKLY RECIPES AND GROCERY LISTS FOR EIGHT WEEKS  
MEAL TRACKING REVIEW AND SAMPLE MEAL PLANNING FOR EIGHT WEEKS  
UNLIMITED TEXT AND EMAIL



### GROUP FITNESS

The Fruita Community Center offers a wide range of class opportunities that focus on building and maintaining your athletic pursuits no matter what your level of experience. Qualified instructors guide you through workouts and movements that incorporate strength, endurance, and flexibility in a social and inviting atmosphere. Fun and function boost motivation, confidence, and an overall exercise experience. Participants must be at least 14 years of age. Class schedules are created monthly.



# PERSONAL TRAINERS

Personal training gives you the guidance, motivation, and education to help you reach your goals and make a lifestyle change. Stop by the front desk to learn more and sign up.

## FITNESS ORIENTATIONS

Our personal trainers offer complimentary fitness orientations for ages 14 years and up to give you the knowledge you need to use the fitness equipment safely and effectively. Orientations are available by appointment and can take place throughout the week. Stop by the front desk or call 970.858.0360 to schedule yours today.

## FITNESS ASSESSMENTS

A fitness assessment is a complimentary series of simple tests that can help you decide what type of exercise you should be doing and at what intensity. Our fitness staff will perform tests of balance, flexibility, strength, and cardiovascular endurance to make sure that you're being safe and effective with your exercise routine. Assessments are available by appointment and take place throughout the week. Please see our front desk or call 970.858.0360 to book your assessment today.

## DIY FITNESS PROGRAM

Have you hit a plateau with your workouts? Going to the gym, but not seeing the results you are looking for? The DIY Fitness program will give you one personal training session with a trainer and 4 written workouts. These workouts are specifically designed for each person with their individual fitness goals in mind. This program is not recommended for individuals just starting to workout. \*Participants must communicate with a trainer prior to purchase. \$99.00 per person.

PERSONAL TRAINING (PT) CLASSES	
ONE SESSIONS PT	\$45
TWO SESSIONS PT	\$80
FOUR SESSIONS PT	\$150
TEN SESSIONS PT	\$350
FOUR SESSIONS PARTNER	\$95/PERS
TEN SESSIONS PARTNER	\$190/PERS
FOUR SESSIONS GROUP (3-6) PEOPLE	\$75/PERS
TEN SESSIONS GROUP (3-6) PEOPLE	\$150/PERS



# AQUATICS

OUR AMERICAN RED CROSS CERTIFIED COURSES AND EXPERIENCED INSTRUCTORS ENSURE THE HIGHEST LEVEL OF SAFETY AND WATER EXPERTISE, EQUIPPING OUR COMMUNITY'S CHILDREN FOR A LIFETIME OF WATER PREPAREDNESS.



# POOL HOURS

Features such as the water slide and diving board are at the discretion of the aquatic staff. If crowds warrant, features may be closed to maintain a safe pool environment. Lap lanes will be taken out according to the schedule. Times may vary by a few minutes based on lifeguard availability and crowds.

INDOOR POOL SCHEDULE MAY 25 - AUGUST 6							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR LAP SWIM (4 - 5 LANES)	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	7:00 AM - 8:45 AM	-
INDOOR LIMITED LAP SWIM (1 LANE)	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 6:30 PM	9:00 AM - 5:30 PM	12:00 PM - 5:30 PM
INDOOR OPEN SWIM	5:30 AM - 8:15 AM 12:00 PM - 8:30 PM	5:30 AM - 8:15 AM 12:00 PM - 4:45 PM 7:00 PM - 8:30 PM	5:30 AM - 8:15 AM 12:00 PM - 8:00 PM	5:30 AM - 8:15 AM 12:00 PM - 4:45 PM 7:00 PM - 8:30 PM	5:30 AM - 8:15 PM 12:00 PM - 6:30 PM	7:00 AM - 8:45 AM 12:00 PM - 5:30 PM	12:00 PM - 5:30 PM

OUTDOOR POOL SCHEDULE MAY 25 - AUGUST 6							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR LAP SWIM (4 - 5 LANES)	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 7:00 AM	6:00 AM - 11:30 AM	7:00 AM - 8:45 AM	-
OUTDOOR LIMITED LAP SWIM (1 LANE)	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 6:00 PM	9:30 AM - 11:30 AM 12:30 PM - 5:00 PM	12:30 PM - 5:00 PM
OUTDOOR OPEN SWIM	12:30 PM - 8:00 PM	12:30 PM - 4:45 PM 7:00 PM - 8:00 PM	12:30 PM - 8:00 PM	12:30 PM - 4:45 PM 7:00 PM - 8:00 PM	12:30 PM - 6:00 PM	12:30 PM - 5:00 PM	12:30 PM - 5:00 PM

## AMERICAN RED CROSS SWIM COMPETENCY TEST

Children 6 years and under who wish to swim in the deep end must pass the American Red Cross Swim Competency Test.

Jumping in submerging fully, returning to the surface, and floating/treading water for one minute. Turn around in a full circle and find the exit point. Swim 25 yards with the majority of the swim on their stomach with both arm and leg motion to the exit point, and exit the pool without a ladder or assistance.

INDOOR POOL SCHEDULE AUGUST 7 - SEPTEMBER 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR LAP SWIM (4 - 5 LANES)	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	5:30 AM - 8:15 AM	7:00 AM - 8:45 AM	-
INDOOR LIMITED LAP SWIM (1 LANE)	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 8:30 PM	8:30 AM - 6:30 PM	9:00 AM - 5:30 PM	12:00 PM - 5:30 PM
INDOOR OPEN SWIM	5:30 AM - 8:15 AM 12:00 PM - 8:30 PM	5:30 AM - 8:15 AM 12:00 PM - 4:45 PM 7:00 PM - 8:30 PM	5:30 AM - 8:15 AM 12:00 PM - 8:30 PM	5:30 AM - 8:15 AM 12:00 PM - 4:45 PM 7:00 PM - 8:30 PM	5:30 AM - 8:15 PM 12:00 PM - 6:30 PM	7:00 AM - 8:45 AM 12:00 PM - 5:30 PM	12:00 PM - 5:30 PM

OUTDOOR POOL SCHEDULE AUGUST 7 - SEPTEMBER 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OUTDOOR LAP SWIM (4 - 5 LANES)	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	6:00 AM - 8:45 AM	7:00 AM - 11:30 AM	-
OUTDOOR LIMITED LAP SWIM (1 LANE)	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 8:00 PM	9:30 AM - 11:30 AM 12:30 PM - 6:00 PM	9:30 AM - 11:30 AM 12:30 PM - 5:00 PM	12:30 PM - 5:00 PM
OUTDOOR OPEN SWIM	4:00 PM - 8:00 PM	12:30 PM - 4:45 PM 7:00 PM - 8:00 PM	4:00 PM - 8:00 PM	12:30 PM - 4:45 PM 7:00 PM - 8:00 PM	4:00 PM - 6:00 PM	12:30 PM - 5:00 PM	12:30 PM - 5:00 PM

## SWIM LESSONS

- Saturday mornings.
- Tuesday/Thursday evenings.
- Monday-Thursday mornings.
- American Red Cross program for water safety and swimming skills.
- Age-specific classes from parent and child to adult Learn to Swim.
- Classes with a 1:6 instructor ratio.
- Swim diapers for children 3 and under, or not toilet trained, are required.

## YOUTH DIVING

- Learn springboard diving techniques for ages 6 - 17.
- Participants must be able to pass the American Red Cross Swim Competency Test.

## SCUBA

- Full SCUBA certifications courses.
- Introductory sessions for ages 16+.

## FRUITA GATORS YOUTH SWIM TEAM

- A recreational swim team for swimmers ages 8 - 17.
- Must have passed level 4 lessons or the American Red Cross Swim Competency Test.





# SWIM LESSONS

**SWIM LESSONS:**

The American Red Cross swimming and water safety program teaches people how to be safe in, on, or around water and how to swim. The program covers the knowledge and skills needed for aquatic development in a logical sequence and progression. All our courses are taught by certified American Red Cross Water Safety Instructors. We strive for a 1:6 or less instructor ratio. Classes with less than 3 participants may be canceled, or classes may be combined with another class to help as many people as possible. Children 3 and under, and those not toilet trained, must wear a swim diaper. The passing or failing of swimmers for learn to swim classes is at the discretion of the instructor.

**PARENT AND CHILD:**

Provide safety information for parents and teach techniques parents can use to orient their children to swimming. Prerequisites: parents attend class with child. One parent per child. Ages 6 months to 3 years.

**PRESCHOOL 1:**

Introduction to Water Skills. Familiarize children three to five years with water and help them begin their journey into swimming while reinforcing fun and safety. Front and back floats, with movement in the water. No prerequisites. Ages 3 - 5 years.

**PRESCHOOL 2:**

Fundamental Aquatic Skills. Building on the skills learned in Preschool 1, focus will be on front crawl, glides, recoveries, and introduction to deep water. Prerequisites: going under/holding breath without hesitation, floating on back/front independently, independent front glide and recovery and/or successful completion of Preschool 1. Ages 3 - 5 years.

**LEVEL 1, INTRODUCTION TO WATER SKILLS:**

Familiarize students 5 years and up with water and help them begin their journey into swimming while reinforcing fun and safety. Front and back floats, with movement in the water. No pre-requisites. Ages 5 - 8 years.

**WATER SKILLS 101:**

A class for students 8 years and up who have never been in swim lessons. This class allows new swimmers to learn with others their age. No pre-requisites. Ages 8 years and up.

**LEVEL 2, FUNDAMENTAL AQUATIC SKILLS:**

Building on the skills learned in level one, focus will be on front crawl, glides, recoveries, and introduction to deep water. Prerequisites include: be able to enter and exit water safely. Be able to submerge without hesitation as well as front and back float without assistance and/or completion of Level One. Ages 5 years and up.

**LEVEL 3, STROKE DEVELOPMENT:**

Building on the skills learned in the first 2 levels, in this course students will learn rhythmic breathing and treading water. Both breaststroke and butterfly will be introduced at this level. Ages 5+.

**LEVEL 4, STROKE IMPROVEMENT:**

Continuing with skills previously learned, swimmers will begin to improve all of their strokes and will begin to learn additional strokes and turns. Prerequisites: swim fifteen yards front crawl with coordinated strokes and breathing. Students must be comfortable in deep water and/or completion of level three. Ages 5 years and up.

**LEVEL 5, STROKE REFINEMENT:**

All strokes will be refined as well as turns and treading water. Prerequisites: swim 25 yards front crawl with coordinated strokes and rhythmic breathing and/or completion of level four. Ages 5+.

MONDAY - THURSDAY MORNING CLASSES				
8:30 - 9:00 AM	9:10 AM - 9:40 AM	9:50 AM - 10:20 AM	10:30 AM - 11:00 AM	11:10 AM - 11:40 AM
PARENT AND CHILD	PARENT AND CHILD	PRESCHOOL 1	PRESCHOOL 1	PARENT AND CHILD
PRESCHOOL 2	PRESCHOOL 1	PRESCHOOL 2	PRESCHOOL 2	PRESCHOOL 2
LEVEL 1	PRESCHOOL 2	LEVEL 1	WATER SKILLS 101	LEVEL 1
LEVEL 2	WATER SKILLS 101	LEVEL 2	LEVEL 2	LEVEL 2
LEVEL 3	LEVEL 2	LEVEL 3	LEVEL 3	LEVEL 3
LEVEL 4	LEVEL 3	LEVEL 5	LEVEL 4	LEVEL 5

MONDAY - THURSDAY SESSIONS		
DATES	LENGTH	FEE
6/3 - 6/13	TWO WEEKS	\$50.00
6/17 - 6/27	TWO WEEKS	\$50.00
7/8 - 7/18	TWO WEEKS	\$50.00
7/22 - 8/1	TWO WEEKS	\$50.00

TUESDAY AND THURSDAY EVENING CLASSES		
5:00 PM - 5:30 PM	5:40 PM - 6:10 PM	6:20 PM - 6:50 PM
PRESCHOOL 1	PARENT AND CHILD	PRESCHOOL 2
PRESCHOOL 2	PRESCHOOL 1	LEVEL 1
LEVEL 1	LEVEL 1	LEVEL 2
LEVEL 2	WATER SKILLS 101	LEVEL 3
LEVEL 3	LEVEL 4	LEVEL 5

TUESDAY AND THURSDAY EVENING SESSIONS		
DATES	LENGTH	FEE
6/4 - 6/27	FOUR WEEKS	\$50.00
7/9 - 8/1	FOUR WEEKS	\$50.00

SATURDAY MORNING CLASSES			
9:00 AM - 9:30 AM	9:40AM - 10:10 AM	10:20 AM - 10:50 AM	11:00 AM - 11:30 AM
PARENT AND CHILD	PRESCHOOL 2	PRESCHOOL 1	PARENT AND CHILD
PRESCHOOL 1	LEVEL 1	WATER SKILLS 101	PRESCHOOL 2
LEVEL 1	LEVEL 2	LEVEL 2	LEVEL 1
LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5

SATURDAY MORNING SESSIONS		
DATE	LENGTH	FEE
6/8 - 6/29	FOUR WEEKS	\$30.00
7/13 - 8/3	FOUR WEEKS	\$30.00

**FRUITA GATORS YOUTH SWIM TEAM**

Are you looking for a fun summer swim team for ages 6-17? Come dive into our Gators Youth Swim Team! Practices will be held in the outdoor pool during designated times with optional swim meets throughout the summer. You can sign up for the whole summer for a discount, or month to month. Participants must have passed American Red Cross Level 4 or the American Red Cross Swim Competency Test along with the group pre-requisites. We have two different level-based groups: Yellow and Green.

Yellow group pre-requisites: Swimmers must be able to swim 50 yards (two lengths of the pool) unassisted without stopping.

Green group pre-requisites: Swimmers must be able to swim 100 yards (four lengths of the pool) unassisted without stopping. Swimmers should also be familiar with all four strokes.

DAYS: MONDAY - THURSDAY

TIME: GREEN: 7:00 AM - 8:30 AM, YELLOW: 8:30 AM - 9:30 AM

AGE: 8 - 17

GATORS YOUTH SWIM TEAM			
SESSION	DATES	GROUP	FEE
JUNE	6/3 - 6/27	GREEN	\$70.00
JULY	7/8 - 8/1	GREEN	\$70.00
FULL SUMMER	6/3 - 8/1	GREEN	\$125.00
JUNE	6/3 - 6/27	YELLOW	\$70.00
JULY	7/8 - 8/1	YELLOW	\$70.00
FULL SUMMER	6/3 - 8/1	YELLOW	\$125.00
NO CLASSES THE WEEK OF JULY 4			

**YOUTH DIVING**

This class is a great opportunity for youth to learn proper springboard diving techniques and progressions. No prior diving experience is necessary, but participants must be able to pass the American Red Cross Swim Competency Test.

DAY: WEDNESDAY

JUNE SESSION: 6/5 - 6/26 | JULY SESSION: 7/10 - 7/31

TIME: 4:30 PM - 5:30 PM

LENGTH: FOUR WEEKS

AGE: 6 - 17

FEE: \$45.00



**DISCOVER SCUBA**

Want to see if Scuba diving is for you? This is an introductory “try it out” pool session. The class will meet in the Fruita Community Center pool for a basic introduction to SCUBA and what it’s all about with DAN, SDI, and PADI certified instructors. All equipment will be provided on the day of the class. Pre-register by the Thursday before the scheduled date.

DISCOVER SCUBA				
DAYS	DATES	TIME	AGE	FEE
SATURDAY	5/18	9:00 AM - 11:00 AM	16+	FREE
SATURDAY	6/8	9:00 AM - 11:00 AM	16+	FREE
SATURDAY	7/13	9:00 AM - 11:00 AM	16+	FREE

**SCUBA COURSES**

Learn to SCUBA dive! This class is taught by DAN, SDI, and PADI certified instructors through the Western Colorado Scuba Training Center (WCSTC). Classes will meet at the Fruita Community Center for pool sessions. Students must attend orientation to get their E-Learning package and be fitted for their equipment. An instructor from WCSTC will contact you about orientation. Participants will learn the skills needed to complete the Confined Water portion of the course over four weeks. Students will also be given the opportunity to complete their Open Water portion for full certification at the Homestead Crater in Utah (not included in price). No previous SCUBA experience is required, however basic swimming skills are necessary to complete the course. Class orientation is held at the Western Colorado Scuba Training Center (WCSTC).

SCUBA COURSES				
DAYS	DATES	TIME	AGE	FEE
SUNDAY	ORIENTATION 4/10 POOL SESSIONS AT FCC 4/21, 4/28, 5/5, 5/12	8:30 AM - 12:00 PM	16+	\$350.00
SUNDAY	ORIENTATION 6/25 POOL SESSIONS AT FCC 7/7, 7/14, 7/21, 7/28	8:30 AM - 12:00 PM	16+	\$350.00

# FINANCIAL ASSISTANCE AVAILABLE!

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



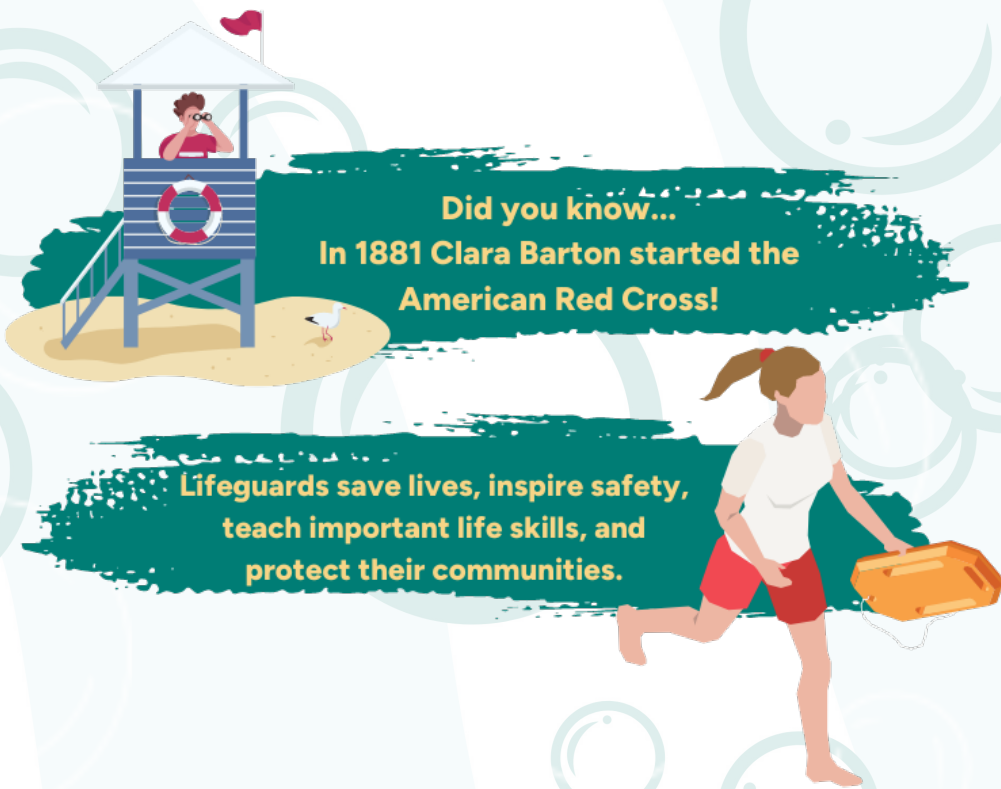
AMERICAN RED CROSS LIFEGUARD TRAINING BLENDED LEARNING COURSE

In our lifeguard training courses, you will learn how effective preparation and quick response times are vital to being a lifeguard while also understanding the crucial elements of helping to prevent drownings and injuries. Participants must be 15 years old by the first day of class. A skills test is required on day one of class: a 300-yard continuous swim (front crawl and/or breaststroke), timed brick retrieval from 12 feet deep, and a two minute water tread without your hands. This course is a blended learning module requiring 8 hours of online work due at time of class start. You must provide an accurate email for the student at the time of registration. If you receive certification and work for the City of Fruita afterwards, you will be reimbursed for the cost of the class.

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR COURSE

Would you like to teach swim lessons? Water Safety Instructor certification focuses on preparing candidates to teach The American Red Cross Swim Programs. Participants must be 16 years old by the first day of class.

Please email our Aquatics Supervisor Molly Bethe, [mbethe@fruita.org](mailto:mbethe@fruita.org), for questions regarding American Red Cross training classes.



Did you know...  
In 1881 Clara Barton started the  
American Red Cross!

Lifeguards save lives, inspire safety,  
teach important life skills, and  
protect their communities.



# ADULT ATHLETICS

PROMOTING PHYSICAL FITNESS, CAMARADERIE, AND COMPETITIVE SPIRIT IN A MOTIVATING AND COMMUNITY-FOCUSED SETTING, CATERING TO BOTH SEASONED ATHLETES AND FITNESS ENTHUSIASTS.



ADULT CO-ED BASKETBALL LEAGUE

Join our Tuesday Night League and play full court officiated, 5-on-5 recreational basketball! There is no gender requirement for teams. Matching jerseys with numbers are required to be worn for each game. Captains will be contacted through email regarding all league information and relied on to communicate with their team. Team registration only. If you're a free agent, please contact the Fruita Community Center front desk at 970.858.0360 for an opportunity to be added to a team.

AGES: CO-ED 18+

DATE: TUESDAY, MAY 14

TIME: 6:00 PM - 10:00 PM

FEE: \$400.00

REGISTRATION DEADLINE: SUNDAY, MAY 12

ADULT CO-ED VOLLEYBALL SUMMER GRASS LEAGUE

Our adult volleyball leagues are a great way for you to play the sport you love in a fun environment. Stay in shape, have fun, and meet new people! We are excited to offer the first ever Adult Volleyball 4-on-4 recreational grass league! This league is perfect for the casual player, designed for teams who are looking for a more relaxed atmosphere. The season length will depend on the number of teams registered. This league is for men and women who are 18 and older. Games are self-officiated. Captains will be contacted through email regarding all league information and relied on to communicate with all team members. Team registration only.

AGES: CO-ED 18+

DATE: EVERY WEDNESDAY STARTING IN JUNE

TIME: 5:30 PM - 8:30PM

FEE: \$160.00

REGISTRATION DEADLINE: SUNDAY, MAY 26



**Absolutely anyone can play. Adult sports relieve stress, create friendships, and promote healthy competition!**



LED BY SKILLED COACHES, OUR YOUTH ATHLETIC PROGRAMS EMPHASIZE SKILL DEVELOPMENT, TEAMWORK, AND HEALTHY COMPETITION IN A SUPPORTIVE AND DYNAMIC ENVIRONMENT, SHAPING YOUNG ATHLETES FOR BOTH SPORTS AND LIFE SUCCESS.

# YOUTH ATHLETICS



# YOUTH SOCCER

## CHALLENGER INTERNATIONAL SOCCER CAMP

### **REGISTER AT [WWW.CHALLENGERSPORTS.COM](http://WWW.CHALLENGERSPORTS.COM)**

Get your soccer shoes laced up for an exciting and enjoyable week at Challenger International Soccer Camp this summer! Challenger Soccer’s innovative curriculum combines the latest and greatest foot-skills, feints, moves, juggling, core techniques, and game tactics, with a variety of cultural and educational experiences for the players. Challenger also weaves lessons on respect, responsibility, integrity, leadership, and sportsmanship into the camper’s daily routine. Add all this to one of the most fun and upbeat camp programs possible and you have a week of soccer that your child will never forget!

The TinyTykes session will enjoy a fun introduction to soccer influenced by a very popular year-round curriculum. The session will include games, activities, and adventures to introduce and develop coordination, balance, running, stopping, turning, kicking, dribbling, throwing and catching.

The Half Day program focuses on player development, featuring practices from around the world in our international camp curriculum. Emphasis is placed upon individual skill development, core techniques, and small sided games.

The Overtime program serves as a special bonus camp for half day AM campers only. It also provides players with an opportunity to enjoy further technical development in a positive environment. Players will participate in a wide range of activities, team building exercises and fun competitions.

CHALLENGER INTERNATIONAL SOCCER CAMP					
DIVISION	AGE	SESSION	DAYS	TIME	FEE
TINY TYKES	3 - 5	7/15 - 7/19	MONDAY - FRIDAY	8:00 PM - 8:45 PM	\$120.00
HALF DAY CAMP	5 - 14	7/15 - 7/19	MONDAY - FRIDAY	9:00 AM - 12:00 PM	\$204.00
OVERTIME	5 - 14	7/15 - 7/19	MONDAY - FRIDAY	1:00 PM - 3:00 PM	\$95.00
REGISTRATIONS FOR ALL CHALLENGER INTERNATIONAL SOCCER CAMP, VISIT <a href="http://WWW.CHALLENGERSPORTS.COM">WWW.CHALLENGERSPORTS.COM</a>					

## FALL YOUTH SOCCER

### LOCATION: LITTLE SALT WASH PARK

The co-ed fall youth soccer program is a non-competitive, recreational league for players in kindergarten through 8th grade. The league will be a 6-game season consisting of a weekly team practice and league game on Saturdays during the late morning and early afternoon at Little Salt Wash Park. Practices will take place at local parks and practice schedules will be determined by park availability. The co-ed teams will be selected at random, based on grade levels. The late registration fee is a non-refundable fee.

### Reversible Jersey Policy

Fruita Parks and Recreation has implemented a reversible jersey for youth soccer seasons. If your child has a reversible jersey that fits from a previous season, you do not need to purchase a jersey this season. If your child needs a soccer jersey, the jersey cost \$20.00 and will need to be purchased at the Fruita Community Center prior to the first game.

Volunteer coaches are needed! The success of our youth soccer program is dependent on volunteers. Coaching resources, team equipment, and a complimentary soccer registration for your child will be given to Head Coaches.

Contact Rylie Vavra, the Athletics Recreation Coordinator at [rvavra@fruita.org](mailto:rvavra@fruita.org) or 970.858.0360 ext. 6406 for more info.

PRACTICES: WEEK OF 8/26 - 10/12

GAMES: 9/7 - 10/12

GRADES: K - 1, 2 - 3, 4 - 5, 6 - 8

PROGRAM FEE: \$55.00

REGISTRATION DEADLINE: 8/11

LATE FEE STARTING 8/1: \$10.00

JERSEY FEE: \$20.00

## PEE WEE SOCCER

### LOCATION: FRUITA COMMUNITY CENTER BACKYARD

Grab your shoes and lace them up for another fun filled soccer season. Pee Wee Soccer will teach the fundamentals of soccer in a positive learning environment. This instructional program will help kids develop the proper skills of soccer through activities, drills, and fun games. This program is not part of league play, but participants will play games once they have grasped all aspects. Pee Wee Soccer registration includes a t-shirt.

AGES 4 - 5

DAY: TUESDAY AND THURSDAY

DATES: 6/4 - 6/27

TIME: 4:30 PM - 5:15 PM, 5:20 PM - 6:05 PM

FEE: \$45.00



# YOUTH TENNIS

## YOUTH TENNIS CAMP

LOCATION: FMHS TENNIS COURTS

This camp focuses on the fundamentals of tennis. Youth players will learn the basics of grip, forehand and backhand strokes, and volleys. All skill levels are welcome! Participants should bring their own racquet and water.

AGES 9 - 13  
 DAY: TUESDAY AND THURSDAY  
 SESSION ONE: 6/4 - 6/27  
 SESSION TWO: 7/9 - 8/1  
 TIME: 9:45 AM - 10:45 AM  
 FEE: \$45.00 PER SESSION

## LITTLE TENNIS CAMP

LOCATION: FMHS TENNIS COURTS

Tennis is a lifetime sport, and it is never too early to learn the fundamentals! Skills will be taught through fun games and activities as well as drills and personal instruction. Participants should bring their own racquet and water.

AGES 5 - 8  
 DAY: TUESDAY AND THURSDAY  
 SESSION ONE: 6/4 - 6/27  
 SESSION TWO: 7/9 - 8/1  
 TIME: 8:30 AM - 9:30 AM  
 FEE: \$45.00 PER SESSION

# YOUTH TRACK AND FIELD

## TRACK AND FIELD

LOCATION: FRUITA 8/9 TRACK AND FIELD

The Fruita Track and Field Camp will give runners a seven-week course over the fundamentals of running. Runners will learn and improve in the technical realm of running, such as proper running form, techniques to throwing events, and racing strategies. In addition, runners will improve both their physical conditioning and psychological conditioning. They will obtain tools to help them both on and off the track, as they develop a sense of perseverance and overcoming anxiety combined with helpful lifestyle choices like staying hydrated and maintaining proper nutrition. Participants will improve in these areas all the while doing so in a fun-filled, stress-free environment with the support of an encouraging, high energy coaching staff.

DAY: MONDAY, WEDNESDAY, FRIDAY  
 SESSION: 6/3 - 7/19  
 AGES: 5 - 14  
 TIME: 8:00 AM - 9:30 AM  
 FEE: \$65.00



# YOUTH FOOTBALL

## YOUTH FALL FLAG FOOTBALL

LOCATION: LITTLE SALT WASH PARK AND BOOKCLIFF MIDDLE SCHOOL FIELD

Fruita Parks and Recreation will inner league play with Grand Junction Parks and Recreation teams. Boys and girls, "Are you ready for some football?!" Let's start chasing those flags. This co-ed league will be a 7-week season consisting of a weekly team practice and league game on Saturdays at Little Salt Wash Park and Bookcliff Middle School Fields in Grand Junction. The co-ed teams will be selected at random, based on age divisions. Kindergartners who are 5 years old will be allowed to play in the 6-8 year old division. The late registration fee is a non-refundable fee.

PRACTICES: 8/26 - 10/12  
 GAMES: 9/7 - 10/12  
 AGES: 6 - 8, 9 - 11, 12 - 15  
 FEE: \$60.00  
 REGISTRATION DEADLINE: 8/11  
 LATE FEE AFTER 8/1: \$10.00

# YOUTH GOLF

## ADOBE CREEK JUNIOR CAMP

LOCATION: ADOBE CREEK NATIONAL GOLF COURSE

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

As an addition to our 2024 Junior Camps, Adobe Creek will be offering an optional addition to the junior camps- The 2024 Junior Summer Pass. The summer pass allows juniors of camp to purchase a special pass that offers them unlimited play from May 1 through August 31 for an additional \$150. Adobe Creek has a limited amount of junior golf clubs, so we ask that junior golfers bring a minimum of a putter, a wedge, and a wood. All registrations will be taken at the Fruita Community Center.

For any questions or more information please call Adobe Creek at 970.858.0521 or the City of Fruita Parks and Recreation Department at 970.858.0360.

AGES: 6 - 16  
 DAY: MONDAY - FRIDAY  
 SESSION ONE: 6/10 - 6/14  
 SESSION TWO: 7/8 - 7/12  
 TIME: 11:00 AM - 12:00 PM  
 FEE: \$120.00 PER SESSION  
 FEE WITH SUMMER PASS: \$270.00



# YOUTH BASKETBALL

## JUNIOR JAMMERS

Dribble, pass, catch, and shoot! Junior Jammers is a program designed to teach your child the fundamentals of basketball. Scrimmages are played at the end of each session after the instructor feels comfortable with the ability of the students. A t-shirt will be included.

**4 YR - KINDERGARTEN**  
**DAY: TUESDAY AND THURSDAY**  
**DATES: 7/9 - 8/1**  
**TIME: 4:30 PM - 5:15 PM**  
**FEE: \$45.00**

**1ST - 2ND GRADE**  
**DAY: TUESDAY AND THURSDAY**  
**DATES: 7/9 - 8/1**  
**TIME: 5:25 PM - 6:10 PM**  
**FEE: \$45.00**

## FUTURE CATS BASKETBALL LEAGUE

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

**DAY: MONDAY - THURSDAY**  
**SESSION: 7/8 - 7/11**

FUTURE CATS BASKETBALL LEAGUE		
AGE	TIME	FEE
11 - 13	8:00 AM - 9:00 AM	\$55.00
9 -10	9:15 AM - 10:15 AM	\$55.00
6 - 8	10:30 AM - 11:30 AM	\$55.00



**Did you know...**  
**The first public women's basketball game played in Fruita was on July 4th in 1904!**

## YOUTH PROGRAMS AND ACTIVITIES

GUIDED BY CERTIFIED EXPERTS, OUR YOUTH PROGRAMS FOCUS ON FOSTERING GROWTH, IGNITING PASSIONS, AND DEVELOPING KEY LIFE SKILLS IN A SAFE, ENRICHING ENVIRONMENT.



# DINOMITES SUMMER CAMP

DinoMites Summer Camp welcomes kids aged 5 to 10 for an eight-week adventure starting June 3. Parents can choose the weeks their child attends, with a flat fee per week and flexible drop-off and pick-up times. The camp offers a diverse range of activities including crafts, sports, science, games, and swim days at the Fruita Community Center on Tuesdays and Thursdays. Wednesdays feature exciting field trips. Secure your child’s spot by completing registration online through the CampDoc Link, including up-to-date immunization records. Note that new registration paperwork is required annually in March. Please be aware that there will be no camp during the week of July 1 - 5. Please bring a water bottle, AM and PM snack, lunch and swimming suit each day. Registration limited.

AGES: 5 - 10  
 DAY: MONDAY - FRIDAY  
 CAMPTIME: 8:30 AM - 4:30 PM  
 EARLY DROP OFF: 7:30 AM - 8:30 AM  
 LATE PICK UP: 4:30 PM - 5:30 PM  
 FEE: \$150.00

Please contact 970.858.0360 ext. 6407  
 or [mcarrithers@fruita.org](mailto:mcarrithers@fruita.org).

DINOMITES SESSION DATES
6/3 - 6/7
6/10 - 6/14
6/17 - 6/21
6/24 - 6/28
7/8 - 7/12
7/15 - 7/19
7/22 - 7/26
7/29 - 8/2

Summer camps give sense of community, build confidence, and provide positive role models!

# DANCE CLASSES

Parents, please be sure to adhere to the Fruita Community Center rules regarding the upstairs weight area and the fitness studio. Children must be escorted to the fitness studio by an adult before and after class. Parents will be able to wait downstairs in the Fruita Community Center public areas during class. Please avoid congesting the cardio and weight area during class times and do not allow children to run freely upstairs.

DRESS CODE:

Hair must be pulled back securely. Bring a water bottle and a backpack or bag for belongings.  
 Pre-K: Solid color leotard (with or without skirt), pink tights, pink ballet shoes, hair away from face.  
 Ballet/Contemporary: Leotard, pink tights, pink ballet shoes. Skirts allowed, hair in ballet bun.  
 Hip Hop: Leotard or shirt, leggings, shorts or sweatpants, clean tennis shoes. Hair away from face.

PRE-K BALLET/JAZZ

This 45 minute class is designed to give your child the chance to experience the fundamentals of Ballet and Jazz dance in an encouraging and uplifting environment. Our Pre-K classes are designed for students of all backgrounds, levels and abilities. This class will grow and flourish their physical and mental development, creative expression, and dance techniques.

DATES: 6/4 - 6/25, 7/9 - 7/30  
 DAY: TUESDAYS  
 AGE: 3 - 5  
 TIME: 4:30 PM - 5:15 PM  
 FEE: \$50.00

BALLET/CONTEMPORARY LEVEL 2

In this class, your child will learn the foundations of ballet and contemporary technique. They will learn terminology and movements specific to those foundational dance techniques. This class offers an uplifting environment that fosters mental and physical development, coordination, and creative expression.

DATES: 6/4 - 6/25, 7/9 - 7/30  
 DAY: TUESDAYS  
 AGE: 11+  
 TIME: 6:00 PM - 6:45 PM  
 FEE: \$50.00

BALLET/CONTEMPORARY LEVEL 1

In this class, your child will learn the foundations of ballet and contemporary technique. They will learn terminology and movements specific to those foundational dance techniques. This class offers an uplifting environment that fosters mental and physical development, coordination and creative expression.

DATES: 6/4 - 6/25, 7/9 - 7/30  
 DAY: TUESDAYS  
 AGE: 6 - 10  
 TIME: 5:15 PM - 6:00 PM  
 FEE: \$50.00





# THE SENIOR CENTER

Located on the southwest corner of the Fruita Community Center. It is free for anyone 55 years or older. Use of other areas such as indoor/outdoor pools, running/walking track, fitness areas, and gymnasium require a pass or entry fee. Please see monthly 55 + Calendar for additional activities scheduled regularly as well as registration requirements.

## PINOCHLE

Every Tuesday and Friday at 10:00 AM come enjoy a game of pinochle in the Senior Center!

## BILLIARDS TABLE

Come check out our pool table and bring a friend or meet new friends while enjoying a game of pool in the Senior Center!

## GAMES

2nd and 4th Tuesday at 1:00 PM in the Senior Center. Registration is not required. You show up and play! Check out the calendar to see additional games on other days in the Senior Center including Trivia and Scrabble.

## FOOD FOR THOUGHT

Food For Thought Presentations typically take place on the last Monday of the month at 1:00 PM. Every month we feature a different ingredient. Patrons are encouraged to bring a dish and/or recipe with the featured ingredient to share. This is free, but you must register! See 55+ calendar for more information.

## R&W BENEFITS PRESENTATIONS

Join us each month in the Senior Center to engage in wonderful educational presentations on various topics! These are free, but registration is required by the day before.

## BRILLIANT BRUSHES PAINTING CLASSES AND CRAFTS WITH DEBBIE

Join us for a step-by-step painting class! All materials are included in each painting/craft class. Registration is required at least one week prior to each class. Please wear clothing that can get stained. Stay tuned for more information on Crafts with Pavia and other artists!

## SENIOR POTLUCK – REGISTRATION IS REQUIRED

Frequency varies each month please see 55+ calendar for further details.

Time: Noon. Bring a dish to share with friends, otherwise the cost is \$3.00 at the door. Please sign up at the front desk or call to pre-register by the Monday before.

## FOOD BANK OF THE ROCKIES

Location: Five Loaves and Two Fishes Pantry at Monument View Bible Church  
1173 17 and 1/2 Road Fruita, CO.

Every third Thursday of the month, food box distribution is provided to eligible seniors aged 60 and above. Homebound deliveries are also available for seniors in this age group. Times are from 10:00 AM to 11:00 AM. Meals on Wheels is also at the Fruita Community Center. Monday, Tuesday, Wednesday, and Fridays. [Please contact them directly to get signed up for services 970.298.9844.](tel:970.298.9844)



Thank you, Fruita Thrift Shop  
for supporting our Seniors!

# ACTIVE ADULT 55+ ACTIVITIES

OUR ACTIVITIES FOR ACTIVE ADULTS PROVIDE OPPORTUNITIES TO EXPLORE NEW INTERESTS, ENJOY SHARED PASSIONS, AND ENGAGE WITH A VIBRANT COMMUNITY IN A WELCOMING AND FRIENDLY ENVIRONMENT.



# FITNESS FOR SENIORS

## SilverSneakers® Classes:

You MAY be eligible for a FREE Community Center Membership pass. Bring your insurance card to the Senior Center to find out if you are eligible. Pass members enjoy unlimited facility usage, including four SilverSneakers® classes weekly. Drop-ins welcome at all classes:

### SilverSneakers® - Yoga Stretch:

**Location: Fruita Community Center Fitness Room**

Increase your flexibility and meet new friends. A gentle yoga program using a chair.

### SilverSneakers® - Cardio Circuit:

**Location: Fruita Community Center Fitness Room**

Get your heart pumping in this fun, high energy class. Will improve cardiovascular fitness and help you stay in shape!

### SilverSneakers® - Classic:

**Location: Fruita Community Center Fitness Room**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated and/or standing support.

### SilverSneakers® - Platinum Splashers:

**Location: Fruita Community Center Swimming Pool**

Slow the effects of aging with a unique water exercise class specifically designed for those "Platinum Splashers" in the community. While exercising with friends, add life to your years and years to your life!

Swimming skills are not necessary to enjoy the benefits of this class.

“  
Exercise has been shown to  
prevent disease, lower the risk of  
falls, improve mental health and  
well-being, strengthen social  
ties, and improve cognitive  
function.”

# TIPS FOR TRIPS AND HIKES

## IMPORTANT INFORMATION FOR 55+ OUTDOOR RECREATION

### REGISTERING FOR TRIPS AND HIKES

- Every participant must register for trips and hikes and pay the cost in full prior to departure.
- Pay special attention to registration deadlines.
- Emergency contact forms must be completed prior to hikes/trips. If you have not completed an emergency contact form, please come at least 10 minutes prior to the departure time.
- Read the descriptions carefully before registering.
- Only register for hikes/trips that match your ability. If you have questions, please ask.
- Seating and space are limited. For proper accommodation, please let us know with every registration if you require a walker, cane, oxygen, etc.
- If a trip/hike is at capacity, please register on the waitlist. If the space opens, we will notify you.

### REFUNDS AND CANCELLATION

- If our minimum registration is not met, a trip may be cancelled, and your full refund will be issued either by check, credit card, or a credit on your account. Refunds by check and card typically take 3 weeks.
- Some trips have no refunds after a specified date. Read descriptions carefully.
- Cancelled \$5.00 hikes can only be refunded in the form of a credit on your account.
- Trip registrations may not be transferred to another person.

### GENERAL TRIP INFORMATION

- Trips require the ability to get in and out of company SUV(s) independently.

### TRANSPORTATION

- Most trips include transportation in our city vehicle(s) and are included in the specified fees for each trip.
- Transportation for hikes is not guaranteed. It is on a first come-first served basis the day of the hike.
- Parking may cost additional money if you drive yourself, please be prepared to pay for parking and/or park entrance fees.
- Trips and Hikes depart from the Fruita Community Center at 324 N. Coulson Street unless indicated otherwise in the description. We will meet in the Senior Center located near the West entrance of the building.
- If you plan to meet at the trailhead, please let us know at registration or call 970.858.0360.



**ALWAYS BRING YOUR  
WATER BOTTLE!**



**DRESS FOR VARIABLE  
CONDITIONS!**



**LEAVE NO TRACE!**



# 55+ HIKES

## BRIDGEPORT DOMINGUEZ CANYON HIKE

Enjoy the spring colors of the Cottonwoods along the Gunnison River while we learn about the history of the Bridgeport area. We will hike 2 miles to a historic waterfall for our snack/lunch break and this will be our turnaround spot. This trail is rated easy to moderate due to the total distance of 4 miles. We will be walking on a flat rocky gravel road. Bring a snack/lunch and water. It takes about 45-60 minutes to drive to the trailhead. Caravan to the trail head.

DATE: TUESDAY, MAY 7  
 TIME: 8:30 AM (ARRIVE AT TRAIL HEAD AT 9:30AM)  
 FEE: \$5.00

## 76A IN THE WELLS GULCH AREA OF DOMINGUEZ ESCALANTE NATIONAL CONSERVATION AREA

Springtime flowers and the quiet solitude of a desert canyon wash are powerful incentives to hike Trail 76A in the Wells Gulch area of Dominguez Escalante National Conservation Area. This is an out and back easy to moderate 4-mile hike. Bring a snack/lunch and water. It takes about 45-60 minutes to drive to the trailhead. The hike will begin around 9:30 AM.

DATE: TUESDAY JUNE 4  
 TIME: 8:30 AM  
 FEE: \$5.00

## CSU EXTENSION CACTI GARDENS

There is an astonishing variety of cacti and succulents that thrive in our challenging conditions on the western slope. We will stroll this amazing garden to see which cacti are in bloom. You might even get ideas for your gardens at home. The Chinle Cacti and Succulent Society developed and maintains this widely acclaimed outdoor garden at the Colorado State University (CSU) Extension Tri-River Area office at the Mesa County Fairgrounds in Grand Junction. Caravan to the trail head.

DATE: TUESDAY, MAY 21  
 TIME: 8:30 AM  
 FEE: \$5.00

## FIRE AND BRIMSTONE TOUR

“The Fire and Brimstone Tour” will be led by Founding Chair of the Palisade Historical Society Board of Directors. Priscilla Walker will showcase the area surrounding downtown Palisade. Highlights of this tour are sites of major fires, including packing sheds, the hotel, and the cannery, plus seven churches, two former depots, one of Wayne Aspinall’s homes, the 4th Street bridge, and more. Caravan to the trail head.

DATE: TUESDAY, JUNE 18  
 TIME: 8:00 AM  
 FEE: \$10.00 (\$5.00 TO FCC AND \$5.00 TO PALISADE HISTORICAL SOCIETY AT ARRIVAL)

## TURKEY FLATS

The Turkey Flats trail is a peaceful walk through an Aspen Forest filled with wildflowers. This trail is south of Glade Park and is in the Fruita Division of the Grand Mesa National Forest. This hike is considered moderate due to its altitude of about 9,000 feet. We will hike about 3.5 miles. Bring a snack/lunch and water. It takes about 45-60 minutes to drive to the trailhead. Follow each other to the trail head.

DATE: TUESDAY, JULY 2  
 TIME: 8:30 AM (HIKE BEGINS AT 9:30 AM)  
 FEE: \$5.00

## VEGA STATE PARK

Escape the heat of the Grand Valley and hike through aspen trees at 8,000 feet at Vega State Park located above the mountain town of Collbran. We will hike 3.5 miles roundtrip from the Visitor Center to the Overlook Day Use area for a rest and snack/lunch break. Bring a snack/lunch and water that you can carry in your backpack. Caravan to the trail head.

DATE: TUESDAY, AUGUST 13  
 TIME: 8:00 AM  
 FEE: \$5.00

## THE PALISADE TOWN CENTER TOUR

“The Palisade Town Center Tour” focuses on businesses, peach growers’ cooperatives, and homes near the Plaza at 3rd and Main Streets. The history walk will be led by Gary Hines, the Secretary of the Board of Directors of the Palisade Historical Society. Follow each other to the tour.

DATE: TUESDAY, JULY 16  
 TIME: 8:00 AM  
 FEE: \$10 (\$5.00 TO FCC AND \$5.00 TO PALISADE HISTORICAL SOCIETY)

## COLONEL BOWER WALK

“An Hour with Colonel Bower led by Palisade History Society member Dave Cecuga.” This tour highlights Palisade Pioneer’s life and what Palisade was like along 3rd Street from the Post Office to Bower Avenue. Caravan to the tour.

DATE: WEDNESDAY, AUGUST 28  
 TIME: 8:00 AM  
 FEE: \$10.00 (\$5.00 TO FCC AND \$5.00 TO PALISADE HISTORICAL SOCIETY AT ARRIVAL)



**Did you know...**  
 McInnis Canyons has the second highest concentration of natural arches in North American!



# 55+ TRIPS

## A LITTLE NOON MUSIC

A Little Noon Music is a wonderful program supported by voluntary donations. Cameron and Eric Law, Father-Son Cello Duets, will perform at the First United Methodist Church at 12:15 PM. Experience the beautiful music followed by lunch at Ale House on 12th Street. Trip includes transportation and lunch.

DATE: WEDNESDAY, MAY 8

TIME: 11:30 AM

FEE: \$25.00

## GLENWOOD VAUDEVILLE REVUE

The Glenwood Vaudeville Revue is a two-hour entertaining dinner theater show with skilled talent performing various comedy acts, jokes, energetic dance numbers, original songs, and comedic presentations that are guaranteed to amuse! Enjoy a delicious dinner (at your own expense) while we watch the show! The show starts at 6:00 PM. There is a 1.5-hour drive to Glenwood. Note a late-night return. The trip includes Transportation and Ticket Admission. No refunds after June 3.

DATE: FRIDAY, JUNE 7

TIME: 3:30 PM

FEE: \$50.00

## MOAB SOUND AND LIGHT TOUR

For an old timey show and the finishing touch on a perfect day, come along and enjoy a cowboy-style Dutch oven dinner and a slow-moving evening boat ride on a calm part of the Colorado River. This program has been offered since 1936 and is by far one of the most unique sound and light shows in the world. Dinner is served at 7:30 PM and the boat leaves at 8:30 PM. Bring a jacket! This boat is not wheelchair accessible. Please note a late-night return time (around midnight). No Refunds after June 8.

AGES: 55+

DATE: WEDNESDAY, JULY 10

TIME: 4:30 PM

FEE: \$130.00

## LUXURIOUS SPA DAY

Need a refreshing rejuvenation? Enjoy a relaxing day at Intellitec College, with a facial, and pedicure. You are sure to feel like a whole new person just in time for summer. After spending a few hours at the spa, we will head over to Mod's Pizza for a delicious lunch. Trip includes transportation and spa experience. Meet at the Fruita Community Center at 9:30 AM.

DATE: WEDNESDAY, MAY 15

TIME: 9:30 AM

FEE: \$60.00 (LUNCH AT OWN EXPENSE)

## BOTANICAL GARDENS

Escape to the Western Colorado Botanical Gardens for a serene day adventure. Located in the heart of Grand Junction, this tranquil retreat offers a tapestry of vibrant colors, fragrant blooms, and lush foliage. Explore themed gardens, peaceful water features, and educational displays. The gardens promise an unforgettable experience of beauty and relaxation. After a relaxing stroll through the botanical gardens, we will enjoy a yummy lunch at Edgewater Brewery. The trip includes transportation, ticket admission and lunch.

DATE: WEDNESDAY, JUNE 12

TIME: 9:00 AM

FEE: \$35.00

## RIMROCK ADVENTURES RIVER FLOAT

Looking to beat the heat? Spend your day floating the Ruby Canyon portion of the Colorado River with your active adult friends! Life jackets and lunch will be provided by Rimrock Adventures. Adventurers should bring: a camera, bug spray, bottled water, and sunblock. Dress for all weather types! Shuttles will be provided back to Rimrock Adventures around 4:00 PM.

AGES: 55+

DATE: WEDNESDAY, JULY 24

TIME: 7:45 AM

FEE: \$140.00

LOCATION: MEET AT RIMROCK ADVENTURES  
927 CO-340, FRUITA, CO 81521

## DISCOVERY GARDEN

The Mesa County Libraries Discovery Garden project is a series of interactive and demonstrative gardens that provides education, food, respite, and community engagement. Their goal is to promote nutrition literacy, keep up with the needs of the community, and uphold pesticide-free, permaculture-focused methods that help conserve water and build healthy soil. A variety of gardening techniques are modeled, including xeric, raised bed, in-ground farming, pollinator, seed-saving, and permaculture design. Experience a guided tour of the Garden followed by lunch TBD (at your own expense). Please bring a bag to take produce home, a water bottle, sunscreen, and dress for warm weather.

AGES: 55+

DATE: WEDNESDAY, AUGUST 7

TIME: 8:30 AM

FEE: \$10.00 \*LUNCH AT YOUR OWN EXPENSE

## MOAB GIANTS

Experience a journey through time! This outdoor trail features over 100 life-size dinosaurs and extremely life-like dinosaur exhibits! After exploring the exhibits, we will have lunch at the Moab Giant's café. Please dress for warm weather. Bring sunscreen, a water bottle, and money for souvenirs. This trip will have a lot of walking and standing. Fees include transportation, entrance fees to museums, and lunch.

DATE: FRIDAY, AUGUST 23

TIME: 8:30 AM

FEE: \$75.00

CALLING ALL RISING 6TH AND 7TH GRADERS!

**THE WELLSPRING PROJECT**  
JUNE 24-27, 2024

A 4-DAY FIELD STUDYING, RAFTING, AND ARTMAKING SUMMER ADVENTURE

COST: FREE  
APPLY BY MAY 17, 2024  
LEARN MORE: RIVERSEDGEWEST.ORG

The Wellspring Project  
RiversEdge West  
RESTORE + CONNECT + INNOVATE  
FRUITA COLORADO  
LOBATO FARMS  
FRUITA COLORADO  
PARKS & RECREATION





# RAFTING

Embark on an educational journey with our Rafting 101 class, where safety and navigation take center stage. Discover the secrets of reading the water and identifying potential hazards as you prepare to conquer the Colorado River. Throughout the class, Rimrock Adventure's experienced guides will not only point out river hazards but also empower you to develop the ability to spot them yourself. Embrace the excitement of approaching each rapid with flawless technique. Book your reservation today and let us guide you towards becoming a skilled and confident river explorer! Classes will be offered once a month starting on May 6th. A minimum of six people are required. More classes will be added depending upon demand.

AGES: CHILD 5-12, ADULT 13+  
FEE: CHILD \$55.00, ADULT \$65.00  
LOCATION: RIMROCK ADVENTURES

RAFTING 101		
DATE	DAY	TIME
05/06	MONDAY	12:00 PM - 3:00 PM
06/03	MONDAY	12:00 PM - 3:00 PM
07/01	MONDAY	12:00 PM - 3:00 PM
08/01	THURSDAY	12:00 PM - 3:00 PM
09/02	MONDAY	12:00 PM - 3:00 PM
10/01	TUESDAY	12:00 PM - 3:00 PM



## OUTDOOR RECREATION

DISCOVER THE ENDLESS ADVENTURE WHERE RED ROCK MEETS ADRENALINE IN FRUITA, COLORADO'S OUTDOOR PLAYGROUND!



Did you know...  
The Colorado River provides water to over 40 million people!





# SPECIAL EVENTS

CONNECT, CELEBRATE, EXPERIENCE NEW THINGS, AND BE PART OF OUR VIBRANT COMMUNITY WITH THESE SPECIAL EVENTS ONLY HAPPENING IN FRUITA, COLORADO.

# neon night in the pool

SWIM AND JAM OUT IN THE OUTDOOR POOL WHILE IT IS LIT UP BY GLOW STICKS, UNDERWATER LIGHTS, AND MORE. EACH REGISTRANT WILL BE GUARANTEED A GLOW NECKLACE. PARTICIPANTS CAN TAKE PART IN DIFFERENT ACTIVITIES TO WIN FUN PRIZES THROUGHOUT THE NIGHT. DUE TO SPACE LIMITATIONS, THE EVENT WILL BE CAPPED AT 125 PEOPLE. PLEASE REGISTER AHEAD OF TIME TO SECURE A SPOT! THIS EVENT IS DEPENDENT ON WEATHER.

**JULY 19**  
**ALL AGES**

**\$15.00**

**7 - 9 PM**



# Splash BASH

PRESENTED BY  
FRUITA YOUTH  
ACTION  
COUNCIL

FREE EVENT  
FRIDAY, MAY 24  
MIDDLE SCHOOL  
4 PM - 6PM  
HIGH SCHOOL  
6 PM - 8PM

SWIMMING | MUSIC | FOOD | AND MORE!



FRUITA.ORG

# MOVIE IN THE POOL

AUGUST 2 AND 30  
ALL AGES | \$10.00

COME WATCH A MOVIE WHILE  
FLOATING IN THE OUTDOOR POOL!  
PLEASE REGISTER AHEAD OF TIME TO  
SECURE A SPOT, SPACE IS LIMITED.  
BRING A FLOATY AND BE READY FOR A  
GREAT NIGHT!

MOVIES START AT 7:30 PM  
MOVIE TITLES WILL BE ANNOUNCED ON SOCIAL MEDIA

FRUITA.ORG





Space  
Cowboy  
2024

FRUITA, CO

# 2024 MIKE THE HEADLESS CHICKEN MUSIC + EVENTS

## FRIDAY, MAY 31

4:00 PM - 9:00 PM | MIKE FEST OPEN: GAMES, MERCHANDISE, VENDORS  
 4:00 PM | BEER GARDEN OPENS  
 6:00 PM | WAVE 11  
 7:30 PM | WAY BACK WEDNESDAY

## SATURDAY, JUNE 1

7:00 AM | LIONS CLUB PANCAKE BREAKFAST ON THE CIRCLE  
 9:00 AM | MIKE 5K RUN/WALK START  
 9:00 AM - 9:00 PM | MIKE FEST OPEN: GAMES, MERCHANDISE, VENDORS  
 7:00 AM - 2:00 PM | WHEELS WEST COLORADO EXHIBITION-CAR SHOW  
 10:00 AM | BEER GARDEN OPENS  
 1:00 PM | CHICKEN DANCE IN HONOR OF ELLEN ROBERTS  
 1:30 PM | SUDS BROTHERS BREWERY WING AND PEEP EATING CONTEST  
 2:30 | COURTNEY GRIEGER  
 4:30 PM | LOST JUNCTION BAND  
 6:30 PM | MARTHA SPENCER AND THE WONDERLAND COUNTRY BAND  
 7:30 PM | TYLER REESE TRITT (COUNTRY)



# MIKE

## THE HEADLESS CHICKEN FESTIVAL





- JUN 6TH THE LIP BAND**
- JUN 13TH THE POWELL BROTHERS**
- JUN 20TH DAVE JORDAN AND NIA**
- JUN 27TH THE CENTENNIAL BAND**
- JUL 11TH STRAY GRASS**
- JUL 18TH MICHAEL MORROW & THE CULPRITS**
- JUL 25TH FRANK BREGAR ORCHESTRA**
- AUG 1ST THE WILLIAMS BROTHERS BAND**
- AUG 8TH RONNIE AND THE REDWOODS**
- AUG 15TH STILL HOUSE STRING BAND**



# THURSDAY NIGHT CONCERT SERIES

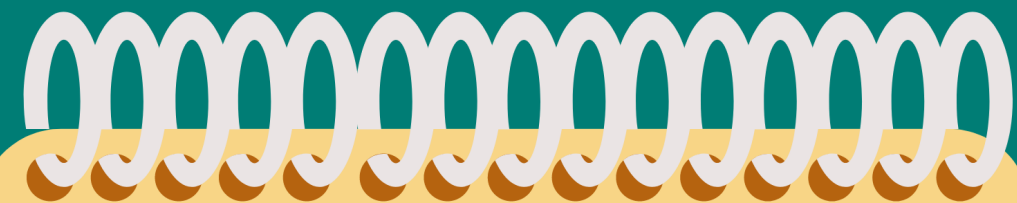
**EVERY THURSDAY  
CIVIC CENTER PARK  
JUNE - AUGUST | 7:30 PM**



# Parks and Recreation Month! July 2024

## Theme: Where You Belong.

Celebrates the many ways park and recreation professionals across the country foster a sense of belonging in their community by providing welcoming and inclusive programs, essential services for all ages and abilities, and safe, accessible spaces to build meaningful connections. Together, we can demonstrate why these spaces are Where You Belong. For nearly 40 years, we have celebrated Park and Recreation Month in July to promote building strong, vibrant, and resilient communities through the power of parks and recreation. This month is dedicated to recognizing and celebrating the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of part-time and seasonal workers and volunteers — who maintain our country’s local, state and community parks.



## JULY

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 PICNIC IN THE PARK	2 HIKE DINOSAUR HILL	3 FIREWORKS @ JAMES ROBB STATE PARK	4 HAPPY 4TH OF JULY!	5 FLOAT THE COLORADO RIVER	6 SWIM IN THE FCC OUTDOOR POOL
7 GO FOR A FAMILY BIKE RIDE	8 ATTEND A FITNESS CLASS @ THE FCC	9 GROW YOUR GREEN THUMB!	10 READ A BOOK AND START A BOOKCLUB WITH FRIENDS	11 TAKE A LINE DANCING CLASS @ THE FCC	12 VISIT THE DINOSAUR MUSEUM	13 GO TO REED PARK FARMERS MARKET
14 VISIT THE SNOW SHACK BY CIRCLE PARK	15 GO FISHING AT SNOOKS BOTTOM OPEN SPACE	16 VISIT THE BARK PARK WITH YOUR FURRY FRIENDS	17 SWIM LAPS @ THE FCC	18 GO TO A THURSDAY NIGHT CONCERT @ CIVIC CENTER PARK!	19 CELEBRATE PARK AND RECREATION PROFESSIONAL DAY!	20 WORLD JUMP DAY! JUMP YOUR ROPE 100 TIMES
21 GO ON A FULL MOON HIKE	22 PLAY DISC GOLF @ LITTLE SALT WASH PARK	23 TAKE A STROLL WITH A FRIEND	24 GO TO THE WAKEZONE!	25 GO TO A THURSDAY NIGHT CONCERT @ CIVIC CENTER PARK!	26 2024 OLYMPICS OPENING CEROMONY	27 TRY A LOCAL FOOD TRUCK
	28 TAKE A WATER AEROBICS CLASS @ THE FCC	29 GO PADDLE BOARDING	30 HIKE MCINNIS CANYON!	31 VISIT THE NEW REED PARK		







# 3RD OF JULY FIREWORKS

FRUITA, CO  
DUSK START TIME

THANK YOU TO OUR  
SPONSOR



# FRUITA COLORADO

## WHERE CAN YOU FIND US?

CONNECT WITH US ON INSTAGRAM, FACEBOOK, OR VISIT [FRUITA.ORG/PARKSREC](http://FRUITA.ORG/PARKSREC). FOR MONTHLY UPDATES, SIGN UP FOR OUR NEWSLETTER, DELIVERED EVERY FIRST WEDNESDAY OF THE MONTH. SCAN THE QR CODE TO REGISTER FOR CLASSES, EVENTS, SUBSCRIBE TO THE NEWSLETTER, AND MORE!

THANK YOU  
FOR BEING A PART  
OF OUR FRUITA   
COMMUNITY.





# FRUITA, COLORADO

SUMMER  
ACTIVITY GUIDE 2024

HONOR THE PAST | *ENVISION THE FUTURE*

