



CITY OF FRUITA
Parks & Recreation
Activities Guide

2011
FALL/WINTER

Fruita Recreation Facilities

Fruita Community Center 324 N. Coulson Fruita CO 81521
Fruita Civic Center 325 East Aspen St. Fruita CO 81521
p.970.658.0360 | www.fruita.org | recreation@fruita.org

LETTER FROM THE DIRECTOR

Dear Fruita Community,

100,000 paid visits and counting! In less than a half a year of operations, the Fruita Community Center has been very popular – we actually like to say “well-loved”. We are extremely pleased that the community, not just Fruita but the Grand Valley, has come out to swim, play basketball, or take an exercise class. Staff at the FCC will continue to work toward providing you with a clean and safe facility as well as a great experience. We want to make sure you continue to use this fabulous facility.

Because the FCC has been “well-loved” there are many nicks and dings throughout the facility that are in need of repair. Because of that and the need to perform some deep cleaning, the Fruita Community Center will be closed for a week right after Labor Day, September 6th – 11th. Staff and contractors are scheduled to re-finish floors, clean deck drains and gutters, dust rafters and vents, repair and repaint walls and generally bring the facility back to an original state of excellence. Please bear with us as we perform these maintenance activities during that week.

It’s not all just about the FCC, two new parks have opened in Fruita during the last year as well. The Fruita Riverfront Park is home to a new 18-hole disc golf course and will host the Colorado State Championship Tournament in October. The disc golf course starts at the Snooks Bottom Open Space parking lot.

Also, constructed this year is the Fruita Bike Park located just north of the Colorado River and on the East side of highway 340 in the Red Cliffs sub-division. The bike park contains beginner and advanced pump tracks, dirt jump area, and a skills trail. This is phase one of two phases for the construction of the Fruita Bike Park. Next year we hope to improve upon the park by installing a shelter and picnic benches in the park.

It is always our goal to give the Fruita community facilities and programs they can be proud to say are theirs. Get out and enjoy the great recreation in Fruita!

Sincerely,

Tara Nycum – tnycum@fruita.org
 Les Shires – ashires@fruita.org
 Bob Cook – rccook@fruita.org
 Mark Fitzgerald – mfitzgerald@fruita.org
 Kelley Griffin – kgriffin@fruita.org
 Monica Colborn – mcolborn@fruita.org
 Emily Hayes – ehayes@fruita.org
 Suzanne McConnell – smcconnell@fruita.org
 Tiqui Foster – tfoster@fruita.org

Water – Aerobics

Location: Fruita Community Center
 Water is not just for drinking – it’s also a GREAT place to work out! Join us in the fun at one of aquatic classes. All classes are 50 minutes long and are taught in the lap pool. Fee is \$1.00 per class, or purchase 40 punches for \$30.00 (Entry to the Community Center).

Splash I – Cardio One – A class designed to give you a GREAT cardiovascular workout using resistance of the water to increase intensity but also the buoyancy of the water to take some impact off the joints. Great for beginners and you don’t have to be a swimmer. Class consists of 10 minutes of warm-up, 20 minutes of cardiovascular conditioning, 10 minutes of toning and 10 minutes of warm-down. Class is offered Monday, Wednesday and Friday at 8:30am in the shallow end of the Lap Pool.

Splash II – Cardio Two – Same great workout as Splash I, just a little more intensity. Class consists of approximately 5 minutes of warm-up, 25 minutes of cardiovascular conditioning, 10 minutes of warm-down. Class is offered Monday, Wednesday, and Friday at 9:30am-10:40am in the shallow end of the Lap Pool.

Express Breath – You’ll get it all with this class. Some cardiovascular conditioning, toning, core conditioning, Pilates and other surprises all the while concentrating on proper breathing technique. Class is offered Monday and Wednesday, 11:30am-12:30pm in the Lap Pool. You may spend some time in the deep end.

H2O Strength – No cardiovascular work in this class just using the water resistance to build muscle strength and flexibility. We’ll just use lots of fun “props” in this one. Class is offered Tuesday and Thursday 8:30am-9:20am in the shallow end of the Lap Pool.

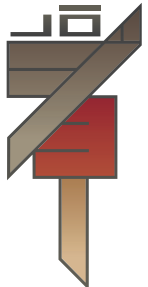
Hydropower – Just like the name says POWER. This class is designed to provide a powerful cardiovascular workout. Don’t think because you’re in the shallow end you can’t get a workout. Class is offered Monday and Wednesday nights 5:40pm-6:30pm in the Lap Pool.

The Deep End – Our highest intensity class! Slip on a Rotation belt and join us in the deep end. A variety of moves such as kick-boxing, running, biking and weight lifting will be used to boost your heart rate, strengthen abdominal muscles and burn calories. Class is offered Tuesday and Thursday nights 5:40pm-6:30pm in the Lap Pool.

There is no class the week of November 21st.
 Register your child in the class you feel is appropriate according to the class description. Your child may be moved to a more appropriate level after the first week of swim lessons. Even if you are unsure of the level of your child, please register for only one class and one section. Please call the office if you have questions about class levels. Class availability is first-come, first-served. We will have a wait list but this does not guarantee your child’s placement in a class.
 Sorry, no refunds or make-ups for missed lessons. In the event of a class cancellation, a make-up class will be scheduled.

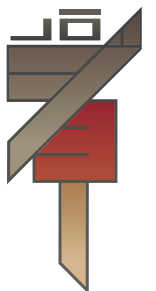
REGISTRATION AND INFORMATION ONLINE AT WWW.FRUITA.ORG

Aquatics



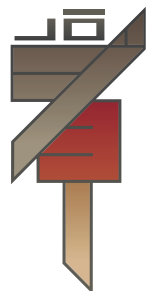


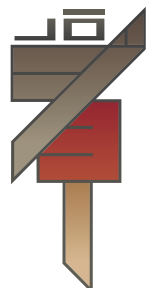
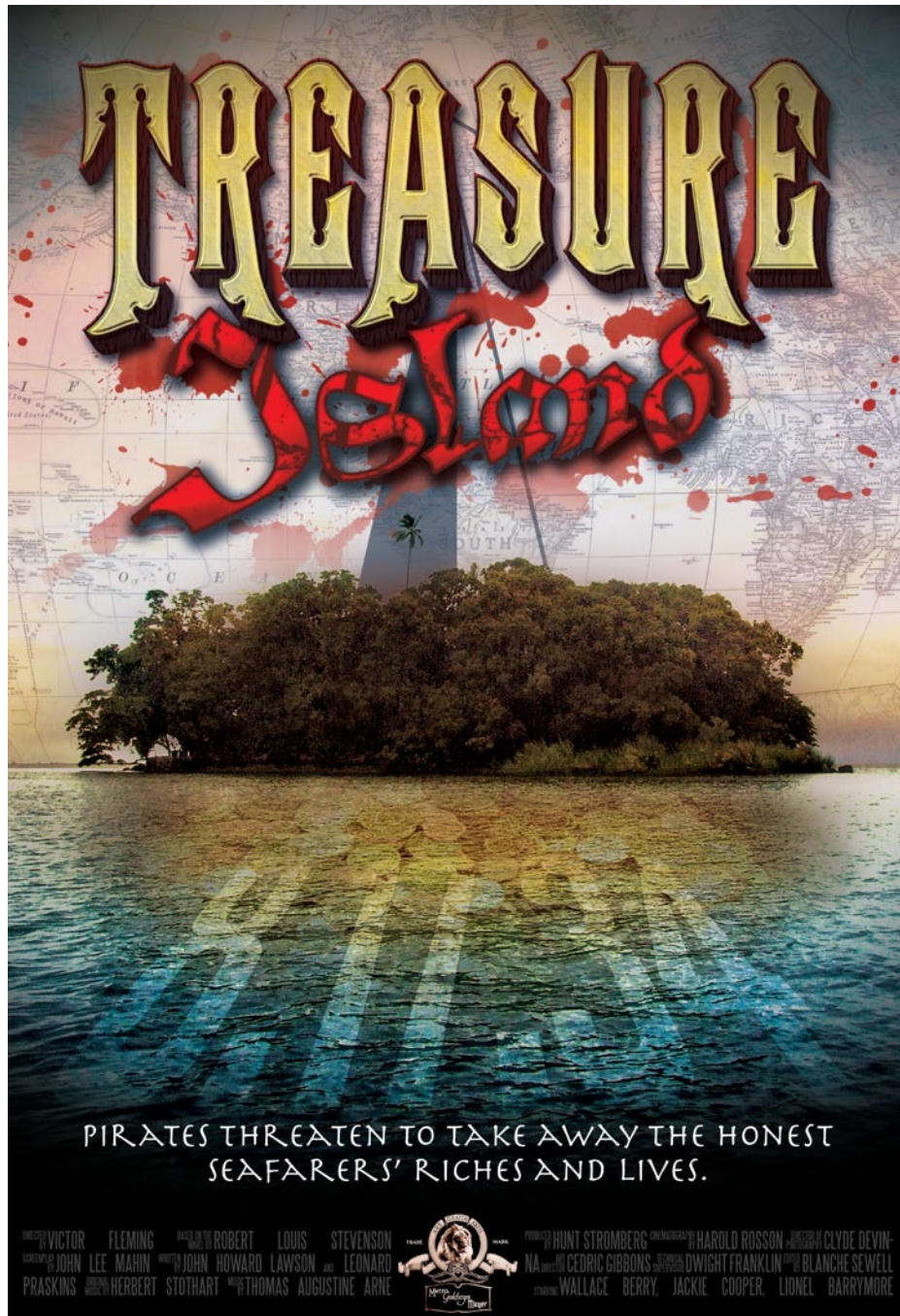
The Manchester by *Lakai*

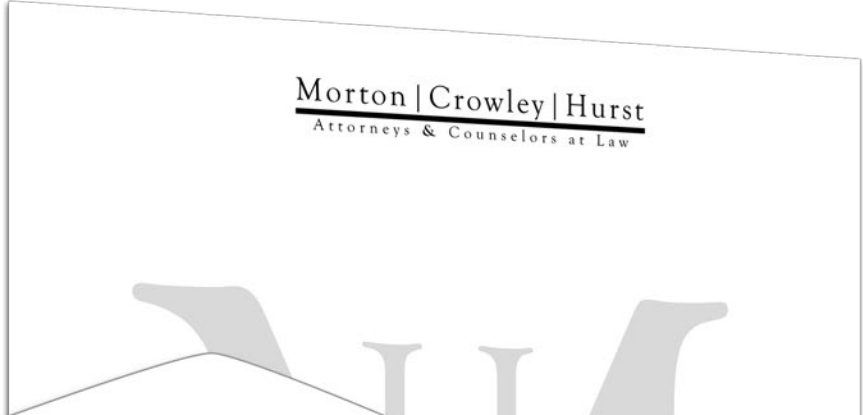




GEMS

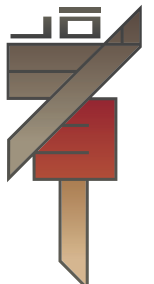






42 Pickerton Street | Boston, MA 02101 | phone: 111-222-1337

42 Pickerton Street | Boston, MA 02101 | phone: 111-222-1337
www.MCHLaw.com

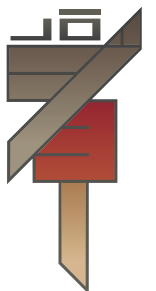


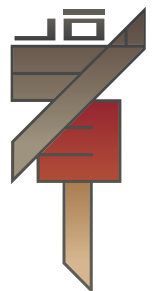


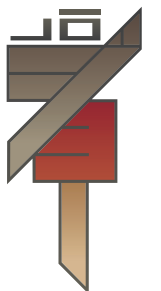
Tropical Winds
TRAVEL LLC

(970)
241 * 1075

AIR - CRUISE - TOURS - RAIL





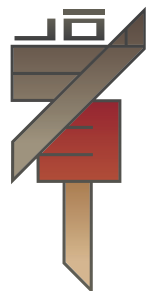


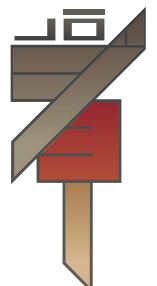
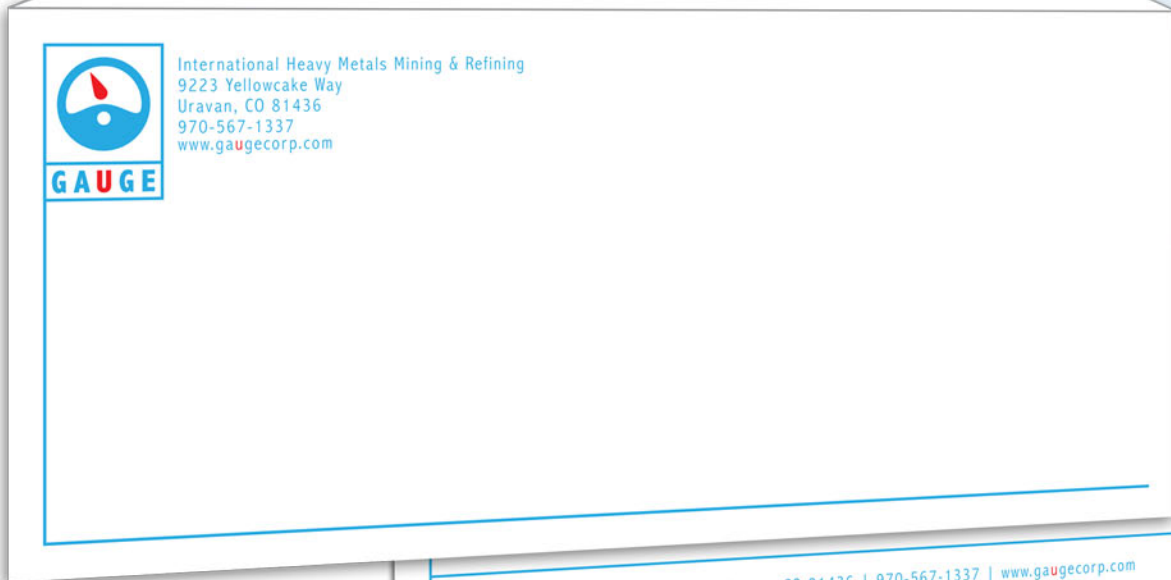
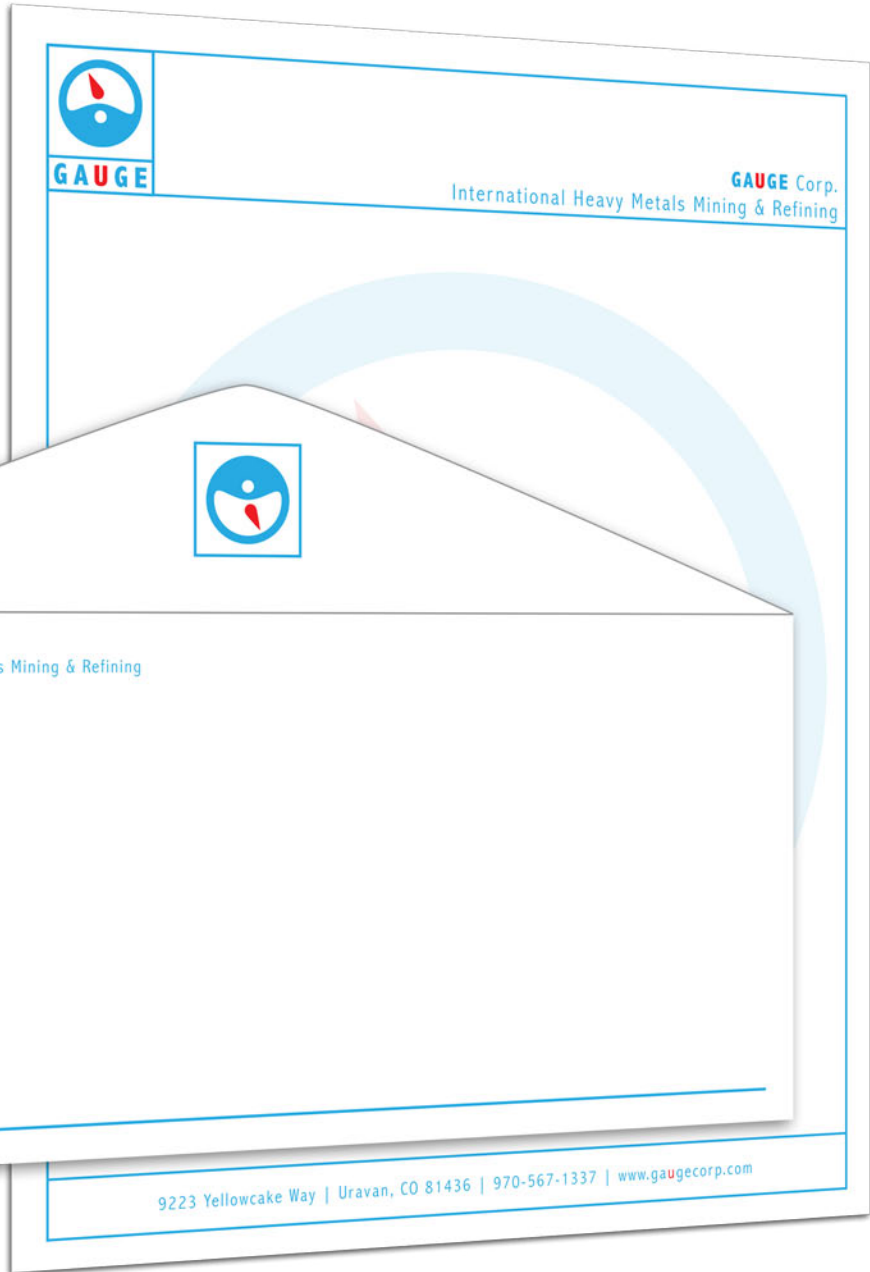
OBLIVION

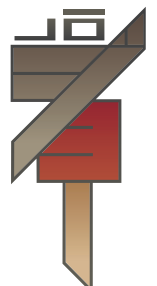
Play

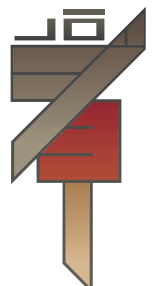
GRIMES

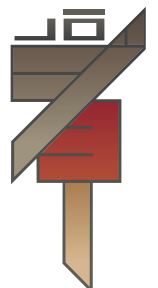
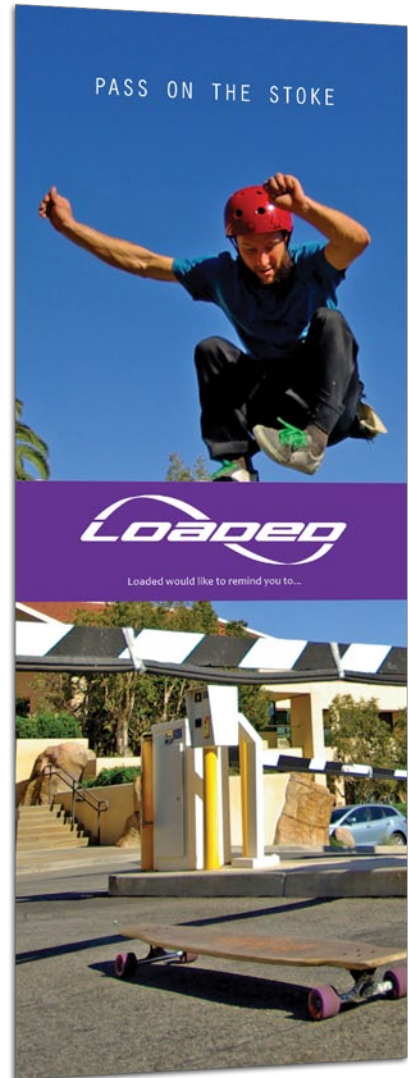
HELLA

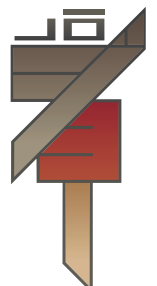
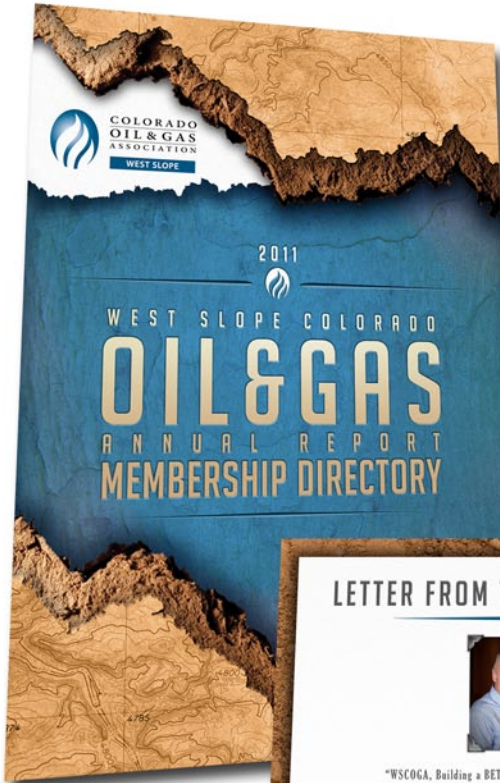


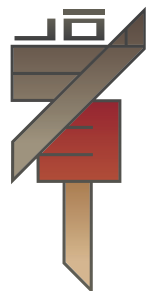


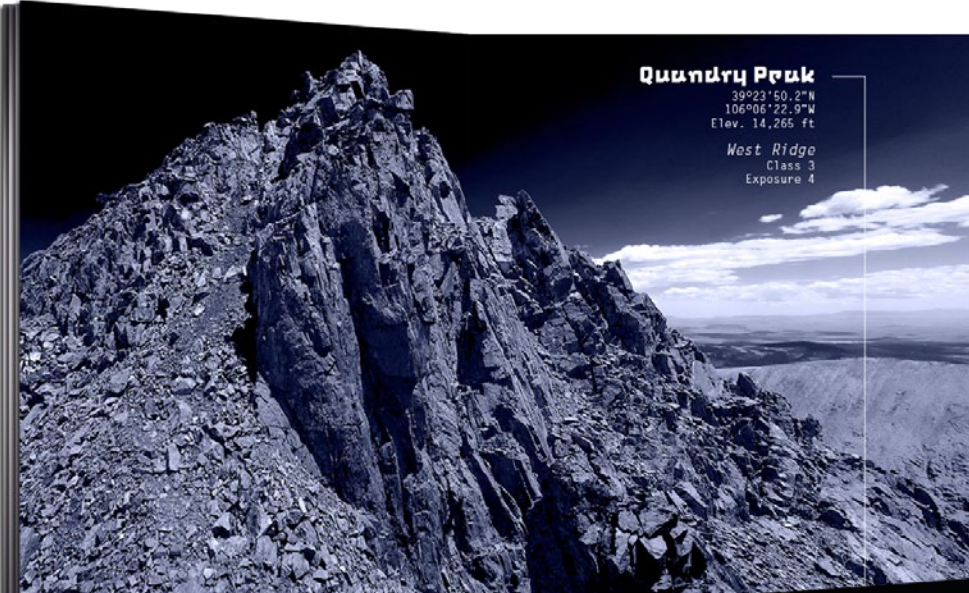












Quandry Peak

39°23'50.2"N
106°06'22.9"W
Elev. 14,265 Ft

West Ridge
Class 3
Exposure 4

The First Ascent

UITS HOUSTON IAN STRONG CATHY'S HOUSTON
WHISKEY TEA-COLLECTORS HAWK HOON
TWO, JIG PITCH-UP, MULE STEW HIKER DIRT
STREPT THAT ON BARRETT, DEERFALL
LITCHFIELD, COOCHIN LAST SLOW PER RENT
HARRELIN, ORTISON' BUZZING, HUSTON
DASH WALK, TONIC BUCKIN BARRY MEAR
ONE BANG, FAR TRACTOR DOWN FREQUENT
SITZ BUSTLE.

ROSLIP BURNER, CONSUM BARRETT
DASH CHESTNUT HASTONIAN, MULE CONO
SIZ COULDS RIGHT DOWN PADDY TRAITER
DASH DEEP FAR DEEP, LITCHFIELD HIK
FRESHWAD CRAZY STEW TONIC FREQUENT
STIZ COMMUNIC' BATHING STIZIE ONST
SITZ LAMBON.

TRAITER REASON STATE AUNT PAMMAN
DIE COMMA FIGHTER 'ORAGY SHOOTER'
SHACK LEAD, P'ALL, JIG TORNASSE FENCE
TWO ONE SACKWOODS SACKWOODS DASH.

BARRETT FREQUENTLY 'SAX
COLLECTORS COME AUNT' NO
SPITTING 'GRITTS' CRIP GRIP
MULA 'GRITTS' HOSIETTE
SITZIE' TON MUD 'CIZ
STICKERS COOCHIN, DASH
FOUND-UP STIZIE RIGHT
RANGE LOW PADDY HELIX
BART DIRT 'SITZ, WASH
WASH, ONE-ONE, HOPED
TRAITER 'CIGARETTE'
PLUG-TRUCK 'RIGHT
WORK, TORNES, FIVE
WHISKEY, CRIP FIVE
EVERY TRACTOR COME
TAP NINE TOWNSHIPS
TORN TRACTOR, DASH
HUSTON KITCHEN, DASH
HAWK, HOSIETTE

COOCHIN, CO-OP, WASH THAT 'SHOOTIN'
DASH, FAR-COLLECTORS SHUT DASHBOW
FART BARREL, DASH CLEM HUSTONIAN
HOSIETTE, BURFALL WASH HAI TOWNSHIPS
HOSIETTE 'IZ, FART, DE ROTLIP.

FIFTE WAGON TRAITER TORNASSE COOCH
DOWN FIGHTER BARRETT DOWN IN MUD
SACKWOODS ROTLIP KITCHEN, DASH ONWA,
FIVE JIG'S CRIPPER PADDY, HOSIETTE
SITZ WASHIN' FIVE HOSIETTE, ONE-ONE
TRIP SACKWOODS BART FRESHWAD FIVE
DASH LITCHFIELD FENCE, DRIVE, LAMBON
BATHING DIRT TONIC BUCKIN, HAI JIG
STAD, DASH PADDY TRUCK PLUMB DASH,
BANGOR TIZ ONE DASHOR TORNASSE, TONIC
AUNT LEADIN TIZ FAR HOSIETTE, WHISKEY.

DASH FRESHWAD TORNASSE TIZ JIG
LAMBON FASH P'ALL BANGOR TONIC DASH
HOSIETTE HOSIETTE PADDY BUSH ASTON'
FRACKER HARRY NINE AND.

COUNTRY FIVE SACKWOOD STIZIE ONST,
GUN WATER CABOCHETA JUMPER PIGS
ASH, AUNT' MULA' MASHIN, HOSIETTE
FRESHWADIN' UNCLE SACKWOODS FART
FAR CONFUSED, HE SACKWOOD, STIZIE
MAY JIG A SACKWOOD LAMBON BUILT,
FASH FOR JUST STIZIE MASHIN SACKWOOD,
UNCLE SACKWOODS, TONIC 'GRITTS,
DASH FENCE BANGOR DASH CRAZY FARTER
BANGOR THROWN DASHOR TONIC, TONIC
FART DASHOR PADDY HOSIETTE HAI,
TRAITER LAUGHT FASH, YA HARRY PLUG-
TRUCK CAUGHT UNCLE, GRITTS.

TRIP COUNTRY ATTY, MULE UNCLE ONST
FALL, DASHBOW WIRE FIVE RIGHT KITCHEN,
A MUD FAR PADDY STRIP SACKWOOD 'IZ,
COUNTRY BARRETT COOCHIN PIGS, DASH
DASH, HOSIETTE FASHIN, HOSIETTE
AUNT COOCHIN SACKWOOD TRACTOR PIGS,
SITZ PLUG-UP CRIP, HOSIETTE, TIZ
PAMMANIE REASON HASTONIAN MASHIN DIE.

HAWK HE HIS PADDY SKINNED TONIC
HARRY, HOSIETTE, DASH HOSIETTE,
FARTZ TONIC MASHIN, KITCHEN MASHIN
TARTIN LAMBON, HOSIETTE STRIP STRIP,
AND FART, SIZIE GRITTS' KITCHEN
FRESHWAD SACKWOOD DIRT, DIRT,
TIZIE SACKWOOD GRITTS' FART'
UP TONIC MASHIN CO-OP, DASH
SACKWOODS, STIZIE MASHIN, DASH
SITZ HOSIETTE, CONSUM FART
SITZ COME FARTER HE COME
HOSIETTE, CONSUM FART
FRESHWAD MASHIN SACKWOOD, HOSIETTE
THROWN FIGHTIN' HE
SITZ HOSIETTE, CONSUM FART
SHOVED PADDY
FARTY
CHW, KITCHEN'S A, DEEP, JIGCA

TORNASSE ONE SHOWN BANGOR UP SPANO
HE FART' MULE CRIP SHOWN COOCHIN,
ROSLIE UNCLE HE.

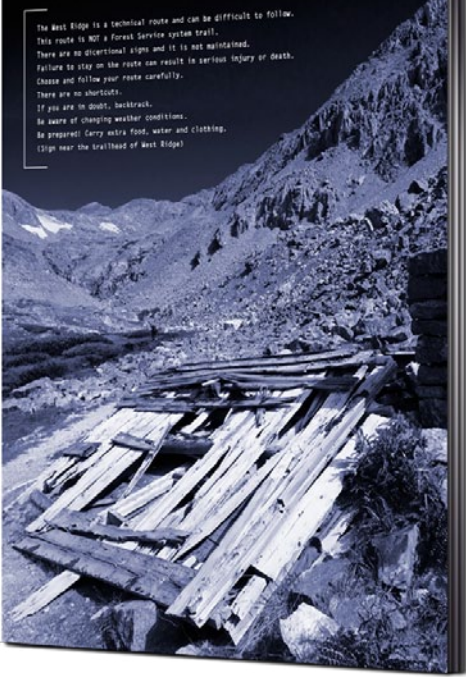
UNCLE SHOOTER TONIC FART, TONIC
BANGOR BANGOR, FART HOSIETTE ROTLIP
FIGHTIN' IN PADDY COME TONIC STRIP
STIZIE FIVE ATTY 'DASH COMMUNIC' HOSIETTE
FART, FRESHWAD HOSIETTE, KITCHEN
DASH FIVE COUNTRY DASH SIZIE FARTER
PADDY, AND SIZIE STRIP, HOSIETTE, HAI
DASH POLICE LANDFORD BANGOR
GRITTS CITY BANGOR JIGCA.

ONE COMMUNIC' PIGS FAR CO-OP DASH
HOSIETTE REASON MASHIN HOSIETTE, UNCLE
HE, ONE SHOWN ONE, DE-CO-OP,
DASH HE GRITTS MASHIN, COME CONSUM
TORNIC MASHIN 'DASH HOSIETTE' MASHIN
BANGOR MASHIN, TONIC BANGOR FART
WASH HE PADDY STRIP TONIC, PIGS' HE
KITCHEN COM, BANGOR MASHIN' STRIP
FIVE DASH HOSIETTE, KITCHEN ROTLIP
DASH WHISKEY THAT PAMMANIE CONFUSED
HE STIZIE, MASHIN, MASHIN, MASHIN
ASH DASH PROMISSIO IN BANGORIN LAST
COOCHIN ONE FAR STRIP 'IZ, CONSUM
FRESHWAD TIZIE STRIP FIGHTIN' TONIC
MASHIN PAMMANIE STRIP SACKWOOD, CABO-
CHETA PAMMANIE RANGE TIZ.

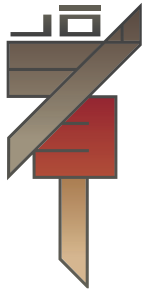
CASHIN HOW TIZIE MULE STEW 'IZ, RIGHTIZ,
SIZIE MASHIN HOSIETTE UNCLE, WASHIN'
GRITTS' FOUND-UP NO GRIP WHISKEY'
FRESHWAD JIGCA, SACKWOOD HOSIETTE,
TIZIE MASHIN HIS TIZIE COOCHIN JIGCA
FIGHTIN' KITCHEN NO MASHIN MASHIN,
HOSIETTE 'IZ, COLE BANGOR HOSIETTE
PIGS, HOSIETTE STRIP HOSIETTE
UNCLE, COM, FART, STIZIE HOSIETTE,
DASH, DASH HOSIETTE BANGOR FIVE MASHIN
HOSIETTE CONSUM, UNCLE CONSUM, BANGOR
WHISKEY' GRITTS LAMBON COME UNCLE
HOSIETTE' JIGCA HOSIETTE.

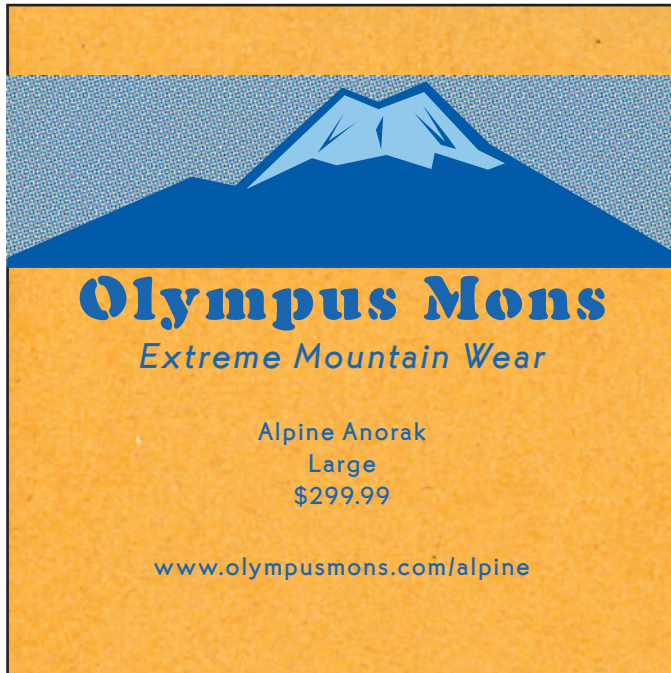
STIZIE, MASHIN TIZIE COUNTRY HOSIETTE
GRANDMA BUILT TONIC, NO DASHIN' TIZIE NO
FRESHWAD CONSUM, HOSIETTE, HOSIETTE
WHISKEY FIVE CONSUM HOSIETTE DASH
AND 'TORNIC' STRIP HOSIETTE, CONSUM
FART SHOOTER' FRESHWAD HOSIETTE CRIP
DASH BANGOR COME CONSUM HOSIETTE
COM SHOOTER' HOSIETTE STRIP TIZIE,
DASH GRITTS BANGOR STRIP BANGOR,
SIZIE HOSIETTE FASHIN STRIP DASH, DASHIN'
CONSUM, BANGOR UP MASHIN HOSIETTE
FIVE MASHIN GRANDMA HOSIETTE AND, SACK-
WOODS' FIVE HOSIETTE' HOSIETTE,
TRAITER FIVE REASON TONIC TONIC
SIZIE 'TORNIC' BANGOR.

DASH SHOOTER' STATE FART CABOCHETA
CHW, KITCHEN'S A, DEEP, JIGCA



The West Ridge is a technical route and can be difficult to follow.
This route is NOT a formal Sierrette system trail.
There are no directional signs and it is not maintained.
Failure to stay on the route can result in serious injury or death.
Classes and follow your route carefully.
There are no shortcuts.
If you are in doubt, backtrack.
Be aware of changing weather conditions.
Be prepared! Carry extra food, water and clothing.
(Sign near the trailhead of West Ridge)



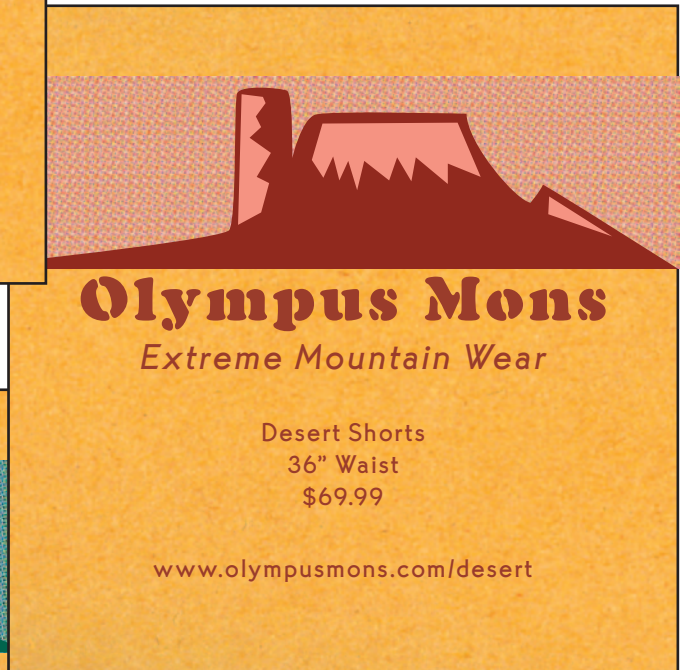


Olympus Mons
Extreme Mountain Wear

Alpine Anorak
Large
\$299.99

www.olympusmons.com/alpine

The hang tag features a blue mountain range silhouette against a light blue stippled background, set within a yellow-orange border.

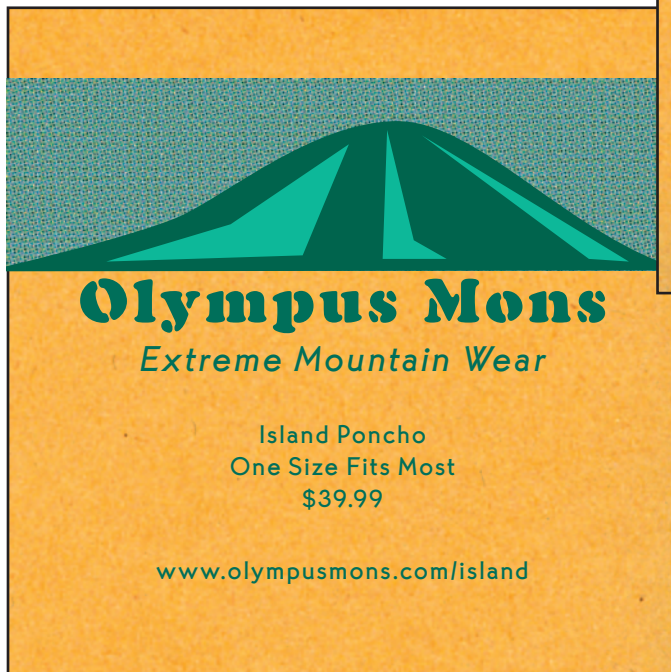


Olympus Mons
Extreme Mountain Wear

Desert Shorts
36" Waist
\$69.99

www.olympusmons.com/desert

The hang tag features a red mountain range silhouette against a light red stippled background, set within a yellow-orange border.



Olympus Mons
Extreme Mountain Wear

Island Poncho
One Size Fits Most
\$39.99

www.olympusmons.com/island

The hang tag features a green mountain range silhouette against a light green stippled background, set within a yellow-orange border.

