

# Parachute/Battlement Mesa

## Park and Recreation District

### Battlement Mesa

#### Golf Club

3930 N Battlement Pkwy  
Battlement Mesa, CO 81635  
[www.BattlementMesaGolf.com](http://www.BattlementMesaGolf.com)  
(970) 285-7274

### Grand Valley

#### Recreation Center

0398 Arroyo Dr.  
Battlement Mesa, CO 81635  
[www.GVRC.net](http://www.GVRC.net)  
(970) 285-9480

### Community Park

#### Western Town

273 Sippelle Dr.  
Battlement Mesa, CO 81635  
(970) 285-9480

**Golf Club Hours**  
**Temporarily Closed**

**GVRC Fitness Wing**  
**Temporarily Closed**

**Swimming Pool**  
**Temporarily Closed**

**Babysitting Hours**  
**Temporarily Closed**

The Board of Directors has determined that it is appropriate to close the Grand Valley Recreation Center until at least April 30, 2020.

Due to this closure, we will suspend memberships during this time period. We value our members and they will receive an additional time to the term of their membership to offset being unable to use the center during this time. This will be done automatically, and you do not need to call the Rec Center to confirm.

The Battlement Mesa Golf Course will remain open as members of the public are not in a confined space. The Golf Course staff are taking precautions by using a bleach solution to wipe down carts and counters in the Pro-shop.

Please check the District's website [www.PBMPRD.org](http://www.PBMPRD.org) or [covid19.colorado.gov](http://covid19.colorado.gov) for updated information.

We wish everyone good health and will see you all soon.

**The following events and classes have been cancelled until further notice or reopening: Easter Egg Dive, Kiwanis Easter Egg Hunt, Light House Assembly of God Easter Egg Hunt, GVRC Massages,, Swim Lessons, Baseball, Softball, Tee-Ball, Free Tax Preperation, Spring Soccer, All Fitness Classes, Pickleball, Personal Training, Etc.**

**Refunds will be automatically issued for wrestling, spring soccer, baseball, softball, teeball, and swim lessons.**

**We will be calling to confirm the address to physically mail your checks to, to avoid any unnecessary exposure. For any additional questions on your refunds, please feel free to contact Denie Noble at (970) 665-1172.**

**COMMUNITY Registration**  
**YARD SALE is Open!**  
**June 6, 2020**

For more information please contact Denie at  
**Denie@GVRC.net | (970) 665-1172**

### Battlement Mesa Ladies Golf Club

Every Tuesday, Morning or Evening  
May - September 2020

Different Game every week!

Skins, ringer, board, points, etc.

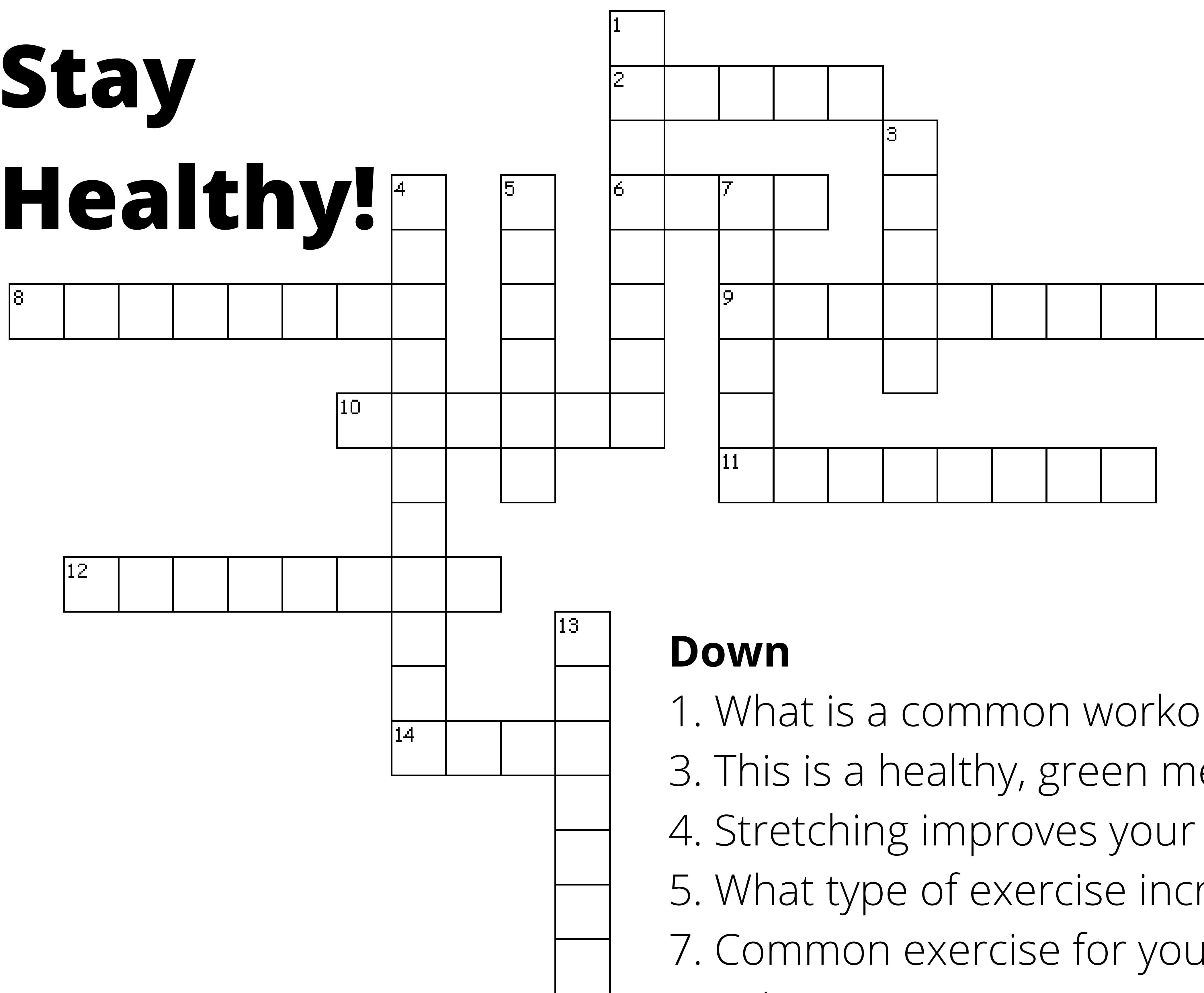
Contact Pro Shop: (970) 285-7274

Ashley Rothe: (970) 381-2663





# Stay Healthy!



## Across

2. Drink this daily.
6. What does the M in BMI stand for?
8. Exercise done with a rope.
9. Running but never actually going anywhere.
10. Walking usually done in the woods or on a mountain.
11. Proper footwear to have in the weights room.
12. What do you use for Bicep Curls?
14. Cobra and downward dog are \_\_\_ poses.

## Down

1. What is a common workout done in water?
3. This is a healthy, green meal.
4. Stretching improves your \_\_\_\_.
5. What type of exercise increases your heart rate?
7. Common exercise for your abdominals.
13. This is a quiet time activity.

## How to Stay Sane During a Pandemic

### • YouTube Fitness Channels

- Yoga with Adriene
- Adam Rosante
- BodyRock TV
- FitnessBlender

### • Instagram Fitness Channels

- Push Jerk
- Street Parking
- iamwellandgood

### • YouTube Channels for KIDS

- Bo On The Go!
- ComicKids
- 20 Online

### • Educational Resources

- ABC Mouse
- Time4learning
- Kahn Academy
- Education Galaxy

### • Crafting YouTube Channels

- Red Ted Arts
- 5 Minute Crafts
- Simple Kids Crafts

## Here are a few ways to keep kids busy during this time:

- If the weather is nice, find time to get outside and play.
- Play basket toss with a pair of socks and a laundry basket.
- Place household items in plastic Tupperware containers. Without looking, kids have to guess the item by the sound it makes when you shake the container.
- Create a scavenger hunt around the house.
- Play hide and seek.
- Have a dance party.
- Play I-Spy.
- Create an I-Spy bin.
- Use actual flashlights or the light on a cell phone to make shadow puppets.
- Use two or more flashlights to play follow the leader by shining your lights on the wall or ceiling.
- Build a fort.
- Read books.

## BODY WEIGHT WORKOUT

### As Many Rounds As Possible in 30 Min:

- 30 AIR SQUATS**
- 20 PLANK HOLD SHOULDER TAPS**
- 10 BURPEES**
- 30 RUSSIAN TWISTS**
- 20 ALTERNATING STEP-UPS**
- 10 PUSH-UPS**

### Kids Friendly Exercises !

1. 30 Second Planks
2. 10 Push-ups
3. 20 Crunches
4. 10 Lunges - Each Leg
5. 1 Minute Running in Place
6. 15 Bridge Lifts
7. 10 Squats
8. 30 Second Skipping
9. 5 Burpees