

# 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**  
**Open - Call For Hours**

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

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

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

Grand Valley Recreation Center is ready to reopen and has everything disinfected and waiting for you. However, we can't reopen until Garfield County Public Health and the State of Colorado allow us to. Garfield County is limiting all of us to essential activities.

These include:

- Activities, tasks, and errands you must do to keep yourself, your family, and your household members safe and healthy. Essential activities include:
- Getting essential medical care, medical supplies and equipment, and medicine.
- Getting food and supplies for yourself, your family, your pets, and your household members. That means the supplies you need to live a healthy life, keep a safe and healthy home, and get supplies you need to work or learn at home.
- Caring for a family member, vulnerable person, or animals that are in a different location than your home.
- Walking your dog or feeding animals.
- Outdoor activities such as walking, hiking, cross-country skiing, running, etc.
- Group sizes are limited to 10 and groups must follow Social Distancing Requirements. Travel for recreation is limited to 10 miles.
- Going to work.

They state that the essential activity phase, per the Executive Order and Public Health Order, will expire on May 26, 2020. BUT this does not mean we may reopen then; only that the Order can be extended, amended or changed.

Covid19.colorado.gov can be viewed to keep up with the most current state orders.



**Postponed until further notice**

For more information please contact Denie at

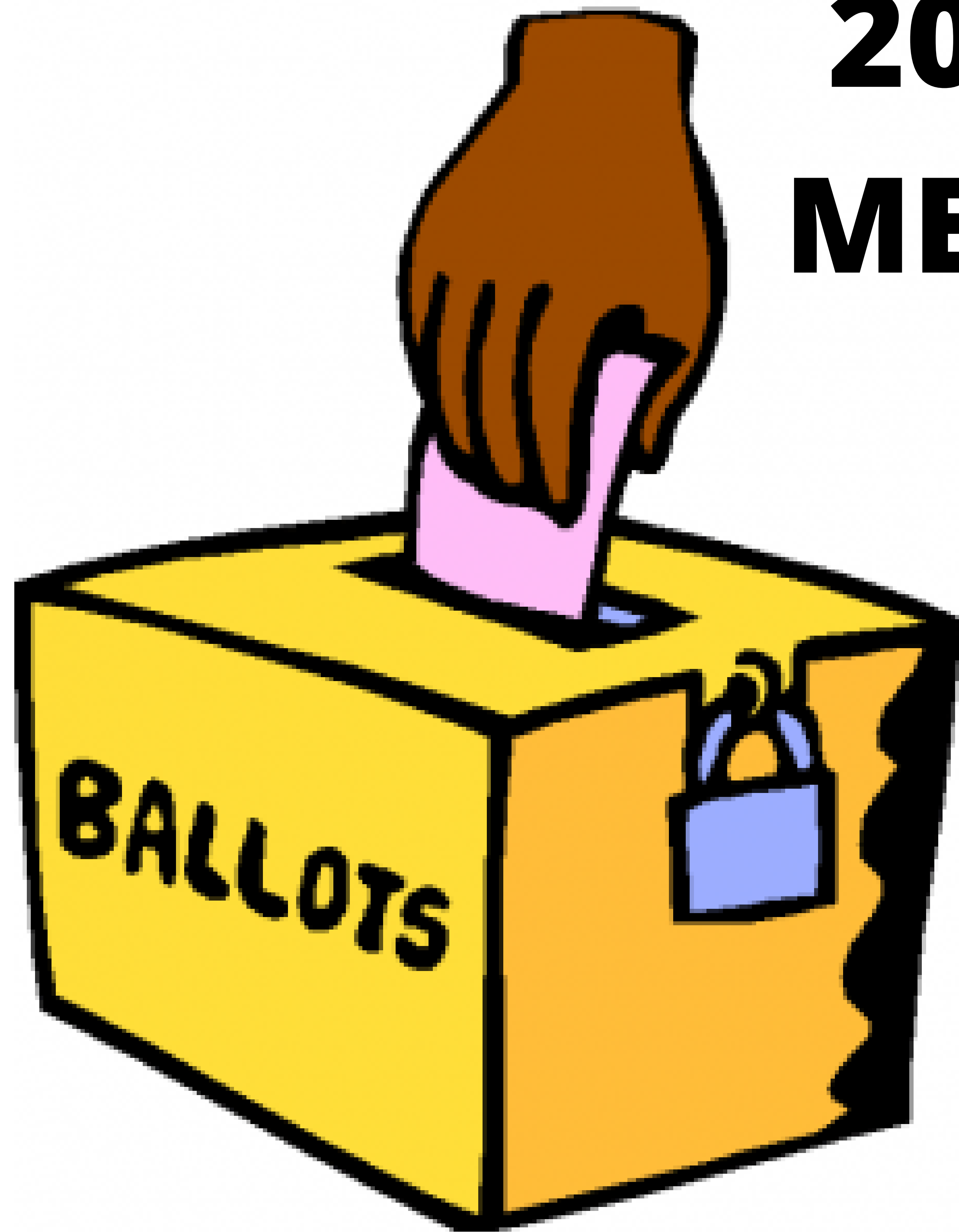
**Denie@GVRC.net | (970) 665-1172**

## Swimming Lessons and Sports Coming Soon!

We will continue to keep you and the community as updated as possible on when we can reopen and when we will be able to resume events such as swimming lessons, baseball, softball, tee ball, coach pitch, and soccer! We are communicating with other towns in the leagues to get the best information possible. We are hopeful to resume swim lesson and sports this summer! Thank you for your patience.

Stay safe and healthy!

# 2020 ELECTION FOR BOARD MEMBERS AND TABOR ISSUE



The Rec Center will be open to drop off ballots and obtain replacement ballots on Tuesday, May 5, 2020 between 7:00 a.m. and 7:00 p.m.

## 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