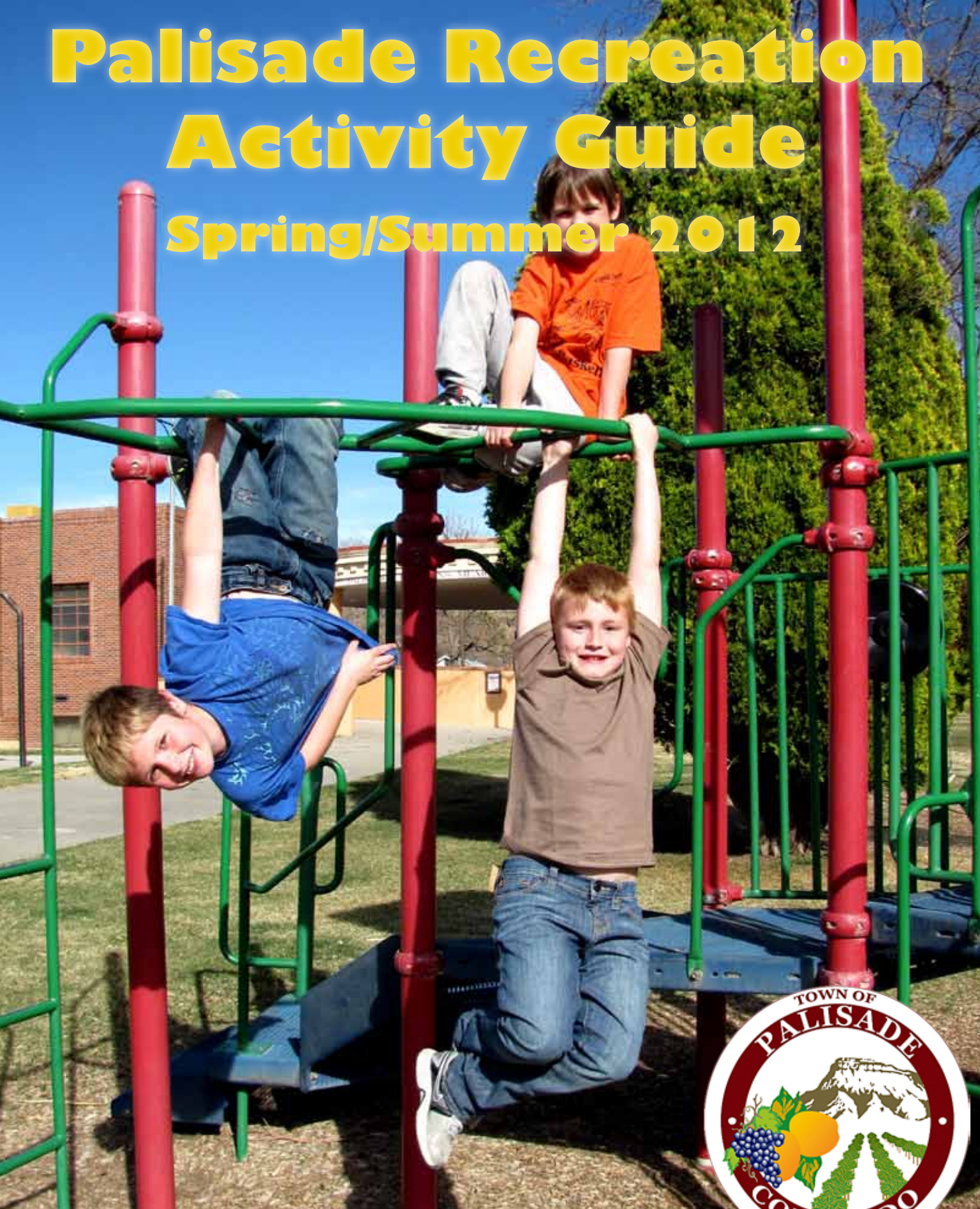


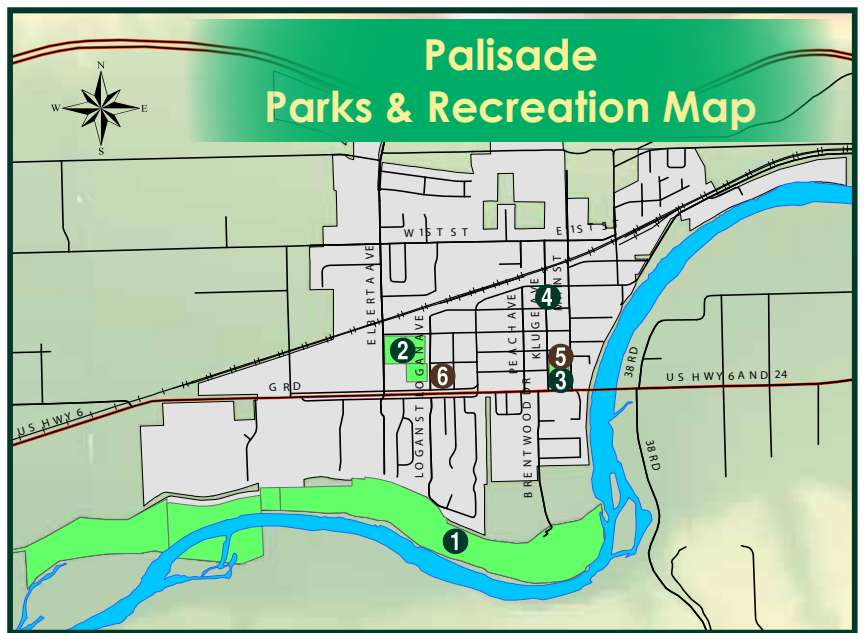
# Palisade Recreation Activity Guide Spring/Summer 2012



[www.townofpalisade.org/recreation.htm](http://www.townofpalisade.org/recreation.htm)

**INSIDE**

**AQUATICS** p. 2  
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**YOUTH** p. 4 & 5  
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- 1 Riverbend Park**  
451 Pendleton
- 2 Peach Bowl Park/Palisade Pool**  
567 W. 5th
- 3 Veterans' Memorial Park**  
120 W. 8th
- 4 Independent Park**  
3rd & Kluge
- 5 Community Center**  
120 W. 8th
- 6 Civic Center Gymnasium**  
711 Iowa (old library)

**FACILITY RENTALS**  
 Palisade's recreation facilities are available for private functions. Contact the Town Hall for rates and availability. 970-464-5602, or email [keli@townofpalisade.org](mailto:keli@townofpalisade.org)

**Town of Palisade**  
 175 E. 3rd Street  
 PO Box 128  
 Palisade, CO 81526  
 970.464.5602

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**HOW TO REGISTER**

Register for Recreation programs at the Palisade Town Hall  
 Monday through Friday from 8:30 - 4:30 in person or over the phone



**PALISADE YOUTH RECREATION SCHOLARSHIPS**

The Town of Palisade offers scholarships throughout the year for eligible youth that cover up to half of the registration costs for recreation programs.

Visit [www.townofpalisade.org/rec\\_scholarship.htm](http://www.townofpalisade.org/rec_scholarship.htm) for more information

# Aquatics

## PALISADE POOL HOURS

|           | Adult Swim<br>May 26-August 19          | Open Swim<br>May 26-August 19 | Water Aerobics<br>May 26-<br>August 19 | Open Swim<br>August 20 -<br>September 3 |
|-----------|---|-------------------------------|--|---|
| Monday    | 8:30-9:30 am<br>12-1 pm                 | 1-8 pm                        |  | 4-8 pm                                  |
| Tuesday   | 8:30-9:30 am<br>12-1 pm<br>5:30-7:30 pm | 1-5:30 pm                     | 5:30-6:30 pm                           | 4-8 pm                                  |
| Wednesday | 8:30-9:30 am<br>12-1 pm                 | 1-8 pm                        |  | 4-8 pm                                  |
| Thursday  | 8:30-9:30 am<br>12-1 pm<br>5:30-7:30 pm | 1-5:30 pm                     | 5:30-6:30 pm                           | 4-8 pm                                  |
| Friday    | 12-1 pm                                 | 1-8 pm                        |  | 4-8 pm                                  |
| Saturday  | 12-1 pm                                 | 1-8 pm                        |  | 1-8 pm                                  |
| Sunday    | 12-1 pm                                 | 1-6 pm                        |  | 1-6 pm                                  |

and Labor Day Open Swim from 1-8 pm

## ADMISSION RATES

| Age           | Daily  | Season Pass |
|---------------|--------|-------------|
| Child (0-2)   | \$2    | \$50        |
| Youth (3-17)  | \$3.50 | \$75        |
| Adult (17-54) | \$4.50 | \$75        |
| Senior (55+)  | \$3    | \$60        |
| Group Rate    | \$2    | -           |

### Punch Cards

|                       |                              |
|-----------------------|------------------------------|
| Water Aerobics        | \$25 for 10 visits           |
| All Ages              | \$50 for 20 visits           |
| Family Pass (up to 6) | \$175 (\$20 each additional) |

## SWIM LESSONS

Lessons are 30 minutes. \$29/per session

| Sessions                      | Dates             | Times     |
|-------------------------------|-------------------|-----------|
| <b>Morning Sessions M-TH</b>  |                   |           |
| AM Session 1                  | June 4-14         | 9:30-12   |
| AM Session 2                  | June 18-28        | 9:30-12   |
| AM Session 3                  | July 2-12         | 9:30-12   |
| AM Session 4                  | July 16-26        | 9:30-12   |
| AM Session 5                  | July 30-August 9  | 9:30-12   |
| <b>Evening Sessions T, TH</b> |                   |           |
| PM Session 1                  | June 5-28         | 5:30-7:30 |
| PM Session 2                  | July 3-26         | 5:30-7:30 |
| PM Session 3                  | July 31-August 23 | 5:30-7:30 |

## DOG DAYS

Tuesday, September 4th

5-7 pm

\$2/dog

Cool off your dog with a dip in the Palisade Pool. All dogs must have proof their vaccinations are current



**SCHOOL'S OUT SPLASH**  
Opening Day Celebration

Saturday, May 26

1-8 pm

\$2.50/Youth (Ages 3-18)

# Fitness

## GROUP FITNESS CLASSES (14 and up)

Classes are held at the Palisade Civic Center Gymnasium, 711 Iowa.

### CORE STRENGTH & TONE

**Mondays** 5:30-6:15 pm

**Wednesdays** 9-9:50 am

Core Strength & Tone is a low impact class that integrates elements of Pilates and yoga with movement to improve muscle tone and balance.

**Location:** Palisade Gymnasium

**Fee:** \$3 drop in  
\$20/10 visit punch card

### WEIGHTS FOR LIFE

**Thursdays** 10-10:50 am

Weights for Life is a low impact exercise routine centered around the basics of weight training. This class is designed to help build strength, improve balance and increase cardio-respiratory condition. Great for adults with injuries and seniors

**Location:** Palisade Gymnasium

**Fee:** \$3 drop in  
\$20/10 visit punch card

### YOGA

**Thursdays** 6-7 pm

Yoga is the perfect class for anyone wanting to improve their flexibility, strength and balance while relieving stress and tension through focused breathing. All levels and abilities are welcome.

**Location:** Palisade Gymnasium

**Fee:** \$7 drop in  
\$30/10 visit punch card

## OPEN GYM

Open gym is held at the Palisade Civic Center Gymnasium, 711 Iowa.

|                               | April - May 23 | June 4-August 15   |
|-------------------------------|----------------|--------------------|
| <b>Monday</b>                 | 6:30-8:30 pm   | 4-7 pm             |
| <b>Tuesday</b>                | 6:30-8:30 pm   | -                  |
| <b>Wednesday</b>              | 6:30-8:30 pm   | 4-7 pm             |
| <b>Fees</b>                   |                |                    |
|                               | <b>Drop In</b> | <b>Punch Card</b>  |
| <b>Youth (17 &amp; under)</b> | \$2            | \$30 for 20 visits |
| <b>Adults (18+)</b>           | \$3            | \$40 for 20 visits |
| <b>Seniors (55+)</b>          | \$2            | \$15 for 10 visits |

The gymnasium will be closed for Memorial and Independence Days, May 28-30 and July 4th.



# Youth

## DAY CAMPS

### ADVENTURE CAMP (ages 8-14)

July 16 - July 19 9 am-4 pm

A full day camp where participants will learn leadership skills, team building, hiking, mountain biking, camping, rafting, fishing, outdoor safety and rock climbing. Registration includes all transportation, admissions and souvenirs.

Fee: \$145

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## YOUTH EVENTS

### TAYLOR DAY FIELD TRIP (Grades 1-5)

Wednesday, May 2 9 am-4 pm

Location: John McConnell Math & Science Center

The wonders of science are sure to amaze during this trip to the John McConnell Math and Science Center, an experiential learning center where visitors can participate in fun, exciting hands-on experiments. Transportation, supervision and admission are included.

Registration Deadline: April 26

What to Bring: a sack lunch, water, walking shoes and sunscreen

Fee: \$20

### ROCKIES BASEBALL SKILLS CHALLENGE (Ages 6-14)

Saturday, May 12 9-11 am

Location: Peach Bowl Park

Participants will hone their throwing, catching and hitting skills while competing for the chance to qualify for the sectionals in their division later this summer. Sponsored by the Colorado Rockies.

What to Bring: birth certificate showing proof of age

Fee: Free

### SPORTS CAMP (AGES 8-13)

Monday, August 6 through

Wednesday, August 8 9 am-12 pm

A half-day camp full of a variety of games, including floor hockey, soccer, kickball, dodgeball and basketball that will keep kids active and enhance their sport skills. Participants can cool off each day after camp with a free pool pass.

Fee: \$30



### CAPTURE THE FLAG (Grades 1-5)

Thursday, May 17 4-6 pm

Location: Peach Bowl Park

is a great way to cure summer fever this spring. Pre-register at the Town Hall to have your child safely escorted to the park after school.

Fee: \$3

### YOUTH TRACK MEET (Ages 4-14)

Tuesday, July 10 9-noon

Location: Peach Bowl Park

Kids ages 6 to 14 are welcome to show off their athletic abilities in this fun mini-meet. Registration is included for children participating in PALISADE KIDS ON THE RUN.

Registration Deadline: July 6

What to Bring: sneakers and water

Fee: Free for 6 & under

\$5 age 7 and up

# Youth

## YOUTH CLASSES

### CREATIVE MOVEMENT & TUMBLING (Ages 3-8)

Children will become more oriented with their bodies by developing balance and coordination through tumbling, low level gymnastics and creative movement.

Registration Deadline: May 30

Fee: \$27

### KARATE (Ages 5-12)

Children of all levels are welcome to learn the basics of karate and build upon their foundations through learning advanced moves. Classes are being taught by local Sensei Ed Martin.

Fee: \$30/mo  
\$5 drop in

### POTTERY (Ages 5-12)

Local artist, Sue Parker, will guide participants on projects that they will be able to take home at the end of their session. Registration includes instruction, supplies, materials and firing.

Fee: \$85 (ages 6-9)  
\$95 (10 and up)

### PALISADE KIDS ON THE RUN (Ages 7-14)

This 6 week youth track program will teach participants the basics of track and field through a variety of fun activities, culminating in the Youth Track Meet and celebration on July 10 from 9-noon at Peach Bowl Park.

Registration Deadline: June 1

Fee: \$27

### YOUTH FLOAT TRIPS (Ages 8-14)

Youth will cool off this summer with an adventure down the Colorado River. Each trip includes a water safety demonstration and beginner tips on rafting.

Fee: \$28



|   | Dates  | Time  | Location                        |
|---|--|---|---------------------------------|
| <b>CREATIVE MOVEMENT &amp; TUMBLING</b> |  |   |                                 |
| Mondays & Wednesdays                    | June 4-20  | 10:30-11:15 (ages 3-5)<br>11:15-noon (ages 6-8) | Palisade Gymnasium              |
| <b>PALISADE KIDS ON THE RUN</b>         |  |   |                                 |
| Tuesdays                                | June 5 - July 10<br>July 10                        | 9:30 - 11 am<br>9 am - noon                     | Veterans' Memorial Park         |
| <b>KARATE</b>                           |  |   |                                 |
| Tuesdays & Thursdays                    | June 5-28<br>July 3-26                             | 5:15-6 pm                                       | Palisade Gymnasium & 395 Troyer |
| <b>POTTERY</b>                          |  |   |                                 |
| Wednesdays                              | June 6-27 (ages 6-9)<br>July 11-Aug 1 (ages 10-13) | 9-10 am<br>10:30 - noon                         | 3535 G Road<br>3535 G Road      |
| <b>YOUTH FLOAT TRIPS</b>                |  |   |                                 |
| Thursdays                               | July 12 - August 2                                 | 8:45-11 am                                      | Riverbend Park                  |

# Adults

## SHUFFLE & MINGLE

**2nd & 4th Wednesdays, May thru August**

**10-11:30 am**

Grab your friends or meet new ones while playing a game of cards or scrabble beginning in May.

**Location:** Library Meeting Room

**Fee:** Free

## LEARN TO PLAY BOCCE BALL

**Wednesdays: July 11, 25 and August 1**

**9-10 am**

Come check out Bocce Ball, the newest addition to Peach Bowl Park. Learn the basics, then stay and play. No equipment needed.

**Location:** Peach Bowl Park

**Fee:** \$3 drop in

## WEIGHTS FOR LIFE

**Thursdays**

**10-10:50 am**

Join us for a low impact exercise workout centered around the basics of weight training. This class is designed to help build strength, improve balance and increase cardio-respiratory condition. Great for adults with injuries and seniors.

**Location:** Palisade Gymnasium

**Fee:** \$3 drop in  
\$20/10 visit punch card

## GJ ROCKIES GAME NIGHT

**Game Nights**

**5:30-10 pm**

Join Palisade Recreation for an evening at the game, and skip out on the traffic and parking hassles. Registration includes transportation, a picnic at Lincoln Park and admission to the game.

**Location:** Meet at Palisade Town Hall @ 5:50 pm

**Fee:** \$12

## GAME DATES

**Wednesday, June 27**

**Tuesday, July 31**

**Tuesday, August 14**



# Outdoor

## NATIONAL TRAILS DAY - HORSE MOUNTAIN RIDE

**Saturday, June 2**

**9 am-noon**

Celebrate your public lands this National Trails Day with a guided mountain bike ride up Horse Mountain led by Rapid Creek Cycles.

**Location:** Meet at Rapid Creek Cycles, 237 Main Street

**Good to Know:** Bike rentals available at Rapid Creek Cycles 464-9266.

**Fee:** \$5

## STAND UP PADDLE BOARD (ages 14 and up)

**Tuesdays, July 10 - 31**

**6 pm - dusk**

Try the latest trend in outdoor recreation and develop new skills that will enhance your enjoyment of Colorado waters. Introductory series taught by Rondo Buechler.

**Location:** Riverbend Park

**Good to Know:** Use of all equipment included.

**Fee:** \$10

| Date    | Register by |
|---------|-------------|
| July 10 | 7/6         |
| July 17 | 7/13        |
| July 24 | 7/20        |
| July 31 | 7/27        |

## INTRO TO RAFTING (ages 18 +)

**Saturday, July 14 & 28 8 am-noon**

Cool off this summer in the Colorado River and learn the basics of river rafting with this mini course. Beginners will learn the basics of paddling, how to manage the craft and river safety. Taught by Rondo Buechler.

**Location:** Riverbend Park

**Deadline to Register:** July 9 for July 14th and July 23 for July 28

**Good to Know:** Use of all equipment included. Dress to get wet. No flip flops.

**Fee:** \$40

## SUMMER HIKING SERIES

**Every other Monday, May 7 thru August 20**

**8 am**

Join Palisade Recreation on a hiking adventure to some of the most spectacular sights in the Grand Valley.

**Location:** Meet the Shuttle at Palisade Town Hall, 175 E. Third Street

**What to bring:** water, snacks, sunscreen, sturdy shoes, light layers

**Fee:** \$3

| Date      | Trail               | Location       | Distance | Deadline to Register |
|-----------|---------------------|----------------|----------|----------------------|
| May 7     | Serpents Trail      | Monument       | 3.9 mi   | 5/4                  |
| May 21    | Kodel Canyon        | Fruita         | 3.2 mi   | 5/18                 |
| June 4    | Wild Horse Trails   | Cameo          | 4.5 mi   | 6/1                  |
| June 11   | Lost Lake Trail     | Mesa           | 2.5 mi   | 6/8                  |
| June 25   | Old Homestead Trail | Glade Park     | 3 mi     | 6/22                 |
| July 9    | Devil's Canyon      | Fruita         | 3.5 mi   | 7/6                  |
| July 23   | Echo Canyon         | Monument       | 3.3 mi   | 7/20                 |
| August 6  | Flume Canyon        | Fruita         | 5 mi     | 8/3                  |
| August 20 | Mica Mine           | Little Park Rd | 2.6 mi   | 8/17                 |

# Adventures



## Moonlight Float Trips (ages 21 and up)

Friday June 29 and August 3

6-9 pm

Unwind on the river with a gentle moonlight float trip between Palisade's Riverbend Park and Corn Lake State Park. A hot dog roast will follow the float. Participants are responsible for their own beverages.

**Location:** Riverbend Park

**Deadline to register:** June 22 for the June 29 trip, and July 27 for the August 3rd trip.

**Fee:** \$34



## GLENWOOD SPRINGS DAY TRIP (ages 21+)

Saturday, July 14

8:45 am - 8 pm

Get away for a day in Glenwood Springs. Activities include a tram ride up to Adventure Park, a tour of the Fairy Caves and a dip in the Hot Springs Pool.

**Location:** Catch the shuttle at the Town Hall

**Good to know:** Bring a snack lunch and extra spending money for additional activities

**Fee:** \$66 for registration before 6/22  
\$72 for registration after 7/6



## REDSTONE DAY TRIP (ages 21+)

Tuesday, August 7

8:45 am - 6 pm

Explore the National Historic District of Redstone, Colorado with Palisade Recreation and Grand Junction Parks and Rec. Step back in time with a costumed docent-led tour of Redstone Castle. The trip will also feature a visit to the coke ovens and the Redstone Art Gallery. Picnic lunch included.

**Location:** Catch the shuttle at the Town Hall

**Good to know:** Bring a snack lunch and extra spending money for additional activities.

**Fee:** \$45

# Special Events

## FAMILY FUN NIGHTS (all ages)

**Tuesdays** **6-8 pm**

Grab your family, friends and neighbors and head down to Peach Bowl Park for drop in game nights.

**Location:** Peach Bowl Park

**Fee:** \$2 youth  
\$3 adults

|                  |                      |
|------------------|----------------------|
| <b>June 5</b>    | Kickball             |
| <b>June 19</b>   | Capture the Flag     |
| <b>July 10</b>   | Bocce Ball           |
| <b>July 24</b>   | Volley Ball          |
| <b>August 7</b>  | Water Balloon Volley |
| <b>August 21</b> | Players' Choice      |

## SOCK HOP (12 and up)

**Saturday, June 30** **7-9 pm**

Kick off your shoes and dance the night away to live music. The theme is "summer lovin'" so dress your best *Grease Lightning* style because prizes will be awarded to the best costumes.

**Location:** Palisade Gymnasium

**Fee:** \$7 singles  
\$10 couples

## HEART SAVER CPR & FIRST AID CLASSES

**Thursdays** **6-10 pm**

Learn how to give CPR, use a defibrillator, treat injuries and prevent illnesses from highly trained Palisade Fire Department members in this American Heart Association endorsed class. Attendees will receive a certificate of completion good for 2 years.

**Location:** Community Center

**Fee:** \$50 (10% discount for groups of 4 or more)

| Date               | Register by |
|--------------------|-------------|
| <b>May 3</b>       | April 27    |
| <b>June 7</b>      | May 25      |
| <b>July 5</b>      | June 29     |
| <b>August 2</b>    | July 27     |
| <b>September 6</b> | August 31   |

## GREAT PALISADE CAMPOUT

**5 pm Friday, August 24-12 pm Saturday, August 25**

Stretch summer break a little longer with a family campout the weekend after school starts. Families and kids can participate activities such as disc golf, gold panning, roasting s'mores, skits & more while enjoying the great outdoors of Palisade.

**Location:** Riverbend Park

**Fee:** \$4 per person  
Children 4 and under are free



# Special Events

## PALISADE SUNDAY MARKET

Sundays, June 17-Sept. 30 10 am-2 pm

The Town of Palisade takes pride in showcasing the variety of high quality local products and live entertainment found in the region every Sunday throughout the summer. From fine artisan jewelry to some of the tastiest fruits in the world, there's something to satisfy every taste at the Palisade Sunday Market.

**Location:** Downtown Palisade on Main and 3rd Streets



## ICE CREAM SOCIAL & OLD TIME GAMES

Thursday, August 16

Kick off the Palisade Peach Festival with an ice cream social, street dance and games.

### ANNOUNCING THE PALISADE COMMUNITY GARDEN

Beginning construction this May @ the northeast corner of Logan and 4th Streets.

Thanks to the Palisade Rotary, the Palisade Co-op and local resident Bud Lofvenborg.

Contact the Town Hall for more information.

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## Palisade Community Events Calendar

|                           |  |
|---------------------------|--|
| <b>April 28</b>           | Outdoor Heritage Days (Co. Division of Wildlife & Co. State Parks)<br>Antique Street Fair (Palisade Happens) |
| <b>April 28 &amp; 29</b>  | Barrel Into Spring Wine Tasting (Grand Valley Winery Assn)   |
| <b>May 19 &amp; 20</b>    | Barrel into Spring Wine Tasting II (Grand Valley Winery Assn)  |
| <b>June 2</b>             | Vintage Motorcycle Show (Western Co. Vintage Motorcycle Assn)  |
| <b>June 9</b>             | Palisade Classic Bike Fest (Palisade Chamber/Rapid Creek Cycles)   |
| <b>June 15-17</b>         | Palisade Bluegrass & Roots Festival (Town of Palisade)   |
| <b>June 17-Sept. 30</b>   | Palisade Sunday Market (Town of Palisade)  |
| <b>July 4</b>             | Independence Day Celebration (Palisade Tribune)  |
| <b>July 6-8</b>           | Lavender Festival (Lavender Association of Western Co.)  |
| <b>August 16-19</b>       | Palisade Peach Festival (Palisade Chamber of Commerce)   |
| <b>August 24 &amp; 25</b> | Great Palisade Campout (Town of Palisade)  |
| <b>September 13-16</b>    | Colorado Mountain Wine Festival (Colorado Association of Viticulture & Ecology)                              |



**PALISADE  
BLUEGRASS FESTIVAL  
JUNE 15~17, 2012**



**BAND LINEUP:**

**The Carolina Chocolate Drops**

18 South

The Steel Drivers

April Verch

Oakhurst AND Old Town Pickers

and more

**PLUS**

Jam Camp and workshops with the pros, local food, libations, and artisans

**LIMITED PREMIUM CAMPING AVAILABLE**

**GET TICKETS NOW AT:**

**[www.PalisadeMusic.com](http://www.PalisadeMusic.com)**

