

January 2019 Gymnasium Schedule

	6A	6:30A	7A	7:30A	8A	9A	9:30A	10A	10:30A	11A	Noon	1P	2P	3P	4P	5P	6P	7P	8P
MON	ALL	Boot Camp	Boot Camp			Open Pickleball	Open Pickleball					Volleyball							
MON	HALF										Beginner Pickleball Lessons 1st Monday Only								
TUES	ALL	Boot Camp	Boot Camp			SilverSneakers	SilverSneakers				Intermediate Pickleball								
TUES	HALF																		
WED	ALL					SilverSneakers	SilverSneakers				Beginner/Advanced Pickleball								
THUR	ALL										Intermediate Pickleball								
THUR	HALF																		
FRI	ALL	Boot Camp			Zumba						Beginner/Advanced Pickleball								
SAT	ALL																		
SUN	ALL																		
SUN	HALF										Open Volleyball								

City Of Cortez
Recreation Guide
www.cityofcortez.com
www.facebook.com/CortezRecreation/
425 Roger Smith Ave
Cortez, CO 81321
Phone: 970-564-4080
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**Your health, your community,
your place.**

Parks and Recreation Director Dean Palmquist dpalmquist@cityofcortez.com	Aquatics Supervisor Michelle Devall mdevall@cityofcortez.com	Recreation Supervisor Rosa Dimon rdimon@cityofcortez.com
Recreation Facility Supervisor Joye McHenry jmchenry@cityofcortez.com	Operations Coordinator Dan Jones djones@cityofcortez.com	Administrative Coordinator Dana Weyand dweyand@cityofcortez.com

Recreation Center Facility Hours

Monday-Friday 5:30am-9:00pm
 Saturday 8:00am-9:00pm
 Sunday 10:00am-7:00pm

Updated

Jan 9, 2019

Child watch Hours

Monday-Thursday 4:30pm-7:00pm
 Fee: \$3.00 per hour per child

Rockwall Hours

Monday-Friday 5:30am-8:00pm
 Saturday 8:00am-8:00pm
 Sunday 10:00am-6:00pm

ALL FACILITIES ARE TOBACCO FREE!

General Facility Rules & Policies

- The City of Cortez is not responsible for lost or stolen property
- There is to be **NO** food, drinks or chewing gum past the lobby area. .
- Non-marking shoes are required for use in the facility. Absolutely **NO MUDDY SHOES!**
- Children are **NOT** allowed in the upstairs fitness/track area.
- Any youth between 13-15 must take a certification class with the fitness attendant to use fitness/track area
- Baby strollers and walking support equipment with wheels or legs are **NOT** allowed on the track.

Recreation Center Indoor Pool

Please remember children **7 and under** require very close and competent supervision in the water at all times by someone at least 16 years old

Lazy River Hours

Monday-Friday

5:30am-10:00am Resistance walking
 10:00am-7:30pm Open swim
 7:30pm-8:00pm Resistance walking

Saturday

8:00am-10:00am Resistance walking
 10:00am-8:30pm Open swim

Sunday

10:00am-11:00am Resistance walking
 11:00am-6:30pm Open swim

Lap Pool Hours

Monday-Friday

5:30am-8:00pm

Saturday

8:00am-08:30pm

Sunday

10:00am-06:30pm

Average Pool Temperatures

Lap Pool 81°

Lazy River & Kid Pool 84°

* Resistance Walking for Adults ONLY!!! At scheduled times.

Lanes availability subject to change for special events/swim team practice



Local Sports Information

Baseball– Web: cortezlittleleague.com

Tri City Soccer– Web: www.tricitysoccer.com

Softball– Web: www.southwestsoftball.weebly.com

Titans Football– Web: fourcornersyafl.com

BMX– Web: www.cortezbmx.org

Cortez Water Dragons– Web: ctzwaterdragons.org

Email: ctzwaterdragons@gmail.com

Stormy’s ATC Gymnastics– (email) info@atcgymnastics.com

Phone– 970-565-7455

Half day is equal to 4 hours or less, Full day is more than 4 hours.

All Reservation must be made at least 1 week in advance.

There is a 24hr cancelation policy in order to receive a refund. Reservation Fee does not cover admittance to the Rec Center.

Parks Shelter Rentals

Centennial Park

Small Shelter, Large Shelter

\$25 half day

\$50 full day

Parque De Vida

Playground Shelter E

\$25 half day

\$50 full day

Amphitheater

\$50 half day

\$100 full day

Recreation Center Room Rentals

Mesa Room

\$25 refundable cleaning deposit

\$20 hourly rental fee

Canyon Room

\$25 refundable cleaning deposit

\$20 hourly rental fee

Mesa/Canyon Room

\$40 refundable cleaning deposit

\$40 hourly rental fee

Birthday Party Room ***

\$25 refundable Cleaning deposit

\$40 rental fee

***Available Friday & Saturday

1:00pm-3:00pm or 4:00pm-6:00pm

For News updates to phone or email , please go to City of Cortez web site.

1. Click on Residents
2. Notify me
3. Sign up for News Flashes.

YOUTH ACTIVITIES

ADVENTURE CLUB (After School Program)

Program provides children ages 5-10 an opportunity for a structured daily camp. Many activities scheduled throughout the week including sports ,games, arts & crafts , swimming and field trips.

Ages: 5 - 10

Gender: Both

Fee: \$10 Short Days, \$15 Early Release Days,

\$18 Vacation Days

Monday—Friday

Aug 20th—May 22nd

Girls Youth Basketball (Grades 3rd—6th)

Fee: 20.00

Registration: Nov 20 —Dec 16

Play@ Rec Center

Games begin: Jan 19th

Without an Annual
Membership:

\$4.... Per Class

**ALL CLASSES ARE INCLUDED WITH
ANNUAL MEMBERSHIP!**

**With the exception of SilverSneakers classes
and Membership**



SILVERSNEAKERS *
\$3..... Per Class
\$20.....Per Month
Free..... Tivity Member

ABSOLUTELY NO LATE ADMITTANCE TO CLASSES

MONDAY	
5:35 AM	BODYPUMP
6:30 AM	Boot Camp
12:15 PM	Noon Express
5:30 PM	BODYPUMP

TUESDAY	
5:35 AM	Cycling
6:30 AM	Boot Camp
6:30 AM	Yoga
8:00 AM	Step Aerobics
9:30 AM	Special Fitness
10:30 AM	Tai Chi
12:15 PM	BODYPUMP
5:00 PM	HITT Spin
5:30 PM	Boot Camp
5:45 PM	BODYPUMP

WEDNESDAY	
5:35 AM	BODYPUMP
6:30 AM	Cycling
9:00 AM	Yoga Sculpt
10:15 AM	Power Yoga Vinyasa
12:15 PM	Noon Express
5:30 PM	BODYPUMP

THURSDAY	
5:35 AM	Cycling
6:30 AM	Yoga Pilates Combo
8:00 AM	Box o' Chocolates
9:30 AM	Special Fitness
10:30 AM	Tai Chi
12:15 PM	BODYPUMP
5:00 PM	HITT Spin
5:30 PM	Boot Camp
5:45 PM	BODYPUMP

FRIDAY	
5:35 AM	BODYPUMP
6:30 AM	Boot Camp
8:00 AM	Zumba
8:30 AM	Cycling
12:15 PM	Yoga

SATURDAY	
8:30 AM	Cycling
10:00 AM	BODYPUMP

SilverSneakers MONDAY

8:00 AM	SILVERSNEAKERS Classic *	Canyon/Mesa
9:00 AM	SILVERSNEAKERS Yoga *	Canyon/Mesa

SilverSneakers TUESDAY

9:30 AM	SILVERSNEAKERS Cardio *	Gym
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SilverSneakers Wednesday

8:00 AM	SILVERSNEAKERS Yoga *	Canyon/Mesa
9:00 AM	SILVERSNEAKERS Splash *	Pool
9:00 AM	SILVERSNEAKERS Boom Muscle *	Gym

SilverSneakers Thursday

9:30 AM	SILVERSNEAKERS Classic *	Gym
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SilverSneakers Friday

9:00 AM	SILVERSNEAKERS Splash *	Pool
10:00 AM	SILVERSNEAKERS ORIENTATION	Pre-Register

