

## MONDAY AVAILABLE GYM TIMES

Open Gym 5:30a-9p	Pickleball lessons 1 <sup>st</sup> Monday of Each Month 12p-1p
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## TUESDAY AVAILABLE GYM TIMES

Open Gym 5:30a-9a	SilverSneakers 9a-10:30a	Open Pickleball 11a-2p	Open Gym 2p-5:30p	PM BootCamp 5:30p-6:30p (HALF COURT)	Open Gym 6:30p-9p
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## WEDNESDAY AVAILABLE GYM TIMES

Kick Boxing 5:45a-6:30	Open Gym 6:30a-8:30a	SilverSneakers 9a-10a	Open Gym 10a-9pm
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## THURSDAY AVAILABLE GYM TIMES

Open Gym 5:30a-9a	SilverSneakers 9a-10:30a	Open Pickleball 11a-2p	Open Gym 2p-5:30p	PM BootCamp 5:30p-6:30p (HALF COURT)	Open Gym 6:30p-9p
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## FRIDAY AVAILABLE GYM TIMES

Open Gym 5:30a-8a	Zumba 8a-9a	Open Gym 9a-9p
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## SATURDAY AVAILABLE GYM TIMES

Open Gym 8a-9p
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## SUNDAY AVAILABLE GYM TIMES

Open Gym 10a-12p	VolleyBall 12p-1:30p (HALF COURT)	Open Gym 1:30p-7p
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## City Of Cortez

### Recreation Guide

[www.cityofcortez.com](http://www.cityofcortez.com)

[www.facebook.com/CortezRecreation/](https://www.facebook.com/CortezRecreation/)

425 Roger Smith Ave

Cortez, CO 81321

Phone: 970-564-4080

Fax: 970-564-4086



**Your health, your community,  
your place.**

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

June 25, 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.

Daily Visit*	Prices
Infant ( 4 & under)	FREE**
Youth (5-18)	\$4.50
Adult (19-59)	\$5.50
Senior/Veteran (60+)	\$4.50

## Cortez Recreation Center

**Children 7 and under must be accompanied by a PAID Patron 16 or older at all times.**

\*This is a daily entry fee, please check out with front desk if you leave the premises. You must check in at front desk to re-enter the facility.  
 \*\*1 free 4yrs and under per paying adult. Each additional 4 year old and under is \$1.00. There must be one paid chaperone in the water per every 3 kids maximum that are 4 years of age and under.

**Family is immediate family living in the same household, and covers a maximum of 2 adults per pass and all children must be 18 years old or under. If you have more than 5 family members,**

ANNUAL MEMBERSHIP	Auto Pay	Paid in full
Youth (5-18)	\$17	\$204
Adult (19-59)	\$22	\$264
Senior/Veteran (60+)	\$17	\$204
Family of 2	\$29	\$348
Family of 3	\$34	\$408
Family of 4/5	\$39	\$468

### 20 PUNCH PASS

Youth (5-18)	\$75
Adult (19-59)	\$90
Senior/Veteran (60+)	\$75

Punch Passes are NON-refundable

3 MONTH PASS	
Youth (5-18)	\$85
Adult (19-59)	\$105
Senior/Veteran (60+)	\$85



**Pass Changes/Cancellations-** Requests for a pass change or cancellation requires pass holder to fill out and sign a Pass Change/Cancel Request at the front desk by the 20th of the month . Cancellations and changes will be made to the pass by the 1<sup>st</sup> of the following month of the signed request. There are no refunds on Punch Passes but they may be transferred to another party with a signed request from pass holder to do so.

For News updates to phone or email , please go to [www.cityofcortez.com](http://www.cityofcortez.com)

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

**Family Locker Room Use-** The family locker rooms are designed to be primarily used by families. Youth must be accompanied by an adult (18 years old and older) family member.

**Group Requirements-** Groups need to schedule in advance with the aquatics supervisor. One chaperone is needed for every three children that are under 5 years old. One chaperone is needed for every ten children that are elementary school age. One chaperone is needed for every fifteen children that are middle and high school age. If bringing both male and female youth, a group needs to furnish both male and female chaperones.

**Gymnasium-** Food and drinks are not allowed in the gymnasium. Skate boards, skates, etc. are not allowed in the gymnasium and/or beyond the lobby area unless approved in advance by recreation center management.

**Clothing Requirements** – Patrons must wear appropriate attire at all times, which shall mean that it does not contain profanity or other offensive language, and that it is not suggestive or overly revealing. Any clothing that does not comply with these rules will not be allowed, and the person wearing offensive clothing will be asked to change into something more appropriate. People who cannot or will not comply with this rule will be asked to leave the facility immediately.

**Behavior Requirements** – Recreation center patrons are responsible for conducting themselves in an appropriate manner while using our facility. No person shall use words or actions that could provoke a violent response from the individual(s) to whom the words or actions are being directed. Patrons are responsible for the cost of any damages to our facility, resulting from disorderly conduct or misuse of equipment.

**Food and Drink Requirements-** There is to be no brought in food or drink, chewing gum, or tobacco product past the lobby area.



### Local Sports Information

Baseball– Web: [cortezlittleleague.com](http://cortezlittleleague.com)

Tri City Soccer– Web: [www.tricitysoccer.com](http://www.tricitysoccer.com)

Youth Softball– Nate Wilkinson (970) 570-9846

Titans Football– Web: [fourcornersyafl.com](http://fourcornersyafl.com)

BMX– Web: [www.cortezbmx.org](http://www.cortezbmx.org)

Cortez Water Dragons– Web: [ctzwaterdragons.org](http://ctzwaterdragons.org)

Email: [ctzwaterdragons@gmail.com](mailto:ctzwaterdragons@gmail.com)

Stormy’s ATC Gymnastics– (email) [info@atcgymnastics.com](mailto:info@atcgymnastics.com)

Phone– 970-565-7455

## Recreation Center Policies

**Fitness Area/Track Age Limit-** The age for use of the fitness area/track shall be 16 years of age. 13 year olds and older may take a certification class with the fitness attendant and the youth's parent, to be able to use the fitness area/track. If anyone is seen abusing the equipment, they should be asked to leave and further use of the fitness area/track denied. Children are NOT allowed upstairs in the fitness area/track area at any time even if with a parent/chaperone.

**Track Strollers & Walking Support Equipment-** Baby strollers and walking support equipment with wheels or legs will not be allowed on the track.

**Supervising Adults-** An individual who wishes to accompany another individual into the facility as a non-participating patron or youth chaperone is allowed to do so at no charge. If the non-participating patron or youth chaperone decides to participate in any activity within the recreation center, such as swimming in the pool, racquetball, walking on the track, or etc., they will need to pay an admission fee to use the facility. An individual providing physical therapy to a patient will need to pay an admission fee for themselves as well as their patient.

**Child Supervision-** Children under 8 years old must be accompanied by a sixteen-year-old and older in the facility.

**Secured Personal Belongings-** Recreation center patrons will need to bring their own locks or one may be purchased at the front desk. All locks must be removed when leaving the facility. Any locks left on the lockers after the facility is closed will be cut off. The City of Cortez is not responsible for lost or stolen property

**Shoe Requirements-** Please bring an extra pair of shoes that have not been worn outside. Shoes that have been worn outside can damage the floor surfaces. Non-marking shoes are required for use in the gymnasium, racquetball courts, wood floor in meeting room, and upstairs track. Absolutely no muddy shoes in the facility

**Lounge and Lobby Area –** The recreation center lounge area, which is directly west of the front desk area, is a space available to recreation center members, chaperones, and paying guests only. The lobby area, including the area from just inside the front door to the area north of the meeting rooms, is a space available to all the general public, whether they pay or not to use the recreation center.

**Racquetball Reservations-** Racquetball courts can be used as part of the daily admission fee at no additional cost. Courts may be reserved up to 1 week and down to a minimum of 2 hours in advance for \$1.00. Limit one hour per patron, per day. Courts may be reserved for Wally ball use as well for a \$5.00 reservation fee. A minimum of 24 hours' notice in advance for a patron to cancel their reservation of the racquetball courts and receive a refund. Safety glasses must be worn for all racquetball use. Balls and safety glasses may be purchased at the front desk. Racquets may be rented for \$1.00.

**Facility/Park Reservations-** All facility/park reservations must be paid in full at time of making the reservation. Reservations can be made by telephone with a credit card. Reservations do not include entrance fee into the recreation center. A minimum of 24 hours' notice in advance is required for a patron to cancel their meeting room reservation and receive a refund.

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

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

### **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 Gymnasium**

Must be approved by Operations Coordinator

#### **West Gym:**

\$30 hourly rental fee

\$15 set up fee

#### **East Gym:**

\$30 hourly rental fee

\$15 set up fee

#### **Full Gym:**

\$60 hourly rental fee

### **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





## Pickle Ball Summer Schedule

1st Monday Pre Register at front desk of Month Beginners Lessons 12pm-1pm

Tuesday 11am-2pm Open

Thursday 11am-2pm Open



**CONQUISTADOR GOLF PRO**  
 Micah Rudosky  
 970-565-9208  
 mrudosky@hotmail.com



The *Cortez Dog Park* is located west of the City of Cortez animal shelter, on Highway 160, on the east side of the city. The *dog park* offers residents a place to allow the dogs to play and run without a leash on and includes a dog water fountain, double gate entry and exit, park shelter, picnic table, and a mulched trail area

# AVAILABILITY OF LAP LANES

## FOR LAP SWIMMING

### MONDAYS

5:30-7:30	6 LANES
7.30-1P	3 LANES
1-7P	1 LANE
7-8P	6 LANES

### THURSDAYS

5:30-6A	6 LANES
6-7:30A	1 LANE
7:30-1P	6 LANES
1P-7P	1 LANE
7-8P	6 LANES

### TUESDAYS

5:30-6A	6 LANES
6-7:30A	1 LANE
7:30A-1P	6 LANES
1P-7P	1 LANE
7P-8P	6 LANES

### FRIDAYS

5:30-7:30A	6 LANES
7:30A-8:45A	3 LANES
8:45-10:30A	1 LANE
10:30A-1P	3 LANES
1P-7P	1 LANE
7P-8P	6 LANES

### WEDNESDAYS

5:30-7:30A	6 LANES
7:30A-1P	3 LANES
1P-7P	1 LANE
7-8P	6 LANES

### SATURDAYS

8-1P	6 LANES
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### SUNDAYS

10-1p	6 LANES
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The diving board will be open everyday at 1pm there will be 1 lap lane available only

## Recreation Center

### Indoor Pool

#### 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!!!**

## Pool Rules

1. No running
2. Shower before entering pool
3. Children under 8 must be accompanied by a guardian 16 or older at all times
4. All children wearing floatation devices must be directly supervised by a guardian 16 years or older in the water at all times
5. Proper swimwear is required.
6. Horseplay is not permitted
7. Watertight swim diapers are required for incontinent patrons
8. Diving is allowed in designated areas only.
9. Tobacco products are not permitted
10. Lifeguards are present for your safety and must be obeyed at all times
11. Guards determine the use of toys, floats, etc. based on facility use and other potential hazards
12. The lifeguards will call for child rest breaks-adult swim times the last 10 minutes of each hour on an as needed basis
13. Anyone who can not swim the width of the pool to the satisfaction of a life-guard must remain at the depth where he/she can stand with their head above water
14. No glass containers are permitted in the pool area.

## 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

### Playground Days (Summer Program)

Ages: 5 –10

Fee: \$18 per day per child

Registration starts : May 1st

Season Begins: June 3rd

## Adult Sports

### Flag Football

Fee: \$200 per team

Registration opens: July 15th—Aug 26th

Location: Softball Complex

Starts: Sept 11th

### Women's Volleyball

Fee: \$175 per team

Registration opens: July 15th—Aug 26th

Location: Rec Center



Without an Annual Membership:

**ALL CLASSES ARE INCLUDED WITH ANNUAL MEMBERSHIP Including Silver&Fit!**

**\$4.... Per Class**

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

**ABSOLUTELY NO LATE ADMITTANCE TO CLASSES**

MONDAY	
5:35 AM	BODYPUMP
6:30 AM	Boot Camp
6:45 AM	Cardio Kickboxing
12:15 PM	Cardio/Toning
5:30 PM	BODYPUMP

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

WEDNESDAY	
5:35 AM	BODYPUMP
5:45 AM	Cardio Kickboxing
6:30 AM	Cycling
9:00 AM	Yoga Sculpt
10:15 AM	Power Yoga Vinyasa
12:15 PM	Cardio Kickboxing
5:30 PM	BODYPUMP

THURSDAY	
5:35 AM	Cycling
6:30 AM	Yoga Pilates Combo
8:00 AM	Box o' Chocolates
9:15 AM	Tai Chi
12:15 PM	BODYPUMP
5:00 PM	HIIT Spin
5:30 PM	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	
8:30AM	BODYPUMP



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

**SilverSneakers MONDAY**

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

**SilverSneakers TUESDAY**

9:30 AM	SilverSneakers Cardio *	Gym
10:30 AM	SilverSneakers EnerChi	Canyon/Mesa

**SilverSneakers Wednesday**

8:00 AM	SilverSneakers Yoga *	Canyon/Mesa
9:00 AM	SilverSneakers Boom Muscle *	Gym

**SilverSneakers Thursday**

9:30 AM	SilverSneakers Classic *	Gym
10:30 AM	SilverSneakers EnerChi	Canyon/Mesa

**SilverSneakers Friday**

9:00 AM	SilverSneakers Splash *	Pool
10:00 AM	SilverSneakers Orientation	Pre-Register

1st & 3rd Friday of the Month Only

