

# MEMORIAL BUILDING



## ST. VRAIN MEMORIAL BUILDING

700 Longs Peak Ave | 303-651-8404

**Building/Weight Room Hours**  
Monday-Friday ..... 6:00 am - 8:00 pm  
Saturday ..... 7:00 am - 5:00 pm

**Holiday Hours:**  
Closed Memorial Day, May 27, & July 4  
Facility Maintenance Closure: Aug 5-10.



### Recreation in the heart of the Longmont:

- ✓ Weight room with free weights, selectorized machines, and cardio equipment
- ✓ Feature court gymnasium ✓ **New!** TRX classes
- ✓ Aerobics/Wellness room
- ✓ Classroom/Party and Conference room
- ✓ Season access to Longmont Ice Pavilion & Roosevelt Activity Pool
- ✓ Adjacent to Roosevelt Park walking loop
- ✓ Towel Service available; free for extended pass holders, \$1 all others

A quieter, more intimate setting for your workout, to take a class, or to learn a new skill. Much of the same equipment as a large workout gym with none of the pretention or crowd. Offering a wide variety of fitness and general variety classes for little tykes to active older adults. Friendly and professional staff and great patrons make it a comfortable community atmosphere. Clean, quality amenities make it worth returning again and again.



### Open Gym Basketball\*

For individuals 18 years and older  
Tue & Thurs ..... 11:30am-2:30pm

*\*Other drop-in times available; please call for more information. No babysitting service available.*

### Memorial Building Rental Fees

For Rental Availability Call 303-651-8404  
Gymnasium Rental: \$60/hr  
After Hours Supervisor: \$20/hr  
Table and Chairs are additional.  
Rental deposit may be required.



### **New!** Drop-In Table Tennis

Engage with the Olympic sport of table tennis. Free instructional clinics on select Mondays teaches rules, technique, and strategy in a group setting; all experience levels welcome. The Clinic instructor is David Vollmar, one of the top players in the state of Colorado. He has played for more than 40 years and has learned coaching from the best of the best, Richard McAfee, member of the USA Table Tennis Hall of Fame. Bring your own paddle.



#### Open Play: Mondays, 7-10pm

8 & up: 1st Monday of each month - Youth Clinic 7-8pm  
16 & up: 3rd Monday of each month - Adult Clinic 7-8pm  
Fee: Regular facility admission fees. Passes are accepted.

### Itty Bitty City

Snow or Shine, our toys are divine! Kids ages 6 months to 5 years have lots of room to run and play in the gym! Parents must supervise their children. Please, no older children. No fee for babies less than 6 months old.

Ages: 6 months to 5 years with a parent  
Dates: Jan 11-May 17, Fridays, 9-11am  
Location: St Vrain Memorial Building  
Fee: \$3 per child; 10 visit pass \$24

*No summer Itty Bitty City, resumes in September.*

### Strider Glider Wednesday

Looking for a safe, comfortable, and contained space for your child to use their strider glider? Join us on select Wednesdays for parent/child time in the gym to stride away along our fun courses! A limited number of loaner striders are available.

2-5 yrs: **Apr 10, May 8; Wed,**  
**9:30-10:30am** 245450

Location: St Vrain Memorial Bldg,  
700 Longs Peak Ave  
Daily Fee: \$6 per child