

SOUTH SUMMIT AQUATIC & FITNESS CENTER

- Annual Memberships
- Monthly Memberships
- Daily Drop-In Fees

FEATURES

- Basketball Court
- Racquetball Courts
- Indoor Track
- Climbing Wall
- Aerobics & Dance Studio
- Cardio & Weight Area
- Outdoor Sand Volleyball Pits
- Competitive Lap Pool
- Jacuzzi
- Family Leisure Pool with play feature, lazy river & water slide

435-783-2423

350 East 200 South • Kamas

South Summit Aquatic & Fitness Center
350 East 200 South
Kamas, UT 84036

PRSRT Standard
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Permit #9
Kamas, UT



2022 PROGRAM GUIDE

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Desk or on-line at
www.ssaafc.org

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Times and dates in this booklet are
subject to change according to the
demands and needs of the facility.
For definite information come by
the SSAFC Center and pick up a
monthly flyer.

2 General Information

435.783.2423

FACILITY HOURS

Fall/ Winter/Spring Hours: (School in Session)

Monday - Thursday	5:00 am - 9:00 am; Noon - 1:00 pm 2:30 pm - 9:00 pm
Friday	5:00 am - 9:00 am; Noon - 8:00 pm
Saturday	7:00 am - 7:00 pm

School Not in Session Hours:

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 7:00 pm

Summer Hours:

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 7:00 pm

(Holiday Hours Will Be Announced)

Rock Wall Hours

Supervised Climb Time:	Saturday	10:00 am - 2:00 pm
Belay Class:	Saturday	9:00 am - 10:00 am

The Rock Wall may be closed during any open climb for birthday parties, private reservations and SSAFC classes.

Golf Simulator

November - April	Call to book a tee time
------------------	-------------------------

SSAFC PHONE SYSTEM

Call (435) 783-2423

and use the automated systems directions, or use the menu below:

- Press **0** for the Front Desk
 Press **1** for Personnel
 Press **1**- Stephen Sutherland (Director)
 Press **2**- Chris Burton (Program Crdntr)
 Press **3**- Mike Ruf (Aquatics Director)
 Press **4**- David Butterfield (Head Custodian)
 Press **2** for Fees & Hours
 Press **3** for Upcoming Events
 Press **4** for the Weather Hot-line

STAFF



Stephen Sutherland
Director



Chris Burton
Recreation Director



Mike Ruf
Aquatics Director



David Butterfield
Head Custodian

www.ssaafc.org

General Information 3

PARTY ROOM INFORMATION

Let the SSAFC take care of your next birthday party with our awesome party room packages!

*You can now book your next party at the SSAFC on line.
Just use the on-line registration button to get you to the link.*

Party Room - \$40

1 hour in the party room

Party Room Package #1 - \$105

10 Day passes
 1 hour in the party room
 Unlimited time in the pool
 2 pizzas
 Theme Decorations

Party Room Package #2 - \$120

10 Day Passes
 1 hour in the party room
 1 hour on "The Rock Wall"
 Unlimited time in the pool
 2 pizzas
 Theme Decorations

Party Room Package #3 - \$130

15 Day passes
 1 hour in the big party room
 Unlimited time in the pool
 3 pizzas
 Theme Decorations

****\$5.00 per additional person***

Party Room Package #4 - \$145

15 Day Passes
 1 hour in the big party room
 1 hour on "The Rock Wall"
 Unlimited time in the pool
 3 pizzas
 Theme Decorations



EQUIPMENT RENTAL FEES

Basketball	\$1.00
Climbing Harness	\$2.50
Climbing Shoes	\$2.50
Kickboxing Gloves	\$1.00
Outdoor Volleyball	\$1.00
Racquetball Ball	\$0.50
Racquetball Goggles	\$0.50
Racquetball Racket	\$1.00
Weightlifting Belt	\$1.00
Track Lap Counter	Free

FACILITY RENTAL FEES

Rock Wall	\$20.00/hr
Patio Only*	\$40.00/hr
Pool (includes Patio)	\$150.00/hr
SSAFC (Entire Center)	\$300.00/hr

*Patio can be rented from 5:00 p.m. to close.

*Pool can be rented from 8:00 pm - 11:30 pm
Fridays & Saturdays in the Summer!*

**You can now book your
Racquetball Court online.**

POOL HOURS & INFORMATION

School is in Session

Monday - Friday	5:00 - 9:00 am
Monday - Friday	Noon - 1:00 pm
Monday - Friday	2:30 - 8:45 pm (leisure pool)
Monday - Thursday	5:00 - 8:45 pm (lap pool)
Saturday	7:00 am - 6:45 pm

School is not in Session

Monday - Friday	5:00 am - 8:45 pm
Saturday	7:00 am - 6:45 pm

Summer

Monday - Friday	5:00 am - 7:00 pm
Saturday	7:00 am - 7:00 pm

Holiday Hours To Be Announced

FALL / WINTER / SPRING

LAP POOL

Monday - Thursday Monday - Friday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
8:00 - 9:00 am	Lap Swim
Noon - 1:00 pm	Noon Laps
5:30 - 6:30 pm	Lap Swim
6:00 - 8:45 pm	Open Swim

Friday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
8:00 - 9:00 am	Lap Swim
Noon - 1:00 pm	Noon Laps
2:30 - 8:45 pm	Open Swim

Saturday

7:00 - 9:00 am	Morning Laps
9:00 am - 7:00 pm	Open Swim

LEISURE POOL

5:00 - 9:00 am	Open Swim
Noon - 1:00 pm	Open Swim
2:30 - 8:45 pm	Open Swim

Saturday

7:00 - 7:00 pm	Open Swim
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*Pools can be rented
from
8:00 pm - Midnight Fridays
&
7:00 pm - Midnight Saturdays*

SUMMER

LAP POOL

Monday-Thursday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
8:30 - 11:00 am	Swim Lessons & Swim Team
11:00 am - Noon	Open Swim

Noon - 1:00 pm	Noon Laps
1:00 - 9:00 pm	Open Swim

Friday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
8:00 am - Noon	Open Swim
Noon - 1:00 pm	Noon Laps
1:00 - 8:00 pm	Open Swim

Saturday

7:00 - 9:00 am	Morning Laps
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LEISURE POOL

Monday - Thursday

5:00 am - 8:30 am	Open Swim
8:30 am - 11:00 am	Swim Lessons
11:00 am - 9:00 pm	Open Swim

Fridays

5:00 am - 8:30 am	Open Swim
11:00 am - 8:00 pm	Open Swim

Saturday

7:00 am - 7:00 pm	Open Swim
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POOL RULES

1. All participants must check in at the front desk prior to entering the swimming pool.
2. Children 5 and under must be accompanied by an adult 18 or older in the water at all times.
3. Children under the age of 8 must be supervised at all times by an adult 18 years or older in the water or on the deck.
4. Aquatic diapers and snug plastic pants are required for children wearing diapers or those who are not potty trained.
5. No gum chewing is allowed.
6. No running on pool deck.
7. Woggles, tubes, etc. are allowed when swimming loads permit.
8. No alcoholic beverages allowed on premises.
10. No hanging on lane lines.
11. Band-aids or bandages are not allowed in the pool.
12. No person with an open sore, infection, or diarrhea is allowed in the pool.
13. No cut off or blue jeans allowed. Swimsuits must be worn by all pool patrons.
14. Running, splashing, shoving or dunking type of conduct that may endanger the welfare and comfort of other patrons is prohibited.
15. No chicken fights or riding on top of shoulders is allowed.
16. No glass containers, food or drink on the pool deck. However, food and drink is allowed on the sun deck.
17. Diving permitted if depth of water is 9 feet or deeper.
18. Back flips or back dives are not allowed off the sides of the pool.
19. All rules and enforcement of rules are for the safety of the patrons.

GENERAL AQUATIC & FITNESS CENTER RULES

1. All participants must check in at the front desk prior to entering the South Summit Aquatic & Fitness Center.
2. Youth under the age of 12 must be supervised by an adult 18 years or older.
3. Children under the age of 8 must be accompanied by an adult at all times.
4. Offensive language or behavior, roughhousing, and fighting will not be tolerated.
5. Only capped, spill-proof water bottles are allowed. No gum, food or other drinks. The only exceptions to this policy are in the lobby, party rooms, and on the outside sun deck. Please use trash receptacles.
6. All personal belongings such as coats and backpacks should be secured in lockers.
7. No smoking is allowed in the Center or within 25 feet of entrances.
8. The South Summit Aquatic & Fitness Center, its officers, employees, agents and volunteers shall not be responsible to patrons or spectators for loss or damage to their personal property or valuables.
9. Personal trainers must be certified and on contract with South Summit Aquatic & Fitness Center or teacher/coach at South Summit School District.
10. Patrons to the Aquatic & Fitness Center must enter and exit through the main doors only, unless there is an emergency.
11. All programs, classes, and events, are subject to change at any time. Please visit the recreation center for updated information.
12. All Adult Program participants must be at least 16 years and older.



Become a "Facebook" fan. Click the facebook link at the www.ssaafc.org website.

MEMBERSHIP RATES

ANNUAL MEMBERSHIP FEES

	Residents	Non-Residents
3 & Under	Free	Free
Youth (4-17) Student	\$45.00	N/A
Youth (4-17)	\$107.00	\$188.00
Adult (18-61)	\$219.50	\$375.00
Adult Couple (18-61)	\$326.50	\$428.50
Senior (62+)	\$45.00	\$267.75
Senior Couple (62+)	\$87.00	\$321.25
Family	\$380.00	\$482.00
Additional Family Member	\$30.00	\$40.00

3 MONTH MEMBERSHIP FEES

	Residents	Non-Residents
3 & Under	Free	Free
Youth (4-17)	\$45.00	\$75.00
Adult (18-61)	\$72.50	\$138.50
Adult Couple (18-61)	\$96.50	\$155.50
Senior (62+)	N/A	\$91.25
Senior Couple (62+)	N/A	\$107.00
Family	\$117.50	\$171.00
Additional Family Member	\$15.00	\$25.00

MONTHLY MEMBERSHIP FEES

	Residents	Non-Residents
3 & Under	Free	Free
Youth (4-17) Student	\$10.00	N/A
Youth (4-17)	\$16.25	\$26.75
Adult (18-61)	\$25.75	\$48.25
Adult Couple (18-61)	\$34.50	\$53.50
Senior (62+)	\$11.00	\$32.50
Senior Couple (62+)	\$16.25	\$37.75
Family	\$43.00	\$58.75
Additional Family Member	\$10.00	\$15.00

DAILY USE FEES

3 & Under	Free
Youth (4-17), Senior & Military	\$5.00
Youth (4-17) & Senior Group Rate	\$4.25
Youth (4-17) & Senior Punch Pass	\$42.50
Adults (18-61)	\$7.00
Adults (18-61) Group Rate	\$5.95
Adults (18-61) Punch Pass	\$59.50

(All fees subject to change without notice.)

Register on-line at www.ssafc.org

CONDITIONS OF PASS HOLDER AGREEMENT

1. All pass fees are non-refundable. No refunds will be given for facility areas temporarily closed due to emergency repair, scheduled maintenance and/or routine maintenance.
2. All passes and fees are non-transferable.
3. All persons must check-in at the front desk before using any portion of the facility.
4. A daily fee will be charged for each visit by persons who do not have a current pass.
5. A current pass must be shown to gain admittance to the center.
6. All children under the age of 12 must be accompanied by an adult (age 18 or older). Only persons age 14 or older are allowed in the weight room and cardiovascular area.
7. The operating hours are established by the South Summit Aquatic & Fitness Center management and may be altered from time to time without prior notice.
8. The South Summit Aquatic & Fitness Center, its officers, employees, agents and volunteers shall not be responsible to patrons or spectators for loss or damage to their personal property or valuables.
9. All pass holders agree to report any lost card and agree to pay \$5 for each replacement card.
10. Members and patrons are required to abide by all rules and regulations established by the center. These policies and regulations may be amended by center management as needed.
11. The South Summit Aquatic & Fitness Center may terminate the membership of any member by written notice if a member: Violates the center rules and regulations; Allows a non-member to use his/her membership ID card; Fails to make payments when required; Steals from the center, members, or staff; Damages the center, equipment or facilities.

CORPORATE MEMBERSHIP RATES

12 Month Adult-Single Corporate Rate	Resident
Businesses with 5 to 10 employees participating	\$186.60
Businesses with 11 or more employees participating	\$175.60
12 Month Adult-Couple Corporate Rate	
Businesses with 5 to 10 employees participating	\$277.50
Businesses with 11 or more employees participating	\$261.20
12 Month Family Corporate Rate	
Businesses with 5 to 10 employees participating	\$323.00
Businesses with 11 or more employees participating	\$304.00

To purchase Corporate Memberships please contact the Center at 435.783.2423



PUMPKIN PLUNGE

A spooktacular swim experience with pumpkins in the SSAFC pools and Halloween games on the deck. Each participant will be allowed to take a pumpkin home too!

Saturday, October 29th

Time & Ages:

9:00 AM – 10:00 AM -- all ages

**(5 and under must be accompanied by an adult in the water)*

Cost: \$5.00 per child for early registration
\$6.00 per child for same-day registration
If space is available

Registration:

Pre-register Sept 26th – Oct 21st.
Or you can same day register starting at 7:00 am. Register early because this event will fill up fast!



ZOMBIE 5K FUN RUN

Dates:

Saturday, October 29, 2022

Registration:

October 3rd - October 26th

Time: 10:00 AM

Cost: \$10 - October 3 - 14
\$15 - October 15 - 26

Prizes for the best costume, overall and age finishers

FITNESS FUSION

Fun morning of group fitness with 6 of our instructors.
Come Join the Fun

Dates:

Saturday, February 12th
Saturday, May 14th
Saturday, November 12th

Time: 7:00 AM - 10:00 AM

Cost: Free with entry fee

Register at Front Desk
or on-line at
www.ssaafc.org

Easter Eggstravaganza

Our annual event is one the children won't want to miss! Come swim with hundreds of Easter Eggs and wacky ducks in the Easter Egg hunt at the SSAFC pool. Then, trade them in for special prizes!

Saturday, April 16, 2022

Time: 9:00 am
5 & under w/parent

9:30 am
6 to 11 year olds

Cost: \$6.00 per person

Registration:

Pre- Register
Mar 21st - Apr 14th - \$6.00
Late registration fee for
Apr 10 - 14th. Space is
limited, so register early!



Golf Simulator

We are excited once again to offer our golf simulator from November-April.

Cost:

\$12 per hour per single person
\$8 an hour per person for
2 or more people

Winter schedule only, call Stephen
783-2423 ext 4151 to book a tee time.



Become a "Facebook" fan. Click the facebook link at the www.ssaafc.org website.

Register at Front Desk
or on-line at
www.ssaafc.org

UNDER THE SEA

Experience the darkness of the swimming pools while swimming obstacle courses or just floating around the lazy river. Glow sticks, necklaces and bracelets allow for a fun atmosphere that everyone can enjoy! Make a date of this fun activity requested by our guests.

Date: January 17, 2022
Time: 7:00 pm- 8:30 pm
Ages: All Ages
Cost: SSAFC Entry Fee
No Pre-Registration Required



Women's Volleyball

TINY TOTS SWIMCLUB

Back by popular demand! Join us for a fun time at noon with parents and young children. Swim skills and playing with other children in the play pool will be the focus.

Date: January 28 – March 4
Time: 12:15 pm - 12:45 pm
Days: Fridays
Ages: 6 months through Preschool
Cost: \$25.00/ 6 classes
Registration: January 3rd – 26th



Men's Softball



Co-Ed Softball

ON-LINE REGISTRATION

To register on-line go to www.ssaafc.org and click on the "On-line Registration" link, or find the activity you want to register for and click on the "On-line Registration" link below.

On-line registration is easy and available 24 hours!

ADULT BASKETBALL

This is a fun way to stay in shape! Games will be on Thursday nights at the South Summit Middle School. There will be 8 league games and one single elimination tournament.

Time: Games will start at 6:30 PM
Early Registration: Oct 3 - 8 - Cost \$450
Registration: Oct 10 - Nov 19 - Cost \$475

Date: Begins December 1 and runs through February
Late Registration: \$500

ADULT CO-ED SOFTBALL

Starting Date: May 19
Time: 6:30 - 10:30 pm
Day: Tuesdays
Location: Oakley Complex
Early Registration: April 4 - 9
 Cost \$300
Registration: April 11 - May 14
 Cost \$325
Late Registration: \$350

MEN'S SOFTBALL

Starting Date: May 19
Time: 6:30 - 10:30 pm
Day: Thursdays
Location: Oakley Complex
Early Registration: April 4 - 9
 Cost \$450
Registration: April 11 - May 14
 Cost \$475
Late Registration: \$500

WOMEN'S SOFTBALL

Starting Date: May 19
Time: 6:30 - 10:30 pm
Day: Thursdays
Location: Oakley Complex
Early Registration: April 4 - 9
 Cost \$300
Registration: April 11 - May 14
 Cost \$325
Late Registration: \$350

NEW

ADULT CO-ED FALL SOFTBALL

Starting Date: August 23
Time: 6:30 - 10:30 pm
Day: Tuesdays
Location: Oakley Complex
Early Registration: July 11 - 16
 Cost \$300
Registration: July 18 - August 13
 Cost \$325
Late Registration: \$350

ADULT VOLLEYBALL

Starting Date: March 3
Time: 7:00 - 10:00 pm
Day: Thursdays
Location: High School Gym #2
Location: 4 v 4

Early Registration:
 January 24 - 29 - Cost \$250
Registration:
 January 31 - Feb 26 - Cost \$275
Late Registration: \$300

CO-ED ADULT VOLLEYBALL

Starting Date: March 17

Format: 4 v 4

Time: 7:00 - 10:00 pm

Day: Mondays

Location: Middle School Gym

Early Registration:

January 24 - 29 - Cost \$250

Registration:

January 31 - Feb 26 - Cost \$275

Late Registration: \$300

Pickleball League

LEAGUE: Mixer – 6 Weeks

Skill Divisions: Upper (A) & Lower (B)

Place: SSAFC gym #2

Cost: \$25.00 per person,
after deadline \$10.00 late fee

SPRING

Start Date: March 16th - Wednesdays

Registration: Jan 31- Mar 12

FALL

Start Date: Sept 13th - Tuesdays

Registration: Aug 1 - Sept 10

BABYSITTER TRAINING

You don't want to miss this popular class that can teach you new skills AND earn you money! Geared toward youth, ages 11-14, this American Red Cross training provides knowledge and skills necessary to safely and responsibly give care for children and infants.

The training will:

- Help participants develop leadership skills
- Teach how to develop a babysitting business
- Educate participants on how to keep themselves and others safe
- Explain strategies to help children behave
- Teach basic child care and basic first aid.

Dates: April 26, April 28, May 3, May 6

Time/Days: 2:45 pm - 5:30 pm,
Tuesdays & Thursdays

Age: Minimum 10 years old

Cost: \$35.00

Registration: March 28 - April 22

CONQUER 2022

100 miles sounds a little daunting, but we know many of you can rise to the challenge.

50 / 100 / 150 + MILE LAP SWIM CHALLENGE

Runs January - December 2022 - 35 laps / 70 lengths = 1mile • All strokes allowed

You will record your progress each day you swim. Watch your accomplishment grow!

Prizes will be awarded when you reach 50, 100, and 150+ miles

LET'S SEE WHO CAN GET THE MOST

I CAME. I SWAM. I CONQUERED.

Drop in Beach Volleyball

We will offer a drop in Beach volleyball night during the summer. If you enjoy the outdoors and Volleyball this is for you.

Wednesdays 7:00 - 9:00 PM

Dates:

June 1st, 8th, 15th, 22nd, 29th,
July 6th, 13th, 20th, 27th, 29th
August 3rd, 10th, 17th, 24th, 31st

Place:

Outdoor Volleyball Pits

Cost:

Free with entry in to the center

Drop in Pickleball

We offer drop in Pickleball three days a week year round.

WINTER: Dec 6, 2021 - Feb 27, 2022

Mondays, Fridays & Saturdays

4:00 - 6:00 pm

SPRING: February 28 - May 28

Tuesdays - 5:00 - 7:00 am

Fridays - 4:00 - 6:00 pm

Saturdays - 9:00 - 11:00 am

SUMMER: May 20 - August 27

Tuesday - 5:00 - 7:00 PM

Friday - 4:00 - 6:00 PM

Saturday - 9:00 - 11:00 AM

FALL: August 29 - December 3

Wednesdays - 5:00 - 7:00 PM

Fridays - 4:00 - 6:00 PM

Saturdays - 9:00 - 11:00

Place: SSAFC gym

Cost: Free with entry in to the center

WICKED PICKLE PICKLEBALL TOURNAMENT

Date: Saturday, October 8th

Tournament's: Whistle stop format

Skill Divisions: Upper (A) & Lower (B)

Registration: Sept 5th - Oct 8th

Cost: \$13.00 per person

Play will in the SSAFC gym

CORN HOLE LEAGUE

League: Open

Starting Date: Thursdays, November 3rd

Registration: October 3rd - 29th

Play will be at the Middle School

Cost: \$60.00 per team, \$70 after the deadline



START SMART

Start Smart is a program that helps your child get ready for sports. It's a step-by-step approach that builds confidence, self-esteem and makes sports fun. Your kids will learn all of the basic skills: throwing, catching, kicking, and batting. This class will run for one day a week for six weeks.

Please tell the Front Desk which class you are enrolling your child in.

Space is limited so sign up early!

Baseball Program

When: February 28 - April 4
Days: Mondays
Where: SSAFC Gymnasium
Time: 4:00 - 5:00 pm
Ages: 4 & 5 years old
Cost: \$20.00
Limit: 10 kids per class
Registration: February 14 - 26

Golf Program

When: July 5 - August 9
Days: Tuesdays
Time: 4:00 - 5:00 pm
Ages: 5-7 years old
Cost: \$20.00
Limit: 10 kids per class
Registration: June 20 - July 2

Flag Football Program

When: August 17 - September 21
Days: Wednesdays
Where: Behind SSAFC
Time: 4:00 - 5:00 pm
Ages: 5-7 years old
Cost: \$20.00
Limit: 10 kids per class
Registration: August 1 - 13

Basketball Program

When: November 8 - December 20
Days: Tuesdays
Where: SSAFC Gymnasium
Time: 4:00 - 5:00 pm
Ages: 4 & 5 years old
Cost: \$20.00
Limit: 10 kids per class
Registration: October 24 - Nov 5



SUMMER ADVENTURE CAMPS

We will once again be offering this exciting program this Summer! These will be week-long camps focusing on different activities or sports. There is something for everyone this Summer at the SSAFC!

SOCCER CAMP

Dates: May 31 - June 3
Time: 10:00 - 11:00 am - ages 8-10
 11:00 - 12:00 pm - ages 11-14
Cost: \$30
Location: High School Soccer Field
Registration: May 16 - 28

ROCK CLIMBING CAMP

Dates: June 6 - 9
Time: 10:00 - 12:00 pm - ages 8-13
Cost: \$35
Location: High School Football Field
Registration: May 23 - June 4

SUMMER BLAST CAMP (Games, Crafts, Sports, etc)

Dates: June 13 - 16
Time: 10:00 - 11:00 am - ages 8-12
Cost: \$30
Location: SSAFC lobby
Registration: May 30 - June 11

GOLF CAMP

Dates: June 20 - 23
Time: 10:00 - 11:00 am - ages 8-14
Cost: \$35
Location: Behind the SSAFC
Registration: June 6 - 18

MT. BIKE CAMP

Dates: July 5 - 8
Time: 8:00 - 10:00 am - ages 8-14
Cost: \$50
Location: SSAFC lobby
Registration: June 20 - July 2

ART CAMP

Dates: July 11 - 14
Time: 10:00 - 11:00 am - ages 8-12
 11:00 - 12:00 pm - ages 11-14
Cost: \$30
Location: SSAFC Party Room
Registration: June 27 - July 9

BEACH VOLLEYBALL CAMP

Dates: July 25 - 28
Time: 9:00 - 10:00 am - ages 8-14
Cost: \$25
Location: SSAFC Sand Volleyball Pits
Registration: July 11 - 23

BASEBALL CAMP

Dates: August 1 - 4
Time: 9:00-10:00 am - ages 8-14
Cost: \$25
Location: High School Baseball Field
Registration: July 18 - 30

YOUTH SOFTBALL / BASEBALL

The South Summit Aquatic and Fitness Center is excited to be offering the youth softball and baseball programs again this year. Cost includes a uniform. All games will be played at the Oakley Complex with the exception of the Pony League games, which will be played behind the SSAFC.

Games begin May 2

Practices for the older age groups will begin the week of April 18th.

Leagues:

T-BALL (5 & 6 year olds) – co-ed – Tuesdays and Thursdays

COACH PITCH (1st & 2nd grades) – co-ed – Mondays and Wednesdays

SOFTBALL

Philly (3rd - 5th grades) – Tuesdays and Thursdays

Fast Pitch (6th - 9th grades) – Tuesdays and Thursdays

BASEBALL

Minors (3rd / 4th grades) – Mondays and Wednesdays

Majors (5th / 6th grades) – Mondays and Wednesdays

Pony (7th-9th grades) – Mondays and Wednesdays

Cost: \$35.00 - (Early bird registration) - March 7 - 19
\$40.00 - (Normal registration) - March 20 - April 2

Registration: You can Register at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at www.ssaafc.org.

**A \$10 late fee will be added to those wanting to sign up after the registration deadline.*

(Volunteer coaches are needed)



Youth Basketball Programs

Itty Bitty Jr. Kitty Basketball

This is a recreational and instructional basketball program for boys and girls in the 1st and 2nd Grades. This will include a 30-minute instructional period followed by a game. Boys and girls will play together.

League: 1st and 2nd Grade Tuesdays

Games will start January 4, 2022

Time: Starting @ 4:00 PM
Place: SSAFC Gym
Cost: \$35.00

(Early bird Registration - Nov 8 - 20)
\$40.00

(Normal Registration - Nov 21 - Dec 4)

Registration will be taken at the South Summit Aquatic & Fitness Center's front desk or online at www.ssaafc.org from November 8 - December 4, 2021.

***Volunteer coaches are needed for this program.**

**A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



Jr. JAZZ

The SSAFC will once again be running the Jr. Jazz program this year. We are excited to be offering this program to kids in 3rd-9th grades. Cost includes a Jr. Jazz jersey and a ticket to a Utah Jazz game!

Play will begin on January 8, 2022

Place: SSAFC/Middle School Gyms
Cost: \$35.00 per player

(Early bird Registration - Nov 8-20)

\$40.00 per player

(Normal Registration - Nov 21-Dec 4)

Day/Time: Saturday Mornings

Divisions:

3rd/4th Grades

5th/6th Grades

7th/8th/9th Grades

Registration will be taken at the SSAFC's front desk or online at www.ssaafc.org from November 8 to December 4, 2021.

***Volunteer coaches are needed for this program.**

**A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



E-SPORTS SERIES

We will again be offering four gaming tournaments. We are excited to offer this for all ages.

FORTNITE

Date: Friday, February 11

Early Registration:

Jan 17 - Feb 8 - Cost \$10

FORTNITE

Date: Friday, April 15

Early Registration:

Mar 28 - April 12 - Cost \$10

FORTNITE

Date: Friday, October 7

Early Registration:

Sep 19 - Oct 4 - Cost \$10



The South Summit Aquatic & Fitness Center would like to say

THANK YOU

to all volunteers and coaches
of our programs

INTERESTED IN VOLUTEERING?

Volunteers are needed in areas
of our department including youth
sports, special events, and more!



CANOE BATTLESHIP

FOUR CANOES ENTER... ONE CANOE LEAVES!

Can you and your crew defeat the three other enemy vessels inhabiting your territorial waters?

Can you survive each naval encounter by sinking enemy ships using only the water buckets and mystery items at your disposal? Grab 3 friends and compete to become Master & Commander of SSAFC's High Seas!

Prizes for the Champion Team

POOL WAR

Date: Wednesday, June 15th

Time: 7:00 PM - 9:00 PM

Cost: \$25 per Team of 4 individuals

Youth Spring Soccer

Cost & Registration:

\$35 (Early Bird Registration)

January 31 - February 12

\$40 (Normal Registration)

February 13 - 26

Starts: March 22

Days: Tuesdays & Thursdays

Games begin at 5:00 pm

Leagues:

- 1st grade
boys/girls together (5v5) indoors
- *2nd & 3rd grades
boys/girls separate (6v6)
1st five games indoors,
2nd five games outdoors
- *4th & 5th grades
boys / girls separate (8v8)
- *6th -8th grades
boys / girls separate (11v11)

*(may have to go co-ed depending
on number of participants)

Volunteer Coaches are needed.

**A \$10 late fee will be added to
those wanting to sign up after the
registration deadline.*



Youth Fall Soccer

Cost & Registration:

\$35 (Early Bird Registration)

July 18 - 30

\$40 (Normal Registration)

July 31 - August 13

Starts: August 30

Days: Tuesdays & Thursdays

Games begin at 5:00 pm

Leagues:

- 4 year olds - boys and girls
together (4v4)
- Kindergarten & 1st grades -
boys and girls separate
(may have to go to co-ed
depending on number of
participants) (5v5)

Volunteer Coaches are needed.

**A \$10 late fee will be added to those
wanting to sign up after the registration
deadline.*



Become a "Facebook"
fan. Click the facebook
link at the
www.ssaafc.org website.



ADULT SWIM LESSONS

LEARNING THE BASICS

Introducing basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke.

For those swimmers looking to improve their proficiency in the six basic aquatic skills and strokes, check out our **PRIVATE SWIM LESSONS**.
(NO CLASS FEBRUARY 13)

Date: January 29 – March 5 (No Class February 13)

Ages: 18 years & up

Cost: \$35.00 / 6 classes

Time/Days: 7:30 - 8:15 AM - Saturdays

Registration: January 3 - 28

2021 Spring Session

Date: February 21 - May 4

Times: 2:30 (Middle) - 3:30 (Elementary)

Days: Monday & Wednesday

Cost: \$55

Registration: January 3 - March 4

2021 Summer Session

Date: June 6 - August 11

Times: 10:00 - 11:00 AM (All Ages)

Days: Monday - Thursday

Cost: \$80

Registration: April 25 - July 19

2021 Fall Session

Date: September 19 - November 9

Times: 4:30 - 5:30 PM (All Ages)

Days: Monday & Wednesday

Cost: \$55

Registration: August 15 - September 30

SOUTH SUMMIT SWIMMING

(No practice on Holidays or any day school is not in session)

Pre-Comp swim sessions will be approximately 10 weeks long. We will try to have 2-3 meets per session. Ages of swimmers include Elementary and Middle School students.

NATIONAL WATER SAFETY MONTH

Come and join the South Summit Swimming pools to celebrate the National Water Safety Month. Each week we will have fun aquatic programs to bring awareness to water safety.

MONDAY, MAY 2: Wibit Races. Fastest 3 racers win a prize

MONDAY, MAY 9: Wacky Water Polo: Come play water polo with tubes. Participants are entered to win a free puddle jumper life jacket.

MONDAY, MAY 16: Cannon Ball Contest: Prize for the best cannonball

MONDAY, MAY 23: "Whales Tales" Free Pool Entry if you and your kids watch 15 minutes of American Red Cross "Longfellow's – Whales Tales"

MONDAY, MAY 30: Lifejacket Fitting Demonstration: Enter for a chance to win 2 Private Swim Lessons. (\$40 Value)

SMALL WATERCRAFT PRACTICE

Are you a kayaker, SUP-er or other small personal watercraft enthusiast? We've added some practice time for you at our pool in anticipation of open water! Look for our lap pool to be available for your training two Wednesdays in March and April. More practice time may be scheduled due to our unpredictable winter/spring weather.

Dates: March 10, 24, April 7 & 21

Time: 7:00pm – 8:30pm

Where: SSAFC Lap Pool

Registration: Drop-In, Determined By Available Space!

Cost: SSAFC Entry Fee

22 Classes

435.783.2423



ON-LINE REGISTRATION

To register on-line go to www.ssaafc.org and click on the "On-line Registration" link, or find the activity you want to register for and click on the "On-line Registration" link below.

On-line registration is easy and available 24 hours!



WOMEN'S MOUNTAIN BIKE CLINIC

Join a small group of ladies to learn riding techniques and tips that will increase your confidence and ability. Learn Kamas Valley trails and become familiar with your bike and what you can do on it. This class will cover basic equipment and maintenance, as well as have you mastering switchbacks. Space is limited in this new program, so sign up early.

Days: Monday - Thursday
Dates: July 11 - 14
Time: 8:00 - 10:00 am

Age: 18 - 93
Cost: \$50 for the season
Registration: June 27 - July 9

www.ssaafc.org

Classes 23

Youth Basketball Camp

The South Summit Aquatic & Fitness Center and the South Summit High School Basketball team have joined up to bring you a fun, week long basketball camp. Come and show off your skills while learning how to improve your game.

Dates: October 17 - 29
Mondays & Wednesdays
Location: Middle School Gymnasium

Ages:	Time:	Cost:
8-11	5:00 pm - 6:00 pm	\$25
12-14	6:00 pm - 7:00 pm	\$25

**Cost includes a T-shirt.*

Registration: September 27 - October 8
at the South Summit Aquatic & Fitness Center's front desk or on-line at www.ssaafc.org.

**A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



Archery Classes

This is a 3 week indoor archery program for ages 10 to adult. Learn range safety and proper shooting techniques. Students will learn how to shoot using a compound bow by NASP certified instructors. Only 14 participants per class so sign up early.

SPRING SESSION

Dates: March 14 - 30
Days: Monday & Wednesday
Time: 6:00 - 7:00 pm - Beginners
7:00 - 8:00 pm - Intermediate
Cost: \$25; 6 classes
Registration: February 21 - March 5

FALL SESSION

Dates: October 24 - November 10
Days: Mondays & Thursdays
Time: 4:30 - 5:30 pm - Beginners
5:30 - 6:30 pm - Intermediate
Cost: \$25; 6 classes
Registration: October 10 - 22

You can now book your next party at the SSAFC on line. Just use the on-line registration button to get you to the link.

You can now book your racquetball court on line.

Swimming Lesson Descriptions

Parent & Child

6 month – 2 years. Parents and children learn together to increase a child's comfort level in the water. They will also build a foundation of basic skills and water safety concepts.

Preschool Aquatics A & B

3 years – 5 years old and have had one or more previous sessions of water adjustment lessons. This class teaches elementary aquatic skills, developing good attitudes. Safe practices around water are stressed.

Level 1

6 years old and older. Various swimming and safety skills will be taught with teacher support. Activities will allow the swimmer to roll over from front to back, and back to front then recover to a vertical position. To pass this level the participant must blow bubbles through the mouth and nose for 3 seconds and glide on front at least two body lengths. They must pass Level 1 to advance to Level 2.

Level 2

6 years old and older. This class gives participants success with fundamental swimming, and additional safety skills. Students will learn floating without support, breath control, simultaneous and alternating arm strokes, and leg actions while changing directions. To pass this level, the participants must swim using combined arm and leg actions for 15 feet on their stomach and back. They must pass Level 2 to advance to Level 3.

Level 3

6 years old and older. This is for participants to build on previously learned skills. Treading water and elementary backstroke will be taught. The requirement to pass this class is swimming crawl stroke 15 yds with side breathing. They must pass Level 3 to advance to Level 4.

Level 4

6 years old and older. This class is for the swimmer who is improving their skills and increasing their endurance. Requirements to pass this class include front crawl (25 yds), back crawl (15 yds), elementary back (25yds), butterfly (15yds), breaststroke (15yds), and scissor kick (15 yds). Must pass Level 4 to advance to Level 5.

Level 5

6 years old and older. This class is for the swimmer who needs further coordination and refinement of strokes. Various swimming, diving and safety skills will be taught. Requirements to pass this class are to swim front crawl (50 yds), back crawl (25 yds), elementary backstroke (50 yds), butterfly (25 yds), breaststroke (25 yds), sidestroke (25 yds), and tread water for 5 minutes. Must pass Level 5 to advance to Level 6.

Level 6

6 years old and older. The participant will choose one of three options. They include Fitness Swimmer, Fundamentals of Diving, and Personal Water Safety. In order to pass this level you must complete the requirements for the option you are participating in. This level may be repeated to focus on different goals each time.

*There will be no lessons on holidays or school vacations.

*Private lessons are available. Contact the Aquatic Director
at mruf@ssummit.org (\$25 per 1/2 hour)

2022 Swimming Lessons

Class size is kept to 5 students for safety and best learning capabilities. Not all class Levels may be offered at every time listed below. Availability of Instructors and number of registered students may determine available classes and times. Please contact the Aquatics Department for more detailed information.

Class Criteria:

- Parent & Child (with parent) Ages: 6 mo.-2 yrs. (6 children/class)
- Preschool Aquatics A (without parent) Ages: 3 yrs.-4 yrs. (5 children/class)
- Preschool Aquatics B (without parent) Ages: 4 yrs.-5 yrs.
w/2 sessions or experience (5 children/class)
- Levels 1-6 Ages: 6 yrs. + (5 children/class)
- Scout Swimming and Life Saving Merit Badge Ages: 11-17 (8 students/class)

WINTER /FALL SESSION

Dates: (Saturday Classes)

January 22 - March 5 (no class on Feb 12)

October 1 - November 12 (no class on Oct 29)

*Registration:

December 27, 2021 - January 20

September 5 - 29

SPRING SESSIONS

Dates: (Saturday Classes)

April 30 - June 4

*Registration:

March 28 - April 28

SUMMER SESSIONS

Dates: (Mon-Thurs. Classes)

Session #1 June 6 - June 16

Session #2 June 20 - June 30

Session #3 July 11 - July 21

Session #4 August 1 - August 11

*Registration:

May 2 - June 2

May 16 - June 16

June 13 - July 7

June 27 - July 28

Private Lessons

Email:
mruf@ssummit.org

Summer Schedule/ Monday-Thrusday Classes

Classes	Time	Cost
Parent & Child	8:30-9:00, 9:05-9:35, 9:40-10:10	\$25.00
Preschool Aquatics A & B	8:30-9:00, 9:05-9:35, 9:40-10:10	\$30.00
Level 1,2,3	8:30-9:00, 9:05-9:35, 9:40-10:10	\$30.00
Level 4 & 5	8:15-9:00, 9:05-9:50	\$35.00
Level 6	9:00-10:00	\$35.00
Scout Merit Badge	Available upon request as needed	\$20.00

Year Round Schedule/ Saturday Classes

Classes	Time	Cost
Parent & Child	9:00-9:30, 9:30-10:00	\$25.00
Preschool Aquatics A & B, L1	9:00-9:30, 9:30-10:00	\$30.00
Level 2,3	9:00-9:45, 9:45-10:30	\$30.00
Level 4,5,6	9:00-9:45	\$35.00
Scout Merit Badge	Available upon request as needed	\$20.00

After School Schedule/ Monday through Thursday Classes

Classes	Time	Cost
Will vary upon demand	3:00-4:30	See Above

PRIVATE SWIMMING LESSONS - Available upon request with one of our certified teachers. Please contact the Aquatics Director at mruf@ssummit.org for arrangements.



Boy Scout Merit Badge Classes

We provide Lifesaving and Swimming merit badge classes for youth ages 11-17. Scouts must be able to pass the BSA swim check on first day of class, and then complete all necessary skills to earn badges.

Dates: Available upon request as needed. Contact the Aquatics Director at mruf@ssummit.org for arrangements

Time: After school or evenings

Cost: \$20.00 per Merit Badge
\$30 for Two Badges

REGISTRATION INFORMATION

Register for all recreation programs at the SSAFC, Monday-Saturdays during open hours or online at www.ssaafc.org

All fees must be paid at the time of registration.
No telephone registration will be accepted.

After the deadline has ended, if there is room in a given class or league, participants will be added with a late fee.

If the class or league is full, then a waiting list will be established. Being placed on the waiting list does not guarantee you will participate.

Volunteering as a coach does not waive the registration fee for your child.

WORKPLACE CPR/ FIRST AID AED



CPR-AED and First Aid skills for adult, child, and baby.

2021 Winter Session:

Dates: January 18

Tuesday

Time: 5:30 - 9:00 pm

Cost: \$55.00 (mask & skill card included)

Registration:

Dec 18, 2021 - Jan 17

2021 Summer Session:

Dates: June 7

Tuesday

Time: 5:30 pm - 9:00 pm

Cost: \$55.00 (mask & skill card included)

Registration: May 16 - June 6

2021 Fall Session:

Dates: September 6

Tuesday

Time: 5:30 pm - 9:00 pm

Cost: \$55.00 (mask & skill card included)

Registration: Aug 15 - Sept 5

You can now book your
next party at the SSAFC
on line. Just use the on-line
registration button to get
you to the link.

You can now book your
racquetball court on line.

Aqua Track



Wibit Aqua Track

Check out this popular water feature in the South Summit Aquatic and Fitness lap pool. This fun obstacle course is a great activity for the whole family.

Summers Open Mondays - Saturdays

Available on Saturdays - 9:30 am - 4:00 pm

Other days may be available / Hours Subject to Change



LIFEGUARD TRAINING

This class teaches lifeguarding skills, emergency first aid for respiratory failure and cardiac arrest in victims of all ages. Red Cross Certification will be awarded upon completion of the course. The lifeguarding, first aid and the CPR-AED certification is good for two years. In order to take this class you must be able to pass a pretest consisting of a continuous 500 yard swim-breast stroke and crawl stroke, surface dive to nine feet to retrieve a 10 lb. brick, and tread water for two minutes with the hands tucked under the armpits. **Must be 15 yrs. old by the last class.**

Cost: \$175.00 or have the fee waived if you apply as a Lifeguard first and are hired at SSAFC; includes rescue mask and whistle

Spring Session:

Dates: April 12 - May 12

Precourse Swim: April 12

Days: Tuesday & Thursday

Time: 5:00 - 8:00 pm

Registration: March 8 - April 9

Fall Session:

Dates: September 20 - October 20

Precourse Swim: September 20

Days: Tuesday & Thursday

Time: 5:00 - 8:00 pm

Registration: August 16 - September 17

AEROBIC CLASSES

The South Summit Aquatic & Fitness Center offers various aerobics classes that change every quarter. Schedules and classes are subject to change at any time. For the current schedule, please come into the Aquatic & Fitness Center and pick up a copy or go online to www.ssaafc.org.

Fitness Instructors

Paula Avery
Sarah Ray
Wendy Galovich
Chandler Smith

David Gardner
Dori Snyder
Andrea Gordon
Erin Watson

Alison Memott
Julie Winter
Shauna Woolstenhulme

Small Group Personal Training

4 weeks, 12 Classes • Max of 10 people

Time: 5:15-6:00 AM & 6:00-6:45 AM **Days:** Mondays, Wednesdays & Fridays

Cost: \$130 per session

Sessions:

January 3 - 28

February 1 - 26

February 28 - March 25

March 28 - April 29 - (No classes April 4-8)

May 2 - 27

September 5 - 30

October 3 - 28

October 31 - November 30 - (No class Nov 25)

Registration:

December 20, 2021 - January 1

January 17 - 29

February 14 - 26

March 14 - 26

April 18 - 30

August 22 - September 3

September 19 - October 1

October 17 - 29

ON-LINE REGISTRATION

To register on-line go to www.ssaafc.org and click on the "On-line Registration" link, or find the activity you want to register for and click on the "On-line Registration" link below.

On-line registration is easy and available 24 hours!



Become a "Facebook" fan. Click the facebook link at the www.ssaafc.org website.

YOUTH TENNIS LESSONS

The South Summit Aquatic & Fitness Center is offering youth tennis instruction designed to fit everyone's skill level. Forms can be picked up at the Fitness Center's front desk or you can register on-line at www.ssaafc.org. We will provide racquets and tennis balls.

Dates: Tuesdays & Wednesdays

Begins: May 17 - 25

Where: South Summit Middle School Tennis Courts

Time **Ages** ***Cost**

4:00 - 4:45 PM

6-9

\$30

5:00 - 6:00 PM

10-14

\$35

Registration: May 2 - 14

*Prices include a camp T-shirt

A \$10 late fee will be added to those wanting to sign up after the registration deadline.



YOUTH VOLLEYBALL CAMP

This is a recreational program for boys and girls in 3rd thru the 8th grades. Registration is from August 29th - September 10th.

You can register at the South Summit Aquatic & Fitness Center's front desk during regular business hours or on-line at www.ssaafc.org.

Starts **September 14th** and runs through **October 19th.**

Days: Wednesdays

Ages:

3rd - 5th grades

6th - 8th grades

Time:

6:00 - 7:00 pm

7:00 - 8:00 pm

Place: So Summit High School Gym

Cost: \$30.00 (includes T-shirt)

**A \$10 late fee will be added to those wanting to sign up after the registration deadline.*

JR. PICKLEBALL CLINIC **NEW**

We are running a brand new clinic this season! Come join us to learn all about Pickle ball which is a fun and fast growing sport. This is a great sport that combines many elements of tennis, badminton and ping-pong.

Dates: June 27th - 30th

Ages: 8-15

Time: 9:00-10:00 am

Registration: June 13th-June 25th

Place: Tennis Courts

Cost: \$30.00