

SOUTH SUMMIT AQUATICS & FITNESS CENTER

Annual Memberships
Quarterly Memberships
Monthly Memberships
Daily Drop-In Fees

FEATURES


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

435-783-2423


350 East 200 South • Kamas, UT 84036

FACEBOOK @ South Summit Aquatic & Fitness Center

TWITTER @ssaafc1 • INSTAGRAM south_summit_afc

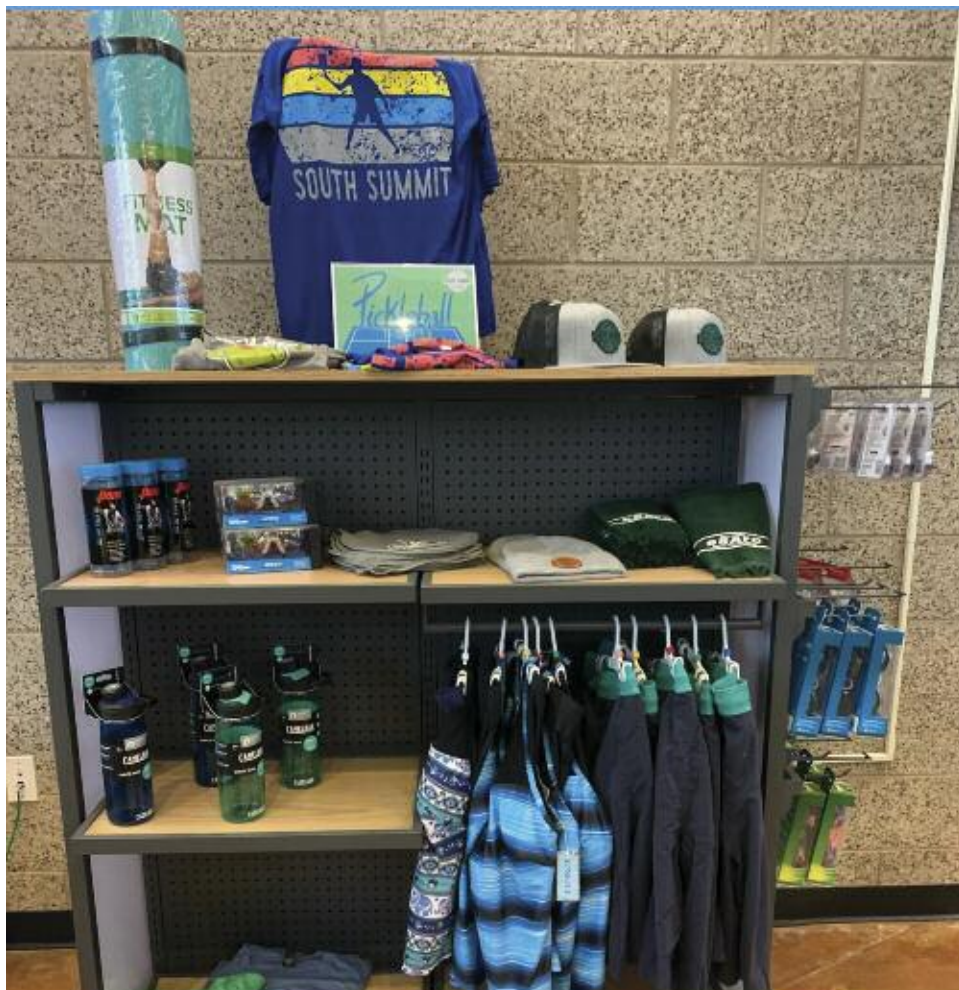


SOUTH SUMMIT
AQUATIC & FITNESS CENTER



2024 PROGRAM GUIDE

We do fun right!



Check out our Pro-shop



- Water Bottles • Yoga Mats • Swim Suits
- Racquet/Pickle balls • Hats/Beanies • Locks
- Swim Diapers • Diaper covers • Goggles

435.783.2423 • ssaafc.org • 350 East 200 South, Kamas

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Desk or on-line at
www.ssaafc.org

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Heber City, Utah 84032

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 - 10:00 am; Noon - 1:00 pm 2:30 pm - 9:00 pm
Friday	5:00 am - 10:00 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)

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** - Scott Eckleson (Maintenance)
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



Scott Eckleson
Maintenance

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 - \$120

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

Party Room Package #2 - \$150

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

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



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 - 8:00 am
Monday - Friday	Noon - 1:00 pm
Monday - Friday	4:30 - 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 - 8:00 pm
Saturday	11:00 am - 7:00 pm

Summer

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

Holiday Hours To Be Announced

FALL / WINTER / SPRING

LAP POOL

Monday - Thursday

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

Saturday

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

LEISURE POOL

Monday - Friday

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

Saturday

7:00 am - 6:45 pm	Open Swim
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*Pools can be rented
from
7:00 pm - Midnight
Fridays & 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 - 7:00 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 - 7:00 pm	Open Swim

Saturday

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

LEISURE POOL

Monday - Thursday

5:00 am - 8:30 am	Open Swim
8:30 am - 11:00 am	Swim Lessons
11:00 am - 7:00 pm	Open Swim

Fridays

5:00 am - 8:30 am	Open Swim
11:00 am - 7:00 pm	Open Swim

Saturday

7:00 am - 6:45 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
1 & Under	Free	Free
Toddler (2-3)	\$50.00	\$103.70
Youth (4-17) Student	\$125.00	N/A
Youth (4-17)	\$148.25	\$207.40
Adult (18-61)	\$242.00	\$413.45
Adult Couple (18-61)	\$360.15	\$472.50
Senior (62+)	\$100.00	\$295.30
Senior Couple (62+)	\$195.00	\$354.30
Family	\$419.00	\$531.30
Additional Family Member	\$40.00	\$55.00

3 MONTH MEMBERSHIP FEES

	Residents	Non-Residents
1 & Under	Free	Free
Toddler (2-3)	\$40.00	\$41.75
Youth (4-17) Student	N/A	N/A
Youth (4-17)	\$49.60	\$83.20
Adult (18-61)	\$80.00	\$149.60
Adult Couple (18-61)	\$106.60	\$171.40
Senior (62+)	N/A	\$100.55
Senior Couple (62+)	N/A	\$118.10
Family	\$129.70	\$188.50
Additional Family Member	\$20.00	\$30.00

MONTHLY MEMBERSHIP FEES

	Residents	Non-Residents
1 & Under	Free	Free
Toddler (2-3)	\$10.50	\$14.70
Youth (4-17) Student	\$15.00	N/A
Youth (4-17)	\$17.85	\$29.40
Adult (18-61)	\$28.60	\$53.30
Adult Couple (18-61)	\$38.00	\$59.05
Senior (62+)	\$15.00	\$35.70
Senior Couple (62+)	\$17.85	\$41.75
Family	\$47.50	\$64.85
Additional Family Member	\$12.50	\$20.00

DAILY USE FEES

1 & Under	Free
Toddler (2 - 3)	\$3.50
Youth (4 - 17), Senior & Military	\$6.00
Youth (4 - 17) & Senior Group Rate	\$4.25
Youth (4 - 17) & Senior Punch Pass	\$51.00
Adults (18 - 61)	\$8.50
Adults (18 - 61) Group Rate	\$5.95
Adults (18 - 61) Punch Pass	\$72.25

*(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.

Register on-line at www.ssafc.org

CORPORATE MEMBERSHIP RATES

12 Month Adult-Single Corporate Rate	Resident
Businesses with 5 to 10 employees participating	\$205.70
Businesses with 11 or more employees participating	\$193.60
12 Month Adult-Couple Corporate Rate	
Businesses with 5 to 10 employees participating	\$306.15
Businesses with 11 or more employees participating	\$288.12
12 Month Family Corporate Rate	
Businesses with 5 to 10 employees participating	\$356.15
Businesses with 11 or more employees participating	\$335.20

To purchase Corporate Memberships please contact the Center at 435.783.2423

NEW Member Appreciation Day

(Rec Center Birthday)

September 22, 2024

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 26, 2024

Time & Ages:

9:00 AM – 9:30 AM -- all ages
*(5 and under must be accompanied by an adult in the water)

Cost: \$7.00 per participant

Registration:

Pre-register Sept 23 – Oct 23
Or you can same day register starting at 7:00 am, Space Permitting.
Register early because this event will fill up fast!



FALL FESTIVAL NEW

Saturday, October 26, 2024

Fall in Kamas is always a magical time of year! Here at SSAFC we will have exciting activities for the young and young at heart to enjoy! Explore our many different activities and games! We will also have vendor spots available too!

We can't wait to have you at the Rec Center!

Registration

You can register for Vendor Spots at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at www.ssaafc.org.

WELLNESS FAIR NEW

This event will take place in early spring at the South Summit Aquatic & Fitness Center. It will promote health and wellness among our Kamas Valley community. There will be work shops, info tables, giant yard games, spin for prizes, face painting, drawings and raffles! This event is free and open to the public.

Registration

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

Kids Market NEW

End of Summer

Entrepreneurs ages 5 to 16 can participate in our farmer's/craft market run entirely by kids! Children can sell anything!

It can be handmade, store-bought, food, games or services.

At our markets, the kids must do the selling! They are in charge of all aspects of their business. (No bartering allowed.)

Families bring all their own supplies (table, etc).

Mom and Dad can help set up, then get to sit back and watch their kiddos run the show, all on their own!

Registration

You can Register for vendor spots at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online 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, March 23, 2024

Time: 9:00 am
5 & under w/parent
9:30 am
6 to 11 year olds

Cost: \$6.00 per person

Registration:

Pre- Register
Feb 26 - Mar 15 - \$7.00
Late registration
Mar 16 - Mar 21 - \$9.00

Space is limited, so register early!



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

TINY TOTS SWIM CLUB

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	Registration
Session 1	January 24 - February 28	January 1 - 19
Session 2	March 13 - April 24 (No Class April 3 - Spring Break)	February 19 - March 8
Session 3	September 25 - October 30	September 2 - 20
Session 4	November 6 - December 18 (No Class November 27 - Thanksgiving)	October 14 - November 1
Time:	12:15 pm - 12:45 pm	Days: Wednesdays
Ages:	6 months through Preschool	Cost: \$35.00/ 6 classes



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	Date: Begins November 28
Early Registration: Oct 7 - 12 - Cost \$550	and runs through February
Registration: Oct 14 - Nov 16 - Cost \$575	Late Registration: \$600

ADULT CO-ED SOFTBALL

Starting Date: May 21
Time: 6:30 - 10:30 pm
Day: Tuesdays
Location: Oakley Complex
Early Registration: April 1 - 6
 Cost \$350
Registration: April 8 - May 11
 Cost \$375
Late Registration: \$400



MEN'S SOFTBALL

Starting Date: May 23
Time: 6:30 - 10:30 pm
Day: Thursdays
Location: Oakley Complex
Early Registration: April 1 - 6
 Cost \$550
Registration: April 8 - May 11
 Cost \$575
Late Registration: \$600

ADULT CO-ED FALL SOFTBALL

Starting Date: August 20
Time: 6:30 - 10:30 pm
Day: Tuesdays
Location: Oakley Complex
Early Registration: July 15 - 20
 Cost \$350
Registration: July 22 - August 10
 Cost \$375
Late Registration: \$400

ADULT WOMEN'S VOLLEYBALL

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

Early Registration:
 January 22 - 27 - Cost \$275
Registration:
 January 29 - Feb 24 - Cost \$300
Late Registration: \$325

CO-ED ADULT VOLLEYBALL

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

Early Registration:
 January 22 - 27 - Cost \$275
Registration:
 January 29 - Feb 24 - Cost \$300
Late Registration: \$325

5K RUN SERIES

Join Us for an Exciting Year of 5K Races!

Are you ready to lace up your running shoes and conquer new challenges? Look no further! We will be announcing our registration and dates of 5K races throughout the entire year. Whether you're a seasoned runner or just starting your fitness journey, there's a race for everyone!

Don't miss out on these incredible 5K races! Gather your friends and family, and get ready for a year filled with fitness, fun, and unforgettable memories. Visit our website or contact us for more information and registration details. Let's make 2024 your best running year yet!

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.

NY DAY 5K - January	TRAIL 5K/10K - Late Summer
SWEETHEART 5K - February	ZOMBIE RUN - October
COLOR RUN - May	TURKEY TROT - November

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 7, 14, 21, 28,
July 5, 12, 19, 26
August 2, 9, 16, 23, 30

Place:

Outdoor Volleyball Pits

Cost:

Free with entry in to the center

Drop in Pickleball

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

WINTER:

December 2, 2023 - March 2, 2024
Mondays - 5:00 - 7:00 pm
Fridays & Saturdays - 4:00 - 6:00 pm

SPRING:

March 4 - June 1
Wednesdays - 5:00 - 7:00 pm
Saturdays - 9:00 - 11:00 am

SUMMER:

June 3 - August 31
NO Drop in Court Times

FALL:

September 2 - November 30
Wednesdays - 5:00 - 7:00 pm

Place: SSAFC gym

Cost: Free with entry in to the center

PICKLEBALL TOURNAMENTS

MUSICAL PICKLEBALL

Date: Monday, March 4	Skill Divisions: Open
Registration: February 18 - March 9	Cost: \$10.00 per person
Tournament's: Musical Chairs & Kings Court	Play will be in the SSAFC gym

MIXED DOUBLES TOURNAMENT

Date: Monday, April 8	Skill Divisions: Open
Registration: March 17 - April 6	Cost: \$10.00 per person
Tournament's: Doubles	Play will be in the SSAFC gym

BLIND DRAW TOURNAMENT

Date: Monday, May 13	Skill Divisions: Open
Registration: April 22 - May 11	Cost: \$20.00 per team
Tournament's: 3 games guaranteed	Play will be in the SSAFC gym

TURKEY PADDLE BATTLE (MIXED DOUBLES)

Date: Monday, November 11	Skill Divisions: Open
Registration: October 21 - November 9	Cost: \$20.00 per team
Tournament's: 3 games guaranteed	Play will be in the SSAFC gym

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 23, April 25, April 30, May 2
Time/Days: 2:45 pm - 5:30 pm,
Tuesdays & Thursdays

Age: Minimum 10 years old
Cost: \$45.00
Registration: April 1 - 19

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!

START SMART

Start Smart program teaches children the basic motor skills necessary to play organized sports while they work one-on-one and spend quality time with their parents.

The program focuses on teaching children and their parents basic skills in throwing, passing/catching, kicking, and batting without the threat of competition or the fear of getting hurt. Held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement.

Each participant will receive a shirt and a related prize at the end of the program.

Space is limited so sign up early!

Baseball Program

When: February 26 - April 1

Days: Mondays

Where: SSAFC Gymnasium

Time: 5:00 - 6:00 pm

Ages: 4 & 5 years old

Cost: \$35.00

Limit: 10 kids per class

Registration: February 12 - 25

Golf Program

When: July 2 - August 6

Days: Tuesdays

Where: SSAFC Gymnasium

Time: 5:00 - 6:00 pm

Ages: 5-7 years old

Cost: \$35.00

Limit: 10 kids per class

Registration: June 18 - August 1

Flag Football Program

When: August 14 - September 18

Days: Wednesdays

Where: Behind SSAFC

Time: 5:00 - 6:00 pm

Ages: 5-7 years old

Cost: \$35.00

Limit: 10 kids per class

Registration: July 31 - August 13

Basketball Program

When: November 5 - December 10

Days: Tuesdays

Where: SSAFC Gymnasium

Time: 5:00 - 6:00 pm

Ages: 4 & 5 years old

Cost: \$35.00

Limit: 10 kids per class

Registration: October 22 - Nov 4

CONQUER 2024

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 2024 - 35 laps / 70 lengths = 1 mile • 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.

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 SSFAC!

SOCCER CAMP

Dates: June 3 - 6

Time: 10:00 - 11:00 am - ages 8-10
11:00 - 12:00 pm - ages 11-14

Cost: \$35

Location: High School Soccer Field

Registration: May 20 - June 1

MT. BIKE CAMP

Dates: June 24 - 27

Time: 8:00 - 10:00 am - ages 8-14

Cost: \$55

Location: SSAFC lobby

Registration: June 10 - 22

ART CAMP

Dates: July 8 - 11

Time: 10:00 - 11:00 am - ages 8-14
11:00 - 12:00 pm - ages 8-14

Cost: \$40

Location: SSAFC Party Room

Registration: June 24 - July 6

BEACH VOLLEYBALL CAMP

Dates: July 15 - 18

Time: 9:00 - 10:00 am - ages 8-14

Cost: \$30

Location: SSAFC Sand Volleyball Pits

Registration: July 1 - 13

BASEBALL CAMP

Dates: July 29 - August 1

Time: 9:00-10:00 am - ages 8-14

Cost: \$25

Location: High School Baseball Field

Registration: July 15 - 27

ROCK CLIMBING CAMP

Dates: May 28 - 31

Class 1: 1:00 - 2:00 pm - ages 8-13

Class 2: 2:00 - 3:00 pm - ages 8-13

Cost: \$40

Location: Rock Climbing Wall

Registration: May 13 - 25

SUMMER BLAST CAMP

(Games, Crafts, Sports, etc)

Dates: June 10 - 13

Time: 10:00 - 11:00 am - ages 8-12

Cost: \$35

Location: SSAFC lobby

Registration: May 27 - June 8

GOLF CAMP

Dates: June 17 - 20

Time: 10:00 - 11:00 am - ages 8-14

Cost: \$40

Location: Behind the SSAFC

Registration: June 3 - 15

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 April 29

Practices for the older age groups will begin the week of April 15.

Leagues:

T-BALL (5 & 6 year olds) – co-ed – Mondays and Wednesdays
COACH PITCH (1st & 2nd grades) – co-ed – Tuesdays and Thursdays

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: \$45.00 - (Early bird registration) – March 4 - 18
 \$50.00 - (Normal registration) – March 19 - April 1

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 2, 2024

Time: Starting @ 4:00 PM

Place: SSAFC Gym

Cost: **Early bird Registration -**
 (Nov 6 - 18) \$40.00
Normal Registration -
 (Nov 19 - Dec 2) \$45.00

Registration will be taken at the South Summit Aquatic & Fitness Center's front desk or online at www.ssaafc.org from November 6 - December 2, 2023.

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

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



JUNIOR 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 6, 2024

Place: SSAFC/Middle School Gyms
Cost:

Early bird Registration -

Nov 6 - 18, 2023 - \$45.00 per player

Normal Registration -

Nov 20 - Dec 2, 2023 - \$50.00 per player

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 6 to December 2, 2023.

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

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



MERMAID UNIVERSITY

Dates: March 16 - 30

Time/Days: 8:30 - 9:00 am Saturdays

Cost: \$30.00 per participant

Registration: Feb 19 - Mar 13

Get ready for big smiles and even bigger splashes. This exciting 30 minute lesson transports you to an underwater world of magic filled with enchantment and wonder!

Kids and adults will work with an expert mermaid instructor to learn how to swim with a mermaid tail. As you get used to swimming with a tail get ready for a variety of fun games, challenges and a great core workout!



The South Summit Aquatic & Fitness Center would like to say

THANK YOU

to all volunteers and coaches
of our programs

INTERESTED IN VOLUNTEERING?

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

Karate

Karate is not only for self-defense, it is also an incredible source of exercise, that teaches Courtesy, Integrity, Perseverance, and Self-Control.

This is an ongoing monthly program. Payment is due the 1st of each month.

Days: Mondays, Wednesdays

Beginner: 5:30, 6:10 pm

**Advanced
& Adult:** 6:50 pm

Location: Studio B

Cost: \$30 per person
Once per week

\$50 per person
Twice per week

Youth Spring Soccer

Cost & Registration:

\$45 (Early Bird Registration)

January 29 - February 10

\$50 (Normal Registration)

February 11 - 24

Starts: March 19

Days: Tuesdays & Thursdays

Games begin at 5:00 pm

Leagues:

- 4 year olds
boys/girls together (4v4) indoors
- Kindergarten & 1st grade
boys/girls together (5v5) indoors
- 2nd & 3rd grades
boys/girls together (6v6) outdoors
- 4th & 5th grades
boys/girls together (8v8) outdoors

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:

\$45 (Early Bird Registration)

July 15 - 27

\$50 (Normal Registration)

July 26 - August 10

Starts: August 26

Days: Mondays & Wednesdays

Games begin at 5:00 pm

Leagues:

- 4 year olds
boys/girls together (4v4) indoors
- Kindergarten & 1st grade
boys/girls together (5v5) indoors
- *2nd & 3rd grades
boys/girls together (6v6) outdoors
- *4th & 5th grades
boys/girls together (8v8) outdoors

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.

Also, check out our **PRIVATE SWIM LESSONS**.

Ages: 18 years & up **Cost:** \$40.00 / 6 classes

Time/Days: 8:00 - 8:45 AM - Saturdays

Winter Session: Feb 24 - Mar 30 **Registration:** January 29 - Feb 16

Spring Session: Apr 13 - May 18 **Registration:** Mar 18 - Apr 5

Fall Session: Sep 21 - Nov 9 **Registration:** Aug 26 - Sep 13
(No Class Oct 19th or 26th)

2024 Spring Session

Date: February 2 - May 1

(No Practice April 1 or 3 - Spring Break)

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

Days: Monday & Wednesday

Cost: \$60

Registration: January 29 - February 23

2024 Summer Session

Date: June 3 - August 7

Times: 10:30 - 11:30 AM (All Ages)

Days: Monday - Thursday

Cost: \$100

Registration: May 13 - June 7

2024 Fall Session

Date: September 16 - November 20

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

Days: Monday & Wednesday

Cost: \$60

Registration: August 26 - September 20

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, APRIL 29 - MAY 3

Week One: Pool Safety

MONDAY, MAY 6 - MAY 10

Week Two: Lake Safety

MONDAY, MAY 13 - MAY 17

Week Three: Beach Safety

MONDAY, MAY 20 - MAY 24

Week Four: Water Watchers

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 9, 23, April 6 & 20

Time: 5:00pm - 6:30pm

Where: SSAFC Lap Pool

Registration: Drop-In, Determined By Available Space!

Cost: SSAFC Entry Fee



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 8 - 11

Time: 8:00 - 10:00 am

Age: 18 - 93

Cost: \$60

Registration: June 24 - July 6

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 21 - 30
Mondays & Wednesdays
Location: Middle School Gymnasium

Ages:	Time:	Cost:
8-11	5:00 pm - 6:00 pm	\$35
12-14	6:00 pm - 7:00 pm	\$35

**Cost includes a T-shirt.*

Registration: September 23 - October 12
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 11 - 27
Days: Mondays & Wednesdays
Time: 6:00 - 7:00 pm Beginners
7:00 - 8:00 pm Beginners
Cost: \$25; 6 classes
Registration: February 19 - March 2

FALL SESSION

Dates: October 21 - November 7
Days: Mondays & Thursdays
Time: 4:30 - 5:30 pm Beginners
5:30 - 6:30 pm Beginners
Cost: \$25; 6 classes
Registration: October 7 - 19

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)

2024 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

Dates: (Saturday Classes)

February 24 - March 30

*Registration:

January 29 - February 16

SPRING SESSIONS

Dates: (Saturday Classes)

April 13 - May 18

*Registration:

March 18 - April 5

SUMMER SESSIONS

Dates: (Mon-Thurs. Classes)

Session #1 June 3 - June 13
Session #2 June 17 - June 27
Session #3 July 8 - July 18
Session #4 July 29 - August 8

*Registration:

May 13 - May 29
May 27 - June 12
June 17 - July 3
July 8 - July 24

FALL

Dates: (Saturday Classes)

September 21 - November 9 (No Class Oct 19 or 26)

*Registration:

August 26 - September 13

Private Lessons

Email:
mruf@ssummit.org

Summer Schedule/ Monday-Thursday 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.



WORKPLACE CPR/ FIRST AID AED



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

2024 Winter Session:

Dates: January 23

Tuesday

Time: 5:30 - 8:30 pm

Cost: \$60.00 (mask & skill card included)

Registration: January 1 - 19

2024 Spring Session:

Dates: May 21

Tuesday

Time: 5:30 pm - 8:30 pm

Cost: \$60.00 (mask & skill card included)

Registration: Apr 29 - May 17

2024 Fall Session:

Dates: September 24

Tuesday

Time: 5:30 pm - 8:30 pm

Cost: \$60.00 (mask & skill card included)

Registration: Sep 2 - Sept 20

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.

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.

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

Come be a Lifeguard at the SSAFC. Flexible and fun job. Great job during school and sports. Competitive pay. Contact Mike Ruf: mruf@ssummit.org for more information. The Red Cross now offers blended learning classes so you can do the classroom portion of the class online, and the water skills at the SSAFC. If interested come, see Mike and let's get you on our team!

Must be 15 yrs. old by the last class.

Blended Learning:

Dates: As soon as you can!

Time: Flexible

Registration: On Demand

Cost: \$175.00

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: \$110 per session

Sessions:

Registration:

January 1 - 26	December 18 - 31, 2023
February 5 - March 1	January 22 - February 3
March 4 - 29	February 19 - March 2
April 8 - May 3 - (No classes April 3 - 7)	March 18 - April 6
May 6 - 31	April 22 - May 4
September 2 - 27	August 19 - 31
September 30 - October 25	September 16 - 28
October 28 - November 29	October 14 - 26

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 & Thursdays
Begins: May 14 - 23
Where: South Summit Middle School Tennis Courts

Time	Ages	*Cost
4:00 - 4:45 PM	6-9	\$40
5:00 - 6:00 PM	10-14	\$45

Registration: April 29 - May 11

*Prices include a new can of tennis balls

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 **October 14 - 26, 2024.**

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 **November 6** and runs through **December 4.**

Days: Wednesdays

Ages: 3rd - 8th grades **Time:** 6:00 - 7:00 pm

Place: So Summit Middle School Gym
Cost: \$35.00 (includes a new volleyball)

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

JR. PICKLEBALL CLINIC

We are running another pickleball clinic this summer! 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: July 15 - 18

Ages: 8-15

Time: 9:00-10:00 am

Registration: July 1 - July 13

Place: Tennis Courts

Cost: \$35.00