



FACILITY AMENITIES

- WEIGHT AREA • CARDIO ROOMS • SPIN ROOM
- GYMNASIUM • LAP POOL • LEISURE POOL
- PLAY STRUCTURE • WATER SLIDE • LAZY RIVER
- SAND VOLLEYBALL PITS • RACQUETBALL

350 E 200 S - Kamas, UT 84036

2026

PLAYBOOK

CLASSES - PROGRAMS - SPECIAL EVENTS



play for life



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

CONTENTS

STAFF	2
AQUATIC & FITNESS CENTER RULES	5
FACILITY HOURS, & PHONE SYSTEMS	2
MEMBERSHIP RATES & CORPORATE RATES	6-7
MEMBERSHIP TERMS & CONDITIONS	7
PARTY ROOM INFORMATION	3
EQUIPMENT RENTAL & FACILITY RENTAL	3
POOL HOURS, INFORMATION & RULES	4-5
ROCK WALL	2
SPECIAL EVENTS	
5K Color Fun Run	10
Back To School Splash	10
Build - A - Boat Challenge	11 New
Easter Eggstravaganza	8
Family Nights	10 New
Halloween Fest & Pumpkin Plunge	8
Health & Safety Fair	9
Kids Saturday Market Series	11
Kids Triathlon	11 New
Member Appreciation Day	9
(Rec Center Birthday)	
Polar Plunge Day	9 New
Swim with Santa	9 New
Wibit Aqua Track	31
ADULT & YOUTH PROGRAMS	
Adult Swim Lessons	22
After School Rec	15
Babysitter Training	13
Climbing Certification	13 New
Co-Ed Softball SUMMER	12
Co-Ed Softball FALL	12
Co-Ed Walleyball	12
Craft Club	20 New
Drop in Pickleball	14
Itty Bitty JR Kitty (Baseball (Coach Pitch), Flag Football, Volleyball, Basketball)	19 New
JR Jazz Basketball	19
Karate	20
Kids Summer Camps	15
Men's Basketball	12
Men's Softball	12
National Water Safety Month	23
Old & Bold	14
Pickleball Rental Dates	14 New
Pickleball Tournaments	14
Blind Draw Tournament	
Musical Pickleball	
Turkey Paddle Battle (Mixed Doubles)	
Small Watercraft Practice	23
South Summit Swim Club	22
Start Smart (Baseball, Flag Football, Volleyball NEW, Basketball)	16
Summer Sports Camps	17
Tiny Tots Swim Club	24
Women's Volleyball	12
Youth Pickleball Tournaments	24
Youth Soccer SPRING	21
Youth Soccer FALL	21
Youth Softball/Baseball	18

CLASSES

Aerobic Classes	32
Archery Classes	33
Boy Scout Merit Badge Classes	30
Lifeguard Training	31
Little Tykes Club	26
JR Cats Volleyball	27 New
Monthly Fitness Room Orientation	33
Small Group Personal Training	32
Street Hockey Skills Clinic	25 New
Swimming Lessons	28-29
Women's Mountain Bike Clinic	25
Workplace CPR/First Aid/AED	30
Youth Basketball Camp	26
Youth Street Hockey	25 New

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



PRINTING SERVICES

Announcements for Any Occasion
Business Card • Business Forms/Invoices
Brochures • Calendars • Carbonless Forms
CHRISTMAS / HOLIDAY CARDS
Envelopes • Flyers • Letterhead/Stationery
Magazines • Newsletters • Post Cards
Programs • Rack Cards • AND MUCH MORE

COPY CENTER

Black & White Copies • Color Copies
Booklets • And More

BINDERY SERVICES

Binding - Spiral / Comb
Folding • Laminating • Numbering • Padding

For All Your Printing & Bindery Needs

435-654-1471
165 S. 100 W. • Heber, UT 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.

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** - Recreation Manager
 - Press **3** - Mike Ruf (Aquatics Manager)
 - Press **4** - Jacki Ruf (Program Coordinator)
 - Press **5** - Scott Eckleson (Maintenance)
- Press **2** for Fees & Hours
- Press **3** for Upcoming Events
- Press **4** for the Weather Hot-line

THE CREW



Stephen Sutherland
Director



Mike Ruf
Aquatics Manager



Scott Eckleson
Maintenance



Jacki Ruf
Program Coordinator

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 - \$80

2 hour in the party room

Party Room Package #1 - \$120

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

Party Room Package #2 - \$150

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

**\$5.00 per additional person*



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

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/hr
Patio Only*	\$40/hr
Pool (includes Patio)	\$200/hr
SSAFC (Entire Center)	\$400/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
-------------------	-----------

*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
-------------------	-----------



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)	\$52.50	\$127.60
Youth (4-17) Student	\$150.00	N/A
Youth (4-17)	\$155.65	\$255.10
Adult (18-61)	\$254.10	\$508.55
Adult Couple (18-61)	\$378.15	\$581.20
Senior (62+)	\$125.00	\$363.25
Senior Couple (62+)	\$204.75	\$435.80
Family	\$439.95	\$653.55
Additional Family Member	\$42.00	\$67.65

3 MONTH MEMBERSHIP FEES

	Residents	Non-Residents
1 & Under	Free	Free
Toddler (2-3)	N/A	\$51.35
Youth (4-17) Student	N/A	N/A
Youth (4-17)	\$52.10	\$102.35
Adult (18-61)	\$84.00	\$184.05
Adult Couple (18-61)	\$111.95	\$210.80
Senior (62+)	N/A	\$123.65
Senior Couple (62+)	N/A	\$145.25
Family	\$136.20	\$231.85
Additional Family Member	\$21.00	\$36.90

MONTHLY MEMBERSHIP FEES

	Residents	Non-Residents
1 & Under	Free	Free
Toddler (2-3)	\$11.00	\$18.10
Youth (4-17) Student	\$15.75	N/A
Youth (4-17)	\$18.75	\$36.15
Adult (18-61)	\$30.00	\$65.55
Adult Couple (18-61)	\$39.90	\$72.65
Senior (62+)	\$15.75	\$43.95
Senior Couple (62+)	\$18.75	\$51.35
Family	\$49.85	\$80.95
Additional Family Member	\$13.10	\$24.60

7 DAY VISITOR PASS \$30

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 & Military 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.)

CONDITIONS OF PASS HOLDER AGREEMENT

- 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.
- All passes and fees are non-transferable.
- All persons must check-in at the front desk before using any portion of the facility.
- A daily fee will be charged for each visit by persons who do not have a current pass.
- A current pass must be shown to gain admittance to the center.
- 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.
- The operating hours are established by the South Summit Aquatic & Fitness Center management and may be altered from time to time without prior notice.
- 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.
- All pass holders agree to report any lost card and agree to pay \$5 for each replacement card.
- 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.
- 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.ssaafc.org

CORPORATE MEMBERSHIP RATES

12 Month Adult-Single Corporate Rate	Resident
Businesses with 5 to 10 employees participating	\$215.99
Businesses with 11 or more employees participating	\$203.28
12 Month Adult-Couple Corporate Rate	
Businesses with 5 to 10 employees participating	\$321.43
Businesses with 11 or more employees participating	\$302.52
12 Month Family Corporate Rate	
Businesses with 5 to 10 employees participating	\$373.96
Businesses with 11 or more employees participating	\$351.96

To purchase Corporate Memberships please contact the Center at 435.783.2423

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 28, 2026

Time:

8:30 am - 5 & under w/parent
9:30 am - 6 to 11 year olds

Registration:

EARLY: March 2 - 8
Member - \$7 - Non-member - \$10

REGULAR: March 9 - 22
Member - \$9 - Non-member - \$12

DAY OF REGISTRATION
(Limited)

Member - \$11 - Non-member \$14

Space is limited, so register early!



HALLOWEEN FEST & PUMPKIN PLUNGE

The Halloween Fest & Pumpkin Plunge is back!! We will have fun activities and games for all ages! Explore our many different activities and games & later swim with the pumpkins in the leisure pool and take one home!

Saturday, October 24, 2026

ACTIVITIES & GAMES:

9:00 am - 10:00 am - all ages

PUMPKIN PLUNGE:

10:00 am - 11:00 am - all ages
**(5 and under must be accompanied by an adult in the water)*

SSAFC POOLAREA & LOBBY

Cost: Member - \$12 – Non-member - \$15
(Includes all games and a pumpkin to take home!)

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



MEMBER APPRECIATION DAY (Rec Center Birthday)

September 22, 2026 | 5:00 am - 7:00 pm
Stop by for prizes & treats!



SWIM with SANTA

NEW

It's a Santa-sized pool party with holiday music, small goodies and plenty of splashin' photo ops with jolly old St. Nick!

Saturday, December 12

Time: 9 - 10 AM

Cost: Free with Admission

****5 & under w/ parent**

HEALTH & SAFETY FAIR

Saturday, August 29, 2026

10:00 am - 2:00 pm

Free to the Public

This event will promote health and wellness among our Kamas Valley community. There will be workshops, info tables, and much more!

Come join various safety organizations who will provide health, safety and emergency education to the community!

We will have many activities for everyone!

If you are an organization and would like to participate, please email jacki.ruf@ssummit.org

NEW

POLAR PLUNGE DAY

Cool down the water for a special challenge — no one can say they chickened out due to snow!

Date: February 17

Time: 5:00 - 8:00 am

12:00 - 1:00 pm

4:30 - 8:45 pm

Cost: Daily Entrance Fee

5K COLOR FUN RUN

Get ready for the most colorful fun-filled day of your life! You'll have more color on you than your happy levels can handle! So, get your friends and family stretched out for this amazing color blast event where you'll get blasted with color.

Don't miss your chance to be blasted at every color station throughout this awesome 5K run. Tell your girlfriends, your bro's, your friends, and your family cause we're bringing a fun color experience to your life that you never knew existed!

Date: June 20 **Time:** 9:00 AM **Place:** Oakley Complex
T-shirt Registration: May 25 - June 7 • Member - \$30 - Non-member - \$35
Late Registration: June 8 - 14 (No Shirt Guarantee)
 Member - \$35 - Non-member - \$40

There will be no day of race registration

Those who are pre-registered 5K runners receive a bag of chalk and white shirt to run in.

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



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

BACK TO SCHOOL SPLASH

Saturday, August 8th
1:00 - 4:00pm

Free with Admission

Come celebrate the end of summer with a fun pool and outdoor party! Enjoy an afternoon of fun featuring a foam machine, dunk tank, games, activities, tasty treats and drinks! Bring your friends and family for a fun-filled sendoff to summer before the school year begins!

FAMILY NIGHTS NEW

Once a month we will hold a family night!

We will have a variety of activities, games and arts for everyone to enjoy!

Each activity will be held on a week night towards the end of the month.

Keep an eye out for dates & times!

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!

NEW KIDS TRIATHLON

Date: July 25
Time: 8:00 - 11:00 am
Cost: \$25 Member
 \$30 Non-Member
Registration: June 15 - July 19



BUILD-A-BOAT CHALLENGE NEW

Teams build boats at home from cardboard and duct tape, then come race them across the pool.

Prizes for Race Winners,
Most Unique Boat,
Most Cohesive Theme (Boat & Riders)

Date: June 13
Time: 9:00 - 11:00 am
Registration: May 18 - June 7
Cost: \$10 / team

Kids Saturday Market Series

February 7,
June 6, July 11,
August 1 &
October 3rd

10:00 am - 2:00 pm

VENDOR SPOT:
Member - \$5
Non-member - \$10

Free to the public

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, chairs, etc.)

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

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.

CO-ED WALLEYBALL

League: Co-Ed 4 v 4
Starting Date: March 3
Day: Mondays
Time: 6:00 - 8:00 pm
Location: SSAFC Racquetball Courts
Early Registration: Jan 23 - 28
 Cost \$100
Registration: Jan 27 - Feb 22
 Cost \$125
Late Registration: Cost \$150

***\$50 Late fee will be added for those wanting to sign up after the registration deadline.*

WOMEN'S VOLLEYBALL

Starting Date: March 5
Time: 7:00 - 10:00 pm
Day: Thursdays
Location: SSSH Small Gym
League: 4 v 4
Registration: Feb 2 - 22 - Cost \$325
Late Registration: \$325

***\$50 Late fee will be added for those wanting to sign up after the registration deadline.*

MEN'S SOFTBALL

Starting Date: May 21
Time: 6:30 - 10:30 pm
Day: Thursdays
Location: Oakley Complex
Registration: April 20 - May 10
 Cost \$575

***\$50 Late fee will be added for those wanting to sign up after the registration deadline.*

MEN'S 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.

Starting Date: December 3
Time: 6:30 - 10:30 pm
Day: Thursdays
Registration: Nov 2 - 22 Cost \$625
Location: SSMS Wood Gym

***\$50 Late fee will be added for those wanting to sign up after the registration deadline.*

CO-ED SUMMER SOFTBALL

Starting Date: May 19
Time: 6:30 - 10:30 pm
Day: Tuesdays
Location: Oakley Complex
Registration: April 20 - May 10
 Cost \$375

***\$50 Late fee will be added for those wanting to sign up after the registration deadline.*

CO-ED FALL SOFTBALL

Starting Date: August 18
Time: 6:30 - 10:30 pm
Day: Tuesdays
Location: Oakley Complex
Registration: July 20 - August 9
 Cost \$375

***\$50 Late fee will be added for those wanting to sign up after the registration deadline.*

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 21, April 23, April 28, April 30
Time: 2:45 pm - 5:30 pm
Days: Tuesdays & Thursdays

Age: Minimum 10 years old
Cost: \$50 Member / \$55 Non-Member
Registration: March 30 - April 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!

Climbing Certification

Held on the
2nd & 4th Wednesdays
of each month

8:00 AM

Registration:

You can register online at www.ssaafc.org

If you can't make that time work call Stephen to set up a private session.

Cost: \$30



PICKLEBALL TOURNAMENTS

BLIND DRAW TOURNAMENT

Date: Monday, February 9
Registration: January 19 - February 7
Tournament's: Mixer - 3 games guaranteed

Skill Division: Open
Cost: \$10.00 per team
 Play will be in the SSAFC gym

MUSICAL PICKLEBALL

Date: Monday, March 9
Registration: April 13 - March 7
Tournament's: Musical Chairs & Kings Court

Skill Division: Open
Cost: \$10.00 per person
 Play will be in the SSAFC gym

TURKEY PADDLE BATTLE (MIXED DOUBLES)

Date: Monday, November 16
Registration: October 19 - November 14
Tournament's: Signals - 3 games guaranteed

Skill Division: Men's & Women's
Cost: \$20.00 per team
 Play will be in the SSAFC gym

Register on-line at www.ssaafc.org

PICKLEBALL RENTAL DATES

Thanksgiving Day
 Thursday, November 26
 9:00 - 11:00 am

Registration:
 November 2 - 25

New Year's Day
 Friday, January 1
 9:00 - 11:00 am

Registration:
 December 7 - 30

Play will be in the SSAFC gym

Cost: \$40.00 per court

DROP IN PICKLEBALL

We offer drop in Pickleball throughout the year

Pickleball Fun for Everyone!

Come join the action! We've got four courts ready for drop-in play -- no partner or registration needed, just bring your paddle and your smile.

NEW THIS YEAR: *Our schedule updates monthly so you can stay flexible and keep the fun going all season long!*

OLD & BOLD

If you can exercise while having fun and making friends, we consider that a success! South Summit loves its over-sixty friends because they always bring the energy and enthusiasm to the activity at hand. From yoga to pickleball, from walks to hiking, FUN OVER SIXTY has something for everyone. Please come out and join this fun and be active! For the school year we will meet on

Tuesdays & Thursdays at 9:00 AM.

AFTER SCHOOL REC

Join us on Wednesdays after school for a variety of active, creative, and educational activities. Snacks & Drinks will be available to purchase from vending machines.

Games may include, Spikeball, Gaga Ball, Cornhole, Pickleball, 9-Square

When: November - March (*Only when SSMS is in session*)

Ages & Times: 5th - 8th Grades - 2:30 - 3:30 pm
 K - 4th Grade - 3:30 - 4:30 PM

Cost: Free with Admission

KIDS SUMMER CAMPS

Beat summer boredom with our ultimate summer camp experience. Each week's theme provides fun, friends and free time for parents. Choose to come 1, 2 or all 3 days per week. You can pick and choose dates throughout the summer.

Ages: 6 - 12 year olds

Bring your own Lunch

Registration: Opens in March

One Day: Member \$30 / Non-member \$40

Two Days: Member \$50 / Non-member \$60

Three Days: Member \$70 / Non-member \$80

Drop in: Member \$40 / Non-Member \$45
 Register at front desk (if spots are available)

Time: 11:00 am - 3:30 pm
 (Half day options are available)

Days: Tuesdays, Wednesdays, Thursdays

Each day of camp includes:

- Arts & Craft
- STEM Activity
- Fitness Fun
- Outdoor Games
- Swimming

Kids Camp Dates and Themes for 2025

- June 9, 10 & 11 - Mad Science
- **June 16, 17 & 18 - Nerf Camp **NEW****
- June 23, 24 & 25 - Harry Potter
- **June 30, July 1, & 2 - Olympics **New****
- July 7, 8 & 9 - Dino Camp
- July 14, 15 & 16 - Lego Camp
- July 22 & 23 - Space Exploration
- July 29, 30 & 31 - Under the Sea
- August 5, 6 & 7 - Cooking with Science
- **August 11, 12 & 13 - Water Camp **New****

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

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

Starts: May 5
Days: Tuesdays
Where: SSHA Turf Fields
Time: 5:00 - 6:00 pm
Ages: 3-5 years old
Cost: Member - \$35.00
 Non-Member - \$40.00
Limit: 10 kids per class
Registration Starts: April 6

Volleyball Program

When: September 29 **NEW**
Days: Tuesdays
Where: Aerobic Studio A
Time: 4:30 - 5:30 pm
Ages: 3-5 years old
Cost: Member - \$35.00
 Non-Member - \$40.00
Limit: 10 kids per class
Registration Starts: August 31

Flag Football Program

Starts: July 14
Days: Tuesdays
Where: SSAFC Turf Fields
Time: 4:30 - 5:30 pm
Ages: 3-5 years old
Cost: Member - \$35.00
 Non-Member - \$40.00
Limit: 10 kids per class
Registration Starts: June 15

Basketball Program

When: January 13, 2027
Days: Wednesdays
Where: SSAFC Aerobic Studio A
Time: 4:30 - 5:30 pm
Ages: 3-5 years old
Cost: Member - \$35.00
 Non-Member - \$40.00
Limit: 10 kids per class
Registration Starts: Dec 14, 2026



SUMMER SPORTS CAMPS

We will be offering these exciting programs again 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: June 1 - 4 / Monday - Thursday
Time: 10:00 - 11:00 am / ages 8 - 10
 11:00 - 12:00 pm / ages 11 - 14
Cost: Member \$35 / Non-Member \$40
Location: High School Soccer Field
Registration: May 18 - 30

STREET HOCKEY CAMP

Dates: June 8 - 11 / Monday - Thursday
Time: 10:00 - 11:00 am / ages 8 - 12
Cost: Member \$35 / Non-Member \$40
Location: SSHA Tennis Courts
Registration: May 18 - June 6

GOLF CAMP

Dates: June 15 - 18 / Monday - Thursday
Time: 10:00 - 11:00 am / ages 8 - 14
Cost: Member \$40 / Non-Member \$45
Location: Behind the SSAFC
Registration: May 18 - June 13

MT. BIKE CAMP

Dates: June 22 - 25 / Monday - Thursday
Time: 8:00 - 10:00 am / ages 8 - 14
Cost: Member \$55 / Non-Member \$60
Location: SSAFC Lobby
Registration: May 18 - June 21

ROCK CLIMBING CAMP

Dates: June 29 - July 2 / Monday - Thursday
Class 1: 1:00 - 2:00 pm / ages 8 - 13
Class 2: 2:00 - 3:00 pm / ages 8 - 13
Cost: Member \$40 / Non-Member \$45
Location: Rock Climbing Wall
Registration: May 18 - June 28

TENNIS CAMP

Dates: July 6 - 9 / Monday - Thursday
Time, Age & Cost:
 4:00 - 4:45 pm / 6-9 year olds
 Members - \$40 / Non-members - \$45
 5:00 - 6:00 pm / 10-14 year olds
 Members - \$45 / Non-members - \$50
Location: SSHA Tennis Courts
Registration: May 18 - July 5

BEACH VOLLEYBALL CAMP

Dates: July 13 - 16 / Monday - Thursday
Time: 9:00 - 10:00 am / ages 8-14
Cost: Member \$30 / Non-Member \$35
Location: SSAFC Sand Volleyball Pits
Registration: May 18 - July 12

OBSCURE SPORTS CAMP

(Spikeball, Ultimate Frisbee, Frisbee Golf, Bocce Ball, Billiards, Ping Pong, Kubb)
Dates: July 20 - 22 / Monday - Wednesday
Time: 9:00 - 10:00 am / ages 8-14
Cost: Members \$25 / Non-members \$30
Location: Behind the Rec Center
Registration: May 18 - July 19

BASEBALL / SOFTBALL CAMP

Dates: July 27 - 30 / Monday-Thursday
Time: 9:00 - 10:00 am / ages 8 - 14
Cost: Members \$25 / Non-members \$30
Location: High School Baseball Field
Registration: May 18 - July 26

PICKLEBALL CAMP

Dates: August 3 - 6
Time: 9:00-10:00 am / ages 8-15
Cost: Members \$35 / Non-members \$40
Location: SSHA Tennis Courts
Registration: May 18 - August 2

YOUTH SOFTBALL / BASEBALL

South Summit Recreation is excited to be offering the youth softball and baseball programs again this year. Cost includes a uniform & hat.

**** All games will be played at the new high school softball & baseball turf fields! GAMES WILL START IN MAY**

**** 3rd - 8th Grades may travel to Park City, North Summit, Morgan, or Evanston**

T-BALL & COACH PITCH (Tuesday & Thursday)

START SMART T-BALL

Ages: 3 - 5 yo – Co-ed
Early: \$35/Mem - \$40/Non
Regular: \$40/Mem - \$45/Non

T-BALL

Ages: Kindergarten – Co-ed
Early: \$40/Mem - \$45/Non
Regular: \$45/Mem - \$50/Non

ITTY BITTY COACH PITCH

Ages: 1st / 2nd Grade – Co-ed
Early: \$40/Mem - \$45/Non
Regular: \$45/Mem - \$50/Non

SOFTBALL (Tuesday & Thursday)

PHILLY

Ages: 3rd - 5th Grade
Early: \$45/Mem - \$50/Non
Regular: \$50/Mem - \$55/Non

FAST PITCH

Ages: 6th - 8th Grade
Early: \$50/Mem - \$55/Non
Regular: \$55/Mem - \$60/Non

BASEBALL (Monday & Wednesday)

MINORS (possible Friday games)

Ages: 3rd / 4th Grade
Early: \$45/Mem - \$50/Non
Regular: \$50/Mem - \$55/Non

MAJORS

Ages: 5th / 6th Grade
Early: \$45/Mem - \$50/Non
Regular: \$50/Mem - \$55/Non

PONY

Ages: 7th / 8th Grade
Early: \$50/Mem - \$55/Non
Regular: \$55/Mem - \$60/Non

Early Registration: March 2 - 15
Normal Registration: March 16 - 29

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

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

(Volunteer coaches are needed)



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 January 9, 2027

Day/Time: Saturday Mornings

Place: SSAFC/Middle School Gyms (possibly @ NS or PC)

Registration Cost: EARLY REGISTRATION

October 26 - November 14, 2026
 Member - \$50 - Non-member - \$55

NORMAL REGISTRATION

November 15 - December 5, 2025
 Member - \$55 - Non-member - \$60

Divisions:

3rd - 4th Grade Boys / 3rd - 4th Grade Girls
 5th - 6th Grade Boys / 5th - 6th Grade Girls
 7th - 9th Grade Boys / 7th - 9th Grade Girls

Registration will be taken at the SSAFC's front desk or online at www.ssaafc.org.

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

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

Itty Bitty Jr Kitty

This is a recreational and instructional program for boys and girls in 1st & 2nd Grade. This hour-long program introduces kids to sports through drills, teamwork, and games. This program will have a 30 minute instructional period followed by a game each week. Boys and girls will play together.

\$10 Late fee after registration ends

Baseball (Coach Pitch)

Starts: May (4 weeks)
Days: Tuesdays & Thursdays
Time: Start at 5:00 pm
Ages: 1st - 2nd Grade
Place: SSSH Turf Fields
Registration & Cost:
Early: Mar 2 - 15 \$40/Mem - \$45/Non
Normal: Mar 16 - 29 \$45/Mem - \$50/Non

Flag Football

Starts: July 28 (4 weeks)
Days: Tuesdays & Thursdays
Time: Start at 5:30 pm
Ages: 1st - 2nd Grade
Place: SSSH Turf Fields
Registration & Cost:
Early: June 22 - 29 - \$40/Mem - \$45/Non
Normal: June 29 - July 12 - \$45/Mem - \$50/Non

Volleyball

Starts: October 6 (4 weeks)
Days: Tuesdays & Thursdays
Time: Start at 5:30 pm
Ages: 1st - 2nd Grade
Place: SSSH Wood Gym
Registration & Cost:
Early: Aug 24 - 31 - \$40/Mem - \$45/Non
Normal: Aug 31 - Sep 13 - \$45/Mem - \$50/Non

Basketball

Starts: January 5, 2027 (8 weeks)
Days: Tuesdays
Time: Start at 5:00 pm
Ages: 1st - 2nd Grade
Place: SSAFC Grey Gym
Registration & Cost:
Early: Nov 2 - 15 - \$40/Memb - \$45/Non
Normal: Nov 6 - Dec 6 - \$45/Mem - \$50/Non

CRAFT CLUB

After School Crafts & DIY Program

Get ready to create, and build after school! Maker Monday is a hands-on, creativity-packed program where kids explore crafts, and DIY projects in a fun and supportive environment.

Each month features a new theme. Sign up monthly!

Starts: September

Days: Mondays

Ages & Times:

5th - 8th Grade - 2:20 - 3:15 pm

K - 4th Grade - 3:30 - 4:30 pm

Cost: \$20/Member - \$30/Non

Where: SSAFC Small Party Room

*Drop in \$10 / Member - \$12 / Non
Spaces are limited*

NEW



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



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:

Early Registration - Jan 19 - Feb 7

Members - \$45 - Non-members - \$50

Normal Registration - Feb 8 - 21

Members - \$50 - Non-members - \$55

Starts: March 17, 2026

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:

Early Registration - July 13 - 25

Members - \$45 - Non-members - \$50

Normal Registration - July 26 - Aug 8

Members - \$50 - Non-members - \$55

Starts: August 24, 2026

Days: Mondays and 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.*

Register on-line at www.ssaafc.org



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: \$45 Member / \$50 Non-Member
Time/Days: 8:00 - 8:45 AM / Saturdays

WINTER Session: Jan 17 - Feb 21
Registration: Dec 15 - Jan 11

SPRING Session: Apr 11 - May 16
Registration: Mar 16 - Apr 5

FALL Session: Sep 5 - Oct 10
Registration: Aug 10 - Aug 30



SOUTH SUMMIT SWIM CLUB

Open for anyone that loves water!

Now With Monthly Classes - Year Round

All ages welcome, must be able to swim in lap pool unassisted; one full length on front and back. We will learn proper stroke technique, how to compete in swimming, safety & survival skills, other fun games and sports to play in the water.

1 DAY PER WEEK SESSION: ALL MONTHS EXCEPT JUNE & JULY

4:30 - 5:30 pm - \$30 per Month
 (Monday - Elementary Age & Wednesday - Middle School Age)

4 DAYS PER WEEK SESSIONS: JUNE, JULY

10:30 - 11:30 am - \$80 per month (All Ages)

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.

- WEEK 1: MONDAY, APRIL 27 - MAY 2: Pool Safety
- WEEK 2: MONDAY, MAY 4 - MAY 9: Lake Safety
- WEEK 3: MONDAY, MAY 11 - MAY 16: Beach Safety
- WEEK 4: MONDAY, MAY 18 - MAY 23: 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 11, 25, April 8 & 22
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!

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. Classes will be 6 weeks.

	Date	Registration
Session 1	January 21 - February 25	January 4 - 18
Session 2	March 11 - April 22 (No Class April 1 - Spring Break)	February 23 - March 8
Session 3	September 2 - October 7	August 17 - 30
Session 4	October 14 - November 18	September 28 - October 11
Time:	12:15 pm - 12:45 pm	Days: Wednesdays
Ages:	6 months through Preschool	Cost: \$40.00 - Member/ \$45.00 - Non-Member
Classes:	6 classes	

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!

YOUTH PICKLEBALL TOURNAMENTS

SPRING MUSICAL PICKLEBALL

Date:	Monday, May 11	Time:	6:00 - 8:00 pm
Ages:	HS aged youth	Registration:	April 27 - May 9
Cost:	Members \$10 / Non-members \$15		
Place:	SSAFC Outdoor Pickleball Courts		

FALL BLIND DRAW TOURNAMENT

Date:	Tuesday, September 29	Time:	6:00 - 8:00 pm
Ages:	HS aged youth	Registration:	Sept 14 - 26
Cost:	Members \$10 / Non-members \$15		
Place:	SSAFC Outdoor Pickleball Courts		

YOUTH STREET HOCKEY

Grab your stick and get ready for some high-energy fun! Our brand-new Youth Street Hockey League is hitting the pavement this year, and it's perfect for players in:

2nd - 3rd Grade / 4th - 5th Grade / 6th - 8th Grade

NEW

Registration: September 7 - 26 **Cost:** \$50

All divisions are coed, and games will be played on Mondays and Wednesdays **starting on October 5th**. Whether you're new to the game or already a hockey pro, this is a great way to learn skills, make friends, and have a blast!

Don't miss out on this exciting new program!

STREET HOCKEY SKILLS CLINIC

New to hockey or want to sharpen your game before the season starts?

Join our **Street Hockey Skills Clinic!** Participants will learn the fundamentals of stickhandling, passing, shooting, and teamwork in a fun, supportive environment. It's the perfect way to build confidence and get game-ready! **DETAILS COMING SOON!**

Stay tuned for clinic dates and registration info!

NEW

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 program, so sign up early!

Days:	Monday - Thursday
Dates:	July 13 - 16
Time:	8:00 - 10:00 am
Age:	18 - 93
Cost:	Member \$60 / Non-Member \$65
Registration:	June 29 - July 11





LITTLE TYKES CLUB

Looking for a way to get the winter wiggles out?

Come join the Little Tykes Club at SSAFC! We have the perfect spot to give toddler-aged kids a safe and warm space to get some energy out, especially during the cold days.

Bring approved toys, balls, and let your child burn some energy with friends.

We will also have some toys & balls provided.

Children must be supervised by parents or a responsible adult.

This is not a staffed program!

When: November - March

Days: Tuesdays & Thursdays

Time: 10:00 - 11:00 AM (Aerobic Studio A)
5:30 - 7:00 PM (Aerobic Studio B)
(Upstairs on south side of track)

Ages: 5 and Under

Cost: Admittance Fee



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: November 21, December 5, and 12 Saturdays

Location: Middle School Gymnasium

Ages: Time / Cost

8-11	5:00 pm - 6:00 pm	Members - \$35 - Non-members - \$40
12-14	6:00 pm - 7:00 pm	Members - \$35 - Non-members - \$40

Registration: Oct 26 - Nov 14, 2026 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.*

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.



JR CATS VOLLEYBALL NEW

We've partnered with the **South Summit High School Volleyball Team** to bring you this program. With the direction of the high school coaches, this program will focus on building strong fundamentals through skill-based drills, teamwork, and fun game play – helping young athletes grow in the same direction as the varsity programs.

Starts **October 13**

Days: Tuesdays

Ages: 3rd - 8th grades **Time:** 6:30 pm

Place: SSMS Wood Gym
Cost: **Early Reg:** Sept 15 - 21 \$40/Member - \$45/Non
Normal Reg: Sept 22 - Oct 5 \$45/Member - \$50/Non

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

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!

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)**

2026 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)

January 17 - February 21

***Registration:**

December 15 - January 11

SPRING SESSIONS

Dates: (Saturday Classes)

April 11 - May 16

***Registration:**

March 16 - April 5

SUMMER SESSIONS

Dates: (Monday - Thursday Classes)

Session #1 June 1 - June 11

Session #2 June 15 - June 25

Session #3 July 6 - July 16

Session #4 July 27 - August 6

***Registration:**

May 4 - May 24

May 18 - June 7

June 8 - June 28

June 29 - July 19

FALL

Dates: (Saturday Classes)

September 5 - October 10

***Registration:**

August 10 - August 30

Private Lessons

Email:
mruf@ssummit.org

Summer Schedule/ Monday-Thursday Classes

Classes	Time	Member	Non
Parent & Child	8:30-9:00, 9:05-9:35, 9:40-10:10	\$30	\$35
Preschool Aquatics A & B	8:30-9:00, 9:05-9:35, 9:40-10:10	\$35	\$40
Level 1,2,3	8:30-9:00, 9:05-9:35, 9:40-10:10	\$35	\$40
Level 4 & 5	8:15-9:00, 9:05-9:50	\$40	\$45
Level 6	9:00-10:00	\$40	\$45
Scout Merit Badge	Available upon request as needed	\$25	\$30

Year Round Schedule/ Saturday Classes

Classes	Time	Cost	Non
Parent & Child	9:00-9:30, 9:30-10:00	\$30	\$35
Preschool Aquatics A & B, L1	9:00-9:30, 9:30-10:00	\$35	\$40
Level 2,3	9:00-9:45, 9:45-10:30	\$35	\$40
Level 4,5,6	9:00-9:45	\$40	\$45
Scout Merit Badge	Available upon request as needed	\$25	\$30

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.

2026 Winter Session:

Dates: January 20 - Tuesday

Time: 5:30 - 8:30 pm

Registration: Jan 1 - Jan 18

2026 Spring Session:

Dates: May 19 - Tuesday

Time: 5:30 pm - 8:30 pm

Registration: Apr 27 - May 17

2026 Fall Session:

Dates: September 21 - Monday

Time: 5:30 pm - 8:30 pm

Registration: Aug 31 - Sept 20

Cost: \$65 Member
\$70 Non-Member
(mask & skill card included)

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!

Registration: On Demand

Time: Flexible

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

Max of 10 people

Time: 5:15 - 6:15 am

Days: Mondays, Wednesdays & Fridays

Sessions:

Registration:

January 5 - 30 (4 weeks - 12 classes - \$110).....	Dec 22, 2025 - Jan 3, 2026
February 2 - 27 (4 weeks - 12 classes - \$110).....	January 19 - 31
March 2 - 27 (4 weeks - 12 classes - \$110).....	February 16 - 28
April 6 - May 1 (4 weeks - 12 classes - \$110)	March 23 - April 4
(No classes March 30 - April 3)	
May 4 - 29 (4 weeks - 12 classes - \$110).....	April 20 - May 2
June 1 - 24 (4 weeks - 8 classes - Mon & Wed - \$80).....	May 18 - 30
July 6 - 29 (4 weeks - 8 classes - Mon & Wed - \$80).....	June 23 - July 5th
August 3 - 26 (4 weeks - 8 classes - Mon & Wed - \$80).....	July 20 - August 29
Aug 31 - Sept 25 (4 weeks - 12 classes - \$110).....	August 17 - 29
Sept 28 - Oct 30 (5 weeks - 15 classes - \$137.50).....	September 15 - 27
November 3 - 28 (4 weeks - 12 classes - \$110).....	October 19 - 31

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!**



MONTHLY FITNESS ROOM ORIENTATION

Our monthly fitness room orientation is intended for members who are looking for more education on how to properly use weight, cardio, and general equipment at our facility. To make an appointment please contact Stephen Sutherland. Free for all members!

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!



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

FALL SESSION

Dates: March 9 - 25
Days: Mondays & Wednesdays
Time: 6:00 - 7:00 pm Beginners
Cost: 6 classes
Members \$25 / Non-members \$30
Registration: February 16 - March 7

Dates: October 19 - November 5
Days: Mondays & Thursdays
Time: 5:30 - 6:30 pm Beginners
Cost: 6 classes
Members \$25 / Non-members \$30
Registration: October 5 - 17