

SOUTH SUMMIT AQUATIC & FITNESS CENTER

**April
2017**

350 East 200 South * Kamas, Utah 84036 * (435) 783-2423

***MISSION STATEMENT:
WE TAKE PRIDE IN OFFERING LEISURE OPPORTUNITIES THAT SERVE
OUR COMMUNITY BEYOND ITS EXPECTATION***

SSAFC Hours

When School is in Session: Monday-Thursday 5:00-9:00 am/ Noon-1:00 pm/ 2:30-9:00 pm.

Friday 5:00-9:00 am/ Noon-9:00 pm. Saturday 7:00 am-9:00 pm. Closed Sunday

Baseball/Softball

It is that time of year to start thinking about youth baseball/softball. All games will be played at the Oakley Complex except for the Pony league and that will be played at the SSSH baseball field. Registration will be taken from March 20th– April 8th. Play starts May 8th. Cost is \$25.00.

Leagues Offered

T-Ball (5 & 6 years old) co-ed T & TH
Coach Pitch (1st & 2n) co-ed M & W
Minors (Boys) 3rd & 4th M & W
Majors (Boys) 5th & 6th M & W
Pony (Boys) 7th-9th M & W
Philly (Girls) 3rd & 4th T & TH
Fox (Girls) 5th & 6th T & TH
Fast Pitch (Girls) 7th-9th T & TH

\$10 late fee will be added after deadline.

Concealed Weapons

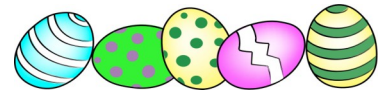
We will be offering a series of four concealed weapons classes throughout the year. Our next class will be offered on Wednesday, April 12th from 6:00-9:00. Our instructor will be Gus Winterton. Registration will be taken from March 27th-April 11th. Cost for the class will be \$45.00 paid to the SSAFC and for your concealed firearm permit it will cost \$37.00, please make check out to BCI and you will give that to Gus Winterton. For more information please call Stephen at 783-2423 Ex. 4151.

Spring Break Hours

**April 3rd-7th
5:00 AM-9:00 PM**

Eggstravaganza

The SSAFC will be hosting our annual Pool Easter Egg Hunt on Saturday, April 15th. Pre-registration will be taken from March 20th-April 14th or you may register the day of, if space is available. This is an event that your children won't want to miss. The hunt is for ages 11 and under. Non-swimmers may wear life jackets and all children 5 and under **must be** accompanied by an adult 18 or older in the water. Ages 5 & under will be at 9:00 am, ages 6-11 at 9:30 am. We will start each age group promptly, so don't be late!!! Cost is \$3.50 per child, for early registration and \$5 for day of. Limited space available so please make sure that you register early.



Dates at a Glance

- Karate registration is on going.
- Inter-tube water polo ever Wednesday night from 7:00-8:30 PM.
- Spring Swim Lessons registration deadline will be April 6.
- Baseball/Softball registration deadline is April 8.
- CPR/AED & First Aid class deadline for registration will be April 8th.
- Easter Eggstravaganza will be held on Saturday, April 15th.
- Concealed Weapons class register deadline April 18th.
- Babysitter Class registration will be taken from April 10th-May 8th.
- Adult softball registration will run from April 3rd-May 27th.



Membership sale

For the month of April we will be offering 10% off on any annual membership. (Discount applies to full membership price only).

Fitness Classes

The South Summit Aquatic & Fitness Center offers many different fitness classes.

Our Spring 2017
schedule is as follows:

Morning Classes

Monday-Friday

**7:00-8:00 am—Water Aerobics (Penny)

Monday & Wednesday & Friday

5:30-6:30 am—Dance Fit (Paula)

Tuesday & Thursday

5:30-6:30 am—Cycling 60 (Andrea)

* 5:30-6:30—Cirkix (Chandler)

Afternoon Classes

Monday, Wednesday & Friday

12:00-1:00 pm—B, B & B (Erin)

3:00-4:00 pm—Total Body (Andrea) M,W

Tuesday & Thursday

**12:00-1:00 pm—Water Walking (Erin)

Evening Classes

Monday & Wednesday

5:00-6:00 pm—Body Blast (Shauna)

6:00-7:00 pm—Body Blast (Shauna)

7:00-8:00 pm—Zumba (Dori)

*7:30-8:30 pm—Yoga (Betty) Mon.

Wednesday

*6:00-7:30 pm—Tai Chi (Dave)

Tuesday & Thursday

6:00-7:00 pm—Zumba (Sarah) Tues.

7:00-8:00 pm—Cycling (Alison)

*7:30-8:30 pm—Yoga (Wendy)

Friday Night

5:00-6:00 pm—Core & More (Shauna)

Saturday Morning Class

7:00-8:00 am—Body Blast (Shauna)

*7:00-8:00 am—Kickboxing (Chandler)

8:00-9:00 am—Body Blast (Shauna)

9:00-10:00 am—Zumba (Sarah)

9:00-10:00 am—Yoga (Wendy)

*Upstairs class room

**Classes in the pool

Adult Softball

We are getting ready for our Men's softball league. The league will be played on Thursdays starting June 8th. All games will be played at the Oakley Complex. Registration will be taken from April 3rd—May 27th. Cost is \$450.00 per team. You can pick up the registration packages at the front desk of the SSAFC. As with all SSAFC adult recreation programs, all participants must be 16 years of age to play. For more information, please contact Stephen at 783.2423 +1 +1.



Inter Tube Polo



We are offering drop in Inter tube Water Polo nights, every Wednesday from 7:00 -8:30 PM. Come out and enjoy the fun. No additional cost, just use your SSAFC membership or you can purchase a day pass. See you soon.

Babysitter class

We will be offering the American Red Cross babysitting class. The purpose of the course is to provide youth, ages 11-14, with the knowledge and skills necessary to safely and responsibly give care for children and infants. The training will:

- Teach how to develop a babysitting business
- Educate participants on how to keep themselves and others safe.
- Teach basic child care and basic first aid.

Registration will be taken from April 10th—May 8th. The cost is just \$35.00. Classes will be held on May 17th, 19th, 22nd and 24th.

Party Room

The Party Room is a great place for your next birthday party! We have four Party Room Packages. Party Package #1 includes 10 entries to the SSAFC, one hour in the small party room, unlimited time in the pool, 2 pizzas and decorations for \$90.00. Party Package #2 includes the same as Package #1 plus one hour on the rock wall for \$105.00. Party Package #3 includes 15 entries in to the SSAFC, one hour in the big party room, unlimited time in the pool, 3 pizzas and decorations for \$115.00. Party Package #4 is the same as package #3 plus one hour on the rock wall for \$130.00. Additional people will be \$5.00 each. You can just rent one of the rooms for \$40.00 an hour.

Spring Swim Lessons

We are gearing up for our Spring week-day swim lessons. This session, classes will run for three weeks, and be held on Tuesday and Thursday afternoons. All levels will be offered, from Parent and Child to Level 6. The lower level classes will begin at 3:00 pm, and the higher level classes will start at 3:45 pm.. Classes will be held April 11th - April 27th, with registration beginning March 13th and ending on April 6th. Cost for lessons are: Parent and Child, \$20.00; Preschool Aquatics A & B, and Levels 1 -3, \$25.00; Levels 4-6, \$30.00.

Spring CPR/First Aid

The SSAFC will be offering a Red Cross CPR & First Aid class. Cost is \$45.00 which includes a rescue mask. The class will be held April 10th & 12th from 5:30-8:30 pm at the SSAFC. Registration will be taken at the front desk or online from March 20th-April 8th. (This class needs at least five people for the class to take place.) You will learn adult, child, and baby CPR. This course also includes two man rescuer procedures and basic first aid skills.

