

A P R I L 2 0 2 4



## ✧ Mission Statement ✧

*We take pride in offering recreational opportunities that serve our community beyond its expectations. We believe in creating positive experiences that fulfill the needs of the community.*

### BASEBALL/SOFTBALL

Games will be played at the Oakley Complex except for the Pony League which will be played at the SSSS baseball field behind the Recreation Center. Early bird registration runs March 4th-18th, cost \$40. Normal registration will be held from March 19th-30th, cost \$45. Practices will start the week of April 15th. A \$10.00 late fee will be added after April 2nd.

#### Leagues Offered

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

Contact Jacki for more information

### SPRING SWIM LESSONS

Saturday morning swim lessons. The Saturday class will run for six weeks. Classes offered are: Pre-school Aquatics A & B \$30.00, Levels 1-3 \$30.00, Levels 4-6 \$35.00 and swimming & life saving merit badge \$20.00. Class times will be posted closer to the time the classes will be held, but not all classes may be available at all times. Swimming & Life saving by appointment. Classes will be held April 20th-May 25th. Registration taken from March 25th-April 12th.

### Youth Tennis Lessons

Our tennis lessons will be held May 14th-23rd on Tuesdays and Thursdays from 4-4:45 PM for ages 6-9, cost is \$40 and 5-6 PM for ages 10-14, cost is \$45.00. We will take registration from April 29th-May 11th.

### SPRING BREAK HOURS

This year the South Summit School District spring break will be April 1st-5th.

#### Center Hours

Monday-Thursday - 5:00 AM - 9:00 PM  
Friday - 5:00 AM - 8:00 PM

#### Pool Hours

Monday-Friday  
5:00 AM - 8:00 AM / 11:00 AM-7:00 PM

### Small Watercraft Practice

**We will be offering Kayaks, SUP or other small personal watercraft in the lap pool on Thursday, April 11th & 25th from 5:00-6:30 PM.**

### Up Coming Events

- \* Wibit Aquatrack will be up Fridays from 2:00-7 PM  
Saturdays from 11 AM-4 PM.
- \* Karate classes are held on Mondays and Wednesday
- \* Youth swim Lessons registration deadline April 12th.
- \* Adult swim Lessons registration deadline April 12th.
- \* Mixed Doubles Pickleball registration deadline April 6.
- \* Registration for Babysitter class will be April 1st-19th.
- \* Health Fair on Saturday, April 20th from 10AM-2 PM.
- \* Adult Softball registration April 8th-May 11th.
- \* Blind Draw Pickleball registration April 22-May 11.
- \* Small Group Personal Training class registration taken from April 22nd-May 17th.
- \* Registration for youth tennis lessons from April 29th-May 11th.
- \* Color Fun Run registration deadline will be May 11th.
- \* Registration for CPR/First Aid/AED April 29th-May 17th.

Address: 350 East 200 South \* Kamas, Utah 84036  
Phone 435.783.2423

## FITNESS CLASSES

We are excited to provide these programs at no additional cost to our members.

**Our Spring schedule is as follows:**  
(March 4th-June 3rd)

### Morning Classes

#### Monday-Friday

\*7:00-8:00 AM - Water Aerobic (Lea)

#### Monday, Wednesday

5:15-6:15 AM - Barre (Taryn) Mon & Fri

5:30-6:30 AM - HIIT (Julie) Wed.

\*7:15-8:00 AM - Vinyasa/Power (Rachel)  
Mon & Wed.

\*8:00-9:00 AM - Yoga (Cassandra) Fri

#### Tuesday & Thursday

5:15-6:15 AM - Cycling (Andrea)

5:15-6:15 AM - High Fit (Paula) GYM

9:00-10 AM - Senior Yoga (Cassandra)

#### Saturday

7:15-8:00 AM - High Fit (Paula)

8:00 - 9:00 AM - Hig Yo (Paula)

### Evening Classes

#### Monday & Wednesday

6:00-7:00 PM - Zumba (Dori)

#### Evening Classes

#### Tuesdays & Thursdays

6:00-7:00 PM - Zumba (Jennie)

\*Upstairs classroom

\*\*Classes in the pool

## Spring Pickleball

### *Drop in times*

#### Mornings

Up to three courts

Monday - 5:00-7:00 AM

Wednesday - 5:00-7:00 AM

Friday - 5:00-7:00 AM

#### Evenings

Wednesday - 3:00-5:00 PM

(Until snow is gone)

Fridays - 4:00-6:00 PM

Saturdays - 4:00-7:00 PM

## Adult Softball

It is that time of year. The leagues will begin play the week of May 20th. We will be offering our Co-Ed league that will be played on Tuesdays and our Men's league will be held on Thursdays. Games will start at 6:30 PM. All games will be played at the Oakley Complex. Early registration April 1st-6th, Cost men's \$550, Co-Ed \$350 and normal registration will be taken from April 8th-May 11th, cost is \$575.00 men's and Co-Ed \$370. Late Registration add \$25 registration. Must be at least 16 years of age to play in our adult sports.

## Health Fair

Come check out our first ever Health Fair.

We will have various organizations providing health and financial education to the community. It will be held on Saturday, April 20th from 10:00 AM-2:00 PM. It is FREE to the public. We will have some awesome raffle prizes.

We still have vendor spots available, if you are interested in being a vendor please get in touch with Jacki Ruf at [jacki.ruf@ssummit.org](mailto:jacki.ruf@ssummit.org)

## Babysitter Class

This class is geared toward youth ages 11-14 years of age. This American Red Cross training provides knowledge and skills necessary to safely and responsibly give care for children and infants. Training will include: Help participants develop leadership skills. How to develop a babysitting business. Educate participants on how to keep themselves and others safe. Explain strategies to help children behave and teach basic child care and basic first aid. Registration April 1st-19th. Classes will be held April 23rd, 25th, April 30th and May 2nd from 2:45-5:30 PM. Cost \$45.

## CPR/First Aid

Our next Workplace CPR/First Aid/AED class will be held on Tuesday, May 21st from 5:30-8:30 PM. We will take registration from April 29th - May 17th. Cost is \$60.00, which includes a mask and skill cards. For more information please contact Mike Ruf at 783.2423 Ex. 4153.

## Small Group Personal Training

Our next class for Small Group Personal Training will be in April and will be held on Mondays, Wednesdays and Fridays starting on May 6th and running through the May 31st.

Classes will be held at 5:15 & 6:10 AM. Registration will be from April 22nd - May 4th. Our trainer is Andrea. Cost is \$110.00.

## Mixed Doubles

We will be hosting a pickleball tournament on Monday, April 8th from 7-9 PM. Cost is \$20.00 per team. Registration will be taken from March 17-April 6th.

## Blind Draw

We will be hosting a pickleball tournament on Monday, May 13th from 7-9 PM. Cost is \$10.00 per player. Registration will be taken from April 22nd-May 11th.

### Our Core Values

\* Fun \* Fitness \* Friendly \* Safety