

SOUTH SUMMIT

AQUATIC & FITNESS CENTER

ADDRESS: 350 EAST 200 SOUTH * KAMAS, UTAH 84036
PHONE 435.783.2423

Facility Features

- Leisure family pool
- Six lane competitive lap pool and diving well
- Weight area
- Cardio area
- Three-lane indoor track
- Aerobic & Dance studios
- Gymnasium
- Locker rooms
- Party rooms
- "The Rock" climbing wall

Racquetball courts

School Hours

Monday-Thursday
5:00 -9:00 AM, Noon-1:00 PM, 2:30-9:00 PM

Fridays
5:00-9:00 AM, Noon-9:00 PM

Saturdays
7:00 AM-9:00 PM

* Mission Statement *

We take pride in offering opportunities that serve our community beyond its expectations.

ITTY BITTY/JR. JAZZ

We will be offering our Itty Bitty Jr. Kitty Basketball program for 1st & 2nd graders as well as the Jr. Jazz program for youth 3rd-9th grades. Registration for Itty Bitty will be taken from November 13th-December 2nd. Jr. Jazz and Prep Basketball from November 20th-December 9th. Play will start on January 2nd for Itty Bitty and January 6th for Jr. Jazz & Prep. 1st & 2nd grades will be co-ed and play on Tuesdays. 3rd/4th, 5th/6th and 7th-9th will have Boys and girls leagues and play will be held on Saturdays. Cost will be \$30.00 which includes a jersey, a Utah Jazz player appearance in Heber and a ticket to a Utah Jazz game for Jr. Jazz

FITNESS CHALLENGE

For the second year we will be offering our Fitness Challenge. This is an eight-week program. On the first day we will meet, take pictures of each participant and weigh them in. The class will be held on Tuesday nights at 6:00 PM starting on January 9th. Our instructor is Jenna Saunders. There will be weekly instruction for healthy eating and exercise training. There will be weekly challenges based on a point system for healthy eating and amount of exercise done. The person with the most points at the end will be win a great gift. Cost is \$60.00. The registration deadline will be January 6th.

Up Coming Events

- * 10% off in Dec. on annual Membership
- * Karate every Monday
- * Inner-tube water polo every Wednesday from 7-8:30 PM
- * Whit Aquatrack is available Saturdays from 11 AM-4 PM
- * Itty Bitty Registration deadline December 2nd.
- * Registration starts for the 100 Milers on December 4th.
- * Registratio n starts for the Winter Racquetball Ladder on December 6th.
- * Jr. Jazz basketball deadline registration from November 20th-December 9th.
- * Prep -Basketball registratio n deadline December 9th.
- * Registratio n for the Concealed Weapons class December 18th-January 9th.
- * Tiny Tot Swim Club registratio n will be taken from December 18th-January 12th.
- * Dive-in-Movie will be held on Monday, December 18th at 7:00 PM.
- * Fitness challenge deadli ne will be January 6th.
- * Registratio n for Wint er Swim Lesso ns will be taken from January 1st-24th.

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FITNESS CLASSES

We are excited to provide these programs at no additional cost to members of the SSAFC.

Our Winter schedule is as follows:

Morning Classes

Monday, Wednesday, Friday
5:30-6:30 AM - Cycling (Andrea)
Tuesday & Thursday
6:00-7:00 PM - Power Yoga (Ashly)

Afternoon Classes

Monday, Wednesday, Friday
12:00-1:00 PM - Bone & Balance (Erin)
Tuesday & Thursday
12:00-1:00 PM - Water Walk (Erin)

Evening Classes

Monday & Wednesday
5:00-6:00 PM - Body Blast (Shauna)
6:00-7:30 PM - Tai Chi (Dave)
7:00-8:00 PM - Zumba (Dori)

Tuesday & Thursday

6:00-7:00 PM - Kickboxing (Chandler)
7:00-8:00 PM - Cycling (Alison)
6:00-7:30 PM - Tai Chi (Dave)
**7:00 PM - Aqua Zumba (Sarah) Tues.
*7:30-8:30 PM - Yoga (Wendy)

Friday

5:00-6:00 PM - Core & More (Shauna)
Saturday Morning Classes
7:00-8:00 AM - Body Blast (Shauna)
8:00-9:00 AM - Body Blast (Shauna)
*7:00-8:00 AM - Tahara (Chandler)
*9:00-10:00 - Yoga (Wendy)

*Upstairs class room

**Classes in the pool

December Give-a-way

For the month of December each membership purchased will be put into a drawing. The winner will receive a Garmin Fitness Band.

Holiday Gift Idea

A great holiday gift idea is a membership to the SSAFC. We have monthly, 3 month and annual memberships as well as punch passes available.

SWIM LESSONS

The SSAFC is gearing up for our Winter Saturday morning swim lessons. The Saturday class will run for six weeks. The Winter classes offered are: Parent & Child \$25.00, Pre-school Aquatics A & B \$30.00, Levels 1-3 \$30.00, Levels 4-6 \$35.00 and swimming or life-saving merit badge \$20.00. Class times vary; availability will be posted later in December. Swimming & Life saving by appointment. Classes will be held January 27th-March 10th (no classes on February 17th). Registration taken from January 1st-24th. For more information, please contact Kelly Jacobs at 783-2423 + 1 + 3.

HOLIDAY HOURS

All of us here at the SSAFC wish you a Merry Christmas and a Happy New Year.

Our 2017 holiday schedule for December and January is as follows:

December 22nd - 5:00 AM-9:00 PM
December 23rd - 7:00 AM-9:00 PM
December 25th - Closed
December 26th-29th - 5:00 AM-9:00 PM
December 30th - 7:00 AM-9:00 PM
January 1st - Closed
School hours start back up on January 2nd.

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 passes to the center, one hour in the small party room, unlimited time in the pool, 2 pizzas and decorations for \$90. Party Package #2 includes the same as package #1 plus one hour on the rock wall, cost is \$105. Party Package #3 includes 15 passes, one hour in the big party room with 3 pizzas and decorations, cost is \$115. Party Package #4 includes same as #3 plus one hour on the rock wall. If you just want the room you can rent that for \$40 for one hour. You can book on-line or by phone.

CONCEALED WEAPONS

Our winter Concealed Weapons class will be offered on Wednesday, January 10th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from December 18th-January 9th. Cost for this class will be \$45 paid to the SSAFC and your concealed firearm permit will cost \$57, paid by check to BCI. For more information, please contact Stephen at 783.2423 + 1 + 1.

DIVE-IN-MOVIE

Join us in the lap pool on Monday, December 18th. Bring your floaties or use ours and sit back and relax in the water. Show time 7:00 PM.

WINTER LADDER

The winter racquetball ladder tournament which allows players to compete with others that enjoy the sport of racquetball. The goal of a ladder tournament is to be in the number one spot and try to work your way up the ladder by challenging players ahead of you. Players must be at least 16 years of age. This event is free of charge. Registration will be December 6th, with on-going registration for the tournament you will start at the bottom of the ladder. Tournament will start January 10th and run until February 27th.

TINY TOT SWIM CLUB

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. The class will be held on Fridays from 12:15-12:45 PM starting January 12th, and running until February 16th. Cost is \$25.00 for the 6 classes. You can register from December 18th-January 12th.

100 MILER

This is a new program for 2018. Walk or run your way to a 100 miles. You can pick up your miles tacker at the front desk. Registrations begins December 4th. This events will start on January 8th.