

D E C E M B E R 2 0 1 8



✧ Mission Statement ✧

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

FITNESS CHALLENGE

Once again this year we will kick the year off by offering our Fitness Challenge. This is a 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 the end will be the winner. Cost is Just \$60.00. Registration will be taken from November 26th-January 8th, 2019.

Lose Something?

Maybe we can help? Give us a call.

JR. JAZZ

We will be offering our Jr. Jazz basketball program for youth in the 3rd-9th grades. Registration will be taken from November 19th-December 8th. Play will start on January 5th for our Jr. Jazz Basketball Program. 3rd/4th, 5th/6th and 7th-9th will have boys and girls leagues and will be played on Saturdays. Cost will be \$35.00 which includes a jersey, and ticket to a Utah Jazz game for Jr. Jazz participants. We do need coaches as well.

*Check us out on
Facebook and our
web page
www.ssafc.org*

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, Levels 1-3 \$30.00, Levels 4-6 \$35.00. Class times vary; availability will be posted later in December. Swimming & Life saving merit cost is \$20.00 and is by appointment. Classes will be Held January 26-March 9 (No classes on February 16th). Registration will be taken from December 31-January 23. For more information please contact Katie Rahn at 783.2423 +1 +3.

Dive-in Movie

Join us in the lap pool on Monday, November 17th. Show time is at 7:00 PM.

Up Coming Events

- * Karate every Monday & Wed.
- * Wibit Aquatrack will be up Saturdays from 11 AM-4 PM.
- * Drop in Pickleball for winter will be Wednesdays & Fridays 4 and Saturdays 4:00-6:00 PM.
- * Jr. Jazz Deadline will be December 8th.
- * Registration for our Concealed Weapons class will be from December 17th-January 8th.
- * Registration for our Saturday Swim Lessons will be from December 17th-January 10th.
- * 100 Miler registration deadline will be January 5th.
- * Fitness Challenge registration deadline will be January 8th.
- * Saturday Swim Lessons registration will be taken from December 31st-January 23rd.
- * Check out our winter aerobic schedule. New fun classes!

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 you members.

Our Winter schedule is as follows:
(December 3rd-March 2nd)

Morning Classes

Monday, Wednesday, Friday

5:30-6:30 AM - Cycling (Andrea)

*5:15 AM - Cardio/Weight (Chandler)

Tuesday & Thursday

5:30-6:30 AM - High Fitness(Paula)

*5:30-6:30 PM - HIIT (Julie)

Afternoon Classes

Monday, Wednesday, Friday

12:00-1:00 PM - Forever Fit (Erin)

Tuesday & Thursday

12:00-1:00 PM - Water Walk (Erin)

Evening Classes

Monday & Wednesday

5:00-6:00 PM - Body Blast (Shauna)

6:00-7:00 PM - Body Blast (Shauna)

7:00-8:00 PM - Zumba (Dori)

Tuesday & Thursday

6:00-7:00 PM - HIIT (Julie)

6:00-7:00 PM - Kickboxing (Chandler)

*6:00-7:30 PM - Tai Chi (Dave)

*6:15-7:15 PM - Mat Pilates (Wendy)

Thurs.

*7:30-8:30 PM - Yoga (Wendy)

** 6:00-6:50 PM - Aqua Body (Sarah)

**7:00-8:00 PM - Aqua Zumba (Sarah)

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)

***Upstairs class room**

****Classes in the pool**

Holiday Gift Idea

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

CONCEALED CARRY

Our winter Concealed Weapons class will be offered on Wednesday, January 9th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from December 17 - January 8th. Cost for this class will be \$45.00 paid to the SSAFC and your concealed firearm permit will cost \$52.00, paid by check at the time of the class to B.C.I. We do have limited space available, so register early. For more information, please contact Stephen Sutherland at 783.2423 ex 4151



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.

100 Miler

This is a program we started last year and was a lot of fun. You can gain miles by walking or running only. Please remember that these miles are in addition to your normal every day walking. You can pick up your miles tracker at the front desk. The registration deadline will be January 5th. Cost is just \$10.00.

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.

HOLIDAY HOURS

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

Our 2018 Holiday schedule for Christmas and New Years is as follows:

- December 24th - 7:00 AM-4:00 PM
- December 25th - Closed
- December 26th-28th - 5:00 AM-9:00 PM
- December 29th - 7:00 AM-9:00 PM
- December 31st - 7:00 AM-6:00 PM
- January 1st - Closed

We will be open for you to stay fit during the holiday season.

Tiny Tots Swim

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 Friday afternoons from 12:15-12:45 PM starting January 11th. The class will run for 6 weeks. Registration will be taken from December 17th-January 10th. Cost is just \$25.00 for you and your child. Ages 6 month through Preschool.

Our Core Values

- * Fun
- * Fitness
- * Friendly
- * Safety