

F E B R U A R Y 2 0 1 9



✧ 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

SPRING SOCCER

Our Spring soccer program is for youth in the 2nd - 8th grades. Registration will be taken from February 4th-March 2nd. Play will start March 26th. 2nd - 3rd grades boys/girls will play separate (6 v 6). The first half of the games will be played indoors. 4th & 5th grade boys/girls will play separate (8 v 8). 6th-8th grade boys/girls will play separate (11 v 11). Cost will be \$35.00 which includes a full uniform. A late fee of \$10.00 will be added after the deadline. We may have to go co-ed depending on the numbers.

Fitness Fusion

We will be holding our next Fitness Fusion on Saturday, February 2nd. Classes on the half hour starting at 7:00 AM running until 10:00 AM.

SWIM TEAM

Our South Summit Swim Team is now taking registration. The team will practice Monday-Wednesdays from 2:30-3:30 PM for middle school and 3:30-4:30 PM for elementary. The program starts February 25th. Registration deadline is March 23rd.

Bronze Team - \$55.00

This is structured for those swimmers at the beginning of their competitive experience. It will focus more on stroke refinement and preparations for future competitive swimming.

Special Hours

*Wednesday, February 13th
5:00 AM-9:00 PM
Monday, February 18th
5:00 AM-9:00 PM*

ARCHERY CLASS

Come join us for a great program! Our Archery classes will be a three week indoor program for youth 10 to adults. Learn range safety and proper shooting techniques. Students will learn how to shoot using a compound bow by NASP certified instructors. Registration for our fall session will be February 25th-March 9th. The classes will be held on Mondays & Wednesdays, will be held from March 11-27th. We will have two classes. Beginner class 6:00 PM and our Intermediate class at 7:00 PM. The classes will be held in the SSAFC gym.

Dive-in-Movie

Join us in the lap pool on Monday, February 18th. Show time is 7:00 PM. See you then.

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 Mondays, Fridays and Saturdays 4:00-6:00 PM.
- * Fitness Fusion Saturday, February 2nd starting at 7:00 AM.
- * Women's Volleyball registration will be taken from February 4th-March 2nd.
- * Spring Soccer registration will be taken from February 4th-March 2nd.
- * Small Group Personal Training registration February 4th-16th.
- * Register for Swim Team now. Swim Team starts February 25th.
- * Registration for Start Smart Baseball February 18th-March 2nd
- * Under the sea will be held on Monday, February 25th from 7:00-8:30 PM.
- * Archery class registration taken from February 25th-March 9th.
- * 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

Karate Classes

Registration for our Karate program is on-going. This is a monthly to month program. Once a week classes are \$30 and twice a week classes are \$50 for the month. Our instructor is Isaac.

WOMEN'S VOLLEYBALL

We are offering our women's volleyball one again this year. We will be offering a open women's 4 v 4 league. The league will be held on Thursday nights in the middle school gym. Each team will play one match a night and matches will be from 6:30-10:30 PM. Teams will play a seven week schedule plus a double elimination tournament. Cost \$225.00. Registration will be taken from February 4-March 2nd. League play will begin on March 7th and will run through April. We can only take 8 teams, so register early. There will not be any matches held over spring break. For all SSAFC adult recreation participants must be at least 16 years of age.

START SMART

New this year we will be offering Start Smart Baseball. Start Smart is a program that helps your child get ready for sports. It's a step-by-step approach that builds confidence, self-esteem and makes sports fun. Your children will learn all of the basic baseball skills. This class will run one day a week for six weeks. The baseball program is held on Mondays for ages 4-5. Classes start at 4:00 PM and run for one hour. Cost is just \$20.00 and there is limited space for each class. The class will run from March 4th-April 15th (No class on April 1st). Registration will be taken from February 18th-March 2nd. For more information contact Stephen at 783.22423 +1+1.

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 \$95. Party Package #2 includes the same as package #1 plus one hour on the rock wall, cost is \$110. Party Package #3 includes 15 passes, one hour in the big party room with 3 pizzas and decorations, cost is \$120. Party Package #4 includes same as #3 plus one hour on the rock wall, cost \$135. If you just want the room you can rent that for \$40 for one hour. You can book on-line or by phone.

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.

Under The Sea

Experience the darkness of the swimming pool while swimming through obstacle courses or just floating around the lazy river. Glow sticks, necklaces and bracelets allow for a fun atmosphere that everyone can enjoy! Make a date of this fun activity for your family. It will be held on Monday, February 25th from 7:00-8:30 PM. This is for all ages. Cost is just \$3.00. Limited space available, so register now!

Small Group Personal Training

Our next class for Small Group Personal Training will be held on Mondays, Wednesdays and Fridays starting on February 20th and running until March 11th. The classes will be held from 6:00-6:50 AM. Registration will be taken from February 4th-16th. Our trainer is Jenna Saunders. The class will run for four weeks. Cost is \$90.00.

Our Core Values

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