



✧ 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.

ADULT VOLLEYBALL

We will be offering a women's 4 v 4 league and new this year a Co-Ed 4 v 4 league. The Co-Ed league will be held on Mondays and the Women's league will be on Thursdays. 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. The registration deadline will be February 25th Cost \$275. League play will begin on March 9th and will run through April. We can only take 8 teams, so register early. There will not be any matches held over spring break.

Fitness Fusion

We will be holding our next Fitness Fusion on Saturday, February 11th.

ARCHERY CLASS

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 spring session will be February 20th-March 4th. The classes will be held on Mondays, from March 13th-April 14th. We will have two beginner class 5:00 PM and 6:00 PM. Cost \$25

Start Smart

Registration for our baseball program from February 13th-25th. Classes will be held on Mondays starting February 27th and run to April 3rd. Time is from 4:00-5:00PM. Cost \$25.00.

SPRING SOCCER

Our Spring soccer program is for youth in the 1st - 6th grades. Early bird registration will be taken from January 30th-February 11th, cost \$40. Normal registration will be taken from February 12th-25th, cost \$45.00 Play will start March 21st. 1st - 4th grades boys/girls will play separate (6 v 6). The first half of the games will be played indoors. 5th & 6th grade boys/girls will play separate (8 v 8). A late fee of \$10.00 will be added after the deadline.

February Hours

**Friday, February 17th
5:00 AM-9:00 PM
Monday, February 20th
5:00 AM-9:00 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 Wednesdays.
- * Swim Lessons registration deadline February 15th.
- * Jr. Cats Swim Team registration deadline February 24th.
- * Adult Volleyball registration deadline February 25th.
- * Soccer registration deadline will be February 25th.
- * Start Smart Baseball registration February 13th-25th.
- * Small Group P. T. registration February 20th-March 4th.
- * Archery classes registration February 20th-March 4th.
- * Registration for Mermaid U February 27th-March 16th.

Special Pool Hours for February

Friday, February 17th
5:00 AM-8:00 AM
11:00 AM-7:00 PM
Monday, February 20th
5:00 AM-8:00 AM
11:00 AM-7:00 PM

FITNESS CLASSES

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

**Our Winter schedule is as follows:
(December 5th - March 4th)**

Morning Classes

Monday-Friday

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

Monday, Wednesday, Friday

5:15-6:15 AM - Barre (Taryn)

5:30-6:30 AM - HIIT (Julie) Gym

*8:00-9:00 AM - Vinyasa (Rachel) Mon.

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

Tuesday & Thursday

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

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

8:15 AM-9:00 AM - Power Yoga (Rachel) Tue.

Saturday

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

Evening Classes

Monday & Wednesday

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

Evening Classes

Tuesdays & Thursdays

5:00-6:00 PM - Barre (Taryn)

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

***Upstairs classroom**

****Classes in the pool**

Winter Pickleball

We offer drop in pickleball three days a week for you this Winter.

Mondays - 5:00-7:00 PM

Fridays - 4:00-6:00 PM

Saturdays - 4:00-6:00 PM



South-Summit-Aquatic-Fitness-Center

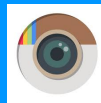
Mermaid U

Get ready for big smiles and even bigger splashes. This exciting 30 minute lesson transports you to an underwater world of magic filled with enchantment and wonder! Kids and adults will work with expert mermaid instructor to learn how to swim with a mermaid tail. As you get used to swimming with a tail get ready for a variety of fun games and challenges.

We will take registration from February 27th-March 16th. Classes held Saturdays at 8:30 AM. Class will be held from March 18th-April 1st. For more info please contact Mike at 783-2423 Ex. 4153.

Karate

Classes are held every Monday & Wednesday of the month. The Karate program is a monthly class that starts on the first day of the month and payment is due at that time. We offer three different class times, 5:30-6:00 PM (Beginner), 6:10-6:40 PM (Beginner) Cost for the beginner classes \$30.00 for once a week. 6:50-7:20 PM (Advanced & adult) \$50.00 for twice a week. (Cost is per-person).



South_Summit_AFC

Registration Information

Register for all recreation programs at the SSAFC, Monday-Saturday 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.

Lose Something?

Maybe we can help? Give us a call.

Golf Simulator

Call Stephen to book a Tee time.

Racquetball Court

You can book your court with us on line at ssaafc.org. Just use the on-line registration button to get the link.

Small Group Personal Training

Our next class for Small Group Personal Training will be in March and will be held on Mondays, Wednesdays and Fridays starting on March 6th and running through the month of March. Classes will be held at 5:15 & 6:10 AM. Registration will be February 20th - March 4th. Our trainer is Andrea Gordon. Cost is \$110.00.

Jr. Cats Swim Team

Our South Summit Swim Team registration deadline will be February 24th. The teams will practice Mondays & Wednesdays the Middle school team from 2:30-3:30 and the Elementary team from 3:30-4:30 PM. The program starts February 20th and will run until May 3rd. Cost is \$60.00 This is structured for those swimmers at the beginning of their competitive experience. It will focus more on stroke refinement and preparation for future competitive swimming.

Our Core Values

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