

J A N U A R Y 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.

ADULT SWIM LESSONS

We will be offering our adult swim lessons to start the year off. We will be introducing basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke. Registration will be taken from January 29th-February 16th. Classes will run from February 24th-March 30th. Classes will be held on Saturdays from 8:00-8:45 AM. Cost is \$40.00. This is for 18 years & up. If you have questions please contact Mike Ruf at 783-2423 Ex. 4153.

January Hours

Friday, January 12th
5:00 AM-9:00 PM
Monday, January 15th
5:00 AM-9:00 PM

CONQUER 2024

We are hosting our annual "Mile Swim Challenge" and are inviting athletes of all ages and abilities. Conquer 2024 will run from Jan 1, 2024 - Dec 31, 2024. Report your laps to a lifeguard and we will handle the rest. Monthly winners for most laps completed that month, and prizes for over 25, 50, 100, 150+ will be awarded to all who complete those milestones.

Tiny Tots Swim Club

Registration for session #1 will be taken from January 1st-19th. Class starts January 24th for six weeks/\$30. Class is on Wednesday from 12:15-12:45 pm. This class is for 6 months through preschool.

SWIM LESSON

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 & 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 February 24th-March 30th. Registration taken from January 29th-February 16th.

Workplace CPR

Registration for our workplace CPR/AED/ First Aid classes will be January 1st-19th. Class will be held on Tuesday, January 23rd. Cost \$60.00.

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
- * New Years Day 5K. Monday, January 1st at 9:30 AM.
- * Tiny Tots Swim Club registration from January 1st-19th.
- * Registration for CPR/First Aid/AED January 1-19th.
- * Small Group Personal Training class registration taken from January 22nd-February 3rd.
- * Youth swim Lessons registration January 29th-February 16th.
- * Adult swim Lessons registration January 29th-February 16th.
- * Adult Volleyball registration January 22nd -February 29th.
- * Registration January 29th-February 23rd for Jr. Cats Swim Team.
- * Racquetball Courts can be reserved on-line at ssaafc.org.

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 Winter schedule is as follows:
(December 4th-March 2nd)

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

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

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 Fall.

Monday - 5:00-7:00 PM

Fridays - 4:00-6:00 PM

Saturdays - 9:00-11:00 AM



South-Summit-Aquatic-Fitness-Center



South_Summit_AFC

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. Early registration January 22nd-27th, cost \$275. Normal registration January 29th-February 29th Cost \$300. 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.

Party Room

The party room is a great place for your next birthday party! We have two 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 \$120. Party Package #2 includes 15 passes, one hour in the big party room with 3 pizzas and decorations, cost is \$150. If you just want the room you can rent that for \$40 for one hour. Book on-line or by phone. Just call the front desk or go on-line to book your next party with us.

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.

New Years 5K

Kick off 2024 year by joining us for our first ever New Year's 5K on Monday, January 1st at 9:30 AM. Cost is \$20.24.

Day of race cost is \$30.00. Pre-registered runners will receive a long-sleeve tech T-shirt. Day of registration and check in starts at 8:00 AM. We will have kids races on the upstairs track at 10:30 AM. All kids races are FREE. This is a great way to kick off the new year, so don't be left out in the cold, come run in it with us.

Small Group Personal Training

Our next class for Small Group Personal Training will be in January and will be held on Mondays, Wednesdays and Fridays starting on January 1st and running through the month of January 26th. Classes will be held at 5:15 & 6:10 AM.

Registration will be January 22nd - February 3rd. Our trainer is Andrea.

Jr. Cats Swim Team

Our South Summit Swim Team will take registration from January 29th-February 23rd. The team will practice Mondays & Wednesdays from 2:30 Middle School and 3:30 PM for elementary ages. The program starts February 2nd and will run until May 1st. 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