

J U L 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.*

### ADVENTURE CAMPS

Just a few camps left for the summer. Camps will be Mondays-Thursdays. There is something for everyone this summer! Summer Camps:

- Art Camp - July 10-13. \$40.**
- Beach Volleyball - July 25-28 \$30.**
- Baseball Camp - July 31-Aug 3 \$25.**

Registration deadline for each camp will be the Saturday before the camp starts.

### Summer Pool Hours

Monday-Friday 5-8 AM/11 AM-7 PM  
Saturday 7 AM-7 PM

### Drop-in Sand Volleyball

Wednesday night from 7-9 PM.

### 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).

For more information, please contact Isaac Montano at 801.891.1825

### July Holiday Hours

Thursday, July 4th - 7 AM-7 PM  
Wednesday, July 24th 7 AM-7 PM

### FALL SOCCER

This our fall soccer will be for 4 year olds through 8th grade. Early registration will be taken from July 15th-27th. Cost \$45.00. Normal registration July 29th-August 10th. Cost \$50.00. Play will start August 26th. 4 year old boys & girls will play together (4 v 4). For Kindergarten & 1st graders, boys and girls will play separate (5 v 5), 1st - 3rd grades boys/girls will play separate (6 v 6). 4th & 5th grade boys/girls will play separate (8 v 8). 6th-8th grade boys/girls will play separate (11v 11). however, we may have to go co-ed depending on the number of participants. A late fee of \$10 will be added after the deadline. For more information, just contact Chris Burton at 783.2423 ex. 4152.

### Up Coming Events

- \* Karate classes are held on Mondays and Wednesday
- \* Small Group Personal Training registration deadline June 29th.
- \* Summer swim lessons, session #3 reg. deadline July 3rd.
- \* Women's Mt. Bike Clinic registration deadline July 6th.

- \* Art Camp registration deadline July 6th.
- \* Beach Volleyball Camp Registration deadline July 13th.
- \* Jr. Pickleball registration deadline July 13th
- \* Baseball Camp Registration July 15th-27th.
- \* Kids Market, August 3rd. Registration deadline July 31st.

- \* Fall soccer registration July 15th- August 10th.
- \* Summer swim lessons, session #4 reg. July 29th-Aug. 8th.
- \* Start Smart Flag Football registration July 31st-Aug. 13th.

### Pool closed

**Mondays-Fridays**  
8:00 AM-11:00 AM

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 Summer schedule is as follows:  
(May 3rd-August 31st)**

**Morning Classes  
Monday-Friday**

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

**Monday, Wednesday, Friday**  
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**

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

**Saturday**

7:15-8:00 AM - High Fit (Paula)

8:00 - 8:30 AM - Hig Yo (Paula)

**Evening Classes**

**Monday & Wednesday**

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

**\*Upstairs classroom**

**\*\*Classes in the pool**

***Summer Pickleball***

We offer drop in pickleball three days a week for you this summer. Only morning hours.

Mondays - 5:00-7:00 AM

Wednesdays - 5:00-7:00 AM

Fridays - 5:00-7:00 AM

***Jr. Pickleball***

This is for youth in the 8-15 years of age. Registration will be taken from July 1st-13th. Clinic will be July 15th-18th. Time 9-10 AM. Cost \$35.

***Start Smart Flag***

Registration for our Flag Football program is July 31st-August 13th. Classes will be held on Wednesdays starting August 14th and run until September 18th. Time is from 5:00-6:00 PM. Cost

***Swim Lessons***

Summer swim lessons. Week day sessions will run Monday-Thursday.

Session #3 - July 8th-18th

Session #4 July 29th-August 8th, registration July 8th-July 24th.

For Classes offered contact front desk.  
Ex. 4153.

***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 \$110. Party Package #3 includes 15 passes, one hour in the big party room with 3 pizzas and decorations, cost is \$137.50. If you just want the room you can rent that for \$40 for one hour. Book on-line or by phone.

**Registration Information**

Register for all recreation programs at the SSAFC, Monday-Saturday during open hours or online at [www.ssaafc.org](http://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.

***Kids Market***

New this year, we will be hosting a Kids Saturday Market on August 3rd from 10 AM-2 PM.

Entrepreneurs ages 5 to 16 can participate in our farmer's/craft market run entirely by kids! Kids can sell anything! Handmade, store-bought, food, games or services. The registration deadline will be July 31st.

***Small Group Personal Training***

Our next class for Small Group Personal Training will be in August held on Mondays and Wednesdays starting on August 5th and running until August 28th. Classes will be held at 5:15 & 6:10 AM. Registration will be July 22nd-August 3rd. Our trainer is Andrea Gordon. The class will run for four weeks. Cost is \$80.00.

***Women's Mt. Bike***

Learn riding techniques and tips that will increase your confidence and ability. Learn Kamas Valley trails and become familiar with your bike and what you can do on it. This class is for women and will cover basic equipment and maintenance, as well as have you mastering switchbacks. Space is limited in this new program, so sign up early. Registration will be taken from June 24th-July 6th. The class will be July 8th-11th from 8-10 AM. Cost is \$60.00.

**Our Core Values**

\* Fun \* Fitness \* Friendly \* Safety