

J U N E 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.*

### SWIM LESSONS

Summer swim lessons. Week day sessions will run Monday-Thursday. Session #1 June 3-13, registration, May 13th-29th. Session #2 June 17th-June 27th, registration May 27th-June 12th. Session #3 July 8th-18th, registration June 17th-July 3rd. Session #4 July 29th-August 8th, registration July 8th-July 24th. Classes offered: Parent & Child (\$30) 8:30, 9:05 & 9:40 AM, Preschool A & B (\$35) 8:30, 9:05 & 9:40 AM, Levels 1-3 (\$35) will be held at 8:30, 9:05 & 9:40 AM. Levels 4 & 5 (\$40) will be held at 8:15 AM. Level 6 (\$40) will be held at 9:00 AM.

### Summer Pool Hours

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

### JR. CATS SWIM TEAM

We are gearing up for our summer swim team. This is a 10 week program that includes practice and a few swim meets. The session will run from June 3rd-August 7th. Time will be from 10:30-11:30 AM. Practices will be held Monday through Thursday. Ages of swimmers include elementary and middle school. The registration will be taken from May 13th - June 7th. Cost for the summer session is \$100.00. For more information please contact Mike Ruf.

### Summer Center Hours

**Mondays-Thursdays 5 AM-9 PM**  
**Fridays 5:00 AM-8:00 PM**  
**Saturdays 7:00 AM-7:00 PM**

### ADVENTURE CAMPS

These will be week-long camps focusing on different activities or sports. Camps will be Monday-Thursday. Our first camp will be our Rock Wall Camp from June June 4th-7th. Cost is \$40.00. Registration deadline will be June 1st. Also we will be offering the following camps:

- Soccer Camp - June 3rd-6th.**
- Summer Blast Camp - June 10th-13th.**
- Golf Camp - June 17th-20th.**
- Art Camp - July 8th-11th.**
- Mt. Bike Camp - June 15th-18th.**
- Beach Volleyball Camp - July 15th-18th**
- Baseball Camp - July 29th-August 1st.**

Cost for camps range from \$25-\$55.

### Drop-in Sand Volleyball

*Wednesday night from 7-9 PM.*

### Up Coming Events

- \* Karate classes are held on Mondays and Wednesday
- \* Small Group Personal Training registration deadline June 1st.
- \* Youth Soccer Camp registration deadline June 1st.
- \* Registration deadline for Jr. Cats Swim Team June 7th.
- \* Golf Camp registration June 3rd-15th.
- \* Summer Blast Camp registration deadline June 8th.
- \* Mt. Bike Camp registration June 1st-13th.
- \* Summer swim lessons, session #2 reg. deadline June 12th.
- \* Summer swim lessons, session #3 reg. June 17th-July 3rd.
- \* Women's Mt. Bike Clinic registration June 24th-July 6th.
- \* Art Camp registration June 24th-July 6th.

### Pools 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**

## 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

## Fall Soccer

This our fall soccer will be for 4 year olds through 5th grade. Early registration will be taken from July 15th-27th. Cost \$45.00. Normal registration July 26-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 together (5 v 5), 1st - 3rd grades boys/girls will play together (6 v 6). 4th & 5th grade boys/girls will play together (8 v 8). A late fee of \$10 will be added after the deadline. For more information, contact Chris Burton at 783.2423 Ex. 4152.

## 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.

## Lose Something?

Maybe we can help? Give us a call.

### *Ideas*

Call us and let us know what you are thinking.

## Racquetball Court

You can book your court with us on line at [ssaafc.org](http://ssaafc.org). Just use the

## Small Group Personal Training

Our next class for Small Group Personal Training will be in June held on Mondays and Wednesdays starting on June 3rd and running until June 26th. Classes will be held at 5:15 & 6:10 AM. Registration will be May 20th-June 1st. 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