

M A R C H 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

BASEBALL/SOFTBALL

It is that time of year to start thinking about baseball and softball. Games will be played at the Oakley Complex except for the Pony League and that will be played at the SSSH baseball field behind the Recreation Center. Registration will take place from March 18th-April 6th. Practices will start on April 22nd. Cost is \$35.00. A \$10.00 late fee will be added after April 6th.

Leagues Offered

T-Ball (5 & 6 years old) co-ed T & TH
Coach Pitch (1st & 2nd) co-ed M & W
Minors (Boys) (3rd & 4th) M & W
Major (Boys) (5th & 6th) M & W
Pony (Boys) (7th-9th) M & W
Philly (Girls) (3rd-5th) T & TH
Fast Pitch (Girls) (6th-9th) T & TH

Contact Chris for more information

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 18-April 10th. 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

Special Hours

Friday, March 15th

5:00 AM-9:00 PM

Spring Break April 1st-5th.

5:00 AM-9:00 PM

SWIM LESSONS

The SSAFC is gearing up for our Spring weekday afternoon swim lessons. The weekday class will be held on Tuesday & Thursdays running for six weeks. Classes offered are: Parent & Child \$25.00, Pre-school Aquatics A & B, Levels 1-3 \$30.00, Levels 4-6 \$35.00. Class times vary; availability will be posted in March. Swimming & Life saving merit badge cost is \$20.00 and is by appointment. Classes will be held April 8th-April 24. Registration will be taken from March 11th-April 6th. For more information please contact Katie Rahn at 783.2423 +1 +3.

Small Watercraft

We will offer personal watercraft practice in the lap pool on Wednesdays starting March 6th from 7:00-8:30 PM.

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 Spring schedule is as follows:
(March 4th-June 1st)

Morning Classes

Monday, Wednesday, Friday

5:30-6:30 AM - Cycling (Andrea)

*5:30 AM - HITT (Julie)

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

*6:00-7:30 PM - Tai Chi (Dave) Tues.

*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.

ADULT SOFTBALL

We are gearing up for our adult men's softball league. The league will be played on Thursdays starting on May 30th. All games will be played at the Oakley Complex. Registration will be taken from April 1st-May 18th. Cost is \$450.00 per team. Must be 16 years of age to play.

FIRECRACKER

We will be offering our Firecracker Co-Ed softball tournament. The tournament will be held on Saturday, June 22nd, games starting at 8:00 AM. Cost is \$250. Registration will be taken from April 1st-June 15th. 3 game guaranteed. Must be 16 years old to play. All games will be played at the Oakley Complex.

EGGSTRAVAGANZA

The SSAFC will be holding our annual pool Easter Hunt on Saturday, April 20th at 9:00 AM. Pre-registration will be taken from April 1st-19th. Cost is for event is \$5.00 or the day of registration \$7.00. There will be great prizes and treats for all participants Non-swimmers may wear life jackets and all children 5 and under must be accompanied by an adult 18 or older in the water with them at all times. This is for youth ages unto 11. We will start this event promptly, so don't be late! There is limited space available. For more information please contact Katie Rahn at 783.2423 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 \$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.ssafc.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.

Concealed Weapons

Our fall Concealed Weapons class will be offered on Wednesday, April 17th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from March 25th-April 16th. Cost for this class will be \$55 paid to the SSAFC and your concealed firearm permit will cost \$52, paid by check to BCI.

Small Group Personal Training

Our next class for Small Group Personal Training will be held on Mondays, Wednesdays and Fridays starting on April 15th and running until May 22nd. The classes will be held from 6:00-6:50 AM. Registration will be taken from April 1st-13th. Our trainer is Jenna Saunders. The class will run for four weeks. Cost is \$90.00.

Our Core Values

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