

M A R C H 2 0 2 0



✧ 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.

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 March 30th-April 11th. The classes will be held on Mondays & Wednesdays and will be held from April 13th-29th. We will have two classes. Beginner class 6:00 PM and our Intermediate class at 7:00 PM. Cost \$25.

Small Watercraft

We will offer practice time from 7:00-8:30 PM on March 11th, 25th, April 8th, 22nd in the lap pool.

BASEBALL/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. Early bird registration runs March 9th-21st, cost \$35. Normal registration will be held from March 22nd-April 4th, cost \$40. Practices will start on April 27th. A \$10.00 late fee will be added after April 4th.

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

EGGSTRAVAGANZA

The SSAFC will be holding our annual pool Egg Hunt on Saturday, April 11th at 9:00 AM. Pre-registration will be taken from March 23rd-April 5th. Cost is for event is \$6.00 or \$11.00 from April 6th-11th. 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 info call Mike Ruf at 783.2423 Ex. 4153.

March Hours

Friday, March 20th
5:00 AM-9:00 PM

Up Coming Events

Karate every Mon. & Wed.
Belay Certification Saturdays
from 9:00-10:00 AM
Rock Wall open every Saturday
from 10:00 AM-2:00 PM
Wibit Aquatrack will be up
Saturdays from 11 AM-4 PM

Drop in Archery will be on
Saturday in February from
1:00-3:00 PM.
Drop in Sports Night on
Wednesdays from 7:00-8:30 PM.
Early bird registration for
Baseball/Softball March 9th-21st.
April Small Group Personal
Training registration from March
16th-28th.

Swim Team registration deadline
March 20th.
Canoe Battleship registration
deadline March 21st.
Pre-registration for
eggstravaganza from March 23rd
April 5th.
Archery Class registration from
March 30th-April 11th.
Babysitting Class registration

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 members of the SSAFC.

Our Spring schedule is as follows:
(March 2nd-May 30th)

Morning Classes

Monday-Friday

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

Monday, Wednesday, Friday

5:15-6:15 AM - Cycling (Andrea) M&W

*5:15-6:15 AM AM - HIIT (Julie)

*5:15-6:15 AM AM - HIIT (Julie)

Tuesday & Thursday

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

Afternoon Classes

Monday, Wednesday, Friday

12:00 PM - Forever Fit (Andrea/Julie)

Tuesday & Thursday

** 12:00-1:00 PM - Water Walk (Lea)

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

6:00 PM - Cycling (Debbie)

7:00 PM - Foundation Training (Debbie)

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**

Spring Pickleball

Wednesdays 4:00-6:00 PM

Fridays 4:00-6:00 PM

Saturdays 9:00-11:00 AM

SMALL GROUP P.T.

For our April Small Group Personal Training will have two classes. We will be held a Mondays, Wednesdays and Fridays class and a Tuesday and Thursday class. Classes start the week of March 30th and running until May 1st. We will not have any classes over spring break (April 6th-11th). The classes will be held from 5:30-6:20 AM. Registration will be March 16th-28th. The class will run for four weeks. The Monday, Wednesday and Friday class cost is \$100.00. The Tuesday and Thursday class cost is \$67.00. Our trainer is Jenna Saunders. For more information contact Stephen Sutherland at 783.2423 Ex. 4151.

BABYSITTER CLASS

You don't want to miss this popular class that can teach you new skills and earn you money! Geared toward youth ages, 11-14 years of age, this American Red Cross training provides knowledge and skills necessary to safely and responsibly give care for children and infants. Training will include: Help participants develop leadership skills. Teach how to develop a babysitting business. Educate participants on how to keep themselves and others safe. Explain strategies to help children behave and teach basic child care and basic first aid. Registration taken from March 30-April 24th. Classes will be held April 28th, 30th, May 5th and 7th from 2:45-5:30 PM. Cost \$35.

SPORTS NIGHT

NEW this year. Bring the whole family for "Wednesday Night Drop-in Sports Night". Join us for regularly scheduled drop in from 7:00-9:00 PM in the lap pool. Regular SSAFC entry fees required.

1st Wednesday

Drop in Inner tube Water Polo

2nd Wednesday

WIBIT Race Night

3rd Wednesday

WIBIT Volleyball

4th Wednesday

WIBIT Race Night

5th Wednesday

Cannon Ball Contest from the High Dive

CANOE BATTLESHIP

We are excited to bring you the wet and wild game of Canoe battleship. Draft three of your friends and or family and come battle it out in the water.

Wednesday, March 25th from 7:00-9:00 PM. Cost is \$25.00. For more info get with Mike Ruf at 783.2423. 4151

E-SPORTS SERIES

New this year we will be offering a e-sports series. We will have four different tournaments. Our next event will be Smash Bros on Friday, April 17th from 2:30 PM until over. Early registration will be taken from March 30th-April 4th, cost \$7 and normal registration will be April 6th-14th, cost is \$10.

Lifeguard Class

Spring Session Dates:

April 14th - May 14th.

Registration

March 9th- April 10th. Classes will be held Tuesdays & Thursdays from 5:00-8:00 PM.

Cost is \$175.00 which includes a rescue mask, CPR certification, lifeguard and first aid certification for two years with water park endorsement.

Swim Team

Our South Summit Swim Team will take registration from January 6th-March 20th. The team will practice Monday & Wednesdays from 2:30-3:30 PM for middle school and 3:30-4:30 PM for elementary. The program starts February 24th. Cost is \$55.00 This is structured for those swimmers at the beginning of their competitive experience. It will focus more on stroke refinement and preparations for future competitive swimming.

Our Core Values

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