

M A R C H 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.

BASEBALL/SOFTBALL

Games will be played at the Oakley Complex except for the Pony League which will be played at the SSSH baseball field behind the Recreation Center. Early bird registration runs March 4th-18th, cost \$40. Normal registration will be held from March 19th-30th, cost \$45. Practices will start the week of April 15th. A \$10.00 late fee will be added after April 2nd.

Leagues Offered

T-Ball (5 & 6 years old) co-ed W & W
Coach Pitch (1st & 2nd) co-ed T & TH
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 Jacki for more information

EGGSTRAVAGANZA

The SSAFC will be holding our annual pool Egg Hunt on Saturday, March 23rd at 9:00 AM. Pre-registration will be taken from February 26th-March 15th. Cost for event is \$7.00 or \$9.00 from March 16th-21st. 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 up to age 11. We will start this event promptly, so don't be late! There is limited space available. For more info contact Mike Ruf.

**Special Hours
For March
Friday March 22nd
5:00 AM-8:00 PM**

SPRING BREAK HOURS

This year the South Summit School District spring break will be April 1st-5th.

Center Hours

Monday-Thursday - 5:00 AM - 9:00 PM
Friday - 5:00 AM - 8:00 PM

Pool Hours

Monday-Friday
5:00 AM - 8:00 AM / 11:00 AM-7:00 PM

Small Watercraft Practice

We will be offering Kayaks, SUP or other small personal watercraft in the lap pool on Thursday, March 7th & 21st from 5:00-6:30 PM.

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 Wednesday
- * Archery Class registration deadline March 2nd.
- * Musical Pickleball registration deadline March 3rd.

- * Baseball/softball registration March 4th-30th.
- * Tiny Tots registration deadline will be March 8th
- * Mermaid U registration deadline March 13th.
- * Eggstravaganza registration deadline will be March 21st.
- * Youth swim Lessons registration March 18th-April 5th.

- * Adult swim Lessons registration March 18th-April 5th.
- * Mixed Doubles Pickleball registration March 18-April 6.
- * Small Group Personal Training class registration taken from March 24th-April 6th.
- * Registration for Babysitter class will be April 1st-19th.

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 Spring schedule is as follows:
(March 4th-June 3rd)

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

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

*Upstairs classroom

**Classes in the pool

Spring Pickleball

Drop in times

Mornings

Up to three courts

Monday - 5:00-7:00 AM

Wednesday - 5:00-7:00 AM

Friday - 5:00-7:00 AM

Evenings

Wednesday - 3:00-5:00 PM

(Until snow is gone)

Fridays - 4:00-6:00 PM

Saturdays - 4:00-7:00 PM

Mermaid U

Get ready for big smiles and even bigger splashes. This exciting 30 minute lesson transports you to an underwater world of magic filled with enchantment and wonder! Kids and adults will work with expert mermaid instructor to learn how to swim with a mermaid tail. As you get used to swimming with a tail get ready for a variety of fun games and challenges.

We will take registration from February 19th-March 13th. Classes held Saturdays at 8:30 AM. Class will be held from March 16th-30th. For more info please contact Mike at 783-2423 Ex. 4153.

Spring Swim

The SSAFC is gearing up for our Spring Saturday morning swim lessons. The Saturday class will run for six weeks.

Classes offered are: 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 April 13th-May 18th. Registration taken from March 18th-April 5th. For more information, please contact Mike Ruf at 783-2423 + 1 + 3.

Babysitter Class

This class is 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. 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 April 1st-19th. Classes will be held April 23rd, 25th, April 30th and May 2nd from 2:45-5:30 PM. Cost \$45.

Tiny Tots Swim Club

Join us for a fun time at noon with parents and young children. Swim skills and playing with other children in the play pool will be the focus. Registration deadline for session #2 will be March 8th. Class starts March 13th for six weeks/\$35. Class is on Wednesday from 12:15-12:45 pm.

Small Group Personal Training

Our next class for Small Group Personal Training will be in April and will be held on Mondays, Wednesdays and Fridays starting on April 8th and running through the May 3rd. Classes will be held at 5:15 & 6:10 AM. Registration will be from March 24th - April 6th. Our trainer is Andrea. Cost is \$110.00.

Musical Pickleball

We will be hosting a pickleball tournament on Monday, March 4th from 7-9 PM. Cost is \$10.00 per player. Registration deadline March 3rd.

Mixed Doubles

We will be hosting a pickleball tournament on Monday, April 8th from 7-9 PM. Cost is \$20.00 per team. Registration will be taken from March 17-April 6th.

Our Core Values

* Fun * Fitness * Friendly * Safety