

M A R C H 2 0 2 6

### Center Hours

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



### Pool Area Hours

**Closed for remodel and maintenance. Scheduled re-open date May 4th.**

## ✧ 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

Youth Baseball & Softball Cost includes a uniform & hat.

\*\*\*All home games will be played at the high school softball & baseball fields!

\*\*\* 3rd - 8th Graders may travel to Park City, North Summit, Morgan or Evanston.\*\*\*

Games will start in May. Registration:  
Early: March 2nd - 15th Regular: March 16th - 29th

#### Leagues

Start Smart T-ball (3-5 yo) T/TH  
Kinder T-ball - T/TH

Itty Bitty Coach Pitch (1st/2nd) - T/TH  
Minors (3rd/4th) - M/W (Fri possibly)

Majors (5th/6th) - M/W  
Pony (7th-9th) - M/W

Softball (3rd-5th) - T/TH  
Softball (6th-9th) - T/TH

Contact Jacki, jackiruf@ssummit.org

### SPRING BREAK HOURS

This year the South Summit School District spring break will be  
March 30th - April 3rd.

#### Center Hours

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

#### Pool Hours

CLOSED

Make it a great week!

### Summer Camps

**Check out on-line our many awesome summer camp that we will be offering this year. Registration opens March 23rd**

### OLD & BOLD

Come enjoy our Old & Bold program — built for strength, movement, and fun! Join us each week for energizing, senior-friendly classes that support better balance, fitness, and community connection. Classes hold on Tuesday and Thursday Morning at 9:00 AM. A great class to support stability, strength, and confidence in everyday movement. All fitness levels welcome — come move with us!

### Small Watercraft Practice

**We will be offering Kayaks, SUP or other small personal watercraft in the lap pool on Tuesdays, March 12th & 26th from 5:00-6:30 PM.**

### Up Coming Events

- \* Karate classes are held on Mondays and Wednesdays.
- \* Maker Monday 2:30 or 3:30
- \* After School every Wednesday 2:30 PM or 3:30 PM.
- \* Lil' Tykes Club Tuesday & Thursday 10:00 AM & 5:30 PM
- \* Youth baseball/softball registration will be taken from March 2nd-29th.

- \* Musical Pickleball, Monday, March 9th.
- \* Small Watercraft Practice March 12th & 26th, 5-6:30 PM.
- \* March Madness 3 v 3 tournament, March 20th & 21st
- \* Small Group Personal Training registration March 16th-28th.
- \* Babysitter class registration will be held April 1st-19th.
- \* Adult softball starts in May.

### Lil' Tykes Club

**This is for youth 5 & under. Tuesdays & Thursdays, 10-11 AM & 5:30-6:30 PM. This is open play. Not staffed.**

### Maker Monday

**This is a program that let's you get creative! Cost \$20/\$30.  
5th-8th - 2:30-3:30 PM  
K-4th - 3:30-4:30 PM.**

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 - May 31st)**

### Morning Classes

#### Monday-Friday

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

#### Monday, Wednesday

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

\*7:00-8:00 AM - Yoga (Erica)

#### Tuesday & Thursday

5:15-6:15 AM - Cycling (Andrea)

7:00-8:00 AM - Mat Pilates (Taryn)

9:00-10:00 AM - Cardio Drumming  
(Stephen) Tuesday Only.

9:00-10:00 AM - Weight/Balance  
(Andrea) Thursday Only.

### Evening Classes

#### Monday & Wednesday

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

\*Upstairs classroom

\*\*Classes in the pool

**We offer different and fun classes  
for all ages and ability, so come  
find your FIT!**

## Street Hock Clinic

In partnership with the Utah Mammoth, we're excited to host astray hockey clinic. The instructional clinic includes a t-shirt, stick, ball & two tickets to a Utah Mammoth home game!!

When: March 19th at 6:00 PM

Who: 2nd -9th Graders

Registration: February 19th-  
March 14th.

Cost: \$20.00

For more information on this awesome opportunity contact Jacki Ruf at [jacki.ruf@ssummit.org](mailto:jacki.ruf@ssummit.org)

## Musical Pickleball

We will be hosting a pickleball tournament on Monday, March 9th from 6-8 PM. Cost is \$10.00 member/ \$15 non-member. Registration will be taken from February 16-March 7th.

## March Madness

New this year we will be offering a youth 3 v 3 basketball tournament. Mark your calendar for March 20th & 21st. We have many different divisions for both boys and girls. Put together your 3-4 player team and register today. Team fee \$40.00

## Registration Information

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

## Closed March/April

Host your next birthday party, meeting or private event with us! Both of our rooms provide direct access to the pool area. We have two Party Room Packages. Party Package #1 includes 10 passes to the center, two hours in the small party room, unlimited time in the pool, decorations for \$120. Party Package #2 includes 15 passes, two hours in the big party room with and decorations, cost is \$150. If you just want the room you can rent the big room \$80 or small room \$70 for two hours.

## 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. 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.

## Drop in Pickleball

We offer drop in pickleball both in the morning and in the evening for the month of March.

### Morning Play

Monday, Wednesday, Friday  
5:00-7:00 AM.

### Evening Play

Tuesday - 5:00-7:00 PM  
Fridays - 5:00-7:00 PM  
Saturdays - 9:00-11:00 AM

## Small Group Personal Training

Our next class for Small Group Personal Training will be in April, held on Mondays and Wednesdays starting on April 6th and running until May 1st 27th. Classes will be held at 5:15 & 6:10 AM. Registration will be March 23rd-April 5th. Our trainer is Andrea Gordon. The class will run for four weeks. Cost is \$110.00.

### Our Core Values

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