

SOUTH SUMMIT AQUATIC & FITNESS CENTER

**May
2017**

350 East 200 South * Kamas, Utah 84036 * (435) 783-2423

***MISSION STATEMENT:
WE TAKE PRIDE IN OFFERING LEISURE OPPORTUNITIES THAT SERVE
OUR COMMUNITY BEYOND ITS EXPECTATION***

SSAFC Hours

When School is in Session: Monday-Thursday 5:00-9:00 am/ Noon-1:00 pm/ 2:30-9:00 pm.
Friday 5:00-9:00 am/ Noon-9:00 pm. Saturday 7:00 am-9:00 pm. Closed Sunday.

Summer Swim

It's time to think about summer lessons! Our first summer session will run from June 5th-15th; with registration from May 8th-June 3rd.

Parent & Tot—8:00 8:35, 9:10, 9:45 AM-\$20.00

Preschool Aquatics A & B—8:00, 8:35, 9:10, 9:45 AM-\$25.00

Levels 1-3—8:00, 8:35, 9:10, 9:45 AM-\$25.00

Levels 4-6—8:00, 8:50 AM-\$30.00

Scout Swimming & Life Saving Merit Badge classes available upon request-\$20.00

Session #2—June 19– June 29th

Session #3—July 10th– July 20th

Session #4 July 31st-August 10th

Swim Teams

The South Summit Swim Teams, swim sessions will be 8 weeks-long with 3-4 swim meets per session. Ages of swimmers include elementary and middle school, with high school swimmers invited to join summer session; days involved will be determined by the type of swim team chosen. SILVER TEAM will be Monday-Thursday and cost is \$75.00. This team is geared for those who still want to compete with USA swimming. An additional \$70.00 per year will cover the USA membership. BRONZE TEAM will be Monday-Thursday. Cost is \$75.00. Registration for our Summer Session will be taken from May 8th-June 12th. The Summer Session will run from June 5th-July 27th. Classes will be held Monday-Thursday from 10:00-11:00 AM.

Summer Kids Camp



The SSAFC's Summer Kids Camp is for 1st thru 5th graders. There will be a different activity each day the program is offered. Some of the activities

include: sports, games, arts & crafts and many more fun activities. Cost is \$45 for the summer. The registration is from May 1st-20th. Summer Kids Camp will be held from 10:00 am-Noon on Mondays & Wednesdays. The Camp will begin the week of June 5th and runs through August 2nd and will be held in the park behind the SSAFC. Make sure that you register early to guarantee your youth a spot. Any questions please contact Chris Burton at 783-2423 +1 +2

Summer hours start June 5th. 5 AM-9PM

Dates at a Glance

- Inner-tube water polo ever Wednesday night from 7:00-8:30
- South Summit Swim Teams registration from May 8th-June 12th.
- Babysitter registration deadline will be May 8th.
- Tennis Blitz Saturday, May 13th.
- Summer Kids camp registration will be taken from May 1st-20th.
- Adult softball registration deadline will be May 27th.
- Youth tennis lessons registration from May 1st-20th.
- Lifeguard training registration from May 15th-June 8th.
- Summer swim lessons session #1 registration May 8th-June 1st.
- Youth soccer camp registration from May 22nd-June 10th.



Memorial Day

**May 29th
5:00 AM-9:00 PM**

Fitness Classes

The South Summit Aquatic & Fitness Center offers many different fitness classes.

Our Spring 2017
schedule is as follows:

Morning Classes

Monday-Friday

**7:00-8:00 am—Water Aerobics (Penny)

Monday & Wednesday & Friday

5:30-6:30 am—Dance Fit (Paula)

Tuesday & Thursday

5:30-6:30 am—Cycling 60 (Andrea)

* 5:30-6:30—Cirkix (Chandler)

Afternoon Classes

Monday, Wednesday & Friday

12:00-1:00 pm—B, B & B (Erin)

3:00-4:00 pm—Total Body (Andrea) M,W

Tuesday & Thursday

**12:00-1:00 pm—Water Walking (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)

*7:30-8:30 pm—Yoga (Betty) Mon.

Wednesday

*6:00-7:30 pm—Tai Chi (Dave)

Tuesday & Thursday

6:00-7:00 pm—Zumba (Sarah) Tues.

7:00-8:00 pm—Cycling (Alison)

*7:30-8:30 pm—Yoga (Wendy)

Friday Night

5:00-6:00 pm—Core & More (Shauna)

Saturday Morning Class

7:00-8:00 am—Body Blast (Shauna)

*7:00-8:00 am—Kickboxing (Chandler)

8:00-9:00 am—Body Blast (Shauna)

9:00-10:00 am—Zumba (Sarah)

9:00-10:00 am—Yoga (Wendy)

**Upstairs class room*

***Classes in the pool*

Adult Softball

We are getting ready for our Men's softball league. The league will be played on Thursdays starting June 8th. All games will be played at the Oakley Complex. Registration will be taken from April 3rd—May 27th. Cost is \$450.00 per team. You can pick up the registration packages at the front desk of the SSAFC. As with all SSAFC adult recreation programs, all participants must be 16 years of age to play. For more information, please contact Stephen at 783.2423 +1 +1.



Tennis Blitz

The SSAFC is putting on its annual FREE tennis clinic. This fun clinic is for **ALL** ages. Please make sure to wear tennis shoes. Don't have your own racket? We'll have one here for you.

When: Saturday, May 13th.

Time: 10:00-11:30 AM

Where: S.S.M.S. Tennis Courts

Cost: FREE!

Registration will be held on Saturday, May 13th from 9:30-10:00 AM at the tennis courts.

Babysitter class

We will be offering the American Red Cross babysitting class. The purpose of the course is to provide youth, ages 11-14, with the knowledge and skills necessary to safely and responsibly give care for children and infants. The training will:

- Teach how to develop a babysitting business
- Educate participants on how to keep themselves and others safe.
- Teach basic child care and basic first aid.

Registration will be taken from April 10th—May 8th. The cost is just \$35.00. Classes will be held on May 17th, 19th, 22nd and 24th from 3:00-5:00 PM.

Lifeguard Training



The Summer Lifeguard Training class will be held on Mondays-Wednesdays, June 12th-14th, June 19th-21st, and June 26th-28th from 5:30

to 8:30 pm. A couple of Saturdays may be scheduled. Registration will be taken from May 15th-June 8th. The pre-test will be held on June 12th @ 5:30 PM. Cost is \$135.00 which includes a rescue mask, CPR and lifeguard and first aid certification for two years with a water park endorsement. You may be considered for employment at the SSAFC upon successful completion of this course.

Youth Soccer Camp

The SSAFC is excited to offer our youth soccer camp. Basic skills will be covered such as: dribbling, passing, and shooting. These skills will be incorporated into fun drills and games. It doesn't matter what your skill level is, just as long as you want to learn more about soccer. This camp is for boys and girls ages 8-14 years of age. Registration is from May 22nd-June 10th. The camp will be held from 10:00 until noon, June 12th-June 22th on Tuesdays & Thursdays. Cost is \$23.00 which includes a soccer ball.

Youth Tennis Lessons

Our youth tennis lessons are designed to fit everyone's skill level. There are two different classes:

two beginner classes (6 to 9 years old) from 4:00-

4:45 pm and (10 to 14 years old) from

5:00-6:00 pm. Cost for the younger

class is \$20.00 and cost for the older

class is \$25.00. Registration will be

May 1st-20th. Classes begin on May

23rd and will be held on Tuesdays and

Wednesdays. For more information

give Chris a call at 783-2334 +1 +2

