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## ✧ 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*

### SWIM LESSONS

There are many opportunities for swim lessons this summer. Week day sessions will run Mondays-Thursdays. Session #1 June 3-13, registration, April 29th-June 1st. Session #2 June 17-27, registration May 20th-June 15th. Session #3 July 8-18, registration June 10-July 6. Session #4 July 29-August 8, registration June 24-July 25. Classes offered: Parent & Child (\$25) Preschool A & B (\$30) , Levels 1-2 (\$30) Levels 3-6 (\$35). For classes and times you can go to our on line registration or contact the front desk. Not all classes may be available every session, or every time. **Please sign up early as class fill up quickly.** For more information please contact Katie Rahn at 783.2423 Ex. 4153.

### PIANO LESSONS

We are so excited to offer piano lessons this summer. David Omer will be our instructor. We will be offering two different leaves of piano lessons this year.

**Beginner - 7 to 15 at 6:00 PM**

**Adult Beginner (16+)/Youth**

**Intermediate (10+) at 7:00 PM.**

Classes will be held on Tuesdays, starting June 11th and running until July 30th (9 lessons). Cost is \$90.00 (Plus - Purchase of method book is required). Registration will be taken from May 13th - June 1st.

### SWIM TEAM

We are gearing up for our summer swim team. This is a 8 week program that includes practice and a few swim meets. The session will run from June 3rd-August 2nd. Time will be from 10:00-11:00 AM. Practices will be held on Mondays through Thursdays. Ages of swimmers include elementary and middle school. Registration will be taken from April 29th and run until June 15th. Cost for the summer session is \$75.00. For more information please contact Katie.

### Summer Center Hours Start

May 27th.

Monday-Friday 5 AM-9:00 PM

Saturdays 7AM-7 PM

### Water Safety Month

Monday, May 6th-Family Night & Drawing  
Tuesday, May 7th-Aqua Zumba bring a guest.  
Wednesday, May 15th-Games & Drawing  
Thursday, May 16th-\$1 off entry & Drawing  
Friday, May 24th Wibit from 5-9PM

### Up Coming Events

- \* Wibit Aquatrack will be up Saturdays from 11 AM-4 PM.
- \* Drop in Pickleball for winter will be Wednesday, Fridays 4:00-6:00 PM and Saturdays 9:00-11:00 AM.
- \* Beach Volleyball Tournament registration May 6th-June 8th.
- \* Saturday pool hours 8 AM-7PM.
- \* Tennis Blitz, May 11th at 10:00 AM.
- \* Fitness Fusion will be Saturday, May 11th from 7:30-10:00 AM.
- \* Piano Lessons resignation from May 13th-June 1st.
- \* Adult softball registration deadline will be May 18th.
- \* Youth tennis registration deadline will be May 18th
- \* Soccer Camp registration will be taken from May 20th-June 1st.
- \* Summer swim lessons, session #1 registration deadline June 1st.
- \* Summer swim lessons, session #2 registration May 20th-June 15th.
- \* H2O Camp registration will be taken from May 27th-June 8th.
- \* Summer Swim Team registration deadline will be June 15th.
- \* Co-Ed Softball Tournament registration deadline June 15th.

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

## Tennis Blitz

*This fun clinic will be held on Saturday, May 11th from 10:00-11:30 AM on the Tennis courts. Cost is FREE!*

## 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.

## 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.

## YOUTH TENNIS

Our youth tennis lessons are designed to fit everyone's skill level. There are two different classes: 6-9 years of age will be held from 4:00-4:45 PM and the 10-14 years of age will be held 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 take place from April 29th through May 18th. Classes will be held on Tuesdays & Thursdays on our tennis courts from May 21st-June 12th. For more information contact Chris at Ex. 4152.

## ADVENTURE CAMPS

Once again we are offering our weekly Adventure Camps for the summer. These will be week-long camps focusing on different activities or sports. Camps will be Mondays-Thursdays. There is something for everyone this summer! Our first camp will be our Soccer Camp from June 3rd-6th. Cost is \$25.00. Registration will be taken from May 20th-June 1st. Also we will be offering the following camps:  
**H2O Adventure Camp - June 10th-13th.**  
**Summer Blast Camp - June 17th-20th.**  
**Golf Camp - June 24th-27th.**  
**Mt. Bike Camp - July 8th-11th.**  
**Art Camp - July 15th-18th.**  
**Beach Volleyball Camp - July 29th-August 1st.**  
**Baseball Camp - August 5th-8th.**  
Cost for camps range from \$25-\$50.

## BEACH VOLLEYBALL

We are offering our first annual volleyball tournament this summer. We have new beach sand in our outdoor volleyball courts. We will be offering an open Co-Ed 4 v 4 tournament. The tournament will be held on Friday night, June 14th, starting at 6:00 PM and all day Saturday, June 15th. All games will be played in the sand courts behind the SSAFC. Each team will be guaranteed 3 games. Cost \$100.00. Registration will be taken from May 6th-June 8th. For all SSAFC adult recreation participants must be at least 16 years of age. For more information please contact Stephen at Ex. 4151.

## FITNESS FUSION

This will be a fun morning of group fitness with five of our instructors. Come and join the fun with our great instructors!

**7:30 AM - Cycling (Andrea)**

**8:00 AM - HITT (Julie)**

**8:30 AM - High Fitness (Paula)**

**9:00 AM - Kickboxing (Chandler)**

**9:30 AM - Zumba (Sarah)**

This is a great event to come out and enjoy many different types of classes and instructors. This is a free event with entry to the SSAFC.

### Our Core Values

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