



✧ 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.

ITTY BITTY/JR. JAZZ

We will be offering our Itty Bitty for 1st & 2nd graders as well as the Jr. Jazz basketball program for youth in the 3rd-9th grades. Early registration for both programs will be taken from November 6th-18th. Normal registration is November 20th-December 2nd. Play will start on January 6th for Jr. Jazz and January 2nd for Itty Bitty. 1st & 2nd grades will be co-ed and play on Tuesdays and the cost is \$40/\$45. 3rd/4th, 5th/6th and 7th-9th will have boys and girls leagues and will be played on Saturdays. Cost will be \$40/\$45 which includes a jersey, and a ticket to a Utah Jazz game for Jr. Jazz participants.

Pool Closure

**November 27th-December 26th.
Pools will closed for maintenance.**

TURKEY BURN

Once again this year we will be offering special group fitness classes on Thanksgiving Day. We will have many different classes starting at 7:00 AM and going for three hours. Come burn some calories with some great music and fun people before your big dinner. This is a perfect way to start the day, allowing you to have that extra piece of pie later on! Check out our website for a list of classes and times. Hope to see you then.

Thanksgiving Center Hours

November 22nd - 5 AM- 9 PM.
November 23rd - 7-11 AM
November 24th - 5 AM-8 PM

ADULT BASKETBALL

We will be offering one open league, held on Thursday evenings starting at 6:30 PM. All games will be played at the SSMS gym. Registration will take place from October 3rd-November 19th. League play will begin on December 1st and will run through February. Participants must be at least 16 years of age. We will play for three weeks before the Christmas holidays and then pick back up on January 5th. For more information please contact Stephen Sutherland at 783.2423 +1 +1.

Thanksgiving Pool Hours

November 22nd - 5 AM- 8 AM, 11 AM-7 PM
November 23rd - 7-11 AM
November 24th - 5 AM-8 AM, 11 AM-7 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 Wednesdays
- * Registration for Start Smart Basketball deadline will be November 4th.
- * Turkey Paddle Battle registration deadline will be November 11th.
- * Adult basketball registration deadline is November 19th.
- * Turkey Burn will be held on Thursday, November 23rd from 7 AM-11 AM.
- * Racquetball Courts can be reserved on-line at ssaafc.org.
- * Itty Bitty Basketball registration will be taken from November 6th-December 2nd.
- * Jr. Jazz Basketball registration will be taken from November 6th-December 2nd.

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 Summer schedule is as follows:

(September 4th - December 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

5:00-6:00 PM - Barre (Taryn) Tues

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

***Upstairs classroom**

****Classes in the pool**

Fall Pickleball

We offer drop in pickleball three days a week for you this Fall.

Wednesday - 5:00-7:00 PM

Fridays - 4:00-6:00 PM

Saturdays - 9:00-11:00 AM

Turkey Paddle Battle

This is a mixed doubles pickle ball tournament and will be held on Mondays, November 13th from 6:30-8:30 PM. Registration deadline November 11th. Cost is \$20 per Team.

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. Book on-line or by phone.

Center Hours

Monday-Thursday 5-10 AM, Noon-1:00 PM, 2:30-9:00 PM

Friday 5-10 AM, Noon-8:00 PM

Saturday 7AM - 7PM.

Pool Hours

Monday-Thursday 5-8 AM, Noon-1:00 PM, 4:30-9:00 PM

Friday 5-8 AM, Noon-8:00 PM

Saturday 7AM - 7PM.

Registration Information

Register for all recreation programs at the SSAFC, Monday-Saturday during open hours or online at www.ssaafc.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.

Volunteering as a coach does not waive the registration fee for your child.

Start Smart

This program teaches children (ages 4 & 5) the basic motor skills necessary to play organized basketball while they work one-on-one and spend quality time with their parents. It will be held on Tuesdays from 4:00-5:00 PM starting November 7th until December 12th. Registration is October 23rd-November 4th. Cost is \$25.00.

Holiday Gift Ideas

A great gift idea is a membership to the SSAFC. We have 1 month, 3 month and annual memberships as well as punch passes available.

Lose Something?

Maybe we can help? Give us a call at 784.2423 + 0.

Holiday Center Hours

December

20th, 21st, 22nd

5:00 AM-9:00 PM (Fridays 8:00 PM)

December 23rd - 7:00 AM-7:00 PM

26th, 27th, 28th, 29th,

5:00 AM-9:00 PM (Fridays 8:00 PM)

December 30th - 7:00 AM-7:00 PM

January

January 1st - 7:00 AM-11:00 AM

Our Core Values

* Fun * Fitness * Friendly * Safety