

N O V E M B E R 2 0 1 8



✧ 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

ADULT BASKETBALL

We are offering our adult basketball league this winter. There will be one open league, held on Thursday evenings starting at 6:30 PM. All games will be played at the SSMS gym. Cost per team is \$450.00. Registration will take place from October 1st-November 17th. League play will begin on November 29th 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 3rd.

Thanksgiving

Wednesday, November 21st 5 AM-9 PM
Thursday, November 22nd 7 AM-11 AM
Friday, November 23rd 5 AM-9 PM

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. Registration for Itty Bitty will be taken from November 12th-December 8th and Jr. Jazz from November 19th-December 8th. Play will start on January 5th for Jr. Jazz and January 8th for Itty Bitty. 1st & 2nd grades will be co-ed and play on Tuesdays and cost is \$30.00. 3rd/4th, 5th/6th and 7th-9th will have boys and girls leagues and will be played on Saturdays. Cost will be \$35.00 which includes a jersey, a and ticket to a Utah Jazz game for Jr. Jazz participants.

Lose Something?

Maybe we can help? Give us a call.

TURKEY TROT 2018

It is getting close to time for our Annual Turkey Trot Fun Run which will be held on Saturday, November 11th at the SSAFC, starting at 10:00 AM. Registration forms may be picked up at the front desk of the SSAFC or you may register on Saturday the 17th from 9:30-9:55 AM. There will be a 5K run, a 1 mile run for youth 10 & under, and a 1 mile walk. The winners will get a turkey, second place will get a pumpkin pie. This is a great event for the whole family. Just a reminder to bring at least \$5 in donation per participant of food or other supplies to help out our local food bank.

Dive-in Movie

Join us in the lap pool on Monday, November 19th. Show time is at 7:00 PM.

Up Coming Events

- * Karate every Monday & Wed.
- * Wibit Aquatrack will be up Saturdays from 11 AM-4 PM.
- * Drop in Pickleball for Fall will be Wednesdays & Fridays 4:00-6:00 PM and Saturdays 9:00-11:00 AM.
- * Start Smart Basketball registration deadline will be November 3rd.

- * Small Group Personal Training registration November 8th-24th.
- * Turkey Trot will be on Saturday, November 17th at 10:00 AM
- * Itty Bitty Basketball registration November 12th-December 8th.
- * Jr Jazz Basketball registration November 19th-December 8th.

- * Adult Basketball registration will be taken from October 1st-November 17th.
- * Turkey Burn will be held on Thanksgiving Day from 7:00 AM-11:00 AM.
- * Fitness Challenge registration will start on November 26th.

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 members of the SSAFC.

Our Fall schedule is as follows:
(September 3rd-December 1st)

Morning Classes

Monday, Wednesday, Friday

5:30-6:30 AM - Cycling (Andrea)

*5:15 AM - Cardio/Weight (Chandler)

Tuesday & Thursday

5:30-6:30 AM - Dance Fit (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)

*6:15-7:15 PM - Mat Pilates (Wendy)
Thurs.

*7:30-8:30 PM - Yoga (Wendy)

**7:00 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)

*7:00-10:00 - HIIT (Julie)

***Upstairs class room**

****Classes in the pool**

Wibit

We have our Wibit Aqua Track, which is a fun obstacle course located in our lap pool. We set it up every Saturday from 11:00 AM-4:00 PM. Come enjoy the fun with your family.

START SMART HOOPS

Start Smart is a program that helps your child get ready for sports. It's a step-by-step approach that builds confidence, self-esteem and makes sports fun. Your children will learn all of the basic basketball skills. This class will be held one day a week for six weeks. The basketball program is held on Mondays for ages 4-5. Classes start at 4:00 PM and run for one hour. Cost is just \$20.00 and there is limited space for each class. The class will run from November 5th-December 10th. The registration deadline will be taken until Saturday, November 3rd. For more information give Chris Burton a call at 783.2423.

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 \$90. Party Package #2 includes the same as package #1 plus one hour on the rock wall, cost is \$105. Party Package #3 includes 15 passes, one hour in the big party room with 3 pizzas and decorations, cost is \$115. Party Package #4 includes same as #3 plus one hour on the rock wall. If you just want the room you can rent that for \$40 for one hour. You can book on-line or by phone.

Turkey Burn

We will be offering special group fitness classes on Thanksgiving Day

7:00 AM - Kickboxing (Chandler)

8:00 AM - Cardio Burn (Shauna)

9:00 AM - HIIT (Julie)

10:00 AM - Cycling (Andrea)

Come burn some calories with some great music and fun people before your big dinner.

Registration Information

- * Register for all recreation programs at the SSAFC, Monday-Saturdays 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.

FITNESS CHALLENGE

Once again this year we will kick the year off by offering our Fitness Challenge. This is a eight-week program. On the first day we will meet, take pictures of each participant and weigh them in. The class will be held on Tuesday nights at 6:00 PM starting on January 9th. Our Instructor is Jenna Saunders. There will be weekly instruction for healthy eating and exercise training. There will be weekly challenges based on a point system for healthy eating and amount of exercise done. The person with the most points the end will be the winner. Cost is Just \$60.00. Registration will be taken from November 26th-January 8th, 2019.

Small Group P.T.

Our next class for Small Group Personal Training will be held on Mondays and Wednesdays starting on November 26th and running until December 21st. The classes will be held from 6:00-6:50 AM.

Registration will be taken from November 8th-24th. Our trainer is Jenna Saunders. The class will run for six weeks. For more information please contact Stephen Sutherland at 783.2423 ex 4151.

Our Core Values

- * Fun
- * Fitness
- * Friendly
- * Safety