

O C T O B E R 2 0 1 7

the SOUTH SUMMIT

AQUATIC & FITNESS CENTER

ADDRESS: 350 EAST 200 SOUTH * KAMAS, UTAH 84036
PHONE 435.783.2423

Facility Features

Leisure family pool

Six lane competitive lap pool
and diving well

Weight area

Cardio area

Three-lane indoor track

Aerobic & Dance studios

Gymnasium

Locker rooms

Party rooms

“The Rock” climbing wall

Racquetball courts

School Hours

Monday-Thursday

5:00 -9:00 AM,

Noon-1:00 PM, 2:30-9:00 PM

Fridays

5:00-9:00 AM, Noon-9:00 PM

Saturdays

7:00 AM-9:00 PM

✧ Mission Statement ✧

*We take pride in offering opportunities that serve our community
beyond its expectations.*

CONCEALED WEAPONS

Our fall Concealed Weapons class will be offered on Wednesday, October 11th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from September 25th-October 10th. Cost for this class will be \$45 paid to the SSAFC and your concealed firearm permit will cost \$37, paid by check to BCI. For more information please contact Stephen Sutherland at 783.2423



ARCHERY CLASS

Come join us for a great program! Our Archery classes will be a three week indoor program for youth 10 to adults. Learn range safety and proper shooting techniques. Students will learn how to shoot using a compound bow by NASP certified instructors. Registration for our fall session will be October 16th-28th. The classes will be held on Wednesdays & Thursdays. Starting on November 1st. We will have two classes. Beginner class 4:30 PM and our Intermediate class at 5:30 PM. The classes will be held in the SSAFC gym. Cost is just \$20.00. For more information please contact Chris at 783-2423 + 1 +2.

Up Coming Events

- * Karate every Monday
- * Inner-tube water polo every Wednesday from 7-8:30 PM
- * Wibit Aquatrack will be up Saturdays from 11 AM-4 PM
- * Swim lessons registration taken from September 18th-October 4th.
- * Start Smart soccer registration will be

taken from September 25th-October 7th.

* Archery Class
Registration from October 16th.-28th

* Fall Concealed Weapons registration taken from September 25th-October 10th.

* Pumpkin Plunge will be held on Saturday, October 28th.

* Turkey Trot will be held on Saturday,

November 11th at 10 AM.

* Turkey Bowl
registration will be taken from October 2nd-28th.

* Adult Basketball
registration will be taken from October 2nd-November 18th.

FITNESS CLASSES

We are excited to provide these programs at no additional cost to members of the SSAFC.

Our Fall schedule is as follows:

Morning Classes

Monday, Wednesday, Friday

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

*5:30-6:30 AM - Lift It Up 60 (Chandler)

Tuesday & Thursday

6:00-7:00 PM - Power Yoga (Ashly)

Afternoon Classes

Monday, Wednesday, Friday

12:00-1:00 PM - Bone & Balance (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

6:00-7:00 PM - Kickboxing (Chandler)

**7:00 PM - Aqua Zumba (Sarah) Tues.

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

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)

*9:00-10:00 - Yoga (Wendy)

*Upstairs class room

**Classes in the pool

October Give-a-way

This is for members and punch pass holders. Each time that you swipe your card and visit the center your name will be entered into our drawing. We have some great prizes to be won.

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.

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.

START SMART SOCCER

Start Smart Soccer is an awesome way to get your child some basic soccer skills. It is a step-by-step approach that builds a love for the sport of soccer. Your child will learn all the basics. This class will run one day a week for six weeks. This program will be held on Tuesdays for ages 4 & 5 year olds. The classes start at 4:00 PM and run for one hour. Cost is \$20.00. There is limited space for this program, so register early. Classes start October 10th and will run until November 14th. You can register from September 25th-October 7th. For more information contact Chris Burton at 783.2423+ 1 +2.

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 SSHS gym #2. Cost per team is \$450.00. Registration will take place from October 2nd-November 18th. League play will begin on November 30th 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 4th. For more information please contact Stephen Sutherland.

TURKEY TROT 2017

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 11th 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.

PUMPKIN PLUNGE

It is that time of year again for our annual Pumpkin Plunge. Come swim with the pumpkins in the leisure pool. Pick one to decorate and take it home. Pre-registration will be taken from October 2nd-27th. Cost is just \$3.50 per child or \$5.00 same day registration. The Pumpkin Plunge will be held on Saturday, October 28th. Space is limited, so register early.

9:30-10:00 AM - Ages 5 & under

10:00-10:30 AM - 6-11 years old

Adults must be in the water with youth 5 and under

TURKEY BOWL II

The SSAFC will be hosting our second annual Turkey Bowl flag football tournament. It will be held on Friday & Saturday, November 3rd & 4th. Games on Friday will start at 6:00 PM and games on Saturday at 9:00 AM. This will be a double elimination tournament. The cost is \$175 per team. All games will be played at the SSHS Football Field. All participants must be 16 years of age or older. We must have at least four team to run this event. Registration will be taken from October 2nd-28th.