

O C T O B E R 2 0 1 8



✧ Mission Statement ✧

We take pride in offering leisure opportunities that serve our community beyond it's expectations.

CONCEAL WEAPONS

Our fall Concealed Weapons class will be offered on Wednesday, October 10th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from September 24th-October 9th. Cost for this class will be \$45 paid to the SSAFC and your concealed firearm permit will cost \$52, paid by check to BCI. For more information please contact Stephen Sutherland at 783.2423 +1 +1.

October Survey

We are looking for input on our programs. We would love if you would take a few minutes to fill out our survey. You can find the link on the front page of our web site. ssaafc.org

START SMART SOCCER

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 soccer skills. This class will run one day a week for six weeks. The soccer program is held on Tuesdays 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 October 9th-November 13th. Registration will be taken from September 24th-October 6th.



Lose Something?

Maybe we can help? Give us a call.

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 15th-27th. 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 \$25.00.

Fall Break Hours

Thursday, October 18th
Friday, October 19th
5:00 AM-9:00 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.
- * Swim lessons registration deadline October 3rd.
- * Start smart soccer registration deadline will be October 6th.
- * Small group Personal Training registration deadline October 6th.
- * Fall Concealed Weapons registration deadline October 9th.
- * Archery Classes registration will be taken from October 15th-27th.
- * Pumpkin Plunge will be held on Saturday, October 27th from 9:30-10:30 AM.
- * Turkey Bowl registration deadline will be October 26th.
- * Turkey Trot will be on Saturday, November 11th at 10:00 AM
- * Adult Basketball registration will be taken from October 1st-November 17th.

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.

TURKEY TROT

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.

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. For more information please contact Stephen Sutherland at 784.2423 +1 +1.

Small Group P.T.

Our next class for Small Group Personal Training will be held on Mondays and Wednesdays starting on October 8th. The classes will be held from 6:00-6:50 AM. The registration deadline will be Saturday, October 6th. Our trainer is Jenna Saunders. The class will run for six weeks. For more information please contact Stephen Sutherland at 783.2423 ex 4151.

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.

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 1st-26th. Cost is just \$4.0 per child or \$6.00 same day registration. The Pumpkin Plunge will be held on Saturday, October 27th. 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 2018

The SSAFC will be hosting our second annual Turkey Bowl flag football tournament. It will be held on Friday & Saturday, November 2nd & 3rd. 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 SSSHS 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 1st-27th.

Our Core Values

* Fun * Fitness * Friendly * Safety