



## ✧ Mission Statement ✧

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

### FALL SWIM TEAM

Our South Summit Swim Team is now taking registration for both teams. The Middle School team will practice Monday & Wednesdays from 2:30-3:30 PM and the Elementary team will practice from 3:30-4:30 PM. The program will run from September 16th-November 21st. Registration deadline is October 1st.

#### **Bronze Team - \$55.00**

This is structured for those swimmers at the beginning of their competitive experience. It will focus more on stroke refinement and preparations for future competitive swimming.

### **Labor Day Hours**

Monday, September 2nd  
7:00 AM-7:00 PM

### 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 Wednesdays 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 23rd-October 5th.



### **Lose Something?**

Maybe we can help? Give us a call.

### VOLLEYBALL CAMP

Come join us for our annual volleyball camp! This is a recreational program for both boys and girls. We have instructors that are excited to work with 3rd-8th graders that have an interest in volleyball. They will be taught such skills as passing, serving and spiking. Registration will be taken from September 2nd-14th. The camp will start September 18th and run through October 23rd. The camp will be held on Wednesdays. The camp will be held in the middle school gym from 6:00-7:00 PM for 3rd-5th grades and from 7:00-8:00 PM for 6th-8th grades.

### **Happy Anniversary**

It is our 16th anniversary this month. We will be offering 10% off annual memberships in September.

### *Up Coming Events*

- \* Karate every Monday & Wed.
- \* Belayer Certification Saturdays from 9:00-10:00 AM
- \* Wibit Aquatrack will be up Saturdays from 11 AM-4 PM
- \* Registration deadline for Small Group Personal Training will be August 31st.

- \* Youth volleyball camp registration taken from September 2nd-14th.
- \* CPR/First Aid/AED registration deadline will be September 7th.
- \* Fall Swim Team registration deadline will be September 28th.
- \* Basketball camp registration will be taken from September 16th-28th.

- \* Start smart soccer registration will be taken from September 23rd-October 5th.
- \* Fall Concealed Weapons registration taken from September 23rd-October 9th.

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:  
(August 19th-November 30th)

**Morning Classes**

**Monday, Wednesday, Friday**

5:15-6:15 AM - Cycling (Andrea)  
6:15-7:00 AM AM - HIIT (Julie)

**Tuesday & Thursday**

5:15-6:15 AM - Dance Fit (Paula)

**Afternoon Classes**

**Monday, Wednesday, Friday**

12:00 PM - Forever Fit (Andrea/Julie)

**Tuesday & Thursday**

\*\*12:00-1:00 PM - Water Walk (Lea)

**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**

\*\*7:00 PM - Aqua Zumba (Sarah)

**Thursday**

\*\*7:00 PM - Aqua Body (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

**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.

**BASKETBALL CAMP**

The SSAFC and the South Summit High School Basketball teams have joined up to bring you a fun basketball camp. Come and show off your skills while learning how to improve your game. Registration will be taken from September 16th- 28th. The camp will run from October 21st-30th on Mondays & Wednesdays. Youth 8-11 years old will be from 5:00-6:00 PM and youth 12-14 years old will be from 6:00-7:00 PM. Cost is be \$25.00 which includes a T-shirt. Come out and have a great time and learn some new skills. The camp will be held in the SSAFC gym.

**Registration Information**

- \* Register for all recreation programs at the SSAFC, Monday-Saturdays during open hours or online at [www.ssaafc.org](http://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.

**SWIM LESSONS**

The SSAFC is gearing up for our Fall Saturday morning swim lessons. The Saturday class will run for six weeks. The Fall classes offered are: Parent & Child \$25.00, Pre-school Aquatics A & B \$30.00, Levels 1-3 \$30.00, Levels 4-6 \$35.00 and swimming & life saving merit badge \$20.00. Class times will be posted closer to the time the classes will be held, but not all classes may be available at all times. Swimming & Life saving by appointment. Classes will be held October 5th-November 16th. Registration taken from September 9th-October 2nd. For more information, please contact Mike Ruf at 783-2423 + 1 + 3.

**CPR/FIRST AID/**

The SSAFC will be offering an American Red Cross CPR & First Aid class for the fall. Cost is \$55.00 which includes a rescue mask. The class will be held on Tuesday, September 10th from 5:30-9:00 PM in the SSAFC conference room. The registration deadline will be September 7th. This class needs at least six people for the class to take place. You will learn adult, child, and baby rescue breathing and CPR/AED. This course also includes two man rescuer procedures and basic first aid skills.



**Small Group Personal Training**

Our next class for Small Group Personal Training will be held on Mondays, Wednesdays and Fridays starting on September 4th and running until September 30th. The classes will be held from 5:30-6:20 AM. Registration will be taken from August 19th-31st. Our trainer is Jenna Saunders. The class will run for four weeks. Cost is \$90.00.

**Concealed Weapons**

Our fall Concealed Weapons class will be offered on Wednesday, October 9th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from September 23rd-October 8th. Cost for this class will be \$55 paid to the SSAFC and your concealed firearm permit will cost \$52, paid by check to BCI.

**Our Core Values**

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