

S E P T E M B E R 2 0 2 0



✧ 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.

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 14th-November 20th. Registration deadline is October 9th.

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 7th
7:00 AM-7:00 PM

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 28th-October 10th. The camp will run from October 19th-28th 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.

School Hours

Mondays-Fridays
5:00-9:00 AM
Noon-1:00
2:30-9:00 PM
Saturdays
7:00 AM-7:00 PM

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 August 31st-September 12th. The camp will start September 16th and run through October 21st. The camp will be held on Wednesdays. The camp will be held in the High School gym from 6:00-7:00 PM for 3rd-5th and from 7:00-8:00 PM for 6th-8th grades.

Fall Pickleball

Wednesdays 5:00-7:00 PM
Fridays 4:00-6:00 PM
Saturdays 9:00-11:00 AM

Up Coming Events

- * Wibit Aquatrack will be up Saturdays from 11 AM-4 PM.
- * Fall Schedule starts Monday, August 31st.
- * Registration deadline for CPR/ First Aid/AED Sept. 4th.
- * Small Group Personal Training registration starts Sept. 5th.
- * Volleyball Camp registration from August 31st-Sept. 12th.
- * Fall Swim Team starts September 14th.
- * Cornhole Tournament registration deadline Sept. 16th.
- * Registration deadline for Lifeguard Class will Sept. 18th.
- * Fall Swim Lesson registration September 7th-30th.
- * Concealed Weapons registration Sept. 21st-Oct. 6th.
- * Pickleball Tournament registration Sept. 21st-Oct. 10th
- * Basketball Camp registration Sept. 28th-Oct. 10th.
- * Check out our Virtual programs on our web site.

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 31st-November 28th)

**Morning Classes
Monday-Friday**

- **7:00-8:00 AM - Water Aerobic (Lea)
- Monday, Wednesday, Friday**
- *5:15-6:00 AM AM - HIIT (Julie)
- *6:15-7:00 AM AM - HIIT (Julie)
- Tuesday & Thursday**
- 5:15-6:00 AM - Cycling (Andrea)
- *5:15-6:15 AM - High Fitness (Paula)
- 8:00-9:00 AM - Yoga (Sara) Thursday

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**
- 6:00-7:00 PM - Zumba (Dori)

- *Upstairs class room
- **Classes in the pool

Covid-19 info

- * Face coverings/face shields shall be worn in all common areas, locker rooms, stretching areas, and all areas associated with the track (including the corners).
- * Face coverings/face shields do not need to be worn when individuals are engaged in strenuous physical exercise. For cardio exercise (including fitness classes) and weight lifting areas, you should be six to ten feet apart.

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.

SMALL GROUP P.T.

For our April Small Group Personal Training will have two classes. We will be held a Mondays, Wednesdays and Fridays class and a Tuesday and Thursday class. Classes start the week of September 9th and running until October 2nd. Their will be two classes offered, they will be held from 5:15-6:00 AM or 6:00-6:45 AM. Registration will be August 24th-September 5th. The class will run for four weeks. Cost is \$120.00 for the month. Our trainer is Jenna Saunders.



@ssafc1

PICKLEBALL TOURNNEY

New this year we are offering a Pickleball tournament. It will be on Saturday, October 17th. We will start things off at 9:00 AM. We will be holding a whistle stop format tournament. We will have two different skill divisions, Upper (A) and Lower (B). We will take registration from September 21st-October 10th. Cost is just \$10.00 per person.



South-Summit-Aquatic-Fitness-Center



south_summit_afc

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 3rd-November 14th. Registration taken from September 7th-30th. For more information, please contact Mike Ruf at 783-2423 + 1 + 3.

CORNHOLE TOURNNEY

We are excited to bring you another fun day of Cornhole. We will be hosting a team Cornhole tournament on Saturday, September 19th. Cost is \$30 per team. We will have open toss from 8:00-8:45 AM and the play will be at 9:00 AM. Registration deadline September 16th.

CPR/FIRST AID/AED

Fall class Tuesday, September 8th from 5:30-9:00 PM. Cost is \$55.00 which includes a rescue mask. The registration deadline will be September 4th. You will learn adult, child, and baby rescue breathing and CPR/AED. This course also includes two person rescuer procedures and basic first aid skills.

Lifeguard Class

Fall Session Dates:

September 22nd - October 22nd.

Registration

The registration deadline will be September 18th. Classes will be held Tuesdays & Thursdays from 5:00-8:00 PM.

Cost is \$175.00 which includes a rescue mask, CPR certification, lifeguard and first aid certification for two years

Concealed Weapons

Our fall Concealed Weapons class will be offered on Wednesday, October 7th from 6:00-9:00 PM. Our instructor is Gus Winterton. Registration will be taken from September 21st-October 6th. 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