

2 0 1 7 S U M M E R E D I T I O N

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

Summer Hours

(June 5th-August 22nd)

Monday-Friday
5:00 AM-9:00 PM

Saturdays
6:00 AM-8:00 PM

July 4th & 24th
7:00 AM-7:00 PM

✧ Mission Statement ✧

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

2 WEEK TRIATHLON

Now, this is not a triathlon that lasts for two weeks! The two week triathlon is a self-reporting triathlon that is completed over a two week period of time. Participants will go at their own pace and cover the Ironman distances of a 2.5 mile swim, a 112 miles bike, and 26.2 mile run. At the end of the two weeks, participants will turn in their participation sheet. Participants who finish the distances will be given a T-shirt. Participants of all ages are welcome. Registration will be taken from June 12th-July 1st. Cost is just \$12. The two week tri will take place from July 3rd-16th.

SWIM LESSONS

There are many opportunities for swim lessons this summer. Week day sessions will run Mondays-Thursdays. Session #1 June 5-15, registration deadline June 1st. Session #2 June 19-29, registration deadline June 3rd. Session #3 July 10-20, registration June 13-July 6. Session #4 July 31-August 10, registration July 3-27. Classes offered: Parent & Child (\$20), Preschool A & B (\$25), Levels 1-3 (\$25) will be held at 8:00, 8:35, 9:10 & 9:45 AM. Levels 4 & 5 (\$30) will be held at 8:00, 8:50 & 9:40 AM. Level 6 (\$30) will be held at 8:00 AM. Not all classes may be available every session, or every time.

Up Coming Events

- * Karate every Monday
- * Inner-tube water polo every Wednesday from 7-8:30 PM
- * Lifeguard training registration deadline, June 8th.
- * Soccer Camp reg. deadline June 10th.
- * Registration - 2 Week Tri June 12-July 1st.

- * Summer Swim Team reg. deadline June 12th.
- * Adult Tennis reg. deadline June 17th.
- * Swim Lessons session #2 will be held June 19-29.
- * Summer CPR reg. June 19th-July 8th.
- * Start Smart Golf reg. June 26th-July 8th.

- * Swim lessons session #3 will be held July 10th-20th.
- * Summer Concealed class July 12th.
- * Slip-n-Slide - June 22nd, July 20th and August 10th.
- * Swim lessons session #4 will be held July 31st-August 10th.
- * Check out all of our great list of fall activities.

LIFEGUARD TRAINING

We will be holding our summer session of the Lifeguard training class.

Summer Session Dates:

June 12th-14th, 19th-21st, 26th-28th.

Registration

Deadline will be June 8th. Classes will be held Mondays-Wednesdays from 5:30-8:30 PM.

Cost is \$135.00 which includes a rescue mask, CPR certification, lifeguard and first aid certification for two years with water park endorsement.

SUMMER CONCEALED

We will be offering our next conceal weapons class on Wednesday, July 12th from 6:00-9:00 PM. Our instructor will be Gus Winterton. Registration will be taken from June 26th-July 11th. Cost for the class will be \$45.00 paid to the SSAFC, and your concealed firearm permit will cost \$37.00 payable by check, made out to BCI. For more information please contact Stephen at 783.2423 +1.

**CONCEALED
CARRY
COURSE**

SUMMER SWIM TEAM

Our South Summit Swim Team is now taking registration for both the Silver and the Bronze teams. Both Teams will practice Monday-Thursday from 10:00-11:00 AM. Cost is just \$75.00. The program will run from June 5th-July 27th. Registration deadline is June 12th.

Silver team

For those swimmers looking to really prepare for a high level of competition.

Bronze Team

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.

web site

Check out what we have to offer in the convenience of your own home. Just go to www.ssaafc.org and let us know what you think of the our web site.

Wibit

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

SOCCER CAMP

The SSAFC is excited to offer our youth soccer camp. Basic skills will be covered such as: dribbling, passing and shooting. These skills will be incorporated into fun drills and games. It doesn't matter what your skill level is, just as long as you want to learn more about soccer. This camp is for boys and girls ages 8-14 years old. Registration deadline will be June 10th. The camp will run from 10:00 AM-Noon. The camp will be held on Tuesdays & Thursdays from June 12th-22nd.

***On-Line
Registration***

To register on-line just go to www.ssaafc.org and click on the "On-line Registration" link, or find the activity you want to register for and click on the "On-line Registration" link below. On-line registration is easy and available 24 hours.

PRIVATE TENNIS LESSONS

It is that time of year to be outside and enjoy the weather. The South Summit School District has four nice tennis courts to be used. If you are new to the sport of tennis or just want to brush up on your skills, we can help. You can sign up individually or sign up as a group for a discounted price. We can set up the lessons to fit your schedule. Our instructor is Chris Burton, who is a USPTA Tennis Pro. Cost depends on how many people take the lessons. Lessons are for all ages! You can register at the SSAFC's front desk. Before registering, please contact Chris at 783.2423 +1 +2 or 435.300.1551.

ADULT TENNIS LESSONS

This program is designed to teach adults the basic rules and skills of tennis. One class will be offered so if you have never played before or if you just want to get better, sign up for this exciting program. Bring your own racquet if possible. Balls and a few racquets will be provided. Cost is just \$25.00 per-person.

Times and dates:

Beginners/Intermediate
Tuesdays & Wednesdays
5:00-6:00 PM

The registration deadline will be June 17th. A \$10 late fee will be added to those wanting to sign up after the registration deadline.

FALL LADDER TOURNEY

We will be hosting our ongoing racquetball ladder tournament which allows players to compete with others that enjoy the sport of racquetball. The goal of a ladder tournament is to be in the number one spot and try to work your way up the ladder by challenging players ahead of you. Men and Women will compete in the same ladder tournament. All players must be at least 16 years of age. The event is free of charge, however you must register for the tournament and you can do that any time after October 3rd. The tournament will run from October 30th until December 18th.

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.

KARATE

Registration for our Karate program is on-going. Classes are held every Monday & Wednesday of the month. The Karate program is a monthly class that starts on the first day of the month and payment is due at that time. We offer two different class times, 5:30 and 6:30 PM. The cost is \$30.00 for once a week and \$50.00 for twice a week. (Cost is per-person per-month). Our instructor is Isaac Montano.



START SMART GOLF

Start Smart is a great 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. For this summer we will be offering our Golf Start Smart program. This class will run one day a week for six weeks. The golf program will be held on Tuesdays for youth ages 5-7. Classes start at 10:00 AM and run for one hour. Cost is just \$20.00, and there is limited space for each class, so register early. The program will begin on July 11th and will run until August 15th. Registration will be taken from June 26th-July 8th.

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 place on the waiting list does not guarantee you will participate.
- * Volunteering as a coach does not waive the registration fee for your child.

SLIP-N-SLIDE

Again this summer we'll be offering a Slip-n-slide day each month. Come out and beat the heat this summer with us! Test your distance and pick up a frozen treat.

When:

Thursday, June 22nd
 Thursdays, July 20th
 Thursday, August 10th

Time: 1:00-4:00 PM

Where: SSAFC North Lawn

Cost: SSAFC admission

SUMMER CPR/FIRST AID

The SSAFC will be offering our CPR/First/AED for the work place rescuer during the summer. We offer the American Red Cross program. This course includes adult, child and baby rescue breathing and CPR. The class will be held July 11th & 13th from 5:30-8:30 PM.

Cost is \$45.00 which includes a rescue mask. You may register from June 19th-July 8th.



VOLLEYBALL CAMP

Our annual Girls Volleyball Camp will be held from September 19th-October 24th. We have great instructors that are excited to get 3rd-8th graders ready for the High School volleyball team. They will be taught such skills as passing, serving and spiking. Registration is September 4th-15th. The camp will be held on Wednesday nights. The camp will take place in the South Summit Middle School Gym from 6:00-7:00 PM for 3rd-5th graders, 7:00-8:00 PM for 6th-8th graders. Cost is \$25.00 which includes a T-shirt. A \$10 late fee will be added to those wanting to sign up after the registration deadline.

START SMART FOOTBALL

Start smart football is awesome to get your child some basic football skills. It is a step-by-step approach that builds a love for the sport of football. Your child will learn all the basics: throwing, catching and kicking. This class will run one day a week for six weeks. This program will be held on Mondays for ages 5-7 year old. 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 August 21st and will run until September 25th. You can register from August 7th-19th. For more information contact Chris Burton at 783.2423+ 1 +2.

FITNESS CLASSES

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

Our Summer schedule is as follows:

Morning Classes**Monday, Wednesday, Friday**

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

Tuesday & Thursday

*5:30-6:30 AM - Cirkix (Chandler)

**10:30-11:30 AM - Water Walk (Erin)

Afternoon Classes**Monday & Wednesday**

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

*7:30-8:30 PM - Yoga (Betty) M

Tuesday & Thursday

6:00-7:00 PM - 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

*7:00-8:00 AM - Kickboxing (Chandler)

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

***Upstairs class room**

****Classes in the pool**

FALL CPR & FIRST AID

We will be offering CPR for the professional rescuer and first aid. This course includes adult, child and rescue breathing and CPR. The Class will be held September 11th & 13th from 5:30-8:30 PM. Cost is \$45. Registration from August 21st-September 9th.

Lose Something?

Maybe we can help! Items that have been left at the SSAFC can be claimed at the front desk. We will keep items for up to two months.

BASKETBALL CAMP

The SSAFC and the South Summit High School Basketball team 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 18th-30th. The camp will be held on Mondays & Wednesdays running from October 2nd-11th. Youth 8-11 years of age will be from 5:00-6:00 PM and youth 12-14 will be from 6:00-7:00 PM. Cost is just \$23.00. Come out and have a great time and learn some new skills. The camp will be held in the Middle School Gym. A \$10 late fee will be added after the deadline.

Weather Hotline

For cancellation information on all of our outdoor programs, just call our weather hotline at 783.2423 + 4

Become a fan on Facebook

Get up to date info through our facebook page by becoming a fan of the SSAFC. You can click the link on our web page at www.ssaafc.org to become a fan.

FACILITY RENTAL

Looking for a great way to appreciate your employees, Business party or a great location for a family reunion? Rent the SSAFC.

Rock Wall \$20.00/hour

Patio after 5 PM \$40.00/hour

Pool (Includes Patio) \$150.00/hour

Entire center \$300.00/hour

Membership Sale

The month of September we will be offering 10% off on any annual memberships. (Discount applies to full membership prices only)

FALL SOCCER

Our fall soccer program is for youth 4 years old, K & 1st grade. Registration will be taken from July 31st-August 19th. Play will start September 5th. 4 year old boys & girls will play together (4 v 4). For Kindergarten & 1st graders, boys and girls will play separate (5 v 5), however, we may have to go co-ed depending on the number of participants, but will still play (5 v 5). Both leagues will be played indoors. Cost will be \$25.00 which includes a full uniform. A late fee of \$10 will be added after the deadline. For more information, just contact Chris Burton at 783.2423 +1 +2.

FALL LIFEGUARD CLASS

We will be holding a fall session of Lifeguard training.

Fall Session**Dates:**

September 26th-November 2nd. Classes will be held on Tuesdays & Thursdays from 5:30-8:30 PM

Registration:

We will be taking registration from September 4th-23rd.

Cost is \$135.00 which includes a rescue mask and, CPR, lifeguard, first aid certifications, water park endorsement.

FALL CONCEALED CLASS

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.

Suggestions

At the SSAFC we have a suggestion box at the front desk. We would appreciate any suggestions that you feel would help to improve the center.