



Recreation Connection

Wasatch Recreation Center
345 West 600 South, Heber
435-657-3240
www.wasatchparksandrec.com

Hours:
Monday –Friday 5:30 a.m.—8:00 p.m.
Saturday 7:00 a.m.—5:00 p.m.
Closed Sunday

September 2017

WASATCH AEROBICS



Starting August 21
Classes will be held on Mon-Wed-Fri from 5:30-6:30 am.

Circuit training, interval aerobics, boot camp and more.

The cost is \$20 for a 10 class punch card, or \$4/class.

Come workout with us, you'll be glad you did!



Flag Football

For youth in grades 2-5. This league will give participants an exciting opportunity to play 7 on 7, non-contact flag football. Register May 29th – August 28th 2017 at the Rec. Center or Online. League starts on September 5 and will run through September 30th. Games will be played on Tuesday evenings at 5 or 6 pm and Saturday mornings at 9 or 10 am. Registration cost is \$37. Players will wear the reversible black or gold jersey that is also used for soccer. Volunteer coaches are always needed and appreciated.



Karate

This course will consist of Four 30 min Classes, which will teach young students the fundamentals of Martial Arts training. It will inspire focus for better grades, confidence to make friends, and self-discipline. This action packed class will include instruction on basic self-defense techniques, form, and exciting scenario based drills, and will give students the opportunity to break a board. Come dressed to participate.

Class date: Thursdays, September 7 – 28
(4 week class)

Who: 5-12 yrs. 4:30 – 5:00 pm
Cost: \$ 35.00 (5 student required for class).



Art

Watercolor Bootcamp
Create watercolor masterpieces and your own Christmas cards as you learn brush technique, value control, color theory, and watercolor calligraphy!

Dates: Friday's November 3rd, 10th, 17th, December 1st

Ages: 12-18
Time: 5:00 pm – 7:00 pm
Cost: \$35

Halloween Decorative Letters

Decorative Wood Letters, Come to a fun night out of painting Halloween Themed Wood Letters (BOO, \$12) (EEK \$10) (Jack O Lanterns \$ 2) you can display these letters in your House. When: Thursday October 12, 2017 from 6:30 – 8:00 at the Wasatch Co. Rec Center East class room. Class will be taught by Lynsse Sulser and Stevie Burns.



Tennis

1st-3rd Grade
Monday 3:15-4:00pm and Friday 4:30-5:30pm
Dates: August 28th– October 16th
Cost: \$182

4th-9th Grade
Monday 4:00-5:30pm and Wednesday 4:00-5:30pm
Dates: August 23rd– October 18th
Cost: \$288



FALL SOCCER LEAGUE AND CLINICS

Fall Soccer registration will be May 22-Aug 27. The cost is \$37 and is open to all children ages 3 -13 years old. Registration may not be available after August 27 if teams are full, so sign-up early! If late registration is available, there is an additional \$5 late fee. Please register your child according to their grade as of Fall 2017.

Requests (read carefully!) Requests will be taken for siblings in all age groups, and for children in U6 and U8 divisions according to these stipulations: For U6 and U8, you may make ONE request per child (multiple requests will result in NONE of the requests being honored)—NOTE: the requested player must also request to be with your child or the request will not be honored. The request must be for a child and not a coach. Please realize we cannot guarantee that all requests can be accommodated and no requests will be taken after Aug 27.

Registration includes: A coach's clinic (Sept 6, 6pm at the Wasatch Rec Center), 2 player clinics (Sept 13 & 20, 5pm at WHS Soccer Field), and 8 League games.

Games: Fall soccer games will be played on Tuesdays and Saturdays, Sept 12 – Oct 7. Game times are 5 or 6 pm on Tuesdays, and 9 or 10 am on Saturdays. (U6 game times are slightly different, with 45 min between games) Game locations will be determined after registration closes.

Uniform: Reversible soccer shirts are available to purchase at The Rec Center for \$15. The only uniform requirement is that players wear shin guards during the games and a black or yellow shirt depending on the schedule. Cleats are not required.

Volunteer Coaches are needed to make this program a success. The registration fee will be reimbursed at the end of the season for all coaches who return their equipment. During the registration process, please mark "yes" to the question "would you like to coach?" if you are interested in coaching your child's team.

Soccer Referees: County Soccer referees are paid \$15-20/game. Sign up at the Rec Center to be a soccer referee. Referee certification or previous competitive soccer play is highly recommended. To be a referee or for any additional information, call Kylee at 435-657-3240.

E-Newsletters

No more digging through your students backpack. Get your issue of the Recreation Connection as soon as it is available. Parks & Recreation has made the newsletter available in multiple digital locations. Know what activities are being offered and when registration deadlines are, so your kids don't miss out on all the great sports, activities & classes being offered. Just email: kgeary@wasatch.utah.gov and put e-newsletter in the subject line to be added to our mailing list and you will receive the next issue of the Recreation Connection directly to your email.

You can also access the Recreation Connection on our Facebook page as well as on Wasatch County's website .



Wasatch Recreation Center: Fall/Winter Extended Hours Begin in October– Monday-Friday 5:30am-10pm & Saturday 7am-8pm

GYMNASTICS

Session Dates: September 6– September 28th

All classes begin on their respective days in the session

Age	Level	Days, Times & Cost		
3-5 years	Preschool	Wed. 4:20-5:10pm or Thurs 5:15–6:05pm	50 minute class	COST: \$56
Hot Shots	Invitation Only	Thurs 5:15-6:25pm	70 min class	COST: \$74
Girls Level 1&2 6– 13yrs. old	Gymnastics Fundamentals	Wed. 7–8pm or Thurs. 6:10–7:10pm or Thurs. 7:10-8:10pm	60 min. class	COST: \$66
Platinum 8-14 yrs. old	Invitation Only	Wed. 5– 8:00pm	3 hour class	COST: \$140
Boys Level 1&2 6-12yrs. old	Gymnastics Fundamentals	Thurs. 7:10–8:10pm	60 minute class	COST: \$66
Boys Silver 7-12 yrs. old	Energetic-Athletic Gymnastics Training	Wed. 7-8pm	60 minute class	COST: \$66
Girls Silver	Invitation Only	Thurs. 6:10– 7:25pm	75 minute class	COST: \$84
Girls Gold	Invitation Only	Wed. @ 5:00–7pm	105 minute class	COST: \$112
Premier	Invitation Only	Wednesdays @ 6-8:00pm	2 hour class	COST \$70
Boys Gold	Invitation Only	Wed. @ 5:00-7:00pm	120 minute class	COST: \$112

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is a martial art, combat sport system that focuses on grappling and especially ground fighting. Brazilian Jiu-Jitsu promotes the concept that a smaller, weaker person can successfully defend against a larger opponent using leverage, joint locks and choke holds. This is a 6 week session with classes being held on Monday, Wednesday and Friday. Classes will be held at the Rec Center.

Schedule (October 2- November 10)

6-9 years- Classes will be held Monday, Wednesday, Friday from 4:00-5:00 PM. Cost: \$150

10-14 years- Classes will be held Monday, Wednesday, Friday from 5:30-6:30PM. Cost: \$150

Uniform: \$75

DEER CREEK CHILDREN'S DENTISTRY
575 SOUTH 200 EAST
HEBER CITY UT, 84032

PHONE: 435-315-3080

DR. DAVID HADLEY

DR. SAMUEL BAILEY

DR. TRAVIS WHITE

DEERCREEKCHILDRENSDENTISTRY.COM



Basketball Group Lessons

Receive personal instruction, learn skills, and develop a greater passion for the game of basketball through Coach Ashlyn Coleman–Murdock. Ashlyn is a former Wasatch Lady Wasp All-Star and Utah State University Eastern College player and captain. Sessions are open to all boys and girls who are looking to improve their game and get ready for the upcoming season!
Saturday's October 21st- November 11th

Cost
K-2nd: \$35
3rd-8th: \$45

Session Times
7th-8th Grade: 8:00-9:00am
5th-6th Grade: 9:00-10:00am
3rd-4th Grade: 10:00-11:00am
K-2nd Grade: 11:00am-12:00pm

Ceramics

The Rec Center is offering ceramics classes for ages 5 and older. Classes are one hour and are offered on **November 14, and December 5.** from 4:30-5:30pm. **Cost is \$11** for the class and includes all materials for your project. These classes will fill quickly so call 435-657-3240 to get registered or register online at www.wasatchparksandrec.com to reserve your spot.

Indoor Futsal League

A fun indoor 5 vs 5 play beginning November 9th. Games will be on Thursday and Friday evenings beginning at 5pm and Saturday mornings beginning at 9am. Boys teams and Girls teams ages U8 through U16.

Registration cost is \$37.

Players will wear the reversible black or gold jersey that is also used for soccer.

Registration opens August 28th!

Register at the Rec. Center or online at www.wasatchcountyparksandrec.com



Concealed Weapons Class

Patrick Burden will be instructing the proper defensive use of firearms, carrying concealed and Utah Law. This one night course will be held on Wednesday November 1st from 6:00-10:00pm at the Rec. Center. Ages 18 years and up, Space is limited, \$50 per person for the course and additional fee of \$46.25 for the State to obtain the concealed permit. Register online or at the Rec. Center.

Zumba Kids

Hey Rockstars! Come Join the Party! Come have fun, make friends and get fit through dance and play! Learn cool rhythms like Hip Hop, cumbia, and more!

Tuesday's Nov. 14th– December 5th
Ages: 5-12yrs Time: 5:00- 6:00pm Cost: \$33.00