

# January Recreation Connection

**Wasatch Recreation Center**

**345 West 600 South, Heber**

**435-657-3240**

**www.wasatchparksandrec.com**

**Hours:**

**Monday –Saturday 6:00 a.m.–8:00 p.m.**

**Closed Sunday**

## LACROSSE CLINIC

Come learn The Basics of Lacrosse

Session runs Tuesdays and Thursdays starting March 2 – March 25 2021 Skipping March 16 &18 (6 classes).

Clinic is for 1<sup>st</sup> – 6<sup>th</sup> grade. **Beginners only.**

Beginner Lacrosse player's grades k – 4<sup>th</sup> with 0 to 2 years' experience will be from 5:00 PM to 6:00 PM  
Tuesdays and Thursdays.

Beginning Lacrosse players grades 4<sup>th</sup> – 6<sup>th</sup> with 0 to 1 year of experience will be from 6:30 PM to 7:30 PM  
Tuesdays and Thursdays

Some equipment will be provided, but please bring your own stick and helmet if you have them

Cost for Clinic is \$35. (Clinic will be held at the Rec Center.) Spots are Limited.

## GYMNASTICS

### February Schedule

February 3– February 25 Wednesday & Thursday

All classes begin on their respective days in the session

Age	Level	Days, Times & Cost
		The increase in cost for some of the classes reflects the lengthened class time
3-5 years	Intro Preschool	<b>Wednesday</b> 10:00– 10:50 am, 4:00-4:50pm or <b>Thursday</b> 10:00- 10:50am, 4:00- 4:50pm, 5:00- 5:50pm, 5:10-6:00pm <b>COST: \$58</b>
Girls 6-12 yrs. old	Beginning/ Intermediate	<b>Wednesday</b> 4:00– 5:00pm, 5:00– 6:00pm or <b>Thursday</b> 4:00– 5:00pm, 5:00– 6:00pm <b>COST: \$68</b>
Boys 6-12 yrs. old	Beginning/ Intermediate	<b>Wednesday</b> 6:10– 7:10pm <b>COST: \$68</b>
Girls Intermediate 6-12 yrs. Old	Intermediate	<b>Wednesday</b> 6:10– 7:25pm <b>COST: \$74</b>
Boys Intermediate 6-12 yrs. Old	Intermediate	<b>Thursday</b> 6:00– 7:15pm <b>COST: \$74</b>
Hot Shots/ Girls Silver 6– 12 yrs. old	Required for those previously enrolled in class	<b>Thursday</b> 6:00– 7:15pm <b>COST: \$74</b>
Girls Gold/ Platinum 7-14 yrs. old	Restricted to those previously enrolled in class	<b>Thursday</b> 6:00– 8:00pm <b>COST: \$110</b>
Boys Gold 7-14 yrs. old	Restricted to those previously enrolled in class	<b>Thursday</b> 6:00– 8:00pm <b>COST: \$110</b>
Boys & Girls Strength 7-14 yrs. Old	Conditioning Exercises	<b>Wednesday</b> 7:20– 7:50pm <b>COST: \$34</b>
Boys & Girls Flexibility 7-14 yrs. Old	Stretches to condition the body	<b>Wednesday</b> 7:30– 8:00pm <b>COST: \$34</b>

## VOLLEYBALL CLINIC

Wasatch Parks and Rec is offering a Volleyball Clinic for beginning to intermediate players in the 6<sup>th</sup> – 8<sup>th</sup> grade who would like to develop all aspects of their Volleyball skills.

Clinic will be February 2 to February 25, Tuesdays and Thursdays from 3:00 – 4:30 at the Wasatch Rec Center.

Cost for Clinic \$80.

## ART CLASSES

Art classes are now open for registration at Wasatch County Parks and Recreation! Vertex Art Academy is offering art classes by Mrs. Rose, an experienced artist who specializes in murals, drawing, painting, and crafts. Students from ages five years old to Senior can sign up for "Paint with me classes" where everyone in that class will complete the same painting with demonstration from the instructor. This art program includes all materials during class and results in a completed painting at the end of each class! Multiple credible sources state Art classes promote much needed mental health benefits such as help with improvement in anxiety, depression, ADHD, memory loss, stress, restlessness, and more. Art is also known to boost IQ scores, increase neuroplasticity, lengthen attention span, improve fine motor skills, and promote brain-heart coherence. No matter what your reason for signing up, ultimately we hope it's to have fun with us! Due to Covid19, class sizes are extremely limited so sign up today to secure your spot.

### ART CLASSES OFFERED:

#### **MONDAY:** Ruby (ages 6-12)

3 Week session completing a total of 3 acrylic artworks. (Week one is focused on handmade Valentines, Weeks 2 and 3 are acrylic paintings in the theme of spring) Class time is 4:15pm-5:00pm or 5:30-6:15

COST: \$105

Dates: February 8,15,22

#### **THURSDAY:** Ruby (ages 6-12)

3 Week session completing a total of 3 acrylic artworks. (Week one is focused on handmade Valentines, Weeks 2 and 3 are acrylic paintings in the theme of spring) Class time is 4:15pm-5:00pm or 5:30-6:15

COST: \$105

Dates: February 11,18,25

## CERAMICS PAINTING CLASSES

The Rec Center is offering ceramics painting classes for ages 5 and older. Classes are offered on February 10th, March 17th from 4:30-5:15pm. 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](http://www.wasatchparksandrec.com) to reserve your spot.

### TODDLER TIME AT THE WASATCH RECREATION CENTER

The Wasatch Recreation Center is offering Toddler Time again! From 10am-12pm on weekdays (when Wasatch School District is in session) children 4 years and under can come with their own parents for \$4 per family. People from different households can choose to play together or stay apart. Parents must stay with their children at all times. Bring bikes, scooters, skates or other toys and come to the Rec Center for some indoor fun!