



Recreation Connection

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

Hours:
Monday -Thursday 5:30 a.m.-10:00 p.m.
Friday-5:30 a.m.-8:00p.m.
Saturday 7:00 a.m.-8:00 p.m.
Closed Sunday

FEBRUARY 2020

THIS MONTH'S FEATURED SPONSORS:

LABRUM AUTO



 
labrumford.com | labrumchevrolet.com
901 S Main St. Heber City
Phone: 435-654-5120

MOUNTAIN VALLEY
TEMP CONTROL



WASATCH FITNESS CLASSES

**DON'T LET THE
POST HOLIDAY BLUES
GET YOU DOWN!**

Classes are held on
Mon-Wed-Fri 5:30-6:30 am.

Circuit training,
interval aerobics,
boot camp and more.

The cost is \$25 for a 10 class
punch card, or \$4/class.

CERAMICS PAINTING

The Rec Center is offering
ceramics painting classes
for ages 5 and older.

Classes are offered on
**February 11th, March
10th, April 23rd** from
4:30-5:15pm. **Cost is
\$11** for the class and in-
cludes all materials for
your project. These clas-
ses will fill quickly so call
435-657-3240 to get reg-
istered or register online
to reserve your spot.

2020 ISSUES CONFERENCE

The 31st annual Issues Community Conference will be held Wednesday March 4, 2020 at Wasatch High School from 6:00-8:30 pm. The conference is free of charge for all those who attend. This year's keynote speaker is Ryan Stream. Ryan is a highly esteemed motivational speaker, musician, and American soldier with a heart that pumps passion and positive change. His message is simple, "You are the Author of Your Story." Using music and personal experiences, he conveys the powerful lesson that only you have the ability to take control of your circumstances and your life. For a sample of his talent and his message, find him on YouTube. Once you do, you won't want to miss seeing him live!

Following the keynote speaker, a variety of interesting and informative workshops will be offered. This year's workshops include; Elevate Your Vision, The Happiness Formula, How to Save a Life, Conquering Stress through Mindfulness and Yoga, Brain Changing Effects of Using Electronics, Patriotism and Youth, Defend Yourself, and The Latest on Vaping. For a complete list of workshop titles and descriptions, go to www.wasatchparkandrec.com.

Since the conference is a family event, be sure to bring your 5-11 year olds so they can participate in the fun youth activities while everyone 12 years and older attends the keynote address and workshops. The youth activities include a live animal visit from the BYU Bean Museum, "Just Jumping," a jump rope performance & teaching team, and Story Time with the captivating storyteller Sally Baird.

The Issues Community Conference is presented by Wasatch County Parks & Recreation, USU Extension, Wasatch County Health Department, and The Wasatch School District. Generous sponsors include Heber Valley Medical Center and the Wasatch Community Foundation. Registration begins at 5:30 pm, the keynote presentation begins at 6:00 and is followed by two 40 minute sessions of the breakout workshops. Three hours of attendance credit will be available for high school students, plus another three hours of credit if they bring a parent with them. For more information, please go to wasatchparksandrec.com or call 435-657-3240. You won't want to miss this year's Issues Conference!

KUNDALINI YOGA

This call will help increase breath and circulation. Helping with tightness in the body and increase mindfulness and concentration. As taught by yogi Bhajan.

Women's classes March 5-26
Thursday mornings from 10-11am
Cost: \$40

Youth classes March 5-26
Thursdays 4-5pm
Cost: \$40

Registration will be December 30- March 1st. Register online at
www.wasatchparkandrec.com.

BASEBALL/SOFTBALL TRAINING

Joel Matthews, former switch hitting, OF/1B of the Kansas City Royals organization will be training young ballplayers in March and April. The March Hitting sessions are geared toward developing proper swing mechanics, learning to swing with intent while emphasizing a balanced, powerful gap to gap approach. The April sessions will focus on Fielding and Pitching. We will develop the footwork, balance, flexibility and proper glove actions essential for being a sound defensive player.

Swing Training Tuesdays March 3rd- 24th

K-1st Grade 5:30-6:30pm
2nd-3rd Grade 6:30-7:30pm
4th-6th Grade 7:30-8:30pm

Throwing and Fielding Training Tuesdays March 31- April 28th (no class April 7th)

K-1st Grade 5:30-6:30pm
2nd-3rd Grade 6:30-7:30pm
4th-6th Grade 7:30-8:30pm

Cost \$60 per class spots are limited so sign up today! Clinic will be held at the Rec Center.

HUNTER SAFETY

A Hunter Safety class will be offered on Mondays starting, April 13 and run through May 18, 2020 from 6 - 8 pm. Class will be held at the Wasatch Co. Rec Center. East Class Room. Shoot day will be Saturday May 16. Register at the Parks and Recreation center for \$25.00 you will also need to pick up a small game Voucher for \$10.00 from any licenses agent and bring it to class to get your blue card. Students can miss one class and still receive their Blue Card. Class fills fast, so sign up today. (Registration is not available on-line).

LACROSSE CLINIC

Come learn The Basics of Lacrosse Session runs Tuesdays and Thursdays starting **February 18 - March 4** 2020 (6 total classes). Clinic is for 1st - 8th grade. Beginners and Advanced. Beginner Lacrosse players grades 1st - 5th will be from 4:00 PM to 5:00 PM Tuesdays and Thursdays. (All participants must bring your own Stick and helmet.) Advanced Lacrosse players grades 5th - 8th will be from 8:00 PM to 9:00 PM Tuesdays and Thursdays. (All Participants must bring Full Pads and stick.) Cost for Clinic is \$35. (Clinic will be held at the Rec Center.)

GYMNASTICS

February Schedule
February 5-27 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	Preschool	Wednesday 4:10-5:00pm or Thursday 5:10-6:00pm 50 minute class COST: \$58
Hot Shots	Invitation Only	Thursday 5:10-6:20m 70 min class COST: \$77
Girls Level 1&2 6- 13yrs. old	Gymnastics Fundamentals	Wednesday 7-8pm or Thursday 6:00-7:00pm or Thursday 7:00-8:00pm 60 min. class COST: \$68
Platinum 7-14 yrs. old	Invitation Only	Wednesday 5:00- 7:00pm 120 minute class COST: \$115
Boys Level 1&2 6-12yrs. old	Gymnastics Fundamentals	Thursday 7:00-8:00pm 60 minute class COST: \$68
Iron Boys 5-7 yrs. Old	Invitation Only	Thursday 5:10- 6:10pm 60 minute class COST: \$68
Girls Silver 6-13 yrs. old	Invitation Only	Thursday 6:00- 7:15pm 75 minute class COST: \$87
Girls Gold 7-14 yrs. old	Invitation Only	Wednesday 5:00-7:00pm 120 minute class COST: \$115
Boys Gold 7-13 yrs. old	Invitation Only	Wednesday 5:00-7:00pm 120 minute class COST: \$115

MINDFUL STRESS MANAGEMENT FOR TEENS

Teens will learn fun, interactive ways to manage stress or anxiety while improving school and/or sports performance. Taught by stress management and mindfulness expert Tanji Wolfert. This class will be taught at the Rec Center.

Registration: December 1st- April 30th

Class will be on Tuesdays starting March 3rd- March 24th

Time: 5-6PM

Cost: \$39

Ages: 13-16

SPRING SOCCER

Mark Your Calendar!

Spring Soccer registration will be February 1st- March 29. The cost is \$40 and is open to all children ages 3 -14 years old. Registration may not be available after March 24 if teams are full, so sign-up early! If late registration is available, there is an additional \$5 late fee.

Requests (read carefully!) Requests will be taken for siblings in all age groups, and for children in the Tiny Tots, U6, and U8 divisions according to these stipulations: For Tiny Tots, 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 March 24.

Registration includes: 2 player clinics, and 8 League games. The Player Clinic dates are: April 22 and 29 at 5pm at the WHS Field.

Games: Spring Soccer games will be played on Tuesdays and Saturdays, April 18 -May 12. Game times are 5 or 6 pm on Tuesdays, and 9 or 10 am on Saturdays. (Tiny Tots and U6 games are Tuesdays at 5:00, 5:45 or 6:30pm and Saturdays at 9:00, 9:45 or 10:30am) Your child's coach will call with information regarding the team and game time. If you haven't heard from a coach by Friday April 17 call 657-3240 for the information.

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.

Soccer Referees: County Soccer referees are paid \$15-\$25/ game. Sign up at the Rec Center to be a soccer referee. Referee certification or previous competitive soccer play is highly recommended.

Rent the *Party Room* at the Wasatch Recreation Center

For your party needs, come rent our large party room complete with a kitchen. The room fits up to 100 people and is perfect for birthday parties, bridal or baby showers, holiday parties or group meetings. The room is available to rent for \$75 for the first 2 hour minimum and each additional hour is \$35. There is no entry fee for those attending the party, and the room rental includes entry into the rest of the Rec Center for up to 20 people. Additional entries are allowed for \$2.50 per child/\$3.00 per adult. A \$100 refundable damage deposit is taken at the time of the reservation and is refunded when you check out after your event. There are also ping pong tables, bubble soccer, sumo suits, a sound machine and a projector available for rent when you book the party room or a classroom.

Ping pong tables	\$25 each table (2 tables available)
Bubble soccer	\$50 for set of 6
Sumo Suits	\$25 for two suits
Projector	\$25
Sound Machine	\$25

Come see the Party Room and book your event today!

TENNIS

1st-3rd Grade

Monday 3:15-4:00pm and Friday 4:30-5:30pm
Dates: March 2, 6, 9, 13, 16, 23, 27, 30, April 3, 13, 17
(No clinic on March 20th)
Cost: \$149 for 11X

4th-9th Grade

Monday 4:00-5:30pm and Wednesday 4:00-5:30pm
Dates: March 2, 4, 9, 11, 16, 18, 23, 25, 30, April 1, 13, 15
Cost: \$222 for 12X

LITTLE CRAZY PEOPLE FOR ACTIVE TODDLERS

Join us in this exciting, educational, and active parent/child class for ages 1 to 4, where toddlers can act their age! The main goal of the class is FUN, but your child will also be exposed to numbers, letters, sign-language, rhythm, shapes, motor skills, music, social skills, balance, and more!

All toddlers are welcome, including those who won't sit still or be quiet!

Classes will be held Friday's February 7-28
from 9:30- 10:15a.m.
Sign up today!

March classes will be March 6- 27
Cost: \$35.00

Register online at www.wasatchparksandrec.com or by phone at 435-657-3240.