



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

January 2020

POWER HOUR

Come do an hour of strength training, core work, drills and cardio so you're ready to tackle the day!

Bring your kids to burn energy of their own alongside you!

Tuesdays & Thursdays
9:00-10:00 am
\$56 for an 8 class punch card



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.)



WOMEN'S HEALTH AND WELLNESS WORKSHOP

In this workshop we learn to consistently take care of our health! We will discuss how to develop eating habits that best serves you, how our never-ending to-do lists are having a negative impact on our health and what to do about it, how to live more intentionally and less reactively, and how to develop a lifestyle that will energize and nourish you long-term.

Registration will be available October 21st– January 2nd.

Classes will be held at the Rec. Center on Tuesdays mornings January 7th– 28th from 11:30a.m.-12:30p.m.

Cost: \$48.00

Junior Jazz Basketball

Registration deadline was December 15. Spots may still be available!! Check online or call the Rec. Center.



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.

Open Gym Volleyball

Tuesdays 7 – 9pm
Only cost is the Rec Center entry fee
16 yrs and older
All abilities

Everyone welcome
Play is challenge or "king of the court" style
Come join the fun!

CERAMICS PAINTING CLASS

The Rec Center is offering ceramics painting classes for ages 5 and older. Classes are offered on **January 14th and February 11th, March 10th** 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 to reserve your spot.

TENNIS

1st-3rd Grade

Monday 3:15-4:00pm and Friday 4:30-5:30pm

Dates: January 3rd– February 28th
(No clinic on January 10th, 20th, and February 17th)

Cost: \$189

4th-9th Grade

Monday 4:00-5:30pm and Wednesday 4:00-5:30pm

Dates: January 6th– February 25th
(No Clinic on January 20th and February 17th)

Cost: \$259



2020 SPONSORSHIP PROGRAM

Contact Adaire Willoughby for more information
awilloughby@wasatch.utah.gov or 435-671-7560

STINGERS CLUB VOLLEYBALL

Club Volleyball will begin on January 2 and run through March 12, 2019. The Stingers program is for all 6th – 8th graders who are interested in developing their volleyball skills and also playing competitively in matches and tournaments. Practice days and times are subject to change but are currently set Tuesdays and Thursdays from 4:00 – 5:30 pm. Players will be divided into grades and, depending on the number of registrations, divided into teams within their grade.

The cost is \$215 which includes:

90 min practice sessions 2 days per week (except holidays) January 2 – March 12



Intra/inter Squad Scrimmages, (when friendly head to head matches can be arranged)

Tournament participation fees for to 2 tournaments

AAU club fees and individual player fees

Uniforms will be the same as last year with spunks on the bottom. If your child needs a new uniform, the approximate cost will be an additional \$65 for the top and bottom. Uniform orders will be taken during the registration process, so please order at that time, otherwise a uniform might not be available. Space is limited for the Stingers Club program due to court space, coaching staff, and team placement, so register early!

GYMNASTICS		
January Schedule January 9-30 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	Wed. 4:10-5:00pm or Thurs 5:10—6:00pm 50 minute class COST: \$58
Hot Shots	Invitation Only	Thurs 5:10-6:20m 70 min class COST: \$77
Girls Level 1&2 6- 13yrs. old	Gymnastics Fundamentals	Wed. 7—8pm or Thurs. 6:00—7:00pm or Thurs. 7:00-8:00pm 60 min. class COST: \$68
Platinum 7-14 yrs. old	Invitation Only	Wed. 5- 8:00pm 3 hour class COST: \$145
Boys Level 1&2 6-12yrs. old	Gymnastics Fundamentals	Thurs. 7:00—8:00pm 60 minute class COST: \$68
Iron Boys 5-7 yrs. Old	Invitation Only	Thurs. 5:10- 6:10pm 60 minute class COST: \$68
Girls Silver 6-13 yrs. old	Invitation Only	Thurs. 6:00- 7:15pm 75 minute class COST: 87
Girls Gold 7-14 yrs. old	Invitation Only	Wed. @ 5:00—7pm 105 minute class COST: \$115
Boys Gold 7-13 yrs. old	Invitation Only	Wed. @ 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 Tan-ji 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

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 num-bers, letters, sign-language, rhythm, shapes, mo-tor 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
 January 3, 17, 24, 31
 from 9:30- 10:15a.m.
 Sign up today!

February classes will be February 7– 28
 Cost: \$35.00

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

KUNDALINI YOGA

This call will help increase breath and circula-tion. 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.wasatchparkcandrec.com .

PARKS AND RECREATION WOULD LIKE TO
GIVE A SPECIAL THANK YOU
TO ALL THOSE WHO HAVE
VOLUNTEERED THEIR TIME TO OUR
PROGRAMS. WITHOUT YOU, OUR
PROGRAMS AREN’T POSSIBLE!

PRINCESS PARTY

Miss Wasatch County Royalty will be hosting a princess party for all princesses ages 3-10yrs

Saturday, February 1
 Choose from two party times
 10:00-11:30 am or 1:00-2:30pm
 Wasatch Recreation Center
 345 W 600 S, Heber

There will be crafts, treats, dancing and stories. Pre-register online, the cost is \$15 per princess. Wear your most fabulous princess gown!

All of the proceeds will go to Children’s Miracle Network Hospital. Bring a pair of shoes to donate to African families in need.