

# SOUTH SUMMIT AQUATICS & FITNESS CENTER

Annual Memberships  
Quarterly Memberships  
Monthly Memberships  
Daily Drop-In Fees

## FEATURES


Basketball Court • Racquetball Courts • Indoor Track  
Climbing Wall • Aerobics & Dance Studio • Cardio & Weight Area  
Competitive Lap Pool • Jacuzzi • Outdoor Sand Volleyball Pits  
Family Leisure Pool with play feature, lazy river & water slide

# 435-783-2423



350 East 200 South • Kamas, UT 84036

FACEBOOK @ South Summit Aquatic & Fitness Center

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**SOUTH SUMMIT**  
AQUATIC & FITNESS CENTER



# 2024 PROGRAM GUIDE

*We do fun right!*



# Check out our Pro-shop



- Water Bottles • Yoga Mats • Swim Suits
- Racquet/Pickle balls • Hats/Beanies • Locks
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435.783.2423 • [ssaafc.org](http://ssaafc.org) • 350 East 200 South, Kamas

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Register at Front Desk or on-line at [www.ssaafc.org](http://www.ssaafc.org)

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435-654-1471  
165 South 100 West  
Heber City, Utah 84032

Times and dates in this booklet are subject to change according to the demands and needs of the facility. For definite information come by the SSAFC Center and pick up a monthly flyer.

## FACILITY HOURS

### Fall/ Winter/Spring Hours: (School in Session)

Monday - Thursday	5:00 am - 10:00 am; Noon - 1:00 pm 2:30 pm - 9:00 pm
Friday	5:00 am - 10:00 am; Noon - 8:00 pm
Saturday	7:00 am - 7:00 pm

### School Not in Session Hours:

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 7:00 pm

### Summer Hours:

Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday	7:00 am - 7:00 pm

(Holiday Hours Will Be Announced)

## SSAFC PHONE SYSTEM

Call (435) 783-2423  
and use the automated systems directions,  
or use the menu below:

- Press **0** for the Front Desk
- Press **1** for Personnel
  - Press **1** - Stephen Sutherland (Director)
  - Press **2** - Chris Burton (Program Crdntr)
  - Press **3** - Mike Ruf (Aquatics Director)
  - Press **4** - Scott Eckleson (Maintenance)
- Press **2** for Fees & Hours
- Press **3** for Upcoming Events
- Press **4** for the Weather Hot-line



**Stephen Sutherland**  
Director



**Chris Burton**  
Recreation Director



**Mike Ruf**  
Aquatics Director



**Scott Eckleson**  
Maintenance

## PARTY ROOM INFORMATION

Let the SSAFC take care of your next birthday party with our awesome party room packages!

*You can now book your next party at the SSAFC on line.  
Just use the on-line registration button to get you to the link.*

### Party Room - \$40

1 hour in the party room

### Party Room Package #1 - \$120

10 Day passes  
1 hour in the party room  
Unlimited time in the pool  
2 pizzas  
Theme Decorations

### Party Room Package #2 - \$150

15 Day passes  
1 hour in the big party room  
Unlimited time in the pool  
3 pizzas  
Theme Decorations

*\*\$5.00 per additional person*



## EQUIPMENT RENTAL FEES

Basketball	\$1.00
Climbing Harness	\$2.50
Climbing Shoes	\$2.50
Kickboxing Gloves	\$1.00
Outdoor Volleyball	\$1.00
Racquetball Ball	\$0.50
Racquetball Goggles	\$0.50
Racquetball Racket	\$1.00
Weightlifting Belt	\$1.00
Track Lap Counter	Free

## FACILITY RENTAL FEES

Rock Wall	\$20.00/hr
Patio Only*	\$40.00/hr
Pool (includes Patio)	\$150.00/hr
SSAFC (Entire Center)	\$300.00/hr

\*Patio can be rented from 5:00 p.m. to close.

*Pool can be rented from 8:00 pm - 11:30 pm  
Fridays & Saturdays in the Summer!*

**You can now book your  
Racquetball Court online.**

## POOL HOURS & INFORMATION

### School is in Session

Monday - Friday	5:00 - 8:00 am
Monday - Friday	Noon - 1:00 pm
Monday - Friday	4:30 - 8:45 pm (leisure pool)
Monday - Thursday	5:00 - 8:45 pm (lap pool)
Saturday	7:00 am - 6:45 pm

### School is not in Session

Monday - Friday	5:00 am - 8:00 pm
Saturday	11:00 am - 7:00 pm

### Summer

Monday - Friday	5:00 am - 6:45 pm
Saturday	7:00 am - 6:45 pm

*Holiday Hours To Be Announced*

## FALL / WINTER / SPRING

### LAP POOL

#### Monday - Thursday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
Noon - 1:00 pm	Noon Laps
5:30 - 6:30 pm	Lap Swim
6:00 - 8:45 pm	Open Swim

#### Friday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
Noon - 1:00 pm	Noon Laps
1:00 - 7:45 pm	Open Swim

#### Saturday

7:00 - 9:00 am	Morning Laps
9:00 am - 7:00 pm	Open Swim

### LEISURE POOL

#### Monday - Friday

5:00 - 8:00 am	Open Swim
Noon - 1:00 pm	Open Swim
2:30 - 8:45 pm	Open Swim

#### Saturday

7:00 am - 6:45 pm	Open Swim
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*Pools can be rented  
from  
7:00 pm - Midnight  
Fridays & Saturdays*

## SUMMER

### LAP POOL

#### Monday-Thursday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
8:30 - 11:00 am	Swim Lessons & Swim Team
11:00 am - Noon	Open Swim
Noon - 1:00 pm	Noon Laps
1:00 - 7:00 pm	Open Swim

#### Friday

5:00 - 7:00 am	Morning Laps
7:00 - 8:00 am	Water Aerobics
8:00 am - Noon	Open Swim
Noon - 1:00 pm	Noon Laps
1:00 - 7:00 pm	Open Swim

#### Saturday

7:00 - 9:00 am	Morning Laps
9:00 am - 7:00 pm	Open Swim

### LEISURE POOL

#### Monday - Thursday

5:00 am - 8:30 am	Open Swim
8:30 am - 11:00 am	Swim Lessons
11:00 am - 7:00 pm	Open Swim

#### Fridays

5:00 am - 8:30 am	Open Swim
11:00 am - 7:00 pm	Open Swim

#### Saturday

7:00 am - 6:45 pm	Open Swim
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## POOL RULES

1. All participants must check in at the front desk prior to entering the swimming pool.
2. Children 5 and under must be accompanied by an adult 18 or older in the water at all times.
3. Children under the age of 8 must be supervised at all times by an adult 18 years or older in the water or on the deck.
4. Aquatic diapers and snug plastic pants are required for children wearing diapers or those who are not potty trained.
5. No gum chewing is allowed.
6. No running on pool deck.
7. Woggles, tubes, etc. are allowed when swimming loads permit.
8. No alcoholic beverages allowed on premises.
10. No hanging on lane lines.
11. Band-aids or bandages are not allowed in the pool.
12. No person with an open sore, infection, or diarrhea is allowed in the pool.
13. No cut off or blue jeans allowed. Swimsuits must be worn by all pool patrons.
14. Running, splashing, shoving or dunking type of conduct that may endanger the welfare and comfort of other patrons is prohibited.
15. No chicken fights or riding on top of shoulders is allowed.
16. No glass containers, food or drink on the pool deck. However, food and drink is allowed on the sun deck.
17. Diving permitted if depth of water is 9 feet or deeper.
18. Back flips or back dives are not allowed off the sides of the pool.
19. All rules and enforcement of rules are for the safety of the patrons.

## GENERAL AQUATIC & FITNESS CENTER RULES

1. All participants must check in at the front desk prior to entering the South Summit Aquatic & Fitness Center.
2. Youth under the age of 12 must be supervised by an adult 18 years or older.
3. Children under the age of 8 must be accompanied by an adult at all times.
4. Offensive language or behavior, roughhousing, and fighting will not be tolerated.
5. Only capped, spill-proof water bottles are allowed. No gum, food or other drinks. The only exceptions to this policy are in the lobby, party rooms, and on the outside sun deck. Please use trash receptacles.
6. All personal belongings such as coats and backpacks should be secured in lockers.
7. No smoking is allowed in the Center or within 25 feet of entrances.
8. The South Summit Aquatic & Fitness Center, its officers, employees, agents and volunteers shall not be responsible to patrons or spectators for loss or damage to their personal property or valuables.
9. Personal trainers must be certified and on contract with South Summit Aquatic & Fitness Center or teacher/coach at South Summit School District.
10. Patrons to the Aquatic & Fitness Center must enter and exit through the main doors only, unless there is an emergency.
11. All programs, classes, and events, are subject to change at any time. Please visit the recreation center for updated information.
12. All Adult Program participants must be at least 16 years and older.



**Become a "Facebook" fan. Click the facebook link at the [www.ssaafc.org](http://www.ssaafc.org) website.**

## MEMBERSHIP RATES

### ANNUAL MEMBERSHIP FEES

	<b>Residents</b>	<b>Non-Residents</b>
1 & Under	Free	Free
Toddler (2-3)	\$50.00	\$103.70
Youth (4-17) Student	\$125.00	N/A
Youth (4-17)	\$118.25	\$207.40
Adult (18-61)	\$242.00	\$413.45
Adult Couple (18-61)	\$360.15	\$472.50
Senior (62+)	\$100.00	\$295.30
Senior Couple (62+)	\$195.00	\$354.30
Family	\$419.00	\$531.30
Additional Family Member	\$40.00	\$55.00

### 3 MONTH MEMBERSHIP FEES

	<b>Residents</b>	<b>Non-Residents</b>
1 & Under	Free	Free
Toddler (2-3)	\$40.00	\$41.75
Youth (4-17) Student	N/A	N/A
Youth (4-17)	\$49.60	\$83.20
Adult (18-61)	\$80.00	\$149.60
Adult Couple (18-61)	\$106.60	\$171.40
Senior (62+)	N/A	\$100.55
Senior Couple (62+)	N/A	\$118.10
Family	\$129.70	\$188.50
Additional Family Member	\$20.00	\$30.00

### MONTHLY MEMBERSHIP FEES

	<b>Residents</b>	<b>Non-Residents</b>
1 & Under	Free	Free
Toddler (2-3)	\$10.50	\$14.70
Youth (4-17) Student	\$15.00	N/A
Youth (4-17)	\$17.85	\$29.40
Adult (18-61)	\$28.60	\$53.30
Adult Couple (18-61)	\$38.00	\$59.05
Senior (62+)	\$15.00	\$35.70
Senior Couple (62+)	\$17.85	\$41.75
Family	\$47.50	\$64.85
Additional Family Member	\$12.50	\$20.00

### DAILY USE FEES

1 & Under	Free
Toddler (2 - 3)	\$3.50
Youth (4 - 17), Senior & Military	\$6.00
Youth (4 - 17) & Senior Group Rate	\$4.25
Youth (4 - 17) & Senior Punch Pass	\$51.00
Adults (18 - 61)	\$8.50
Adults (18 - 61) Group Rate	\$5.95
Adults (18 - 61) Punch Pass	\$72.25

*(All fees subject to change without notice.)*

Register on-line at [www.ssaafc.org](http://www.ssaafc.org)

## CONDITIONS OF PASS HOLDER AGREEMENT

- All pass fees are non-refundable. No refunds will be given for facility areas temporarily closed due to emergency repair, scheduled maintenance and/or routine maintenance.
- All passes and fees are non-transferable.
- All persons must check-in at the front desk before using any portion of the facility.
- A daily fee will be charged for each visit by persons who do not have a current pass.
- A current pass must be shown to gain admittance to the center.
- All children under the age of 12 must be accompanied by an adult (age 18 or older). Only persons age 14 or older are allowed in the weight room and cardiovascular area.
- The operating hours are established by the South Summit Aquatic & Fitness Center management and may be altered from time to time without prior notice.
- The South Summit Aquatic & Fitness Center, its officers, employees, agents and volunteers shall not be responsible to patrons or spectators for loss or damage to their personal property or valuables.
- All pass holders agree to report any lost card and agree to pay \$5 for each replacement card.
- Members and patrons are required to abide by all rules and regulations established by the center. These policies and regulations may be amended by center management as needed.
- The South Summit Aquatic & Fitness Center may terminate the membership of any member by written notice if a member: Violates the center rules and regulations; Allows a non-member to use his/her membership ID card; Fails to make payments when required; Steals from the center, members, or staff; Damages the center, equipment or facilities.

Register on-line at [www.ssaafc.org](http://www.ssaafc.org)

## CORPORATE MEMBERSHIP RATES

	<b>Resident</b>
<b>12 Month Adult-Single Corporate Rate</b>	
Businesses with 5 to 10 employees participating	\$205.70
Businesses with 11 or more employees participating	\$193.60
<b>12 Month Adult-Couple Corporate Rate</b>	
Businesses with 5 to 10 employees participating	\$306.15
Businesses with 11 or more employees participating	\$288.12
<b>12 Month Family Corporate Rate</b>	
Businesses with 5 to 10 employees participating	\$356.15
Businesses with 11 or more employees participating	\$335.20

To purchase Corporate Memberships please contact the Center at 435.783.2423

**NEW** Member Appreciation Day

(Rec Center Birthday)

September 22, 2024

**PUMPKIN PLUNGE**

A spooktacular swim experience with pumpkins in the SSAFC pools and Halloween games on the deck. Each participant will be allowed to take a pumpkin home too!

Saturday, October 26, 2024

**Time & Ages:**

9:00 AM – 9:30 AM -- all ages  
\*(5 and under must be accompanied by an adult in the water)

**Cost:** \$7.00 per participant

**Registration:**

Pre-register Sept 23 – Oct 23  
Or you can same day register starting at 7:00 am, Space Permitting.  
Register early because this event will fill up fast!



**FALL FESTIVAL** **NEW**

Saturday, October 26, 2024

Fall in Kamas is always a magical time of year! Here at SSAFC we will have exciting activities for the young and young at heart to enjoy! Explore our many different activities and games! We will also have vendor spots available too!

We can't wait to have you at the Rec Center!

**Registration**

You can register for Vendor Spots at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at [www.ssaafc.org](http://www.ssaafc.org).

**WELLNESS FAIR** **NEW**

This event will take place in early spring at the South Summit Aquatic & Fitness Center. It will promote health and wellness among our Kamas Valley community. There will be work shops, info tables, giant yard games, spin for prizes, face painting, drawings and raffles! This event is free and open to the public.

**Registration**

You can Register for vendor spots at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at [www.ssaafc.org](http://www.ssaafc.org).

**NEW**

**Kids Market**

**End of Summer**

Entrepreneurs ages 5 to 16 can participate in our farmer's/craft market run entirely by kids! Children can sell anything!

**It can be handmade, store-bought, food, games or services.**

At our markets, the kids must do the selling! They are in charge of all aspects of their business. (No bartering allowed.)

**Families bring all their own supplies (table, etc).**

Mom and Dad can help set up, then get to sit back and watch their kiddos run the show, all on their own!

**Registration**

You can Register for vendor spots at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at [www.ssaafc.org](http://www.ssaafc.org).

**Easter Eggstravaganza**

Our annual event is one the children won't want to miss! Come swim with hundreds of Easter Eggs and wacky ducks in the Easter Egg hunt at the SSAFC pool. Then, trade them in for special prizes!

Saturday, March 23, 2024

**Time:** 9:00 am  
5 & under w/parent  
9:30 am  
6 to 11 year olds

**Cost:** \$6.00 per person

**Registration:**

Pre- Register  
Feb 26 - Mar 15 - \$7.00  
Late registration  
Mar 16 - Mar 21 - \$9.00

**Space is limited, so register early!**



Become a "Facebook" fan. Click the facebook link at the [www.ssaafc.org](http://www.ssaafc.org) website.

**Register at Front Desk or on-line at [www.ssaafc.org](http://www.ssaafc.org)**

# TINY TOTS SWIM CLUB

Back by popular demand! Join us for a fun time at noon with parents and young children. Swim skills and playing with other children in the play pool will be the focus.

<b>Session 1</b>	<b>Date</b> January 24 - February 28	<b>Registration</b> January 1 - 19
<b>Session 2</b>	<b>Date</b> March 13 - April 24 (No Class April 3 - Spring Break)	<b>Registration</b> February 19 - March 8
<b>Session 3</b>	<b>Date</b> September 25 - October 30	<b>Registration</b> September 2 - 20
<b>Session 4</b>	<b>Date</b> November 6 - December 18 (No Class November 27 - Thanksgiving)	<b>Registration</b> October 14 - November 1

**Time:** 12:15 pm - 12:45 pm  
**Ages:** 6 months through Preschool

**Days:** Wednesdays  
**Cost:** \$35.00/ 6 classes



# ADULT BASKETBALL

This is a fun way to stay in shape! Games will be on Thursday nights at the South Summit Middle School. There will be 8 league games and one single elimination tournament.

<b>Time:</b> Games will start at 6:30 PM	<b>Date:</b> Begins November 28 and runs through February
<b>Early Registration:</b> Oct 7 - 12 - Cost \$550	<b>Late Registration:</b> \$600
<b>Registration:</b> Oct 14 - Nov 16 - Cost \$575	

# ADULT CO-ED SOFTBALL

**Starting Date:** May 21  
**Time:** 6:30 - 10:30 pm  
**Day:** Tuesdays  
**Location:** Oakley Complex  
**Early Registration:** April 1 - 6  
 Cost \$350  
**Registration:** April 8 - May 11  
 Cost \$375  
**Late Registration:** \$400



# MEN'S SOFTBALL

**Starting Date:** May 23  
**Time:** 6:30 - 10:30 pm  
**Day:** Thursdays  
**Location:** Oakley Complex  
**Early Registration:** April 1 - 6  
 Cost \$550  
**Registration:** April 8 - May 11  
 Cost \$575  
**Late Registration:** \$600

# ADULT CO-ED FALL SOFTBALL

**Starting Date:** August 20  
**Time:** 6:30 - 10:30 pm  
**Day:** Tuesdays  
**Location:** Oakley Complex  
**Early Registration:** July 15 - 20  
 Cost \$350  
**Registration:** July 22 - August 10  
 Cost \$375  
**Late Registration:** \$400

# ADULT WOMEN'S VOLLEYBALL

**Starting Date:** March 7  
**Time:** 7:00 - 10:00 pm  
**Day:** Thursdays  
**Location:** High School Gym #2  
**League:** 4 v 4

**Early Registration:** January 22 - 27 - Cost \$275  
**Registration:** January 29 - Feb 24 - Cost \$300  
**Late Registration:** \$325

# CO-ED ADULT VOLLEYBALL

**Starting Date:** March 4  
**Format:** 4 v 4  
**Time:** 7:00 - 10:00 pm  
**Day:** Mondays  
**Location:** High School Gym #2

**Early Registration:** January 22 - 27 - Cost \$275  
**Registration:** January 29 - Feb 24 - Cost \$300  
**Late Registration:** \$325

# 5K RUN SERIES

Join Us for an Exciting Year of 5K Races!

Are you ready to lace up your running shoes and conquer new challenges? Look no further! We will be announcing our registration and dates of 5K races throughout the entire year. Whether you're a seasoned runner or just starting your fitness journey, there's a race for everyone!

Don't miss out on these incredible 5K races! Gather your friends and family, and get ready for a year filled with fitness, fun, and unforgettable memories. Visit our website or contact us for more information and registration details. Let's make 2024 your best running year yet!

**Registration:** You can Register at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at [www.ssaafc.org](http://www.ssaafc.org).

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| <b>NY DAY 5K - January</b>      | <b>TRAIL 5K/10K - Late Summer</b> |
| <b>SWEETHEART 5K - February</b> | <b>ZOMBIE RUN - October</b>       |
| <b>COLOR RUN - May</b>          | <b>TURKEY TROT - November</b>     |

# Drop in Beach Volleyball

We will offer a drop in Beach volleyball night during the summer. If you enjoy the outdoors and Volleyball this is for you.

**Wednesdays 7:00 - 9:00 PM**

**Dates:**

- June 7, 14, 21, 28,
- July 5, 12, 19, 26
- August 2, 9, 16, 23, 30

**Place:**

Outdoor Volleyball Pits

**Cost:**

Free with entry in to the center

# Drop in Pickleball

We offer drop in Pickleball two/three days a week year round.

**WINTER:**

- December 2, 2023 - March 2, 2024
- Mondays - 5:00 - 7:00 pm
- Fridays & Saturdays - 4:00 - 6:00 pm

**SPRING:**

- March 4 - June 1
- Wednesdays - 5:00 - 7:00 pm
- Saturdays - 9:00 - 11:00 am

**SUMMER:**

- June 3 - August 31
- NO Drop in Court Times

**FALL:**

- September 2 - November 30
- Wednesdays - 5:00 - 7:00 pm

**Place:** SSAFC gym

**Cost:** Free with entry in to the center

# PICKLEBALL TOURNAMENTS

## MUSICAL PICKLEBALL

- |   |                                 |
|---|---------------------------------|
| <b>Date:</b> Monday, March 4                      | <b>Skill Divisions:</b> Open    |
| <b>Registration:</b> February 18 - March 9        | <b>Cost:</b> \$10.00 per person |
| <b>Tournament's:</b> Musical Chairs & Kings Court | Play will be in the SSAFC gym   |

## MIXED DOUBLES TOURNAMENT

- |   |                                 |
|---|---------------------------------|
| <b>Date:</b> Monday, April 8            | <b>Skill Divisions:</b> Open    |
| <b>Registration:</b> March 17 - April 6 | <b>Cost:</b> \$10.00 per person |
| <b>Tournament's:</b> Doubles            | Play will be in the SSAFC gym   |

## BLIND DRAW TOURNAMENT

- |   |                               |
|---|-------------------------------|
| <b>Date:</b> Monday, May 13             | <b>Skill Divisions:</b> Open  |
| <b>Registration:</b> April 22 - May 11  | <b>Cost:</b> \$20.00 per team |
| <b>Tournament's:</b> 3 games guaranteed | Play will be in the SSAFC gym |

## TURKEY PADDLE BATTLE (MIXED DOUBLES)

- |  |                               |
|--|-------------------------------|
| <b>Date:</b> Monday, November 11             | <b>Skill Divisions:</b> Open  |
| <b>Registration:</b> October 21 - November 9 | <b>Cost:</b> \$20.00 per team |
| <b>Tournament's:</b> 3 games guaranteed      | Play will be in the SSAFC gym |

# BABYSITTER TRAINING

You don't want to miss this popular class that can teach you new skills AND earn you money! Geared toward youth, ages 11-14, this American Red Cross training provides knowledge and skills necessary to safely and responsibly give care for children and infants.

**The training will:**

- Help participants develop leadership skills
- Teach how to develop a babysitting business
- Educate participants on how to keep themselves and others safe
- Explain strategies to help children behave
- Teach basic child care and basic first aid.

- |  |                                   |
|--|-----------------------------------|
| <b>Dates:</b> April 23, April 25, April 30, May 2            | <b>Age:</b> Minimum 10 years old  |
| <b>Time/Days:</b> 2:45 pm - 5:30 pm,<br>Tuesdays & Thursdays | <b>Cost:</b> \$45.00              |
|  | <b>Registration:</b> April 1 - 19 |

**ON-LINE REGISTRATION** - To register on-line go to [www.ssaafc.org](http://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!



## START SMART

Start Smart program teaches children the basic motor skills necessary to play organized sports while they work one-on-one and spend quality time with their parents.

The program focuses on teaching children and their parents basic skills in throwing, passing/catching, kicking, and batting without the threat of competition or the fear of getting hurt. Held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement.

Each participant will receive a shirt and a related prize at the end of the program.

*Space is limited so sign up early!*

### Baseball Program

**When:** February 26 - April 1

**Days:** Mondays

**Where:** SSAFC Gymnasium

**Time:** 5:00 - 6:00 pm

**Ages:** 4 & 5 years old

**Cost:** \$35.00

**Limit:** 10 kids per class

**Registration:** February 12 - 25

### Golf Program

**When:** July 2 - August 6

**Days:** Tuesdays

**Where:** SSAFC Gymnasium

**Time:** 5:00 - 6:00 pm

**Ages:** 5-7 years old

**Cost:** \$35.00

**Limit:** 10 kids per class

**Registration:** June 18 - August 1

### Flag Football Program

**When:** August 14 - September 18

**Days:** Wednesdays

**Where:** Behind SSAFC

**Time:** 5:00 - 6:00 pm

**Ages:** 5-7 years old

**Cost:** \$35.00

**Limit:** 10 kids per class

**Registration:** July 31 - August 13

### Basketball Program

**When:** November 5 - December 10

**Days:** Tuesdays

**Where:** SSAFC Gymnasium

**Time:** 5:00 - 6:00 pm

**Ages:** 4 & 5 years old

**Cost:** \$35.00

**Limit:** 10 kids per class

**Registration:** October 22 - Nov 4

## CONQUER 2024

100 miles sounds a little daunting, but we know many of you can rise to the challenge.

### 50 / 100 / 150 + MILE LAP SWIM CHALLENGE

Runs January - December 2024 - 35 laps / 70 lengths = 1 mile • All strokes allowed

You will record your progress each day you swim. Watch your accomplishment grow!

Prizes will be awarded when you reach 50, 100, and 150+ miles

LET'S SEE WHO CAN GET THE MOST

**I CAME. I SWAM. I CONQUERED.**

## SUMMER ADVENTURE CAMPS

*We will once again be offering this exciting program this Summer! These will be week-long camps focusing on different activities or sports. There is something for everyone this Summer at the SSAFC!*

### SOCCER CAMP

**Dates:** June 3 - 6

**Time:** 10:00 - 11:00 am - ages 8-10

11:00 - 12:00 pm - ages 11-14

**Cost:** \$35

**Location:** High School Soccer Field

**Registration:** May 20 - June 1

### MT. BIKE CAMP

**Dates:** June 24 - 27

**Time:** 8:00 - 10:00 am - ages 8-14

**Cost:** \$55

**Location:** SSAFC lobby

**Registration:** June 10 - 22

### ART CAMP

**Dates:** July 8 - 11

**Time:** 10:00 - 11:00 am - ages 8-14

11:00 - 12:00 pm - ages 8-14

**Cost:** \$40

**Location:** SSAFC Party Room

**Registration:** June 24 - July 6

### BEACH VOLLEYBALL CAMP

**Dates:** July 15 - 18

**Time:** 9:00 - 10:00 am - ages 8-14

**Cost:** \$30

**Location:** SSAFC Sand Volleyball Pits

**Registration:** July 1 - 13

### BASEBALL CAMP

**Dates:** July 29 - August 1

**Time:** 9:00-10:00 am - ages 8-14

**Cost:** \$25

**Location:** High School Baseball Field

**Registration:** July 15 - 27

### ROCK CLIMBING CAMP

**Dates:** May 28 - 31

**Class 1:** 1:00 - 2:00 pm - ages 8-13

**Class 2:** 2:00 - 3:00 pm - ages 8-13

**Cost:** \$40

**Location:** Rock Climbing Wall

**Registration:** May 13 - 25

### SUMMER BLAST CAMP

(Games, Crafts, Sports, etc)

**Dates:** June 10 - 13

**Time:** 10:00 - 11:00 am - ages 8-12

**Cost:** \$35

**Location:** SSAFC lobby

**Registration:** May 27 - June 8

### GOLF CAMP

**Dates:** June 17 - 20

**Time:** 10:00 - 11:00 am - ages 8-14

**Cost:** \$40

**Location:** Behind the SSAFC

**Registration:** June 3 - 15

## YOUTH SOFTBALL / BASEBALL

The South Summit Aquatic and Fitness Center is excited to be offering the youth softball and baseball programs again this year. Cost includes a uniform. All games will be played at the Oakley Complex with the exception of the Pony League games, which will be played behind the SSAFC.

**Games begin April 29**

*Practices for the older age groups will begin the week of April 15.*

### Leagues:

**T-BALL** (5 & 6 year olds) – co-ed – Mondays and Wednesdays  
 COACH PITCH (1st & 2nd grades) – co-ed – Tuesdays and Thursdays

### **SOFTBALL**

Philly (3rd - 5th grades) – Tuesdays and Thursdays  
 Fast Pitch (6th - 9th grades) – Tuesdays and Thursdays

### **BASEBALL**

Minors (3rd / 4th grades) – Mondays and Wednesdays  
 Majors (5th / 6th grades) – Mondays and Wednesdays  
 Pony (7th / 9th grades) – Mondays and Wednesdays

**Cost:** \$45.00 - (Early bird registration) – March 4 - 18  
 \$50.00 - (Normal registration) – March 19 - April 1

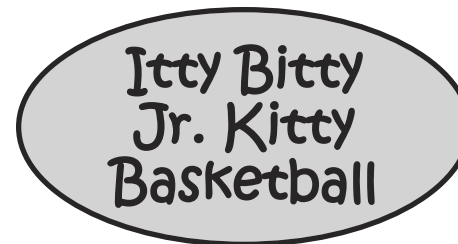
**Registration:** You can Register at the South Summit Aquatic and Fitness Center's Front Desk during regular business hours or online at [www.ssaafc.org](http://www.ssaafc.org).

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*

***(Volunteer coaches are needed)***



## Youth Basketball Programs



This is a recreational and instructional basketball program for boys and girls in the 1st and 2nd Grades. This will include a 30-minute instructional period followed by a game. Boys and girls will play together.

**League: 1st and 2nd Grade Tuesdays**

Games will start January 2, 2024

**Time:** Starting @ 4:00 PM  
**Place:** SSAFC Gym  
**Cost:** **Early bird Registration** - (Nov 6 - 18) \$40.00  
**Normal Registration** - (Nov 19 - Dec 2) \$45.00

Registration will be taken at the South Summit Aquatic & Fitness Center's front desk or online at [www.ssaafc.org](http://www.ssaafc.org) from November 6 - December 2, 2023.

**\*Volunteer coaches are needed for this program.**

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



## JUNIOR JAZZ

The SSAFC will once again be running the Jr. Jazz program this year. We are excited to be offering this program to kids in 3rd-9th grades. Cost includes a Jr. Jazz jersey and a ticket to a Utah Jazz game!

**Play will begin on January 6, 2024**

**Place:** SSAFC/Middle School Gyms  
**Cost:**

**Early bird Registration -**

Nov 6 - 18, 2023 - \$45.00 per player

**Normal Registration -**

Nov 20 - Dec 2, 2023 - \$50.00 per player

**Day/Time:** Saturday Mornings

### Divisions:

3rd/4th Grades

5th/6th Grades

7th/8th/9th Grades

Registration will be taken at the SSAFC's front desk or online at [www.ssaafc.org](http://www.ssaafc.org) from November 6 to December 2, 2023.

**\*Volunteer coaches are needed for this program.**

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



## MERMAID UNIVERSITY

**Dates:** March 16 - 30  
**Time/Days:** 8:30 - 9:00 am Saturdays  
**Cost:** \$30.00 per participant  
**Registration:** Feb 19 - Mar 13

Get ready for big smiles and even bigger splashes. This exciting 30 minute lesson transports you to an underwater world of magic filled with enchantment and wonder!

Kids and adults will work with an expert mermaid instructor to learn how to swim with a mermaid tail. As you get used to swimming with a tail get ready for a variety of fun games, challenges and a great core workout!



The South Summit Aquatic & Fitness Center would like to say

# THANK YOU

to all volunteers and coaches of our programs

## INTERESTED IN VOLUNTEERING?

Volunteers are needed in areas of our department including youth sports, special events, and more!

## Karate

Karate is not only for self-defense, it is also an incredible source of exercise, that teaches Courtesy, Integrity, Perseverance, and Self-Control.

This is an ongoing monthly program. Payment is due the 1st of each month.

**Days:** Mondays, Wednesdays

**Beginner:** 5:30, 6:10 pm

**Advanced & Adult:** 6:50 pm

**Location:** Studio B

**Cost:** \$30 per person  
Once per week

\$50 per person  
Twice per week

## Youth Spring Soccer

### Cost & Registration:

\$45 (Early Bird Registration)  
January 29 - February 10  
\$50 (Normal Registration)  
February 11 - 24

**Starts:** March 19  
**Days:** Tuesdays & Thursdays  
 Games begin at 5:00 pm

### Leagues:

- 4 year olds  
boys/girls together (4v4) indoors
- Kindergarten & 1st grade  
boys/girls together (5v5) indoors
- \*2nd & 3rd grades  
boys/girls together (6v6) outdoors
- 4th & 5th grades  
boys/girls together (8v8) outdoors

### Volunteer Coaches are needed.

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*

## Youth Fall Soccer

### Cost & Registration:

\$45 (Early Bird Registration)  
July 15 - 27  
\$50 (Normal Registration)  
July 26 - August 10

**Starts:** August 26  
**Days:** Mondays & Wednesdays  
 Games begin at 5:00 pm

### Leagues:

- 4 year olds  
boys/girls together (4v4) indoors
- Kindergarten & 1st grade  
boys/girls together (5v5) indoors
- \*2nd & 3rd grades  
boys/girls together (6v6) outdoors
- \*4th & 5th grades  
boys/girls together (8v8) outdoors

### Volunteer Coaches are needed.

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



Become a "Facebook" fan. Click the facebook link at the [www.ssaafc.org](http://www.ssaafc.org) website.



## ADULT SWIM LESSONS

### LEARNING THE BASICS

Introducing basic aquatic skills and swimming strokes, including the front crawl, breaststroke, and elementary backstroke.

For those swimmers looking to improve their proficiency in the six basic aquatic skills and strokes.

Also, check out our **PRIVATE SWIM LESSONS**.

**Ages:** 18 years & up      **Cost:** \$40.00 / 6 classes

**Time/Days:** 8:00 - 8:45 AM - Saturdays

**Winter Session:** Feb 24 - Mar 30      **Registration:** January 29 - Feb 16

**Spring Session:** Apr 13 - May 18      **Registration:** Mar 18 - Apr 5

**Fall Session:** Sep 21 - Nov 9      **Registration:** Aug 26 - Sep 13

(No Class Oct 19th or 26th)

#### 2024 Spring Session

**Date:** February 2 - May 1

(No Practice April 1 or 3 - Spring Break)

**Times:** 2:30 (Middle) - 3:30 (Elementary)

**Days:** Monday & Wednesday

**Cost:** \$60

**Registration:** January 29 - February 23

#### 2024 Summer Session

**Date:** June 3 - August 7

**Times:** 10:30 - 11:30 AM (All Ages)

**Days:** Monday - Thursday

**Cost:** \$100

**Registration:** May 13 - June 7

#### 2024 Fall Session

**Date:** September 16 - November 20

**Times:** 4:30 - 5:30 PM (All Ages)

**Days:** Monday & Wednesday

**Cost:** \$60

**Registration:** August 26 - September 20

## SOUTH SUMMIT SWIMMING

*(No practice on Holidays or any day school is not in session)*

*Pre-Comp swim sessions will be approximately 10 weeks long. We will try to have 2-3 meets per session. Ages of swimmers include Elementary and Middle School students.*

## NATIONAL WATER SAFETY MONTH

*Come and join the South Summit Swimming pools to celebrate the National Water Safety Month. Each week we will have fun aquatic programs to bring awareness to water safety.*

**MONDAY, APRIL 29 - MAY 3**

Week One: Pool Safety

**MONDAY, MAY 6 - MAY 10**

Week Two: Lake Safety

**MONDAY, MAY 13 - MAY 17**

Week Three: Beach Safety

**MONDAY, MAY 20 - MAY 24**

Week Four: Water Watchers

## SMALL WATERCRAFT PRACTICE

*Are you a kayaker, SUP-er or other small personal watercraft enthusiast? We've added some practice time for you at our pool in anticipation of open water! Look for our lap pool to be available for your training two Wednesdays in March and April. More practice time may be scheduled due to our unpredictable winter/spring weather.*

**Dates:** March 9, 23, April 6 & 20

**Time:** 5:00pm – 6:30pm

**Where:** SSAFC Lap Pool

**Registration:** Drop-In, Determined By Available Space!

**Cost:** SSAFC Entry Fee



### ON-LINE REGISTRATION

To register on-line go to [www.ssaafc.org](http://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!**



### WOMEN'S MOUNTAIN BIKE CLINIC

Join a small group of ladies to learn riding techniques and tips that will increase your confidence and ability. Learn Kamas Valley trails and become familiar with your bike and what you can do on it. This class will cover basic equipment and maintenance, as well as have you mastering switchbacks. Space is limited in this new program, so sign up early.

**Days:** Monday - Thursday  
**Dates:** July 8 - 11  
**Time:** 8:00 - 10:00 am  
**Age:** 18 - 93  
**Cost:** \$60  
**Registration:** June 24 - July 6

### Youth Basketball Camp

The South Summit Aquatic & Fitness Center and the South Summit High School Basketball team have joined up to bring you a fun, week long basketball camp. Come and show off your skills while learning how to improve your game.

**Dates:** October 21 - 30  
 Mondays & Wednesdays  
**Location:** Middle School Gymnasium

<b>Ages:</b>	<b>Time:</b>	<b>Cost:</b>
8-11	5:00 pm - 6:00 pm	\$35
12-14	6:00 pm - 7:00 pm	\$35

*\*Cost includes a T-shirt.*

**Registration:** September 23 - October 12 at the South Summit Aquatic & Fitness Center's front desk or on-line at [www.ssaafc.org](http://www.ssaafc.org).

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



### Archery Classes

This is a 3 week indoor archery program for ages 10 to adult. Learn range safety and proper shooting techniques. Students will learn how to shoot using a compound bow by NASP certified instructors. Only 14 participants per class so sign up early.

**SPRING SESSION**  
**Dates:** March 11 - 27  
**Days:** Mondays & Wednesdays  
**Time:** 6:00 - 7:00 pm Beginners  
 7:00 - 8:00 pm Beginners  
**Cost:** \$25; 6 classes  
**Registration:** February 19 - March 2

**FALL SESSION**  
**Dates:** October 21 - November 7  
**Days:** Mondays & Thursdays  
**Time:** 4:30 - 5:30 pm Beginners  
 5:30 - 6:30 pm Beginners  
**Cost:** \$25; 6 classes  
**Registration:** October 7 - 19

**You can now book your next party at the SSAFC on line. Just use the on-line registration button to get you to the link.**

**You can now book your racquetball court on line.**

## Swimming Lesson Descriptions

### Parent & Child

6 month – 2 years. Parents and children learn together to increase a child's comfort level in the water. They will also build a foundation of basic skills and water safety concepts.

### Preschool Aquatics A & B

3 years – 5 years old and have had one or more previous sessions of water adjustment lessons. This class teaches elementary aquatic skills, developing good attitudes. Safe practices around water are stressed.

### Level 1

6 years old and older. Various swimming and safety skills will be taught with teacher support. Activities will allow the swimmer to roll over from front to back, and back to front then recover to a vertical position. To pass this level the participant must blow bubbles through the mouth and nose for 3 seconds and glide on front at least two body lengths. They must pass Level 1 to advance to Level 2.

### Level 2

6 years old and older. This class gives participants success with fundamental swimming, and additional safety skills. Students will learn floating without support, breath control, simultaneous and alternating arm strokes, and leg actions while changing directions. To pass this level, the participants must swim using combined arm and leg actions for 15 feet on their stomach and back. They must pass Level 2 to advance to Level 3.

### Level 3

6 years old and older. This is for participants to build on previously learned skills. Treading water and elementary backstroke will be taught. The requirement to pass this class is swimming crawl stroke 15 yds with side breathing. They must pass Level 3 to advance to Level 4.

### Level 4

6 years old and older. This class is for the swimmer who is improving their skills and increasing their endurance. Requirements to pass this class include front crawl (25 yds), back crawl (15 yds), elementary back (25yds), butterfly (15yds), breaststroke (15yds), and scissor kick (15 yds). Must pass Level 4 to advance to Level 5.

### Level 5

6 years old and older. This class is for the swimmer who needs further coordination and refinement of strokes. Various swimming, diving and safety skills will be taught. Requirements to pass this class are to swim front crawl (50 yds), back crawl (25 yds), elementary backstroke (50 yds), butterfly (25 yds), breaststroke (25 yds), sidestroke (25 yds), and tread water for 5 minutes. Must pass Level 5 to advance to Level 6.

### Level 6

6 years old and older. The participant will choose one of three options. They include Fitness Swimmer, Fundamentals of Diving, and Personal Water Safety. In order to pass this level you must complete the requirements for the option you are participating in. This level may be repeated to focus on different goals each time.

\*There will be no lessons on holidays or school vacations.

\*Private lessons are available. Contact the Aquatic Director at [mruf@ssummit.org](mailto:mruf@ssummit.org) (\$25 per 1/2 hour)

## 2024 SWIMMING LESSONS

Class size is kept to 5 students for safety and best learning capabilities. Not all class Levels may be offered at every time listed below. Availability of Instructors and number of registered students may determine available classes and times. Please contact the Aquatics Department for more detailed information.

### Class Criteria:

- Parent & Child (with parent) Ages: 6 mo.-2 yrs. (6 children/class)
- Preschool Aquatics A (without parent) Ages: 3 yrs.-4 yrs. (5 children/class)
- Preschool Aquatics B (without parent) Ages: 4 yrs.-5 yrs. w/2 sessions or experience (5 children/class)
- Levels 1-6 Ages: 6 yrs. + (5 children/class)
- Scout Swimming and Life Saving Merit Badge Ages: 11-17 (8 students/class)

### WINTER

#### Dates: (Saturday Classes)

February 24 - March 30

#### \*Registration:

January 29 - February 16

### SPRING SESSIONS

#### Dates: (Saturday Classes)

April 13 - May 18

#### \*Registration:

March 18 - April 5

### SUMMER SESSIONS

#### Dates: (Mon-Thurs. Classes)

Session #1 June 3 - June 13  
 Session #2 June 17 - June 27  
 Session #3 July 8 - July 18  
 Session #4 July 29 - August 8

#### \*Registration:

May 13 - May 29  
 May 27 - June 12  
 June 17 - July 3  
 July 8 - July 24

### FALL

#### Dates: (Saturday Classes)

September 21 - November 9 (No Class Oct 19 or 26)

#### \*Registration:

August 26 - September 13

Private Lessons  
 Email: [mruf@ssummit.org](mailto:mruf@ssummit.org)

### Summer Schedule/ Monday-Thursday Classes

Classes	Time	Cost
Parent & Child	8:30-9:00, 9:05-9:35, 9:40-10:10	\$25.00
Preschool Aquatics A & B	8:30-9:00, 9:05-9:35, 9:40-10:10	\$30.00
Level 1,2,3	8:30-9:00, 9:05-9:35, 9:40-10:10	\$30.00
Level 4 & 5	8:15-9:00, 9:05-9:50	\$35.00
Level 6	9:00-10:00	\$35.00
Scout Merit Badge	Available upon request as needed	\$20.00

### Year Round Schedule/ Saturday Classes

Classes	Time	Cost
Parent & Child	9:00-9:30, 9:30-10:00	\$25.00
Preschool Aquatics A & B, L1	9:00-9:30, 9:30-10:00	\$30.00
Level 2,3	9:00-9:45, 9:45-10:30	\$30.00
Level 4,5,6	9:00-9:45	\$35.00
Scout Merit Badge	Available upon request as needed	\$20.00

### After School Schedule/ Monday through Thursday Classes

Classes	Time	Cost
Will vary upon demand	3:00-4:30	See Above

PRIVATE SWIMMING LESSONS - Available upon request with one of our certified teachers. Please contact the Aquatics Director at [mruf@ssummit.org](mailto:mruf@ssummit.org) for arrangements.



## WORKPLACE CPR/ FIRST AID AED



CPR-AED and First Aid skills for adult, child, and baby.

**2024 Winter Session:**

**Dates:** January 23  
Tuesday  
**Time:** 5:30 - 8:30 pm  
**Cost:** \$60.00 (mask & skill card included)  
**Registration:** January 1 - 19

**2024 Spring Session:**

**Dates:** May 21  
Tuesday  
**Time:** 5:30 pm - 8:30 pm  
**Cost:** \$60.00 (mask & skill card included)  
**Registration:** Apr 29 - May 17

**2024 Fall Session:**

**Dates:** September 24  
Tuesday  
**Time:** 5:30 pm - 8:30 pm  
**Cost:** \$60.00 (mask & skill card included)  
**Registration:** Sep 2 – Sept 20

**You can now book your next party at the SSAFC on line. Just use the on-line registration button to get you to the link.**

**You can now book your racquetball court on line.**

## Boy Scout Merit Badge Classes

We provide Lifesaving and Swimming merit badge classes for youth ages 11-17. Scouts must be able to pass the BSA swim check on first day of class, and then complete all necessary skills to earn badges.

**Dates:** Available upon request as needed. Contact the Aquatics Director at [mruf@ssummit.org](mailto:mruf@ssummit.org) for arrangements

**Time:** After school or evenings

**Cost:** \$20.00 per Merit Badge  
\$30 for Two Badges

### REGISTRATION INFORMATION

Register for all recreation programs at the SSAFC, Monday-Saturdays during open hours or online at [www.ssaafc.org](http://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 placed on the waiting list does not guarantee you will participate.

Volunteering as a coach does not waive the registration fee for your child.

Aqua Track



## Wibit Aqua Track

Check out this popular water feature in the South Summit Aquatic and Fitness lap pool. This fun obstacle course is a great activity for the whole family.

**Summers Open Mondays - Saturdays**  
**Available on Saturdays - 9:30 am - 4:00 pm**  
**Other days may be available / Hours Subject to Change**



## LIFEGUARD TRAINING

Come be a Lifeguard at the SSAFC. Flexible and fun job. Great job during school and sports. Competitive pay. Contact Mike Ruf: [mruf@ssummit.org](mailto:mruf@ssummit.org) for more information. The Red Cross now offers blended learning classes so you can do the classroom portion of the class online, and the water skills at the SSAFC. If interested come, see Mike and let's get you on our team!

***Must be 15 yrs. old by the last class.***

**Blended Learning:**

**Dates:** As soon as you can!

**Time:** Flexible

**Registration:** On Demand

**Cost:** \$175.00

# AEROBIC CLASSES

The South Summit Aquatic & Fitness Center offers various aerobics classes that change every quarter. Schedules and classes are subject to change at any time. For the current schedule, please come into the Aquatic & Fitness Center and pick up a copy or go online to [www.ssaafc.org](http://www.ssaafc.org).

## Fitness Instructors

Paula Avery  
Sarah Ray  
Wendy Galovich  
Chandler Smith

David Gardner  
Dori Snyder  
Andrea Gordon  
Erin Watson

Alison Memott  
Julie Winter  
Shauna Woolstenhulme

## Small Group Personal Training

4 weeks, 12 Classes • Max of 10 people

**Time:** 5:15-6:00 AM & 6:00-6:45 AM **Days:** Mondays, Wednesdays & Fridays

**Cost:** \$110 per session

### Sessions:

### Registration:

January 1 - 26 .....	December 18 - 31, 2023
February 5 - March 1 .....	January 22 - February 3
March 4 - 29 .....	February 19 - March 2
April 8 - May 3 - (No classes April 3 - 7) .....	March 18 - April 6
May 6 - 31 .....	April 22 - May 4
September 2 - 27 .....	August 19 - 31
September 30 - October 25 .....	September 16 - 28
October 28 - November 29 .....	October 14 - 26

## ON-LINE REGISTRATION

To register on-line go to [www.ssaafc.org](http://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!



**Become a "Facebook" fan. Click the facebook link at the [www.ssaafc.org](http://www.ssaafc.org) website.**

## YOUTH TENNIS LESSONS

The South Summit Aquatic & Fitness Center is offering youth tennis instruction designed to fit everyone's skill level. Forms can be picked up at the Fitness Center's front desk or you can register on-line at [www.ssaafc.org](http://www.ssaafc.org). We will provide racquets and tennis balls.

**Dates:** Tuesdays & Thursdays  
**Begins:** May 14 - 23  
**Where:** South Summit Middle School Tennis Courts

<u>Time</u>	<u>Ages</u>	<u>*Cost</u>
4:00 - 4:45 PM	6-9	\$40
5:00 - 6:00 PM	10-14	\$45

**Registration:** April 29 - May 11

\*Prices include a new can of tennis balls

*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*



## YOUTH VOLLEYBALL CAMP

**This is a recreational program for boys and girls in 3rd thru the 8th grades. Registration is from October 14 - 26, 2024.**

**You can register at the South Summit Aquatic & Fitness Center's front desk during regular business hours or on-line at [www.ssaafc.org](http://www.ssaafc.org).**

Starts **November 6** and runs through **December 4.**

**Days:** Wednesdays

**Ages:** 3rd - 8th grades **Time:** 6:00 - 7:00 pm

**Place:** So Summit Middle School Gym  
**Cost:** \$35.00 (includes a new volleyball)

*\*A \$10 late fee will be added to those wanting to sign up after the registration deadline.*

## JR. PICKLEBALL CLINIC

**We are running another pickleball clinic this summer! Come join us to learn all about Pickle ball which is a fun and fast growing sport. This is a great sport that combines many elements of tennis, badminton and ping-pong.**

**Dates:** July 15 - 18

**Ages:** 8-15

**Time:** 9:00-10:00 am

**Registration:** July 1 - July 13

**Place:** Tennis Courts

**Cost:** \$35.00