

Recreation Connection



Wasatch Recreation Center

345 West 600 South, Heber

435-657-3240

www.wasatchparksandrec.com

Hours:

Mon -Thurs 5:30 am— 10:00 pm

Friday—5:30 am—8:00pm

Saturday 7:00 am—8:00 pm

Closed Sunday

March 2023

SPRING SOCCER

Spring Soccer registration will be February 1– March 19. The cost is \$45 and is open to all children ages 3 -12 years old. Registration may not be available after March 19 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 19.

Games: Spring Soccer games will be played on Tuesdays and Saturdays, April 15 –May 9. 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 April 14 call 657-3240 for the information.

Uniform: Reversible soccer shirts and shin guards 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: Sign up at the Rec Center to be a soccer referee. Referee certification or previous competitive soccer play is highly recommended.

ART CLASSES

This class is taught by Bailey Tillotson with theartroom.co. We will be doing fun art projects introducing your kids to a mixture of art mediums. (watercolor, pencil, acrylics, and crayons.) Each class is tailored to ages 5-12. This class will be held Tuesdays at the Rec Center.

Class Options:

March Session: 7th -28th
April Session: 11th -May 2nd
May Session: 9th- 30th
Cost: \$65
Time: Tuesdays 4:30-5:30PM

HITTING CLINIC

This clinic is taught by Joel Matthews, a former switch hitting OF/1B of the Kansas City Royals organization. The hitting clinic will focus on the fundamentals of building proper swing mechanics for players to grow into confident hitters at the plate. The camp is open to both boys and girls ages 6-13. The camp will consist of 3 sessions held on Wednesday nights at the Rec Center.

Dates: April 12, 19, and 26

Cost: \$50

Time:

6-8 years old: 5:30– 6:30pm
 9-10 years old: 6:30– 7:30pm
 11-13 years old: 7:30– 8:30pm

YOUTH BASEBALL & SOFTBALL

****Spots are limited in every division**

Youth Boys Baseball: Registration starts February 6th!!

Wasatch County Youth Baseball is for all boys, pre-school - 9th Grade in the 2022 – 2023 school year.

Division	Grade	Fee	Play Days	Skills Evaluation Night
T-Ball (boys & girls)	4yrs & K	45.00	M & W	June 5– 28
Coach Pitch	1, 2, 3	45.00	M & W	June 5- 28
AA	3, 4	60.00	M & W	May 1 - June
AAA	5, 6	60.00	T & TH	May 2 - June
MAJORS	7, 8, 9	60.00	T & TH	May 2 - June

Registration Deadline: T-Ball & Coach Pitch May 7th

Registration Deadline: AA, AAA, Majors is April 9th

Everyone does skills evaluation for AA, AAA, Majors, even if you played last year! Boys in "Majors" cannot be affiliated on a High School Team. Skills evaluation nights are held at the Vets West at 600 South 600 West, Heber. Participants must be registered through Parks and Rec to attend skills evaluation night. If you have a 3rd grader, he can play either coach pitch or AA. Hats and jerseys will be provided, but participants must provide their own baseball pants if desired. Spots are limited in each division so sign up as soon as possible. Times and dates are subject to change due to the number of participants!!!

Youth Girls Softball: Registration starts February 6th!!

Wasatch County Youth Softball is for all girls, pre-school - 9th Grade in the 2022 – 2023 school year.

Division	Grade	Fee	Play Days	Skills Evaluation Night
T-Ball (Boys & Girls)	4yrs & K	45.00	M & W	June 5-28
Coach Pitch	1, 2, 3	45.00	T & TH	June 1-27
Beg. Fast Pitch	3, 4, 5	60.00	T & TH	May 11 - June
Fast Pitch	6, 7, 8, 9	60.00	T & TH	May 11 - June

Registration Deadline: T-Ball & Coach Pitch May 7th

Registration Deadline: Beginning Fast Pitch & Fast Pitch is April 16th

Everyone does skills evaluation for Beg. Fast Pitch & Fast Pitch, even if you played last year! Girls in "Fast Pitch" cannot be affiliated on a school team. Skills evaluations are held at the Vets West at 600 South 600 West, Heber. If you have a 3rd grader, she can play either coach pitch or Beg. FP. Participants must be registered through Parks and Rec. to attend skills evaluation night. Hats and jerseys will be provided. Spots are limited in each division so sign up as soon as possible. Times and dates are subject to change due to the number of participants!!!

GYMNASTICS

April Schedule

March 29– April 27 Wednesday & Thursday
***no class Spring Break April 5th & 6th**
 All classes begin on their respective days in the session

Age	Level	Days, Times & Cost <small>The increase in cost for some of the classes reflects the lengthened class time</small>
Preschool Boys and girls 3-5 years old	Introductory	Wednesday 4:00-4:50pm, 5:00– 5:50pm or Thursday 4:00– 4:50pm, 5:00– 5:50pm COST: \$75
Kindergarten Boys and girls 5-6 years old	Introductory	Wednesday 4:00– 5:00pm, 5:00– 6:00pm Thursday 4:00 – 5:00pm, 5:00– 6:00pm COST: \$85

CHALLENGER SPORTS CORE SOCCER CAMP

Challenger Sports Core Soccer Camp -
Bringing International Coaches To Your Field!

Coached by our team of international and US-based staff, our week-long half day and full day soccer camps improve your child's soccer skills whilst providing a unique cultural experience. Formerly known as International Soccer Camps, and rooted in British training methodology, these camps introduce our international training tactics to campers across the U.S and Canada. Our curriculum and coaching foundation meets engaging delivery for an all-around positive experience. Camps are designed for all ages and ability levels, from beginner to advanced players- we use age appropriate practices to help players develop at their own pace, learn brand new skills and become an all-round better player...while having an amazing time with our international coaching staff! Includes an educational approach that uses soccer to teach the core values of responsibility, integrity, respect, sportsmanship and leadership.

Camp Dates: June 19-23

Ages:

3-5 year old: 8:00- 8:45am
 6-12 years old: 9:00am- 12:00pm
 *Afternoon session offered from 1-3pm to those registered in the 9:00am-12:00pm class

Cost:

3-5 year old: \$130
 6-12 year old: \$215
 *Afternoon session: \$100

Camp will be held at Veterans Memorial Park Soccer Fields: 528 S 300 W Heber City, UT 84032

WHS GIRLS BASKETBALL CLINIC



Wasatch High School Girls Basketball Skills Development Spring Clinic will be held April 10th– 13th. Camp will be held at Rocky Mountain Middle School Gyms. Clinic is designed to elevate all athletes' basketball skills, regardless of starting point. Our clinic includes

Guards/Post skill development, dribbling skills, shooting skills, passing skills, defensive skills, agilities, and lots of fun!

Register day of camp or online at www.myschoolfees.com

Contact Coach Hull for more information

435-654-0640 ext. 3753

Grades K– 3rd 4:00– 5:00pm (open to boys and girls)

Grades 4th– 8th 5:15– 6:45pm

Grades 9th - 12th 7:00– 8:30pm

Cost: 4th- 12th \$ 70

K– 3rd \$ 45

ADULT SOFTBALL

Adult softball signups begin March 1st and run thru April 16th. Men's league will play Monday nights beginning May 1st, Co-Ed league will play Wednesday nights beginning May 3rd. Game times for both leagues will most likely be 6:30, 7:30, 8:30, or 9:30pm, but will depend upon the number of teams that register to play. Register online or at the Rec. Center and must pay the non-refundable entry fee to enter the league. Space is limited in each league.

Men's League Cost: \$500
Co-Ed League Cost: \$450

Anyone who is interested in playing but does not have a team call Taylor at 435-657-3240 and get your name on the "Free Agent" list which will be given to team managers.

TRACK CLUB

Track Club- Will practice from 4:30-5:30pm starting April 26th The season ends the middle part of June. Most meets and practices will be Monday's & Wednesday's (subject to change). The first practice will be held at the Rec. Center and a schedule will be handed out then. Transportation is **not** provided by the Recreation Department.

Register online

www.wasatchparksandrec.com

March 1st- April 17th or at the Rec. Center
 Track Club is for 1st- 8th grade

Cost \$55 (includes team shirt and meet participation fees)

REAL RELATIONSHIPS

Most people know that quality relationships are good for your health and well-being, but many are at a loss in knowing how to develop lasting relationships.

Come to a course taught by life coach Lisa Remund where you will learn tools and techniques that teach you how to listen to your own wisdom, speak your truth, and express your needs and wants in an effort to have relationships.

Investing in the relationship with yourself, those you live with, extended family and friends, and your community will give you the clarity and self-assurance to create strong loving connections that will change your life for the better.

Class Dates: Thursdays April 20- May 10

Time: 6:30- 7:30pm

Cost: \$45

Ages: 18 and up

Class taught at the Rec. Center

ROLLER FITNESS WITH ELISE JONES

Ready...Set...Roll for some fitness fun every Thursday at 9am at the Wasatch Rec Center. Elise has created this unique class to share her passions for yoga & rollerskating. The class combines strengthening movements, balance skills, yoga & breath work, all on skates! No need to pre-register, just pay as you go, \$8/class. Come have a sweaty blast with great music and good friends. Classes will begin again on February 16th.

NamaSkate!

MISS WASATCH SCHOLARSHIP COMPETITION

The Miss Wasatch Scholarship Organization is looking for young women ages 18-28 (18 by Dec 31, 2023) who are interested in becoming the next Miss Wasatch County! **The competition will be held Saturday, June 24th, 2023.** Miss Wasatch County represents our great community throughout her year of service by promoting & advocating her Social Impact Initiative, fulfilling the role of spokesperson, being a role model to everyone around her, & promoting Wasatch County. She will also compete for the Miss Utah title the following year.

Participating in the Miss America Organization is one of the most rewarding and beneficial experiences available to young women in the United States. Each year, more than 10,000 young women participate at the local, state, and national levels, culminating in the selection of 51 national finalists who compete for the title of Miss America. Scholarships are given to Miss Wasatch County and her royalty to the school of their choice. This is a once-in-a-lifetime memorable opportunity that also looks fantastic on a resume!

Register online at wasatchparksandrec.com. There is a refundable \$50 deposit for those who complete the workshops & competition. Please attend our orientation meeting on Tuesday, April 18th at 7:00pm at the Wasatch Recreation Center for more information about workshop schedules and preparing for the competition. Bring your ID & birth certificate or Passport. Parents are welcome to attend, and please bring a friend! If you have any questions, please email the program directors Aja or Giuliana at:

misswasatchcounty@gmail.com