

Recreation Connection

FEBRUARY 2025

Wasatch Recreation Center
345 West 600 South, Heber
435-657-3240
Mon -Thurs 5:30 am— 10:00 pm
Friday—5:30 am—8:00pm
Saturday 7:00 am—8:00 pm
Closed Sunday



www.wasatchparksandrec.com



2025 ISSUES CONFERENCE

The 36th annual Issues Community Conference will be held Wednesday March 5, 2025 at Wasatch High School from 6:00-8:30 pm. National presenter, author and renown relationship expert, Matt Townsend is this year's keynote speaker. Dr. Townsend's humorous and engaging presentation "The ABCs of Happiness" addresses simple secrets to living a happier life. He will also be conducting a workshop on strengthening relationships.

The breakout workshops include; living your values, controlling screen time before it controls you, applying the wisdom of a Holocaust survivor, financial intelligence, tai chi and other tools for stress reduction and living more fearlessly. There will also be workshops presented in Spanish.

The Issues Community Conference is produced by Wasatch County Parks & Recreation, the Wasatch County Health Department, Wasatch Behavioral Health and the Wasatch School District. Generous sponsors include the Heber Valley Medical Center and the Wasatch Community Foundation. WHS auditorium doors open at 5:30 pm, the keynote presentation begins at 6:00 and is followed by two 40 minute sessions of breakout workshops. Six hours of attendance credit will be available for high school students, or nine hours of credit if they bring a parent with them. For more information, please go to wasatchparksandrec.com or call 435-657-3240. Don't miss the 2025 Issues Community Conference.

LACROSSE CLINIC

Come learn the skills and drills of lacrosse!

Session runs Tuesdays and Thursdays February 25 & 27 March 4 & 6 2025.

Clinics are for anyone in 1st - 4th grade, and 5th - 8th grade who's interested in lacrosse.

5th - 8th grade 3:30- 4:30pm
K - 4th grade 4:30- 5:30pm

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

Cost for Clinic is \$40. (Clinic will be held at the Rec Center).

SPRING SOCCER

Spring Soccer registration will be January 27- March 23. The cost is \$45 and is open to all children ages 3 -12 years old. Registration may not be available after March 23 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 23.

Games: Spring Soccer games will be played on Tuesdays and Saturdays, April 12 -May 6. 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 11 call 435-657-3240 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.

GAME ON! SPORTS 4 GIRLS

Join Game On! Sports 4 Girls for the Winter session of our trademark Multi-Sport Class!

A great way to expose and introduce your daughter to team sports! Explore and learn a different sport every 1-3 weeks. We may cover basketball, soccer, tennis, softball, lacrosse, volleyball, and more in a FUN, nurturing and positive environment! From our years dedicated to working with girls, we have the unique games and expertise to help each of your daughters to grow a person and an athlete. As always, attention to teamwork, sportsmanship, self-esteem, respect, giving, and goal setting are incorporated into our program as well. Please come dressed ready to play - no sandals, bare feet or boots allowed.

Schedule: Wednesdays February 26- March 26

Time: 5:00- 6:00pm at the Rec. Center

Cost: \$70

For girls in K- 4th grade

PRINCESS PARTY

Calling all Princesses ages 3-10! You are cordially invited to attend our annual Princess Tea Party! Come enjoy music, dancing, storytelling, crafts and treats with Miss Wasatch County, Miss Heber Valley and their royalty. The party will be held Saturday, February 15th from 10:30am-12pm or 1-2:30 pm at the Wasatch Recreation Center. Register online for \$15 per child.

Wear your favorite princess gown and join us for a magical experience!

SPEED & AGILITY CLINIC

Wasatch PT is putting on a speed & agility clinic. The clinic is designed to help young athletes develop the physical skills and athletic abilities they need to succeed in a wide range of sports. We'll focus on improving strength, agility, and speed through a variety of exercises and drills. This clinic will be held at the Wasatch PT Sports Performance facility. Spots are limited, sign up today!

Ages: 11-15

March Class: Tuesday/Thursday March 4th- March 27th

Time: 4:00-5:00pm

Cost: \$95

Location: Wasatch PT Sports Performance facility (476 N Main St.) For additional information and to register go to www.wasatchparksandrec.com or by phone at 435-657-3240.

GYMNASTICS

March Session: March 6– March 27
All classes begin on their respective days in the session

Age	Level	Days, Times & Cost
Preschool Boys and girls 3-5 years old	Introductory	Thursday 4:00– 4:50pm, 5:00 – 5:50pm COST: \$75
Kindergarten Boys and girls 5-6 years old	Introductory	Thursday 4:00– 5:00pm, 5:00 – 6:00pm COST: \$85

Registration for the Miss Wasatch/Miss Heber Valley Program opens February 1st. See our website for program information!!

If you have any questions, please email the program directors Aja Phillips or Giuliana Willis at:
misswasatchcounty@gmail.com

TENNIS

Spring 1 Session

1st -3rd Grade:
Monday 3:15-4:00pm and Friday 4:30-5:30pm
Dates: February 24– April 11
*No clinic on March 14, 31, April 4
Cost: \$209 for 11X

4th -9th Grade:
Monday and Wednesday 4:00-5:30pm
Dates: February 24– April 9
*No clinic on March 31, April 2
Cost: \$312 for 12X

** Registration opens February 11th at 10:00am. Spots are limited!!

CERAMICS PAINTING CLASS

The Rec Center is offering ceramics painting classes for ages 5 and older. Classes are offered on March 18th, April 15th 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.

ADULT SOFTBALL

Adult softball signups begin March 3rd and run thru April 13th. Men's league will play Monday nights beginning April 28th, Co-Ed league will play Wednesday nights beginning April 30th. 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 pay the non-refundable entry fee to enter the league. Space is limited in each league. For league specific questions call the Rec. Center!

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

THROWING CLINIC

Joel Matthews former outfielder/ first baseman of the Kansas City Royals Organization, will be hosting a baseball clinic in April focused on the development of throwing and fielding skills. Campers will learn the foundations of throwing and fielding mechanics crucial to being a confident defender. Also, kids will learn how to properly train and develop their throwing arms to maintain healthy arm care for their future.

Dates: April 8, 15, 22, 29
Cost: \$75

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

Spots are limited, sign-up today!

HITTING CLINIC

Joel Matthews, former outfielder/ 1st baseman of the Kansas City Royals Organization will be running his 7th Annual Baseball Hitting Clinic in March! Camp attendee's will learn the foundations of a dynamic, powerful, and balanced swing; that will propel them into the Spring/ Summer seasons with the confidence to compete in the batter's box.

Dates: March 4, 11, 18, and 25

Cost: \$75

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

Spots are limited, sign-up today!

YOUTH BASEBALL & SOFTBALL

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

Youth Boys Baseball: Registration starts February 3rd!!

Wasatch County Youth Baseball is for all boys, pre-school - 9th Grade in the 2024 – 2025 school year.

Division	Grade	Fee	Play Days	Skills Evaluation Night
T-Ball (boys & girls)	4yrs & K	45.00	M & W	June 2– 25
Coach Pitch	1, 2, 3	45.00	M & W	June 2– 25
AA	3, 4	65.00	M & W	April 28 - June
AAA	5, 6	65.00	T & TH	April 29 - June
MAJORS	7, 8, 9	65.00	T & TH	April 29 - June

Registration Deadline: T-Ball & Coach Pitch May 4th

Registration Deadline: AA, AAA, Majors is April 13th

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 3rd!!

Wasatch County Youth Softball is for all girls, pre-school - 9th Grade in the 2024 – 2025 school year.

Division	Grade	Fee	Play Days	Skills Evaluation Night
T-Ball (Boys & Girls)	4yrs & K	45.00	M & W	June 2-25
Coach Pitch	1, 2, 3	45.00	T & TH	June 3-26
Beg. Fast Pitch	3, 4, 5	65.00	T & TH	April 29- June
Fast Pitch	6, 7, 8, 9	65.00	T & TH	April 29- June

Registration Deadline: T-Ball & Coach Pitch May 4th

Registration Deadline: Beginning Fast Pitch & Fast Pitch is April 13th

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!!!