



# 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**

FEBRUARY 2023

## 2023 ISSUES COMMUNITY CONFERENCE

**Corbin Allred Headlines the Issues Community Conference**

The 33rd annual Issues Community Conference will be held Wednesday March 1, 2023 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 Corbin Allred. Corbin has enjoyed a successful acting career in film and television. Some of his most notable performances include starring roles in the critically acclaimed films "Saints and Soldiers," "The Saratov Approach," "Out of Liberty," and the ABC comedy series "Teen Angel." Corbin's motto is L.I.F.T.--love, inspire, fulfill, teach. His presentation addresses the mental and emotional health epidemic threatening the minds, hearts, and spirits of so many young people throughout the world. He believes that sharing experiences can help us combat the effects that social media addiction, bullying, anxiety, depression and suicidal ideation have on today's youth.

All of Utah was saddened to hear of North Ogden Mayor Brent Taylor's death while serving in Afghanistan. The conference workshop line-up features Major Taylor's widow Jennie Taylor, who will talk about how her experience has increased the love she has for her country. She teaches about the important role we each can play in our own communities to make us feel part of something bigger than ourselves. Other great workshops include; improving happiness, conquering challenges, the power of kindness, managing anxiety, self-defense, parenting, yoga and more. For a complete list of workshop titles and descriptions, go to [www.wasatchparksandrec.com](http://www.wasatchparksandrec.com).

The Issues Community Conference is presented by Wasatch County Parks & Recreation, Wasatch County Health Department, Wasatch School District and Wasatch Behavioral Health. Doors open 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](http://wasatchparksandrec.com) or call 435-657-3240. Conference attendees over the years have committed to making great changes in their life based on the presentations they've heard. Come learn what you can do for yourself and your community at the free 2023 Issues Conference.

### BOYS LACROSSE CLINIC

Come learn the skills and drills of Lacrosse  
Session runs Tuesday and Thursday February 21 to March 9  
2023.

Clinics are for Boys 1<sup>st</sup> – 4<sup>th</sup> grade, and Boys 5<sup>th</sup> – 8<sup>th</sup> grade.

Boys 5<sup>th</sup> – 8<sup>th</sup> grade 3:30 to 4:30 pm.

Boys 1<sup>st</sup> – 4<sup>th</sup> grade 4:30 to 5:30 pm.

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).

### GIRLS LACROSSE CLINIC

Come learn how to play Girls Lacrosse! We will work on the fundamentals of how to cradle, pass & catch, and how to shoot & play defense! This clinic will be taught by the Wasatch High School Girls Lacrosse team! Participants will need to provide a Mouth Guard, Girls lacrosse stick and goggles. (Some equipment will be available to borrow) Tuesday's & Thursday's 6:00 to 7:00 at the Rec Center.  
February 21<sup>st</sup>- March 30<sup>th</sup> (Skip March 14<sup>th</sup>)  
K-8<sup>th</sup> Grade  
Cost \$60

### 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.

### GAME ON! SPORTS 4 GIRLS

Join Game On! Sports 4 Girls for the Spring 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 April 12– May 10

**Time:** 4:00– 5:00pm at the Rec. Center

**Cost:** \$72

For girls in K– 4<sup>th</sup> grade

Hundreds of athletes will gather for their final chance to make it to The American Western Weekend, host of the Richest Single-Day Rodeo in the World. Only FOUR will move on from the Regional Finals. Join us for this action-packed weekend where milliseconds will separate the fate of the World's most accomplished rodeo athletes.

Get your tickets now at [www.wasatchparksandrec.com](http://www.wasatchparksandrec.com)



## GYMNASTICS

### March Schedule

March 1– March 23 Wednesday & Thursday  
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	<b>Wednesday</b> 4:00-4:50pm, 5:00– 5:50pm or <b>Thursday</b> 4:00– 4:50pm, 5:00– 5:50pm  <b>COST: \$75</b>
Kindergarten Boys and girls 5-6 years old	Introductory	<b>Wednesday</b> 4:00– 5:00pm, 5:00– 6:00pm <b>Thursday</b> 4:00 – 5:00pm, 5:00– 6:00pm  <b>COST: \$85</b>

## MISS WASATCH

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 24<sup>th</sup>, 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](http://wasatchparksandrec.com).** There is a refundable \$50 deposit for those who complete the workshops & competition. Please attend our orientation meeting on Tuesday, April 18<sup>th</sup> 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](mailto:misswasatchcounty@gmail.com)

## 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!**

## YOUTH BASEBALL & SOFTBALL

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

### Youth Boys Baseball: Registration starts February 6<sup>th</sup>!!

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 6<sup>th</sup>!!

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!!!

## Wasatch Basketball Shoe Drive

Gently used basketball shoes  
of any size needed  
Drop off at Rec. Center  
February 1-28

[www.roamhumanitarian.org](http://www.roamhumanitarian.org)



## 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.

## ART CLASSES

This class is taught by Bailey Tillotson with [theartroom.co](http://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