

# Recreation Connection October 2023

Wasatch Recreation Center  
345 West 600 South, Heber  
435-657-3240  
www.wasatchparksandrec.com

Wasatch Recreation Center Hours  
Beginning October 16th:  
Monday–Thursday 5:30am–10:00pm  
Friday 5:30 am– 8:00pm  
Saturday 7:00am– 8:00pm  
Closed Sunday



## BASKETBALL

### Girls Jr. Jazz

For all 4<sup>th</sup>-8<sup>th</sup> grade girls. **SPOTS ARE LIMITED!** Register Online Oct. 2nd - Dec. 3rd (or until full). Play will begin on Saturday, January 6<sup>th</sup> and end February 17<sup>th</sup>. **All Games will be played on Saturdays at the Rec Center from 9:30am-11:00am.** Cost is \$45.00. A jersey can be ordered for \$15 when registering. **All Registered players please show up at the Rec Center on Jan 6<sup>th</sup> at 9:30am for fundamental day! You will not hear from a coach before fundamental day.**

### Boys Jr. Jazz

For all 5<sup>th</sup>-8<sup>th</sup> grade boys. **SPOTS ARE LIMITED!** Register Online Oct. 2nd - Dec. 3rd (or until full). Play will begin on Saturday, January 6<sup>th</sup> and end February 17<sup>th</sup>. **All Games will be played on Saturdays at the Rec Center from 8:00am-9:30am.** Cost is \$45.00. A jersey can be ordered for \$15 when registering. **All Registered players please show up at the Rec Center on Jan 6<sup>th</sup> at 8:00am for fundamental day! You will not hear from a coach before fundamental day.**

**\*\*New Jr. Jazz jersey color scheme this year. If you would like the new jersey please order one at time of registration! All previous jerseys will still be allowed.**

### Expanded Jr. Jazz

2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> grade boys. **SPOTS ARE LIMITED!** Register Online Oct. 2nd -Dec. 3rd (or until full). Play will begin on Wednesday January 10<sup>th</sup> and end February 14<sup>th</sup> at the Rec Center. **All grades will play individually, not together.**

2<sup>nd</sup>-3<sup>rd</sup> grade girls. **SPOTS ARE LIMITED!** Register Online Oct. -Dec. 4<sup>th</sup> (or until full). Play will begin on Wednesday January 4<sup>th</sup> and end February 14<sup>th</sup> at the Rec Center. **Both 2<sup>nd</sup> and 3<sup>rd</sup> grade girls will be combined.**

Cost for Expanded Jr. Jazz is \$45.00. All games will be played on Wednesdays at the Rec. Center. A jersey can be ordered for \$15 when registering. **All registered expanded Jr. Jazz players should be contacted by a coach prior to games starting on January 10<sup>th</sup>! If not please contact the Rec. Center 435- 657-3240.**

## CRAFT NIGHT

Come join us for craft night at the Rec Center where we will be celebrating the fall season by painting fall themed pieces. In October we will draw and watercolor a Sun Flower (\$30), and in November we will watercolor a beautiful + simple fall landscape (\$30). When: October 17<sup>th</sup>, 2023 and November 14<sup>th</sup>, 2023 from 7:00- 9:00pm at the Wasatch Co. Rec Center in the East Classroom. Register online at [www.wasatchparksandrec.com](http://www.wasatchparksandrec.com) or by phone at 435-657-3240. Sign up today!

### **October Class:**

We will be painting a beautiful Sun Flower. This is perfect for anyone wanting to dip their toe into watercolor. I'll be there to teach you from start to finish and will even have an outline for those that don't love drawing. Taught by Bailey Tillotson with theartroom.co  
Price: \$30  
Date/ Time: October 17<sup>th</sup>, 7:00-9:00 PM

### **November Class:**

We will be painting this Beautiful+ Simple fall landscape. All skill levels are welcome. Come with your girlfriends or for a fun date night. This 2hour workshop will be taught by Bailey Tillotson with theartroom.co  
Price: \$30  
Date/ Time: November 14<sup>th</sup>, 7:00-9:00 PM

Registration: 8/31/ 2023- 11/03/2023  
Ages: 16+

### High School Age Basketball League

#### **REGISTER ONLINE!! SPOTS ARE LIMITED!**

All Boys in 9-12 grades that are not playing for Wasatch High School Basketball can play in this league. Registration is \$65.00, which includes a jersey. **Register online or at the Rec Center Oct. 2nd -Nov. 12<sup>th</sup> (or until full).** Games will start Tuesday, November 28th. All games will be played on Tuesdays at the Rec Center.

### Men's County League Basketball

Men's 2022 basketball league will begin November 27 with 8 game guarantee and a single elimination tournament to follow.

Team registration is now open for the first 7 teams for 'A' league, and first 7 teams for 'B' league. If we don't get enough teams we will combine both leagues.

Anyone who is interested in playing that does not have a team Call Steve to get your name on a "Free Agent" list, these names will be given to each team manager.

Cost: \$600

Call Steve @ 435-657-3240

## CERAMICS

The Rec Center is offering ceramics painting classes for ages 5 and older. Classes are offered on October 19th, November 9, November 16 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](http://www.wasatchparksandrec.com) to reserve your spot.

## FUTSAL

A fun indoor 5 vs 5 play beginning November 2nd. Games day options are: Thursday or Friday evenings beginning at 5pm, or Saturday mornings beginning at 9am. Each age group will be given one of the day options above to play, with teams playing one or two games per day. For youth in 1st- 8th grade. **Registration cost is \$45.** Players will wear the reversible black or gold jersey that is also used for soccer. **Registration will be from August 21st- October 22nd.** Register at the Rec. Center or online at [www.wasatchparksandrec.com](http://www.wasatchparksandrec.com)

## BALLET BASICS

Join Primary Ballet Academy ([primaryballet.com](http://primaryballet.com)) for a fun introductory ballet class. Kids will learn basic ballet concepts, coordination, rhythm, self-expression, and joy through dance. Sign-up today at [www.wasatchparksandrec.com](http://www.wasatchparksandrec.com)  
**Dates:** November 7th - 28th  
**Ages:** 5-11  
**Time:** Ages 5-8 Tuesdays 6:00- 7:00pm  
Ages 9-11 Tuesdays 7:00- 8:00pm  
**Cost:** \$40

## BOONE BROTHERS SKILL BUILDING FOOTBALL CAMP

Heber Valley resident and former professional football player Aaron Boone and his brothers, Jesse, Jason and Jonathan Boone are putting on a Football Camp for 4th- 7th graders. Wasatch Recreation Center Saturday Nov 11, 2023  
9am - 2pm \$29 to register  
Non-contact camp, no helmets or pads needed

Learn more about the Boone Brothers Non-profit Foundation at <https://boonebrothersfoundation.com/>

## GYMNASTICS

November: November 1- 30  
 \*No class November 22 & 23  
 All classes begin on their respective days in the session

Age	Level	Days, Times & Cost
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>

## ART CLASSES

**Elementary:** This class is taught by Bailey Tillotson with theartroom.co. In the October Session we will be unleashing our creative side with some fall themed art pieces using water color and acrylic paint. Projects will include a Fall Landscape, Scarecrow, Spooky Pumpkin and Favorite Halloween Costume. The Camp will be held on Tuesdays at the Rec Center.

**Days and Times:** Tuesdays 10/3- 11/14  
 Elementary: 4:00- 5:00pm

**Cost:**  
 Elementary: \$70

## ULTIMATE FRISBEE OPEN FIELD

Come enjoy one of the fastest growing team sports in the country! Ultimate Frisbee is a fun and exciting team sport that provides a positive environment where you can learn and develop new skills and improve your cardio fitness. It combines the athleticism of running and quick changes of direction with the skill of throwing a disc that flies around the field like nothing else. Ultimate is easy to learn, accessible to people of all fitness levels, and has a strong emphasis on sportsmanship and fair play. Everyone 5<sup>th</sup> grade and older is invited to come play, the only cost is the Recreation Center entry fee which is \$3/youth or \$5/adult.

Grab a few friends and come play ULTIMATE FRISBEE, all skill levels invited, Saturdays from 10am-12pm on Oct 28, Nov 4, 11, 18, Dec 2 and 9.

## HUNTER SAFETY

A Hunter Safety class will be offered on Mondays starting, November 6 and run through December 18 2023 from 6 - 8 pm. Class will be held at the Wasatch Co. Rec Center. East Class Room. Shoot day will be Saturday December 16. Please keep these days open.

To register for the class you must:

- 1st** - You must register at the Rec Center for the Hunter Safety Class Cost is (\$25).
- 2nd** - You will need to Register on line at Utah division of wildlife Recourses, Hunter Safety course in person class, Wasatch Rec Center with Ed Mason, you will need class number and customer ID number from your Voucher to register for the class on line at the DWR web site.
- 3rd** -You Must purchase a Hunter Education Voucher from Sportsman Ware house or Timberline or a licensed agent or online at wildlifeutah.gov (\$10). We prefer you do not buy on line.

Come out and see the best Rodeo in Utah!  
 Ram Wilderness Circuit Finals Rodeo  
 Nov. 3rd- 4th

Nov. 3<sup>rd</sup> Start Time 7:30 PM  
 Nov. 4<sup>th</sup> Matinee Start Time 1:00 PM  
 Nov. 4<sup>th</sup> Evening Start Time 7:30 PM



\*\*Free Kids Pass (12-Under) with purchase of an adult pass Saturday Matinee Only

## GAME ON! SPORTS 4 GIRLS

Join Game On! Sports 4 Girls for the Fall 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 October 4- November 15  
 (No class October 18)  
**Time:** 4:00- 5:00pm at the Rec. Center  
**Cost:** \$72  
 For girls in K- 4<sup>th</sup> grade

## 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  
**October Class:** Tuesday/ Friday October 3<sup>rd</sup> - October 27<sup>th</sup>  
**November Class:** Tuesday/ Friday November 3<sup>rd</sup>- December 1<sup>st</sup>  
**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](http://www.wasatchparksandrec.com) or by phone at 435-657-3240

## TENNIS

**1st-3rd Grade:**  
 Monday 3:15-4:00pm and Friday 4:30-5:30pm  
 Dates: October 27, 30, November 3, 6, 10, 13, 17, 20, 27, Dec. 1, 4, 8, 11, 15, 18  
 No clinic on November 24<sup>th</sup>  
 Cost: \$255 for 15X

**4th-9th Grade:**  
 Monday 4:00-5:30pm and Wednesday 4:00-5:30pm  
 Dates: October 25, 30, Nov. 1, 6, 8, 13, 15, 20, 27, 29, Dec. 4, 6, 11, 13, 18, 20  
 No clinic on November 22<sup>nd</sup>  
 Cost: \$392 for 16x

**\*Registration opens October 10th at 10:00am**

## 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 Oct. 5<sup>th</sup>.

**NamaSkate!**

## PARENT WORKSHOPS

Guiding Good Choices Parent Workshops are for parents or caregivers with children ages 9-17. Four two hour sessions that will help strengthen family bonds, manage family conflict, develop clear family guidelines and expectations for behavior, and promote health and wellbeing. For more information contact Audra Rhodes at [arhodes@timpv.com](mailto:arhodes@timpv.com). Register today at

[www.wasatchparksandrec.com](http://www.wasatchparksandrec.com)  
 When: Wednesdays 10/25- 11/15  
 Time: 6:30- 8:30pm  
 Cost: \$10