



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 2024

2024 ISSUES CONFERENCE

The 35th annual Issues Community Conference will be held Wednesday March 6, 2024 at Wasatch High School from 6:00-8:30 pm. Author, national presenter and BYU Professor Hank Smith is this year's keynote speaker. Hank's humorous and engaging presentation "Be Happy" addresses simple secrets to living a happier life. He will also be conducting a workshop on his latest area of focus, persevering to accomplish your goals.

The breakout workshops include; Good Night-The Importance of Sleep, Kindness Matters, The Word on Weed-How Marijuana Affects the Brain, The Reality of Human Trafficking and Cyber Intelligence, Yoga and Wellness, Being Resilient, Unpacking Social Media, and Happiness through Building Connections.

The Issues Community Conference is presented 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. Again this year the Wasatch Latino Coalition will offer additional workshops in Spanish. For more information, please go to wasatchparksandrec.com or call 435-657-3240. You won't want to miss this year's Issues Conference!

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 10th from 10:00-11:30 am or 12:30-2:00 pm. This event will take place at the

Wasatch Recreation Center. Register online for \$15 per child. Wear your favorite princess gown and join us for a magical experience.

BOYS LACROSSE CLINIC

Come learn the skills and drills of Lacrosse
Session runs Mondays and Wednesdays February 26 & 27
March 4 & 6 2024.

Clinics are for Boys 1st - 4th grade, and Boys 5th - 8th grade.

Boys 5th - 8th grade 3:30 Pm to 4:30 Pm.

Boys K - 4th grade 4:30 Pm 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 the skills and drills of Lacrosse
Session runs Tuesday and Thursday February 6 & 8
February 13 & 15 2024.

Clinics are for Girls K - 4th grade, and Girls 5th - 8th grade.

Girls 5th - 8th grade 4:00 Pm to 5:00 Pm.

Girls K - 4th grade 5:00 Pm to 6:00 Pm.

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

Cost for Clinic is \$40.

(Clinic will be held at the Rec Center).

SPRING SOCCER

Spring Soccer registration will be February 1- March 24. The cost is \$45 and is open to all children ages 3 -12 years old. Registration may not be available after March 24 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 24.

Games: Spring Soccer games will be played on Tuesdays and Saturdays, April 20 -May 14. 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 19 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! 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 March 6- April 3

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

Cost: \$72

For girls in K- 4th grade

HITTING CLINIC

Joel Matthews, former outfielder/ 1st baseman of the Kansas City Royals Organization will be running his 6th 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 6, 13, 20, and 27

Cost: \$70

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!

save the date

ask Heber Valley COMMUNITY EXPO

gohebervalley.com/
ask-heber-valley-community-expo

March 16
11am-4pm

20 WASATCH COUNTY
24 REC CENTER

EXHIBITOR BOOTHS | DEMONSTRATIONS
GIVEAWAYS | LOCAL FOOD VENDORS

GYMNASTICS

March Gymnastics
February 29- March 21
***4 Weeks Thursdays Only**

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

TENNIS

Spring 1 Session 2024

1st- 3rd Grade:

Monday 3:15-4:00pm and Friday 4:30- 5:30pm

Dates: March 4, 8, 11, 18, 22, 25, 29, April 1, 5, 15, 19

*no clinic on March 15, April 8, April 12

Cost: \$187 for 11x

4th- 9th Grade:

Monday and Wednesday 4:00-5:30pm

Dates: March 4, 6, 11, 13, 18, 20, 25, 27, April 1, 3, 15, 17

*no clinic on April 8, April 10

Cost: \$294 for 12x

**Registration opens February 13th at 10:00am. Spots are limited!!

ART CLASSES

We have planned engaging projects that will introduce your children to a variety of art mediums, including watercolor, acrylics, crayons, and markers. These projects are specifically designed for children aged 5-12 years old. I will be present throughout the class to assist them with step-by-step guidance. Taught by Bailey Tillotson with Kreative Haven.

Feb Class: Tuesdays from 4-5pm
Dates: 2/6, 2/13, 2/20, 2/27
Price: \$70

March Class: Tuesdays from 4- 5pm
Dates: 3/5/, 3/12, 3/19, 3/26
Price: \$70

CERAMICS PAINTING CLASS

The Rec Center is offering ceramics painting classes for ages 5 and older. Classes are offered on February 22, March 21 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 4th and run thru April 14th. Men's league will play Monday nights beginning April 29th, Co-Ed league will play Wednesday nights beginning May 1st. 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 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 4, 18, and 25
Cost: \$55

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!

HUNTER SAFETY

A Hunter Safety class will be offered on Mondays starting, February 12 and run through March 25 from 6 - 8 pm. Class will be held at the Wasatch Co. Rec Center. East Class Room. Shoot day will be Saturday March 23. Please keep these days open. Cost \$25.

1st - You will need to Register on line at Utah division of wildlife Resources, Hunter Safety course in person class, [Wasatch Rec Center with Ed Mason.](#)

2nd -You Must purchase a Hunter Education Voucher from Sportsman Ware house or Timberline or a licensed agent or online at wildlifeutah.gov (\$10).

3rd - You must then register through the Wasatch Rec Center for the Hunter Safety Class.

YOUTH BASEBALL & SOFTBALL

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

Youth Boys Baseball: Registration starts February 5th!!

Wasatch County Youth Baseball is for all boys, pre-school - 9th Grade in the 2023 - 2024 school year.

Division	Grade	Fee	Play Days	Skills Evaluation Night
T-Ball (boys & girls)	4yrs & K	45.00	M & W	June 3- 26
Coach Pitch	1, 2, 3	45.00	M & W	June 3- 26
AA	3, 4	65.00	M & W	April 29 - June
AAA	5, 6	65.00	T & TH	April 30 - June
MAJORS	7, 8, 9	65.00	T & TH	April 30 - June

Registration Deadline: T-Ball & Coach Pitch May 5th

Registration Deadline: AA, AAA, Majors is April 14th

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 5th!!

Wasatch County Youth Softball is for all girls, pre-school - 9th Grade in the 2023 - 2024 school year.

Division	Grade	Fee	Play Days	Skills Evaluation Night
T-Ball (Boys & Girls)	4yrs & K	45.00	M & W	June 3-26
Coach Pitch	1, 2, 3	45.00	T & TH	June 4-27
Beg. Fast Pitch	3, 4, 5	65.00	T & TH	May 9 - June
Fast Pitch	6, 7, 8, 9	65.00	T & TH	May 9 - June

Registration Deadline: T-Ball & Coach Pitch May 5th

Registration Deadline: Beginning Fast Pitch & Fast Pitch is April 21st

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!!!