RECREATION CONNECTION OCTOBER 2026

www.wasatchparksandrec.com

Wasatch Recreation Center
345 West 600 South, Heber
435-657-3240
Winter Hours Beginning October 19th:
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 4th -8th grade girls. SPOTS ARE LIMITED! Register Online Sep. 29th - Nov. 30th (or until full). Play will begin on Saturday, January 9th and end February 13th. All Games will be played on Saturdays at the Rec Center.
4th – 8th grade girls will play 10am-11:00am.
Cost is $48.00. A jersey can be ordered for $15 when registering.
Girls High School Basketball teams will be running a fundamental day for all registered players at the rec center before the Jr. Jazz season starts. Date TBD. You will not hear from a coach before fundamental day.

Boys Jr. Jazz

For all 5th -8th grade boys. SPOTS ARE LIMITED! Register Online Sep. 29th - Nov. 30th (or until full). Play will begin on Saturday, January 9th and end February 13th. All Games will be played on Saturdays at the Rec Center.
5th & 6th grade boys will play 8am-9am.
7th & 8th grade boys will play 9am-10am.
Cost is $48.00. A jersey can be ordered for $15 when registering.
Boys High School Basketball teams will be running a fundamental day for all registered players at the rec center before the Jr. Jazz season starts. Date TBD. 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

2nd, 3rd, and 4th grade boys. SPOTS ARE LIMITED! Register online September 29th-December 1st (or until full). Play will begin on Wednesday January 6th and end February 10th at the Rec Center. All grades will play individually, not together.

2nd-3rd grade girls. SPOTS ARE LIMITED! Register online September 29th-November 30th (or until full). Play will begin on Wednesday January 6th and end February 10th at the Rec Center. Both 2nd and 3rd grade girls will be combined.

**** THERE WILL BE A FUNDAMENTAL DAY FOR ALL REGISTERED PARTICIPANTS BEFORE THE SEASON STARTS. DATE TBA! YOU WILL NOT HEAR FROM A COACH BEFORE FUNDAMENTAL DAY.**

Cost for expanded Jr. Jazz is $48.00. All games will be played on Wednesday 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 6th! If not, please contact the Rec Center 435-657-3240**

High School Age Basketball League

SPOTS ARE LIMITED!!

All Boys in 9-12 grades that are not playing for Wasatch or Deer Creek High School Basketball can play in this league. Registration is $75.00, which includes a jersey. Register online or at the Rec Center Sep. 28th -Nov. 8th (or until full). Games will start Tuesday, November 24th. All games will be played on Tuesdays at the Rec Center.

Men's County League Basketball

Men's 2026 -2027 basketball league will begin November 30 and run through February 8 on Monday Nights with a single elimination tournament at the end of the season. 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: $650
Call Steve @ 435-657-3240

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 week. 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 7– November 11 (No class October 14)
Time: 4:00– 5:00pm OR 5:00-6:00pm at the Rec. Center
Cost: $84
For girls in K– 4th grade

TOTS AND CRAFTS

Join us for tots and craft time! Parents and their little one's can come and do holiday themed crafts together! Classes are during the day 10:00AM-11:00AM at the Rec. Center. **At least one parent is required to be present.**

Price: $10.00 for toddler and parent
Dates: October 28th, November 18th, and December 16th
Times: 10:00am-11:00am

STRENGTH AND AGILITY

Strength and Agility Dance Program offered with Intensity Dance Team Studios has seen great success in Utah county! We want to expand this exciting program to our Heber Valley Studios (385 W. 600 S. Heber City-next to the Rec Center). This is a great team bonding experience with emphasis on improving important skills that will enhance every athlete's performance. Hip Hop and Dance Technique/Strength Classes are designed to- *Improve footwork *Increase endurance *Strengthen Muscle Memory Enhance skills like *flexibility *agility *balance *coordination Hip Hop Combo/Dance Conditioning
Cost: $55
Time: Thursday's 4:00-5:00 p.m.
Dates: October 22nd-November 19th

YOUTH FUTSAL

A fun indoor 4 vs 4 beginning November 4th Games will be Wednesday, Thursday, and possibly Friday depending on the amount of players we have registered, and games will begin at 5PM. For youth in the 1st-8th grade. Registration cost is $48. Players will wear reversible black or gold jersey that is also used for soccer. Registration will be from August 24th - October 26th . Register at the Rec. Center or at www.wasatchparksandrec.com

PICKLEBALL CAMP

Whether you're brand new to pickleball or have played a little before, this camp is a great way to improve your game. Campers will learn the fundamentals of pickleball through drills, games, and plenty of match play with others their age.

Mondays and Wednesdays starting October 19th through October 28th. 5pm-6pm at the rec center.

Open to ages 9–14. Please bring a paddle if you have one; paddles will be available for those who need one. Camp will be held at the Recreation Center.

These camps fill quickly every year. If the session reaches capacity and a waitlist forms, we will do our best to open an additional session.

October 19, 21, 26, 28
5:00-6:00 — 9-10 yr olds
6:00-7:00 — 11-12 yr olds
7:00-8:00 — 13-14 yr olds

Cost: $65.00

VOLLEYBALL SKILLS DEVELOPMENT CLINIC

Volleyball will begin on January 7 and run through February 25, 2027. Ffor all 3rd – 8th graders who are interested in developing their volleyball skills. Practice days and times are Tuesdays and Thursdays from 4:00 – 5:30 pm. Players will be divided into grades and skill level, depending on the number of registrations.

Each participant will receive a tee shirt for participating in the clinic please state the individualsize when you sign up in the questions.

The cost is $100 which includes:

- 90 min practice sessions 2 days per week Tuesdays and Thursdays January 6 – February 26
- Intra/inter Squad Scrimmages, (when friendly head-to-head matches can be arranged)

TENNIS CLASSES

1st -3rd Grade: Option 1
Monday 3:15-4:00pm and Friday 4:00-5:00pm
Dates: Oct. 19th- Dec. 14th
No clinic on November 27th
Cost: $288 for 16X

1st-3rd Grade: Option 2
Tuesday 6:00-6:45pm and Friday 5:00pm-6:00pm
Dates: Oct. 20th- Dec. 15th
No clinic November 27th
Cost: $288 for 16X

4th -6th Grade: Option 1
Monday 4:00-5:30pm and Wednesday 4:00-5:30pm
Dates Oct. 19th- Dec. 16th
No clinic November 25th
Cost: $459 for 17X

4th- 6th Grade: Option 2
Tuesday and Thursday 4:30pm-6:00pm
Dates: Oct. 20th- Dec. 17th
No clinic November 26th
Cot: $459 for 17X

7th – 8th Grade:
Monday 1:45-3:15pm and Wednesday 2:45pm-4:15pm
Dates: Oct. 19th- Dec. 16th
No clinic November 25th
Cost: $459 for 17X

9th-10th Grade:
Tuesday and Thursday 3:00-4:30pm
Dates: Oct. 20th- Dec. 17th
No clinic November 26th
Cost: $459 for 17X

11th-12th Grade:
Monday and Wednesday 5:30-7:00pm
Dates: Oct. 19th- Dec. 16th
No clinic November 25th
Cost: $459 for 17X

****Registration opens October 6th at 10:00am. Spots are limited!**

INTRO TO SPORTS CAMP

This camp introduces kids to a variety of sports, including soccer, volleyball, kickball, and flag football. Throughout the week, participants will learn basic skills, play games, and get a chance to try each sport in a fun, low-pressure environment.

The 4–5-year-old group will focus primarily on active play. Their games and activities will loosely resemble each sport while emphasizing movement, coordination, following directions, and playing with other kids rather than learning the rules of the game.

This camp is a great opportunity for kids to stay active, try new sports, and discover what they enjoy. Open to ages 4–10. Camp will be held at the Recreation Center.

November 2, 4, 9, 11
5:00-6:00 — 4-5 yr olds
6:00-7:00 — 6-7 yr olds
7:00-8:00 — 8-10 yr olds

Cost: $60.00

DANCE CLASSES

Jazz Combo Class
Beginning jazz technique and choreography for boys and girls taught by experienced IDT Coaches. In Studio Performance at the end of the session. Ages: 5-8 yrs. old
Dates: 10/22- 11/19
Time: 5:00-5:45pm
Cost: $45

Hip Hop Combo Class
Beginning hip hop techniques and choreography for boys and girls taught by experienced IDT Coaches. In Studio Performance at the end of the session.
Ages: 5-8 yrs. old
Dates: 10/22- 11/19
Time: 5:45-6:30pm
Cost: $45

Hip hop Combo Class
Beginning hip hop technique and choreography for boys and girls taught by experienced IDT Coaches. In Studio Performance at the end of the session.
Ages: 9-11 yrs. old
Dates: 10/22-11/19
Time: 6:30-7:15pm
Cost: $45

Jumps and Tricks Class
IDT Coaches will teach exciting hip hop tricks and cool jumps to all dancers. Every boy and girl will receive personal coaching to reach their individual goals. No experience necessary.
Ages: 8-11 yrs. old
Dates: 10/22-11/19
Time: 7:15-8:00pm
Cost: $45

Want to sign up for multiple classes? Ask about the multi class discount!!
All classes taught at Intensity Dance Team Studio (385 W. 600 S. Heber City- next to the Rec Center)