

May 2023

Recreation Connection



WASATCH COUNTY PARKS & REC.

345 WEST 600 SOUTH #500, HEBER
WWW.WASATCHPARKSANDREC.COM

435-657-3240

WASATCH RECREATION CENTER HOURS

CURRENT HOURS:

MON –THURS 5:30 AM– 10:00 PM

FRIDAY–5:30 AM–8:00PM

SATURDAY 7:00 AM–8:00 PM

CLOSED SUNDAY

SUMMER HOURS BEGIN MAY 15

MONDAY – FRIDAY 5:30AM- 8:00PM

SATURDAY 7:00AM- 5:00PM

CLOSED SUNDAY

BASKETBALL CAMP

Reach Higher Athletics is a high level basketball training program based out of St. George, UT. We focus on advanced skill development, while also teaching kids how to be successful off the court. Camp will be held at Rec. Center.

Schedule (July 10,11,12)

Cost

K-2nd Grade 9:00 am- 10:00 am \$55

3rd- 5th Grade 10:15 am- 11:45 am \$69

6th- 8th Grade 12:00 pm- 1:30 pm \$69

Spots are limited!! Sign up today.

SOCCER CAMP

This soccer camp is meant for all levels of play and is going to focus on helping your child have fun! Coached and led by experienced soccer players that have played from high school to college. Camp will be held at Rec. Center.

Camp Dates: Session 1: June 12– 15 Session 2: July 10– 13

Ages 4-5..... \$45 4-5 yrs. Old: 8:00- 8:45am

Ages 6-7..... \$45 6-7 yrs. Old: 9:00- 10:00am

Ages 8-10..... \$50 8-10 yrs. Old: 10:00- 11:00am

Ages 11-13..... \$50 11-13 yrs. Old: 11:00am- 12:00pm

SUMMER LACROSSE CLINIC



Come and learn or better your skills in the game of Lacrosse. Clinic will be coached by college Lacrosse players and former Wasatch High Players.

Session 1: 11-14 Year olds will run for two weeks. June 12 -13 – 14 and June 19 -20- 21, from 8:00-9:30am. Cost \$75.

This group of players will need to have full gear and pads. Please bring your own.

Session 2: 6 – 10 year olds will run from June 12 -13 – 14, from 9:30 – 10:30 am. Cost \$30.

This group of players will need a stick, helmet, and gloves. Please bring your own equipment.

Clinic will be held at 520 South 300 West Veterans Memorial Park East side.

LITTLE MISS WASATCH

Little Miss Wasatch Day Camp will be held Saturday June 17th for all Wasatch County girls between the ages 5-9 years old. Participants will need to be present at the Little Miss Camp at the Wasatch Recreation Center from 10-11:30am. The girls will learn a dance that they will all perform at the Miss Wasatch Competition on June 24th at Wasatch High School. During the Camp, they will also have an individual interview and perform a one-minute talent demonstration.

The Little Miss Program is affiliated with the Miss Wasatch Scholarship Program and grants the opportunity for the chosen girl/girls to work alongside Miss Wasatch 2023. The duties will include participation in this year's Miss Wasatch Competition and Fair Days week and also includes giving service throughout the year.

Registration opens May 1st and is available online for \$10 at www.wasatchparksandrec.com. In addition to the online registration, a 5x7 or 4x6 photograph must be turned in on the day of the Little Miss Camp. Online registration must be completed by Thursday June 15th, 2023. For questions, you may reach Aja Phillips at 435-654-8461 or misswasatchcounty@gmail.com

YOUTH BASEBALL & SOFTBALL

We are still taking registration for our T-ball & Coach Pitch programs Please register your child in their current grade. **Registration deadline for these divisions is May 7th.**

Spots are limited!!

Baseball:

T-ball: (co-ed) Ages 4yrs.—Kindergarten play Mon & Wed. June 1-27 COST:\$45

Coach Pitch (boys) grades 1,2,3 play Mon. & Wed. June 1-27 COST:\$45

Softball:

Coach Pitch (girls) grades 1,2,3 play Tues & Thurs. June 2-28 COST: \$45

Register online or at the Rec. Center

ART CAMP

This class is taught by Bailey Tillotson with theartroom.co. We will be doing fun art projects introducing your kids to a mixture of art mediums. (watercolor, pencil, acrylics, and ceramics.) Each class is tailored to ages 5-12.

Camp Options:

June 11-13th

July 13-15th

Cost: \$75

Time: 11:00am– 12:00pm

INTRO TO SPORTS CAMP

Let's be honest, your kids just want to have fun and make friends. Many don't know what sports they enjoy or even know what they are good at! This camp is to give an introduction to multiple sports such as soccer, kickball, handball and flag football. We strive to create an environment where your kids can learn to try and become comfortable at failing, learn skills to make new friends, and find out what really interests them! This is for girls and boys ages 5-10!

Days: Monday– Thursday **5–6 year olds** 9:00 am– 10:00 am

Session 1: June 19– 22 **7–8 year olds** 10:00 am– 11:00 am

Session 2: July 18– 21 **9-10 year olds** 11:00 am- 12:00 pm

Price: \$45.00

GAME ON! SPORTS 4 GIRLS CAMP

At Game On! Sports 4 Girls, girls of all skill levels will learn and play multiple sports daily in an empowering warm, and FUN environment. We will offer campers daily exposure to a wide range of sports including but not limited to lacrosse, field hockey, soccer, volleyball, basketball, softball, tennis. Whether you feel your daughter is athletically inclined or not, she will thrive. Through our Healthier4Me program, we integrate discussion and lessons that focus on self-esteem, respect, nutrition, teamwork, leadership, and so much more. Our passion and mission is to ensure every Game On! Sports girl develops a deep sense of what it means to feel empowered, confident, proud, and GIRLSTRONG!

Ages: Girls 5– 14

Camp Dates:

Session 1: June 5– 9

Session 2: June 12– 16

Cost: \$300

For additional information and to register go to www.wasatchparksandrec.com or by phone at 435-657-3240!

Spots are limited!

ALL STARS

All Stars is a fun and engaging program that enhances positive characteristics and promotes: idealism and a belief in the future, commitment to a positive lifestyle, wholesome standards, resiliency, a sense of belonging, positive relationships with parents and other adults. The program includes small group activities, games, and art activities. Classes held at the Rec. Center. Register today to claim your spot!

Dates: June 20– August 3 **Ages:** 9-12 yrs. old
Time: Tuesday and Thursday 10:00– 11:30am **Cost:** \$10.00

GYMNASTICS

June Schedule

May 31– June 22 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	Wednesday 4:00-4:50pm, 5:00-5:50pm or Thursday 4:00-4:50pm, 5:00-5:50pm COST: \$75
Kindergarten Boys and girls 5-6 years old	Introductory	Wednesday 4:00-5:00pm, 5:00-6:00pm Thursday 4:00-5:00pm, 5:00-6:00pm COST: \$85

CHALLENGER SPORTS CORE

SOCCER CAMP

Bringing International Coaches To Your Field!

Coached by our team of international and US-based staff, our week-long half day and full day soccer camps improve your child's soccer skills whilst providing a unique cultural experience. Formerly known as International Soccer Camps, and rooted in British training methodology, these camps introduce our international training tactics to campers across the U.S and Canada. Our curriculum and coaching foundation meets engaging delivery for an all-around positive experience.

Camps are designed for all ages and ability levels, from beginner to advanced players- we use age appropriate practices to help players develop at their own pace, learn brand new skills and become an all-round better player...while having an amazing time with our international coaching staff! Includes an educational approach that uses soccer to teach the core values of responsibility, integrity, respect, sportsmanship and leadership.

Camp Dates: June 19-23 @ Veterans Memorial Park: 528 S 300 W Heber City, UT

Ages:

3-5 year old: 8:00- 8:45am
 6-12 years old: 9:00am- 12:00pm

*Afternoon session offered from 1-3pm to those registered in the 9:00am-12:00pm class

Cost:

3-5 year old: \$130
 6-12 year old: \$215

*Afternoon session: \$100

WOMEN'S SOFTBALL

Time to get your team registered for the upcoming Women's softball season. Games will be on Tuesday's beginning June 27th— August. Games will be 6:30-9:30pm on the hour depending on how many teams register to play, with a single elimination tournament to follow the season. Team fee: \$425 (non-refundable) due at registration. Space is limited, Sign ups end June 19th. *Anyone who is interested in playing Women's but doesn't have a team call Kylee at 657-3240 to get your name on the "Free Agent" list which will be given to team managers.

SCIENCE CAMP

It's time to BLAST OF with Mr. Welling, the Wasatch High School Physics Teacher. Every day of the camp the kids will be building and launching different types of rockets. Rocket science has never been so much fun. This program allows young minds to be rocket engineers and expand their in a fun and safe environment. Camp will be held at the Rec. Center. Spots are limited!!!!

June Morning Session: 10:00-11:30 AM June 20th- June 22nd

June Afternoon Session: 1:00- 2:30 PM June 20th- June 22nd

July Morning Session: 10:00-11:30 AM July 5th- July 7th

July Afternoon Session: 1:00- 2:30 PM July 5th- July 7th

Ages: 7-12

Price: \$38

WHS FOOTBALL CAMP

This is a great opportunity for the beginner or experienced player. This camp is designed to fine tune fundamental skills. All sessions will offer specialized football instruction in both offensive and defensive techniques. Campers will be grouped according to age and ability. **Pick up registration forms at Wasatch High School or Wasatch County Rec. Center. Register online www.myschoolfees.com**

Cost is \$55 until May 26th and \$60 day of. Includes T-Shirt

Grades: 2nd, 3rd, 4th, 5th, (School year 2023/2024)
 May 31st & June 1st 10:30am- 12:30pm

Grades: 6th, 7th, 8th (School year 2023/2024)
 May 31st & June 1st 12:45am- 2:45pm

Camp Check-In will be at 10:15am or 12:30pm Day of camp at Wright-Tree Stadium, West Entrance.

GUITAR CLASS

This is a beginning guitar class to learn basic chords and finger placement. Taught by Russ Lee of "Lee Music". Ages 8 & older. Bring your own guitar. Class held at Rec. Center.

Cost: \$60

Date: June 5th– 8th Monday– Thursday

Time: 1:00– 1:45pm

MINI CHEER

Registration for Mini Cheer is open May 1– June 18!! Open to everyone in grades 2nd– 6th (**register for the grade you will be in next school year 2023/2024**). Do you want to cheer in this years Fair Days and Swiss Days Parade? Join our program today! Girls will practice twice a week throughout the summer learning cheers to perform in our local parades. Registration includes t-shirt, pom-poms, and hair bow. Participants are responsible for getting their own black shorts or spanx. Program

Dates: June 27– September 2.

Cost: \$75.00

Spots are limited! Sign-up today at www.wasatchparksandrec.com.

VOLLEYBALL CLINIC

The Wasatch Rec Center is offering a Volleyball Clinic for players in 3rd-8th grade. The clinic will be conducted By Melanie Burdette, Sydney Holmes and Stacy Wade. Players will develop all aspects of their volleyball skills to prepare them for playing at all levels. The 4 day clinic will be held at the Wasatch Rec Center.

Dates: June 12 – June 15 Monday – Thursday

Time:
 3rd -5th grade: 8:30 – 9:30 am
 6th – 8th grade: 9:45 – 11:15am

Cost:
 3rd – 5th grade: \$50
 6th – 8th grade: \$65

SPEED & AGILITY CLINIC

Wasatch PT is putting on a speed & agility clinic this summer. 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
Clinic Dates: Tues/Thurs May 30th – August 10th (No Class July 4th)

Session 1: 8-9AM
Session 2: 9-10AM

Cost: \$160

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