



RECREATION CONNECTION

Wasatch Recreation Center
345 West 600 South, Heber
(435) 657-3240

www.wasatchparksandrec.com

Hours

Monday through Friday 7:00 a.m.—8:00 p.m.
(by reservation only)

CLOSED Saturday and Sunday

2020

CHILDREN'S YOGA/MINDFULNESS CAMP

Come and join in the fun as we explore and learn about children's yoga and mindfulness through song, dance, nature and art. Age appropriate curriculum introduces interactive play to help encourage the children to incorporate breath work, simple yoga poses and mindfulness techniques into their daily lives while providing them with strategies to help self soothe, boost confidence and show love to themselves and those around them.

Instructor Jill Tuttle is a certified Children's Yoga & Mindfulness Instructor.

Session 1: July 14,15,16
Session 2: July 21,22,23
Session 3: July 28,29,30

10AM – 12 PM // Ages 5 – 7
1 PM – 3 PM // Ages 8 – 10

Session Tuition \$75

Healthy snack will be provided

Each session includes an art project the child will make & take

Class minimum: 5 Class maximum: 10

Each session will have a different theme so feel free to sign up for more than 1!

TIE-DYE DAY

Come to Southfield Park and create your own tie-dye t-shirt!
For kids 6-12 years old, younger kids welcome if accompanied
by an adult. **Cost: \$15 includes all supplies.**

Thursday, July 30 1:00 p.m.

Southfield Park Large Pavilion

100 S. Southfield Rd. (1200 West) Heber

Register on-line or at the Rec. Center.



FLAG FOOTBALL

For youth in grades 2-6. This league will give participants an exciting opportunity to play 7 on 7, non-contact flag football. Register June 8th – August 30th at the Rec. Center or Online. League starts on September 8th and will run through October 3rd. Games will be played on Tuesday evenings at 5 or 6 pm and Saturday mornings at 9 or 10 am. Registration cost is \$40. Players will wear the reversible black or gold jersey that is also used for soccer. Volunteer coaches are always needed and appreciated.

TRACK CLINIC

Come enjoy a two day clinic put on by our Track Club Coach Brenda Harr. Kids will participate in activities involving running, jumping, and throwing javelins. The Clinic will be held at South Field Park Soccer Fields. Register online at www.wasatchparksandrec.com.

Ages: 7-14 **Dates** July 20-21 **Time:** 9-11AM

SUMMER SCIENCE CAMP

It's time to blast off with Mr. Welling, the Wasatch High School physics teacher. Every day of the camp the kids will be building and launching rockets (paper, bottle, and straw rockets). Rocket science has never been so much fun. This program allows young minds to be rocket engineers and expand their creativity in a fun and safe environment. The camp will be held at the Rec Center.

Ages: 7-12

Cost: \$38

Dates: July 28-30 10:00– 11:30am

Register online at www.wasatchparksandrec.com or call the Rec. Center at 435-657-3240.



BIRDHOUSE PAINTING

Come enjoy a fun hands on activity for the afternoon and create a one of a kind birdhouse painted by you! For kids 5 –14 years old, younger kids welcome if accompanied by an adult. **Cost: \$10 which includes all supplies necessary.**
Thursday July 30th at 10:00– 11:00am at the Rec. Center

Register on-line or at the Rec. Center. Spots are limited so sign up today!

FALL SOCCER 2020

Fall Soccer registration will be June 15– August 23. The cost is \$40 and is open to all children ages 3 -14 years old. Registration may not be available after August 23 if teams are full. 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-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 August 23.

Registration includes: 2 player clinic, and 8 league games. The player clinic dates are: September 14 and 21 at 5pm at the WHS field.

Fall Soccer games will be played on Tuesdays and Saturdays September 12- October 6. Game times are 5 or 6 pm on Tuesdays, and 9 or 10 am on Saturdays. (Tiny Tots and U6 games are at 5:00, 5:45 or 6:30pm) Your child's coach will call with information regarding the team and game time. If you haven't heard from a coach by Friday September 11 call 657-3240 for the information.

Reversible soccer shirts 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.

LACROSSE CLINIC

Wasatch Co. Parks and Rec. Lacrosse Clinic for boys and girls. Come learn the basics of Lacrosse.

Session runs Monday August 10 - Thursday August 13.

4th - 6th Grade 8:00am to 10:00am. 7th - 8th Grade 10:30am - 12:30pm.

Clinic will be held at Veterans Memorial Park at the lacrosse field (528 South 300 West).

Come learn the Fundamentals of Lacrosse and to improve your lacrosse game.

Equipment Needed: Lacrosse Sticks, Goggles / Helmet

Cost \$45

Register online today at www.wasatchparksandrec.com

FALL MENS SOFTBALL

Games will be on Thursdays beginning August 20th - September 10th. Games will be 6:30-9:30pm on the hour depending on how many teams register to play. The season will be followed by a tournament. Rain outs might not be made up. Team fee: \$350 (non-refundable) due at registration. Space is limited to first 12 teams, Sign ups end August 10th anyone who is interested in playing Mens but does not have a team call Taylor at 657-3240 to get your name on the "Free Agent" list which will be given to team managers

FALL CO-ED SOFTBALL

Games will be on Wednesdays beginning August 19th- September 9th Games will be 6:30-9:30pm on the hour depending on how many teams register to play, with a tournament to follow the season. Rain outs might not be made up. Team fee: \$350 (non-refundable) due at registration. Space is limited to first 12 teams, Sign ups end August 9th anyone who is interested in playing Coed but does not have a team call Erik at 657-3240 to get your name on the "Free Agent" list which will be given to team managers

Wasatch County Fair

Online entry submissions for Wasatch County Exhibits and Wasatch has Talent are still open! Submit your entry today. Registration for the outdoor family/kid games is going on now. Visit our website to sign up now! To find a list of activities and to register go to www.wasatchcountyevents.com