



SANTAQUIN RECREATION



Winter youth classes and other registrations are going on now!

Registrations available online at www.santaquin.org or register in the Recreation Offices, 45 W. 100 S. Office hours: Mon-Thurs 1-5pm and Fri 9am-1pm. Call 801-754-5805 with questions.



JR. JAZZ BASKETBALL: There are still a few spots left! Check online for availability!

UTAH VALLEY MARTIAL ARTS: Our martial arts program is based on the style of *Youn Wha Tae kwon do*. Students will be trained both mentally and physically to advance in rank as well as in character and ability. All of our training leads to living the 6 principles of martial arts: *Be Polite, Be Patient, Be Alert, Be brave, Do Your Best, Respect Yourself and Others*. Students will learn the techniques that are key to self-defense and the defense of those around you. As you advance through the system, you will have the opportunity to participate in class leadership, weapons training, and more.



- Tigers \$50 (age 4-7) meet on Tues or Thurs from 4-4:30pm
- Youth \$65 (age 7-12) white belts only, meet on Tues and Thurs from 4:15-5pm and Sat at 9-10am
- Youth \$65 (age 7-12) yellow belts and above, meet on Tues and Thurs from 5-6pm and Sat at 9-10am
- Adult \$65 (age 13+) all belts, meet on Tues and Thurs from 6-7pm and Sat at 9-10am.



TUMBLING, TRAMPOLINE AND GYMNASTICS: Come join our fun and exciting winter tumbling session! Participants will learn tumbling, gymnastics and trampoline from a beginning level through an advanced level. Registrations start in December. Winter session will start in January. Prices vary.

GROUP FITNESS CLASSES: Cost is \$2.50 to drop in or \$20 for a 10 punch pass with the 11th class FREE!

- **Zumba Fitness:** Join the Party Tuesday and Thursday 9 am & 8pm with instructor Tina Mortensen.
- **Aerobics and Strength Conditioning:** Monday and Wednesday at 9am! This fun fit workout contains low to medium cardio moves that are easy to follow with instructor Sharri Clonts.



Santaquin Recreation is NOW HIRING: We are looking for individuals interested in being an official for our youth sporting events. We are now accepting applications Jr. Jazz Ref and Scorekeepers. If you are interested in more information on becoming an official, Please call Nikki at 801-754-5805. You must be at least 14 Years of age.

SANTA CLAUS IS COMING TO SANTAQUIN: The Santaquin Library is pleased to invite you to Story Time with Santa: Friday, December 2nd from 4:30 to 6:00pm in the city council room located in the recreation building: 45 W. 100 S. This is an event not to be missed! Santa will be reading stories and posing for pictures. There will be prizes, a coloring contest and treats - fun for the whole family! Admission will be \$3 per child, or \$15 for a family. All proceeds benefit the Santaquin Library. See you there! Call 801-754-3030 with questions.

