



SANTAQUIN RECREATION



Fall 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.



WE STILL HAVE SOME SPOTS LEFT IN FLAG FOOTBALL AND WANT TO ADD MORE TEAMS! SIGN UP ON THE WAIT LIST IF A LEAGUE IS FULL!



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.



FALL TUMBLING: Come join Jenny Pust for our fun and exciting 10 week Fall Tumbling Session! Participants will learn tumbling, gymnastics, and trampoline from a beginning to advanced level. Ages 3+. Classes open until full. Cost is for the 10 week Fall Session. Please click the "info" button to see days, times and recommended ages.

The schedule goes as follows;

TUMBLE



- Monday classes will start Sept 12 and there will be no class on Nov. 21st. The last class will be Nov. 28 with a fun meet Dec 5th.
- Tuesday classes will start Sept 6th and there will be no class Oct. 18th or Nov. 22nd. The last class will be Nov. 29th with a fun meet on Dec. 5th.
- Wednesday classes will start Sept 7th and there will be no class Oct. 19th or Nov. 23rd. The last class will be Nov. 30th with a fun meet Dec. 7th.
- There will be a week break in the middle of the session that will later be announced.

YOUTH WRESTLING: Program will start mid-November and run through mid-December with matches being on a week night (1 to 2 matches and 1 practice per week) 6 matches total. Grades Preschool-6th. Early Registration 8/29-9/12 (\$30-\$35). Regular Registration 9/13-10/3 (\$35-\$40) or until full. \$10 late fee after 10/3. Register online or in the Recreation office. T-shirt included. Wrestling singlet, shoes and headgear are encouraged. Volunteer coaches are needed. Now hiring officials/scorekeepers.





YOUTH VOLLEYBALL: Program will start mid-November and run through mid-December with games being on week nights; (1 game and 1 practice per week) 6 games total. Early Registration 8/29-9/12: 3rd/4th \$25, 5th-9th \$30. Regular Registration 9/13-10/3 or until full. \$10 late fee will apply after 10/3. 3rd/4th \$30, 5th-9th \$35. Parent volunteers and officials needed. T-shirt included.

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.
- *****NEW*** Aerobics and Strength Conditioning:** Monday and Wednesday at 9am starting 9/7! Try it for FREE on Sept. 7, 12 & 14. This fun fit workout contains low to medium cardio moves that are easy to follow. Less stress on the joints and balance is emphasized. Hand weights and resistance bands are utilized for strengthening and toning muscles. A proper warm up and relaxing stretch cool down make this workout safe, thorough and effective. Join the fun with Sharri Clonts a seasoned exercise instructor with motivating play lists from the oldies to today's hottest hits! Please bring an exercise mat, water and a hand towel.



Meet Sharri: originally from Springville is a new Santaquin resident. Sharri is a certified exercise instructor and has taught a variety of exercise classes in Orange County California over the past 20 years. Movement through exercise and dance is one of her biggest passions. After becoming recent empty nesters, Sharri and her husband Steven are excited about starting a new adventure here in Santaquin. Sharri is also a licensed Marriage and Family Therapist working part time at LDS Family Services in Springville. She enjoys the contrast both her jobs provide in helping people with their various health needs and looks forward to serving in our community.

“LONG DRIVE” GOLF TOURNAMENT: Saturday, September 17, 2016 @ Nephi Golf Course. Please contact Bryan Mecham (801) 754-5805 or text (801) 376-9143

- Tournament Schedule:
Check-in: 8:00 a.m. to 8:45 a.m.
Golf: 9:00 a.m. to 11:30 a.m.
Lunch, Awards & Prizes: 11:30 a.m. to 12:30 p.m.
- The Tournament format will be a four-person team scramble.
- Team entry fee is \$100 which includes: 9 holes with cart, lunch, prize drawings, skill awards for longest drive, closest to the hole, and longest putt, and prizes for 1st, 2nd, & 3rd place teams.
- Register: Registration Deadline: Wed, September 14, 2016 or until full (40)
- We are looking for hole sponsorships, if you would like to sponsor a hole or donate for the drawings.



TURKEY BOWL MEN'S 7V7 FLAG FOOTBALL TOURNAMENT: There's no better tradition than getting together with friends and playing some football before stuffing yourself with Turkey on Thanksgiving! Games will be played on November 19th from 11am-5pm. \$150 per team (6 teams max) with 7-10 players on each roster.
Now hiring adult refs! \$25 per 45 minute game!

PARTIES/ GET TOGETHERS: We host stress free Parties! Basic Birthday package starting at \$100 includes 1.5 hours of fun, a bounce house and 10 children. We also rent the space for \$45/hour and provide tables and chairs. Great for any family get together during the holiday season! No selling of merchandise or alcohol on City property. Call the Recreation Offices at 801-754-5805 for more information.

