Summer 2021
STAFF CONTACTS

EXECUTIVE DIRECTOR
Tif Miller
tmiller@southdavisrecreation.com

AQUATIC & FITNESS DIRECTOR
Scott McDonald
scott@southdavisrecreation.com

OFFICE MANAGER
Mary Gadd
mary@southdavisrecreation.com

AQUATICS PROGRAM MANAGER
Lizie Allen
lizie@southdavisrecreation.com

RECREATION & ICE DIRECTOR
Cory Haddock
cory@southdavisrecreation.com

RECREATION MANAGER
Haley Turner
haley@southdavisrecreation.com

FITNESS COORDINATOR
Wendy Jones
wendy@southdavisrecreation.com

HOCKEY COORDINATOR
Ron Ramirez
ron@southdavisrecreation.com

AQUATICS OPERATIONS MANAGER
Kathleen Steadman
kathleen@southdavisrecreation.com

FACILITY MAINTENANCE SUPERVISOR
Tom Lund
tom@southdavisrecreation.com

RECREATION MANAGER
Layne Jenkins
layne@southdavisrecreation.com

SPECIAL EVENTS COORDINATOR
Sarah Johnson
sjohnson@southdavisrecreation.com

LEARN TO SKATE COORDINATOR
Christi Sturgeon
christi@southdavisrecreation.com
<table>
<thead>
<tr>
<th>Activity</th>
<th>Page Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Care</td>
<td>3</td>
</tr>
<tr>
<td>CPR &amp; First Aid</td>
<td>17</td>
</tr>
<tr>
<td>Diving</td>
<td>11</td>
</tr>
<tr>
<td>Hockey</td>
<td>32-33</td>
</tr>
<tr>
<td>Hours</td>
<td>4-5</td>
</tr>
<tr>
<td>Jr. Jazz</td>
<td>37</td>
</tr>
<tr>
<td>Fitness Classes</td>
<td>24-26</td>
</tr>
<tr>
<td>Flag Football</td>
<td>38</td>
</tr>
<tr>
<td>Ice Skating Lessons</td>
<td>30-31</td>
</tr>
<tr>
<td>Lifeguard Training</td>
<td>18</td>
</tr>
<tr>
<td>Memberships</td>
<td>7</td>
</tr>
<tr>
<td>Parties and Rentals</td>
<td>8-9</td>
</tr>
<tr>
<td>Personal Trainers</td>
<td>27-29</td>
</tr>
<tr>
<td>Pickle Ball</td>
<td>35</td>
</tr>
<tr>
<td>Pricing</td>
<td>6-7</td>
</tr>
<tr>
<td>Races</td>
<td>40-41</td>
</tr>
<tr>
<td>Racquetball</td>
<td>3</td>
</tr>
<tr>
<td>Recreation Sports</td>
<td>34-38</td>
</tr>
<tr>
<td>Snack Bar</td>
<td>2</td>
</tr>
<tr>
<td>Soccer</td>
<td>38</td>
</tr>
<tr>
<td>Summer Movie Series</td>
<td>39</td>
</tr>
<tr>
<td>Summer Swim League</td>
<td>13</td>
</tr>
<tr>
<td>Swim Team-Masters</td>
<td>20</td>
</tr>
<tr>
<td>Swim Team-Tsunami</td>
<td>20-21</td>
</tr>
<tr>
<td>Swim Lessons</td>
<td>10-16</td>
</tr>
<tr>
<td>Swim Lessons-Private</td>
<td>12</td>
</tr>
<tr>
<td>Tennis</td>
<td>34</td>
</tr>
<tr>
<td>Water Fitness</td>
<td>22-23</td>
</tr>
<tr>
<td>Water Safety Instructor</td>
<td>19</td>
</tr>
<tr>
<td>Weightroom Orientation</td>
<td>26</td>
</tr>
<tr>
<td>WLSL</td>
<td>11</td>
</tr>
</tbody>
</table>
SERVICES

REFUND POLICY

$5.00 service charge for all class refunds
75% refund up to 2 days prior to start of class
50% refund on day of class
NO REFUNDS after start of class
NO REFUNDS on memberships
NO REFUNDS on race registrations

The SDRC reserves the right to cancel classes, change participants’ levels, or combine classes due to insufficient registrants or causes beyond its control. If a class is cancelled by the Center, a full refund will be granted.

If registrant misses a scheduled class, that class period will not be made up. If the Center cancels a class due to bad weather or other unforeseen circumstance, the class will be rescheduled. There will be no refunds or “credit” for missed classes by participants.

CONVENIENCE

Rental items:
   Locks- $1.00 plus collateral
   Basketballs-no charge with collateral

Free Wireless Internet is available.

SNACK BAR

We offer a year-round snack bar at the front desk. Hungry for a little something? In it for the long haul? We have great snacks, drinks, smoothies, and more!

Monday-Friday   9am-9pm
Saturday        8am-9pm
CHILD CARE

Our drop-in service is open to children 4 weeks old and up. Our staff is certified in CPR & First Aid and will provide a variety of activities while you use the recreation center. We cannot take your children if you leave the SDRC. We ask that you call (801) 298-6221, reservations are taken 1 week in advance and are recommended for ALL ages.

HOURS

<table>
<thead>
<tr>
<th></th>
<th>Mon.-Thurs.</th>
<th>Mon.-Thurs.</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:00am-12:00pm</td>
<td>4:00pm-8:00pm</td>
<td>8:00am-12:00pm</td>
</tr>
</tbody>
</table>

PRICING

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in/child/hr</td>
<td>$2.50</td>
<td>$3.50</td>
</tr>
<tr>
<td>5-1hr punch pass</td>
<td>$10.00</td>
<td>Members only</td>
</tr>
<tr>
<td>10-1hr punch pass</td>
<td>$20</td>
<td>Members only</td>
</tr>
</tbody>
</table>

RACQUETBALL/WALLYBALL

Rules:

1. Courts can be reserved up to 2 days in advance between 5am & 9pm
2. 1 hour per court per person with 2 reservation maximum in any 3 day period.
3. Guests must check in at the front desk to secure their reserved court
4. After 15 minutes, reserved court(s) can be given away
5. Court 1 cannot be reserved* and is considered an Open Court
   *may not be available during tournaments, leagues, and events

Racquetball League Play
   Saturday Pick-up Games (8-10am)
   Tues. Challenge League (6-8pm)
To make reservations, call (801) 298-6220
FACILITY HOURS

AQUATICS

Leisure Pool

**Lap Swim / Water Walking**
- Mon.-Fri. 5am-9am
- Mon.-Thurs. 9pm-10pm
- Saturday 6am-12pm

**Open Plunge**
- Mon.-Fri. 12:30pm-9pm
- Saturday 12pm-7pm
- Sunday 1pm-4pm

**Hot tub closes for cleaning every Thursday 12-4pm**

**Lap Pool**

**Lap Swim / Water Walking**
- Mon.-Fri. 5am - 7am
  - limited lanes 9am - 9pm
- Mon.-Thurs. 9pm - 10pm
- Saturday 6am - 12pm
  - limited lanes 7am-11am
- Sunday 11am - 1 pm

**Open Plunge** (limited lap lanes)
- Mon.-Fri. 1pm - 9pm
- Wibit Weekends: Saturdays and Sundays 1pm-3pm

**Open Plunge**
- Mon.-Fri. 12:30pm - 8pm
- Saturday 12pm - 7pm
- Sunday 1pm - 4pm

**Scout Swim Checks**
- (No Instructor)
- Saturday 11am - 1pm
- Tuesday 6pm - 8pm

Attention Parents:
Children under 3 or NOT toilet trained must wear a disposable swim diaper AND plastic reusable swim pants. Children 8 years and younger must have an adult in the aquatics area with them; children 5 years and younger must have an adult within arms reach of them in the swimming pools.

Our facility is for multiple use. Activities, including water aerobics, swim teams, lessons, groups, rentals & maintenance may cause some areas or activities to be unavailable.
OFFICE HOURS

Monday-Friday 5am-9pm
Saturday 6am-9pm
Sunday 10am-4pm

Front desk attendant is able to answer questions or concerns.

ICE SKATING

Monday 2:15pm-4:15pm, 4:30pm-6:30pm, 7pm-9pm
Tuesday 2:15pm-4:15pm, 7pm-9pm
Wednesday 2:15pm-4:15pm
Thursday 2:15pm-4:15pm, 7pm-9pm
Friday 2:15pm-4:15pm, 4:30pm-6:30pm, 7pm-9pm
Saturday 12:30pm-2:30pm, 7pm-9pm
Sunday 1pm-3pm

Each session is separate. If you wish to skate the next session, you will need to pay for a new session.

FITNESS

Track
Weight Room
Multi-Purpose Gym
Cardio

Mon.-Thurs. 5am-10pm
Friday 5am-9pm
Saturday 6am-9pm
Sunday 10am-4pm
## SINGLE USE ADMISSION

<table>
<thead>
<tr>
<th></th>
<th>Fitness/Swim</th>
<th>Ice Arena</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18+)</td>
<td>$6.00</td>
<td>$6.00</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$4.50</td>
<td>$4.50</td>
</tr>
<tr>
<td>Youth (3-17)</td>
<td>$4.50</td>
<td>$4.50</td>
</tr>
<tr>
<td>Skate Rental</td>
<td>$4.50</td>
<td>$2.00</td>
</tr>
<tr>
<td>Skate Walker Rental</td>
<td>$2.00</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

## PUNCH PASS

### 25 Visits

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18+)</td>
<td>$125</td>
<td>$135</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$85</td>
<td>$95</td>
</tr>
<tr>
<td>Youth (3-17)</td>
<td>$85</td>
<td>$95</td>
</tr>
<tr>
<td>Skate Rental</td>
<td>$45</td>
<td>$55</td>
</tr>
</tbody>
</table>

Non-Residents add $10 to each punch pass (except skate rentals)

## SENIOR WALKING PASS

Our Senior Walking passes are only for those 60 years and older. Pass holders are only allowed use of the walking track on the third floor. No other equipment, swimming pools, or other member benefits are provided.
## Membership Definitions

- **Family**: 1-2 adults and up to 5 children under 26 living in the same household, who are immediate family and can be claimed as dependents, as per IRS standards. Additional family members are $25 each (add’l members must follow same family status policy)
- **Couple**: Two individuals who share the same household
- **Senior Couple**: Only 1 spouse must meet the senior requirements of being at least 60
- **Resident**: Residing in Centerville, Bountiful, W. Bountiful, Woods Cross, or North Salt Lake
- **Non-Resident**: Anyone who resides in any other city not listed under “Resident”

## Pricing

<table>
<thead>
<tr>
<th>Membership</th>
<th>Resident</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Annual</td>
<td>Monthly EFT</td>
</tr>
<tr>
<td>Family</td>
<td>$495</td>
<td>$43.25</td>
</tr>
<tr>
<td>Couple</td>
<td>$415</td>
<td>$36.58</td>
</tr>
<tr>
<td>Adult Single (18+)</td>
<td>$330</td>
<td>$29.50</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>$300</td>
<td>$27.00</td>
</tr>
<tr>
<td>Senior Single (60+)</td>
<td>$250</td>
<td>$22.83</td>
</tr>
<tr>
<td>Youth (3-17)</td>
<td>$250</td>
<td>$22.83</td>
</tr>
</tbody>
</table>

- All memberships are non-refundable; **tax will be added**
- A $30 registration fee will be added to all EFT applications
- Electronic Funds Transfer (EFT)-12 month minimum contract
- You must bring your card with you every time you enter the facility.

Our facility is for multiple use. Activities, including water aerobics, swim teams, lessons, groups, rentals & maintenance may cause some areas or activities to be unavailable.
PARTIES & RENTALS

LATE NIGHT PARTY - FRI./SAT. NIGHTS

Basic Package - 9:15pm - 12am
Includes:
- Lap and Leisure Pools, Racquetball Courts, Multi-Purpose Gym, and Bouldering Cave
Pricing:
- Up to 100 people - $600 each add'l group 1-25 people $25 per group
- $100 Deposit | $200 Deposit w/food
- Splash pad - additional $150 June | July | August only

Premier Package - 9:15pm - 2am
Includes:
- Lap and Leisure Pools, Racquetball Courts, Multi-Purpose Gym, and Bouldering Cave: 9:15pm-12am; Ice-Skating rink: 12am-2am
Pricing:
- Up to 100 people - $750 each add'l group 1-25 people - $25 per group
- $100 Deposit | $200 Deposit w/food
- Splash pad - additional $150 June | July | August only

All cleaning deposits are due at time of reservation and are refundable via check if facility is determined to be clean & damage free. Full amount of rental is due the Monday before the rental date. If rental is not paid in full at this time, the rental will be cancelled.

POOL PARTY SATURDAY NIGHT - 7:15PM-9PM

Lap Pool Only: $275
Leisure Pool Only: $325
Both Pools for only $525
Splash pad - additional $150 June | July | August only
$100 Cleaning Deposit $200 Cleaning Deposit w/food
All pricing is for up to 100 people. Each add'l group 1-25 ppl. - $25

WIBIT RENTAL

All night parties and Saturday 7:15pm-9pm parties only.
Obstacle Course $50.hour 2 hour minimum required

Holidays and other changes in schedules will alter room availability
PARTIES & RENTALS

PARTY ROOMS

Please Note Rentals are for the time reserved only. This includes set-up and clean-up. You will not be able to enter the room earlier than your rental time. Rentals are only available during public session hours.

Room Only: $40/hour (admissions not included)

POOL PARTY ROOM RESERVATION TIMES

<table>
<thead>
<tr>
<th>MON.-FRI.</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:00pm-2:00pm</td>
<td>12:00pm-1:00pm</td>
<td>1:00pm-2:00pm</td>
</tr>
<tr>
<td>2:30pm-3:30pm</td>
<td>1:30pm-2:30pm</td>
<td>2:30pm-3:30pm</td>
</tr>
<tr>
<td>4:00pm-5:00pm</td>
<td>3:00pm-4:00pm</td>
<td></td>
</tr>
<tr>
<td>5:30pm-6:30pm</td>
<td>4:30pm-5:30pm</td>
<td></td>
</tr>
<tr>
<td>7:00pm-8:00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ICE PARTY ROOM RESERVATION TIMES

<table>
<thead>
<tr>
<th>MON.-FRI.</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00pm-3:00pm</td>
<td>12:00pm-1:00pm</td>
<td>12:30pm-1:30pm</td>
</tr>
<tr>
<td>3:30pm-4:30pm</td>
<td>1:30pm-2:30pm</td>
<td>2:00pm-3:00pm</td>
</tr>
<tr>
<td>MON. &amp; FRIDAY ONLY</td>
<td>6:30pm-7:30pm</td>
<td></td>
</tr>
<tr>
<td>5:00pm-6:00pm</td>
<td>8:00pm-9:00pm</td>
<td></td>
</tr>
</tbody>
</table>

MEETING ROOMS

Featuring over 1,800 sq. feet of meeting room space. Rooms include 6 tables, 30 chairs and wireless internet.

Rental Rates

Refundable Cleaning Deposit $100 w/o food $200 w/food
Room Rental $40/hr. $250/day

Double the rates for both rooms

Additional Rentals

Kitchenette $10
Whiteboard $5
Projector $10
LEARN TO SWIM

Our Red Cross certified swim instructors provide a fun & safe environment for your child to learn how to swim. Registration is available online & at the front desk.

Registration opens for all sessions May 3rd for members May 4th for Non-Members @ 9:00am (or until full)

PRICING

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Non-Member</td>
<td>$40</td>
<td></td>
</tr>
</tbody>
</table>

MONDAY- THURSDAY

Mornings 9am-12pm & Afternoons 4pm-6:30pm

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 7-June 17</td>
<td>25 min.</td>
</tr>
<tr>
<td>Session 2</td>
<td>June 21-July 1</td>
<td>25 min.</td>
</tr>
<tr>
<td>Session 3</td>
<td>July 5-July 15</td>
<td>25 min.</td>
</tr>
<tr>
<td>Session 4</td>
<td>July 19-July 29</td>
<td>25 min.</td>
</tr>
<tr>
<td>Session 5</td>
<td>August 2-August 12</td>
<td>25 min.</td>
</tr>
<tr>
<td>Session 6</td>
<td>August 16-August 19</td>
<td>50 min.</td>
</tr>
</tbody>
</table>

SATURDAYS ONLY

Mornings 9am-12pm

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 5-July 3</td>
<td>40 min.</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 10-August 14</td>
<td>40 min.</td>
</tr>
</tbody>
</table>

No lessons on July 24

PARENT CHILD

This program is designed for infants 6 months old to toddlers 3 years old and a parent or guardian. Classes are designed for children to obtain comfort in the water & provide parents with knowledge & skills to orient your child to aquatic environments. Level 1 & 2 are not held at every time

Times and pricing follow the Learn to Swim program above.
SWIMMING LESSONS

SPRING BOARD DIVING

The South Davis Recreation Center provides Beginner - Intermediate levels of springboard diving, teaching the skills to dive on one and three meter boards.

<table>
<thead>
<tr>
<th>PRICING</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$35</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$40</td>
</tr>
</tbody>
</table>

Registration opens for all sessions
May 3rd for members May 4th for Non-Members
@ 9:00am (or until full)

MONDAY & WEDNESDAY

Level 1-1:00pm   Level 2-1:30pm
Session 1        June 7-June 30        25 min.

WORLD’S LARGEST SWIM LESSON

Date          Thursday June 17, 2021
Time          12pm
Price         Free

Register at the front desk or online

Did you know? There are 10.4 million residential and 309,000 public swimming pools in the United States. Just another reason why learning to swim is so important.

By joining our voices together, members of TEAM WLSL™ believe that we can make a positive difference in the lives of children and adults around the world and drive home the message that learning to swim is as important to general safety as wearing a helmet when riding a bike or wearing a seat belt when riding in a car.

www.wlsl.org/wlsl
Beginner & Intermediate
Each lesson is designed to focus on the essential building blocks of swimming that will help a swimmer at any skill level become more proficient, avoid injury, and develop life-long skills. Taught by South Davis Masters Coaches.

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRIVATE</td>
<td>$15</td>
<td>$20</td>
</tr>
<tr>
<td>SEMI-PRIVATE</td>
<td>$12/student</td>
<td>$17/student</td>
</tr>
</tbody>
</table>

Registration opens for all sessions May 3rd for members May 4th for Non-Members @ 9:00am (or until full)

**TUESDAY & THURSDAY**

Beginner 7pm  Intermediate 7:30pm
Optional practice skills 8pm-9pm with Masters Swim Team

Session 1  June 8-June 25  25 min.
Session 2  July 6-July 29  25 min.

**PRIVATE SWIMMING LESSONS**

Do you or your child need personalized attention? One on one instruction allows students to receive more feedback & attention from one of our certified instructors. Students can progress at a faster and steady rate in private lessons. All private swim lesson instructors are WSI certified and have the knowledge, ability and experience to improve all levels of swimming. Open for all ages!

**PRICING**

Private lessons are scheduled on a monthly basis by instructor availability. You may sign up for the instructor of your choice based on availability. Register online or at the front desk.

Instructor schedules are available one week before the beginning of each month.

Sign up for the registration notification email at the front desk.
ADAPTIVE CLASSES

In this special needs program you’ll receive individual and personalized instruction based on experience and ability in the water. When possible, students are placed into regular classes and appropriate swim levels. It is excellent training and preparation for Special Olympics competition or unique opportunity for those with special needs to learn to swim.

Times and pricing follow the learn to swim program.

SCOUT MERIT BADGES

Earn your Swimming, Lifesaving or First Aid merit badges in a safe and professional environment. Classes follow the Learn to Swim program.

Not all badges are available every session.

SUMMER SWIM LEAGUE

This is a recreational swim team for those who are interested in something more challenging than swim lessons, but without the commitment of a competitive swim team. Participants must pass Level 5 swimming lessons or do equivalent skills. This swim league is for all ages.

PRICING

Member $60
Non-Member $70

SCHEDULE

Monday - Thursday
Session 1 June 7-July 1
Session 2 July 5-July 29
Session 3 August 2-August 19

PRACTICE TIMES

Ages 10 & Under 11:00am-11:30am or 12:00pm-12:30pm
Ages 11 & 12 11:30am-12:00pm or 12:30pm-1:00pm
Ages 13 & Older 10:30am-11:00am
The exit skills listed for each level of Preschool Aquatics are what a child must successfully complete to advance to the next level.

**PRESCHOOL LEVEL 1: Introduction to Water Skills**—For children 3-5 years old who have no water experience & cannot swim independently.

1. Enter independently, move 5 yards, submerge to mouth and blow bubbles for at least 3 seconds and safely exit the water.
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float for 3 seconds then recover to a vertical position.

**PRESCHOOL LEVEL 2: Fundamental Aquatic Skills**—For 3-5 yr olds who have passed Preschool Level 1 or can do Preschool Level 1 exit skills.

1. Glide on front 2 body lengths, roll to back, float on back for 15 seconds & recover to vertical position.
2. Glide on back 2 body lengths, roll to front, & recover to vertical position.
3. Swim using combination of arm and leg actions for 3 body lengths on front, roll to back, float for 15 seconds, roll to front & continue swimming on front for 3 body lengths.

**PRESCHOOL LEVEL 3: Stroke Development**—For 3-5 yr olds who have passed Preschool Level 2 or can do Preschool Level 2 exit skills.

1. Step from side into chest-deep water, move into a float for 15 seconds, roll to back, float for 15 seconds, & recover to a vertical position.
2. Move into a back float for 15 seconds, roll to front then recover to vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

**PRESCHOOL LEVEL 4**—For 3-5 year olds who have passed Preschool Level 3 or can do Preschool Level 3 exit skills.

1. Jump into deep water, tread or float for 1 minute then begin swimming front crawl for 25 yards, roll to back and continue swimming with back crawl for 15 yards.
2. Push off streamlined, then swim front crawl for 15 yards, change direction and swim elementary backstroke for 15 yards.

Preschool levels ARE DIFFERENT than Learn-to-Swim PROGRESSION IN LEVELS:

Once preschool students have passed Preschool Level 4, the next level they should take is Learn-to-Swim Level 4 and progress through the learn-to-swim levels.
The exit skills listed for each level of Learn to Swim are what a child must successfully complete to advance to the next level.

**LEVEL 1: Introduction to Water Skills**—For children ages 6 and older who have no experience & cannot swim independently.
1. Enter independently, at least 5 yards, bob 5 times, then safely exit the water.
2. Glide on front 2 body lengths, roll to a back float for 5 seconds and recover.

**LEVEL 2: Fundamental Aquatic Skills**—For children ages 6 and older who have passed Level 1 or can do the Level 1 exit skills.
1. Step from side into chest-deep water, move into a front float for 15 seconds, roll to back, float for 15 seconds and return to vertical position.
2. Move into a back float for 15 seconds, roll to front & recover to vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

**LEVEL 3: Stroke Development**—For children ages 6 and older who have passed Level 2 or can do the Level 2 exit skills.
1. Jump into deep water, tread or float for 1 minute then begin swimming front crawl for 15 yards, roll to back and continue swimming with back crawl for 15 yards.
2. Push off streamlined, then swim front crawl for 15 yards, change direction and swim elementary backstroke for 15 yards.

**LEVEL 4: Stroke Development**—For children ages 6 and older who have passed level 3 or preschool 4, or can do the or exit skills for these levels.
1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge & swim 3-5 body lengths under water & return to surface.

Download the Red Cross Learn-to-Swim app on your Android or iPhone and track your child’s swimming progress!
LEARN TO SWIM AGES 6+

LEVEL 5: Stroke Refinement—For children ages 6 and older who have passed level 4 or can do the Level 4 exit skills.
1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction using efficient turns throughout and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction using efficient turns throughout and swim back crawl for 25 yards.

LEVEL 6: Swimming & Skill Proficiency—This class is for children who have passed Level 5 or can do the Level 5 exit skills and are interested in continuing to improve strokes.
There are specialty Level 6 classes which are:
   - Fitness Swimmer
   - Fundamentals of Diving
   - Personal Water Safety.
   All three classes have the same swimming exit skills.
1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform specialty specific skills (diving, water safety, and fitness)

Download the Red Cross Learn-to-Swim app on your Android or iPhone and track your child’s swimming progress!

FOLLOW US ON SOCIAL MEDIA

SOUTHDAVISRECREATION
SOUTHDAVISREC
@SDRECREATION

For the most updated information on events, closures, and changes going on at the South Davis Recreation Center.
**BABYSITTER TRAINING AGE 11-15**

You’re the boss! Learn the basics of childcare - holding and feeding, safe play, injury prevention, and understanding childhood development and behavior. Know what to do in an emergency and how to respond, including CPR and First Aid skills. This course will also teach the young entrepreneur the business of babysitting as well – finding work, creating a resume, figuring how much to charge, interviewing, and professional behavior.

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>$60</td>
<td>$70</td>
</tr>
</tbody>
</table>

**Upon Request**

6 student minimum to hold class

---

**BLENDENED LEARNING CPR/AED/FIRST AID**

Get trained—save a life! Through online learning, classroom instruction, and hands on practice, you’ll learn to prevent, recognize, and respond to a variety of emergencies in the home, workplace, or in your community. Successful participants will receive American Red Cross Certifications.

These classes combine online learning with in-person training and evaluation. After registration, you will receive instructions for accessing and completing the online material. All online material is done on your own schedule on your computer. You must complete all online content prior to the in-person session. Due to the time required to complete the online material, registration for classes will close one week prior to the in-person session.

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>$75</td>
<td>$85</td>
</tr>
</tbody>
</table>

**SCHEDULE**

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Saturday</th>
<th>July 10th</th>
<th>8am-1pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2</td>
<td>Tues./Thurs.</td>
<td>August 3 &amp; 5</td>
<td>5pm-8pm</td>
</tr>
</tbody>
</table>

Review Courses scheduled on an as needed basis. Contact kathleen@southdavisrecreation.com for more information.

---

**SAFETY TRAINING**

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>$75</td>
<td>$85</td>
</tr>
</tbody>
</table>

**SCHEDULE**

**Session 1**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 10th</td>
<td>8am-1pm</td>
</tr>
</tbody>
</table>

**Session 2**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 3 &amp; 5</td>
<td>5pm-8pm</td>
</tr>
</tbody>
</table>

---
AQUATICS TRAINING

LIFEGUARD TRAINING

Get trained - save a life! Through online learning, classroom instruction, and hands on practice, you’ll learn to prevent, recognize, and respond to a variety of aquatic emergencies, all while preparing for an excellent job! Successful participants will be certified in American Red Cross Waterpark Lifeguarding/CPR/AED/First Aid. Class participation does not ensure employment. Participants must be 15 years old by end of session.

SCHEDULE

Prescreen/Full Class: June 7-17, 12pm-4pm

PRICING

Prescreen $10 (non-refundable)

MEMBER  NON-MEMBER

Full Class $150  $180 (after successful prescreen)

With SDRC employment agreement-$55

Review/Recertification $95  $110

Review courses scheduled on an as needed basis. For questions please contact Kathleen@southdavisrecreation.com

JUNIOR LIFEGUARD TRAINING AGES 11-14

Jr. Guards begin to develop the knowledge and skills to prevent, recognize, and respond to aquatic emergencies in a fun and exciting class. Successful Junior Life Guards will be invited to volunteer & “work” alongside our summer Lifeguards on shift. Junior Lifeguards who volunteer throughout the summer will be invited to take the Life Guard Training class at no cost when student is of age.

SCHEDULE

Monday - Thursday 10:30am-11:55am

Session 1: June 7-June 17
Session 2: June 21-July 1
Session 3: July 5-July 15

This course may be combined with the Junior Swim Instructor course if there are not enough students to hold the class.

PRICING

MEMBER  NON-MEMBER

$55  $60
WATER SAFETY INSTRUCTOR

Earn your American Red Cross certification to teach all levels of swimming and prepare for an exciting job! Through online learning, classroom instruction, and hands on practice, you’ll learn how to plan lively, educational lessons, efficiently lead a class, and evaluate students’ progress. Successful participants will be certified as American Red Cross Water Safety Instructors. Class participation does not ensure employment. Participants must be 16 years old by end of session.

**SCHEDULE**

Monday-Thursday

| Full Class | June 1-11 | 8am-12pm |

**PRICING**

| Prescreen $10 (non-refundable) |

<table>
<thead>
<tr>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>$95</td>
<td>$125 (after successful prescreen)</td>
</tr>
</tbody>
</table>

With SDRC employment agreement-$55

For questions please contact Lizie@southdavisrecreation.com

Registration opens for all sessions May 3 @ 9:00am (or until full)

JUNIOR SWIM INSTRUCTOR AGES 11-15

Learn how to use your skills to help others learn how to swim. At the end of class, your strokes will be refined and you can volunteer to help with our swim lesson program and become a part of our Water Safety Team. Junior Swim instructors who volunteer throughout the summer will be invited to take the WSI class at no cost when student is of age.

**SCHEDULE**

Monday - Thursday 9am-10:25am

<table>
<thead>
<tr>
<th>Session 1</th>
<th>June 7-June 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2</td>
<td>June 21-July 1</td>
</tr>
<tr>
<td>Session 3</td>
<td>July 5-July 15</td>
</tr>
</tbody>
</table>

**PRICING**

<table>
<thead>
<tr>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>$55</td>
<td>$60</td>
</tr>
</tbody>
</table>

This course may be combined with the Jr. Lifeguard training course if there are not enough students to hold the class.
SWIM TEAMS

MASTERS SWIM TEAM - ADULTS 18+

Trying to get in shape? Training for Open Water or Tri? Just want to get back into swimming? South Davis Masters is a US Masters Team that welcomes adult swimmers of all abilities. Come improve your skills with the Krusty Krabs!

Check out our website: www.southdavismasters.com
www.facebook.com/southdavismasters

FEES

<table>
<thead>
<tr>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly</td>
<td>$20</td>
</tr>
<tr>
<td>Monthly EFT</td>
<td>$15</td>
</tr>
<tr>
<td>Drop-in</td>
<td>$6</td>
</tr>
</tbody>
</table>

WORKOUT SCHEDULE

<table>
<thead>
<tr>
<th></th>
<th>M/W/F</th>
<th>T/TH</th>
<th>Sat.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6am-7am</td>
<td>6am-7am</td>
<td>8pm-9pm</td>
<td>6am-7:30am</td>
</tr>
</tbody>
</table>

SOUTH DAVIS AQUATICS TEAM

The Tsunami team is the SDRC’s age group swim team. Swimmers must pass Level 6 swimming lessons or have equivalent skills to join team. For tryouts, please email Kiele Nelson. Those who are chosen to participate on the team will be required to pay the following fees at sign up:

MANDATORY FEES

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Fee</td>
<td>$30</td>
</tr>
<tr>
<td>USA Registration Fee</td>
<td>$85</td>
</tr>
<tr>
<td>Team Fee</td>
<td>$30</td>
</tr>
</tbody>
</table>

OTHER FEES MIGHT INCLUDE

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet Fees</td>
<td>$20-$40/meet</td>
</tr>
<tr>
<td>Snorkel</td>
<td>$32</td>
</tr>
</tbody>
</table>

Website: www.teamunify.com/utsdat
Email: southdavisaquaticsteam@gmail.com
Team Manager: Kiele Nelson (801)298-6233
## SOUTH DAVIS AQUATICS TEAM PRICING

All monthly dues are through Electronic Funds Transfer (EFT)

<table>
<thead>
<tr>
<th>Team</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tides</strong></td>
<td>$40</td>
<td>$50</td>
</tr>
<tr>
<td>Entry level swim group, for swimmers with no swim team experience. Swimmers must have passed level 6. Emphasis on developing all four strokes, starts, turns and FUN!</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Waves</strong></td>
<td>$45</td>
<td>$55</td>
</tr>
<tr>
<td>Introductory level for swimmers with at least one year of swim team experience. The focus is continued work on developing the four strokes, introducing swimming endurance, and continuing to foster the love of the sport.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Storm</strong></td>
<td>$45</td>
<td>$55</td>
</tr>
<tr>
<td>Swimmers continue to build on previous achievements with an emphasis on swimming stamina, developing ability to swim sets, and having fun.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Blue</strong></td>
<td>$50</td>
<td>$60</td>
</tr>
<tr>
<td>Youngest competition group for swimmers looking to qualify for State Championship meets and progress in the sport of swimming.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Green</strong></td>
<td>$50</td>
<td>$60</td>
</tr>
<tr>
<td>Swimmers continue building on race strategy and stamina built in earlier swim groups and continue working towards making Elite Junior and Elite teams.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Jr. Elite</strong></td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>This group is geared toward swimmers with demonstrated aspirations and commitment to prepare for state level championships and eventually future regional and national level competitions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Elite</strong></td>
<td>$70</td>
<td>$80</td>
</tr>
<tr>
<td>This group is for high school aged swimmers who show a high level of dedication and commitment towards making regional and national level swim meets.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WATER FITNESS CLASS DESCRIPTIONS

**AQUA KICKBOX**
Turn up the fun in your workout with a round-house kick and a punch! Enjoy the benefits of cardio and strengthening with the kickboxing style. Water shoes are recommended.

**AQUA TONE**
A high level deep water class that incorporates cardiovascular fitness, core strengthening and toning. Participants do not have to be able to swim to participate in the class. Flotation equipment will be provided.

**AQUA ZUMBA**
Spice up your dance moves and feel the rhythm of ZUMBA in the water! Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Water shoes are recommended.

**BODY SCULPTING**
Explore another level of training using a variety of equipment including resistance bands, aqua bells, noodles, buoys and balls in this all over body workout. Water shoes are recommended.

**CARDIO ENDURANCE**
This class has an emphasis on cardiovascular conditioning. A buoyancy belt is highly recommended. We utilize swimming skills, exercises which enhance coordination and memory, and enough cardio to boost your levels. We end with toning exercises for a total body workout. Bring your water and let’s go to work!

**CHALLENGE & DEEP DANCE**
Let’s have some fun as we dance our way through the deep. This class is designed to bring participants fitness to the next level without injury. We’ll use the exercise components of cardio, strengthening and conditioning of the major muscle groups, body composition, agility and flexibility. Flotation belts provided.

**CIRCUIT TRAINING**
This combination of cardio and strength training utilizes strength training principles and aquatic equipment with water based fitness. Participants progress through a series of stations for a total body workout.

**FUN FITNESS**
From aqua intervals to aqua travel, this class mixes your favorite classes all in one. With such a versatile class, you are able to get a different workout every time. Come have some fun at the end of the day! Water shoes are recommended.

**SILVER SNEAKERS SPLASH**
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

LOOK FOR CLASS SCHEDULES ON OUR WEBSITE
GENTLE WAVES
Taught 3 days per week is our gentle movement class utilizing exercises from the Arthritis Foundation. Get up off the couch and let’s move every joint and muscle in the safety of the water. Water shoes are recommended.

GO THE DISTANCE
Suspended in the deep water this class can help you to increase your endurance, your balance and your muscles. You will be encouraged to try new exercises that challenge the core. Our work is “play”!

INTERVAL TRAINING
One of the best ways to exercise and put some change into your routine is Intervals! We use a variety of interval formats including Tabata’s and Pyramid’s to rev up your system, burn calories, and provide a complete workout. Deep water allows for zero impact while shallow water gives a low impact way to work your body.

POWER AQUATICS
This class has an emphasis on cardiovascular conditioning while encouraging each individual’s growth. Our philosophy is that everyone can improve their fitness. The class utilizes barbells and buoyancy equipment for a rewarding aerobic workout.

PUSH IT
Designed for all ages and every fitness level who want to work hard and stay fit. The class focuses on the three components of exercise fitness – cardio, strength & endurance, plus flexibility!

SILVER SNEAKERS SPLASH
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

WET N’ FIT
We use the water’s natural resistance to boost our strength, balance, and cardio fitness. This class is beneficial to all ages and abilities. Water shoes are recommended.

30 MINUTE CARDIO AND CORE
Don’t have time for a full hour of workout? This short high intensity class condenses an hour of workout into just 30 minutes. High intensity cardio intervals are interspersed with core training for cardiovascular benefits and total body toning. Fun motivating music helps to increase the intensity. Please arrive on time for 30 minutes of high intensity fun!

Class times, instructors and formats are subject to change without notice.
FITNESS

FITNESS CLASS DESCRIPTIONS

All classes are 50 minutes unless noted otherwise. Class times, instructors and formats subject to change without notice. All fitness levels are welcome. Must be over 14 to participate. Water in enclosed bottles encouraged.

BARRE
A fusion of the best of Ballet, Pilates, and Yoga to help you lean, strengthen, and tone your entire body. This format will use various equipment including the chairs, barre, balls, bands, and hand weights.

BOOM MOVE
A high intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

BOOTCAMP
No guts, no glory in this total body workout! This class incorporates both strength and cardio drills designed to enhance speed, agility, power, strength and quickness. Each class is something new.

CARDIO TONE
Experience various aerobic drills and strength exercises with this easy to follow format. This class will keep your heart pumping while toning all of your muscles.

CIRCUIT BREAKERS
This class will give you a unique experience each time! Our instructors will combine strength and cardio circuits giving participants a complete workout in 50 minutes!

CORE & MORE
When you attend this class not only will you be able to work on strengthening your core muscles you will get a full body workout. Our instructors will alternate core work with strength moves for other muscle groups.

CYCLE
This class will help you develop the energy you need to feel your best! Using power meters you will receive instant feedback on how you can train more efficiently no matter what your goals are! This class is also a great way to cross train for your next race or just workout without sacrificing your joints.

CYCLE & CORE
In this class you will spend the first half of class on the bike working on your cardio. Then you will move into the multipurpose gym to do Pilate style movements to help strengthen your core muscles. Must grab a Frisbee at the front desk to participate in the cycle portion.

HI LO POWER
This is the class we have been waiting for! Our instructors will combine fun cardio moves with strength moves to create a comprehensive workout. No matter which instructor teaches, each song has the same choreography with their flare! Great for all levels!

LOOK FOR CLASS SCHEDULES ON OUR WEBSITE
KIDS CLASSES
Be it Zumba, Yoga or Skills and drills these classes are for ages 5 and up. Our instructors are trained and ready to help the youth in our community learn about the importance of fitness, while having fun. Parents are welcome to participate or wait outside the room.

PILATES
Using the body's own resistance, a series of movements are designed and performed to increase circulation, breathing, posture, and body awareness. Mat classes will incorporate small equipment such as bands, balls, Bosu’s and small weights.

POWER TONE
Build lean muscles and rev up your metabolism in our PowerTone classes. Here we will primarily focus on the use of resistance equipment including bars, steps, dumbbells and bands to help you get the results you want.

STEP/ MULTI-STEP
Using a raised platform or two and fun choreography, this class will get you into shape and make you feel great. Adjust your bench height to a fitness level that is right for you.

STEP & TONE
When you are in a time crunch and need to get both strength and cardio in this class is for you! This class is a combination of Power tone and step, truly the best of both worlds!

YOGA
Six thousand years of Yoga enthusiasts can’t be wrong. Indulge in a workout for the mind and the body. Build strength, gain flexibility and achieve better balance in an atmosphere that calms the body and soothes the soul. This class is designed for all levels whether you are new or been practicing for a long time!

GENTLE YOGA
A calming, stress-relieving class designed to stretch and strengthen the body gradually. Focus is on building awareness of the breath and the body. Recommended for all levels looking to soothe, relax and restore.

SILVERSNEAKERS ® CLASSIC
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SILVERSNEAKERS ® CIRCUIT
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.
SILVERSNEAKERS® YOGA
This will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

TAI CHI
Ancient Chinese martial art practiced for defense training, health benefits, and meditation. Relatively slow, rhythmic movements focus on breathing, balance, stress reduction, and achieving a natural balance of energy through inner peace.

TURBOKICK
Looking to give your old fitness routine a kick? Martial arts-style movements are woven into a cardio workout that is fun and challenging. Kick boxing is a great way to burn fat and increase cardio endurance.

ZUMBA
Ditch the workout and join the party! Combining Latin and international rhythms along with easy to follow dance steps Zumba creates a dynamic, exciting and effective fitness training system. No dance experience necessary. Cross train sneakers or dance shoes highly recommended.

321 HIIT
this class is a High Intensity circuit class where participants will complete 2 or more unique circuits consisting of 3 minutes strength, 2 minutes of cardio and 1 minute active recovery core.

Please check our fitness calendar on our website for updated class schedules

WEIGHT ROOM ORIENTATION
Not sure how our weight and cardio machines work? We have weight room orientation classes to educate users of all ages how to safely use our weight and cardio machines. It is also used to certify those 14 and 15 years old who wish to train at our center.

Schedule: 9am June 5th, July 10th, & August 7th
Members: Free    Non-members: Free with entrance fee

SMALL GROUP TRAINING
Small group training available for groups of 3-6 people.

Pricing: Member $15 per person Non-Member $20 per person
Contact Wendy Jones for more information
Begin a program to meet your specific fitness and health goals! Personal training is for anyone wanting to be healthier and stay fit, or athlete/sport-specific training. Our personal trainers will provide an effective exercise program tailored to your needs.

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial Fitness Assessment</td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>Single Training Session</td>
<td>$40</td>
<td>$50</td>
</tr>
<tr>
<td>Couples Training Session</td>
<td>$55 (2 mem.)</td>
<td>$65 (2 non-mem.)</td>
</tr>
<tr>
<td>Initial Nutrition Consultation</td>
<td>$55</td>
<td>$65</td>
</tr>
<tr>
<td>Nutrition Session</td>
<td>$40</td>
<td>$50</td>
</tr>
</tbody>
</table>

Wendy Jones-(801) 660-8207
Fitness Coordinator

BS in Human Performance Management, certified Exercise Physiologist through the American College of Sports Medicine and Group Fitness Instructor through AFAA. Wendy enjoys helping clients recover from injuries, preventing surgery, exercising through pregnancy and after.

Collin Vestal-(801) 694-3570

National Academy of Sports Medicine Certified Personal Trainer. Bachelor’s degree, University of Montana, 2005. An avid outdoorsman, Collin works with clients ranging in age and ability and is eager to help you gain strength, improve balance, increase flexibility, lose weight, enhance athletic performance, and integrate fitness as part of your permanent lifestyle.

Outside training or coaching is NOT allowed.
Torri Smith-(801) 721-7404
Certified personal trainer through the National Academy of Sports Medicine (NASM). Torri also holds certifications in AFAA, Mat Pilates, Pilates Reformer, Cycling and Silver Sneakers. She has been teaching for over 10 years. Enjoys involving stabilization and core strength in training programs to enhance the strength of the underlying muscles, improve muscle imbalances and promote better structural posture.

Amy Hughes-(801) 699-5167
With a Masters Degree in Exercise Physiology, a Bachelors degree in Kinesiology with a minor in nutrition and more than 20 years in the fitness/health industry, Amy enjoys working with clients to help them achieve their goals. Her background is in exercise as preventative medicine, weight control, rehabilitation, functional training and pre/post-natal exercise.

Tish Adamson-(801) 557-7061
Tish comes to us with more than 20 years of dedication to helping people achieve their goals in group fitness classes. She is a certified personal trainer and fitness instructor including, cycle, step, Silver Sneakers, Turbo Kick, and weight training. Her passion is helping her clients realize their own strength and empowering them to reach their fitness goals. Emphasis in weight loss/management, functional strength, exercising with chronic illness, and those just starting their fitness journey.

BJ Christenson-(801) 712-9667
Bachelors degree from the University of Utah in Exercise and Sport Science Certified Personal Trainer from the National Academy of Sports Medicine Triathlon Coach- 7X finisher of the Hawaii Ironman World Championship 9X All American, #1 triathlete in the state of Utah 6 years running. Specializes in performance and helping others achieve their best.
PERSONAL TRAINERS

Rocky Miller-(801) 913-4389
Associate Degree in Health and Exercise science-
Utah Career College. National Academy of Sport
Medicine (NASM) certified. Helps clients lose
weight, gain core strength, have better posture,
increase muscle hypertrophy, and have better
overall health.

Liz Hernandez-(801) 913-5757
Liz has been a part of the fitness industry
for over 20 years. She is a certified personal
trainer and fitness instructor including cycling,
Turbokick, pilates, yoga, step and weight training.
Liz is passionate in helping others achieve
their health and wellness goals. Her focus is
creating training programs that include balance,
flexibility, core and muscular strength through
strong combinations and functional movements
of the body.

Heather Cindrich-(801) 824-7222
Registered Dietitian Nutritionist
Bachelors degree from Brigham Young University
in Dietetics and Masters degree in Nutrition.
Heather has worked for WIC, Davis Hospital,
and currently teaches water aerobics at SDRC.
Knowledgeable in Diabetes, Cardiac Rehab,
Pregnancy, and Child Nutrition. She enjoys
cooking and yoga. She loves to inspire others in
their journey of wellness and weight loss.

Outside training or coaching is NOT allowed.
LEARN TO SKATE

This program is a beginning ice skating program designed to be fun, challenging and rewarding. After completing ALL Basic Levels 1 through 6 and Pre-Freestyle through Freestyle 3, they will graduate from our program. After Basic 6, skaters are encouraged to join the Skating Academy and take private lessons from one of our Staff Pros.

Registration closes the Saturday before the start of each session at 11:59pm.

PRICING

<table>
<thead>
<tr>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>$64</td>
<td>$69</td>
</tr>
</tbody>
</table>

SCHEDULE

Mondays & Wednesdays

1st Class 12:15pm
Free Time 12:40pm-12:50pm Both Classes
2nd Class 12:50pm-1:15pm
Session 1 June 7-30 12:15pm or 12:45pm
Session 2 July 5-July 28 12:15pm or 12:45pm

All skating lessons include skate rental and 4 free public sessions.

For more information about Learn-to-Skate contact Christi Sturgeon christi@southdavisrecreation.com

COPPER CUP

August 2021
LEARN TO SKATE LEVELS

**Snowplow Sam- 1-3**
Snowplow Sam classes are for students ages 3-5. Upon completion of Snowplow Sam, students should advance to Basic Skills classes. Helmet and snow clothes are suggested.

**Basic Skills- 1-6**
Basic Skills classes are for students ages 6 and older. If a student has never taken a lesson before and is 6 years or older, start with Basic 1. These classes will teach the fundamentals of skating.

After completion of Basic 6, students are encouraged to take private lessons from one of our many talented staff coaches. Please feel free to talk to our staff. Students can continue to Specialty classes.

**Specialty Classes**

**Pre Free Skate**
Free Skate 6 Free skate classes are for students that have completed Basic 6 and are looking for more performance based training.

**Learn to Skate for Hockey 1-4 & Power Skating**
Learn to Skate for Hockey is for students ages 5 and older that are interested in hockey. If children are 5 years and younger, they should complete Snowplow Sam 3 before registering for Hockey. Upon completion of Hockey 4, they should then make the transition into Learn to Play Hockey. 

**Necessary Equipment:** Hockey Skates and HECC Approved Hockey Helmet

**Off Ice Conditioning Class**
Free with purchase of a Learn to Skate session. For students currently enrolled in Basic 6-Free Skate 4 and Hockey 3-4

**Monday & Wednesday**
5:15pm-5:45pm

Class will meet upstairs behind the bleachers in the ice rink. Class offers strength training and flexibility to make all students stronger and more agile skaters. We hope that you will all take advantage of this newly added class. Must have work-out clothes and running shoes you can be active in.
If your child has basic skating ability, contact the Mite Director about having your child join the DCYHA program at anytime during the fall/winter season. In the summer, or if your child is over 8 years old, please refer to the Learn to Play program detailed below. In the meantime, either way, keep skating :)

This is for First Time Players Only. If you have an experienced player looking for summer hockey, check out our Summer Skills Clinics at www.davisyouthhockey.org/summerskills

Davis County Youth Hockey Association (DCYHA) offers Learn to Play Hockey classes for boys & girls at the South Davis Recreation Center in Bountiful. Our course teaches the basics of ice hockey in a fun and inviting atmosphere. Although not required, it is also a great confidence builder for kids considering playing hockey in the upcoming fall/winter season. Each session is taught by USA Hockey certified coaches. This is NOT a learn-to-skate class. Basic skating ability is required. Hockey skates available at the recreation center. Hockey shin/knee pads, elbow pads, shoulder pads, gloves, and helmet/facemask are required. This equipment is available in limited quantity on a first-come, first-served basis.

Register online: www.davisyouthhockey.org

For information about the program, contact:

Don McFarland
DCYHAPresident@gmail.com
DCYHA President

Ron Ramirez
sdrchockey@gmail.com
SDRC Hockey Coordinator
SUMMER HOCKEY SKILLS SESSION

Davis County Youth Hockey Association (DCYHA) is pleased to announce a new summer skills clinics series. These hour-long clinics are taught by skating and hockey specialists. These are NOT learn-to-skate/learn-to play classes. Basic skating ability is required and previous hockey experience is recommended although all skill levels are welcome. Full equipment is

SCHEDULE

TBA

Pay at the South Davis Recreation Center front desk on the day of the clinic session.

STICK N’ PUCK SUNDAYS

Stick & Puck- An open hockey session that allows players to work on any hockey skill they want in a relaxed atmosphere. Games are not allowed and each session is limited to 25 skaters and four goalies. Full equipment is required. Each player must pay the $6 admission and sign in at the front desk. Goalies are free. Please call for the latest schedule or visit the South Davis Recreation Center website.

www.southdavisrecreation.com

YOUTH STICK N’ PUCK

Summer Only
6-14 years old

SCHEDULE

June 5-August 7  Saturdays  2:45pm-4:00pm   $6 per player
Goalies play free
YOUTH TENNIS CAMPS

The South Davis Recreation Center follows the USTA 10 & under tennis guidelines. This means tennis sized just right for kids: smaller courts, slower & lower bouncing tennis balls, lighter & smaller racquets- your kids will find success & have fun learning the game of tennis! Sign up today and try tennis with South Davis this summer! Participants must provide their own racquet (see recommendations below). Balls, court, instruction provided. Limited availability, sign up today.

<table>
<thead>
<tr>
<th>PRICING</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$35</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$40</td>
</tr>
</tbody>
</table>

Registration opens for all sessions May 3rd for members May 4th for Non-Members @ 9:00am (or until full)

MONDAY- THURSDAY

Each session runs for two weeks.

Session 1 June 7-June 17
Session 2 June 21-July 1
Session 3 July 6-July 15 no class 7/5, make-up 7/9
Session 4 July 19-July 29
Session 5 August 2-12

NORTH CANYON PARK: 3900 S. BOUNTIFUL BLVD., BOUNTIFUL

Ages 5-8 8am-9am  Racquet size: up to 23”
Ages 9-10 9am-10am  Racquet size: 23”-25”
Ages 11-15 10am-11am  Racquet size: 25”-29”

TOLMAN MEMORIAL (ROCKET) PARK: 100 N 1300 E, BOUNTIFUL

Ages 9-10 8am-9am  Racquet size: 23”-25”
Ages 11-15 9am-10am  Racquet size: 25”-29”

VIEWMONT HIGH SCHOOL: 200 W 1350 N, BOUNTIFUL

Ages 5-8 8am-9am  Racquet size: up to 23”
Ages 9-10 9am-10am  Racquet size: 23”-25”
Ages 11-15 10am-11am  Racquet size: 25”-29”
ADULT TENNIS

Adult tennis is for those that are 16 years old and older; adult beginner and advanced beginner.

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pricing</td>
<td>$35</td>
<td>$40</td>
</tr>
</tbody>
</table>

**TOLMAN MEMORIAL (ROCKET) PARK: 100 N 1300 E, BOUNTIFUL**

Session 1  T/TH  June 8-July 1  7am-8am
Session 2  T/TH  July 6-29  7am-8am

PICKLEBALL

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players!

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pricing</td>
<td>$35</td>
<td>$40</td>
</tr>
</tbody>
</table>

**TWIN HOLLOW PARK: 1400 N 900 E, BOUNTIFUL**

Ages 7-15  8:15am-9:15am  or  9:30am-10:30am
Ages 16+  7am-8am

MONDAY- THURSDAY

Each session runs for two weeks.

Session 1  June 7-June 17
Session 2  June 21-July 1
Session 3  July 6-July 15  no class 7/5, make-up 7/9
Session 4  July 19-July 29
Session 5  August 2-12
YOUTH SPEED & AGILITY TRAINING

Each class is taught by a certified personal trainer. We will work on drills to increase SPEED - the ability to run quickly and AGILITY - the ability to change directions quickly with good posture and balance. All sports welcome!

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$40</td>
<td>$45</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$45</td>
<td>$45</td>
</tr>
</tbody>
</table>

Registration opens for all sessions May 3rd for members May 4th for Non-Members @ 9:00am (or until full)

**SCHEDULE**

4 week sessions

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>M/W</th>
<th>T/TH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 7-July 1</td>
<td>11-14 years old</td>
<td>9am-10am</td>
</tr>
<tr>
<td>Session 2</td>
<td>July 12-August 5</td>
<td>15-18 years old</td>
<td>9am-10am</td>
</tr>
</tbody>
</table>

For more information call Wendy (801)298-6237 or (801)660-8207

YOUTH SPORTS AND FITNESS CAMP

Let’s play! Youth Sports and Fitness Camp is all about learning and playing traditional, along with non-traditional sports and fitness activates. Each camp participant should expect to strengthen their broader understanding of the sports they have already played in addition to discovering sports they haven’t tried and maybe even picking up a lifelong fitness hobby. A camp calendar will be provided on day one of camp so your camper will know what to expect each day. Plan on dressing your camper in clothes they can move and run in, along with a water bottle with their name on it.

**PRICING**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>$35</td>
<td>$40</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$40</td>
<td>$40</td>
</tr>
</tbody>
</table>

Registration opens for all sessions May 3rd for members May 4th for Non-Members @ 9:00am (or until full)

**SCHEDULE**

AGES 8-12

Mondays-Thursdays

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>June 7-17</td>
<td>10:00am-11:30am</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>June 21-July 1</td>
<td>10:00am-11:30am</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>July 6-15</td>
<td>10:00am-11:30am</td>
<td>no class 7/5, make-up 7/9</td>
</tr>
<tr>
<td>Session 4</td>
<td>July 19-29</td>
<td>10:00am-11:30am</td>
<td></td>
</tr>
</tbody>
</table>
JR. JAZZ

Jr. Jazz sessions run for 8 weeks with one game a week on a weeknight. Teams are formed according to grade and school. Each player receives a jersey, a ticket to a Utah Jazz basketball game. Teams can fill up fast, register early! Requests are never guaranteed. Volunteer coaches are needed.

1ST SESSION
Registration: August 2-September 1 (or until full) LATE Registration additional $10 fee September 2-8 (if league is not full)

Season October-December

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructional League</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st &amp; 2nd Grade</td>
<td>$40</td>
<td>$45</td>
</tr>
<tr>
<td><strong>200 Participants only</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreation League</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd-6th Grade Boys</td>
<td>$60</td>
<td>$65</td>
</tr>
<tr>
<td>3rd-6th Grade Girls</td>
<td>$60</td>
<td>$65</td>
</tr>
<tr>
<td>7th-9th Grade Girls</td>
<td>$70</td>
<td>$75</td>
</tr>
<tr>
<td>Competitive Team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th-9th Grade Boys</td>
<td>$455</td>
<td>$455</td>
</tr>
</tbody>
</table>

2ND SESSION
Registration: October 4-November 10 (or until full) LATE Registration additional $10 fee November 11-17 if league is not full

Season January-March

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructional League</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st &amp; 2nd Grade</td>
<td>$40</td>
<td>$45</td>
</tr>
<tr>
<td><strong>200 Participants only</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recreation League</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd-6th Grade Boys</td>
<td>$60</td>
<td>$65</td>
</tr>
<tr>
<td>3rd-6th Grade Girls</td>
<td>$60</td>
<td>$65</td>
</tr>
<tr>
<td>7th-12th Grade Boys</td>
<td>$70</td>
<td>$75</td>
</tr>
<tr>
<td>Competitive Team</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th-9th Grade Boys</td>
<td>$455</td>
<td>$455</td>
</tr>
<tr>
<td>Team Sign-ups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7th-12th Grade Boys</td>
<td>$475</td>
<td>$475</td>
</tr>
</tbody>
</table>

Schedules & Information www.quickscores.com/southdavisrecreation
Leagues fill up, register early. Limited space available
CO-ED YOUTH FLAG FOOTBALL

Flag Football provides opportunities for children grades 1st-8th to enjoy America’s favorite sport. Players are physically active through non-contact, continuous action while learning the fundamentals of football, teamwork and sportsmanship.

Once registered through the South Davis Recreation Center, every player MUST register through NFL Flag. Please go to nflflag.com/form/player

REGISTRATION
June 1-July 1 (or until full)

SCHEDULE
Games will be held on Tuesday, Wednesday & Thursday in early August to mid-October.

PRICING

<table>
<thead>
<tr>
<th>SESSION II</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$75</td>
<td>$80</td>
</tr>
</tbody>
</table>

Leagues fill up, register early. Limited space available.

Contact Layne with any Flag Football questions at (801) 298-6234 or layne@southdavisrecreation.com

YOUTH SOCCER

Soccer teams are co-ed. Soccer is an all-weather sport. Soccer fees: include 7 games, soccer jersey, shorts, and socks. Fall games begin early August. Parent volunteer coaches needed! SDRC does not provide coaches for teams.

REGISTRATION
June 1-July 1 (or until full)

PRICING

<table>
<thead>
<tr>
<th>SCHEDULE</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>PreK-1st</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td>2nd-5th</td>
<td>$65</td>
<td>$70</td>
</tr>
</tbody>
</table>
Join us for our FREE Summer Movie Series!
Bountiful Town Square  55 E 100 S
Movie will start at dusk: about 9:00pm

**MIGHTY DUCKS**-JUNE 12TH

After reckless young lawyer Gordon Bombay (Emilio Estevez) gets arrested for drunk driving, he must coach a kids hockey team for his community service. Gordon has experience on the ice, but isn’t eager to return to hockey, a point hit home by his tense dealings with his own former coach, Jack Reilly (Lane Smith). The reluctant Gordon eventually grows to appreciate his team, which includes promising young Charlie Conway (Joshua Jackson), and leads them to take on Reilly’s tough players. Rated PG

**TROLLS WORLD TOUR**-JULY 10TH

Poppy and Branch discover that there are six different troll tribes scattered over six different lands. Each tribe is also devoted to six different kinds of music -- funk, country, techno, classical, pop and rock. When rockers Queen Barb and King Thrash set out to destroy the other music, Poppy and Branch embark on a daring mission to unite the trolls and save the diverse melodies from becoming extinct. Rated PG

**RAYA AND THE LAST DRAGON**-AUGUST 14TH

Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. However, when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it’s up to a lone warrior to track down the last dragon and stop the Druun for good. Rated PG

**DRIVE-IN: THE CROODS-A NEW AGE**-SEPTEMBER 11TH

Searching for a safer habitat, the prehistoric Crood family discovers an idyllic, walled-in paradise that meets all of its needs. Unfortunately, they must also learn to live with the Bettermans -- a family that’s a couple of steps above the Croods on the evolutionary ladder. As tensions between the new neighbors start to rise, a new threat soon propels both clans on an epic adventure that forces them to embrace their differences, draw strength from one another, and survive together. Rated PG
RACE SERIES

THANKSGIVING DAY RACES-NOV. 26, 2021
Packet Pick-up: Wednesday November 24th 5:00pm-7:00pm
Thursday November 25th 6:30am-7:30am
Race Start: 10K & 5K 8am
1K 8:45am
Registration Closes: Tuesday November 23rd 11:59pm MST
Registration available in person during packet pick-up times
Register in person, and bring a can of food and get $1 off race entry per can, limit of 3. For groups of 4 or more, contact sjohnson@southdavisrecreation.com for a group rate.

LABOR DAY TRIATHLON-SEPT. 7, 2021
Packet Pick-up: Monday September 6th 5:30am-7am
Race Start: 7:30am
Staggered start, Novice will immediately follow the Sprint
Registration Closes: Saturday September 4th 11:59pm MST
Registration available in person during packet pick-up times

<table>
<thead>
<tr>
<th></th>
<th>SWIM</th>
<th>BIKE</th>
<th>RUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPRINT</td>
<td>350 Yards</td>
<td>12 Miles</td>
<td>3.35 Miles</td>
</tr>
<tr>
<td>NOVICE</td>
<td>150 Yards</td>
<td>2.4 Miles</td>
<td>1.5 Miles</td>
</tr>
</tbody>
</table>

HANDCART DAYS RACES-JULY 24, 2021
Packet Pick-up: Friday July 23rd 3:00pm-5:00pm
Saturday July 24th 5:00am-6:30am
Race Start: 6:00am Half
option of a 5:30 early start for runners with a 14+ min. mile pace
7:00am 5K
7:45am 1K
Registration Closes: Wednesday July 22nd 11:59pm MST
Registration available in person during packet pick-up times
INDOOR TRIATHLON

We have three Indoor Triathlons a year. Registrations available as space permits. Races capped at 90 participants. Awards will be announced via email to participants later the same day of the race. Our Indoor Triathlons are not part of our Race Series.

<table>
<thead>
<tr>
<th>SWIM</th>
<th>TRANS.</th>
<th>BIKE</th>
<th>TRANS.</th>
<th>RUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 min.</td>
<td>10 min.</td>
<td>25 min.</td>
<td>5 min.</td>
<td>20 min.</td>
</tr>
<tr>
<td>Lap Pool</td>
<td></td>
<td>Spin Bikes</td>
<td></td>
<td>Indoor Track</td>
</tr>
</tbody>
</table>

WINTER INDOOR—DECEMBER 11, 2021

Packet Pick-up: Saturday December 11th 6:30pm
And throughout the race, depending on what race wave participant is assigned to.
Race Start: 7pm with 6 waves of 15 participants
Course Preview: Friday December 10th 6:30pm-7:00pm
Pricing: $25 Until March 21st
$30 March 22nd-December 7th
$35 Day of if space permits

register online at active.com

FOR MORE INFORMATION VISIT WWW.SOUTHDAVISRACES.COM

Our races are sponsored. If you are interested in Sponsoring our races contact Sarah. sjohnson@southdavisrecreation.com