

**pruvo**  
WELCOME HOME

# ACTIVE

A PROVO CITY PUBLICATION | WINTER 2022



## **PEAKS ICE ARENA**

*- OUR OLYMPIC LEGACY, PAST AND FUTURE*

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## PARKS & RECREATION

The Parks and Recreation Department consists of 13 major components, which provide a variety of services for all: Sports, Parks / Grounds Maintenance, Trails, Volunteer Services, Cemetery, Community Events, Recreation Center, Covey Center for the Arts, Peaks Ice Arena, Timpanogos Golf Club, Shooting Sports Park, Senior Programs, and Community Recreation.

### PROGRAM SERVICES

Program registration for Aquatics, Seniors, Community Programs, and Sports is now processed by Program Services staff located at the east desk of the Rec Center. The main desk at the Rec Center will focus on memberships, day passes and other facility specific needs. Program Services staff can be reached 8AM-10PM, M-SA at 801-852-6620. Covey Center and Peaks Ice Arena programs will still be handled by those facilities.

### REGISTRATION POLICY

Registration is accepted on a first come, first served basis until the program is filled, or until the program deadline date, whichever comes first. Online registration is taken at [Provo.org/Signup](http://Provo.org/Signup). For Covey Center programs, [Provo.org/CoveyCenter](http://Provo.org/CoveyCenter).

### MEDICAL INSURANCE

All participants in the Provo Recreation programs must have their own medical insurance to cover any injuries sustained while participating in any activity sponsored by the division. The City of Provo will not be financially responsible for any medical expenses.

### BAD WEATHER CANCELLATIONS

In case of inclement weather, call the Rainout Hotline at (801) 852-6629 after 3:30PM for youth sports and 4PM for adult sports on weekdays and 8AM for Saturday games. Games or activities may still be canceled at the site if deemed necessary.

### REFUND POLICY

**YOUTH SPORTS/PROGRAMS** No refunds after class starts.

**ADULT/TEAM SPORTS** Full refunds will be given until the day before the coaches meeting. After that, no refunds.

### RECREATION CENTER

**Daily Admission:** No refunds

**Memberships:** Prorated refunds for memberships paid in full. Cancellation fee charged for memberships with monthly payments, until contract is met. See front desk for specific amounts.

### MEMBERSHIP DETAILS

Monthly payments are only available on the annual membership. Monthly payment amount includes a \$3/month service charge. Debit/credit card must be kept on file for the payments. Annual membership with monthly payments auto-renew at the end of 12 months. Notification is required if you do not wish for your membership to renew.

Family covers up to 6 members including 2 parents and dependents 21 years old and under claimed as dependents for tax purposes. Each additional family member requires an additional fee.

Must bring in proof of residency, and proof of dependents. Additional rules and restrictions may apply. See staff for details.

Corporate Membership Discounts available as well as insurance plan agreements with Silver Sneakers, Silver & Fit, and Renew Active.

GOLF COURSE | ACTIVE WINTER 2022

# TIMPANOGOS GOLF CLUB

380 E LAKEVIEW PKWY | TIMPANOGOSGOLF.COM

(801) 852-PLAY (7529)

@TIMPGOLFCLUB FACEBOOK/TWITTER/INSTAGRAM



**TIMPANOGOS GOLF CLUB WILL OPEN FOR THE SEASON ON 3/1/2022**

## CHAMPIONSHIP COURSE | AGE 6+

9 HOLES                      18 HOLES  
\$16 WALKING                \$32 WALKING  
\$24 RIDING                    \$50 RIDING

## THE PASTURE | AGE 6+

WALKING ONLY  
\$12 | \$6 REC CENTER MEMBERS

The Pasture, a 9 hole Par 3 Course.

## THE TRAIL | AGE 3+

\$7 FOR EVERYONE (EQUIPMENT FEE INCLUDED)  
DISCOUNTED FEE FOR REC CENTER MEMBERS (\$3 EQUIPMENT RENTAL REQUIRED)

An exciting 6-hole course set-up for golfers of all skill levels. The \$7 fee includes two clubs and a larger, softer ball to play with.

## DRIVING RANGE

\$4 SMALL BUCKET | \$8 MEDIUM BUCKET | \$10 LARGE BUCKET  
1/2 OFF FOR REC CENTER MEMBERS

Paying for buckets of balls is automated now. The Range Ball Dispenser is located in The Cabin, which sits right next to the Driving Range. Rec Center Members will need to check-in at the clubhouse to receive their discount.

## MEN'S ASSOCIATION

\$5 + \$5 OPTIONAL SKINS GAME (DOES NOT INCLUDE GREEN FEES)

One of the state's top and most enjoyable men's association plays every Wednesday.

*The power in your swing (and the new lights) brought to you by Provo Power!*



# PEAKS IC



# THE ARENA



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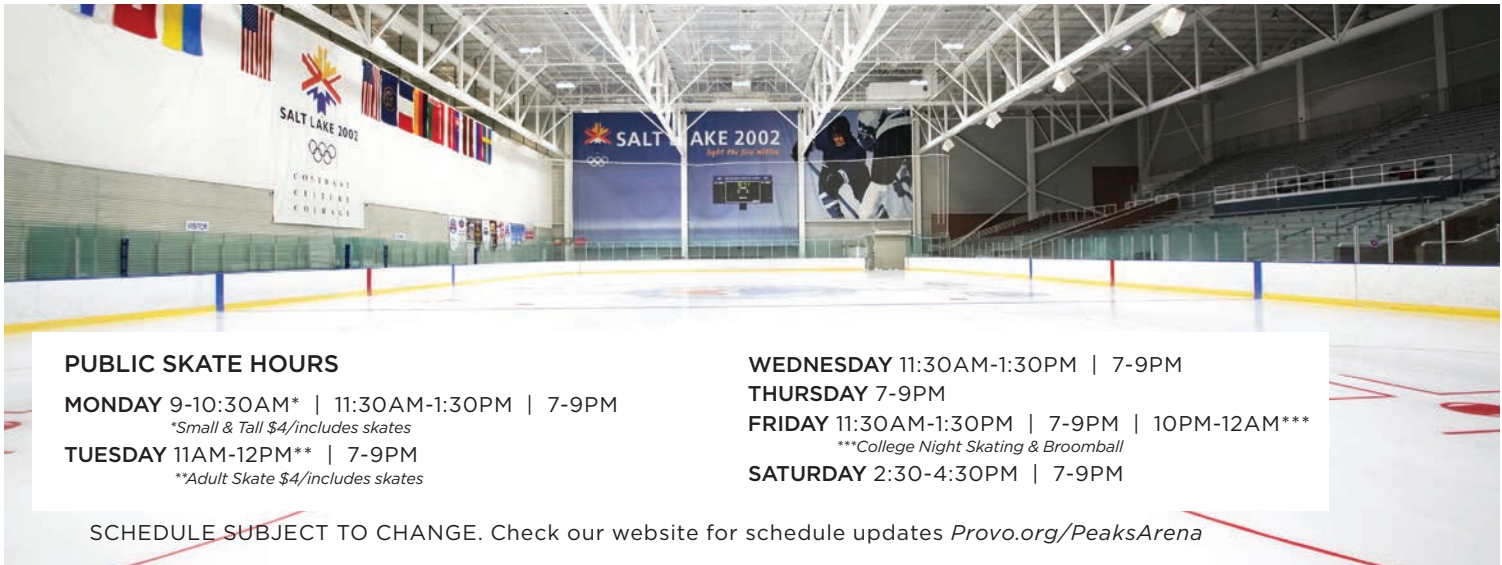
ith the Triple Play Access as part of the Provo Recreation Center Membership, you'll get free ice skating during any Public Skate hours. Skate Rental additional cost.

# PEAKS ICE ARENA

100 N SEVEN PEAKS BLVD | [PROVO.ORG/PEAKSARENA](http://PROVO.ORG/PEAKSARENA)  
ONLINE REGISTRATION [PROVO.ORG/SIGNUP](http://PROVO.ORG/SIGNUP)  
(801) 852-7465

## SKATE RATES & RENTALS

ADULT 12+ \$5  
CHILDREN 11- \$4  
SENIOR 62+ \$4  
TODDLER 3- FREE  
SKATE RENTAL \$3  
WALKER RENTAL \$5



### PUBLIC SKATE HOURS

MONDAY 9-10:30AM\* | 11:30AM-1:30PM | 7-9PM

*\*Small & Tall \$4/includes skates*

TUESDAY 11AM-12PM\*\* | 7-9PM

*\*\*Adult Skate \$4/includes skates*

WEDNESDAY 11:30AM-1:30PM | 7-9PM

THURSDAY 7-9PM

FRIDAY 11:30AM-1:30PM | 7-9PM | 10PM-12AM\*\*\*

*\*\*\*College Night Skating & Broomball*

SATURDAY 2:30-4:30PM | 7-9PM

SCHEDULE SUBJECT TO CHANGE. Check our website for schedule updates [Provo.org/PeaksArena](http://Provo.org/PeaksArena)

## PUBLIC SKATE

Check our online calendar for dates and times at [Provo.org/PeaksArena](http://Provo.org/PeaksArena).

## GROUPS

There are no discounts for groups but groups of 20 or more can head to the group reservation line at the front desk when they arrive to check out as a group the day of.

## PRIVATE RENTALS

Private Rentals are a great way to hold an activity exclusively for your group. Rent an ice rink for skating, broomball or hockey, the Olympic Room to host a party or rent one of our turf fields for soccer or any sport. Schedule your private rental by contacting the Peaks Ice Arena at (801) 852-6763.

## FIELD RENTALS

Rent time on our turf field for practice or league play. Call (801) 852-6763 for more information. All rates are hourly.

LG TURF HALF FIELD | TRAINING \$65

LG TURF ENTIRE FIELD | TRAINING \$100

## STICKTIME

Sticktime is open ice to practice hockey skills in an unstructured environment. Scrimmages or games are not permitted. Helmet, shin guards, gloves, stick, and skates are required; full gear recommended. Bring your own pucks. Two sticktime options available: Youth Sticktime (ages 17 and under) or Adult Sticktime (ages 18 and older). Check our online calendar for dates/times at [Provo.org/PeaksArena](http://Provo.org/PeaksArena) and make a reservation.

## DROP-IN HOCKEY

Drop-in hockey requires full gear and is designed for hockey scrimmaging. Reservations must be made in advance on the Provo Rec Center App.

## FREESTYLE SESSIONS

Freestyle Skating Sessions are specifically designed for aspiring competitive adult and junior figure skaters. During these sessions, skaters may practice their skills or programs, or schedule a private lesson. Reservations must be made in advance on the Provo Rec Center App. For more information visit our web site or stop by the front desk.

## PRIVATE FIGURE SKATING/HOCKEY LESSONS

Figure Skaters and hockey players can take private lessons at any time. Private lessons offer 1-on-1 instruction that allows for a more rapid progression of skills. Private lessons are a great supplement to group lessons and allow skaters to focus on specific areas of skill.

All Peaks Ice Arena Staff Professionals are members of U.S. Figure Skating and have completed the U.S. Figure Skating Coach Registration process, which includes an annual background check. Experienced hockey instructors offer experience in both playing and coaching. Contact Stephanie Siswick at [SSiswick@Provo.org](mailto:SSiswick@Provo.org) for more information.

## THE FIELDHOUSE & TRIPLE PLAY MEMBERSHIP ACCESS

As part of the Triple Play Recreation Center Membership, enjoy access to over 7,000 sq ft of functional fitness space and discounts on public skating. See Fitness on page 11 for details on open gym, classes, and page 12 for membership pricing and options.

**LEARN TO SKATE | AGE 3+**

**\$80 SNOWPLOW | AGES 3-5**

**\$80 BASIC 1-6 | AGES 5-15, ADULT 15+**

**\$80 SPECIALTY CLASSES**

**INCLUDES REQUIRED USFS MEMBERSHIP & SKATE RENTAL**

WINTER 1 | 1/4-2/19

T OR TH, 5:15PM or 6PM | SA 10:15AM or 11AM

WINTER 2\* | 2/22-4/2 | \*\$70 (6 WK SESSION)

T OR TH, 5:15PM or 6PM | SA 10:15AM or 11AM

SPRING 1 | 4/12-5/28

T OR TH, 5:15PM or 6PM | SA 10:15AM or 11AM

Classes are once a week for 7 weeks. Each class consists of a 30 minute lesson. Skaters learn skills to prepare them for the next level based on the Learn-to-Skate USA curriculum. Skaters who have never taken lessons should begin in Snowplow 1, Basic 1 or Beginning Adult classes. Check out website [Provo.org/Signup](http://Provo.org/Signup) for specific class times. For questions, contact Tara Denkers at [TDenkers@Provo.org](mailto:TDenkers@Provo.org) or call 801-852-6762.

**START SMART HOCKEY PROGRAM | AGE 3-16**

WINTER 1 | T OR TH 1/4-2/17 | 5:45-6:30PM | \$80

WINTER 2 | T OR TH 2/22-3/31 | 5:45-6:30PM | \$70

SPRING 1 | T OR TH 4/12-5/26 | 5:45-6:30PM | \$80

**INCLUDES PRACTICE JERSEY FIRST TIME**

Prerequisites: Prior to signing up for Start Smart, all prospective players should attend at least two sessions of the Learn to Skate program and complete Basic Level 2 prior to beginning the Start Smart Program.

Start Smart is an instructional level youth hockey program designed for kids ages 3-16 to be introduced to, and learn the basics of hockey. Start Smart prepares players to enter the Provo Predators Youth Hockey program. Participants will be divided into separate portions of the ice based on age. We recommend taking Learn to Skate's Hockey 1-4 sessions in conjunction with Start Smart.

Required Equipment: Helmet, shin guards, gloves, stick, and skates; participants must provide their own gear. For more information contact Brenda Hickman at [BHickman@Provo.org](mailto:BHickman@Provo.org).





# FITNESS FLOOR





# FITNESS FLOOR

THE FITNESS FLOOR AT THE REC CENTER  
FEATURES OVER 140 PIECES OF EQUIPMENT

WHETHER YOU WANT TO FOCUS  
ON CIRCUIT TRAINING OR  
WEIGHTS, WE HAVE A VARIETY OF  
EQUIPMENT WAITING FOR YOU

WE FEATURE LIFE FITNESS CARDIO,  
HAMMER STRENGTH WEIGHTS,  
AND STAGES BIKES

FITNESS TRAINING AVAILABLE  
AT THE FIELDHOUSE FOR  
AN ADDITIONAL FEE

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*Photo by Christina Wilson*

# RECREATION CENTER

320 W 500 N | [PROVO.ORG/RECCENTER](http://PROVO.ORG/RECCENTER) | [RECREATION@PROVO.ORG](mailto:RECREATION@PROVO.ORG)  
(801) 852-6600 MEMBERSHIPS & FACILITY QUESTIONS  
(801) 852-6620 PROGRAM REGISTRATIONS  
(801) 852-6613 RENTALS  
[FACEBOOK.COM/PROVORECCENTER](https://FACEBOOK.COM/PROVORECCENTER) | [INSTAGRAM @PROVORECREATIONCENTER](https://INSTAGRAM.COM/PROVORECREATIONCENTER)

**FACILITY** MONDAY - SATURDAY 5AM-10PM  
**AQUATICS** MONDAY - SATURDAY 5AM-10PM  
**LEISURE SWIMMING** MONDAY - SATURDAY 5AM-10PM | TOYS ON 10AM-10PM  
**COMP POOL\*** MONDAY - SATURDAY 5AM-10PM  
**INDOOR WATER SLIDES** MONDAY - FRIDAY 3PM-9PM, SATURDAY 12PM-8PM  
**AQUA NINJA COURSE** MONDAY 8-9PM - TUES-FRI 7PM-9PM, SATURDAY/HOLIDAYS/SPRING BREAK 12PM-8PM

## MEMBERSHIP PRICES | RESIDENT | NON-RESIDENT | ANNUAL RESIDENT MONTHLY

Corporate, Student, and Veteran Discounts available as well as Insurance Plan Agreements. See our Front Desk for more information.

### ADULT 18 - 59

DAILY \$5 | \$5  
3 MONTH \$95 | \$120  
6 MONTH \$165 | \$205  
ANNUAL \$285 | \$355 | \$27

### YOUTH 3 - 17

DAILY \$4 | \$4  
3 MONTH \$55 | \$65  
6 MONTH \$90 | \$112  
ANNUAL \$157 | \$195 | \$16

### ADULT COUPLE

DAILY NA | NA  
3 MONTH \$132 | \$167  
6 MONTH \$229 | \$289  
ANNUAL \$398 | \$503 | \$36

### SENIOR 60+

DAILY \$4 | \$4  
3 MONTH \$55 | \$65  
6 MONTH \$90 | \$112  
ANNUAL \$157 | \$195 | \$16

### SENIOR COUPLE

DAILY NA | NA  
3 MONTH \$95 | \$120  
6 MONTH \$165 | \$205  
ANNUAL \$285 | \$355 | \$27

### FAMILY

DAILY NA | NA  
3 MONTH \$167 | \$207  
6 MONTH \$284 | \$359  
ANNUAL \$493 | \$618 | \$44

### HOLIDAY HOURS

12/31 | NEW YEAR'S EVE | 5AM-12PM | NO PROGRAMS, OR SENIOR LUNCH; NO CLASSES, CHILD WATCH AFTER 1PM  
1/1 | NEW YEAR'S DAY | 9AM-10PM | NO CHILD WATCH, OR SENIOR LUNCH; LIMITED CLASSES  
1/17 | MLK DAY | 5AM-10PM | NO CLASSES, CHILD WATCH, PROGRAMS, OR SENIOR LUNCH  
2/21 | PRESIDENTS DAY | 5AM-10PM | NO CLASSES, CHILD WATCH, PROGRAMS, OR SENIOR LUNCH

## IN ADDITION TO RECREATION CENTER ACCESS:



### TIMPANOGOS GOLF CLUB

- 50% off the cost of the Pasture Par 3 green fee
- 50% off a bucket of balls at the Driving Range
- FREE access to 3 practice greens/chipping greens
- FREE access to Legacy Trail Par 3 Course (mandatory rental clubs not included)

### PEAKS ICE ARENA

- FREE Public Ice Skating (does not include skate rental)
- 7,000 sq ft Functional Fitness workout space
- Free fitness classes with emphasis on lifting, TRX, functional training, speed/agility/quickness
- Access to Personal Training, Team Training, and more

Recreation Center Members get three times the fun with the new Triple Play access. All Members get access to these exciting amenities with no extra cost.

*Please note that The Provo Senior Pass will continue to be venue-specific and will not have Triple Play access.*

**FITNESS**

Provo Recreation offers a variety of fitness amenities (ages 14+) and programs included with your membership:

- Fitness Floor with 100+ Cardio Machines and Weights
- 3 Group Studios, 1 Spin Studio
- 7,000 sq ft Functional Fitness Space at Fieldhouse Fitness
- 140+ weekly group exercise classes & 100+ Les Mills virtual classes

At no additional cost we also offer classes for youth and families, our Fitness 101 and Gym Orientation Program and specialty classes for seniors. Check the Provo Recreation Center App for class schedules and descriptions. A separate app, called The Provo Rec Performance app, is also free for members and includes access to 75 online classes, hundreds of exercise tutorials, workout plans and more. Personal training is available for ages 10+ and is not included in membership, but is a fantastic way to be sure to reach you goals!

**DROP-IN SPORTS**

Available for Pickleball, Tennis, Volleyball, Basketball, and Racquetball/Wallyball. See website for details and schedule.



**CHILD WATCH** | MONDAY-SATURDAY 7:45AM-1PM  
MONDAY-FRIDAY 3:45-9PM

Space is limited. Reservations are recommended but not required. Two hour time limit per day.

**Cost** | Pricing is for direct dependents only  
**Daily**

\$3/hour for first child; + \$2/hour for each additional child

**Monthly Pass**

\$25/month for first child; each additional child \$15/month

**RECREATION CENTER RENTALS**

Recreation Center rentals available in our classrooms, party rooms, banquet room, pools, courts, outdoor pavilion and more. To rent a room for an easy night of hosting, contact Tucker Lougee at [TLougee@Provo.org](mailto:TLougee@Provo.org).

**PROVO RECREATION CENTER APP**

Reserve a spot for racquetball, fitness classes, child watch, and more. Download the free iOS or Android app today by searching for "Provo Recreation Center" in the App Store or Google Play.



**YOUTH SPORTS | ACTIVE WINTER 2022**  
**YOUTH SPORTS**

**(801) 852-6620 | [PROVO.ORG/SIGNUP](https://provo.org/signup)**  
320 W 500 N | PROVO  
[QUICKSCORES.COM/PROVO](https://quickscores.com/provo) -  
SCHEDULES AND LEAGUE INFORMATION  
+\$10 IF REGISTERING AFTER DEADLINE  
\*SOME PROGRAMS MAY FILL BEFORE  
THE DEADLINE

#### **YOUTH SPORTS REQUEST SYSTEM**

- Individual matching requests must be reciprocal, made before registration deadline
- There are no limits on the amount of requests a player can make
- Any requests of more than 2 players must include a volunteer parent as a coach
- Those who request more than 4 players are asked to contact league coordinators to confirm matching request accuracy
- Siblings will still be guaranteed to be together. Please indicate if siblings have different last names.
- EXAMPLE: John requests Karl, Michael, Scottie, Charles, and Patrick. Each of John's requests must request him in return and one of the parents must indicate they are willing to coach and all parties must request that parent by name

**VOLUNTEER COACHES NEEDED** - Coaches can earn up to \$30 back in the form of a refund. Each coach will be required to attend the pre-season coach's meeting, have good sportsmanship scores throughout the season, and return all equipment at the end of the season to be eligible for the full refund amount.

**EAST/WEST BOUNDARIES FOR TEAM FORMATION** - East and West team and game locations are determined by which public high school your child will or would attend. Schools in the Timpview High School boundaries will be placed on "East Teams" and all Provo High School on "West Teams." This process will take place as the program allows. Some programs might not allow for such team formation.

#### **YOUTH VOLLEYBALL | [AGE 3RD-9TH GRADE](#)**

**\$55 REC, \$65 NON-RES**  
2/28-4/30 | M-F  
REGISTRATION 12/7-1/27

All teams will be put together by Provo Parks & Recreation. Teams 5th grade and up will be formed by a draft system. No requests allowed with a draft and all registrants will be drafted to a team. 8 league games & a single elimination, post-season tournament. Practices & Games will be held Mon thru Fri.

#### **TRACK & FIELD | [AGE 7-15](#)**

**\$50 RES, \$60 NON-RES**  
4/13-6/18 | M/W  
REGISTRATION 1/4-3/31

A parent meeting will be held on 4/18 at 5PM at the Recreation Center. Program is held at Provo High School.



**YOUTH BASEBALL/SOFTBALL**

**ROOKIE LEAGUE (T-BALL)**

**AGE 5-KINDERGARTEN, MUST BE 5 BY 9/1**

5/21-7/9

**\$40 RES, \$50 NON-RES**

**REGISTRATION 3/1-4/28**

8 games played on SA or weeknights. Participants will all hit off a tee during games.

**MINOR LEAGUE (COACH PITCH)**

**AGE K-2ND GRADE, BOYS & GIRLS SEPARATE**

5/21-7/9

**\$47 RES, \$57 NON-RES**

**REGISTRATION 3/1-4/28**

Boys Baseball will play at Fort Utah Park (200 N Geneva Rd), Girls Softball will play at Harmon Park (900 E 200 S). This is an 8 game league focused on skill enhancement played on SA or weeknights.

**MINOR LEAGUE (MACHINE PITCH)**

**AGE 1ST-2ND GRADE, BOYS & GIRLS SEPARATE**

5/21-7/9

**\$47 RES, \$57 NON-RES**

**REGISTRATION 3/1-4/28**

Boys Baseball will play at Fort Utah Park (200 N Geneva Rd), Girls Softball will play at Harmon Park (900 E 200 S). This is an 8 game league focused on skill enhancement played on SA or weeknights.

**PITCH, HIT, & RUN & HOME RUN DERBY**

**AGE 7-14, BOYS & GIRLS SEPARATE**

5/21 | SA TIME TBD Ft Utah Park (200 N Geneva Rd)

**FREE**

Open registration and participation [mlb.com/phr](http://mlb.com/phr).

**BOYS JR BASEBALL | AGE 3RD-8TH GRADE**

5/16-7/23

**REGISTRATION 3/1-4/28**

LEAGUE	FEE	NIGHT OF PLAY
3RD-4TH GRADE	\$80 RES, \$90 NON-RES	T/TH
5TH-6TH GRADE	\$85 RES, \$95 NON-RES	M/W
7TH-8TH GRADE	\$85 RES, \$95 NON-RES	T/TH

Teams will be formed using a hybrid request/draft system during Spring Training on May 16-19. The draft will include participation in a mandatory skills clinic. Matching requests are allowed, limit one friend per registrant. Friends will be placed on a team together. All registrants will be drafted and placed on a team.

**SPRING TRAINING & DRAFTS | FORT UTAH PARK 200 N GENEVA RD**

LEAGUE	DATE	TIME	COACHES MTG
ALL LEAGUES	M 5/16	5-6:30PM	
3RD-4TH GRADE	T 5/17	5-6:30PM	6:30PM
5TH-8TH GRADE	W 5/18	5-6:30PM	6:30PM

**GIRLS FAST PITCH SOFTBALL | AGE 3RD-9TH GRADE**

5/10-7/16

LEAGUE CLINICS 5/3, 5/4, 5/5 | 4:30-6PM | HARMON PARK

**\$70 RES, \$80 NON-RES**

**REGISTRATION 3/1-4/28**

Teams will be formed using a hybrid request/draft system. The draft will include participation in a mandatory skills clinic. Matching requests are allowed, limit one friend per registrant. Friends will be placed on a team together. All registrants will be drafted and placed on a team. 8 regular season games and a post-season tournament included. Some travel may be necessary if combined with other city leagues. Home games will be played on T & TH at Harmon Park (900 E 200 S).

**LEAGUE DRAFTS | HARMON PARK 900 E 200 S**

LEAGUE	DATE	TIME
3RD-4TH GRADE	T 5/10	5-6:30PM
5TH-9TH GRADE	W 5/11	5-6:30PM



**YOUTH SOCCER - SPRING**

**AGE 4YRS-9TH GRADE, MUST BE 4 BY APRIL 10**

4/11-5/8, AS WEATHER PERMITS

REGISTRATION 12/7-2/24

LEAGUE	FEE
PRE-K-2ND	\$50 RES, \$60 NON-RES
3RD-6TH	\$55 RES, \$65 NON-RES
7TH-9TH	\$60 RES, \$70 NON-RES
\$15 IF NEW BLUE/WHITE JERSEYS ARE NEEDED	

8 games at rotating times of 4:30PM, 5:30PM, or 6:30PM on weeknights and anytime 9AM-4PM on SA. Shin guards are recommended for each age group, but are mandatory for 3rd grade and older.

DIVISION	AGE	GAME DAYS	BALL SIZE
BOYS & GIRLS COMBINED			
PRESCHOOL	4YRS-PRESCHOOL	M OR W & SA	3
KIND	KINDERGARTEN	M OR W & SA	3
BOYS & GIRLS SEPARATE			
1ST-2ND	1ST-2ND GRADE	M OR W & SA	3
3RD-4TH	3RD-4TH GRADE	T OR TH & SA	4
5TH-6TH	5TH-6TH GRADE	T OR TH & SA	4
7TH-9TH	7TH-9TH GRADE	TBD	5

**CHALLENGER SOCCER CAMP | AGE 3-16**

6/6-6/10

**FEE DEPENDS ON AGE/DURATION**

REGISTRATION AT CHALLENGERSPORTS.COM

Multiple camp options hosted at Rotary Park (1550 W 1460 N) for different ages and abilities with an emphasis on footwork and fun. Register at ChallengerSports.com.

**PROVO SPORTS CAMP | AGE 6-12**

**\$70/SESSION RES, \$80/SESSION NON-RES**

REGISTRATION 4/4-WED BEFORE EACH SESSION

SESSION	SPORT	DATES
SESSION 1	BASKETBALL	M-F 6/13-6/17
SESSION 2	BASKETBALL	M-F 6/20-6/24
SESSION 3	VOLLEYBALL	M-F 6/27-7/1
SESSION 4	SOCCER	M-F 7/11-7/15
SESSION 5	SOCCER	M-F 7/18-7/22

Sessions will be held M-F from 9AM-12PM. All camps will be held at Provo Recreation Center.

**TENNIS LESSONS 2 WEEK | AGE 7-18**

**\$48 RES, \$58 NON-RES**

REGISTRATION BEGINS 5/3

SESSION	DATES	DEADLINE
SESSION 1	6/6-6/17	5/26
SESSION 2	6/20-7/1	6/2
SESSION 3	7/1-7/22	6/9
SESSION 4	7/25-8/5	7/23

Monday-Thursday daily for 1 hour at 8AM, 9:15AM, or 10:30AM.

**TENNIS LESSONS 4 WEEK | AGE 7-18**

**\$53 RES, \$63 NON-RES**

REGISTRATION BEGINS 5/3

SESSION	DATES	DEADLINE
SESSION 1	6/6-7/1	5/26
SESSION 2	7/11-8/5	6/2

Monday/Wednesday or Tuesday/Thursday for 1 hour at 8AM, 9:15AM, or 10:30AM. Held at Kiwanis Park.

**YOUTH/ADULT PRIVATE TENNIS LESSONS**

**\$45 FOR 1 PERSON,  
OR \$30 PER PERSON FOR PRIVATE GROUP LESSONS UP TO 4 PEOPLE**

Contact Shawn Whitaker at [SWhitaker@Provo.org](mailto:SWhitaker@Provo.org) for more information.

**YOUTH TENNIS LEAGUE | AGE 10-17**

**\$85 RES, \$95 NON-RES**

6/1-7/12 (Tournament begins 7/12)

REGISTRATION 4/6-5/22

This is for intermediate to advanced players only. Exact schedule details will be determined based on league size and covid restrictions. Practice location is Rotary Park for 1hr, 8AM-12PM. Exact practice times will be determined by registration numbers, ages 10-13 will practice between 8AM-10AM, ages 14-17 will practice between 10AM-12PM.

**START SMART SPORTS | AGE 3-5**

**\$40 RES, \$50 NON-RES**

Sessions may fill before registration deadlines. Start Smart is a clinic-style sports skill development program. Parents & children participate together to learn and practice basic sport-specific skills & drills, culminating in a scrimmaged game on the last day.

SESSION 1 | 10-10:45AM @ REC CENTER

SESSION 2 | 10:45-11:30AM @ REC CENTER

SESSION 3 | 4:30-5:15PM @ REC CENTER

SESSION 4 | 5:15-6PM @ REC CENTER

**START SMART BASKETBALL**

2/3-2/24 | T/TH

REGISTRATION 1/4-1/27

**START SMART SOCCER**

3/3-3/24 | T/TH

REGISTRATION 2/1-2/24

**START SMART BASEBALL**

5/5-5/26 | T/TH

REGISTRATION 4/5-4/28





**ADULT FALL SOFTBALL | AGE 16+**  
**SINGLE GAME LEAGUE \$365 (8 GAMES & DOUBLE ELIM TOURN)**  
**DBHD LEAGUE \$600 (16 GAMES & DOUBLE ELIM TOURN)**  
 3/21-6/10  
 COACHES MTG TH 3/17 | 6PM | REC CENTER  
 REGISTRATION 1/4-2/24, OR UNTIL FULL

SINGLE GAME LEAGUE	DAY
MEN'S D2	WED
MEN'S RECREATION	WED
COED LOWER	FRI
COED CORPORATE	FRI
DOUBLE HEADER LEAGUE	DAY
MEN'S D1	MON
MEN'S D2	TUE
MEN'S RECREATION	TUE
COED UPPER	FRI

Games played at Footprinter Park

**SOFTBALL TOURNAMENTS**  
 TOURNAMENTS ARE A 4 GAME GUARANTEE

**COED MARCH MULTIVERSE OF MADNESS | AGE 16+**  
 \$250 | \$100 DISCOUNT IF REG BY 3/1; \$50 BY 3/8  
 3/25-3/26 | F EVENING/SA ALL DAY  
 REGISTRATION 1/4-3/17, OR UNTIL FULL

**MEN'S FIRECRACKER TOURNAMENT | AGE 16+**  
 \$250 | \$100 DISCOUNT IF REG BY 3/1; \$50 BY 3/8  
 6/10-6/11 | F EVENING/SA ALL DAY  
 REGISTRATION 4/5-6/2, OR UNTIL FULL

**COED FIRECRACKER TOURNAMENT | AGE 16+**  
 \$250 | \$100 DISCOUNT IF REG BY 5/1; \$50 BY 5/22  
 6/17-6/18 | F EVENING/SA ALL DAY  
 REGISTRATION 4/5-6/2, OR UNTIL FULL

**PICKLEBALL TOURNAMENTS**  
 TOURNAMENTS ARE A 4 GAME GUARANTEE

**MEN'S/WOMEN'S DOUBLES TOURNAMENT (NEW)**  
**LOWER/INTERMEDIATE 2.5-3.5 | AGE 16+**  
 \$50/TEAM  
 4/16 | SA  
 REGISTRATION 2/1-4/7, OR UNTIL FULL

**MIXED DOUBLES & SINGLES TOURNAMENT (NEW)**  
**LOWER/INTERMEDIATE 2.5-3.5 | AGE 16+**  
 \$50/TEAM  
 4/23 | SA  
 REGISTRATION 2/1-4/14, OR UNTIL FULL

**FREEDOM PICKLEBALL MEN'S/WOMEN'S DOUBLES TOURNAMENT (NEW) | AGE 16+**  
 \$50/TEAM  
 6/10-6/11 | F EVENING/SA ALL DAY  
 REGISTRATION 4/5-6/2, OR UNTIL FULL

**FREEDOM PICKLEBALL MIXED DOUBLES & SINGLES TOURNAMENT (NEW) | AGE 16+**  
 \$50/TEAM  
 6/17-6/18 | F EVENING/SA ALL DAY  
 REGISTRATION 4/5-6/9, OR UNTIL FULL

**YOUTH/ADULT PRIVATE TENNIS LESSONS**  
**\$45 FOR 1 PERSON,**  
**OR \$30 PER PERSON FOR PRIVATE GROUP LESSONS UP TO 4 PEOPLE**  
 Contact Shawn Whitaker at [SWhitaker@Provo.org](mailto:SWhitaker@Provo.org) for more information.

**4 WEEK ADULT BEGINNER TENNIS LEAGUE | AGE 16+**  
**\$55 RES, \$65 NON-RES**  
 7/12-8/4 | T/TH | 7AM  
 REGISTRATION 5/3-6/30  
 Tuesday/Thursday for 1 hour at 7AM at Kiwanis Park.





(801) 852-6620 | [PROVO.ORG/SIGNUP](https://provo.org/signup)  
 320 W 500 N | PROVO  
 +\$10 IF REGISTERING AFTER DEADLINE  
 \*SOME PROGRAMS MAY FILL BEFORE THE DEADLINE

**TUMBLING TOTS**

**AGE 2-4, 2 YR OLD REQUIRES PARENT/ADULT PARTICIPATION**

**\$50 RES, \$60 NON-RES**

**REGISTRATION OPENS 1 MONTH BEFORE THE SESSION**

M/W | 9-9:45AM OR 10-10:45AM | 2 YR OLDS  
 M/W | 11-11:45AM OR 12-12:45PM | 3-4 YR OLDS

- SESSION 1 | 1/3-1/26\* | \*NO CLASS 1/17, MAKE-UP 1/21
- SESSION 2 | 1/31-2/25\* | \*NO CLASS 2/21, MAKE-UP 2/25
- SESSION 3 | 2/28-3/23
- SESSION 4 | 3/28-4/27\* | \*NO CLASS 3/4, 3/6
- SESSION 5 | 5/2-5/25

This is a tot's exploration of body movement, motor skills, tumbling, and sports introduction.

**KID FIT | AGE 10-12**

**\$65 RES, \$75 NON-RES**

1/25-3/3 | T/TH 5-6PM

HELD AT THE FIELDHOUSE @ PEAKS ICE ARENA

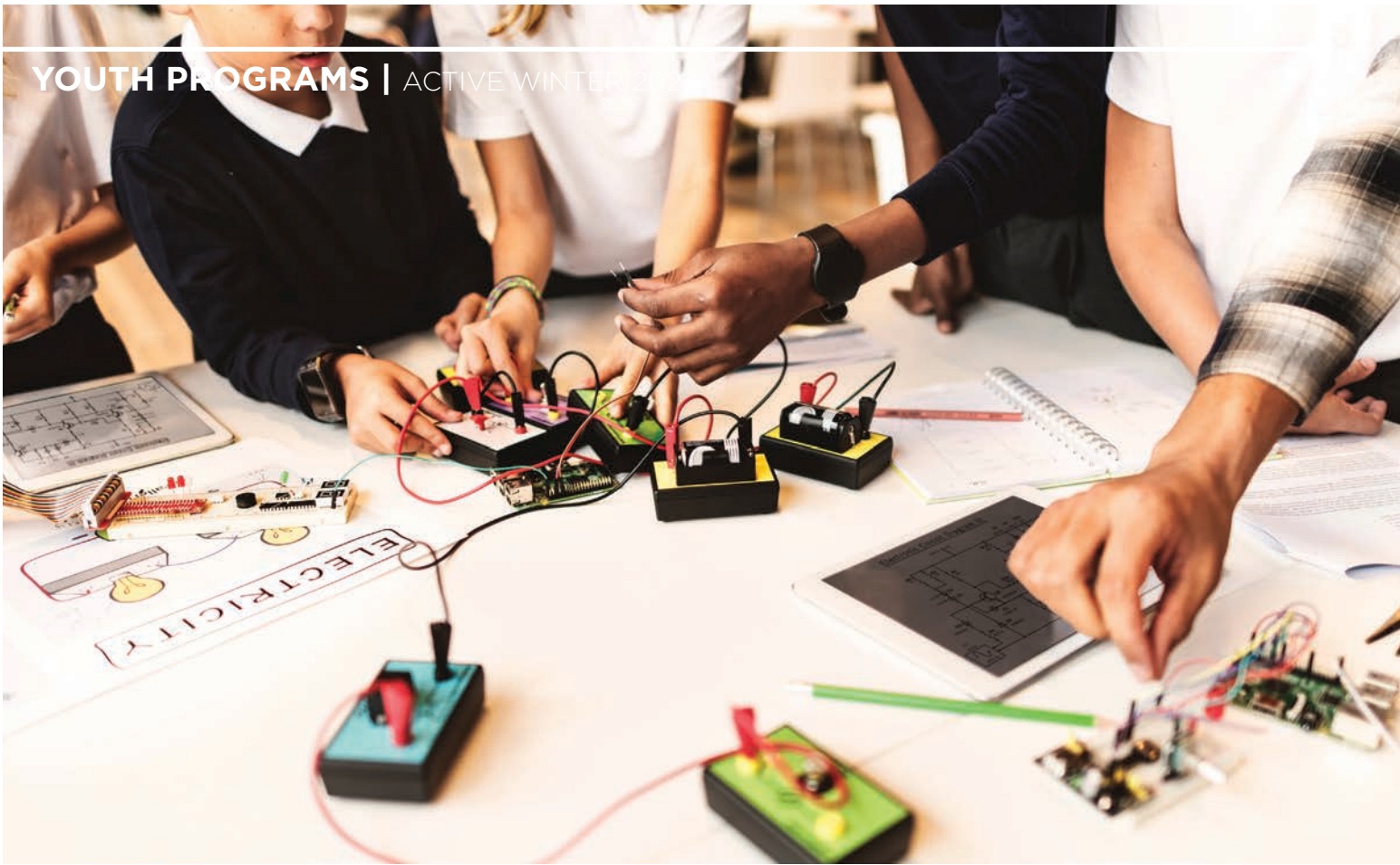
Looking for a fun way to get your kids moving and away from electronics? This is the perfect class! This class provides a unique opportunity for your child to work with a certified trainer in a fun, safe and supportive environment at our Fieldhouse Fitness. Your kids will hardly know they are exercising as the classes will focus on making fitness fun, while providing education and training. The class is structured each week to focus on a variety of movements such as speed, age-appropriate resistance training, mobility, and spatial awareness. This class is for all levels of abilities.

**YOUTH STRENGTH & CONDITIONING | AGE 13-17**

**\$75 RES, \$85 NON-RES**

1/24-3/2\* | M/W 6:30-7:30PM | \*NO CLASS 2/21  
 HELD AT THE FIELDHOUSE @ PEAKS ICE ARENA

This class is perfect for your teen athlete or those interested in improving their physical health in a fun, safe and motivating environment. The class is run in our amazing Fieldhouse Fitness and structured each week to focus on athletic movements including age-appropriate resistance training, speed, agility, directional step, balance, and range of motion. This provides complimentary functional training for teens involved in a variety of sports and activities including dance and cheer as well as a great introductory course to fitness for all levels and abilities. This is a great opportunity for your teen to be instructed by a nationally certified personal trainer at a fraction of the cost and have some fun in the process!



**PARENT & CHILD ART DISCOVERY | AGE 4-5 W/PARENT**

**\$45 RES, \$55 NON-RES**

SESSION 1 | 1/11-2/15 | T 4:30-5:30PM

SESSION 2 | 2/22-3/29 | T 4:30-5:30PM

This class is an interactive pottery, ceramics, and painting class for parent and child. Only one child per parent. All supplies are included.

**ART EXPLORATION | AGE 6-10**

**\$45 RES, \$55 NON-RES**

SESSION 1 | 1/3-1/24\* | M/W 4:30-5:30PM

SESSION 2 | 1/31-2/16 | M/W 4:30-5:30PM

SESSION 3 | 2/28-3/16 | M/W 4:30-5:30PM

*\*NO CLASS 1/17*

This class offers an introduction to drawing, painting, printmaking, and ceramics. Participants will be able to express their ideas through projects created through different mediums. This is a great course for those who want to do a little bit of everything.

**YOUTH PHOTOGRAPHY | AGE 10-14**

**\$35 RES, \$45 NON-RES**

1/12-2/2 | W 4-5PM

This course is for kids who want to learn to take fun and creative photos. We will learn the basics of photography and have lots of hands-on practice. Students are required to bring their own camera or phone with a camera.

**ROBOTICS IN ART WORKSHOP | AGE 8-12**

**\$35 RES, \$45 NON-RES**

SESSION 1 | 2/2-2/23 | W 4-6PM

SESSION 2 | 4/13-5/4 | W 4-6PM

An interdisciplinary class that facilitates a unique opportunity for kids to expand their creativity as they design, build, and program robotic sculptures and characters. A falling snowman that laughs, a dancing cat, a rocking boat in an ocean. Cost covers all materials and supplies. Students will be able to take home their sculptures but not the robotics components as those will be reused in future classes.

## KIDS COOKING CLASSES | AGE 6-13

\$65 RES, \$75 NON-RES

### BREAKFAST CLUB

SESSION 1 | 1/10-1/31\* | M/W 4-4:45PM | AGES 6-9

SESSION 2 | 1/10-1/31\* | M/W 5-6PM | AGES 10-13

SESSION 3 | 1/11-1/27 | T/TH 4-4:45PM | AGES 6-9

SESSION 4 | 1/11-1/27 | T/TH 5-6PM | AGES 10-13

\*NO CLASS 1/17

### KIDS FAVORITE MEALS

SESSION 1 | 2/7-2/28\* | M/W 4-4:45PM | AGES 6-9

SESSION 2 | 2/7-2/28\* | M/W 5-6PM | AGES 10-13

SESSION 3 | 2/8-2/24 | T/TH 4-4:45PM | AGES 6-9

SESSION 4 | 2/8-2/24 | T/TH 5-6PM | AGES 10-13

\*NO CLASS 2/21

### BAKING BASICS

SESSION 1 | 3/7-3/23 | M/W 4-4:45PM | AGES 6-9

SESSION 2 | 3/7-3/23 | M/W 5-6PM | AGES 10-13

SESSION 3 | 3/8-3/24 | T/TH 4-4:45PM | AGES 6-9

SESSION 4 | 3/8-3/24 | T/TH 5-6PM | AGES 10-13

### COOKING AROUND THE WORLD

SESSION 1 | 4/11-4/27 | M/W 4-4:45PM | AGES 6-9

SESSION 2 | 4/11-4/27 | M/W 5-6PM | AGES 10-13

SESSION 3 | 4/12-4/28 | T/TH 4-4:45PM | AGES 6-9

SESSION 4 | 4/12-4/28 | T/TH 5-6PM | AGES 10-13

These classes introduces children and youth to the satisfaction of preparing delicious, fancy food, as well as developing foundational kitchen skills to last a lifetime.

### JUNIOR CAKE DECORATING | AGE 8-13

\$60 RES, \$70 NON-RES

SESSION 1 | 1/4-2/8 | T 6:30-8:30PM

SESSION 2 | 1/6-2/10 | TH 6:30-8:30PM

In six sessions your child will learn the basics of party cake decorating! Some things we'll cover are simple flowers, borders, buttercream textures and a few fun ways to use fondant to create eye-popping decorations. In our final class your child will get to design and create their very own cake to bring home!

### CAKE DECORATING & BEYOND | AGE 8-13

\$45 RES, \$55 NON-RES

T/TH 6:30-8:30PM

SESSION 1 - CAKES | 3/8-3/17

SESSION 2 - CUPCAKES | 3/22-3/31

SESSION 3 - CAKE POPS | 4/12-4/21

Children will enjoy learning how to decorate all types of cakes! Whether that is in the form of a cake, cupcake, cake pop and more. Some things we'll cover are simple flowers, borders, buttercream textures and a few fun ways to use fondant to create eye-popping decorations.



**CERAMIC HAND BUILDING BEGINNERS** | **AGE 14+**

**\$85 RES, \$95 NON-RES**

SESSION 1 | 1/25-3/1 | T 6-8PM

SESSION 2 | 3/8-4/19\* | T 6-8PM | \*NO CLASS 4/5

Come learn for the first time or the first time in a long time, the magic of ceramic hand building. Using ancient techniques for attaching, building, shaping, surface texturing, and glazing participants will be able to make work of their own design and ambition whether functional or sculptural. All instruction, storage, shared tools, clay, glaze, and firing will be included in the cost.

**CERAMIC HAND BUILDING INTERMEDIATE** | **AGE 14+**

**\$85 RES, \$95 NON-RES**

SESSION 1 | 1/27-3/3 | TH 6-8PM

SESSION 2 | 3/10-4/21\* | TH 6-8PM | \*NO CLASS 4/7

Building on previously learned skills (whether in the beginning class or another ceramics class), participants will expand their ceramics ability with more difficult technical learning opportunities like wheel throwing and burnishing. All participants need a base level of understanding of the ceramics process. All instruction, storage, shared tools, clay, glaze, and firing will be included in the cost.

**CERAMIC HAND BUILDING ADVANCED** | **AGE 14+**

**\$225 RES, \$235 NON-RES**

1/27-5/5\* | TH 6-8PM | \*NO CLASS 4/7

This class has been designed to serve makers looking for the space and opportunity to build their own projects throughout 14 weeks. Participants should have taken at least one ceramics course (not a single class) in the past two years and will have the option of participating in the intermediate level classes. With weekly access to the studio space and tools, participants will be able to lead out in designing and building functional and sculptural work of their own. Regular firings make for a flexible and long-term schedule. Instructor will be available to help and guide as necessary and requested. Cost covers instructor, storage, glazes, and firing. Participants will be responsible to purchase clay in the class but are welcome to bring their own supplies so long as it is approved by the instructor.

**ADULT HAND-LETTERING** | **AGE 14+**

**\$65 RES, \$75 NON-RES**

3/2-3/23 | W 6-8PM

Turn your writing into art! Together we'll cover everything from foundational hand lettering techniques and letterforms, to brush lettering and composition, and finding your own personal style. All materials are provided - all you need to bring is your sweet self and a love of letters!

**MOTHER ART CLASSES** | **AGE 18+**

**\$45 RES, \$55 NON-RES**

SESSION 1 | 1/29-3/5 | SA 9-11AM

SESSION 2 | 3/12-4/23\* | SA 9-11AM | \*NO CLASS 4/9

This class has been designed to serve new mothers as they grapple with evolving relationships and roles in their families and communities. We will meet each week to relax, connect, and make art. The projects are co-created and self-determined by the group so that the unique experience each group needs can happen. Projects may include ceramics, photography, collage, painting, poetry, and more.

**INTRODUCTION TO PHOTOGRAPHY** | **AGE 14+**

**\$45 RES, \$55 NON-RES**

2/9-3/16 | W 6-7PM

This course is for beginner photographers who want to learn to use their cameras to take improved photographs as well as learn and understand the fundamentals of photography. We will be learning to capture personal expressions, not just snapshots. Learn how to use your camera in manual mode and come have fun in a relaxed learning environment with others who share your passion for the art of photography.

**PHOTOGRAPHY - INTERMEDIATE COURSE** | **AGE 14+**

**\$45 RES, \$55 NON-RES**

3/23-5/4\* | W 6-7PM | \*NO CLASS 4/6

For those who have already taken the intro course or know how to shoot in manual mode, this course will give you the opportunity to refine your technical skills and expand your creative thinking. Depending on students' access to transportation we may occasionally meet at other locations in Provo to take photos. We will learn the basics of photo editing and the process of preparing photos for printing. Students are required to bring their own camera.

**INTRODUCTION TO WATERCOLOR** | **AGE 14+**

**\$65 RES, \$75 NON-RES**

4/13-5/4 | W 6-8PM

Come learn design principles and techniques of watercolor painting in this introductory course! Designed for beginner to intermediate level artists, it's a fun way to try something new or even add more techniques to your painting repertoire. This class covers color mixing, application and textural techniques, color theory, brush control, and more. All course materials are provided.

# AQUATICS

**LEISURE POOL OPEN SWIM HOURS**  
**MONDAY-SATURDAY 5AM-10PM**  
**TOYS ON 10AM-10PM**

**INDOOR WATER SLIDES**  
**MONDAY-FRIDAY 3-9PM**  
**SATURDAY/HOLIDAYS/SPRING BREAK 12-8PM**

**AQUA NINJA COURSE**  
**MONDAY 8-9PM**  
**TUESDAY-FRIDAY 7-9PM**  
**SATURDAY/HOLIDAYS/SPRING BREAK 12-8PM**

**COMPETITION POOL HOURS**  
**MONDAY-SATURDAY 5AM-10PM\***

\*All comp pool users (public lap swimmers, swim teams, aquatic classes, other user groups) will be asked to share lanes during high peak times, typically M-F, 6-11AM, 2-6:30PM

PLEASE VISIT OUR WEBSITE TO SEE THE DAILY LAP POOL AVAILABILITY AND A LIST OF COMPETITION POOL CLOSURES AT [PROVO.ORG/RECCENTER](http://PROVO.ORG/RECCENTER).

**PROGRAM REGISTRATIONS**  
**801-852-6620 | [PROVO.ORG/SIGNUP](http://PROVO.ORG/SIGNUP)**

+\$10 IF REGISTERING AFTER THE DEADLINE  
 DEADLINE IS THE SAT BEFORE SESSION BEGINS

**ADAPTIVE SWIM SCHOOL | AGE 5-18**  
**\$50 RES, \$60 NON-RES**

WINTER 1 | M/W | 1/10-2/7\* | 30 MINS  
 WINTER 2 | M/W | 2/28-3/23 | 30 MINS  
 SPRING 1 | M/W | 4/11-5/4 | 30 MINS

\*NO CLASS 1/17, MAKE-UP 2/7

**4PM - LOW FUNCTIONING | 4:30PM - HIGH FUNCTIONING**

Adaptive group lessons are geared for children with physical or cognitive disabilities. Students will learn stroke techniques, water safety, self-confidence, and teamwork. Parents, please note that our goal is to ensure that each child has the most successful experience possible and in order to do so the first day of classes will be an assessment of abilities. There is a possibility that the time of your child's class may change to the other adaptive time slot if the instructor feels it is a better fit for your child.

**ADULT SWIM PROGRAM | AGE 16+**  
**\$40 RES, \$50 NON-RES**

WINTER 1 | 1/11-2/3 | T/TH | 30 MINS  
 WINTER 2 | 1/15-2/12 | SA | 45 MINS  
 WINTER 3 | 3/1-3/24 | T/TH | 30 MINS  
 WINTER 4 | 2/26-3/26 | SA | 45 MINS  
 SPRING 1 | 4/12-5/5 | T/TH | 30 MINS  
 SPRING 2 | 4/16-5/14 | SA | 45 MINS  
 T/TH 7PM | SA 8:15AM

You are never too old to learn how to swim or master your stroke. Swim instructors will work with adults of all ages to achieve your personal swimming goals. The program is divided into 2 levels: Beginner, Intermediate/Advanced.

**PRIVATE SWIM LESSONS | AGE 3+**  
**\$80 RES, \$90 NON-RES**

\*(4 LESSONS) YOU MAY ADD ONE ADDITIONAL PARTICIPANT TO YOUR LESSON FOR NO ADDITIONAL CHARGE. YOU DO NOT NEED TO REGISTER THE ADDITIONAL PERSON, THEY WILL BE ADDED ON THE FIRST CLASS DAY.

T/TH TIMES: 3, 3:30, 4, 4:30, 5, 5:30, 6, 6:30PM  
 SA TIMES: 9, 9:30, 10, 10:30, 11, 11:30AM

1/4-1/25 | T | 30 MIN  
 1/6-1/27 | TH | 30 MIN  
 2/8-2/29 | SA | 30 MIN  
 2/1-2/22 | T | 30 MIN  
 2/3-2/24 | TH | 30 MIN  
 2/5-2/26 | SA | 30 MIN  
 3/1-3/22 | T | 30 MIN  
 3/3-3/24 | TH | 30 MIN  
 3/5-3/26 | SA | 30 MIN

Private swim lessons are 30 minute sessions concentrated, individualized, one-on-one swim instruction that gives the participant the opportunity to quickly learn basic swim skills and the advancing swimmer the opportunity to gain quick insight on skill technique development in a smaller group setting. No make-up classes for missed days.

**PIRANHAS YEAR ROUND SWIM PRACTICE | AGE 5-18**  
**\$50 RES, \$60 NON-RES**

SESSION 1 | SA | 2/26-3/26 | 10:30AM-12PM  
 SESSION 2 | SA | 4/16-5/14 | 10:30AM-12PM

This is a recreation level swim group. Coaches will help swimmers improve strokes, technique and endurance. Practices will include dry land skills and water workouts. Must be able to swim 25 yds with ease.

## AQUATICS | ACTIVE WINTER 2022



### WINTER GROUP SWIMMING LESSONS | ALL AGES

CLASSES: AQUA TOTS, PRESCHOOL LEVELS 1-3, SWIM SCHOOL LEVELS 1-6, PRE-SWIM TEAM

CLASS DESCRIPTIONS AND LEVELS ARE AT [PROVO.ORG/RECCENTER](http://PROVO.ORG/RECCENTER)

**\$40 RES, \$50 NON-RES**

SEE PAGE 2 FOR REFUND/CANCELLATION POLICY. NO MAKE-UP FOR MISSED CLASSES

### SWIM LESSON PROCEDURES

In order to ease the process of registration, your child will be assessed and placed in the proper class on the first day of class. Thus, you only need to register your child for a time slot. You no longer need to select a level. Swim lesson spectators and participants are not permitted to use the facility unless they are pass holders or have paid daily admission fees. There are no make-up lessons for missed classes. M-TH classes have 8 lessons, each 30 minutes. SA classes have 5 lessons and are 45 minutes.

### WINTER LESSONS

#### DAYS | TIMES

M/W | 4, 4:35, 5:10, 5:45, 6:20PM

T/TH | 9:30, 10, 10:30, 11AM

T/TH | 4, 4:35, 5:10, 5:45, 6:20PM

SA | 9, 9:50, 10:40, 11:30AM

### WINTER SESSIONS

#### SESSION | DAYS | DATES | REGISTRATION

WINTER 1 | M/W | 1/10-2/7\* | 11/9-1/8

WINTER 2 | T/TH | 1/11-2/3 | 11/9-1/8

WINTER 3 | SA | 1/15-2/12 | 11/9-1/14

WINTER 4 | M/W | 2/28-3/23 | 11/9-2/26

WINTER 5 | T/TH | 3/1-3/24 | 11/9-2/26

WINTER 6 | SA | 2/26-3/26 | 11/9-2/25

SPRING 1 | M/W | 4/11-5/4 | 11/9-4/9

SPRING 2 | T/TH | 4/12-5/5 | 11/9-4/9

SPRING 3 | SA | 4/16-5/14 | 11/9-4/15

\*NO CLASS 1/17, MAKE-UP 2/7

### DROP-IN WATER POLO | AGE 16+

#### MEMBERSHIP OR DAILY ADMISSION FEE

M 8-10PM | F 9-10PM | NO CLASSES ON HOLIDAYS

All polo players are welcome to drop-in and practice or compete during this time. The goals will be set-up for open play.

### MASTERS SWIM TEAM | AGE 18+

#### MEMBERSHIP OR DAILY ADMISSION

M/W 7-8PM | T/TH/F 9-10AM

An adult style swim team for competitive and non-competitive swimmers, triathletes, and fitness swimmers of all levels instructed by a qualified coach. This program is designed to help swimmers improve fitness and/or train for specific goals.

### LIFEGUARD TRAINING COURSE | AGE 15 BY END OF COURSE

**\$150**

3/21-3/30 | M/W 4-9PM - ONLINE & IN PERSON

4/4-7/4 | M-TH 9AM-4PM - ONLINE & IN PERSON

4/19-4/25 | T/TH 4-9PM - ONLINE & IN PERSON

5/9-5/12 | M-TH 9AM-4PM - ONLINE & IN PERSON

5/16-5/25 | M/W 4-9PM - ONLINE & IN PERSON

This course includes Lifeguard and CPR/AED for Professional Rescuer and First Aid. Topics include: water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED, and more. Participants will achieve a two-year certification upon successful completion of the course and be considered for a Lifeguard and/or Swim Lesson Instructor position with Provo City.

### WATER SAFETY INSTRUCTOR COURSE | AGE 16+ BY 5/31

**\$150**

5/31-6/3 | T-F 11AM-6PM

This American Red Cross Water Safety Instructor (WSI) course will prepare you to teach swimming and water safety courses to infants, children and adults. Prerequisites: Must be able to swim competently 25 yards of front crawl (freestyle), back crawl, breaststroke, elementary backstroke, sidestroke and 15 yards of the butterfly stroke. Must tread water for 1 minute and float on back for 1 minute.



**POOL RULES**

- Children 5 years and under and children who cannot swim must be within arms reach of an adult at all times in the water
- Proper swim attire required
- No denim or street clothing permitted in the pool, may wear a fitted cover up shirt or swim shorts
- No food in the indoor pool area
- Children under 3 must wear a swim diaper, elastic pant, and swim suit. No changing swim diapers on the deck.
- U.S. Coast Guard approved safety devices only
- Inflatable water wings are permitted in select pool areas. Children wearing water wings must be within arms reach of an adult at all times.
- No inflatable toys, or inner tubes (except for designated tubes in the outdoor wave pool)
- No one under 15 years is permitted in the hot tub
- Indoor slide-Must be at least 40", no double riders and no life jackets allowed
- Outdoor slide-Must be at least 48", riders under 48" must pass a swim test and **wear a life jacket, or ride with someone 15 years or older and wear a life jacket.**
- Please observe all other posted rules

The lifeguard has the final responsibility to inform patrons of any other rules. All rules are for the safety of our patrons. Provo Aquatics goes to great lengths to do everything we can to keep our pools open for your enjoyment:

- Vacuum each pool daily
- Constantly monitor our pool chemistry
- Provide 24 hour water and UV filtration
- Maintain proper water temperature
- Schedule pool breaks to provide parents an opportunity to take their children to the bathroom and change diapers
- Require all children 2 and under, and all un-potty trained children to wear 3 layers of protection

***But, there are two things we cannot do:***

- ***Put your children in a swim diaper and plastic cover***
- ***Take your children to the bathroom***

***Failure to do these two things is what leads to most pool closures. Don't be the parent that forces the pool to shut down. We appreciate you doing your part in this matter.***

**WATER AEROBIC CLASS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM		Aqua Zumba*	Shallow Water*	Aqua Zumba*		
7AM	Shallow Water*	Deep Water**	Shallow Water*	Deep Water**	Shallow Water*	Aqua Ninja**
8AM	Deep Water**		Deep Water**		Deep Water**	Sat Class****
8:10AM	Senior Wellness*		Senior Wellness*		Senior Wellness*	
9AM						Aqua Zumba***
12PM	Aqua Zumba***	Seniors/Deep**	Aqua Zumba***	Seniors/Deep**	Aqua Zumba***	
12PM	Shallow*		Shallow*			
7PM		Aqua Zumba***		Aqua Zumba***		
8PM			Shallow Water*			

Schedules can also be found online at [Provo.org/RecCenter](http://Provo.org/RecCenter)  
 Location: \*Program Pool, \*\*Deep Water Pool, \*\*\*Competition Pool  
 \*\*\*\*Saturday 8AM class: Deep Water (1st/3rd/5th); Aqua Yoga (2nd); Aqua Kickboxing (4th)

# SENIOR PROGRAMS



(801) 852-6620 | [PROVO.ORG/SIGNUP](https://provo.org/signup)  
+\$5 IF REGISTERING AFTER DEADLINE  
PROGRAMS ARE ALL FOR AGES 60+

**SENIOR WELLNESS PROGRAMS | AGE 60+**  
SENIOR PASS HOLDERS FREE | \$2/CLASS FOR VISITORS  
Must check in at the community desk for access.

**60+ WELLNESS ROOM**  
M-SA 8AM-10PM

**TRACK WALKING TIME**  
M-F 10AM-12PM  
Come walk on our indoor, slip-resistant walking track.

**SENIOR WATER AEROBICS**  
M/W/F 8:10-8:50AM  
Appropriate for all fitness levels, this water fitness class will enhance your strength, flexibility, and endurance and we always have fun!

**BINGO | AGE 60+**  
SENIOR PASS HOLDERS FREE | \$2/CLASS FOR VISITORS  
T 1-2PM  
A game we all know and love. No cost to you, so just come and win prizes!

**DANCES | AGE 60+**  
\$5/PERSON OR \$8/COUPLE  
FIRST T OF THE MONTH 7-9PM  
Bring your partner or come stag to enjoy a night of dancing. This is a social event where the experience, ambiance, and refreshments will please you.

**COMPUTER CLASSES | AGE 60+**  
\$20 RES, \$30 NON-RES  
Each month we will start a new computer class that focuses on obtaining different skills. See descriptions at [Provo.org/Signup](https://Provo.org/Signup) to learn more about each class.

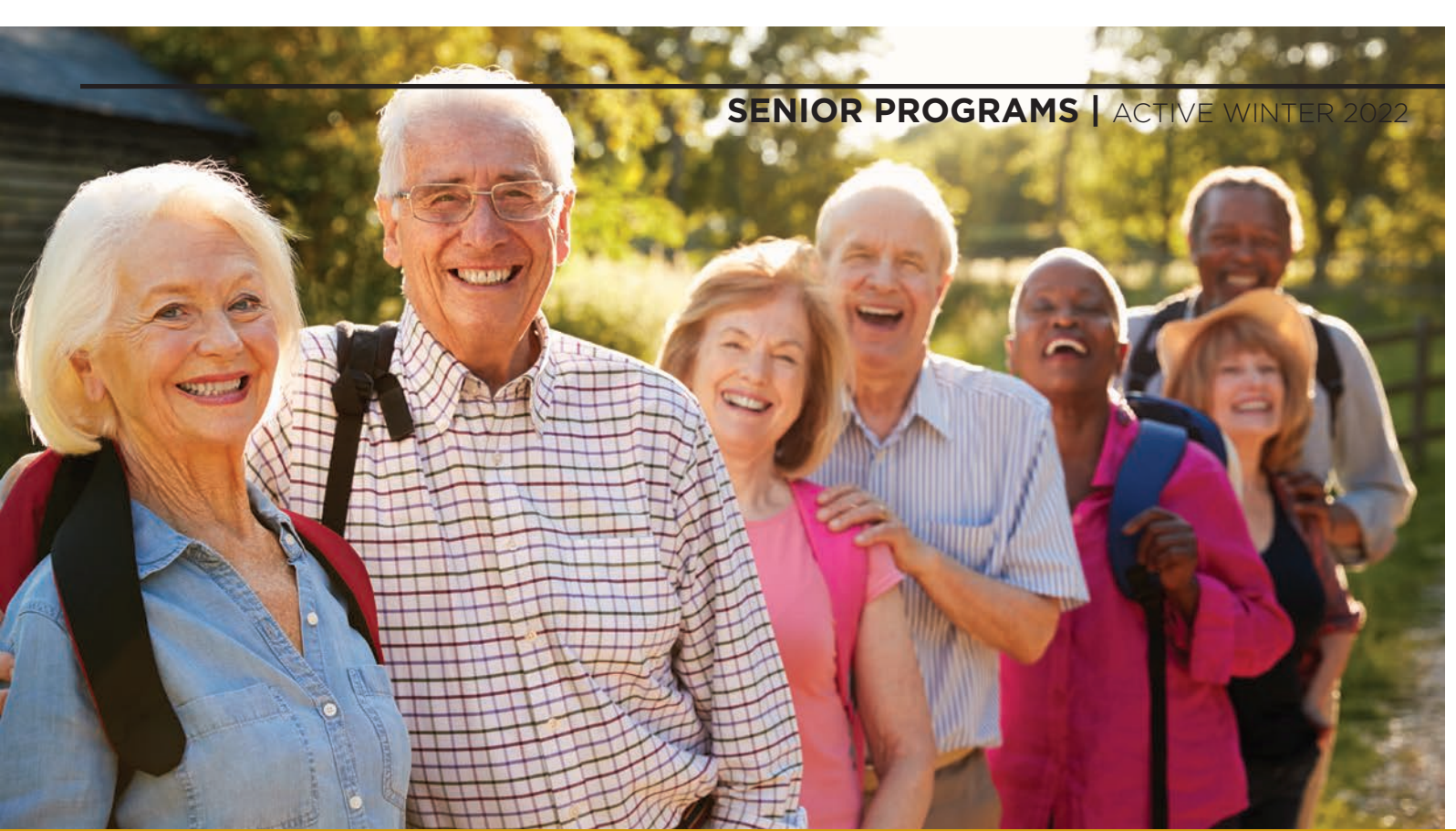
**CYBER SECURITY**  
SESSION 1 | 1/3-1/26\* | M/W 3-4PM | \*NO CLASS 1/17  
SESSION 2 | 1/4-1/27 | T/TH 3-4PM

**GOOGLE DRIVE**  
SESSION 3 | 2/2-2/28\* | M/W 3-4 PM | \*NO CLASS 2/21  
SESSION 4 | 2/1-2/24 | T/TH 3-4PM

**IPHONE BASICS**  
SESSION 5 | 3/7-3/30 | M/W 3-4 PM  
SESSION 6 | 3/1-3/24 | T/TH 3-4PM

**COMPUTER BASICS**  
SESSION 7 | 4/11-5/4 | M/W 3-4 PM  
SESSION 8 | 4/12-5/5 | T/TH 3-4PM





**BOOK OF THE MONTH**

FREE FOR SENIOR PASS HOLDERS | 1-2PM

**JANUARY 11 | DISCUSSING** *Keeper of Lost Things* by Ruth Hogan

**GIVING OUT** *The Lemon Tree* by Sandy Tolan

**FEBRUARY 8 | DISCUSSING** *The Lemon Tree* by Sandy Tolan

**GIVING OUT** *Belgravia* by Julian Fellowes

**MARCH 8 | DISCUSSING** *Belgravia* by Julian Fellowes

**GIVING OUT** *Power of Habit* by Charles Duhigg

**APRIL 4 | DISCUSSING** *Power of Habit* by Charles Duhigg

**GIVING OUT** *Once Upon a River* by Diane Setterfield

At each meeting we will discuss the book given out the previous month. If you miss book club, stop by the community desk to pick up a copy. Books are first-come first-served, so once we run out of copies, you will have to find the book independently. Light refreshments will be provided at the book introduction meeting on the 2nd Tuesday of each month.

**ELDER QUEST CLASSES | AGE 60+**

1/24-3/31

**\$10 + \$40 TO ELDER QUEST**

UVU continuing education for older adults held at the Provo Recreation Center. Elder Quest includes two 10-week semesters in the fall and winter. By signing up for this membership, you will not only be able to sign up for educational classes, but receive a senior annual pass to enjoy discounts and membership to senior activities and amenities at the Provo Recreation Center.

**WATERCOLOR PAINTING | AGE 60+**

3/2-4/20 | W 10-11:30AM

**\$10 RES, \$20 NON-RES**

Come learn design principles and techniques of watercolor painting in this introductory course tailored specifically for our Senior artists! Designed for very beginner to intermediate level painters, it's a fun way to try something new or even add more techniques to your painting repertoire. This class covers color mixing, application and textural techniques, color theory, brush control, and more. All course materials are provided - so bring a friend!

**DRAWING 101 | AGE 60+**

1/3-2/14\* | M 10-11:30AM | \*NO CLASS 1/17

**\$10 RES, \$20 NON-RES**

Learn about the elements of art and basic drawing techniques through this introductory course! Drawing 101 is designed for beginner-level artists hoping to improve their drawing skills. Throughout this course will be exploring the elements of art: line, shape, value/form, color, texture, and space while employing a variety of different drawings mediums from pencil to pastel! All materials will be provided.

**DRAWING 102 | AGE 60+**

2/28-4/4 | M 10-11:30AM

**\$10 RES, \$20 NON-RES**

This class is designed for artists who are interested in pushing their drawing skills to the next level. We will do an in-depth exploration of various drawing techniques and learn how to use the principles of design to create completed works of art. A knowledge of basic drawing techniques is expected before taking this course.

## COVEY CENTER FOR THE ARTS

### CLASSES @ THE COVEY CENTER

(801) 852-7007 | COVEYCENTER.ORG  
425 W 500 N | PROVO  
WINTER SESSION 1/10/22-5/2/22  
ONE CLASS A WEEK, 14 WEEKS  
\$90 RES, \$105 NON-RES



### CREATIVE MOVEMENT | AGE 3-5

3-4YR OLDS T 10:45AM | 4-5YR OLDS T 11-11:45AM

Creative movement is designed to allow children to experience the joy that music and movement can bring, allowing children to explore their physical capabilities and develop early movement coordination.

### KINDER BALLET | AGE 4-5

T 12-12:45PM OR W 4:30-5:15PM

Kinder ballet will encourage self-discipline, self-confidence while incorporating coordination, rhythm and basic dance steps.

### BALLET | AGE 5-6

This class awakens the child to music and dance, coordination, and spatial/motor skills.

### BALLET | AGE 6-9

M 5-5:45PM OR T 5-5:45PM

This class introduces the fundamentals of classical ballet technique. Each class focuses on proper posture, body positions, and alignment.

### BALLET | AGE 9-11

This class moves in the direction of a more formal ballet class by adding classical elements.

### INTERMEDIATE BALLET | AGE 7-12

TH 5:30-6:15PM

This class is for students who are beyond the beginning level, who want to sharpen their ballet skills. This class focuses on the technical fundamentals of dance to introduce and improve turns, kicks, leaps etc. in a fun, creative way. Students will develop balance, strength,

flexibility and other functional skills.

### BALLET/JAZZ COMBO CLASS | AGE 5-6

TH 4:30-5:15PM

This class will give students a chance to learn basic dance technique and steps as they relate and change between Jazz and Ballet in a fun, interactive environment. With each style being a focus, dancers will learn the grace and steps of ballet and transfer that knowledge to a fun, lively jazz style.

### JAZZ/HIP HOP | AGE 7-12

TH 5:30-6:15PM

Dancers will learn to move with a variety of energy and diverse music. Jazz and Hip Hop technique will be explored with strength, flexibility and coordination.

### ADULT BEGINNING BALLET | AGE 14+

T 5-5:45PM

The adult ballet class is designed for students who want to begin ballet training, or who have had a little experience in the past and want to refresh their training.

### ADULT INTERMEDIATE BALLET | AGE 14+

T 7-7:45PM

The adult ballet class is designed for students who have had some experience in the past and want to continue their training.

### MIDDLE EAST DANCE | AGE 14+

Middle Eastern Dance is an ancient and wonderful art form celebrating movement and musicality. We create a sense of collective support for all dancers. No matter your age, physique, or experience, this art form encourages a sense of beauty, grace, control, and strength, which helps to balance

***COVEY CENTER FOR THE ARTS***

## **Stay entertained at the Covey Center!**

- **Enjoy music, dance & theater on the Main Stage**
- **Experience a play in the Black Box Theater**
- **Join us for fun dance classes**
- **Visit beautiful Art exhibits**

For more details visit our website to see current events happening at the Covey Center. We are thankful for the opportunity to continue to serve and entertain you!



**COVEYCENTER.ORG**

# PARKS & TRAILS

1417 S 350 E | [PROVO.ORG/PARKS](http://PROVO.ORG/PARKS) | [PARKSFRONTOFFICE@PROVO.ORG](mailto:PARKSFRONTOFFICE@PROVO.ORG)  
(801) 852-6000 PAVILION RESERVATIONS & 311 CUSTOMER SERVICE  
(801) 852-6606 PARKS MAIN OFFICE  
[@PROVOPARKS](https://www.facebook.com/PROVOPARKS) FACEBOOK/TWITTER

## PAVILION RESERVATIONS

**RESERVATION TIMES** | 8:30AM-2:30PM & 3:30-9:30PM,  
OR ALL DAY

**RESERVATION SEASON** | 4/15/22-10/15/22, EXCEPT SUNDAYS  
**RESERVATIONS ONLINE** | [311.PROVO.ORG](http://311.PROVO.ORG)

Pavilions are available for reservations M-SA. Fees range from **\$23-\$133 for each** time period, depending on pavilion size and location. Reservation fees are double for observed holidays. Restroom facilities and water supplies are only in order during the reservation season.

For more information regarding pavilion reservations and park rules visit [Provo.org/Reservations](http://Provo.org/Reservations).

## THINGS TO REMEMBER

- Electricity is provided at most pavilions; with only 15 amps of power, it's enough to run a small slow cooker, radio etc. If you need additional power please supply your own.
  - Events may require a Special Parks Use Application and additional fees. See below for more information.
  - Pets are allowed in all parks and trails as long as they are on a leash. Please be respectful and pick up after your pet.
- For a full list of Provo's parks, trails and their amenities please visit the website at [Provo.org/Parks](http://Provo.org/Parks).

Parks enhance the quality of life in Provo in many ways. You can help keep Provo Parks beautiful by supporting "Pack It In - Pack It Out" community-wide effort to take your trash with you when you leave.

## PACK IT IN → PACK IT OUT

## VOLUNTEER SERVICES

Service opportunities are available year round at City parks, trails and the Cemetery, along with ideas for Eagle Scout Projects. Learn more by visiting [Provo.org/ParkVolunteers](http://Provo.org/ParkVolunteers) or by contacting our Volunteer Coordinator at (801) 852-7607.

## PARKS SPECIAL EVENTS

Some events will require additional information including; a Community Event or Special Parks Use Application, fees, insurance, or supplemental documents to be completed. These activities include groups that are larger than a pavilion will accommodate, concerts, walks/runs, setting up large tents, bounce houses or inflatable toys and other items that require an approval process. Contact Customer Service (311) to see if your event falls under these restrictions.

Visit [Provo.org/ParkEvents](http://Provo.org/ParkEvents) to print a Community Event application and review a more detailed explanation of Special Events requirements. Applications must be submitted at least two weeks prior to the event; some events will require

more time. Events may be required to submit proof of liability insurance before approval will be granted.

- Weddings, receptions and other large events are subject to a \$200 Special Parks Use fee at all City parks, and a Special Parks Use application is required. Please contact the Parks Office for more information.
- All bounce houses and large inflatable toys must have a separate generator and liability insurance, this can be purchased through your personal insurance. Inflatables or other devices that require water hookups are not authorized in City parks.

## SHOOTING SPORTS PARK

1450 E RIFLE RANGE RD | [PROVO.ORG/SHOOTINGSPORTS](http://PROVO.ORG/SHOOTINGSPORTS)

(801) 852-6646

SUMMER HOURS (THROUGH 9/13) | W/F 4PM-DUSK, SA 10AM-4PM

FALL HOURS (9/14-10/22) | W/TH/F 2PM-DUSK, SA 10AM-4PM

WINTER HOURS (BEGINS 10/26) | W/F 2PM-DUSK, SA 10AM-4PM

Group reservation requests can be submitted online at [Provo.org/ShootingSports](http://Provo.org/ShootingSports)



## CEMETERY

610 S STATE | [PROVO.ORG/CEMETERY](http://PROVO.ORG/CEMETERY)

(801) 852-6607

M-F 8AM-4:30PM

### BURIAL RECORDS CEMETERY OFFICE

**CEMETERY MAP** | A cemetery map is located on a kiosk at the north-east corner of the cemetery near the office. Paper copies of burials of record can be found in the black podium at the office entrance.

**INTERNET** | [Provo.org/Cemetery](http://Provo.org/Cemetery)

**PROVO CITY LIBRARY** | 550 N University Ave



The Provo City Cemetery is pleased to announce our new Searchable Web Map, which was made possible by the Utah Department of State History's Cemetery Preservation Grant. Members of the public can now freely access the vital statistics and locations of those who are interred on our grounds. This resource can be found at [Provo.org/CemeteryMap](http://Provo.org/CemeteryMap).

## PARK PROJECTS

The Provo River Trail will continue to be closed in the area of the new Lakeview Parkway bridges. The new bridges will have connections to the Lakeview Parkway Trail, Provo River Trail, and the new Provo River Delta Recreation area. Bridge completion and trail reopening is scheduled for September. Site preparations for the Provo River Delta Gateway Park will begin this winter with a planned opening of the park in 2024.





**WHAT IS A DRINKING WATER SOURCE PROTECTION PLAN?**

A Drinking Water Source Protection (DWSP) plan is designed for wellhead protection, which by definition is the protection of the area surrounding a well. In addition, DWSP plans focus on the surface and subsurface area surrounding a well or spring(s) that supply a public water system through which contaminants are likely to pass and eventually reach the water well or spring(s).

**WHAT ARE THE OBJECTIVES OF PROVO CITY'S DWSP PLANS?**

To meet drinking water quality requirements of the Safe Drinking Water Act (SDWA). To evaluate the hydrogeologic setting and all potential contamination sources within the DWSP Protection Areas. Implement a voluntary management plan to control all potential sources of contamination. Develop and implement a public awareness, educational, and involvement plan for ground water protection.

**WHY IS IT IMPORTANT TO PROTECT PROVO CITY'S DRINKING WATER SUPPLY?**

The water from Provo City's Wellfield and Springs is high quality water with low mineral content. Few other economically viable water supplies exist for Provo City.

**WHERE DOES PROVO'S DRINKING WATER COME FROM?**

Water sources for the City of Provo include 15 wells located within Provo City and 12 spring developments located in Provo Canyon, South Fork, and Rock Canyon. A small overall percentage of Provo's water is obtained from the Provo River and treated at the Central Utah Water Conservancy District Treatment Plant prior to delivery to Provo's customers. Ground- water tapped by the

City's wells is stored in unconsolidated deposits of sand and gravel that underlie the city. Provo's springs store groundwater found in Paleozoic limestones and quartzites.

**WHAT ARE THE POTENTIAL SOURCES OF CONTAMINATION TO PROVO'S WELLFIELD AND SPRINGS?**

The general types of potential contamination sources that exist within the DWSP Zones for Provo's wells and springs include sewer lines, golf courses, unimproved and improved roads, residential properties, and industrial/commercial areas. These potential contamination sources are adequately controlled by our commitment to an aggressive watershed protection program, which we consider our first line of defense in assuring the quality of your drinking water.

Based on the hydrogeologic setting, the integrity of the source collection systems, the types of potential contamination sources present, and the strict requirements of our DWSP Program; we consider the Provo Wellfield and Springs only mildly susceptible to contamination.

**WHAT CAN INDIVIDUAL CITIZENS DO TO HELP?**

Residents and businesses should notify Provo City of any accidents or hazardous waste spills that occur within the DWSP Zones, i.e. the city and canyon areas. Residents and businesses should also take an active role in protecting their drinking water sources through the proper use, storage, and disposal of fertilizers, pesticides, herbicides, cleaners, fuels, oils, and household chemicals. Help spread the word about the need to protect Provo City's drinking water sources.



### **NEED MORE INFORMATION?**

Complete DWSP Plans for Provo's wells and springs can be viewed by the public upon request. Contact Ryan York Water Sources Manager at (801) 852-7789.

### **COULD YOU BE CONTAMINATING YOUR WATER?**

Provo City Water Resources Division supplies drinking water to its customers that is safe and complies with all Federal and State requirements. However, no matter how well we treat and disinfect the water that we supply our customers, there is always the danger that the supply can be contaminated by means of a cross connection. A "cross connection" may be defined as: Any connection or structural arrangement of pipe between a public or consumer's potable water system and anything else, through which backflow or backsiphonage may occur.

Backflow is simply the reverse flow of contaminated water or other substances from a consumer's water system back into the public drinking water system.

An example of a backflow potential is when a vacuum is formed in the water system in a building due to peak water usage such as a fire flow or a shut-off for repairs. When this occurs, non-potable water can be drawn back into the potable water system. Another common example is when a garden hose is used to spray lawn and garden chemicals. If a vacuum or backsiphonage condition occurs, it can draw the chemical back into the potable water supply. Other examples of potential cross-connections include landscape sprinkling systems and utility sinks.

Utah State Drinking Water Regulations require each water system to have a functioning cross connection control program. This program requires protection from the previously mentioned hazards as well as many others. A cross connection control program requires protection

from any possible hazard, which includes various activities typically found in residences. Thus, a dual check valve should be installed on each residential service meter to protect the City system from any backflow from customers homes.

In addition, any connection to equipment utilizing any type of chemical injection requires additional backflow protection at that point of use and is regulated by the State program, Provo's program, and plumbing code.

Anytime a backflow device/assembly is installed it creates a closed system, which creates a potential thermal expansion issue anywhere heated water is used. Thermal expansion raises pressure in a water system as the water is heated and must be compensated for. Several methods are available to install on your residence which will compensate for this issue. The most common is a thermal expansion tank which absorbs this increase in pressure. The thermal expansion tank is installed on the cold water feed line to the water heater. Typical cost to the owner is \$100 to \$200 for the installation of a thermal expansion tank.

Dual check valve devices have been required on new construction for several years in Provo and should have had thermal expansion protection installed during the construction of the residence. Building additions by the owner and service line renewals performed by the City will now have a dual check valve installed at Provo's expense, however, the installation of the thermal expansion protection and associated cost will be the customers responsibility.

If you have any questions concerning backflow prevention and cross-connection control, please contact us at (801) 852-6788 or visit our web site at [Provo.org](http://Provo.org).

POSTAL CUSTOMER  
ECRWSS

PRSRT STD  
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PROVO, UT  
PERMIT NO. 313

## SPECIAL EVENTS



## SPECIAL EVENTS

@PROVOCITYEVENTS INSTAGRAM  
@PROVORECREATION FACEBOOK  
@PROVORECREATION TWITTER

STAY UP TO DATE WITH OUR LATEST EVENTS, ACTIVITIES, FUN AND MORE BY FOLLOWING US ON SOCIAL MEDIA

**pr**ovo  
PARKS &  
RECREATION