

BRAND NEW HILLCREST CENTER page 16

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OUR FACILITY

RECENTLY BUILT IN 2021, OREM FAMILY FITNESS CENTER HAS BEEN A HOME TO MANY OREM RESIDENTS. HERE'S WHAT WE HAVE TO OFFER:

- TOP OF THE LINE FITNESS EQUIPMENT
- STUDIOS WITH 100+ FITNESS CLASSES
- RACQUETBALL COURTS
- ELEVATED INDOOR TRACK
- ADULT, YOUTH, AND CHILD CLASSES
- SPIN STUDIO + 2 MULTIUSE STUDIOS
- INDOOR PLAYGROUND
- TEEN LOUNGE
- 50M LAP POOL
- LEISURE POOL
- HOT TUB
- STEAM ROOM
- MULTIPURPOSE ROOM
- BRAND NEW COURTS WITH DROP-IN SPORTS INCLUDING PICKLEBALL, VOLLEYBALL, AND BASKETBALL

SPORTS DROP-IN CALENDAR:



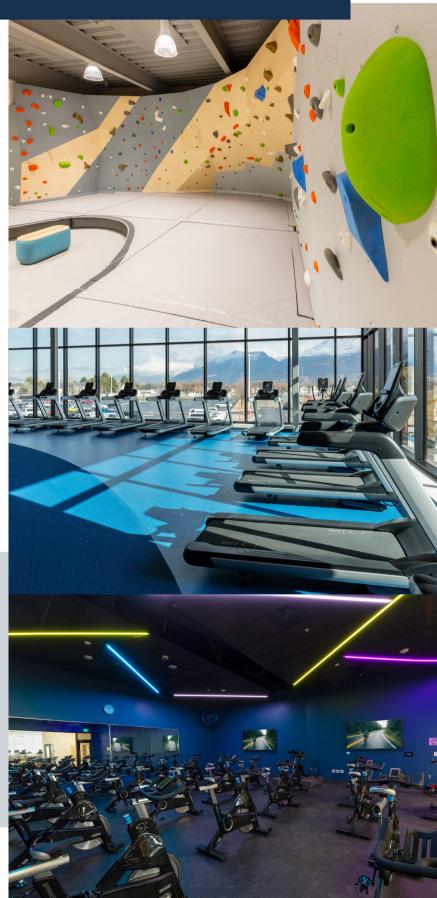




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FOLLOW US ON SOCIAL MEDIA!

@OREMRECREATION

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575 W CENTER ST OREM, UT 84057 (801) 229-7154 REC@OREM.GOV OREMRECREATION.COM

MEMBERSHIP PRICES

RESIDENT/NON-RESIDENT

ANNUAL PASSES

*TAXES NOT INCLUDED		
INDIVIDUAL	\$275/ \$335	
COUPLE	\$395/ \$480	
FAMILY	\$485/ \$585	
SENIOR	\$155/\$190	
STUDENT	\$220/ \$275	

MONTHLY PASSES

***TAXES NOT INCLUDED**

**\$45	ACTIVA	TION	FEE	то	START

INDIVIDUAL	\$27/ \$37
COUPLE	\$39/ \$49
FAMILY	\$45/ \$55
SENIOR	\$17/ \$27
STUDENT	\$22/ \$31

DAILY ADMISSION

INFANT (0 - 2)	FREE
CHILD (3 - 13)	\$4
ADULT (14 - 59)	\$5
SENIOR (60+)	\$4

REGULAR HOURS

MONDAY-SATURDAY

FITNESS CENTER	5АМ - 10РМ
LEISURE POOL	5АМ - 10РМ
TOYS	SEE PAGE 25
LAP POOL	5AM - 10PM
DROP-IN SPORTS	5АМ – 10РМ

ANNUAL BIRTHDAY WEEK SALE

MAR 18-23, 2024

20% OFF MEMBERSHIPS*

*APPLIES TO ANNUAL MEMBERSHIPS ONLY, EXCLUDES ALREADY DISCOUNTED MEMBERSHIPS

PASS CATEGORY DEFINITIONS

FAMILY: DEFINED AS A LEGALLY MARRIED COUPLE AND THEIR UNMARRIED LEGALLY DEPENDENT CHILDREN UNDER AGE 24 LIVING IN THE SAME HOUSEHOLD AND ALL CLAIMED ON THE SAME TAX FORM.

COUPLE: DEFINED AS TWO PERSONS LIVING IN THE SAME HOUSEHOLD, FILING A JOINT TAX RETURN.

INDIVIDUAL: DEFINED AS A PERSON AGE 14-59.

SENIOR CITIZEN: DEFINED AS A PERSON 60 YEARS OF AGE OR OVER.

STUDENT: DEFINED AS ACTIVELY ENROLLED IN SCHOOLING. DISCOUNT CANNOT BE COMBINED WITH ANY OTHER OFFER.

MEMBERSHIP INFO

MEMBERSHIP CANCELLATIONS

MONTHLY MEMBERSHIPS

CANCELLATIONS OR CHANGES TO MONTHLY MEMBERSHIPS MUST BE REQUESTED AT LEAST 7 DAYS BEFORE THE NEXT PAYMENT IS SCHEDULED VIA WRITTEN CONFIRMATION ONLINE. PAYMENTS CONTINUE INDEFINITELY ON A MONTHLY BASIS UNTIL CANCELLATION IS REQUESTED VIA THE CANCELLATION FORM. CANCELLATION FORMS FOUND ONLINE AT: OREMRECREATION.COM/FITNESS-CENTER-HOURS-AND-PRICING

ANNUAL MEMBERSHIPS

PURCHASERS OF THE ANNUAL PAID IN FULL MEMBERSHIP RECEIVE A DISCOUNT WHEN JOINING FOR THE YEAR. IF THAT CONTRACT TERM IS NOT HONORED THROUGH CANCELLATION, THE MEMBERSHIP WILL NOT BE ELIGIBLE FOR A PRORATED REFUND, BUT MAY BE ELIGIBLE FOR A PARTIAL REFUND BASED ON A SET FEE STRUCTURE.

OREM BUSINESS PASSES

SETTING UP A BUSINESS PASS AT THE OREM FITNESS CENTER IS A GREAT WAY TO GIVE YOUR EMPLOYEES THE GIFT OF FITNESS. EMPLOYERS NEED A COMPETITIVE EDGE WHEN IT COMES TO RECRUITING, HIRING, AND RETAINING EMPLOYEES AND A PASS TO THE BRAND NEW OREM FAMILY FITNESS CENTER COULD BE JUST THE THING TO PUT YOUR BUSINESS OVER THE TOP. DISCOUNTS START AT 10% FOR 5-19 EMPLOYEES, 20% FOR 20+ EMPLOYEES. CONTACT OUR OFFICE FOR MORE DETAILS.

CHILD CARE

HOURS: MON-FRI, 8AM-12PM AND 4PM-9PM, SAT 8AM-12PM AGE: 3 MONTHS-8 YRS OLD

FEE: \$2.50/HOUR/CHILD OR \$20/MONTH/CHILD REGISTER ONLINE - NOT INCLUDED IN FACILITY MEMBERSHIP

WE PROMISE TO PROVIDE A SAFE, HEALTHY, AND NURTURING ENVIRONMENT FOR YOUR CHILD WHILE YOU ENJOY THE OFFERINGS OF THE FITNESS CENTER.

WE USE KIDCHECK TO ENSURE SAFE CHECK IN AND OUT OF YOUR CHILD. TO GET AHEAD BEFORE YOUR VISIT, REGISTER TODAY WITH KIDCHECK OR A MONTHLY PASS.

SIGN UP FOR KIDCHECK HERE:







SEE MORE



CHILD + YOUTH PROGRAMS





COMPLETE GYMNASTICS, TUMBLING AND CHEER OPTIONS

SUBSCRIPTION GYMNASTICS AND TUMBLING CLASSES

DATES: MON-FRI, VARIOUS TIMES AGE: 3-12 FEE: \$32/MONTH PER 1 CLASS/WEEK

REGISTER ANYTIME

CLASS TYPES AVAILABLE: TUMBLING, GYMNASTICS, CHEER. CLASSES DON'T HAVE A START AND END DATE, THEY ARE ONGOING UNTIL YOU CHOOSE TO CANCEL YOUR SUBSCRIPTION. LESSONS WILL BE CHARGED ON THE FIRST OF EVERY MONTH.

SUBSCRIPTION CLASSES

WE NOW OFFER SUBSCRIPTION DANCE AND GYMNASTICS LESSONS THAT FIT YOUR SCHEDULE. IT'S SIMPLE: YOU CHOOSE WHAT DAYS AND TIMES WORK BEST FOR YOU AND YOU'RE READY TO GO. YOU DECIDE HOW OFTEN YOU WOULD LIKE TO ATTEND AND WHAT DAYS AND TIMES WORK. CLASSES DON'T HAVE A START AND END DATE, THEY ARE ONGOING UNTIL YOU CHOOSE TO CANCEL YOUR SUBSCRIPTION.

SUBSCRIPTION PARENT & TOT TUMBLING

DATES: TUE, THU OR FRI, VARIOUS TIMES AGE: 1+ WITH PARENT FEE: \$32/MONTH PER 1 CLASS/WEEK REGISTER ANYTIME

CLASSES ARE LIMITED TO 20 CHILDREN PER CLASS. JOIN YOUR CHILD IN LEARNING BODY MOVEMENT AND TUMBLING.

SUBSCRIPTION DANCE CLASSES

DATES: MON-FRI, VARIOUS TIMES AGE: 3-12

FEE: \$32/MONTH PER 1 CLASS PER WEEK REGISTER ANYTIME

CLASS TYPES AVAILABLE: CREATIVE MOVEMENT, PRE-BALLET, BALLET, HIP-HOP. CLASSES ARE ONGOING UNTIL YOU CHOOSE TO CANCEL YOUR SUBSCRIPTION. NO RECITALS ARE HELD FOR SUBSCRIPTION CLASSES. SUBSCRIPTION LESSONS WILL BE CHARGED ON THE FIRST OF EVERY MONTH.

MONTHLY DANCE CAMPS

OUR MONTHLY DANCE CAMPS HAVE AN EMPHASIS ON PRE-BALLET TECHNIQUE AND INCLUDE CREATIVE DANCE EXPLORATIONS. OTHER ACTIVITIES INCLUDE: STORY TIME, COLORING PAGES/CRAFTS, A PHOTO BOOTH, DANCE PROGRAMMING AND MORE! AGE: 3-5

FEE: \$24

REGISTER NOW

SPRING INTO DANCE CAMP (MARCH) DATES: TUE/WED/THU, MAR 19-21, 11-11:45AM

BLUEY DANCE CAMP (APRIL) DATES: MON/WED/FRI, APR 22/24/26, 11-11:45AM

GABBY'S DOLLHOUSE DANCE CAMP (MAY) DATES: MON/WED/FRI, MAY 6/8/10, 11-11:45AM

SUMMER FUN DANCE CAMP (JUNE) DATES: MON/WED/FRI, JUN 17/19/21, 11-11:45AM

12 WEEK DANCE CLASSES & RECITAL

DATES: APR 9-JUN 26 AGE: 3-12

FEE: \$96-\$192 DEPENDING ON DATES REGISTRATION ONLINE IN APRIL

CLASSES INCLUDE PRE-BALLET, JAZZ, BALLET, HIP HOP AND CREATIVE. ALL RECITAL CLASSES INCLUDE AN END OF SEASON RECITAL HOSTED AT THE OREM LIBRARY HALL. DATES OF REHERSAL AND RECITAL INCLUDED IN JUNE 26 END DATE. COMPLETE LIST OF OPTIONS: OREMRECREATION.COM/DANCE-2

INTRO TO BOULDERING

DATES: MON/WED, APR 15-MAY 15, 5-5:50PM (NO CLASS ON MAR 11) AGE: 6+

FEE: \$80 REGISTER NOW

OUR INTRO TO BOULDERING CLASS IS A GREAT PLACE TO LEARN THE VERY BASICS OF CLIMBING. CLIMBERS WILL LEARN FOUNDATIONAL CLIMBING TECHNIQUE, ETIQUETTE, AND SAFETY AS WELL AS CLIMBING-FOCUSED WARM UPS AND WORKOUTS. NO PRIOR CLIMBING EXPERIENCE IS REQUIRED. (VB-V0 ROUTES)

BASIC BOULDERING

DATES: MON/WED, APR 15-MAY 15, 6-6:50PM (NO CLASS ON MAR 11) AGE: 6+ FEE: \$80 REGISTER NOW

OUR BASIC BOULDERING CLASS WILL HELP THE STUDENT ACHIEVE THE ABILITY TO CLIMB MORE DIFFICULT ROUTES WITH CONTINUED WORK ON BASIC CLIMBING TECHNIQUES AND SKILLS. (V0-V1 ROUTES)

PRESCHOOL SPORTS CAMP

FOOTBALL (MARCH)

DATES: TUE, MAR 5-26, 10-10:50AM AGE: 3-5 FEE: \$36

REGISTER NOW UNTIL FULL

4 SESSIONS PER CAMP. T-SHIRT INCLUDED, NO CLEATS

UPCOMING SESSIONS (APRIL-JUNE)

EACH MONTHLY SESSION HIGHLIGHTS A DIFFERENT SPORT INCLUDING BASKETBALL, SOCCER, FOOTBALL AND T-BALL. SOON TO COME: TRACK AND FIELD ADDITIONAL SESSIONS MAY BE HOSTED AT HILLCREST PARK.

SEE PAGE 18 FOR ADDITIONAL YOUTH PROGRAMS AT OUR NEW HILLCREST CENTER

SEE PAGES 22-24 FOR AQUATIC PROGRAMS AND SUMMER SWIM LESSONS INCLUDING REC SWIM TEAMS, DIVING LESSONS, AND MORE

BRAZILIAN JIU JITSU

DATES: TUE/THU, DATES COMING SOON, 4PM-4:50PM AGE: 7-13

FEE: \$88

REGISTRATION ONLINE IN MARCH

BRAZILIAN JIU-JITSU IS A SELF-DEFENSE MARTIAL ART AND COMBAT SPORT BASED ON GRAPPLING, GROUND FIGHTING AND SUBMISSION HOLDS. JOIN US ON THE MATS TO UNLOCK YOUR POTENTIAL, BUILD RESILIENCE, AND EMBRACE THE THRILL OF STARTING YOUR JIU-JITSU ADVENTURE TODAY.

KUNG FU

DATES: COMING SOON AGE: 7-13 FEE: \$72 REGISTRATION ONLINE IN MARCH

KUNG FU IS A CHINESE MARTIAL ART, A STYLE OF FIGHTING THAT INVOLVES SPECIAL PUNCHES AND KICKS. IT IS THE FIGHTING ART OF BALANCE AND GROWTH THROUGH UNDERSTANDING OF ONESELF AND NATURE. KUNG FU MARTIAL ARTS ARE AN EFFECTIVE AND EFFICIENT WAY TO LEARN SELF-DEFENSE. COME AND LEARN TO GET A GLIMPSE OF THIS ANCIENT ART AND WHAT IT HAS TO OFFER.

TAEKWONDO

DATES: MON/WED, FEB 26-MAR 20 (NO CLASS MAR 11), 4-4:50PM AGE: 8-15 FEE: \$56

REGISTER NOW

DATES: MON/WED, APR 8 - MAY 1, 4-4:50PM AGE: 5-7

FEE: \$56

REGISTER NOW

OUR TAEKWONDO CLASSES ARE ABOUT MORE THAN JUST FIGHTING SKILLS. TAEKWONDO IS A DISCIPLINE THAT HELPS TO IMPROVE ONE'S SPIRIT AND OVERALL LIFE THROUGH TRAINING BOTH THE BODY AND MIND. IN THIS CLASS YOU WILL PARTICIPATE IN A VARIETY OF ACTIVITIES THAT WILL TEACH YOU BASIC KICKS, BLOCKS, AND HAND TECHNIQUES IN ADDITION TO LEARNING BASIC FORMS AND MEDITATION.

CHILD + YOUTH PROGRAMS

TENNIS

DATES: APR 8–25 (SESSION 1), MAY 6–23 (SESSION 2), JUN 3-20 (SESSION 3) AGE: 7+ FEE: \$48 LOCATION: WINDSOR PARK (SESSION 1 & 2) & CASCADE PARK (SESSION 3)

REGISTER NOW UNTIL FULL

CLASSES ARE TAUGHT USING THE LATEST UNITED STATES TENNIS ASSOCIATION TEACHING METHODS. STUDENTS NEED TO PROVIDE THEIR OWN TENNIS RACKET AND APPROPRIATE ATTIRE. CLASS SIZES WILL VARY FROM 6 TO 8 PER CLASS. CLASSES ARE TAUGHT AT WINDSOR AND CASCADE TENNIS COURTS AND WILL BE ONE HOUR, TWICE A WEEK, FOR THREE WEEKS. SUMMER SESSIONS AVAILABLE IN JULY AND AUGUST.

FISHING

DATES: THU, APR 11–MAY 16, 6–8PM AGE: 7–13

**AGE 12-13 WILL HAVE TO PURCHASE A \$5.00 FISHING LICENSE FROM THE STATE OF UTAH FEE: \$30

LOCATION: VIVIAN PARK (PROVO CANYON) REGISTER NOW

WE HAVE TEAMED UP WITH THE UTAH DIVISION OF WILDLIFE RESOURCES TO OFFER A COMMUNITY YOUTH FISHING PROGRAM. THIS PROGRAM WILL EDUCATE YOUTH ON CASTING, KNOT TYING, PROPER USE OF FISHING EQUIPMENT, FISH BIOLOGY, ETC. THE FIRST HALF HOUR INSTRUCTS YOUTH ON THE ABOVE MENTIONED TOPICS AND THE LAST ONE AND A HALF HOUR FISHING. YOUTH WILL BE FISHING FOR RAINBOW TROUT AND BROWN TROUT. AN ADULT INSTRUCTOR WILL BE SUPERVISING AND WORKING WITH THE PARTICIPANTS IN GROUPS OF FIVE. THIS IS SURE TO BE A GREAT CHANCE TO EXPERIENCE UTAH'S FABULOUS OUTDOORS!

WRESTLING

DATES: WED, MAR 6-27, 6-7PM GRADES: 1-6 FEE: \$53 LOCATION: TIMPANOGOS HIGH SCHOOL WRESTLING ROOM REGISTER NOW

WRESTLING CLASSES. LIMIT 30 PARTICIPANTS

CONTINUE LEARNING YOUR SKILLS BY TAKING

SOFTBALL

GIRL'S FAST PITCH SOFTBALL - RECREATION

PLAY BEGINS: MAY 14, TUE/THU, 4:30-10:30PM GRADES: 3-9 FEE: \$65*

REGISTRATION: NOW UNTIL APR 11 LATE REGISTRATION BEGINS APR 15

POST-SEASON TOURNAMENTS WILL END AROUND THE MIDDLE TO END OF JULY. GAMES ARE PLAYED AT THE OREM ELEMENTARY SOFTBALL FIELDS. THE FEE INCLUDES A TEAM T-SHIRT AND NINE REGULAR SEASON GAMES. BATS AND BALLS ARE PROVIDED, BUT EACH PARTICIPANT NEEDS TO HAVE A SOFTBALL GLOVE AND A BATTING HELMET WITH FACEMASK. HATS AND SOFTBALL CLEATS ARE OPTIONAL (NO METAL CLEATS ALLOWED). THERE WILL BE THREE GRADE DIVISIONS; GRADE 3-4, 5-6, AND 7-9. GIRLS WILL SIGN UP IN THE GRADE THAT THEY ARE IN DURING THE 23/24 (CURRENT) SCHOOL YEAR. *\$5 FEE FOR LATE REGISTRATION.

GIRL'S FAST PITCH SOFTBALL - ACCELERATED

PLAY BEGINS: MAY 13 FOR 10U, 12U, AND 14U; JUN 3 FOR 16/18U. DOUBLE HEADERS WILL BE PLAYED ONCE A WEEK AS FOLLOWS: 10U = T/TH; 12U = M/W; 14U = M/W; AND 16/18U = T/TH

FEE: \$750/TEAM

REGISTER NOW UNTIL APR 7

REGISTRATION IS ACCEPTED ON A TEAM BASIS ONLY. YOUR TEAM MUST BE REGISTERED WITH USA SOFTBALL TO PARTICIPATE IN THIS LEAGUE. PLEASE SIGN UP FOR THIS LEAGUE ONLY IF YOUR TEAM IS READY TO PARTICIPATE IN A HIGHER LEVEL OF COMPETITION! EACH TEAM IS GUARANTEED TEN GAMES (EIGHT LEAGUE GAMES AND A DOUBLE ELIMINATION TOURNAMENT). GAME BALLS WILL BE PROVIDED. ALL OTHER EQUIPMENT IS RESPONSIBILITY OF TEAM; MUST BE REGISTERED WITH USA SOFTBALL. A MINIMUM OF SIX TEAMS MUST BE REGISTERED IN A DIVISION FOR THAT DIVISION TO CARRY

GIRLS SOFTBALL TOURNAMENT "MAY MADNESS"

PLAY BEGINS: APR 26-27 (10U & 12U), MAY 3-4 (14U) FEE: \$525/TEAM

LOCATION: LAKESIDE SPORTS COMPLEX (400 S 1850 W, OREM) AND OTHER SITES AS NEEDED

REGISTER ONLINE NOW (OREMRECREATION.COM OR BY MAIL) CLOSES 2 WEEKS BEFORE TOURNAMENT

THE OREM RECREATION DEPARTMENT WILL BE HOSTING SEVERAL FAST PITCH SOFTBALL TOURNAMENTS IN 2024! GAMES WILL BE PLAYED AT LAKESIDE PARK. EACH TEAM MUST BE REGISTERED WITH USA SOFTBALL TO PARTICIPATE. EACH TEAM WILL BE GUARANTEED TO PLAY 4 GAMES. AWARDS GIVEN WILL BE BASED ON THE NUMBER OF TEAMS THAT REGISTER. GAME BALLS WILL BE PROVIDED. ALL OTHER EQUIPMENT IS RESPONSIBILITY OF TEAM; MUST BE USA SOFTBALL APPROVED. REGISTRATION MUST BE RECEIVED 2 WEEKS BEFORE THE TOURNAMENT IS SCHEDULED (UNLESS TOURNAMENT FILLS BEFORE THEN).

T-BALL & COACH PITCH

PLAY BEGINS: JUN 1 AGE: 4-6 (FOR T-BALL), 6-8 (FOR COACH PITCH) RESIDENT FEE: \$48*, NON-RESIDENT FEE: \$58* REGISTRATION: JAN 1-APR 14

LATE REGISTRATION: APR 22-UNTIL TEAMS FILL

THERE IS AN OVERLAP IN AGE BETWEEN THE TWO, SO SIGN UP YOUR CHILD ACCORDING TO HIS OR HER SKILL LEVEL WHERE THEY WILL BE MOST COMFORTABLE. INCLUDES A T-SHIRT AND HAT. 6 GAMES WHICH WILL BE PLAYED ON SATURDAY MORNINGS/AFTERNOONS BEGINNING JUNE 1. EACH PARTICIPANT NEEDS TO HAVE A BASEBALL/SOFTBALL GLOVE. *\$5 FEE FOR LATE REGISTRATION.

MACHINE PITCH

PLAY BEGINS: JUN 1 AGE: 8–11 RESIDENT FEE: \$48*, NON-RESIDENT FEE: \$58* REGISTRATION: JAN 1–APR 14

LATE REGISTRATION: APR 22-UNTIL TEAMS FILL

AGES WILL BE DETERMINED AS OF APRIL 14, 2024. THIS PROGRAM INCLUDES A T-SHIRT, HAT, AND 6 GAMES WHICH WILL BE PLAYED AT OREM ELEMENTARY BALL FIELDS ON SATURDAY MORNINGS BEGINNING JUNE 1. GAME BALLS, BATS, AND PITCHING MACHINE WILL BE PROVIDED BUT EACH PARTICIPANT NEEDS TO HAVE A BASEBALL/SOFTBALL GLOVE. *\$5 FEE FOR LATE REGISTRATION.

COSPONSOR SPORTS - BASEBALL

OREM YOUTH BASEBALL

THE GOAL OF OREM YOUTH BASEBALL IS TO PROVIDE A FUN AND EDUCATIONAL APPROACH TO BASEBALL FOR THE COMMUNITY. VISIT OYBASEBALL.COM FOR MORE INFORMATION.

TRACK CLUB

DATES: APR 8–JUN 6, PRACTICE OCCURS TWICE PER WEEK IN OREM AGE: 7–14 FEE: \$65 LOCATION: MEETS HELD AT VARIOUS LOCATIONS (OREM, PROVO, HEBER) REGISTER NOW

TRACK IS FOR AGES 7-14. PARTICIPANTS SHOULD WEAR GOOD RUNNING SHOES.

COSPONSOR SPORTS - SOCCER

OREM YOUTH SOCCER

THIS LEAGUE IS INTENDED TO BE AN INTRODUCTION INTO YOUTH SOCCER FOR PLAYERS AGES 4-18 AND AN ENVIRONMENT FOR PLAYERS WISHING TO CONTINUE TO PLAY FOR SOCIAL AND RECREATIONAL REASONS. **VISIT UVUFC.ORG/RECREATION**

CELTIC SOCCER - ACADEMY

THIS ACADEMY FOCUSES ON HELPING PLAYERS DEVELOP A LOVE FOR THE GAME. OPEN TO PLAYERS AGES 5-8 OF ANY SKILL LEVEL. **VISIT UTAHCELTIC.COM/ACADEMY**

INTERESTED IN BECOMING A VOLUNTEER COACH?

OUR COACHES HAVE THE OPPORTUNITY AND THE RESPONSIBILITY TO TEACH VALUABLE LESSONS THAT CAN IMPACT THE DEVELOPMENT OF A CHILD FOR A LIFETIME. VISIT OREMRECREATION.COM/COACH TO LEARN MORE. COACHES RECEIVE PROGRAM DISCOUNT FOR FUTURE PROGRAMS.



ADULT PROGRAMS

PICKLEBALL

4TH ANNUAL SLAMMING SPRING PICKLEBALL TOURNAMENT

DATES: APR 18-20 FEE: \$36/TEAM LOCATION: OREM FAMILY FITNESS CENTER, OUTDOORS WEATHER PERMITTING

REGISTER NOW

MEN/WOMEN/COED DIVISIONS AVAILABLE. SKILL LEVELS: 2.5-3.0, 3.5-4.0. REGISTRATION IS ON A TEAM BASIS. NO INDIVIDUAL SIGNUPS. 1ST PLACE WINNERS RECEIVE ONE FREE ENTRY TO A FUTURE OUTDOOR TOURNAMENT LATER IN THE YEAR.

NEW PICKLEBALL LEAGUES AND CLINICS AT HILLCREST PARK VISIT PAGE 19 FOR MORE DETAILS

ADULT SWIM AND AQUATIC PROGRAMS

NEW WATER POLO LEAGUE

VISIT PAGES 22-25 FOR MORE DETAILS

REGISTER FOR ADULT PROGRAMS HERE:



SOFTBALL

MEN'S LEAGUE - SINGLE GAMES

SUMMER PLAY BEGINS: MAY 27 FEE: \$396 LOCATION: LAKESIDE PARK REGISTER BY MAY 5

OREM RECREATION SOFTBALL LEAGUES ARE SANCTIONED BY USA SOFTBALL (FORMERLY ASA). ALL EQUIPMENT MUST MEET USA SOFTBALL CERTIFICATIONS. 9 GAME MINIMUM, INCLUDES POST-SEASON TOURNAMENT; VARIETY OF COMPETITION LEVELS

FALL FEE: \$396

LOCATION: LAKESIDE PARK

MORE DETAILS TO COME, GEAR UP FOR A SEASON OF FALL SOFTBALL AT LAKESIDE PARK!

MEN'S LEAGUE - DOUBLE HEADERS

PLAY BEGINS: MAY 27 FEE: \$704 LOCATION: LAKESIDE PARK REGISTER BY MAY 5

OREM RECREATION SOFTBALL LEAGUES ARE SANCTIONED BY USA SOFTBALL (FORMERLY ASA). ALL EQUIPMENT MUST MEET USA SOFTBALL CERTIFICATIONS. 14 GAMES MINIMUM, INCLUDES MINIMUM 2 POST-SEASON GAME TOURNAMENTS; VARIETY OF COMPETITION LEVELS

COED

PLAY BEGINS: MAY 27 FEE: \$396 (\$704 FOR DOUBLE HEADERS) LOCATION: LAKESIDE PARK REGISTER BY MAY 5

OREM RECREATION SOFTBALL LEAGUES ARE SANCTIONED BY USA SOFTBALL (FORMERLY ASA). ALL EQUIPMENT MUST MEET USA SOFTBALL CERTIFICATIONS. FEE IS \$396 FOR 9 GAMES (INCLUDES 7 SEASON GAMES AND A MINIMUM OF 2 POST-SEASON TOURNAMENT GAMES); VARIETY OF COMPETITION LEVELS. DOUBLE HEADERS FEE IS \$704 FOR 16 GAMES (INCLUDES 14 SEASON GAMES AND A MINIMUM OF 2 POST-SEASON TOURNAMENT GAMES); COMPETITIVE

RACQUETBALL

DATES: TUE, MAR 5-APR 15, 6-7:30PM A&B (INTERMEDIATE) PLAYERS, 8-9:30PM C&D PLAYERS FEE: \$25 (MEMBER), \$65 (NON-MEMBER, FEE INCLUDES ADMISSION EACH WEEK) AGE: 16+

REGISTRATION: MAR-MAY 23

THE OREM FAMILY FITNESS CENTER HOSTS A RACQUETBALL LEAGUE FOR MEN AND WOMEN 16+ OF ALL ABILITIES. THE LEAGUE RUNS FOR SEVEN WEEKS. A COMBINED LEAGUE TOURNAMENT WILL BE HELD AT THE LAST WEEK OF LEAGUE PLAY.

VOLLEYBALL

WOMEN'S LEAGUE PLAY BEGINS: EARLY SPRING FEE: \$300/TEAM LOCATION: HILLCREST CENTER REGISTER BY END OF FEBRUARY

MEN'S LEAGUE

PLAY BEGINS: APR FEE: \$300/TEAM LOCATION: HILLCREST CENTER REGISTRATION OPENS FOLLOWING WOMEN'S LEAGUE)FOLLOWING WOMEN'S LEAGUE) MORE INFO WILL BE UPDATED ONLINE AFTER FINALIZATION OF WOMEN'S LEAGUE AT: OREMRECREATION.COM/ADULT-VOLLEYBALL/

BASKETBALL

PLAY BEGINS: JUN 3-AUG 15 FEE: \$515 LOCATION: HILLCREST CENTER REGISTRATION: MAR-MAY 23

TEAMS ARE GUARANTEED 8 GAMES. GAMES WILL BE PLAYED AT HILLCREST PARK ON WEEKNIGHTS BEGINNING APPROXIMATELY THE WEEK OF JUNE 3.



WORK WITH US



JOIN OUR TEAM!

APPLY ONLINE : JOBS.OREM.ORG

DIVE INTO A REWARDING CAREER IN RECREATION AND SPORTS! JOIN A DYNAMIC TEAM DEDICATED TO CREATING UNFORGETTABLE EXPERIENCES. ELEVATE YOUR COMMUNITY RECREATION AND SPORTS—WHERE EVERY DAY IS A NEW OPPORTUNITY TO MAKE A POSITIVE IMPACT. POSITIONS INCLUDE SEASONAL AND PART-TIME OPTIONS.

DESK + ADMISSIONS LIFEGUARD SPORTS OFFICIAL* SPORTS SCOREKEEPER SITE SUPERVISOR* SPORTS INSTRUCTOR** CONCESSIONS SWIM INSTRUCTOR PROGRAM INSTRUCTOR** AND MORE

*MAY WORK AT A VARIETY OF FACILITIES THROUGHOUT OREM INCLUDING OREM FACILITIES AND SCHOOLS **INCLUDES A VARIETY OF SPORTS AND PROGRAMS LIKE TENNIS, BASKETBALL, PICKLEBALL, SOFTBALL, PRESCHOOL PROGRAMS, GYMNASTICS, DANCE, AND TUMBLING

VIEW OUR CURRENT JOB BOARD:



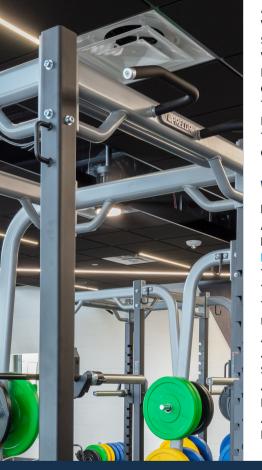
PERSONAL TRAINING

FEE: \$55/INDIVIDUAL SESSION OR \$35 PER PERSON FOR JOINT 2-PERSON SESSION REGISTER ANYTIME

OUR EXPERIENCED AND CERTIFIED PERSONAL TRAINERS ARE READY TO WORK WITH YOU! REGARDLESS OF YOUR GOALS, FITNESS LEVEL, ABILITY, OR LIMITATIONS, WE'LL CREATE A PLAN SO YOU CAN BE SUCCESSFUL.

VIEW OUR PERSONAL TRAINERS HERE:





WEIGHTLIFTING

BEGINNER WEIGHTLIFTING DATES: WED, FEB 28-MAR 20, 7-7:55PM AGE: 14+ FEE: \$50 REGISTER NOW

TEEN INTRO TO WEIGHTLIFTING

DATES: SAT, MAR 2-23, 11-11:55AM AGE: 14-19 FEE: \$50 REGISTER NOW

ARE YOU A TEEN WHO IS INTERESTED IN WEIGHTLIFTING BUT ISN'T SURE WHERE TO START? JOIN OUR FOUR WEEK INTRO TO WEIGHTLIFTING CLASS FOR TEENS! LEARN THE BASICS OF WEIGHTLIFTING SO YOU CAN FEEL COMFORTABLE NAVIGATING YOU WAY THROUGH THE GYM. CLASSES WILL BE TAUGHT BY A PERSONAL TRAINER WHO WILL SHOW YOU HOW TO PROPERLY USE EQUIPMENT AND HAVE CORRECT AND SAFE FORM.

WOMEN'S SELF DEFENSE

DATES: FRI, MAR 1-29, 7:45-8:55PM AGE: 12+ FEE: \$60

REGISTER NOW

THIS COURSE IS DESIGNED FOR WOMEN (AGES 12+) TO LEARN HOW TO PHYSICALLY DEFEND THEMSELVES FROM AN AGGRESSOR. WE'LL BE UTILIZING TIME-PROVEN TECHNIQUES TO GET AWAY FROM DANGER, BUT ALSO PRACTICING JOINT LOCKS AND CHOKES DESIGNED FOR A SMALLER PERSON TO DEFEND THEMSELVES AGAINST A LARGER ATTACKER. WHETHER YOU'RE LOOKING FOR SELF-DEFENSE, EMPOWERMENT AND CONFIDENCE, OR STRESS RELIEF, YOU WILL HAVE A GREAT TIME WITH THIS COURSE!

TRAINING PROGRAMS



YOUTH FITNESS TRAINING CLASS

DATES: MON/WED, 4-4:50PM AGE: 10-14

12 STUDENTS.

FREE WITH MEMBERSHIP OR DAILY ADMISSION A PERSONAL TRAINER WILL MEET TEENS AT THE FRONT DESK. LIFTING WILL TAKE PLACE IN THE 2ND-FLOOR FITNESS AREA AND IN OUR FUNCTIONAL FITNESS AREA. SPACE IS LIMITED TO

FITNESS CLASSES



NEW LABLAST

DATES: TUE, 6PM AGE: 14+ FREE WITH MEMBERSHIP OR DAILY ADMISSION

LABLAST IS AN ENERGIZING DANCE FITNESS CLASS BLENDING THE TRUE SKILL OF BALLROOM DANCE WITH THE CALORIE BLASTING PROPERTIES OF INTERVAL FITNESS.

NEW FRIDAY NIGHT

ZUMBA

DATES: MAR 22, APR 26, MAY 24 AGE: 14+ FREE WITH MEMBERSHIP OR

DAILY ADMISSION

THIS ZUMBA CLASS NOT ONLY IS A DANCE PARTY, BUT ALSO FEATURES CLUB LIGHTS, MUSIC AND VIBES!

SPRING CLASS HIGHLIGHTS

STRENGTH TRAINING

THIS CLASS IS DESIGNED TO INCREASE PHYSICAL STRENGTH THROUGH WEIGHT-BEARING AND RESISTANCE EXERCISES. THE CLASS USES A VARIETY OF EQUIPMENT SUCH AS DUMBBELLS, RESISTANCE BANDS, STABILITY BALLS, AND MORE TO CONTRIBUTE TO THE WORKOUT.

HIGH FITNESS

A HIGH-ENERGY, FUN FITNESS CLASS THAT INCORPORATES INTERVAL TRAINING WITH POP MUSIC, AND INTENSE EASY-TO-FOLLOW FITNESS CHOREOGRAPHY. HIGH FITNESS PRODUCES A HIGH CALORIC BURN AND FULL-BODY TONING THROUGH ITS CAREFULLY FORMULATED CHOREOGRAPHY.

SPIN

THIS ATHLETIC TRAINING RIDE IS LED BY A CERTIFIED SPINNING INSTRUCTOR TO GIVE YOU PURPOSE AND DIRECTION. THE SPECIALLY DESIGNED BIKE IS EQUIPPED SO THAT EACH PARTICIPANT CAN CONTROL HIS OR HER OWN RESISTANCE, ALLOWING THEM TO ENJOY EACH CLASS IN A WAY THAT IS COMFORTABLE FOR THEM.

DID YOU KNOW?

YOU CAN ENJOY A CLASS WHILE YOUR CHILD ENJOYS OUR CHILD CARE! VIEW PAGE 5 FOR MORE DETAILS

YOGA

A COMPLETE MIND AND BODY WORKOUT THAT COMBINES DYNAMIC BREATHING AND STRONG FLOWING MOVEMENT TO CREATE A COMPLETE BODY WORKOUT. STUDENTS LEARN A SEQUENCE OF POSTURES THAT BUILD STRENGTH, UNWIND TIGHT JOINTS AND MUSCLES, DEVELOP CONCENTRATION, AND REDUCE STRESS.

CARDIO AND TONE

A FULL BODY WORKOUT WITH A COMBINATION OF CARDIO AND STRENGTH EXERCISES. THE CLASS USES A VARIETY OF FITNESS EQUIPMENT TO WORK ON CORE STRENGTH, MUSCLE BUILDING, CARDIOVASCULAR ENDURANCE, AND FLEXIBILITY.

PILATES

A FORM OF EXERCISE WHICH CONCENTRATES ON STRENGTHENING THE BODY WITH AN EMPAHSIS ON CORE STRENGTH. SIMILAR TO YOGA, PILATES FOCUSES ON POSTURE, BALANCE, AND FLEXIBLITY. WITH OVER 100 CLASSES HAPPENING EVERY WEEK, THERE IS SOMETHING FOR EVERYONE!

CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP OR DAILY ADMISSION

VIEW OUR COMPLETE CALENDAR OF FITNESS CLASSES HERE:



HILLCREST

OREM'S NEWEST PARK IS A RECREATIONAL AREA NESTLED IN A PICTURESQUE LOCATION, BOASTING AN ARRAY OF AMENITIES TO CATER TO VISITORS OF ALL AGES. THIS PARK OFFERS A SERENE ESCAPE FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIFE. ONE OF THE PARK'S GREATEST HIGHLIGHTS IS THE PRESENCE OF THREE WELL-EQUIPPED PLAYGROUNDS, ENSURING THAT CHILDREN HAVE AMPLE SPACE TO PLAY AND EXPLORE. EXCITINGLY, THE PARK ALSO WILL HAVE AN INDOOR FACILITY, WHICH WILL FURTHER ENHANCE THE RANGE OF ACTIVITIES AND EXPERIENCES AVAILABLE TO THE COMMUNITY. OVERALL, HILLCREST PARK PRESENTS ITSELF AS AN IDEAL DESTINATION FOR FAMILIES, NATURE LOVERS, AND ANYONE LOOKING TO ENJOY A BLEND OF OUTDOOR ACTIVITIES AND SERENE RELAXATION.



RENT HILLCREST PICKLEBALL COURTS, PAVILIONS AND COMMUNITY ROOMS

VISIT PAGE 28 FOR MORE DETAILS







orem recreation | spring 2024

PHASE 2 COMING SOON

HILLCREST CENTER HOURS

GAME ROOM	MON - THU	4РМ – 9РМ
OUTDOOR PICKLEBALL	MON – SUN	6АМ – 10РМ
SPLASH PAD	MON - SAT	10АМ – 8РМ

FOLLOW US ON SOCIAL MEDIA FOR NEWS ABOUT OUR GRAND OPENING!

- SPLASHPAD
- 12 PICKLEBALL COURTS
- INDOOR SPORT COURTS
- HAMMOCK/SLACKLINE AREA
- TABLE TENNIS
- GAME ROOM LOUNGE
- SNACK BAR
- OPEN GREEN SPACE
- 1 MILE IN WALKING PATHS
- 9 SQUARE
- OUTDOOR LOUNGE & GATHERING SPACE
- PAVILIONS & PICNIC TABLES





PICKLEBALL COURTS AND SPLASH PAD OPEN MAY 2024

HILLCREST

ALL OF THE FOLLOWING CLASSES OCCUR AT THE HILLCREST CENTER (651 E 1400 S, OREM)

CHILD AND YOUTH CLASSES

NEW MERO'S TINY TUSK

DATES: MON, WED, FRI 9-10:30AM OR 11AM-12:30PM SESSION 1: MAR 4-29 (NO CLASS MAR 11), SESSION 2: APR 8-29, SESSION 3: MAY 1-24

AGE: 3-5 FEE: \$114

REGISTER NOW

THIS PROGRAM PROVIDES CHILDREN WITH THE POSITIVE INTELLECTUAL STIMULATION AND SOCIAL SKILLS THEY NEED TO PREPARE FOR SCHOOL. EACH CLASS OFFERS A RICH CURRICULUM THAT DEVELOPS EACH CHILD'S CONFIDENCE AND SELF-ESTEEM. 2 DIFFERENT CLASS TIMES FOR EACH SESSION.

EVIL SCIENTIST

DATE: WED, APR 17-MAY 22, 4-5PM AGE: 6-12 FEE: \$85

REGISTER NOW

IN THIS CLASS, STUDENTS WILL PERFORM HANDS-ON EXPERIMENTS TO LEARN ALL ABOUT THE SCIENCE OF FLIGHT, INCLUDING LIGHTER-THAN-AIR AIRCRAFT, HOVERCRAFT, JET PROPULSION, AND ROCKETS. ACTIVITIES INCLUDE: HOVERCRAFTS, CATAPULT GLIDERS, MODEL ROCKETS, AND CO2 JET CAR RACES.

NEW POWER CHESS

POWER UP

DATES: MON, MAR 18-APR 29 (NO CLASS APR 1), 4:30-5:30PM GRADE: K-6

FEE: \$109 REGISTER NOW

A FUN 6-WEEK INTRODUCTORY AFTER-SCHOOL CHESS PROGRAM DESIGNED TO HELP STUDENTS LEARN THE FUNDAMENTALS OF CHESS.

TOURNAMENT CHESS

DATES: MON, MAR 18-APR 29 (NO CLASS APR 1), 5:40-6:40PM GRADE: K-6

FEE: \$109

REGISTER NOW

DESIGNED FOR STUDENTS WHO HAVE CHESS EXPERIENCE, SUDENTS CAN EXPECT TO PLAY IN WEEKLY CHESS TOURNAMENT GAMES AND LEARN NEW TACTICAL PATTERNS.

SNAPOLOGY

KINDERBOTS

DATE: THU, MAR 7-APR 18 (NO CLASS APR 4), 5-6PM GRADE: K-2

FEE: \$98

REGISTER NOW

CHILDREN WILL BEGIN TO EXPLORE THE WORLD OF ROBOTICS AND BUILD SIMPLE MODELS THAT TEACH THE FUNDAMENTALS OF ROBOTIC DESIGN. NO PREREQUISITES AND NO REPEAT BUILDS.

MEGAMACHINES ROBOTICS

DATE: THU, MAR 7-APR 18 (NO CLASS APR 4), 6-7:15PM GRADE: 3-6 FEE: \$98

REGISTER NOW

STUDENTS WILL LEARN ABOUT GEAR RATIO, SENSORS, PULLEYS, CRANKS, AND PROGRAMMING AS THEY BUILD TRUCKS, SPACE ROVERS, HELICOPTERS, AND MUCH MORE. YOUR CHILD IS SURE TO HAVE FUN AS THEY BUILD, LEARN, AND PLAY. NO PREREQUISITES AND NO REPEAT BUILDS.

SUMMER CAMPS

SUMMER ADVENTURE CAMP

DATES: MON-THU, WEEKLY SESSIONS JUN 3-AUG 1 TIMES: 9AM-12PM OR 12:30-3:30PM AGE: 5-11

FEE: \$70/WEEK PER CHILD*, \$560/CHILD/9 WEEKS REGISTER NOW

SUMMER ADVENTURE CAMP IS A FUN PROGRAM WITH GROUP AND INDIVIDUAL GAMES, ARTS AND CRAFTS, SPORTS, AND SWIMMING. NEW AND REPEATED ACTIVITIES FOR EACH SESSION. ALL PARTICIPANTS WILL BE GIVEN A PROGRAM CALENDAR ON THE FIRST DAY OF THE WEEK TO INFORM THEM OF EACH DAY'S ACTIVITIES. REGISTRATION IS AVAILABLE ON A WEEKLY BASIS OR THE ENTIRE 9 WEEKS. CHILDREN ARE REQUIRED TO BRING LUNCH EVERY DAY. *NO CLASS ON JUL 4 OR JUL 24. \$52.50/PER CHILD FOR WEEKS WITH THESE HOLIDAYS.

JUNIOR KIDS ADVENTURE CAMP

DATES: MON-THU, WEEKLY SESSIONS JUN 3-AUG 1 TIMES: 9AM-12PM OR 12:30-3:30PM AGE: 4-6

FEE: \$70/WEEK PER CHILD*, \$560/CHILD/9 WEEKS REGISTER NOW

JUNIOR KIDS ADVENTURE IS A YOUNGER VERSION OF KIDS ADVENTURE. THE PROGRAM IS FOR YOUTH AGES 4-6. ACTIVITIES WILL INCLUDE: GROUP AND INDIVIDUAL GAMES, ARTS AND CRAFTS, PLAYGROUND ACTIVITIES, SPORTS, AND THEME DAYS. REGISTRATION IS AVAILABLE ON A WEEKLY BASIS OR THE ENTIRE 9 WEEKS. CHILDREN ARE REQUIRED TO BRING LUNCH EVERY DAY.

*NO CLASS ON JUL 4 OR JUL 24. \$52.50/PER CHILD FOR WEEKS WITH THESE HOLIDAYS.

ART HAVEN

DATES: TUE, APR 9-MAY 14, 4-5PM GRADE: K-6 FEE: \$129

REGISTER NOW

DON'T MISS OUT ON OUR TOTAL ART EXPERIENCE. ART HAVEN HAS ALL NEW MULTI MEDIUM EXPERIENCES EVERY SESSION, WITH BOTH TWO AND THREE-DIMENSIONAL ART. THIS SESSION STUDENTS WILL CREATE MASTERPIECES THAT WILL MOTIVATE AND INSPIRE THEIR GROWING LOVE OF ART.

SPRING PAINTING WORKSHOP

DATE: TUE, MAR 19, 4-5:30PM GRADE: K – 6 FEE: \$35 REGISTER NOW

REGISTER NOW

SPRING IS ALMOST HERE! FLOWERS ARE BLOOMING, BIRDS ARE SINGING, AND BEES ARE BUZZING. IN HONOR OF THIS WONDERFUL SEASON LET'S CAPTURE THESE VIBRANT COLORS WITH PAINT. MAKE NEW FRIENDS AND BE INSPIRED BY YOUR FELLOW ARTISTS DURING THIS EVENING OF FUN. AS ALWAYS DRESS FOR MESS!

PICKLEBALL PROGRAMS

NEW INDOOR PICKLEBALL

WEEKLY ROUND ROBINS

DATES: MON/WED, STARTING SOON, 6-8AM FEE: \$10/PERSON REGISTER NOW

MEN AND WOMEN WELCOME, ALL AGES INCLUDED. LOTS OF PLAY TIME WITH MINIMAL TO NO WAIT. MONDAYS- 3.0 SKILL LEVEL (BEGINS MAR 4), WEDNESDAYS- 3.5 SKILL LEVEL (BEGINS MAR 6)

WEEKLY KING OF THE COURT

DATES: TUE/THU, STARTING MAR 5, 6-8AM FEE: \$10/PERSON

REGISTER NOW

MEN AND WOMEN WELCOME, ALL AGES INCLUDED. LOTS OF PLAY TIME WITH MINIMAL TO NO WAIT. TUESDAYS- 3.0 SKILL LEVEL (BEGINS MAR 5), THURSDAYS- 3.5 SKILL LEVEL (BEGINS MAR 7)

DID YOU KNOW?

ADDITIONAL ADULT SPORTS AND PROGRAMS LIKE VOLLEYBALL AND BASKETBALL ARE LISTED ON PAGES 10–11.

NEW PICKLEBALL CAMPS AND CLINICS

EXCITING PICKLEBALL CAMPS AND CLINICS ARE ON THE HORIZON, OFFERING PLAYERS OF ALL LEVELS THE CHANCE TO ENHANCE THEIR SKILLS, STRATEGY, AND LOVE FOR THE GAME. INDOOR AND OUTDOOR CAMPS, CLINICS, AND TOURNAMENTS ARE HEADED YOUR WAY. WATCH SOCIAL MEDIA FOR FUTURE PROGRAMS!

CAN'T WAIT FOR MORE?

COMING SOON: RESERVE YOUR SPOT PLAYING ON COURT RESERVE. UP TO SIX OUTDOOR COURTS WILL BE AVAILABLE FOR RESERVATION, \$15/COURT/HR, MON-SUN.



SENIOR CENTER

OREM SENIOR FRIENDSHIP CENTER IS DEDICATED TO SERVING PATRONS AGED 55 AND OLDER. WE INVITE ANYONE 55 AND OLDER TO JOIN US FOR LEARNING OPPORTUNITIES, EXERCISE CLASSES, EVENTS, AND DAILY MEALS THAT ARE MADE ON-SITE.

OPERATIONS

HOURS: 9AM - 4PM DAYS: MON - FRI *CLOSED ON ALL HOLIDAYS

MEMBERSHIP FEE: \$17/YEAR (AGE 55-79) *GOLDEN MEMBERS (80+ RECEIVE A FREE ANNUAL MEMBERSHIP FOR LIFE)

CONTACT

FRONT DESK: 801-229-7111 EMAIL: OSFC@OREM.GOV ADDRESS: 93 N 400 E, OREM

INSTAGRAM: @OREMSENIORFRIENDSHIPCENTER

FACEBOOK: @OREMSENIORFRIENDSHIPCENTER

YOUTUBE: @OREMSENIORFRIENDSHIPCENTER9435

DAILY MEAL PROGRAM

DATES: MONDAY-FRIDAY, 12-12:30PM FEE: \$5*

OUR HOMECOOKED, DELICIOUS MEAL PROGRAM IS AMAZING! YOU MUST RESERVE AND PAY FOR YOUR MEAL AT LEAST ONE BUSINESS DAY IN ADVANCE, BEFORE NOON.

*LUNCHES FOR THOSE 55 AND OLDER ARE \$5 EACH WITH A DISCOUNT TO \$4 EACH IF PURCHASING 4 OR MORE AT ONE TIME. ANYONE, ANY AGE CAN EAT HERE, THE PRICE IS ALWAYS \$5.



BRILLIANT UNIVERSITY

BRILLIANT UNIVERSITY IS A CONTINUING EDUCATION PROGRAM THAT HAS WON MULTIPLE AWARDS. WE OFFER TWO SEMESTERS ANNUALLY, INTRODUCING SEVERAL NEW 9 WEEK COURSES. OUR CURRENT SEMESTER RUNS UNTIL MARCH 15 AND INCLUDES:

MONDAYS

10-11AM FOLK DANCE 12:30-2:30PM MONDAY MOVIES

TUESDAYS 9-10AM CONVERSATIONAL SPANISH

9:30-11AM SEWING 10-11AM UKULELE 1:45-2:45PM YOUNG AT HEART

WEDNESDAYS

9-11:45AM WATERCOLOR GROUP 10-11AM YOGA 1-2:30PM NATIVE AMERICAN FLUTE

THURSDAYS

9-10AM CREATING COURAGE FOR COMPASSION 10-11AM YOUR PERSONAL HISTORY 11-12PM LEATHERWORK BASICS 1:45-2:45PM LOVE YOUR LIBRARY

FRIDAYS

9:30-10:30AM HEALING WITH YOUR GARDEN 10:30-11:30AM WHAT'S YOUR SIGN 12:45-1:45PM BRAIN BOOSTERS

TRIPS & TOURS

UPCOMING

MONTHLY TRIP TO A NEW THRIFT STORE ON THE 3RD WEDNESDAY LAS VEGAS: MAY 7-10 WE ARE GOING TO SEE TERRY FATOR AND BARRY MANILOW!

EVENTS & ACTIVITIES

THE GRAMMYS

DATE: FRI, MAR 29 AT 10AM

THE GRAMMYS IS ONE OF OUR BIGGEST EVENTS OF THE YEAR. A RED CARPET EVENT HONORING OUR VOLUNTEERS. WE HAVE "SUPER STARS" LIKE DEAN MARTIN, ELIZABETH TAYLOR, MARILYN MONROE AND MANY OTHERS TO AWARD THE TROPHIES TO THE WINNERS.

THRIFT SHOP

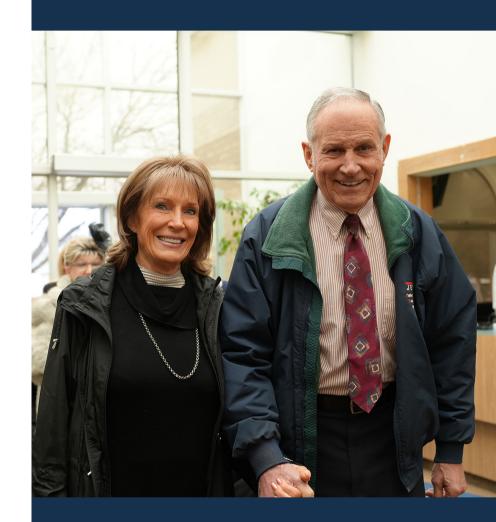
DATE: TUE/THU, 9:20-11:30AM

SHOP AT OUR OWN THRIFT STORE EVERY TUESDAY AND THURSDAY! EVERYTHING IS 25 CENTS. DONATIONS ACCEPTED.

DID YOU KNOW?

WE OFFER CLASSES SUCH AS SILVER SNEAKERS, ZUMBA GOLD, AND TAI CHI CLASSES AT THE OREM FAMILY FITNESS CENTER. YOU MAY QUALIFY FOR A FITNESS CENTER MEMBERSHIP THROUGH YOUR INSURANCE.

FITNESS CENTER MEMBERSHIPS START AT \$17/MONTH OR \$157/YR FOR AGES 60+



STAY INFORMED WITH OUR MONTHLY NEWSLETTER:



AQUATICS

LIFEGUARD TRAINING AND CERTIFICATION

DATES: MAR 11-14 | MAY 6-9 | JUN 10-13 | JUL 8-11 | AUG 5-8 (TIMES DIFFER PER SESSION) AGE: 16+ FEE: \$165-\$170

REGISTER NOW

CLASS SPACE IS LIMITED AND EARLY REGISTRATION IS STRONGLY SUGGESTED. CPR AND FIRST AID CERTIFICATIONS ARE INCLUDED IN THIS COURSE.

DIVING LESSONS

DATES: WEEKLY SESSIONS IN JUN AND JUL AGE: 8+ FEE: \$38

REGISTRATION BEGINS MAR 1

DIVING LEVEL 1 AND LEVEL 2 LESSONS (FOUR 45 MIN LESSONS) DURING THE SUMMER OF 2024. CLASSES WILL BE HELD FROM 10AM TO 11:30AM AT THE SCERA POOL.

SUMMER SWIM TEAM

14 AND YOUNGER SUMMER REC TEAM

DATES: MON-FRI, JUN 3-JUL 26, VARIOUS TIMES, INDOOR OR OUTDOOR

AGE: 6-14

FEE: \$123, SHIRT INCLUDED

REGSITRATION BEGINS MAR 1

THE OREM REC SWIM TEAM HAS BEEN DEVELOPED TO INTRODUCE SWIMMERS INTO A LOW PRESSURE COMPETITIVE ENVIRONMENT. WHILE IT WILL BE A RIGOROUS DAILY WORKOUT, KIDS WILL BE MOTIVATED AND ENCOURAGED IN A POSITIVE, FUN ENVIRONMENT. SWIMMERS MUST BE ABLE TO SWIM 25 YARDS OF FREESTYLE AND BACKSTROKE. WE WILL BE HAVING A SWIM PREVIEW DAY ON MAY 25TH @ 10:00AM AT THE OREM FAMILY FITNESS CENTER. THIS IS MANDATORY FOR ALL NEW SWIMMERS TO OUR PROGRAM.

13 AND OLDER HIGH SCHOOL PREP SUMMER REC TEAM DATES: MON-FRI, JUN 3-JUL 26, 7:30-9:30AM

AGE: 13-18 FEE: \$175, SHIRT INCLUDED

REGSITRATIONS BEGINS MAR 1

THIS SWIM TEAM WAS DEVELOPED TO PROVIDE AN ENVIRONMENT FOR OUR MIDDLE TO HIGH SCHOOL AGED SWIMMERS TO TRAIN. SWIMMERS WILL GET A TASTE OF WHAT IT WOULD BE LIKE TO SWIM IN A MORE COMPETITIVE ENVIRONMENT. PRACTICES WILL BE HELD AT OUR OUTDOOR SCERA POOL. PARTICIPANTS WILL HAVE THE OPPORTUNITY TO COMPETE FOUR TIMES.



MONTHLY SPRING SWIM TEAM

DATES: MON-THU, 5:30-6:30PM OR SAT 9-10AM, 10-11AM AGE: 8+ FEE: \$30/DAY/MONTH

REGSITER NOW

OFF-SEASON SWIM PRACTICE, KEEP YOUR SWIMMER PRACTICING THROUGH THE SEASON IN A NON-COMPETITIVE ENVIRONMENT. FIND DAYS/TIMES THAT WORK BEST FOR YOU!



OREM RAYS COMPETITVE SWIM TEAM

JOIN THE OREM RAYS TEAM, COMPRISED OF 4 SKILL LEVEL GROUPS PRACTICING IN OREM WATER, AND HAVE YOUR SWIMMER DEVELOP SKILLS AND COMPETE IN MEETS WITH OTHER LOCAL SWIM TEAMS. MONTHLY OPTIONS AVAILABLE. THIS IS THE PERFECT OPPORTUNITY TO LET YOUR SWIMMER GET COMPETETIVE ON A SUPPORTIVE TEAM.

FOR FULL DETAILS PLEASE VISIT:

GOMOTIONAPP.COM/TEAM/USUVR/PAGE/HOME

ADDITIONAL DETAILS AND SWIM TEAM REGISTRATION CAN BE FOUND HERE:



AQUATICS



WATER AEROBICS

DATES: MON-FRI, VARIOUS TIMES AGE: 14+

WE HOLD CLASSES IN THE MORNING AND EVENING TO SUIT YOUR NEEDS. VARIOUS WORKOUTS WITH DIFFERENT LEVELS.

TRY ONE OF THE FOLLOWING:

- AQUA DEEP FIT
- AQUA MAMA (PRENATAL FITNESS)
- AQUA ZUMBA
- ARTHIRITIS EXERCISE
- BOOT CAMP
- DEEP WATER SPLASH
- HIIT
- POWER WAVE
- AND MORE

FIND THE COMPLETE SCHEDULE AND DESCRIPTIONS OF CLASSES HERE:



SUBSCRIPTION SWIM LESSONS

DATES: MON-FRI, VARIOUS TIMES AGE: 3+

FEE: \$32/MONTH PER 1 CLASS/WEEK REGISTER ANYTIME

SWIM LESSONS THAT FIT YOUR SCHEDULE. LESSONS OCCUR ONCE, TWICE, OR THREE TIMES A WEEK SUBSCRIPTION LESSONS. IT'S SIMPLE: CHOOSE WHAT DAY AND TIME WORKS FOR YOU AND YOU'RE READY TO GO!

ADULT SUBSCRIPTION SWIM LESSONS

DATES: WED/FRI, 5:30-6PM, 6-6:30PM AGE: 18+ FEE: \$32/MONTH PER 1 CLASS/WEEK

REGISTER ANYTIME

THIS PROGRAM IS GEARED TOWARDS HELPING ADULTS GET COMFORTABLE IN THE WATER AND LEARN TO SWIM. START AND STOP ANYTIME.

WATER POLO

DATES: MAR 9-APR 13, SAT, 10-10:45AM (14-18), 11-11:45AM (18+) AGE: 14-18, 18+

FEE: \$48-\$70, DEPENDING ON AGE AND RESIDENCY REGISTER NOW

JOIN US FOR A PRAGMATIC AND SKILL-FOCUSED APPROACH TO WATER POLO. WHETHER YOU'RE LOOKING TO REFINE YOUR TECHNIQUE, ENHANCE YOUR COMPETITIVE EDGE, OR SIMPLY ENJOY THE CAMARADERIE OF A DEDICATED COMMUNITY. OUR WATER POLO PROGRAM OFFERS A PLATFORM FOR CONTINUAL IMPROVEMENT AND ACHIEVEMENT IN THIS DYNAMIC AQUATIC SPORT. ALL PARTICIPANTS MUST BE ABLE TO SWIM 25 YARDS OF FREESTYLE AND BACKSTROKE AND KNOW HOW TO TREAD WATER.

FULL POOL SCHEDULE:



LEISURE POOL



OPEN PLUNGE | 5AM - 9:50PM (MON-SAT) LAZY RIVER | 5AM - 9:50PM (MON-SAT) PLAY STRUCTURE | 3PM - 9:50PM (MON-FRI) | 12PM - 9:50PM (SAT) WATER SLIDE | 3PM - 9:50PM (MON-FRI) | 12PM - 9:50PM (SAT) DIVING BOARD | 7:15PM - 09:50PM (MON-FRI) 12PM - 09:50PM (SAT)

2 WEEK SUMMER SWIMMING LESSONS

DATES: VARIOUS DATES, 9AM-12PM AGE: 3+ FEE: \$56

REGISTRATION BEGINS MAR 1

2 WEEK LESSONS (FOUR 30 MIN LESSONS/WEEK) DURING THE SUMMER OF 2024. CLASSES WILL BE HELD FROM 9AM-12PM AT THE SCERA POOL AND THE OREM FAMILY FITNESS CENTER. PARENT/CHILD CLASS AVAILABLE (18 MONTH+)

SEE PAGE 23 FOR ADDITIONAL SUMMER PROGRAMS

PRIVATE SWIM LESSONS

DATES: VARIOUS TIMES AGE: 3+ FEE: \$45-70*

REGISTER ANYTIME

THE OREM RECREATION DEPARTMENT OFFERS PRIVATE AND SEMI-PRIVATE SWIM LESSONS FOR ALL AGES AND ABILITIES AT BOTH FACILITIES. *PRIVATE LESSONS ARE \$70 PER STUDENT FOR FOUR (4), ONE-HALF HOUR LESSONS. SEMI-PRIVATE LESSONS ARE \$45 PER STUDENT WITH A MINIMUM OF TWO STUDENTS AND A MAXIMUM OF FOUR STUDENTS IN CLASS. SEMI-PRIVATE LESSONS ARE FOUR (4), ONE-HALF HOUR LESSONS. CLASSES ARE AVAILABLE BOTH OUTDOOR AT THE SCERA PARK POOLS AND INDOOR AT THE OREM FITNESS CENTER.



SCERA POOL

701 S. STATE ST.

OPENS MEMORIAL DAY WEEKEND | SAT, MAY 25

LAP SWIM + WATER AEROBICS 7AM - 9AM (MON-FRI)

OPEN PLUNGE 12PM – 7PM (MON-THU) 12PM – 6PM (FRI-SAT)

PRICES

OREM FAMILY FITNESS MEMBER/NON-MEMBER

GENERAL ADMISSION

INFANT (0 - 2)	FREE
CHILD (3 - 13)	\$5
ADULT (14 - 59)	\$6
SENIOR (60+)	\$5

SEASON PASSES

*TAXES NOT INCLUDED INDIVIDUAL \$60/\$115 COUPLE \$95/\$210 FAMILY \$110/\$210 SENIOR \$40/\$75

SCERA POOL PASS SALE

APR 8 – 20 | SCERA POOL SEASON PASSES WILL BE ON AN EARLY BIRD DISCOUNT, NO PROMO CODE NEEDED, DISCOUNTS WILL BE ALREADY APPLIED.

RENT THE SCERA POOL AFTER HOURS

VISIT PAGE 28 FOR MORE DETAILS

RENTALS

DISCOVER THE PERFECT VENUE FOR ANY OCCASION WITH US! WHETHER YOU NEED A SPACIOUS ROOM, A REFRESHING POOL, A LIVELY SOCCER FIELD, A CHARMING PAVILION, OR MORE, WE HAVE THE IDEAL SPACE FOR YOUR EVENT. FROM CORPORATE GATHERINGS AND FAMILY REUNIONS TO SPORTS CLINICS AND CELEBRATIONS, OUR VERSATILE LOCATIONS CATER TO A VARIETY OF GROUPS. EXPLORE ENDLESS POSSIBILITIES AND LET US HOST YOUR NEXT MEMORABLE EVENT IN A SETTING THAT SUITS YOUR NEEDS!

MULTIPURPOSE ROOM

OUR MULTI PURPOSE ROOMS AT THE OREM FAMILY FITNESS CENTER ARE PERFECT FOR FAMILIES, BUSINESSES, COMMUNITY GATHERINGS OR ANY KIND OF CELEBRATION! WE HAVE OUR EAST WING AND WEST WING ROOMS THAT CAN BE COMBINED AS ONE IF NEEDED (FOR LARGER PARTIES). FULL ROOM POLICIES AND RULES ONLINE. PRICING STARTS AT \$50/2 HOURS PER WING FOR BIRTHDAY PARTIES, AND \$50/HOUR PER WING FOR FAMILY GATHERINGS, BUSINESS GATHERINGS, ETC.

VISIT: OREMRECREATION.COM/ROOM-RENTALS

SPORTS FIELDS

ALL ATHLETIC FIELDS/FACILITY RENTALS REQUIRE INSURANCE, RENTAL AGREEMENT, AND MUST BE PAID IN FULL FOR A COMPLETE RESERVATION. SUBMISSIONS FOR CERTAIN RENTAL REQUESTS ARE TAKEN UP TO 13 MONTHS IN ADVANCE, BUT PREFERABLY WITH AT LEAST 3 WEEKS NOTICE. ONCE WE RECEIVE THE SUBMITTED FORM, WE WILL CONTACT YOU WITH ADDITIONAL INFORMATION TO FINALIZE YOUR BOOKING. FEES VARY. **VISIT: OREMRECREATION.COM/RENTALS**



SCERA POOL AFTER HOURS

THE CITY OF OREM SCERA PARK POOLS ACCEPTS RESERVATIONS FOR PRIVATE PARTIES BEFORE AND AFTER OPERATIONAL HOURS. RESERVATIONS ARE MADE AFTER JAN 1, 2024. RESERVATIONS ARE FOR THE SECURED AREA INSIDE THE POOL COMPLEX AND DO NOT INCLUDE PARK OR PAVILION RENTAL (PAVILION RENTAL IS AVAILABLE TO OREM RESIDENTS AFTER FEB 1). GROUPS INTERESTED IN SCHEDULING AN AFTER HOURS PARTY MAY NOT USE THE FACILITY FOR PRIVATE GAIN OR CHARGE ANY TYPE OF ADMISSION OR FEE FOR THOSE IN THEIR GROUP TO ATTEND THE EVENT.

PRICING IS DETERMINED BY QUANTITY OF PARTICIPANTS WITHIN POOL PARK BOUNDARIES. RESERVATIONS GIVEN ON A FIRST COME FIRST SERVE BASIS. DISCOUNTS MAY BE GIVEN TO PARTIES RESERVING MULTIPLE TIME BLOCKS ON ONE DATE. VISIT: OREMRECREATION.COM/AFTERHOURS

NEW HILLCREST CENTER

THE HILLCREST INDOOR FACILITY IS PERFECT FOR FAMILIES, BUSINESSES, COMMUNITY GATHERINGS OR ANY KIND OF CELEBRATION! THIS BRAND NEW FACILITY IS DESIGNED TO BE VERSATILE WITH GAMES, SPORTS, AND IS A GREAT PLACE FOR ANY BIG GROUP PARTY.

THE INDOOR SPORT COURT CAN BE CONVERTED TO A NUMBER OF OPTIONS BETWEEN VOLLEYBALL, BASKETBALL, AND PICKLEBALL. RESERVATIONS MAY INCLUDE PRIORITY TO SOME OUTDOOR PICKLEBALL COURTS. RESERVATIONS AVAILABLE YEAR ROUND. VISIT: OREMRECREATION.COM/HILLCREST-COMMUNITY-CENTER

DID YOU KNOW?

THE SCERA POOL SPLASH PAD UPGRADE OPENS SUMMER 2024. CHANGES INCLUDE A PLAY STRUCTURE, AMENITIES FOCUSED FOR AGES 3-8, AND TWO NEW SLIDES.

SPLASH PAD HOURS AT THE SCERA POOL MATCH OPEN PLUNGE HOURS ON PAGE 27.

PARKS AMENITIES

PARK PAVILIONS

OREM HAS SOME OF THE MOST WONDERFUL PUBLIC PARKS IN UTAH. OUR PARKS DIVISION WORKS HARD TO KEEP THE PARKS SAFE, FUN, AND BEAUTIFUL. WE HOPE THIS PARKS GUIDE WILL HELP YOU IN PLANNING YOUR NEXT ADVENTURE IN ONE OF OUR PARKS.

PARK PAVILIONS ARE AVAILABLE FOR RESERVATIONS MON-SAT. FEES RANGE FROM \$50 FOR SMALL PAVILIONS, TO \$150+ FOR OUR LARGER PAVILIONS, DEPENDING ON OUR TIME SLOTS, PAVILION SIZE AND LOCATION. RESTROOM FACILITIES AND WATER SUPPLIES ARE ONLY IN ORDER DURING THE RESERVATION SEASON (OPEN RENTAL SEASON MAY-SEPTEMBER). RESERVATION START DATES: FEB 1 (FOR OREM RESIDENTS), MAR 1 (NON-OREM RESIDENTS) VISIT: OREM.ORG/PARKS

MT TIMPANOGOS HOSTING CENTER

ESCAPE TO NATURE AND ELEVATE YOUR EVENT AT OUR STUNNING HOSTING CENTER NESTLED UP PROVO CANYON. SURROUNDED BY MAJESTIC TREES AND BREATHTAKING VIEWS, MOUNT TIMPANOGOS PARK OFFERS THE PERFECT BACKDROP FOR YOUR SPECIAL OCCASION. WHETHER IT'S A WEDDING, FAMILY REUNION, OR CORPORATE RETREAT, CREATE UNFORGETTABLE MEMORIES IN THIS SERENE AND PICTURESQUE SETTING.

THE HOSTING CENTER IS A DELTA-SHAPED FACILITY WITH BOTH THE EAST AND WEST WINGS BEING IDENTICAL. AMENITIES FOR EACH WING INCLUDE A 24'X48' CEMENT FLOOR, WATER ACCESS IN THE MIDDLE OF WINGS, SHELVING AND CUPBOARDS IN THE MIDDLE AREA, 8 GARAGE DOORS IN EACH WING, AND ACCESS TO ELECTRICAL OUTLETS AND OVERHEAD LIGHTS.

TENNIS/PICKLEBALL COURTS

OREM PARKS ARE HOME TO 24 OUTDOOR PICKLEBALL COURTS AND 18+ TENNIS COURTS TO BE USED FOR DROP IN PLAY OR OREM CITY PROGRAMS AND TOURNAMENTS. THIS YEAR YOU'LL BE ABLE TO RESERVE YOUR TIME AT THE HILLCREST PARK PICKLEBALL COURTS, SEE PAGE 19 FOR MORE INFO.



UPCOMING EVENTS

FITNESS CENTER BIRTHDAY WEEK | WEEK OF MAR 20

WE'LL BE CELEBRATING OUR BIRTHDAY ALL WEEK LONG! A FEW EVENTS: OUR BIRTHDAY PASS SALE, FREE COOKIES, FREE ADMISSION DAY, GIVEAWAYS, EVENTS AND MORE! FOLLOW @OREM_RECREATION ON INSTAGRAM AND OREM RECREATION ON FACEBOOK FOR ALL UPDATES!

MEMORIAL DAY | MAY 27

OREM CITY CEMETERY | 10AM

OUR ANNUAL MEMORIAL DAY PROGRAM WILL FEATURE PATRIOTIC MUSIC, FLAG PRESENTATIONS, AND TRIBUTES.

OREMFEST | JUNE 3-8

MONDAY | JUNE 3 OREMFEST REV ROAD RALLY SCERA PARK | 6-8PM

TUESDAY | JUNE 4

SUMMER POOL PARTY SCERA POOL | 6-8:30PM

WEDNESDAY | JUNE 5

CHARITY GOLF TOURNAMENT SLEEPY RIDGE GOLF COURSE | 8AM OREMFEST'S ORCHARD JAM ORCHARD AT UNIVERSITY PLACE MALL | 7PM NEW SPORTSFEST PICKLEBALL TOURNAMENT HILLCREST PARK | WED-SAT, VARIOUS TIMES

THURSDAY | JUNE 6

OREM FAMILY DAY OREM CITY CENTER PARK | 12PM-10PM NEW SPORTSFEST SPIKEBALL TOURNAMENT HILLCREST PARK | VARIOUS TIMES NEW OREMFEST FIT - HIGH/SURGE/CARDIO FUSE FITNESS CENTER SE PARKING LOT | 7:30PM

FRIDAY | JUNE 7

OREM CITY CENTER PARK | 12PM-10PM NEW SPORTSFEST CORNHOLE TOURNAMENT HILLCREST PARK | VARIOUS TIMES NEW SPORTSFEST KICKBALL TOURNAMENT LAKESIDE PARK | VARIOUS TIMES OREM'S GOT TALENT OREM CITY CENTER PARK | 7PM CARNIVAL AND MARKET OREM CITY CENTER PARK | 12PM-10PM

SATURDAY | JUNE 8

ROTARY PANCAKE BREAKFAST OREM CITY CENTER PARK | 8-10AM BABY CONTEST HILLCREST CENTER | 9AM-12PM CARNIVAL AND MARKET OREM CITY CENTER PARK | 12PM-10PM OREM FAMILY DAY OREM CITY CENTER PARK | 12PM-10PM GRAND PARADE 800 E & CENTER ST | 7PM FIREWORKS OREM CITY CENTER PARK | 9:45PM

VISIT OREMFEST.ORG

- APPLICATIONS (BOUTIQUES, FOOD VENDOR, CAR SHOW, GRAND PARADE, ETC.
- VOLUNTEER
- DETAILS ON
 EVENTS AND
 REGISTRATION

DONATE TO OREMFEST HERE:



CITY OF OREM 56 N. STATE ST. OREM, UT 84057

RESIDENTIAL CUSTOMER



ECR WSS

