

## **Youth Basketball:**

Leagues are offered from 2<sup>nd</sup> to 12<sup>th</sup> Grade. Games are played in the evenings and possibly Saturday mornings. Registration typically begins in November and runs through December. Jersey's are provided in the cost.

## **Youth Baseball/Softball:**

Leagues are offered from Preschool to 9<sup>th</sup> Grade. Games are played in the evenings. Registration typically begins in March and runs through May depending upon the league. Team hats and t-shirts are provided in the cost.

Register Now

## **Youth Soccer:**

Leagues are offered from Preschool to 7<sup>th</sup> Grade. Games are played on Tuesday evenings and Saturday mornings. Fall and Spring leagues are available. Spring registration typically runs through the month of March and Fall registration typically runs through the month of August.

## **U.K. International Soccer Camps:**

UK International Soccer Camps are taught by pros and semi pros from the UK. The camps are June 21-June 25 or July 12-July 16 from 9am-12pm. The camp is for ages 4-11 years old. The camp is broken down as follows:

Ages 4-6 will attend the Fun in the Sun

Ages 7-11 will attend Skills n Thrills.

Family discount of \$5.00 for each sibling registered at the same time. Camp fee includes camp shirts, weeklong instruction, drills and games, personal evaluation, and a "World Cup" tournament. Participants are asked to bring a soccer ball and water bottle. Kids should come ready to learn, work hard, and have a great time doing it! Registration is available through Parks and Recreation online registration link or at [www.uksocca.com](http://www.uksocca.com).

## **Youth Flag Football:**

Leagues are offered from 2<sup>nd</sup>-5<sup>th</sup> Grade. Games are played on Tuesday evenings and Saturday mornings. Registration typically runs through the month of August.

## **Youth Tackle Football:**

Leagues are offered from 5<sup>th</sup>-7<sup>th</sup> Grade. 5<sup>th</sup> and 6<sup>th</sup> graders will have separate teams. 7<sup>th</sup> and 8<sup>th</sup> graders will either play lightweight, middleweight, or heavyweight. The Middleweight and Heavyweight teams could be combined if necessary. Registration typically runs through the month of July. Cost includes a jersey, use of pants, helmet and pads, practice and games through October.

## **Youth Track:**

Track is offered for 1<sup>st</sup>-8<sup>th</sup> graders. Practices will be on Tuesday and Thursday evenings. Registration typically runs through the month of April. Cost includes a t-shirt and participation fees at track meets.

[Register Now](#)

## **Youth Cheerleading:**

Cheer squads are offered for 5<sup>th</sup>-8<sup>th</sup> graders. There are no try-outs, everyone who pays will participate. Practices are held two days a week during June & July. Cheer Squads will participate in the Fair Days Parade. The squads will cheer for the Little League Football program during September and October. Practices during August-October are determined by the parent coach. Registration typically runs through the month of April. Cost includes: cheer skirt, cheer shell, pompoms, trunks and a hoodie.

[Register Now](#)

## **Youth Lacrosse:**

Leagues are offered for 3<sup>rd</sup>-6<sup>th</sup> grades. Age divisions are 3<sup>rd</sup>-4<sup>th</sup> grades and 5<sup>th</sup>-6<sup>th</sup> grades. Games will be 7v7 including a goalie. The games will be kept to simple rules and field markings as the kids get used to the basics of the game. Games are played down in Utah County. Registration typically is the month of March. Participates will need to purchase their own pads, jersey, helmet, gloves, stick, and mouth guard.

[Register Now](#)

## **Youth Swim Teams:**

Our swim teams are broken down into 4 teams ranging from ages 8years old to high school. Each team focuses on the skills development of the swimmers to strengthen their strokes and bring them to a competitive level. Swimming evaluations are held at the beginning of each new registration for swimmers who have not swam on the swim team before. Evaluations place the swimmer on the correct team based upon their swimming abilities. Costs and practices are based upon the swim team the swimmer is placed on. Swim teams are broken down into 3 different sessions, Sept.-Dec., Jan.-April, and May-July. Each swimmer needs to re-register with Parks and Recreation for the next session to continue swimming on the swim team. Swim team levels are described below.

## **Swimming Lessons:**

Swimming lessons are available for 3 years of age and older. Parents and Tots is for 6-24 month olds. Registration typically starts in the month of May for our summer sessions. You must come into Parks and Recreation to register for swimming lessons. Dates, levels, and times are posted. Lessons are held at the Wasatch Aquatic Center, 200 E. 800 S., in Heber. The cost is \$30 per session. In order to give everyone the opportunity to participate, each child may only register for one class until two weeks after the sign-up period has begun.

## **Youth Water Polo:**

Ages 7<sup>th</sup>-12<sup>th</sup> grade this sport will provide a challenging workout while you learn the exciting and challenging sport of Water Polo. Practices are 4 days a week and participants must register with USA Water Polo to participate in games. This cost is additional to the registration fee. Registration typically is in the month of January.

## **Gymnastics:**

Gymnastics is for ages 3-11 years old and classes start at the beginning of each month. Boys will work on the basics of the vault, bars, and horse. Girls will also be learning the basics of the vault, uneven bars, and beam. Classes are held on Monday evenings. Registration is available for each class prior to the month of which you want to begin.

[Register Now](#)

## **Junior Golf Clinics:**

All Golf Clinics are taught by the golf pros from one of the local golf courses in the county and is for ages 8 years and up. Instruction on all the basics of the game will be covered. 3 clinics will be held from June-August with 4 days of instruction. Class sizes are limited in order to offer quality instruction. Register at Parks & Recreation, not at the Golf Course.

## **Karate:**

Karate is for ages 7-13 years old. Intro to Martial Arts (open to first timers and those who have taken the program before). Renshi Manie of Kobayoshi Studies of Martial Arts is an expert in motivating children to a “Yes I Can” attitude! Watch your child as their confidence and self discipline at school and at home soar to new heights. Classes are offered throughout the year and go for 4 weeks at a time one day per week. Watch the website and our Recreation Connection flyer for upcoming classes. Cost includes a uniform and for people who do not need a uniform the cost will be adjusted.

## **Ceramics:**

Come choose from hundreds of molds to paint and make your own. Cost is \$7.00 to register for the class and an additional cost will vary depending upon the project you choose. Classes are held throughout the year, watch the website or our Recreation Connection for upcoming classes to register for. Classes fill up quickly because there are a limited number of spots.

## **Ski/Snowboard School:**

Ski/ Snowboard Lessons are held at Sundance Resort. Sundance requires that your child be at least 8 years old for ski lessons and 9 years old for snowboarding lessons. Parks and Recreation is unable to make exceptions to this rule. Registration typically begins in November and lessons start in January. Rentals are available through Sundance for additional costs to the program. A fitting night for the rentals will be scheduled for those who will be renting through Sundance.

## **Totally Tots:**

Come have fun with your toddler and create arts and crafts projects with other toddlers in this fun creative playgroup. For ages 2-5 years old and playgroup sessions start up monthly. Parent helper is required to stay with child. Watch our website or Recreation Connection flyer for upcoming playgroup sessions to sign up for. Cost for each playgroup session is \$25.00 a session.

## **Hunter's Safety:**

Hunter's Safety is a 3 week course held on Tuesday and Thursday nights. The shooting test will be arranged with the instructor on one of the class days and held up at the gun range. Classes are offered throughout the year. Call to be put on the waiting list for the next class.

## **Sewing:**

### **Introduction to Sewing:**

In this one day minicamp, children learn the parts of a sewing machine, how to use it, to thread it, to read a patten, and finally, children get to complete a finished project. All materials and supplies are provided. This class is held on Saturday's during the school year and one day during the week in the summer. For ages 6 years old and up. Check the website for upcoming on day camps to enroll. Cost is \$37.00. Online Registration is available.

### **Beginning Sewing Lessons:**

In these ongoing classes, children begin by making a sewing bag that they can use to bring their sewing supplies to class each week. Next they choose from a variety of projects: pants, skirt, shorts, pajamas, and shirts. All the sewing tools will be provided except the fabric and notions for each project, and the \$35.00 Pattern Packet with 10 reusable patterns. It's best if students take the "Introduction to Sewing" first, but it's not required. The cost is \$50/month and classes are ongoing but not mandatory. Sign up for one month or sign up for them all. Classes are held on Saturdays during the school year and one day during the week in the Summer. Online registration is available.

## **Olympic Park Ski Program:**

The Utah Olympic Park, venue for the 2002 Olympics is pleased to announce the 2010 Heber Valley Utah Olympic Ski Program. Eligible skiers must be 7-12 years old, be able to carry their own equipment, put their ski's on and take them off unassisted. Skiers need to be able to stop & turn easily on green circle terrain. Skiers can chose from:

**Nordic Jumping: Learn the basics of jumping on safe, low degree jumps**

**OR**

**Free Ride (Moguls): Introduction to the basics of free ride skiing. Includes skills such as sliding rails, catching air, & mogul skiing.**

Skiers will be picked up and dropped off at the Wasatch County Recreation Center. Chaperones will be needed. We would like to have a parent ride in each of the vans for each session.

Chaperones will receive a \$5.00 discount for every time they ride in the van. Ride once, twice, or ride all five times! **SKI EQUIPMENT IS NOT PROVIDED AND HELMETS ARE REQUIRED.** Cost includes transportation, coaching & lift pass. Register at the Parks & Recreation Building before the space is filled up.

## **Mad Science Camp:**

Mad Science Camps are designed with exciting and fun hands-on science activities. Your child will become a junior scientist for the week!