

**pr**ovo  
WELCOME HOME  
**ACTIVE**

A PROVO CITY PUBLICATION | WINTER 2024-25



**The Peaks Ice Arena - Utah County's  
2034 Olympic Venue**  
See Pages 3-5 for more info



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## PARKS & RECREATION

The Parks and Recreation Department consists of 14 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, Epic Sports Park, 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 the day before 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. 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, proof of marriage, and/or proof of dependents for tax purposes. 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.

# PEAKS ICE ARENA



## PUBLIC SKATE

MONDAY - SATURDAY  
7-9PM

\$6 / ADMISSION

\$4 / SKATE RENTAL

DISCOUNT AVAILABLE  
FOR GROUPS OF 20+ IF  
RESERVED IN ADVANCE



## PRIVATE ICE RESERVATIONS

PERFECT FOR

- BIRTHDAYS
- COMPANY PARTIES
- CHURCH ACTIVITIES
- AND MORE!

\$200 / HOUR

\$3 / SKATE RENTAL



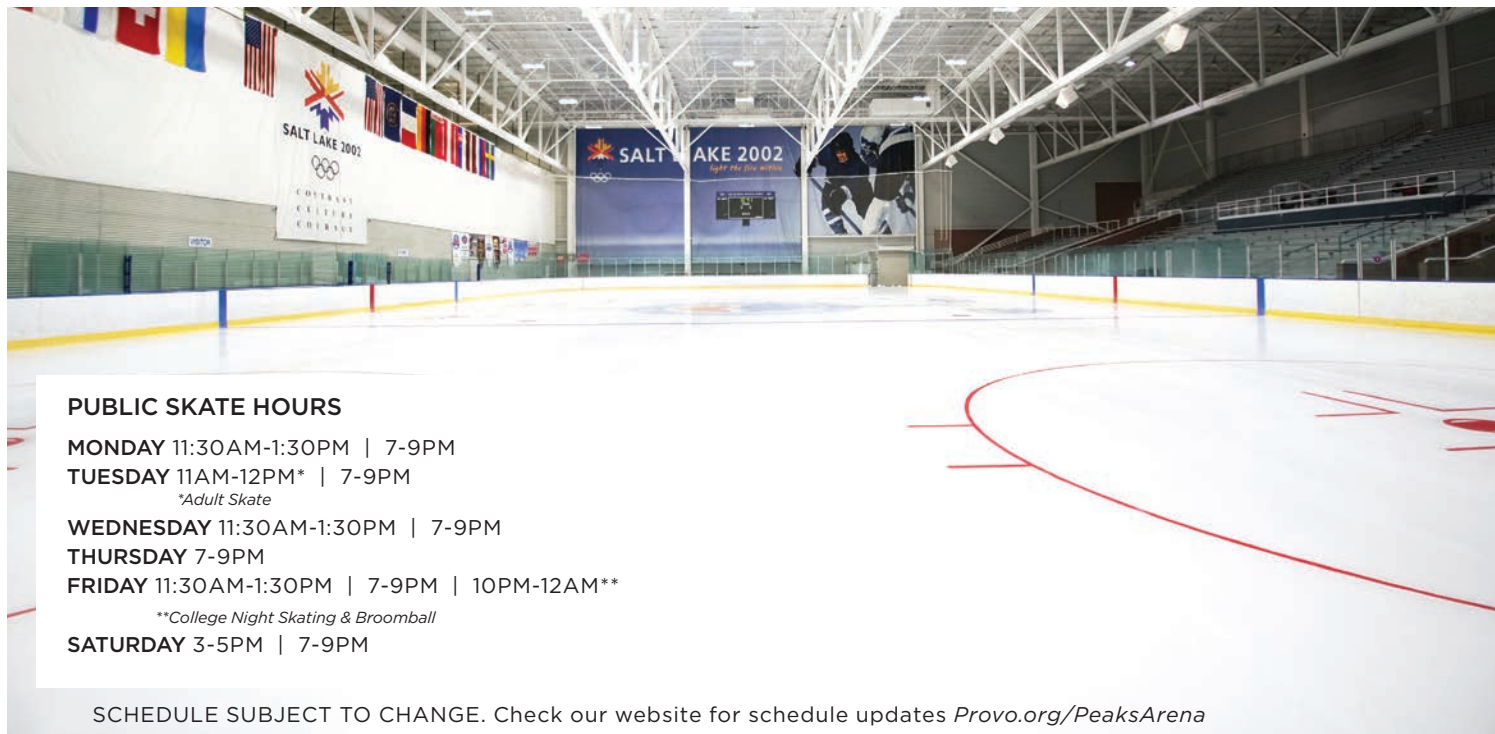
Contact Alan Canfield to book a private rental:

[ACanfield@provo.gov](mailto:ACanfield@provo.gov)

801-852-6763

100 N SEVEN PEAKS BLVD | PROVO.ORG/PEAKSARENA  
(801) 852-7465

ADMISSION 3+ \$6  
SENIOR 62+ \$5  
TODDLER 2- FREE  
SKATE RENTAL \$4  
WALKER RENTAL \$5



**PUBLIC SKATE HOURS**

MONDAY 11:30AM-1:30PM | 7-9PM  
 TUESDAY 11AM-12PM\* | 7-9PM  
*\*Adult Skate*  
 WEDNESDAY 11:30AM-1:30PM | 7-9PM  
 THURSDAY 7-9PM  
 FRIDAY 11:30AM-1:30PM | 7-9PM | 10PM-12AM\*\*  
*\*\*College Night Skating & Broomball*  
 SATURDAY 3-5PM | 7-9PM

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

**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 filling out an interest form at [Provo.org/PeaksPrivateRentals](http://Provo.org/PeaksPrivateRentals).

**FIELD RENTALS**

Rent time on our turf field for practice or league play. Call (801) 852-6759 to schedule a rental.

LG TURF HALF FIELD | \$75/HR WINTER RATE  
LG TURF ENTIRE FIELD | \$120/HR WINTER RATE

**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 the Rec Center on page 6 for membership pricing and options.

**DROP-IN HOCKEY**

Drop-in hockey requires full gear and is designed for hockey scrimmaging. Drop-in sessions are for 18+ only. 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 Alan Canfield at [ACanfield@Provo.gov](mailto:ACanfield@Provo.gov) for more information.

**STICKTIME**

Sticktime sessions are for hockey practice where skaters can work on skating skills, stick handling, and technique. Youth sessions are for skaters under the age of 18 only (a parent or coach with a minor is allowed) and adult sessions are for 18+ only. Reservations must be made in advance on the Provo Rec Center App.

**LEARN TO SKATE | AGE 3+**

**\$84 PER SESSION | 30 MINS | 7 CLASSES**  
**INCLUDES SKATE & HELMET RENTAL, INSTRUCTION, ICE TIME**

**PROVO.ORG/LTSREGISTER FOR MORE INFO**

WINTER 1 | 1/7-2/15

INTRO LEVELS | SNOWPLOW 1-3, BASIC 1-2, HOCKEY 1-2,  
ADULT 1-2

TU or TH 5:40-6:10PM, 6:15-6:45PM

ALL LEVELS | TU or TH 6:15-6:45PM

SA 10:05-10:35AM; 10:40-11:10AM; 11:15-11:45AM

LEARN TO FIGURE SKATE | *ADVANCING LEVELS MUST HAVE PASSED PRE-FREESKATE* | TU 5:05-5:35PM

LEARN TO PLAY HOCKEY | *MUST HAVE PASSES BASIC 1/ HOCKEY 1* | *GEAR REQUIRED* | TH 5:05-5:35PM

For more information about Learn to Skate: Introductory, FUNDamental, Learn to Figure Skate, and Learn to Perform, please contact Gabriela Ulloa – Learn to Skate Coordinator at [GUlloa@Provo.org](mailto:GUlloa@Provo.org). For hockey opportunities age 17+ contact the Adult Hockey Coordinator at [ZLemon@Provo.org](mailto:ZLemon@Provo.org).

**PEAKS YOUTH HOCKEY ASSOCIATION**

**AGE 5-15 | BIRTH YEARS 2017-2009**

Registration for the Peaks Youth Hockey League will begin 8/5. See [PeaksYouthHockey.org](http://PeaksYouthHockey.org) for more details.

**ADULT SKILLS CLINIC | AGE 18+**

**\$120 SESSION | NO GEAR RENTAL**

1/24-3/21 | F 9:15-10:15PM

**REGISTRATION BEGINS 12/13**

It is recommended that participants have some skating experience. Program designed for adults with/without hockey experience. Adults are encouraged to play in the Peaks Adult Hockey League in conjunction with participating in the Adult Skills Clinic. For more information, please visit [PeaksAdultHockeyLeague.com/Adult-Skills-Clinic-Information](http://PeaksAdultHockeyLeague.com/Adult-Skills-Clinic-Information) or contact Zach Lemon at [ZLemon@Provo.gov](mailto:ZLemon@Provo.gov).

**PEAKS ADULT HOCKEY LEAGUE | AGE 18+**

**\$2,750 PER TEAM**

1/6-4/24 | 10 GAME GUARANTEE

**REGISTRATION BEGINS 12/2**

Divisions are as follows: Elite (Upper Advanced), A (Lower Advanced), B (Upper Intermediate), C (Lower Intermediate), D (Upper Beginner), and Rookie (Lower Beginner). All games are played at Peaks Ice Arena. More information about the League can be found at [PeaksAdultHockeyLeague.com](http://PeaksAdultHockeyLeague.com) or contact Zach Lemon at [ZLemon@Provo.gov](mailto:ZLemon@Provo.gov).



# 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) 852-7601 FACILITY RENTALS  
[FACEBOOK.COM/PROVORECCENTER](https://FACEBOOK.COM/PROVORECCENTER) | [INSTAGRAM@PROVORECREATIONCENTER](https://INSTAGRAM@PROVORECREATIONCENTER)

**FACILITY** MONDAY - SATURDAY 5AM-10PM  
**AQUATICS** MONDAY - SATURDAY 5AM-10PM  
**AQUATIC TOYS** MONDAY - SATURDAY 10AM-10PM  
**INDOOR WATER SLIDES** MONDAY - FRIDAY 3PM-9PM, SATURDAY/HOLIDAYS 12PM-8PM  
**AQUA NINJA COURSE** FRIDAY 7PM-9PM, SATURDAY/HOLIDAYS 12PM-8PM

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

\*Sales tax added to amount shown.  
Corporate, Student, and Veteran Discounts available as well as Insurance Plan Agreements. See our Front Desk for more information.

### ADULT 18 - 59

DAILY ~~\$6.50~~ | \$6.50  
3 MONTH ~~\$95~~ | \$120  
6 MONTH ~~\$165~~ | \$205  
ANNUAL ~~\$285~~ | \$355 | \$27

### YOUTH 3 - 17

DAILY ~~\$5.50~~ | \$5.50  
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 ~~\$5.50~~ | \$5.50  
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 & CLOSURES

11/28 | THANKSGIVING | CLOSED  
12/24 | CHRISTMAS EVE | 5AM-12PM | NO CHILD WATCH, PROGRAMS, OR SENIOR LUNCH  
12/25 | CHRISTMAS | CLOSED  
12/31 | NEW YEAR'S EVE EVENT | 5AM-12PM | NO CHILD WATCH, PROGRAMS, OR SENIOR LUNCH  
1/1 | NEW YEAR'S DAY | 9AM-10PM | NO CHILD WATCH, PROGRAMS, OR SENIOR LUNCH  
1/20 | MLK DAY | 5AM-10PM | NO CHILD WATCH, PROGRAMS, OR SENIOR LUNCH  
2/17 | PRESIDENT'S DAY | 5AM-10PM | NO 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

### 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 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.*

**DROP-IN SPORTS**

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

**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 Cathy Smits at [CSmits@Provo.gov](mailto:CSmits@Provo.gov).

**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 The Fieldhouse
- 160+ weekly group exercise classes

At no additional cost we also offer classes for youth, families, and seniors. Check the Provo Recreation Center App for class schedules and descriptions. Personal training at The Fieldhouse is available for ages 10+ and is not included in your membership, but a valuable resource available to those wanting more personal help in reaching their goals!



**PROVO RECREATION CENTER APP**

We've gone digital! All of our classes are now reservation based. Dropping in last minute for a class? No problem! All class participants will check-in and be added to our digital roster. We recommend pre-booking your class on the app to ensure your spot. Classes may be reserved for free on our Provo Recreation Center App up till the start of class.

No membership is required to utilize our App. You'll find the most up-to-date information on class schedules and descriptions including our youth and senior classes. You may also reserve a spot for pickleball, tennis, racquetball, child watch and more. Our app provides a lot of useful information such as our drop-in sports, lap lane, basketball, and Peaks Ice Arena schedule. Download the free iOS or Android app today by searching for "Provo Recreation Center" in the App Store or Google Play.

**CHILD WATCH | MONDAY-SATURDAY 7:45AM-1PM**  
**MONDAY-THURSDAY 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**  
\$3.50/hour for first child; + \$2.50/hour for each additional child  
**Monthly Pass**  
\$25/month for first child; each additional child \$15/month



# Give your loved ones the gift of health and wellness

## RECREATION CENTER BLACK FRIDAY MEMBERSHIP SALE

Good health can be a source of comfort and joy. During this holiday season, give your friends and loved ones the gift of fitness and wellness.

20% off 12 month membership paid-in-full | 15% off 6 month membership | 10% off 3 month membership  
**LIMITED SALE Friday, November 29 - Monday, December 2**

## RECREATION CENTER MEMBERSHIP HOLIDAY PROMOTION

December 1 - January 31, purchase or renew a 12 month membership paid-in-full, and receive one additional month! Memberships on monthly payments do not apply.

## GIFT CERTIFICATE SALES

Want to get the perfect gift for your friends or family? Purchase a Gift Certificate or Daily Admission Passes to the Provo Recreation Center today so they can join the fun! Gift Certificates can be used for Memberships, Programs & Sports Registrations.

## RECREATION CENTER MEMBERSHIP REFERRAL PROGRAM

Refer a new member and you both get 25% off a 12 month membership paid-in-full.





# THE BIGGEST WINNER

## TRANSFORMATION CHALLENGE

MARCH 18TH 2025

### BIGGER & BETTER THAN EVER

8 WEEKS \* CASH PRIZES \* GUIDANCE & SUPPORT  
STATE-OF-THE-ART STYKU 3D BODY SCANS

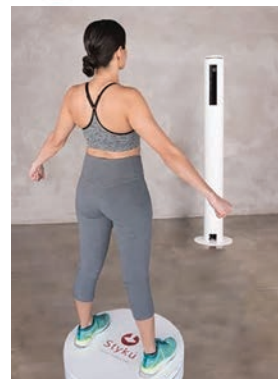
DETAILS & REGISTRATION  
[SIGNUP.PROVO.ORG](https://signup.provo.org)

#### STYKU BODY SCAN SESSIONS | AGE 18+

\$50

SESSIONS | W 8AM, 8:30AM, 9AM, 10AM, 5PM, 5:30PM, 6PM, 6:30PM  
RECREATION CENTER

The Styku 3D body scanner is a non-invasive, infrared scanner that is able to produce a 3D image of your body with the best technology in the industry. The Styku is considered to have "near perfect reliability" Using 600 images, and millions of data points, allowing you to track small changes in your body. There is no x-ray imaging and is safe while pregnant, or to use frequently. Creates digital, multi-page customizable reports with detailed graphs including advanced reporting about visceral fat, bone mass, muscle, BMR. Provides screening for obesity related diseases. Assess risks of underlying conditions. Users receive 2D/3D before/after visuals of their body. Register at [Signup.Provo.org](https://Signup.Provo.org) for a 30-minute scanning session



# SPECIAL EVENTS

To stay up to date with all of our events, follow our Instagram @ProvoCityEvents or Facebook @ProvoRecreation



★ **CHRISTMAS** ★  
**MARKET**

DECEMBER 7 | 4 PM-8PM | PIONEER PARK  
 LOCAL ARTISAN VENDORS, SANTA CLAUS, ICE SCULPTURE,  
 LIVE MUSIC, AND FOOD TRUCKS!

LIGHTS ON CEREMONY AT 5:15 PM!

*Provo City*  
 CHRISTMAS MARKET  
**Lights-On  
 Ceremony**

SATURDAY, DECEMBER 7TH  
 5:15PM | PIONEER PARK  
*- Market from 4-8pm -*

**2025  
 COUNTDOWN  
 CIRCUS**

INFLATABLES | FIREWORKS | LASER TAG | HYPNOTIST |  
 ACROBATICS SHOW | SILENT DISCO | AND MORE!

TUESDAY, DECEMBER 31ST @ 7PM-12AM  
 PROVO RECREATION CENTER

*Community  
 Fireworks  
 Show*

DECEMBER 31 | 9PM & MIDNIGHT  
 PROVO REC CENTER PARKING LOT

# 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

**THANK YOU COACHES!** - Sign-up to be a Head Coach for your next sports season. Head Coaches can earn up to a full refund of their program fee! Each Head Coach will be required to have good sportsmanship throughout the season, complete a coaches training, and return all equipment at the end of the season to be eligible for the full refund amount. We are also excited to host all of the coaches and their immediate family members for a V.I.P. Coaches Appreciation Event next Summer. Specific details will be sent out ahead of the event.

**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 SPORTS REQUEST SYSTEM

- Individual matching requests must be reciprocal and made before the registration deadline
- There are no limits on the amount of requests a player can make (\*Drafted Leagues follow specific request limitations)
- 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.

## GIRLS IN SPORTS DAY | AGE 6-12

**\$5/RES, \$15 NON-RES**

2/3 | 4:30-6PM | REC CENTER

REGISTRATION 12/3-1/30

Come celebrate National Girls in Sports Day and participate in various sports with us!

## TRACK & FIELD | AGE 7-15

**\$58 RES, \$68 NON-RES**

4/21-6/7

REGISTRATION 1/7-3/27

PARENT MTG 4/17 | YOUTUBE LIVE 5PM

Practices will be held at Provo High School on two weeknights, days TBD.

## YOUTH VOLLEYBALL | AGE 3-9 GRADE

BOYS & GIRLS SEPARATE

**\$58 RES, \$68 NON-RES**

2/24-4/17

REGISTRATION 12/3-1/30

COACHES MTG 2/6 | YOUTUBE LIVE 6PM

PARENT MTG 2/11 | YOUTUBE LIVE 5PM

PLAYER EVALUATIONS 2/7 | REC CENTER

5TH-9TH GIRLS 5:30PM | 5TH-9TH BOYS 6:30PM

3rd-4th grade teams will be put together by staff. 5th-9th grade teams will be formed using a hybrid request/player evaluation system, each player will be assigned to a team and should attend on 2/7 in order to be evaluated by the coaches. Matching requests are allowed, limit one friend per registrant. Friends will be placed on a team together. Program includes 8 league games & a single elimination, post-season tournament. Practices & Games will be held M-TH.

# YOUTH SPORTS | ACTIVE WINTER 2024-25



## YOUTH SOCCER - SPRING | AGE 4-9TH GRADE, MUST BE 4 BY 4/7

PRE-K -2ND | \$57 RES, \$67 NON-RES

3RD-6TH | \$62 RES, \$72 NON-RES

7TH-9TH | \$67 RES, \$77 NON-RES

**\$20 FOR THOSE NEEDING THE GREEN/BLUE REVERSIBLE JERSEY**

4/7-5/10

REGISTRATION 12/3-2/27

PARENT MTG 3/24 | YOUTUBE LIVE 5PM

COACHES MTG 3/25 | REC CENTER

PK-2ND GRADE 5:30PM

3RD-9TH GRADE 7PM

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

Preschool and Kindergarten will continue to play 8 total games but they will play 6 SA games and 2 weeknight games (practices included on game days).

1st-9th grade leagues will play 7 SA games. Teams will also have a scheduled weeknight practice times where coaches will have access to a goal and half a marked field. This new structure allows for additional player development and a more consistent schedule for parents and coaches. Shin guards are recommended for each age group, but are mandatory for 3rd grade and older.

## KIDFIT | AGE 2-4

**\$60 RES, \$70 NON-RES**

TU/TH

9-9:45AM | AGE 2

10-10:45AM | AGE 3-4

JANUARY | 1/7-1/30

FEBRUARY | 2/4-2/27

MARCH | 3/4-3/27

APRIL | 4/8-5/1

The KIDFIT program is designed to help young children develop social, physical, and intellectual skills so that they can be fit and exert energy while having fun.

## START SMART SPORTS | AGE 3-5

**\$43 RES, \$53 NON-RES**

**\$5 OPTIONAL JERSEY FEE**

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 | 11-11:45AM @ REC CENTER

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

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

## START SMART SOCCER

1/9-1/30 | T/TH

REGISTRATION 12/2-1/2

## START SMART BASKETBALL

2/6-2/27 | T/TH

REGISTRATION 1/7-1/30

## START SMART FOOTBALL

3/6-3/27 | T/TH

REGISTRATION 2/4-2/27

## TUMBLING TOTS

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

**\$60 RES, \$70 NON-RES**

M/W

9-9:45AM or 10-10:45AM | AGE 2

11-11:45AM or 12-12:45PM | AGE 3-4

JANUARY | 1/6-1/29 | NO CLASS 1/20, MAKE-UP 1/24

FEBRUARY | 2/3-2/26 | NO CLASS 2/17, MAKE-UP 2/21

MARCH | 3/3-3/26

APRIL | 4/7-4/30

This is a tot's exploration of body movement, motor skills, tumbling, and sports introduction. Registration opens a month before the session.

**JR JAZZ YOUTH BASKETBALL**

**3RD-6TH GRADES** | BOYS & GIRLS SEPARATE  
11/18-2/22 | SA

**3RD-4TH** | \$63 RES, \$73 NON-RES

**5TH-6TH** | \$68 RES, \$78 NON-RES

REGISTRATION CALL FOR AVAILABILITY

PARENT MTG 11/11 | YOUTUBE LIVE 5PM

COACH MTG 11/12 | REC CENTER 6PM

Teams will be created according to school and grade. Boys leagues will be separated by grade and girls leagues will have two grades combined (3-4, 5-6). Each player receives 8 organized games, Utah Jazz jersey and tickets to a Utah Jazz game. Games will be played on Saturdays.

**7TH-8TH GRADE BOYS**

11/18-3/15 | SA

REGISTRATION CALL FOR AVAILABILITY

PARENT MTG 11/11 | YOUTUBE LIVE 5PM

COACH MTG 11/12 | REC CENTER 7PM

DRAFT 7TH GRADE | 11/14 | 6-7PM REC CENTER

DRAFT 8TH GRADE | 11/14 | 7:30-8:30PM REC CENTER

**7TH-8TH GRADE GIRLS (COMBINED WITH OREM)**

12/2-3/15 | DAYS TBA

REGISTRATION CALL FOR AVAILABILITY

COACHES MTG TBD COMBINED WITH OREM IN EARLY DEC

Teams will be formed by Provo Parks & Recreation Staff, limit to one friend request per participant.

**HIGH SCHOOL BOYS** | **9TH-12TH GRADE**

12/2-3/22

REGISTRATION CALL FOR AVAILABILITY

COACH MTG 11/13 | REC CENTER 6:30PM

DIVISION	GAME NIGHT	LOCATION
9TH-10TH GRADE	TUE/WED	PROVO REC CENTER
11TH-12TH GRADE	WED/THU	PROVO REC CENTER

**HIGH SCHOOL GIRLS** | **9TH-12TH GRADE**

LEAGUE IS COMBINED WITH OREM

1/11-3/15

REGISTRATION CALL FOR AVAILABILITY

COACH MTG TBA COMBINED WITH OREM IN DEC

DIVISION	GAME NIGHT	LOCATION
9TH-10TH GRADE	FRI/SAT	TBD - PROVO & OREM
11TH-12TH GRADE	FRI/SAT	TBD - PROVO & OREM





**ADULT BASKETBALL** | AGE 16+

12/2-3/22

REGISTRATION CALL FOR AVAILABILITY

CAPTAINS MEETING 11/13 | REC CENTER 6:30PM

DIVISION	DAY	CLASSIFICATION
WOMEN'S	MON	OPEN
MEN'S UPPER	MON/TUE	OPEN
MEN'S LOWER	TUE/WED	REC SKILL LEVEL
CORPORATE	THUR	SPONSORED BY BUSINESS

Games will be played in School District gyms and Rec Center. Tournament play may be any night.

**ADULT SPRING SOFTBALL** | AGE 16+

**SINGLE GAME LEAGUE \$400 (7 GAMES & DOUBLE ELIM TOURN)**

**DBHD LEAGUE \$650 (14 GAMES & DOUBLE ELIM TOURN)**

4/7-6/20 | FOOTPRINTER PARK

REGISTRATION 1/7-3/20, OR UNTIL FULL

CAPTAINS MTG 3/27 | YOUTUBE LIVE 6PM

SINGLE GAME LEAGUE	DAY
MEN'S D2 or REC	WED
COED LOWER or CORPORATE	THUR
DOUBLE HEADER LEAGUE	DAY
MEN'S D1	MON
MEN'S D2 OR REC	TUE
COED UPPER	THUR

**TOURNAMENTS** | AGE 16+

TOURNAMENTS ARE A 4 GAME GUARANTEE

SOFTBALL TOURNAMENTS ARE NCS SANCTIONED

**THE NIGHT BEFORE...**

**NUTCRACKER DODGEBALL TOURNAMENT**

**\$125 TEAM**

12/6

REGISTRATION 10/1-11/30

10 members per team max, 6 play on the court at at time.

**COED SPRING SWING SOFTBALL TOURNAMENT**

**\$275 TEAM | NCS SANCTION FEE ADDITIONAL \$65**

5/2-5/3 | F/SA

REGISTRATION 2/4-4/24, OR UNTIL FULL

**MEN'S FIRECRACKER SOFTBALL TOURNAMENT**

**\$275 TEAM | NCS SANCTION FEE ADDITIONAL \$65**

6/20-6/21 | F/SA

REGISTRATION 4/1-6/12, OR UNTIL FULL

**COED FIRECRACKER SOFTBALL TOURNAMENT**

**\$275 TEAM | NCS SANCTION FEE ADDITIONAL \$65**

6/27-6/28 | F/SA

REGISTRATION 4/1-6/19, OR UNTIL FULL

**COED BATTLE OF THE BATS SOFTBALL TOURNAMENT**

**\$275 TEAM | NCS SANCTION FEE ADDITIONAL \$65**

10/10-10/11 | F/SA

REGISTRATION 8/5-10/2, OR UNTIL FULL

**REC CENTER BIRTHDAY BASH**

**PICKLEBALL TOURNAMENTS**

**\$40 TEAM**

5/14-5/16 | F/SA | REC CENTER

REGISTRATION 1/7-5/8

DIVISION	DAY	BRACKETS OFFERED
MEN'S	WED 5/14	(2.5-3.0) (3.5) (4.0)
WOMEN'S	THUR 5/15	(2.5-3.0) (3.5) (4.0)
MIXED DOUBLES	FRI 5/16	(2.5-3.0) (3.5) (4.0)

**FREEDOM PICKLEBALL MEN'S/WOMEN'S DOUBLES**

**\$40 TEAM**

6/20-6/21 | F/SA | ROTARY PARK

REGISTRATION 1/7-6/12

DIVISION	BRACKETS OFFERED
MEN'S	(2.5-3.0) (3.5) (4.0)
WOMEN'S	(2.5-3.0) (3.5) (4.0)

**FREEDOM PICKLEBALL MIXED DOUBLES**

**\$40 TEAM**

6/27-6/28 | F/SA | ROTARY PARK

REGISTRATION 1/7-6/19

DIVISION	BRACKETS OFFERED
MIXED DOUBLES	(2.5-3.0) (3.5) (4.0)



(801) 852-6620 | [PROVO.ORG/SIGNUP](https://provo.org/signup)  
 320 W 500 N | PROVO  
 +\$5 IF REGISTERING AFTER DEADLINE  
 \*SOME PROGRAMS MAY FILL BEFORE THE DEADLINE

**CHILDREN'S ACRYLIC PAINTING | AGE 7-13**

**\$40 RES, \$50 NON-RES**  
 12/7-12/21 | SA 11AM-12:30PM

Learn acrylic painting techniques, how to mix colors, and use brushes, in this beginner level class. Follow along with the class as we create a landscape painting, then apply what you have learned to your own paintings. Class taught by Sarah Frei.

**CHILDREN'S PAPER MÂCHÉ | AGE 7-13**

**\$40 RES, \$50 NON-RES**  
 1/11-2/1 | SA 11AM-12:30PM

Create something extraordinary from simple and accessible materials using paper mâché. Your kids will create unique 3D sculptures filled with personality by bringing a 2D drawing to life through form and movement. This class is taught by Sarah Frei.

**KIDS' CHRISTMAS TREATS | AGE 7-13**

**\$55 RES, \$65 NON-RES**  
 SESSION 1 | 12/3 | TU 5-7PM  
 SESSION 2 | 12/7 | SA 11AM-1PM

Join us for an exciting and festive Kids' Christmas Treat Class designed especially for young bakers aged 7 to 13! In this class, your children will embark on a culinary adventure as they learn to create delicious and visually appealing Christmas treats that will bring joy to everyone's holiday season. Don't miss out on this opportunity to give your children a truly memorable and enjoyable Christmas experience. Classes are one day only.

**YOUTH COOKING CLASSES | AGE 7-13**

**\$45 RES, \$55 NON-RES**  
**COOKING CAPERS: BASICS UNLEASHED**  
 SESSION 1 | 1/14-1/28 | TU 5-7PM  
 SESSION 2 | 2/4-2/18 | TU 5-7PM

Your child will learn independence in the kitchen with this 3-week course tailored to young learners. These classes introduce children and youth to the satisfaction of preparing delicious food, as well as developing foundational kitchen skills to last a lifetime. And it's fun!

**STORY COOK LANE | AGE 10-15**

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

THEME	DATE	TIME
HARRY POTTER	SA 1/11	10AM-12PM
DISNEY PRINCESSES	SA 1/18	10AM-12PM
PERCY JACKSON	SA 1/25	10AM-12PM
LORD OF THE RINGS	SA 2/1	10AM-12PM
STUDIO GHIBLI	SA 2/8	10AM-12PM

Join us for an exciting class where your child will learn how to bring their favorite stories to life! In this class, your child will learn how to recreate iconic dishes from beloved books and films, such as Harry Potter's Butterbeer and Belle's Grey Stuff. Perfect for foodies and bookworms alike, this class promises a unique blend of creativity, flavor, and imagination. Give your kids the opportunity to cook, laugh, and indulge in a feast inspired by their favorite stories! Classes are one day only.

**SUNDANCE SKI & SNOWBOARD LESSONS**

**AGE SKIING 8+, SNOWBOARDING 9+**  
**\$375 NO RENTALS, WITH SUNDANCE PASS**  
**\$510 NO RENTALS, NO SUNDANCE PASS**  
**\$550 WITH RENTALS, WITH SUNDANCE PASS**  
**\$685 WITH RENTALS, NO SUNDANCE PASS**  
 1/11-2/1 | SA 9AM-5PM

The ski instructors are highly trained and eager to assist you in achieving your skiing/snowboarding goals. Whether it's your first time or you've been skiing all your life, our instructors will make learning fun and help take you to the next level.



**ONE NIGHT COOKING CLASSES | AGE 14+**

**\$25 PER NIGHT**

W 6-8PM

DATE	THEME
11/18	SOUPS
12/2	PASTA
12/9	RUSSIAN
12/16	CURRIES
1/6	SALAD DINNER

**TWO NIGHT COOKING CLASSES | AGE 14+**

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

W 6-8PM

DATES	THEME
12/4, 12/11	SPAIN/ITALY
1/8, 1/15	MEXICAN
1/22, 1/29	LATIN AMERICA
2/5, 2/12	INDIAN, THAI
2/19, 2/26	GREEK, FRENCH
3/5, 3/12	ARABIAN, MOROCCO

**BASIC CAKE DECORATING | AGE 14+**

**\$80 RES, \$90 NON-RES**

11/5-12/10 | TU 6:30-8:30PM

1/7-2/11 | TU 6:30-8:30PM

1/9-2/13 | TH 6:30-8:30PM

This basic class offers six weeks of in-depth cake decorating instruction. Attain a solid foundation for replicating any bakery-style cake. We'll cover buttercream techniques, fondant, covering cakes, and more. On the last day, you will know enough to design your own unique and delicious work of art! You will be given a shelf-stable frosting recipe the first day so you can make it and bring it for the remaining weeks.

**TREATS CLASS | AGE 14+**

**\$55 RES, \$65 NON-RES**

11/14-12/12 | TH 6:30-8:30PM | *NO CLASS 11/28*

Do you need ideas for the neighborhood treat exchange? Do you want to learn new skills to impress family? We have a brand new Holiday Treats class just for you! In this four-week course, you will learn how to decorate cake pops, sugar cookies, cupcakes and gingerbread houses. All supplies are included in the cost of the course.



**GELLI PRINTING | AGE 14+****\$50 RES, \$60 NON-RES**

11/7-11/21 | TH 6-8PM

Have a blast playing with this fun mono-print process. Learn what Gelli Printing is as you mix colors, create textures, and get your hands dirty while you create unique, one-of-a-kind pieces of art. Class taught by Sarah Frei.

**NIGHT OUT PAINT ALONG | AGE 14+****\$20/NIGHT**

11/9 | 12/14 | 1/11 | 2/8

*(SEPARATE REGISTRATION FOR EACH NIGHT)*

SA 6-8PM

Date night, girls night out, or a night to yourself - come enjoy our monthly Paint Along! Create easy to follow art in a fun and friendly setting, and impress your friends (and yourself!) with a new creative outlet. Materials provided and taught by Elizabeth (@elizabethwheatley.art).

**ADULT HAND-LETTERING | AGE 14+****\$65 RES, \$75 NON-RES**

11/20-12/11 | TU 6-8PM

Turn your writing into art! Together we'll cover everything from foundational handlettering techniques and letterforms, to brush lettering and composition, and finding your own personal style. This class is taught by Elizabeth (@elizabethwheatley.art) and is a patron favorite. All materials are provided - all you need to bring is your sweet self and a love of letters!

**UV RESIN | AGE 14+****\$60 RES, \$70 NON-RES**

12/5-12/19 | TH 6-8PM

Learn how to work with UV resin as you create unique Christmas ornaments. Learn what dyes, glitter, and mica powder can do to make your ornaments sing! Come along with us on this fun Christmas adventure. Class taught by Sarah Frei.

**INTERMEDIATE WATERCOLOR PAINTING | AGE 14+****\$95 RES, \$105 NON-RES**

1/8-2/5 | W 6-8PM

For students who have completed the Beginning Watercolor Class and are ready to tackle more advanced painting techniques, reunite in the Art Room! We will build on the skills learned (color theory, brush control, glazing etc.) to create beautiful landscapes, florals, and self directed projects together. This class is taught by Elizabeth (@elizabethwheatley.art) and is a fantastic next step in your artistic journey. All course materials are provided.

**KILN IT WITH CLAY | AGE 14+****\$60 RES, \$70 NON-RES**1/9-2/20 | TH 6-8PM | *\*NO CLASS 2/6 TO FIRE PIECES*

This hands-on experience offers a dynamic blend of creativity and craftsmanship as you explore the versatile medium of clay. You will be guided through the process as you learn the secrets of shaping, molding, and sculpting, transforming raw clay into unique works of art. All materials are provided. Anyone wishing to do Intermediate or Advanced Ceramics is welcome to retake the class and follow along or do their own projects. Class taught by Sarah Frei.

**BEGINNING QUILT BLOCK PIECING | AGE 14+****\$120 RES, \$130 NON-RES**

2/19-3/12 | W 10:30AM-12PM

Do you want to make your first patchwork quilt but need some friendly guidance? This class will walk you through the basics of piecing a sampler of beginner-friendly quilt blocks perfect for the beginner quilter. You'll learn quilting terminology and techniques and learn how to make your very own quilted masterpiece! Participants will bring their own sewing machine, fabric, and notions to class.

**INTRO TO OIL PAINTING | AGE 14+****\$115 RES, \$125 NON-RES**

2/19-3/19 | W 6-8PM

Have you ever wanted to try Oil Painting? This class is for you! We will introduce you to the materials, application techniques, color theory and skills you need to begin your own paintings with confidence. Materials are provided for the class, so wear painting clothes, bring a friend, and get ready to learn something fun & new! Taught by Elizabeth (@elizabethwheatley.art).

SENIOR PROGRAMS | ACTIVE WINTER 2024-25

# 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 | \$3.25/CLASS FOR VISITORS

Reservations available one week in advance. 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!

## 10AM COMMUNITY STUDIO FITNESS CLASSES | AGE 60+

SENIOR PASS HOLDERS FREE | \$3.25 FOR VISITORS

MONDAYS | 60+ SILVER FIT

TUESDAYS | 60+ TAI CHI

WEDNESDAYS | BALANCE & STRENGTH

### DRUM FIT | AGE 60+

SENIOR PASS HOLDERS FREE | \$3.25 FOR VISITORS

THURSDAYS | 9AM | COMMUNITY STUDIO

Join our exercise ball drum circle every Thursday in the Community Studio.

### BINGO | AGE 60+

SENIOR PASS HOLDERS FREE | \$3.25 FOR VISITORS

THURSDAYS 1-2PM

A game we all know and love. No cost to you, so just come and win prizes!

### MATINEE MOVIE | AGE 60+

SENIOR PASS HOLDERS FREE | \$3.25 FOR VISITORS

4TH FRIDAY | 1:15PM | MULTIPURPOSE ROOM

## 60+ SENIOR TOURS | AGE 60+

DATES, TIMES, FEES AND LOCATIONS VARY, PLEASE SEE THE COMMUNITY DESK OR GO ONLINE TO REGISTER AND SEE THE LATEST DETAILS.

## SENIOR WATERCOLOR | AGE 60+

11/7-11/21 | TH 10-11:30AM

\$25 RES, \$35 NON-RES

Hone your watercolor skills in this fun, engaging class. Learn how to mix color, apply layers, and add details through technique practice and a paint along. Then, apply everything you have learned in your own watercolor painting. Class taught by Sarah Frei.

## SENIOR HANDBUILDING CERAMICS | AGE 60+

1/16-2/20 | TH 10-11:30AM

\$50 RES, \$60 NON-RES

Have you ever tried creating something with clay? Handbuilding ceramics is a great activity to keep your mind relaxed and your hands busy. Come join us as we make something beautiful together. This class is taught by Sarah Frei. \*No class 2/6 so pieces can be fired.

## BOOK OF THE MONTH | AGE 60+

SENIOR PASS HOLDERS FREE | \$3.25 FOR VISITORS

2ND TU OF THE MONTH 1-2PM

NOVEMBER 12 | DISCUSSING *My Side of the Mountain*

GIVING OUT *Founding Mothers*

DECEMBER 10 | DISCUSSING *Founding Mothers*

At each meeting we will discuss the book given our 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.

## CHRISTMAS GALA | AGE 60+

12/4 | W 5-7PM

\$18/PERSON

# AQUATICS | ACTIVE WINTER 2024-25

## AQUATICS

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

INDOOR WATER SLIDES  
MONDAY-FRIDAY 4-9PM;  
SATURDAY/HOLIDAYS 12-8PM

AQUA NINJA COURSE  
FRIDAY 7-9PM;  
SATURDAY/HOLIDAYS 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 A LIST OF  
COMPETITION POOL CLOSURES AND DAILY LAP POOL  
AVAILABILITY 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**

### PRIVATE SWIM LESSONS | **AGE 3+**

**\$85 RES, \$95 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

1/7-1/28 | TU | 30 MIN  
1/9-1/30 | TH | 30 MIN  
1/4-1/25 | SA | 30 MIN  
2/4-2/25 | TU | 30 MIN  
2/6-2/27 | TH | 30 MIN  
2/1-2/22 | SA | 30 MIN  
3/4-3/25 | TU | 30 MIN  
3/6-3/27 | TH | 30 MIN  
3/1-3/22 | 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.

### ADULT SWIM PROGRAM | **AGE 16+**

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

WINTER 1 | 1/21-2/13 | T/TH | 30 MINS  
WINTER 2 | 1/11-2/8 | SA | 30 MINS  
WINTER 3 | 2/25-3/20 | T/TH | 30 MINS  
WINTER 4 | 2/22-3/22 | SA | 30 MINS  
SPRING 1 | 4/8-5/1 | T/TH | 30 MINS  
SPRING 2 | 4/12-5/10 | SA | 30 MINS  
SPRING 3\* | 5/6-5/22 | T/TH | 30 MINS

*\*SHORTER SESSION - FEE IS \$35 RES, \$45 NON-RES*

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.

### ADAPTIVE SWIM SCHOOL | **AGE 5-18**

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

WINTER 1\* | M/W | 1/22-2/12  
WINTER 4 | M/W | 2/24-3/19  
SPRING 1 | M/W | 4/7-4/30  
SPRING 4\*\* | M/W | 5/5-5/21

*\*SHORTER SESSION - FEE IS \$44 RES, \$54 NON-RES*

*\*\*SHORTER SESSION - FEE IS \$38 RES, \$48 NON-RES*

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

Lessons are 30 minutes. 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. 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.

### PIRANHAS YEAR ROUND SWIM PRACTICE | **AGE 5-18**

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

SESSION 1 | SA | 2/8-3/8 | 10AM-12PM

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

### ADAPTIVE PIRANHAS | **AGE 5-21**

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

SESSION 1 | SA | 2/8-3/8 | 12-1PM

The Piranhas Adaptive Swim Team is a recreational league that gives young swimmers with special needs or disabilities an opportunity to improve their technique, get a taste of competitive swimming and have a lot of fun! Must be able to swim 25 yards with ease.



**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)  
**\$45 RES, \$55 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. 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, 35 minutes.

**WINTER/SPRING LESSONS**

**DAYS | TIMES**

M/W | 4, 4:35, 5:10, 5:45, 6:20PM  
 TU/TH | 9:30, 10, 10:30, 11AM  
 TU/TH | 4, 4:35, 5:10, 5:45, 6:20PM  
 SA | 9, 9:40, 10:20, 11, 11:40AM

**WINTER/SPRING SESSIONS**

SESSION	DAYS	DATES	REGISTRATION
WINTER 1*	M/W	1/22-2/12	11/4-1/18
WINTER 2	TU/TH	1/21-2/13	11/4-1/18
WINTER 3	SA	1/11-2/8	11/4-1/9
WINTER 4	M/W	2/24-3/19	11/4-2/22
WINTER 5	TU/TH	2/25-3/20	11/4-2/22
WINTER 6	SA	2/22-3/22	1/4-2/20
SPRING 1	M/W	4/7-4/30	11/4-4/3
SPRING 2	T/TH	4/8-5/1	11/4-4/3
SPRING 3	SA	4/12-5/10	11/4-4/9
SPRING 4**	M/W	5/5-5/21	11/4-5/1
SPRING 5**	T/TH	5/6-5/22	11/4-5/1

\*SHORTER SESSION - FEE IS \$40 RES, \$50 NON-RES

\*\*SHORTER SESSION - FEE IS \$35 RES, \$45 NON-RES

**LIFEGUARD TRAINING COURSE | AGE 15 BY END OF COURSE \$150**

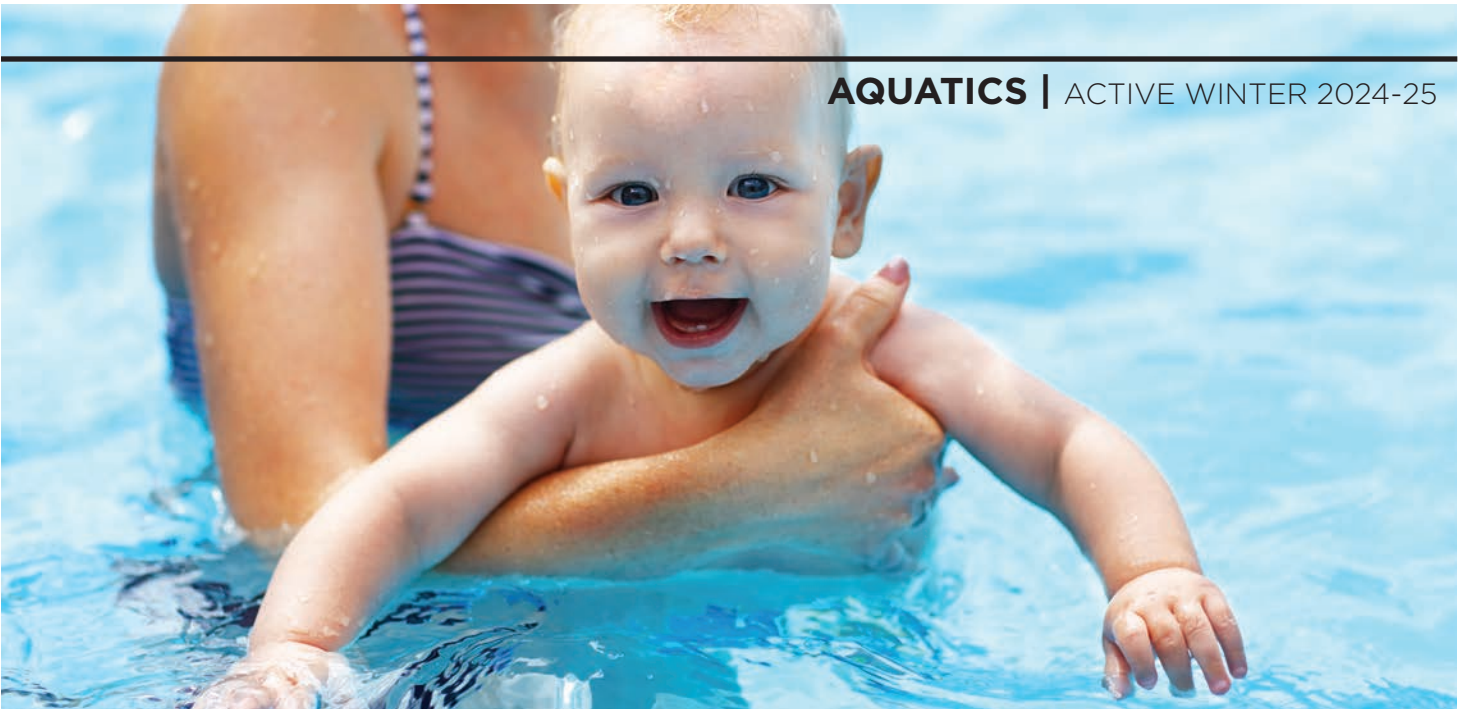
SESSION	WHEN	LOCATION
2/4-2/13	T/TH 4-9PM	IN-PERSON & ONLINE
3/11-3/20	T/TH 4-9PM	IN-PERSON & ONLINE
4/1-4/3	T-TH 9AM-4PM	IN-PERSON
4/22-4/24	T-TH 4-9PM	IN-PERSON
5/6-5/8	T-TH 4-9PM	IN-PERSON
5/13-5/22	T/TH 4-9PM	IN-PERSON & ONLINE

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. In-person class time is reduced due to online 7-hour module.

**WATER SAFETY INSTRUCTOR COURSE | AGE 16+ BY 5/27 \$150**

5/27-5/30 | 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 that complies with health code regulations
- No denim or street clothing permitted in the pool, may wear a fitted cover up shirt or swim shorts. No indecent swimwear.
- 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*	DEEP/SHALLOW**
8AM	DEEP WATER**		DEEP WATER**		DEEP WATER**	SAT CLASS
8:10AM	SENIOR WELLNESS*		SENIOR WELLNESS*		SENIOR WELLNESS*	
9AM		MASTERS**		MASTERS**		AQUA ZUMBA***
12PM	AQUA ZUMBA***		AQUA ZUMBA***		AQUA ZUMBA***	
12PM	SHALLOW*	SENIORS/DEEP**				
7PM	MASTERS**	AQUA ZUMBA***	MASTERS**	AQUA ZUMBA***		

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)

**COVEY CENTER** | ACTIVE WINTER 2024-25

# COVEY CENTER FOR THE ARTS

(801) 852-7007 | COVEYCENTER.ORG  
425 W CENTER ST | PROVO



## EXCELLENCE CONCERT: INTERMEZZO

NOVEMBER 14

FREE

The Intermezzo Chamber Series presents a special classical piano quintet directed by the esteemed Vedrana Subotic. This performance of Schubert's Piano Quintet in A major, D. 667, "The Trout" promises to uplift and inspire. Featuring Vandrana Subotic on piano, Hasse Borup on violin, Leslie Richards on viola, Elliott Cheney on cello, and Denson Angulo on double bass. A part of the Excellence concert series.



## TED VIGIL'S ROCKY MOUNTAIN CHRISTMAS: A JOHN DENVER TRIBUTE

DECEMBER 3

\$25-\$30

Ted Vigil, one of America's greatest John Denver tribute artists, has hit the road for Christmas! With his uncanny physical and musical resemblance to John Denver, the audience is transported back in time with classics like Christmas For Cowboys and Christmas Like A Lullaby, mixed with your favorite popular Christmas songs.



## EVERY CHRISTMAS STORY EVER TOLD, AND THEN SOME BLACK BOX THEATER

DECEMBER 5-23

\$18-\$20

A hilarious holiday rom where three actors comically recount and mash up beloved Christmas stories, traditions, and carols. This festive play delivers a joyous blend of nostalgia and humor, perfect for the holiday season.



## A COVEY CENTER CHRISTMAS

DECEMBER 6-7

\$22

Invite the warmth of the Christmas spirit into your holiday season with Broadway legends Mindy Smoot Robbins, Dallyn Vail Bayles, and emcee Marvin Payne for a musical extravaganza featuring the Lux Singers and Utah Valley Symphony. With traditional Christmas classics and new music that will inspire you, this is a faith-centered celebration that the whole family will love.



**EXCELLENCE CONCERT:  
MARIACHI GUZMAN**  
DECEMBER 30  
FREE

Mariachi Guzmán is the most popular Mexican mariachis in Utah, with the goal of preserving traditional folk melodies and dance rhythms from rural areas of Mexico. With colorful costumes and use trumpets, trombones, accordions, tubas, violins, violas, and guitars to create a lively sound that is unforgettable.



**EXCELLENCE CONCERT:  
REEDER/PETTY QUINTET**  
**TRIBUTE TO GEORGE SHEARING**  
JANUARY 27  
FREE

A special tribute to the legendary jazz pianist George Shearing brought to life by the talented Kurt Reader on piano and Chris Petty on vibraphone and percussion. Delivers a sophisticated blend of swing, bop, and classical influences, paying homage to Shearing's timeless contributions to jazz.



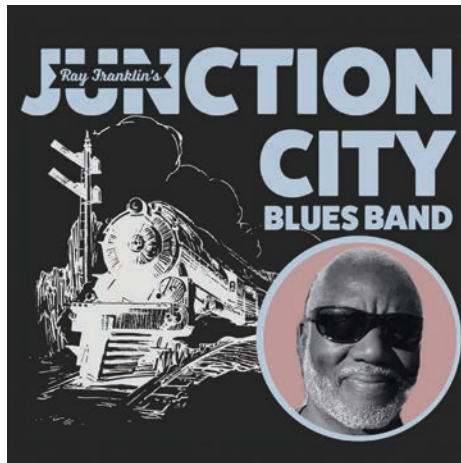
**BOB DYLAN'S "BLOOD ON THE TRACKS": A TRIBUTE**  
FEBRUARY 1  
\$35-\$40

Join with the biggest names in indie rock and Americana for this one-of-a-kind tribute to Bob Dylan. Featuring the entirety of Dylan's "Blood on the Tracks" album plus his greatest hits, this show promises to bring these iconic songs to life with the help of incredible local and top musicians from, Madison Arms, Seaslak, and many more!



**BAREFOOT IN THE PARK:  
BLACK BOX THEATER**  
FEB 13-MARCH 8  
\$18-\$20

A charming romantic comedy that follows newlyweds Paul and Corie Bratter as they navigate the challenges of their first apartment and marriage. Their contrasting personalities and humorous encounters lead to a heartwarming exploration of love, compromise, and growing together.



**EXCELLENCE CONCERT:  
JUNCTION CITY BLUES BAND**  
FEBRUARY 18  
FREE

This event brings together talented musicians dedicated to keeping the blues tradition alive, offering a raw and authentic experience that will resonate with fans of all ages. From classic blues standards to original compositions.



**NASHVILLE SONGWRITER  
SPOTLIGHT**  
FEBRUARY 25  
\$20-\$25

Join with us as we welcome three up-and-coming songwriters to share Nashville's star secrets. With award-worthy vocals, insightful lyrics, and magnetic stage presence, these rising stars will captivate your heart as they share their songs in a way that you'll never hear anywhere else. Featuring award-winning singer-songwriters Ryan Beaver and Neil Medley, and NBC's "The Voice" alumni, Dustin Christensen.



# COVEY CENTER | ACTIVE WINTER 2024-25 COVEY CENTER FOR THE ARTS

## CLASSES @ THE COVEY CENTER

(801) 852-7007 | COVEYCENTER.ORG  
425 W CENTER | PROVO  
SPRING SESSION | JAN 6-APRIL 25

### CLASSES AT THE COVEY CENTER FOR THE ARTS!

TUITION FEES, COSTUME FEES, AND PERFORMANCE FEES ARE ALL INCLUDED IN THE PRICE OF REGISTRATION. YOU WILL NOT BE CHARGED ANY ADDITIONAL FEES!

OUR ADD/DROP DEADLINE FOR OUR SPRING 2025 SEMESTER (JANUARY-APRIL) IS JANUARY 31, 2025. YOU CANNOT ADD INTO A CLASS, DROP OUT OF A CLASS OR GET A REFUND AFTER THIS DATE.

CLASSES MAY DROP IF THERE ARE LESS THAN 5 STUDENTS ENROLLED BY THE ADD/DROP DEADLINE.

### NEW VOICE AND THEATER CLASSES

THE COVEY CENTER PROVIDES A VARIETY OF ARTS EDUCATION CLASSES FOR ALL AGES. CHECK OUT OUR NEW VOICE AND THEATER CLASSES!

#### TEEN THEATER CLASS | AGE 13-18

1/9-4/24 | TH 3-3:50PM | INSTRUCTORS TBA  
\$105 RES, \$120 NON-RES

Calling all teen actors! If you want to develop your acting skills for the stage and screen, this is the place for you! This class will cover individual and group scene work, acting technique, audition prep, and improvisation. Parents will be invited to watch students at the end of the semester as designated by the teacher.

#### TEEN BEGINNING GROUP VOICE | AGE 13-18

1/8-4/23 | WED 3-3:50PM | INSTRUCTORS TBA  
\$105 RES, \$120 NON-RES

Do you love to sing? Are you ready to learn more about vocal health and singing technique? This class will help students begin to learn with group songs and work toward small groups and/or solos. Parents will be invited to watch students at the end of the semester as designated by the teacher.

### NEW DANCE CLASSES

We value your feedback, and we hear you! The following classes are new or redesigned classes based on feedback from you!

#### PRESCHOOL PERFORMERS | AGE 3-4

1/6-4/25 | M 12:30-1:15PM | INSTRUCTOR RANDI  
\$138 RES, \$152 NON-RES

Students will be introduced to basic dance concepts, as well as skills such as call and response, how to listen to instruction, and basic movement vocabulary (hop, kick, reach, tap, straight, pointe). Parents will be asked to stay and observe every class. Rehearsals and shows 4/25, this class will be in show B.

#### KIDS TAP | AGE 6-8

1/6-4/25 | M 5-5:45PM STUDIO A | INSTRUCTOR CARLEY  
\$145 RES, \$160 NON-RES

Kids Tap is a perfect introduction of tap dance basics. Students will learn basic tap technique and vocabulary through fun games and exercises. Please wear black tap shoes- if you have any questions about shoes you are welcome to wait to ask your teacher before you buy some. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.

#### BOYS & GIRLS BALLROOM | AGE 8-13

1/7-4/25 | TU 5-5:50PM STUDIO B | INSTRUCTOR SHELBY  
\$159 RES, \$176 NON-RES

Boys and girls ages 8-13 can bring a partner or make new friends in our Boys and Girls Ballroom class. This can be an introduction class or continuation of dance experience. Students will learn basic vocabulary and an introduction of partner dancing. Ballroom or non-scuff dress shoes are encouraged, you can wear any flexible clothing that allows for full dance movement. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.





**ADULT DAYTIME BALLET NON-PERFORMING | AGE 18+**  
 1/8-4/25 | W 12:30-1:25PM | INSTRUCTOR CARLEY  
 \$120 RES, \$135 NON-RES

This class is the continuation of dance training (1+ year of ballet technique encouraged). After reviewing basic technique, dancers will continue to learn and grow in their ballet technique. Classes will be a collaboration between the individual student, class, and instructor. This adult ballet class welcomes all adult dancers into a fun, safe environment for learning or reestablishing general body awareness and ballet technique. You can wear any flexible clothing that allows for full dance movement. Please wear pink or white ballet shoes. This is not a performing class.

**ADULT COUPLES NON-PERFORMING | AGE 18+**  
 1/7-4/25 | TU 6-6:55PM | INSTRUCTORS MICHAEL & SHELBY  
 \$120 RES, \$135 NON-RES

Bring your partner and come learn a variety of couples dances! Styles will vary throughout the class and may include ballroom, Latin, and folk dance movement. Ballroom or non-scutt dress shoes are encouraged, you can wear any flexible clothing that allows for full dance movement. Registration covers the cost of one dancer. For couples who would like to register together, please enroll two students. This is not a performing class. This semester will focus on swing, waltz, and rumba.

**ADULT TAP | AGE 16+**  
 1/6-4/25 | M 6-6:55PM | INSTRUCTOR CARLEY  
 \$135 RES, \$150 NON-RES

This class can be an introduction or review of tap dance basics. Students will learn basic tap technique and vocabulary. Please bring your own black tap shoes, you are welcome to ask your teacher if you have any questions before getting shoes. You can wear any flexible clothing that allows for full dance movement. Rehearsals and shows April 25th, this class will be in both shows.

**FAVORITE DANCE CLASSES**

Back by popular demand! Check out the favorite dance classes we offer. Don't wait to sign up, these classes fill quickly!

**WEDNESDAY PARENT/CHILD PERFORMERS | AGE 18MON-2**  
 1/8-4/25 | W 11:30AM-12:15PM | INSTRUCTOR CARLEY  
 \$152 RES, \$168 NON-RES  
*This class will be in Show B*

**THURSDAY PARENT/CHILD PERFORMERS | AGE 18MON-2**  
 1/9-4/25 | TH 10:30-11:15AM | INSTRUCTOR RANDI  
 \$152 RES, \$168 NON-RES  
*This class will be in Show A*

This class is designed to give parents the opportunity to have guided one-on-one time with their child, in a group setting. This is a wonderful opportunity to have children experience receiving instruction from a teacher, being in a peer group setting, and taking a class for the first time! A parent is required to attend the entire class with their student. Rehearsals and shows 4/25.

**PRESCHOOL BALLET | AGE 3-4**  
 1/9-4/25 | TH 11:30AM-12:15PM | INSTRUCTOR RANDI  
 \$152 RES, \$168 NON-RES

Students will be introduced to basic dance concepts, as well as skills such as call and response, how to listen to instruction, and basic movement vocabulary (hop, kick, reach, tap, straight, pointe). Parents will be asked to stay and observe every class. Please wear pink or white ballet shoes. Rehearsals and shows 4/25, this class will be in show B.

**PRESCHOOL COMBO | AGE 3-4**  
 1/7-4/25 | TU 10:30-11:15AM | INSTRUCTOR NICOLE  
 \$152 RES, \$168 NON-RES

Students will be introduced to basic dance concepts, as well as skills such as call and response, how to listen to instruction, and basic movement vocabulary (hop, kick, reach, tap, straight, pointe). Parents will be asked to stay and observe every class. Rehearsals and shows 4/25, this class will be in show A.

**PRESCHOOL CREATIVE MOVEMENT | AGE 3-4**  
 1/8-4/25 | W 10:30-11:15AM | INSTRUCTOR CARLEY  
 \$152 RES, \$168 NON-RES

Students will be introduced to basic dance concepts, as well as skills such as call and response, how to listen to instruction, and basic movement vocabulary (hop, kick, reach, tap, straight, pointe). Parents will be asked to stay and observe every class. Rehearsals and shows 4/25, this class will be in show A.



**KINDER BALLET | AGE 4-5**

1/7-4/25 | TU 4-4:45PM | INSTRUCTOR TBA  
**\$152 RES, \$168 NON-RES**

This class is an introduction to movement, combining elements of creative dance, ballet and jazz movement. Students will explore dance through at-level games, activities, and technique practices. This is a great first dance class or continuation of basic movement skills. Parents are asked only to attend on observation days (the first class of each month). Please wear pink or white ballet shoes. Rehearsals and shows 4/25, this class will be in show B.

**KINDER COMBO | AGE 4-5**

1/6-4/25 | M 11:30AM-12:15PM | INSTRUCTOR RANDI  
**\$138 RES, \$152 NON-RES**

This class is an introduction to movement, combining elements of creative dance, ballet, and jazz movement. Students will explore dance through at-level games, activities, and technique practices. This is a great first dance class or continuation of basic movement skills. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in show A.

**KINDER CREATIVE MOVEMENT | AGE 4-5**

1/7-4/25 | TU 11:30AM-12:15PM | INSTRUCTOR NICOLE  
**\$152 RES, \$168 NON-RES**

This class is an introduction to movement, combining elements of creative dance, ballet, and jazz movement. Students will explore dance through at-level games, activities, and technique practices. This is a great first dance class or continuation of basic movement skills. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in show B.

**KIDS BALLET | AGE 6-7**

1/6-4/25 | M 4-4:45PM | INSTRUCTOR CARLEY  
**\$145 RES, \$160 NON-RES**

This class gives students the opportunity to learn the basics of dance technique, combining elements of ballet and jazz dance through fun exercises. Parents are asked only to attend on observation days (the first class of each month). Please wear pink or white ballet shoes. Rehearsals and shows 4/25, this class will be in both shows.

**KIDS CREATIVE MOVEMENT | AGE 6-7**

1/9-4/25 | TH 4-4:45PM | INSTRUCTOR TBA  
**\$159 RES, \$176 NON-RES**

This class gives students the opportunity to learn the basics of dance technique, combining elements of ballet and jazz dance through fun exercises. Parents are asked only to attend on observation days (the first class of each month). Please wear pink or white ballet shoes. Rehearsals and shows 4/25, this class will be in both shows.

**ALL ABILITIES DANCE | AGE 5-10**

1/7-4/25 | TU 5-5:45PM STUDIO C | INSTRUCTOR TBA  
**\$152 RES, \$168 NON-RES**

Everyone is welcome in all our classes, but our Kids All Abilities dance class will focus on teaching dance concepts with lots of options for varied movement ability. This class will be tailored to the students who register-so please let us know how we can help your student have a fun time! Come and get your wiggles out with fun music, games, and creative movement time! A parent is required to attend the entire class with their student. Wheelchairs welcome. Students can choose their choice of footwear. Rehearsals and shows 4/25, this class will be in show A.

**ELEMENTARY HOMESCHOOL DANCE | AGE 6-11**

1/7-4/25 | TU 12:30-1:15PM | INSTRUCTOR NICOLE  
**\$159 RES, \$176 NON-RES**

This class gives students the opportunity to learn the basics of dance technique, combining elements of hip hop, ballet, and jazz dance through fun exercises. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.

**BOYS & GIRLS BALLET | AGE 8-13**

1/9-4/25 | TH 5-5:50PM | INSTRUCTOR CAITLIN (YO HABLO ESPAÑOL!)  
**\$159 RES, \$176 NON-RES**

This can be an introduction class or continuation of dance experience. This class builds upon basic dance elements and begins to emphasize ballet technique, performance qualities, and strength/flexibility. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.



**BOYS & GIRLS HIP HOP | AGE 8-13**

1/9-4/25 | TH 6-6:50PM | INSTRUCTOR MAKAYLA  
**\$159 RES, \$176 NON-RES**

This can be an introduction class or continuation of dance experience. Dancers will learn to move with a variety of energy and diverse music. Hip Hop technique will be explored with strength, flexibility, and coordination. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.

**JR/HIGH SCHOOL HOMESCHOOL DANCE | AGE 12-18**

1/9-4/25 | TH 12:30-1:20PM | INSTRUCTOR NICOLE  
**\$159 RES, \$176 NON-RES**

This can be an introduction class or continuation of dance experience. This class gives students the opportunity to learn the basics of dance technique, combining elements of hip hop, ballet, and jazz dance through fun exercises. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.

**TEEN BEGINNING DANCE TECHNIQUE | AGE 13-18**

1/6-4/25 | M 3-3:50PM | INSTRUCTOR CARLEY  
**\$145 RES, \$160 NON-RES**

This class can be an introduction to dance or the continuation of dance training. After reviewing basic technique, dancers will move quickly into ballet, jazz, contemporary, and hip hop styles of movement. Parents are asked only to attend on observation days (the first class of each month). Rehearsals and shows 4/25, this class will be in both shows.

**ADULT BEGINNING BALLET | AGE 16+**

1/7-4/25 | TU 7-7:55PM | INSTRUCTOR JORDAN  
**\$176 RES, \$193 NON-RES**

This class can be an introduction to dance or the continuation of dance training. After reviewing basic technique, dancers will continue to learn and grow in their ballet technique. Classes will be a collaboration between the individual student, class, and instructor. This adult ballet class welcomes all adult dancers into a fun, safe environment for learning or reestablishing general body awareness and ballet technique. You can wear any flexible clothing that allows for full dance movement. Please wear pink or white ballet shoes. Rehearsals and shows 4/25, this class will be in both shows.

**ADULT INTERMEDIATE BALLET | AGE 16+**

1/6-4/25 | M 8-9:25PM | INSTRUCTOR RANDI  
**\$165 RES, \$180 NON-RES**

This class is the continuation of dance training (1+ year of adult ballet technique encouraged). After reviewing basic technique, dancers will continue to learn and grow in their ballet technique. Classes will be a collaboration between the individual student, class, and instructor. This adult ballet class welcomes all adult dancers into a fun, safe environment for learning or reestablishing general body awareness and ballet technique. You can wear any flexible clothing that allows for full dance movement. Please wear pink or white ballet shoes. Rehearsals and shows 4/25, this class will be in both shows. \*Please see our Pointe Prep class, if interested.

**ADULT ADVANCED BALLET | AGE 18+**

1/7-4/25 | TU & TH 8:00-9:25PM | INSTRUCTORS RANDI & SLYVIE  
**\$239 RES, \$271 NON-RES**

This class is the continuation of dance training (3+ years of adult ballet technique encouraged). This class will move quickly, challenging students to pick up exercises quickly, implement technical ballet vocabulary, and utilize strength and flexibility in movement. Classes will be a collaboration between the individual student, class, and instructor. This adult ballet class welcomes all adult dancers into a fun, safe environment for learning or reestablishing general body awareness and ballet technique. You can wear any flexible clothing that allows for full dance movement. Please wear pink (women) or white (men) ballet shoes. Rehearsals and shows 4/25, this class will be in both shows. \*Please see our Intermediate Pointe class, if interested.



**POINTE PREP | AGE 16+**  
 1/6-4/25 | M & W 9:30-9:55PM | INSTRUCTOR RANDI  
 \$84 RES, \$112 NON-RES

This class will help ballet students prepare themselves to begin training en pointe. 2+ years of ballet training is encouraged to join the class in flat shoes, and students should seek approval from the instructor before they begin training in pointe shoes. This class will primarily focus on ankle strengthening exercises and barre, with little to no emphasis on center work and dance combinations, as taught at the instructor's discretion. You can wear any flexible clothing that allows for full dance movement. Please plan to begin the semester in flat shoes, and wait to collaborate with your instructor before you purchase pointe shoes. Convertible tights are recommended. It is up to the student to be clear and honest with the instructor to maintain safe and healthy exercise habits. Students are required to warm themselves up before class begins. It is highly recommended this class is taken as a co-requisite with Adult Intermediate Ballet. This is not a performing class.

**INTERMEDIATE POINTE | AGE 18+**  
 1/7-4/25 | TU & TH 9:30-9:55PM | INSTRUCTORS RANDI & SYLVIE  
 \$111 RES, \$143 NON-RES

This class is a continuation of Pointe training (1+ year of previous pointe training encouraged). This class will focus on transitioning away from the barre into beginning/intermediate center floor work en pointe, as taught at the instructor's discretion. You can wear any flexible clothing that allows for full dance movement. It is up to the student to be clear and honest with the instructor to maintain safe and healthy exercise habits. Students are required to warm themselves up before class begins. It is highly recommended this class is taken as a co-requisite with Adult Advanced Ballet. Rehearsals and shows 4/25, this class will be in both shows.

**ADULT DAYTIME COMBO CLASS | AGE 18+**  
 1/6-4/25 | M 10:30-11:25AM | INSTRUCTOR ALYSSA  
 \$135 RES, \$150 NON-RES

This class can be an introduction to dance or the continuation of dance training. Adult Combo is a fun, upbeat class focused on movements that will help improve coordination, strength/flexibility and general dance technique. Classes will be a collaboration between the individual student, class, and instructor. Class will rotate technique styles based on student interest, and may include- ballet, jazz, modern, contemporary, or hip hop styles. This class welcomes all adult dancers into a fun, safe environment for learning or reestablishing general body awareness and dance technique. Rehearsals and shows 4/25, this class will be in both shows.

**ADULT CONTEMPORARY DANCE | AGE 16+**  
 1/6-4/25 | M 7-7:55PM | INSTRUCTOR ALYSSA  
 \$135 RES, \$150 NON-RES

This class can be an introduction to dance or the continuation of dance training. After reviewing basic technique, dancers will move quickly into exploring creative movement elements of contemporary and modern dance techniques. Classes will be a collaboration between the individual student, class, and instructor. An emphasis on strength/flexibility training, full body coordination, and mindful movement will be explored. Rehearsals and shows 4/25, this class will be in both shows.

**ADULT HIP HOP | AGE 16+**  
 1/9-4/25 | TH 7-7:55PM | INSTRUCTORS MAKAYLA  
 \$151 RES, \$168 NON-RES

This class can be an introduction to dance or the continuation of dance training. Adult Hip Hop is a fun, upbeat class focused on movements that will help improve coordination, strength/flexibility, and general dance technique. This class welcomes all adult dancers into a fun, safe environment for learning or reestablishing general body awareness and dance technique. Comfortable tennis shoes or sneakers are encouraged, you can wear any flexible clothing that allows for full dance movement. Rehearsals and shows 4/25, this class will be in both shows.

**MIDDLE EASTERN DANCE | AGE 18+**  
 SPRING SESSION 1/8-4/25

FOUNDATIONAL TECHNIQUE  
 W 6:30-7:45PM | INSTRUCTOR HEATHER

CONTINUING TECHNIQUE  
 W 8-9:15PM | INSTRUCTOR ODESSA  
 \$128 RES, \$144 NON-RES  
 BOTH CLASSES \$241 RES, \$273 NON-RES

Middle Eastern Dance is an ancient art form celebrating movement and musicality. In our Covey Mid-East dance program we share collective support for all adult dancers of all dance experiences. This art form encourages a sense of beauty, grace, control, and core strength for balance in all areas of life. Whether you're new to Mid-East dance, or you've taken classes for years, this is a great place to start and continue on. The Covey Mid-East Dance program will perform in Halfa on 4/5.

GOLF COURSE | ACTIVE WINTER 2024-25

# TIMPANOGOS GOLF CLUB

380 E LAKEVIEW PKWY | TIMPANOGOSGOLF.COM

(801) 852-PLAY (7529)

@TIMPGOLFCLUB FACEBOOK/TWITTER/INSTAGRAM



## CHAMPIONSHIP COURSE | AGE 6+

	MON-THUR	FRI-SUN
9 HOLES WALKING	\$17	\$18
9 HOLES RIDING	\$27	\$28
18 HOLES WALKING	\$34	\$36
18 HOLES RIDING	\$54	\$56

## THE PASTURE | AGE 6+

WALKING ONLY

\$12 | \$6 REC CENTER MEMBERS

The Pasture, a 9 hole Par 3 Course.

## DRIVING RANGE

\$6 SMALL BUCKET | \$10 MEDIUM BUCKET | \$12 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 & WOMEN'S COMBINED GOLF ASSOCIATION \$8 + \$5 OPTIONAL SKINS GAME (DOES NOT INCLUDE GREEN FEES)

One of the state's top and most enjoyable associations, plays every Wednesday.

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



# PARKS & TRAILS

1417 S 350 E | PROVO.ORG/PARKS | PARKSFRONTOFFICE@PROVO.ORG  
(801) 852-6000 PAVILION RESERVATIONS & 311 CUSTOMER SERVICE  
(801) 852-6606 PARKS MAIN OFFICE  
@PROVOPARKS FACEBOOK/TWITTER

## PAVILION RESERVATIONS

**RESERVATION TIMES** | 8:30AM-2:00PM & 4:00-9:30PM,  
OR ALL DAY

**RESERVATION SEASON** | 4/15/24-10/15/24 EXCEPT SUNDAYS,  
**RESERVATIONS ONLINE** | 311.PROVO.ORG

Pavilions are available for reservations M-SA. Fees range from **\$30-\$195 for each** time period, depending on pavilion size and location. Reservation fees are double for observed holidays. Restroom facilities are only in order during the reservation season.

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

## TRAILS

As you enjoy our local trails, help us keep them safe and welcoming. Please remember to:

- Stay on marked trails
- Be courteous and yield to others
- Remember no motorized vehicles are allowed on trail
- Be aware of winter conditions, trails may be slick or icy
- Observe trail Speed limit of 15 mph

## 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 Park Operations (801) 852-6606, to see if your event falls under these restrictions.

Visit [Provo.org/ParkEvents](https://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 \$350 Special Parks Use fee (in addition to pavilion reservation fees) 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. Inflatables or other devices that require water hookups are not authorized in City parks.

## **VOLUNTEER SERVICES**

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

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## **SHOOTING SPORTS PARK**

1450 E RIFLE RANGE RD | [PROVO.ORG/SHOOTINGSPTS](https://Provo.org/ShootingSports)  
(801) 852-6646  
FALL/WINTER HOURS: W/F 2PM-DUSK, SA 10AM-4PM

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



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## **CEMETERY**

610 S STATE | [PROVO.ORG/CEMETERY](https://Provo.org/Cemetery)  
(801) 852-6607  
OFFICE HOURS M-F 8AM-4:30PM  
GROUNDS ARE OPEN EVERY DAY FROM DAWN TO DUSK

**BURIAL RECORDS CAN BE FOUND:**  
**CEMETERY OFFICE**  
**INTERNET** | [Provo.org/CemeteryMap](https://Provo.org/CemeteryMap)

**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.

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](https://Provo.org/CemeteryMap).



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## **PARKS AND RECREATION: TRAIL AND PARK ENHANCEMENTS ON THE HORIZON**

Watch the [Provo.org/ParkProjects](https://Provo.org/ParkProjects) website and social media for updates.

- **DELTA GATEWAY PARK CONSTRUCTION** - This new 3.4 acre park will provide residents and visitors access to the Provo River trail, wetlands, and other newly constructed recreation facilities. Park amenities include restrooms, playground, shade sails, interpretive walking paths, river access points, picnic areas, benches, pavilion, trailer parking and a new pedestrian bridge crossing the new Provo River diversion. Parks & Recreation has carefully negotiated the costs of the land acquisition, park design and construction to be paid by the Mitigation Commission, a savings of over 3.5 million dollars to Provo City residents. This new park will provide important outdoor recreation opportunities for west Provo neighborhoods and visitors. Estimated completion Spring 2025.
- **PROVO RIVER TRAIL - CENTRAL IMPROVEMENTS** - Provo City is pleased to announce the commencement of the Provo River Trail - Central Improvement Project between Columbia Lane and University Parkway in the coming winter months. Planned Improvements include:
  - A wider trail to ensure safe usage by pedestrians and cyclists alike.
  - Enhanced access for first responders to facilitate quicker emergency responses.
  - New undercrossings at Columbia Lane and State Street for improved trail connectivity.
  - A new pedestrian bridge crossing north of State Street.
  - Additional trail lighting to bolster visibility and safety during low-light hours.

We anticipate the Provo River Trail - Central Improvements to be completed by Spring 2026, offering a revitalized space for our community to enjoy.



## We want to hear from you!

The City Council welcomes your input at Council meetings as they consider changes to local laws, set taxes, fees, and utility rates, and approve the City budget.

Residents are invited to attend Neighborhood District meetings where they discuss shared concerns with their neighbors and work together to improve their community.



### NEIGHBORHOOD DISTRICT PROGRAM 2025 Meeting Schedule

JAN 15	DISTRICT 1*	JULY 16	DISTRICT 1
JAN 29	DISTRICT 2*	JULY 30	DISTRICT 2
FEB 5	ALL DISTRICTS	AUG 20	DISTRICT 3
FEB 19	DISTRICT 3*	SEPT 3	DISTRICT 4
MAR 5	DISTRICT 4*	SEPT 17	DISTRICT 5
MAR 19	DISTRICT 5*	OCT 1	DISTRICT 1
APR 16	DISTRICT 1	OCT 15	DISTRICT 2
APR 30	DISTRICT 2	NOV 5	DISTRICT 3
MAY 7	DISTRICT 3	NOV 19	DISTRICT 4
JUNE 4	DISTRICT 4	DEC 3	DISTRICT 5
JUNE 18	DISTRICT 5		

\*ELECTION MEETINGS

Check the Provo City website to see which Neighborhood District you live in, meeting details, and Zoom links.

MEETINGS START AT 6:00 PM  
CITY HALL COMMUNITY ROOM  
445 W CENTER ST, PROVO



### CITY COUNCIL 2025 Meeting Schedule

JANUARY 14	JULY 8
JANUARY 28	JULY 22
FEBRUARY 11	AUGUST 5
FEBRUARY 25	AUGUST 19
MARCH 11	SEPTEMBER 9
MARCH 25	SEPTEMBER 23
APRIL 8	OCTOBER 7
APRIL 22	OCTOBER 21
MAY 6	NOVEMBER 11
MAY 20	DECEMBER 2
JUNE 3	DECEMBER 16
JUNE 17	

Additional Work Meetings may be held in May and June to discuss the budget.