

# PLEASANT GROVE RECREATION

FALL  
ACTIVITIES

547 SOUTH LOCUST AVENUE  
(801)785-6172 [rec.plgrove.org](http://rec.plgrove.org)

"Like" Pleasant Grove Recreation



## OFFICE & EXERCISE HOURS

MONDAY – FRIDAY 5:00AM TO 10:00PM / SATURDAY 7:00AM TO 7:00PM / CLOSED SUNDAYS

### YOUTH VOLLEYBALL (REQ. AUG 1-30)



DIVISIONS	SEASON	PG RESIDENT	NON-RESIDENT
3-4 GRADE	Sept. 17 -Nov. 12	\$38	\$57
5-6 GRADE	Sept. 17 -Nov. 12	\$38	\$57
7-9 GRADE	Sept. 17 -Nov. 19	\$44	\$64
10-12 GRADE	Sept. 17 -Nov. 19	\$44	\$64

### FLAG FOOTBALL (REQ. AUG 1-30)



DIVISIONS	SEASON	PG RESIDENT	NON-RESIDENT
1-2 GRADE	Sept. 15-Early Nov.	\$39	\$58.50
3-4 GRADE	Sept. 15-Early Nov.	\$39	\$58.50
5-6 GRADE	Sept. 15-Early Nov.	\$44	\$64
7-9 GRADE	Sept. 15-Early Nov.	\$44	\$64
10-12 GRADE	Sept. 15-Early Nov.	\$44	\$64



### 2ND GRADE JR JAZZ BASKETBALL Boys & Girls Combined

Registration: August 1-30  
Season: Sept. 24—Nov. 19  
Game Day: Saturdays  
Resident Fee: \$38  
Non Resident Fee: \$57



## Basketball Men's & Women's



Registration: October 1-until filled

Season: December—March

Men's League Fees: \$575

Women's League Fees: \$525



### CROSS COUNTRY CLUB 3RD - 8TH Grade



Registration: August 1-29  
Season: Aug. 29 - Oct. 12  
Days: Mondays/Wednesdays  
Time: 5:00-6:00pm  
Resident Fee: \$45 / Non-Resident Fee: \$65

## DANCE

Boys & Girls – Ages 4 - 17

These classes offer a variety of dance styles, from traditional technique to modern dance. All classes will be once a week from September 2016 to May 2017 (No classes in December). Each class will last for approx. 50 minutes and include contemporary, ballet, hip hop, and jazz. **TAP CLASSES ARE NOW AVAILABLE!** There will be a dance recital at the end of the year. The fee is a \$75 non refundable registration fee (includes costume fee) and then a fee of \$25/month. \*Pro-rated tuition fees for late signups or absent dancers **will not** be given. \*DISCOUNTS on tuition for dancers registered for both regular dance and tap classes available. Sign-up now!

14-17 Year Old Class Mondays - 5pm-5:50pm  
Beg. Tap 1 5-8 Year Old Class Mondays - 3pm-3:50pm  
Beg. Tap 2 9-17 Year Old Class Mondays - 4pm-4:50pm  
4 Year Old Class Tuesdays - 3pm-3:50pm  
5-6 Year Old Class Tuesdays - 4pm-4:50pm  
9-10 Year Old Class Tuesdays - 5pm-5:50pm  
4 Year Old Class Wednesdays - 3pm-3:50pm  
7-8 Year Old Class Wednesdays - 4pm-4:50pm  
11-13 Year Old Class Wednesdays - 5pm-5:50pm

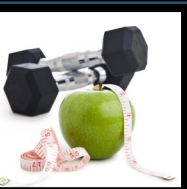


### Upcoming Fitness Events

OCTOBER - Spooktacular Halloween Zumba

NOVEMBER 24th -Turkey Blast

JANUARY - Get Fit Challenge



## FITNESS CLASS SCHEDULE



[rec.plgrove.org](http://rec.plgrove.org)

# G YMNASTICS (September - March Gymnastics)

Learn balance and gymnastics skills in a non competitive environment. Participants are taught to have fun and try new things. Classes teach different gymnastic apparatus such as uneven and parallel bars, balance beam, vaulting horse and tumbling. Children are taught at their own ability level to build coordination and confidence. Intermediate classes are also available. Classes fill up quickly and class size is limited. Classes will be held in the Recreation Center on Monday or Wednesday afternoons. They are one hour classes held weekly. Registration is continuous on a space available basis. **There is a waiting list available for full classes.** Program runs from September - March Please call Kristy Gonzales at 801-361-9166 for information and available spots.



## Basketball Turkey Shoot

Saturday, November 19 @ 3 p.m.

Registration will begin at 2:45 and will close at 3:30 p.m. Come show off your stuff for a chance to win a holiday turkey for Thanksgiving! Separate divisions for guys and gals. Contestants will shoot 20 free throws a piece with one winner in each division.

# J R JAZZ BASKETBALL

REGISTRATION: November 1 - 21



### BOYS DIVISION

DIVISION	SEASON
3 <sup>rd</sup> Boys	Jan-Feb
4 <sup>th</sup> Boys	Jan-Feb
5 <sup>th</sup> Boys	Jan-Feb
6 <sup>th</sup> Boys	Dec-Feb
7 <sup>th</sup> Boys	Dec-Feb
8 <sup>th</sup> Boys	Dec-Feb
9 <sup>th</sup> -10 <sup>th</sup> Boys	Dec-Feb
11 <sup>th</sup> -12 <sup>th</sup> Boys	Dec-Feb

### GIRLS DIVISION

DIVISION	SEASON
3 <sup>rd</sup> /4 <sup>th</sup> Girls	Jan-Feb
5 <sup>th</sup> /6 <sup>th</sup> Girls	Jan-Feb
7 <sup>th</sup> /8 <sup>th</sup> Girls	Dec-Feb
9 <sup>th</sup> -10 <sup>th</sup> Girls	Dec-Feb
11 <sup>th</sup> /12 <sup>th</sup> Girls	Dec-Feb



## JR HIGH AGE DANCE "Monster Mash Stomp"

Costume Contest!!!

TIME: 7:00 pm - 9:30 pm Cost: \$5  
Friday, Oct 28 @ the Old PG Rec  
SCHOOL DRESS CODE REQUIRED!

## QUICKSCORES

[www.quickscores.com/plgrove](http://www.quickscores.com/plgrove)

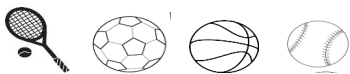
**ACCESS**— All features are available online or on your smartphone!



**LOCATIONS**— Field/gym maps and other information.



**SCHEDULES**—View the schedules online or download your team's schedule directly into your personal calendar by following a few easy steps.



**UPDATES**- Standings and tournament updates can be viewed here.



Scan QR Code to get to site



# Pickleball

LEAGUES, DROP-IN PLAY, TOURNAMENTS, CLINICS .....



The fastest growing paddle sport in the U.S. In PG we have 9 indoor Courts, (20 x 44 ft.) in which we run leagues, drop-in play, clinics and tournaments. Pickleball is a great family recreational activity for all ages as well as an opportunity for competitive play for all level of players.

### **SUPERVISED DROP-IN PLAY**

**MONDAYS**  
7-9:45PM  
**THURSDAYS**  
9-11:30AM  
**FRIDAYS**  
7-9:45PM

### **LEAGUE PLAY**

RECREATIONAL AND COMPETITIVE LEVELS  
REGISTRATION BEGINS  
SEPTEMBER 1ST  
**\$40- PER DOUBLES TEAM**  
LEAGUE RUNS SATURDAYS  
EARLY OCTOBER THRU  
EARLY DECEMBER

## YOUTH WRESTLING



Kindergarten - 4th Grade  
Registration Dates: September 1- 27  
Program Start Date: September 27  
Day/ Time: Tuesday & Thursdays 6:30 pm  
Resident Fee: \$40 / Non Resident Fee: \$60

### **"TIS THE SEASON TOURNAMENT"**

**SKILL EVENT DOUBLES TOURNAMENT**  
REGISTRATION BEGINS SEPT. 1  
**TOURNAMENT DATE: SAT., DEC. 3RD**  
ANY QUESTIONS OR TO GET ON THE PICKLEBALL NEWS EMAIL LIST CONTACT: LINDA WEEKS AT  
LWEEKS@PGCITY.ORG



**New- Mom & Tot  
September - May**

Class includes: Tot cooking, craft projects, stories, games, songs, 20 min. of gym time and holiday parties.

Cost: \$72 for 2 month session or \$40 per month

**Day & Time Options:**

Tues: 10 to 11:30 am  
Thurs: 10 to 11:30 am



**\*\*Mary Poppins Festival Aug 29th 10 to 12 noon for ages 2-6**

**New 2 Day Kid Class  
September - May**

Ages 3 to 5 yrs. Moms are not required to attend! (child needs to be potty trained)  
Classes are 1½ hours. Each week includes one chef day and one arts/crafts day. Other activities include: projects, stories, and games!  
Cost: \$144 per 2 month session or \$80 per month

**Day & Time Options:**

Mon/Wed: 10 to 11:30 am  
Tues/Thurs: 11:30 to 1:00 pm

**CHESS CLUB**

(Beginners & Advanced - Adults are welcome!)

**AFTER SCHOOL CHESS PROGRAM** - This class will provide an opportunity for kids and adults to develop critical thinking while mastering the fundamentals of chess.

Day & Time: Thursdays from 4:00pm - 5:00pm

Open registration - Cost \$36 a session

Session 1 - September 8—October 13

Session 2 - November 3—December 15

(More sessions in January & February)



**Swiss Chess Tournaments**



October 15  
January 14  
April 29

8:30 am - 2:30 pm

Cost: \$16 includes lunch  
\$21 After Oct. 8th

**BUILD A PARTY!!!**

Let us provide the room and help you build a party! Cost varies depending on party theme & activity. To reserve a room and book a party call: Vanessa at 785-6172



**TODDLER GYM**

Ages 20 months to 4 years

This mom and tot class has been enjoyed by all. Classes are designed around various themes. Toddlers will have fun playing and exercising through fun activities each class time. A snack will also be provided at the end of each class. Each session will be comprised of six classes.



Day: Wednesday

Time: 10:45 am - 12 pm

Cost: \$18 per session or \$20 for a 4 week punch card to come when you want!

Session 1	September 14 - October 19
Session 2	November 2 - December 14
Session 3	January 15 - February 8
Session 4	Feb 15 - Mar 22
Session 5	Mar 29 - May 10 (No class April 5)

**"Kids Cooking & More"**

Ages 5 and up

(Children 2-4 may attend with an adult or older sibling over 10)

Two cooking projects, games & a mini craft project. All projects correspond with cooking theme!

Day: Saturdays

Time: 10:00 am to 12 noon

Cost: \$16 per class

Sat, Oct. 22	Halloween Cooking
Sat, Nov. 19	Pie Class
Sat, Dec. 3	Elf Cooking
Sat, Dec. 17	Cookies & More
Sat, Feb. 11	Valentines
Sat, Mar 11	Cupcake Wars
Sat, April 15	Easter/Egg Hunt
Sat, May 13	Top Chef Cook Off



**CHEF CLASSES!  
(Ages 6 & up)**

Come join the fun!

"Cook a meal from start to finish in this four week class"

Day: Tuesdays

Time: 4:00 pm - 5:30 pm

Cost: \$65 (All 4 wks.) or \$18/wk.

Week 1	October 11
Week 2	October 18
Week 3	November 1
Week 4	November 8



\*Register by Oct 10 and get \$5 off on the full 4 week class fee.

**Sitters TLC Training  
Camp**

Ages 9 to 15 Year Olds

COME LEARN SKILLS TO MAKE YOU A GREAT BABY SITTER!

Saturday, Sept. 24

9:00 am - 2:30 pm

Fee: \$38 (includes lunch)



**Mother & Son Activity!  
September 30th**



More details to come!

**Halloween Village  
Pleasant Grove's Annual Halloween Celebration!**

**Pirates Cove**

Friday, October 28th  
PG REC from 6:30 to 8:30 pm  
547 S. Locust Ave  
\$6 admission with Meal  
\$4 admission only  
\$8/\$5 at the door

**Contests**

Family Costume  
Edible Pirate Cove Display

Rules and Ideas available at the Recreation Center.

Entries due on Wednesday Oct 26th



**TO SCRAP OR NOT OVERNIGHTER**

Don't limit yourself to scrapbooking; please bring other projects you would like to work on.

**NOVEMBER 11 & 12**

Begins Friday @ 4:00 pm and ends Saturday @ 7:00 pm

Both days \$25 (Includes dinner & breakfast)

Friday only: \$15 (Fri. 4:00 pm - Sat. 2:00 am includes dinner)

Saturday only: \$15 (Sat. 9:00 am - 7:00 pm includes breakfast)

Bring your sleeping gear, blow up mattress, pj's & supplies.

Sign up 5 friends and get in FREE!



Don't miss out on our Turkey Hunt!

**MARK YOUR CALENDAR!**

8th Annual  
**Community**  
**S.A.F.E.**  
**Fair**



**Saturday, August 27<sup>th</sup>**

Come on in.....  
Join in the fun!!!  
Games will be  
inside Maceys  
store!

*Maceys Parking Lot*  
931 West State Street  
Pleasant Grove

Come meet  
Superheroes  
and go on a  
Superhero  
Hunt!



**Come Take The Kids  
Fireman Challenge!**



**PRIZES!**

**FUN! VENDOR BOOTHS!**

*In case of Bad Weather- event will be moved to Pleasant Grove Recreation Center*

547 S Locust Ave / [www.recplgrove.org](http://www.recplgrove.org)

