

Centerville City Recreation

Winter / Spring 2012

Centerville City Recreation Department is offering a variety of classes this winter/spring. All classes will be held at City Hall unless otherwise noted. For more information, please contact Lisa Summers at 801-295-3477 or 801-589-2919. Registration begins on January 18 on-line or at City Hall and will continue until class is full or until class begins.

For on-line registration, go to www.xpressrec.com.

REFUNDS will be given only until the first day of class, and \$10.00 of each registration fee is non-refundable.

BOY SCOUT MERIT BADGE - \$15.00		
Scouts will be required to attend all scheduled classes and complete all in- and out-of-class assignments to receive completed merit badge card. There are no refunds on Merit Badge classes, so check dates and times carefully. All classes are held at Centerville City Hall		
Classes	Dates	Times
Citizenship in the Nation	Saturdays, Feb 11, 25, Mar 3, 10	8:00am
Citizenship in the Community	Saturdays, Feb 11, 25, Mar 3, 10	9:00am
Emergency Preparedness	Saturdays, Feb, 11, 25 Mar. 3, 10	10:00am
Personal Management	Saturdays, Feb. 11, 25 Mar. 3, 10	11:00am

COOKING CLASSES AT THE WIGHT HOUSE: Four weeks \$80
Join us for four weeks of fun this spring with delicious cooking classes taught at The Wight House. Be a chef for the evening as you learn, from in-house and guest chefs, all the secrets to preparing a fabulous meal. Top off the evening with a guest to join you as you share the meal you have prepared. Evenings include Italian Night, Formal Night, South of the Border Night and A Taste of the Islands Night. This four-week, two-hour class will be held on Tuesday evenings beginning on March 6 at 5:00 p.m. with dinner served at 7:00 p.m. Classes are at The Wight House Reception Center, 95 North Main in Bountiful. For questions, please call Lisa Summers at 801-295-3477 or 801-589-2919.

Flips Gymnastics		
February 6 – March 8, 2012		
\$45.00		
3 Years Old (50 minutes) Maximum 6 students	4-5 Years Old (50 minutes) Maximum 8 students	6+ Years Old (One Hour) Maximum 9 students
Tuesday 11:00 – 11:50 am	Tuesday 10:00 – 10:50 am	Monday 5:30 – 6:30 pm
Wednesday 11:00 – 11:50 am	Tuesday 12:00 – 12:50 pm	Tuesday 4:00 – 5:00 pm
Wednesday 12:00 – 12:50 pm	Wednesday 11:00 – 11:50 am	Tuesday 5:00 – 6:00 pm
Thursday 4:00 – 4:50 pm	Wednesday 12:00 – 12:50 pm	Tuesday 6:00 – 7:00 pm
	Thursday 4:00 – 4:50 pm	Thursday 4:00 – 5:00 pm

GPP FIT for “Fabulous Forty-Somethings!”: 2 six-week sessions \$55/session or \$90/12 weeks
New Year, New You! If you're tired of thinking you should start an exercise program, a little intimidated by the gym scene, and not sure how to even get started, this class is for you! Let the personal trainers at GPP Fitness help you get started and feel great! This fitness class will ease you into all aspects of fitness and have you looking and feeling stronger in no time. Come join us! One-hour class is held twice weekly on Tuesdays and Thursdays at 11:00 a.m. beginning February 7. Class is held at GPP Fitness, 40 E. Page's Lane, Centerville. For questions, call Neil at GPP, 801-294-7709.

GPP FIT for Teens: 8 weeks

\$25

A great way for teens 11-18 to get strong, build some muscle and feel great! This one-hour, 8-week class is on Tuesdays and Thursdays at 4:00 p.m. beginning February 7. Class is held at GPP Fitness, 40 E. Page's Lane, Centerville. For questions, call Neil at GPP, 801-294-7709.

HUNTER SAFETY: 6 classes, 2 hours

\$5 (plus \$10 for voucher)

Everyone who takes the Hunter Education course must obtain a Hunter Education voucher from a license agent in the area (available in Centerville at Wal-mart or Big 5 for \$10.00). Voucher to be given to the course instructor on the first night of class. Class begins on Monday, February 6 and runs through March 19. (No class on Feb.20.) Class will be held from 4-6 pm at City Hall. For more information call Norm Beers at 801-797-9567.

MISSION "SLIM" POSSIBLE: 12 weeks

\$25

Back by popular demand! We had such success last year, we're going to Slim Down some more in 2012! Slim is possible in 2012! Start the year off right with our 12-week mission to lose weight! This competition is open to all Davis County residents 18 and over, and will begin on Wednesday, February 1 and run through April 25. Kick-off speaker will be Deni Hill, winner of the \$100,000 at-home prize on the Biggest Loser last year. Don't miss this chance to slim down and feel great this year! For more info on rules and prizes, check our website at www.centervilleut.net, or call Lisa at 801-295-3477 or 801-589-2919.

RAH! ENERGY GYM

Rah Energy Gym is offering several classes through Centerville City for children and teens this Winter/Spring. All classes held at Rah! Energy Gym, 803 N. 1250 West, in Centerville, 801-298-2300.

Beginning Tumbling – \$60 – Great for ages 3-12 with little or no tumbling experience. Eight weeks, beginning Feb 7 or Feb 8 (choose Tuesday, 4:00 p.m. or Wednesday, 4:00 p.m.)

Beginning Tumbling II - \$65 – Good for those ages 5-15 who need a little more challenge. Eight weeks on Wednesdays beginning Feb 8 at 5:00 p.m.

Intermediate Tumbling - \$70 – More difficult moves for ages 5-15. Eight weeks, on Tuesdays beginning Feb 7 at 6:00 p.m

Dance/Cheer/Tumbling Combo Class - \$65 – A little of each class for ages 4-8. Eight weeks on Tuesdays at 5:00 p.m. beginning Feb 7.

Cheer Prep - \$70 – Build skills needed to be a great cheerleader, for ages 9-18. Eight weeks on Wednesdays at 7:00 p.m. beginning Feb 8.

Hip-Hop - \$60 – Fun dance moves for ages 5-16. Eight weeks on Fridays at 3:00 p.m. beginning Feb 10.

Tumble Tots - \$60 – Basic fundamentals of tumbling taught in a fun, positive environment. Class is taught by Ryun. Eight weeks on Tuesdays beginning Feb 7. Choose 11:00 a.m. for ages 4-5 or 12:00 noon for ages 3-4.

CENTERVILLE TRAILS HIKES:

No Charge

The Centerville Trails Committee will be sponsoring a Deuel Creek hike this winter, on Saturday, February 4 at 9 am. Meet at the top of 100 south (950 E. 100S). Wear shoes with good traction. Members of the trails committee will be leading the hike. Enjoy beautiful scenery and great exercise. Hikes will familiarize you and your family with Centerville's mountains and trails. A Parrish Canyon hike will take place on Saturday, April 28 at 9 am. Meet at the top of Parrish Lane (from 700 E. travel north on narrow paved road for 0.15 miles to trail head). Hikes are for those of all ages and levels of experience. Parents must accompany those under 12 years of age. There is no charge for hikes.

CENTERVILLE LIBRARY:

Join the fun, free activities at our Centerville Branch Library this winter. Some activities include: Story-time on Wednesday's at 10:30am for Preschoolers and Toddlers. South Branch in Bountiful offers a Book Club on the second Wednesday of each month at 7:00pm. Call the Library for more details at 801-294-4054.

SPRING BASEBALL: Something for boys, girls and adults to look forward to in warmer weather. **On-line registration starts February 14** at www.xpressrec.com. We're looking forward to a great year based on fun, fair play, sportsmanship, skill development. For more information contact Bryan Hurst at 801 671-1121

