

# OREM RECREATION

fall/winter 2024



**BACK TO  
SCHOOL DAY**  
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**SUBSCRIPTION  
PROGRAMS**  
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CITY EVENTS**  
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# OUR FACILITY

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

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

**SPORTS DROP-IN  
CALENDAR:**





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## FOLLOW US ON SOCIAL MEDIA!

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OREMRECREATION.COM



# MEMBERSHIP PRICES

RESIDENT/NON-RESIDENT



## DAILY ADMISSION

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

## ANNUAL PASSES

\*TAXES NOT INCLUDED

<b>INDIVIDUAL</b>	<b>\$275/\$335</b>
<b>COUPLE</b>	<b>\$395/\$480</b>
<b>FAMILY</b>	<b>\$485/\$585</b>
<b>SENIOR</b>	<b>\$155/\$190</b>
<b>STUDENT</b>	<b>\$220/\$275</b>

## MONTHLY PASSES

\*TAXES NOT INCLUDED

\*\*\$45 ACTIVATION FEE TO START

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

## REGULAR HOURS

### MONDAY-SATURDAY

<b>FITNESS CENTER</b>	<b>5AM - 10PM</b>
<b>LEISURE POOL</b>	<b>5AM - 10PM</b>
<b>TOYS</b>	<b>SEE PAGE 23</b>
<b>LAP POOL</b>	<b>5AM - 10PM</b>
<b>DROP-IN SPORTS</b>	<b>5AM - 10PM</b>

## BLACK FRIDAY SALE

NOV 29-DEC 7, 2024

**20% OFF MEMBERSHIPS\***

\*APPLIES TO ANNUAL MEMBERSHIPS ONLY, EXCLUDES ALREADY DISCOUNTED MEMBERSHIPS

### PASS CATEGORY DEFINITIONS

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

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

**INDIVIDUAL:** DEFINED AS A PERSON AGE 14-59.

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

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



# MEMBERSHIP INFO

## MEMBERSHIP CANCELLATIONS

### MONTHLY MEMBERSHIPS

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

### ANNUAL MEMBERSHIPS

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

## OREM BUSINESS PASSES

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



# CHILD CARE

**HOURS: MON-FRI | 8AM-12PM, 4PM-9PM | SAT 8AM-12PM**

**AGE: 3 MONTHS-8 YRS OLD**

**FEE: \$3/HOUR/CHILD OR \$22/MONTH/CHILD**

**REGISTER ONLINE - NOT INCLUDED IN FACILITY MEMBERSHIP**

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

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

<p>SIGN UP FOR KIDCHECK HERE:</p> 	<p>SEE MORE INFO ONLINE:</p> 
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# CHILD + YOUTH PROGRAMS

## SUBSCRIPTION CLASSES

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

## SUBSCRIPTION GYMNASTICS AND TUMBLING CLASSES

**DATES: MON-FRI | VARIOUS TIMES**

**AGE: 3-12**

**FEE: \$32/MONTH PER 1 CLASS/WEEK**

**REGISTER ANYTIME**

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

## SUBSCRIPTION PARENT & TOT TUMBLING

**DATES: TUE/THU/FRI | VARIOUS TIMES**

**AGE: 18 MONTHS-3 YEARS WITH PARENT**

**FEE: \$32/MONTH PER 1 CLASS/WEEK**

**REGISTER ANYTIME**

CLASSES ARE LIMITED TO 10 CHILDREN PER CLASS. JOIN YOUR CHILD IN LEARNING BODY MOVEMENT AND TUMBLING.

## SUBSCRIPTION DANCE CLASSES

**DATES: MON-FRI | VARIOUS TIMES**

**AGE: 3-12**

**FEE: \$32/MONTH PER 1 CLASS/WEEK**

**REGISTER ANYTIME**

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



**COMPLETE  
GYMNASTICS,  
TUMBLING AND  
CHEER OPTIONS**



## 12 WEEK DANCE CLASSES & RECITAL

### REGISTER NOW

RECITAL OCCURS AT OREM LIBRARY HALL AT THE BEGINNING OF DECEMBER.

### PRE-BALLET

AGE: 3-5  
FEE: \$208  
DATES: TUE/THU | SEP 3-DEC 4  
TIME: 12-12:45PM

### BALLET/CREATIVE

AGE: 3-5  
FEE: \$112  
DATES: WED | SEP 4-DEC 4  
TIME: 3:45-4:30PM

AGE: 4-6  
FEE: \$208  
DATES: TUE/THU | SEP 3-DEC 4  
TIME: 1-1:45PM

AGE: 4-6  
FEE: \$112  
DATES: WED | SEP 4-DEC 4  
TIME: 4:45PM-5:30PM

AGE: 5-7  
FEE: \$112  
DATES: FRI | SEP 4-DEC 4  
TIME: 6-6:45PM

### BALLET/JAZZ

AGE: 3-5  
FEE: \$120  
DATES: TUE | SEP 3-DEC 4  
TIME: 10-10:45AM

AGE: 4-6  
FEE: \$104  
DATES: FRI | SEP 6-DEC 4  
TIME: 3:45PM-4:30PM

AGE: 7-12  
FEE: \$104  
DATES: FRI | SEP 6-DEC 4  
TIME: 4:30-5:15PM

### HIP HOP

AGE: 4-6  
FEE: \$104  
DATES: THU | SEP 5-DEC 4  
TIME: 3:15PM-4PM

AGE: 7-12  
FEE: \$112  
DATES: WED | SEP 4-DEC 4  
TIME: 6:45-7:30PM

### CREATIVE

AGE: 3-5  
FEE: \$112  
DATES: WED | SEP 4-DEC 4  
TIME: 12-12:45PM

## MONTHLY DANCE CAMPS

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

**AGE: 3-5**

**FEE: \$24**

**REGISTER NOW**

### PRINCESS DANCE CAMP (SEPTEMBER)

DATES: WED/THU/FRI | SEP 11-13 | 10-10:45AM

### HALLOWEEN FUN DANCE CAMP (OCTOBER)

DATES: MON/TUE/WED | OCT 28-30 | 11-11:45AM

### PRINCESS DANCE CAMP (NOVEMBER)

DATES: WED/THU/FRI | NOV 13-15 | 10-10:45AM

### SANTA'S WORKSHOP DANCE CAMP (DECEMBER)

DATES: MON/TUE/WED | DEC 9-11 | 11-11:45AM

**SEE PAGES 20-23 FOR  
ADDITIONAL AQUATIC  
PROGRAMS INCLUDING REC  
SWIM TEAMS, DIVING  
LESSONS, AND MORE**





# CHILD + YOUTH PROGRAMS



## JR JAZZ BASKETBALL

**PLAY BEGINS: JAN 4, 2025**

**LOCATION: HILLCREST PARK CENTER**

GRADE: 3-4, 5-6

FEE: \$76/PLAYER

GRADE: 7-8

FEE: \$83/PLAYER

GRADE: 9-12

FEE: \$600/TEAM



**REGISTRATION IS OPEN SEP 1-NOV 3. LATE REGISTRATION BEGINS ON NOV 10 UNTIL FULL**

THIS PROGRAM HAS SEPARATE BOY AND GIRL DIVISIONS. THE TEAMS ARE GUARANTEED A 6 GAME SEASON. THE 3-4 GRADERS AND 5-6 GRADERS WILL PLAY ON SATURDAYS. THE 7-8 GRADERS AND 9-12 GRADERS WILL PLAY MOSTLY SATURDAYS, WITH SOME GAMES DURING THE WEEK.

## INSTRUCTIONAL BASKETBALL LEAGUE

**DATES: SAT | OCT 5- NOV 16 (NO CLASS ON OCT 19) | GAMES BETWEEN 9AM-2PM**

**GRADE: K-2**

**FEE: \$48 (RESIDENT) OR \$58 (NON-RESIDENT)**

**LOCATION: HILLCREST PARK CENTER**

**REGISTER NOW UNTIL SEP 18**

INSTRUCTIONAL LEAGUE AIMED TO TEACH THE FUNDAMENTALS TO INTRODUCE THEM TO THE GAME OF BASKETBALL, WHILE HAVING FUN. 6 WEEK PROGRAM ON SATURDAYS. EACH WEEK WILL START WITH A 20 MINUTE PRACTICE FOLLOWED BY FOUR, SIX MINUTE QUARTERS. SCORE WILL NOT BE KEPT. THERE WILL BE NO SCHEDULED PRACTICES IN BETWEEN EACH SATURDAY. THERE WILL BE NO OFFICIALS. COACHES FROM BOTH TEAMS WILL HELP OFFICIATE GAMES.

## PRESCHOOL SPORTS CAMPS

**DATES: SESSIONS TBD**

**AGE: 3-5**

**FEE: \$36**

**REGISTER NOW UNTIL FULL**

4 SESSIONS PER CAMP. CAMPS VARY THROUGHOUT THE YEAR AND INCLUDE SPORTS SUCH AS FOOTBALL, T-BALL, SOCCER, BASKETBALL AND TRACK AND FIELD. T-SHIRT INCLUDED.

## YOUTH VOLLEYBALL CLINIC

**DATES: THU | SEP 5-OCT 10 | 6-7:25 PM (GRADE 4-6) OR 7:30-8:55 PM (GRADE 7-8)**

**GRADE: 4-8**

**FEE: \$54**

**LOCATION: HILLCREST PARK CENTER**

**REGISTER NOW UNTIL AUG 26**

YOUTH VOLLEYBALL CLINIC/LEAGUE IS AN INTRODUCTORY CLINIC/LEAGUE FOR YOUTH IN GRADES 4-8. PARTICIPANTS WILL BE DIVIDED INTO TEAMS AND WILL PRACTICE FOR THE FIRST PART OF THE CLASS AND THEN PLAY SCRIMMAGES FOR THE SECOND PART OF THE CLASS EACH WEEK. TEAM T-SHIRT IS INCLUDED.



## WRESTLING

**DATES: WED | OCT 2-30 (NO CLASS OCT 16) | 6:30-7:30PM**

**GRADE: 1-6**

**FEE: \$53**

**LOCATION: TIMPANOGOS HIGH SCHOOL WRESTLING ROOM**

**REGISTER NOW UNTIL OCT 1 OR UNTIL FULL**

CONTINUE LEARNING YOUR SKILLS BY TAKING WRESTLING CLASSES. LIMIT 30 PARTICIPANTS. FEE INCLUDES T-SHIRT.

## BRAZILIAN JIU-JITSU

**DATES: TUE/THU | SEP 3-OCT 10 | 4PM-4:50PM**

**\*ADDITIONAL DATES COMING SOON**

**AGE: 7-13**

**FEE: \$96**

**REGISTER NOW**

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

## TAEKWONDO

**DATES: MON/WED | AUG 26-SEP 15 WITH NO CLASS SEP 2 (SESSION 1), NOV 4-20 (SESSION 2) | 4-4:50PM**

**AGE: 5-7**

**FEE: \$48**

**REGISTER NOW**

**DATES: MON/WED | DEC 2-18 | 4-4:50PM**

**AGE: 8-15**

**FEE: \$48**

**REGISTER NOW**

TAEKWONDO IS A DISCIPLINE THAT HELPS TO IMPROVE AND TRAIN BOTH THE BODY AND MIND. IN THIS CLASS YOU WILL PARTICIPATE IN A VARIETY OF ACTIVITIES THAT WILL TEACH YOU BASIC KICKS, BLOCKS, AND HAND TECHNIQUES IN ADDITION TO LEARNING BASIC FORMS AND MEDITATION.

## KUNG FU

**DATES: TUE/THU | SEP 3-OCT 10 | 5PM-5:50PM**

**\*ADDITIONAL DATES COMING SOON**

**AGE: 7-13**

**FEE: \$96**

**REGISTER NOW**

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

## SOCCER

**DATES: TUE | SEP 17-OCT 22 | 6PM-9PM**

**GRADE: K-2**

**FEE: \$48 (RESIDENT), \$58 (NON-RESIDENT)**

**LOCATION: HILLCREST PARK CENTER**

**REGISTER NOW BY SEP 1**

INSTRUCTIONAL LEAGUE AIMED TO TEACH THE FUNDAMENTALS TO YOUNG AGED KIDS AND INTRODUCE THEM TO THE GAME OF SOCCER. SEPARATE CLASSES FOR EACH AGE GROUP. JERSEY INCLUDED.

## FLAG FOOTBALL

**GRADE 1-2 INSTRUCTIONAL LEAGUE**

**DATES: THU | SEP 5-OCT 3**

**GRADE: 1-2**

**FEE: \$40 (RESIDENT), \$50 (NON-RESIDENT)**

**LOCATION: CITY CENTER PARK**

**REGISTER NOW UNTIL AUG 11 OR UNTIL FULL. LATE REGISTRATION WITH AN ADDITIONAL \$5 FEE BEGINS AUG 18 IF NEEDED**

INSTRUCTIONAL LEAGUE AIMED TO TEACH THE FUNDAMENTALS OF FOOTBALL IN A FUN-FILLED ENVIRONMENT. EACH WEEK WILL START WITH A 20 MINUTE PRACTICE FOLLOWED BY TWO, 12 MINUTE HALVES, WITH A RUNNING CLOCK. SCORES WILL NOT BE KEPT FOR THESE GAMES. T-SHIRTS WILL BE INCLUDED. THERE WILL BE NO SCHEDULED PRACTICES BETWEEN GAMES.

**GRADE 3-6 LEAGUE**

**DATES: SAT | SEP 7-OCT 12**

**GRADE: 3-4 AND 5-6**

**FEE: \$48 (RESIDENT), \$58 (NON-RESIDENT)**

**LOCATION: PALISADE PARK**

**REGISTER NOW UNTIL AUG 11 OR UNTIL FULL. LATE REGISTRATION WITH AN ADDITIONAL \$5 FEE BEGINS AUG 18 IF NEEDED**

TEAMS ARE FORMED BY NEIGHBORHOOD AREAS AND CURRENT SCHOOL GRADE. GAMES WILL BE PLAYED SATURDAY MORNINGS. FEE INCLUDES TEAM T-SHIRTS. 6 GAMES GUARANTEED.

**GRADE 7-9 LEAGUE**

**DATES: THU | SEP 5-MID/LATE OCT | TIME TBD**

**GRADE: 7-9**

**FEE: \$56 (RESIDENT), \$66 (NON-RESIDENT)**

**LOCATION: CITY CENTER PARK**

**REGISTER NOW UNTIL AUG 11 OR UNTIL FULL. LATE REGISTRATION WITH AN ADDITIONAL \$5 FEE BEGINS AUG 18 IF NEEDED**

TEAMS ARE FORMED BY NEIGHBORHOOD AREAS AND CURRENT SCHOOL GRADE. GAMES WILL BE PLAYED THURSDAY EVENINGS. FEE INCLUDES TEAM T-SHIRTS. THERE WILL BE A POST SEASON, SINGLE ELIMINATION TOURNAMENT. 6 GAMES AND 1 PLAYOFF GAME GUARANTEED.

## TENNIS

**DATES: JUL 29-AUG 15 (SESSION 5) | AUG 26-SEP 12 (SESSION 6) | SEP 23-OCT 10 (SESSION 7)**

**AGE: 7+**

**FEE: \$48**

**LOCATION: CASCADE, CHERRY HILL, AND WINDSOR PARK (SESSION 5) & WINDSOR PARK (SESSION 6&7)**

**REGISTER NOW UNTIL FULL**

CLASSES ARE TAUGHT USING THE LATEST UNITED STATES TENNIS ASSOCIATION TEACHING METHODS. STUDENTS NEED TO PROVIDE THEIR OWN TENNIS RACKET AND APPROPRIATE ATTIRE. CLASS SIZES WILL VARY FROM 6 TO 8 PER CLASS.



# ADULT PROGRAMS



## LOOKING FOR MORE ADULT PROGRAMS?

- **PICKLEBALL:** PAGE 12
- **TRAINING PROGRAMS:** PAGE 13
- **FITNESS CLASSES:** PAGE 14
- **AQUATICS:** PAGE 20

## COED ADULT VOLLEYBALL LEAGUE

**DATES:** MON OR WED | SEP 9-OCT 16 | TIME TBD  
(BETWEEN 6-10:30PM)

**AGE:** 18+

**FEE:** \$300/TEAM

**LOCATION:** HILLCREST PARK CENTER

**REGISTER NOW**

TWO DIVISIONS: A DIVISION (MORE COMPETITIVE) PLAYS MONDAY NIGHTS AND B DIVISION (REC LEVEL) PLAYS WEDNESDAY NIGHTS. 1 GAME GUARANTEE. FEE INCLUDES 10 LEAGUE GAMES, SINGLE-ELIMINATION TOURNAMENT, AND SHIRTS FOR 1ST AND 2ND PLACE.

## MEN'S ADULT BASKETBALL LEAGUE

**DATES:** MON-THU (DEPENDING ON DIVISION) | PLAY BEGINS OCT 21 | TIME TBD (BETWEEN 5:45-10:30PM)

**AGE:** 18+

**FEE:** \$640/TEAM

**LOCATION:** HILLCREST PARK CENTER AND LOCAL SCHOOLS

**REGISTRATION BEGINS AUG 1 AND CLOSSES OCT 6**

- MONDAY- UPPER DIVISION
- TUESDAY- LOWER DIVISION
- WEDNESDAY- MIDDLE DIVISION
- THURSDAY- LOWER DIVISION.

GAMES WILL BE PLAYED AT LOCAL SCHOOLS AND HILLCREST FACILITY ON MONDAY-THURSDAY NIGHTS. 8 REGULAR SEASON GAMES + SINGLE ELIMINATION TOURNAMENT.





## RACQUETBALL

### RACQUETBALL LEAGUES

**DATES:** TUE | OCT 1-NOV 12 (SESSION 1), JAN 7-FEB 18 (SESSION 2), MAR 4-APR 15 (SESSION 3) | 6-7:30PM (A&B INTERMEDIATE) OR 8-9:30PM (C&D ADVANCED PLAYERS)

**AGE:** 16+

**FEE:** \$25 (OFFC MEMBERS), \$65 (NON-MEMBER FEE)

[REGISTER NOW](#)

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

### OREM OPEN RACQUETBALL TOURNAMENT

**DATES:** MAR 2025

**AGE:** 16+

**FEE:** \$45 1ST EVENT, \$20 2ND EVENT

[REGISTRATION OPENS FEB](#)

TOURNAMENT WILL BE ROUND ROBIN FORMAT WITH PLAYOFFS ON SATURDAY. DIVISIONS INCLUDE SINGLES (OPEN, A, B, C, D FOR MEN'S AND WOMEN'S) AND DOUBLES (UPPER AND LOWER MEN'S AND WOMEN'S DIVISIONS).

### ADULT BRAZILIAN JIU-JITSU

**DATES:** FRI | SEP 6-27 | 7:45-9PM

**AGE:** 14+

**FEE:** \$60

[REGISTER NOW](#)

BRAZILIAN JIU-JITSU WAS DEVELOPED PRIMARILY WITH THE INTENTION OF USING TECHNIQUE & LEVERAGE TO CONTROL A LARGER OPPONENT IN A SELF DEFENSE SITUATION.

#### DID YOU KNOW?

**YOU CAN RENT A SPORTS FIELD FOR YOUR UPCOMING EVENT? VISIT PAGE 29 FOR MORE DETAILS.**

## SPRING SOFTBALL LEAGUES

### MEN'S DOUBLE HEADER

**DATES:** TUE-THU EVENINGS | GAMES BEGIN MAR 2025 |

**TIME TBD**

**AGE:** 18+

**FEE:** \$675/TEAM

[REGISTRATION BEGINS JAN 1](#)

TUESDAY (COMPETITIVE), WEDNESDAY (LESS COMPETITIVE, THURSDAY (RECREATION). 14 REGULAR SEASON GAMES, SINGLE ELIMINATION TOURNAMENT TO FOLLOW.

### MEN'S SINGLE GAME LEAGUES

**DATES:** TUE-THU EVENINGS | GAMES BEGIN MAR 2025 | TIME TBD

**AGE:** 18+

**FEE:** \$675/TEAM

[REGISTRATION BEGINS JAN 1](#)

TUESDAY (COMPETITIVE), WEDNESDAY (LESS COMPETITIVE, THURSDAY (RECREATION). 14 REGULAR SEASON GAMES, SINGLE ELIMINATION TOURNAMENT TO FOLLOW.

### COED LEAGUES

**DATES:** MON-THU EVENINGS | GAMES BEGIN MAR 2025 | TIME TBD

**AGE:** 18+

**FEE:** \$360/TEAM (SINGLE HEADER), \$675 (DOUBLE HEADER)

[REGISTRATION BEGINS JAN 1](#)

MONDAY-THURSDAY SINGLE LEAGUE: 7 REGULAR SEASON GAMES FOLLOWED BY A SINGLE ELIMINATION TOURNAMENT. MONDAY DOUBLE HEADER LEAGUE: 14 REGULAR SEASON GAMES, SINGLE ELIMINATION TOURNAMENT TO FOLLOW.



# PICKLEBALL

## LABOR DAY PICKLEBALL TOURNAMENT

**DATES: AUG 30, 31 AND SEP 2**

**FEE: \$40/TEAM**

**REGISTRATION CLOSES AUG 29 OR UNTIL FULL**

POOL PLAY FOLLOWED BY A BRACKET. SIGN UP IS ON A TEAM BASIS. 5 GAME GUARANTEE. JUNIOR'S, MEN'S, WOMEN'S, MIXED, SENIOR'S AND PARENT CHILD DIVISIONS AVAILABLE.

## FALL EVENING MIXED LEAGUES

**DATES: SEP 10-OCT 17**

- **TUESDAY: MIXED 3.0: 7-9PM**
- **WEDNESDAY: MIXED 3.5: 7-9PM**
- **THURSDAY: MIXED 4.0: 7-9PM**

**AGE: VARIOUS**

**FEE: \$50/TEAM**

**LOCATION: HILLCREST PARK**

**REGISTRATION CLOSES SEP 5 OR UNTIL FULL**

EACH TEAM WILL PLAY 2 MATCHES PER NIGHT DURING THE SEASON. MATCHES PLAYED TO 11 WIN BY 2. EACH MATCH WILL BE BEST 2/3 GAMES. SEASON PLAY WILL BE THE FIRST 4 WEEKS FOLLOWED BY A SINGLE ELIMINATION TOURNAMENT. ONLY ONE PERSON PER TEAM REQUIRED TO REGISTER. PLEASE LIST YOUR PARTNER.



## DO YOU WANT TO GUARANTEE YOUR COURT TIME?

**SIGN UP FOR COURT RESERVE (\$10/COURT/HOUR) HERE:**



## PICKLEBALL CLINICS

### YOUTH PICKLEBALL CLINIC

**DATES: TUE/THU | AUG 20-SEP 5 | 7-8PM**

**GRADE: 3-4, 5-6**

**FEE: \$48**

**LOCATION: HILLCREST PARK**

**REGISTER NOW**

COME LEARN, PRACTICE, AND HAVE FUN PLAYING PICKLEBALL THIS SEASON. ANY SKILL LEVEL WELCOME. PLEASE BRING A PADDLE. BALLS WILL BE PROVIDED.

### ADULT PICKLEBALL CLINIC

**DATES: MON | SEP 9-30 | 7-8:30PM**

**AGE: 18+**

**FEE: \$48**

**LOCATION: HILLCREST PARK**

**REGISTER NOW**

COME LEARN, PRACTICE, AND HAVE FUN PLAYING PICKLEBALL THIS SEASON. ANY SKILL LEVEL WELCOME. PLEASE BRING A PADDLE. BALLS WILL BE PROVIDED.



# TRAINING PROGRAMS



## WEIGHTLIFTING

### BEGINNER ADULT WEIGHTLIFTING CLASS

**DATES:** SAT | SEP 7-28 | 9-9:55AM

**AGE:** 14+

**FEE:** \$50

[REGISTER NOW](#)

THIS CLASS IS DESIGNED TO HELP YOU LEARN THE BASICS OF WEIGHTLIFTING SO YOU CAN FEEL COMFORTABLE NAVIGATING YOUR WAY THROUGH THE GYM. CLASSES WILL BE TAUGHT BY A PERSONAL TRAINER WHO WILL SHOW YOU HOW TO PROPERLY USE EQUIPMENT AND HAVE CORRECT AND SAFE FORM.

### TEEN INTRO TO WEIGHTLIFTING CLASS

**DATES:** SAT | SEP 7-28 | 11-11:55AM

**AGE:** 14-19

**FEE:** \$50

[REGISTER NOW](#)

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

### SENIOR WEIGHTLIFTING CLASS

**DATES:** WED | SEP 4-25 | 9-9:55AM

**AGE:** 60+

**FEE:** \$50

[REGISTER NOW](#)

THIS SENIOR WEIGHTLIFTING CLASS ASSISTS ACTIVE OLDER ADULTS ON THE PROPER USE OF FREE WEIGHTS, WEIGHT MACHINES AND MORE.

## PERSONAL TRAINING

**FEE:** \$55/INDIVIDUAL SESSION OR \$35/PERSON FOR JOINT 2-PERSON SESSION

[REGISTER ANYTIME](#)

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

**VIEW OUR PERSONAL TRAINING PROGRAM HERE:**



## WOMEN'S SELF DEFENSE

**DATES:** FRI | DATES TBD | 7:45-9PM

**AGE:** 12+

**FEE:** \$60

[REGISTRATION COMING SOON](#)

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



# FITNESS CLASSES

VIEW OUR COMPLETE CALENDAR  
OF FITNESS CLASSES HERE:



WITH OVER 100 CLASSES  
HAPPENING EVERY WEEK,  
THERE IS SOMETHING FOR  
EVERYONE!

CLASSES ARE INCLUDED  
WITH YOUR MEMBERSHIP  
OR DAILY ADMISSION

## CLASS HIGHLIGHTS

### SURGE FIT

HIGH-INTENSITY CARDIO TRACKS THAT PUSH YOUR FAT-BURNING SYSTEMS INTO HIGH GEAR ARE COMBINED WITH HIGH-REP STRENGTH TRAINING TRACKS THAT SHAPE AND TONE YOUR BODY.

### ZUMBA

WE TAKE THE "WORK" OUT OF WORKOUT, BY MIXING LOW-INTENSITY AND HIGH-INTENSITY MOVES FOR AN INTERVAL-STYLE, CALORIE-BURNING DANCE FITNESS PARTY. ONCE THE LATIN AND WORLD RHYTHMS TAKE OVER, YOU'LL SEE WHY ZUMBA® FITNESS CLASSES ARE OFTEN CALLED EXERCISE IN DISGUISE.

### HIIT

HIGH-INTENSITY INTERVAL TRAINING IS A TRAINING TECHNIQUE IN WHICH YOU GIVE ALL-OUT, ONE HUNDRED PERCENT EFFORT THROUGH QUICK, INTENSE BURSTS OF EXERCISE, FOLLOWED BY SHORT, SOMETIMES ACTIVE, RECOVERY PERIODS. THIS TYPE OF TRAINING GETS AND KEEPS YOUR HEART RATE UP AND BURNS MORE FAT IN LESS TIME.

### BARRE

THE BARRE WORKOUT INCORPORATES ELEMENTS OF BALLET, PILATES AND STRENGTH TRAINING. BARRE EXERCISES RELY MAINLY UPON YOUR OWN BODY WEIGHT FOR RESISTANCE, AND THE MOVES CHALLENGE YOUR CORE STABILITY AND BALANCE.





## DID YOU KNOW?

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



## KICKBOXING CLASSES

**DATES: MON/WED/FRI AT 9:30AM OR TUE/THU AT 7PM**

**LOCATION: MULTIPURPOSE ROOM**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

COMBINES KICKBOXING TECHNIQUES WITH FAST-PACED CARDIO. THIS CLASS WILL HAVE YOU PUNCHING AND KICKING YOUR WAY INTO SHAPE! BUILD STAMINA, IMPROVE COORDINATION AND FLEXIBILITY, AND BURN CALORIES AS YOU BUILD LEAN MUSCLE WITH THIS FUN AND CHALLENGING WORKOUT!

## PRE/POSTNATAL FITNESS

**TUESDAYS AT 6PM**

**LOCATION: SMALL STUDIO**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

BUILD STRENGTH, ENDURANCE AND FLEXIBILITY TO PREPARE FOR AND RECOVER FROM BIRTH. FAMILY AND FRIENDS WELCOME. PERFECT FOR VARIOUS TYPES OF ADAPTIVE FITNESS.

## PRE/POSTNATAL YOGA

**THURSDAYS AT 6PM**

**LOCATION: SMALL STUDIO**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

PRENATAL YOGA IS A SAFE AND EFFECTIVE PRACTICE TO HELP PREPARE FOR LABOR, BIRTH AND POSTPARTUM RECOVERY. THIS CLASS INCLUDES POSES, STRETCHES, DEEP BREATHING AND MEDITATION THAT CAN BE PRACTICED THROUGH ALL TRIMESTERS OF PREGNANCY. FAMILY AND FRIENDS WELCOME.

## YOUTH FITNESS CLASSES

### KIDS DANCE FITNESS

**DATES: TUE/THU | 4-4:50PM**

**AGE: 5+**

**LOCATION: DOWNSTAIRS STUDIO**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

THIS CLASS INTRODUCES BASIC DANCE MOVEMENTS USING FUN AGE APPROPRIATE EXERCISES AND TECHNIQUES TO DEVELOP COORDINATION, RHYTHM AND CONFIDENCE. LIMIT 20 STUDENTS. FIRST-COME, FIRST-SERVED.

### YOUTH FITNESS TRAINING

**DATES: TUE/THU | 4-4:50PM**

**AGE: 10-14**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

A FUN AND EFFECTIVE WORKOUT FOR KIDS. A PERSONAL TRAINER WILL MEET TEENS AT THE FRONT DESK. LIFTING WILL TAKE PLACE IN THE 2ND-FLOOR FITNESS AREA AND IN FUNCTIONAL FITNESS. LIMIT 12 STUDENTS.

### FAMILY TRACK TIMES

**DATES: WED AND FRI AT 4-5PM OR SAT AT 12-1PM**

**AGE: 8+ WITH PARENT**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

DURING THESE HOURS, THE UPSTAIRS TRACK IS SCHEDULED FOR FAMILIES WITH KIDS 8+. GUARDIANS MUST STAY WITH THEIR CHILDREN DURING THIS TIME AND FOLLOW TRACK ETIQUETTE.



# HILLCREST



HILLCREST PARK CENTER GYM

OREM'S NEWEST PARK IS A RECREATIONAL AREA NESTLED IN A PICTURESQUE LOCATION, BOASTING AN ARRAY OF AMENITIES TO CATER TO VISITORS OF ALL AGES. THIS PARK OFFERS A SERENE ESCAPE FROM THE HUSTLE AND BUSTLE OF EVERYDAY LIFE. SINCE THE GRAND OPENING IN MAY, WE HAVE WELCOMED SEVERAL RESIDENTS TO ENJOY THE VARIOUS PROGRAMS AND BENEFITS OF THE INDOOR FACILITY, BRAND NEW PARKS, SPLASH PAD AND PICKLEBALL COURTS.

## NEW BACK-TO-SCHOOL DAY

**DATES: TUE | AUG 27 | 5-7PM**

**LOCATION: HILLCREST PARK CENTER**

### FREE EVENT

THIS BACK-TO-SCHOOL EVENT FOCUSES VARIOUS OF SPORTS, ACTIVITIES AND A SNEAK PEEK AT PROGRAMS THAT WE OFFER! INSTRUCTORS WILL BE THERE ALL NIGHT AND IT'S THE PERFECT NIGHT TO ENJOY WITH YOUR FAMILY AND FIND OUT A NEW ACTIVITY YOUR CHILD LOVES. FREE HOT DOGS FOR THE FIRST 250 PEOPLE.

## DID YOU KNOW?

**YOU CAN NOW RENT THE HILLCREST FACILITY FOR YOUR NEXT EVENT OR GATHERING!**

**VISIT PAGE 28 FOR MORE DETAILS**

## LIBRARY LOCKERS

YOU ARE NOW ABLE TO CHOOSE HILLCREST LOCKERS AS A PICK-UP LOCATION WHEN PLACING HOLDS ON ITEMS IN OUR LIBRARY CATALOG! ITEMS PLACED ON HOLD ARE DELIVERED DAILY MONDAY-FRIDAY. A BOOK RETURN DROP IS LOCATED NEAR THE LOCKERS.

TO CHECK OUT ITEMS FROM THE LOCKERS, SCAN YOUR LIBRARY CARD (OR TYPE IN YOUR LIBRARY CARD NUMBER) AT THE LOCKER KIOSK AND THE LOCKER CONTAINING YOUR HOLDS WILL AUTOMATICALLY OPEN AND AUTOMATE THE CHECK-OUT PROCESS.



## NEW POWER CHESS

### POWER UP

**DATES:** MON | SEP 9-OCT 14 | 4:30-5:30PM

**GRADE:** K-6

**FEE:** \$109

**LOCATION:** HILLCREST PARK CENTER

[REGISTER NOW](#)

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

### TOURNAMENT CHESS

**DATES:** MON | SEP 9-OCT 14 | 5:40-6:40PM

**GRADE:** K-6

**FEE:** \$109

**LOCATION:** HILLCREST PARK CENTER

[REGISTER NOW](#)

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

## FALL/WINTER HILLCREST GAME ROOM HOURS:

- MONDAY-THURSDAY: 4-9PM
- SATURDAY: 8AM-5PM
- FRIDAY/SUNDAY: CLOSED

## ART HAVEN

**DATES:** TUE | OCT 1-NOV 12 | 4:30-5:30PM

**GRADE:** K-6

**FEE:** \$135

[REGISTER NOW](#)

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

## HALLOWEEN ART WORKSHOP

**DATES:** MON | OCT 28 | 4:30-6PM

**GRADE:** K-6

**FEE:** \$29

[REGISTER NOW](#)

GET READY TO BE SCARED SILLY IN THIS SPOOKY HALLOWEEN WORKSHOP! IN THIS GHOULISH NEW ART CLASS, YOU WILL CREATE YOUR VERY OWN HALLOWEEN DECORATION TO DISPLAY FOR THE HALLOWEEN SEASON. WEAR YOUR BEST COSTUME AND JOIN US FOR A HOWLING GOOD TIME!

## HAVE AN IDEA OF A CLASS YOUR CHILD MIGHT LIKE?

WE'RE LOOKING TO ADD NEW PROGRAMS! FILL OUT THIS FORM TO SUGGEST A POTENTIAL NEW PROGRAM!



## EVIL SCIENTIST

**DATE:** WED | SEP 18-OCT 23 | 4:15-5:15PM

**GRADE:** 1-5

**FEE:** \$85

**LOCATION:** HILLCREST PARK CENTER

[REGISTER NOW](#)

IN THIS CLASS, STUDENTS WILL PERFORM EXPERIMENTS TO EXPLORE TOPICS SUCH AS DENSITY, THE PROPERTIES OF UNUSUAL SUBSTANCES, AND HOW DIFFERENT SUBSTANCES CAN COMBINE TO CREATE AMAZING CHEMICAL REACTIONS. ACTIVITIES INCLUDE: RED, GREEN & BLUE FIRE TORNADOES, BOUNCING DRY ICE FOG BUBBLES, COLOR-CHANGING CHEMICAL REACTIONS AND A CHEMICAL CORK CANNON.

## NEW MERO'S TINY TUSK PRESCHOOL

**DATES:** MON/WED/FRI | SEP 4 - MAY 22 | 9AM - 11:30AM (MORNING SESSION), 12PM - 2:30PM (AFTERNOON SESSION)

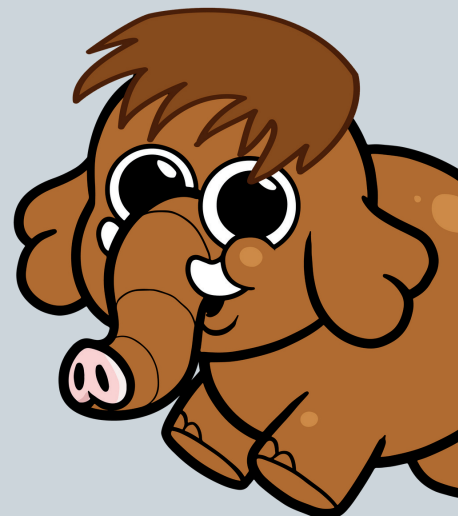
**AGE:** 3-5

**FEE:** \$190/MONTH

**LOCATION:** HILLCREST PARK CENTER

[REGISTER NOW](#)

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





# SENIOR CENTER

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



## OPERATIONS

**HOURS: 9AM - 4PM**

**DAYS: MON - FRI**

\*CLOSED ON ALL HOLIDAYS

## MEMBERSHIP

**FEE: \$20/YEAR (AGE 55-79)**

\*GOLDEN MEMBERS (80+ RECEIVE A FREE ANNUAL MEMBERSHIP FOR LIFE)

## CONTACT

**FRONT DESK: 801-229-7111**

**EMAIL: OSFC@OREM.GOV**

**ADDRESS: 93 N 400 E, OREM**

## INSTAGRAM:

@OREMSENIORFRIENDSHIPCENTER

## FACEBOOK:

@OREMSENIORFRIENDSHIPCENTER

## YOUTUBE:

@OREMSENIORFRIENDSHIPCENTER9435

## DAILY MEAL PROGRAM

**DATES: MON-FRI | 12-12:30PM**

**FEE: \$5\***

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

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



## EVENTS & ACTIVITIES

### VETERAN'S DAY CELEBRATION

**DATE: NOV 12**

JOIN US FOR OUR SPECIAL VETERANS CELEBRATION WITH A PINNING CEREMONY, SPONSORED BY ELEVATION HOSPICE.

### THANKSGIVING MEAL

**DATE: NOV 22**

ALL CURRENT MEMBERS ARE INVITED TO JOIN US FOR ENTERTAINMENT AND A DELICIOUS, HOME COOKED MEAL SERVED BY THE MAYOR AND COUNCIL.

## TRIPS & TOURS

### RUBBER DUCKY REGATTA

**DATE: AUG 19**

AT COVE POINT SENIOR LIVING. INFORMATION FOUND ON AUGUST NEWSLETTER.

### THRIFT WITH MARTI

**DATE: OCCURS MONTHLY**

GO THRIFTING WITH FRIENDS ON A PERFECT AFTERNOON ON THE BIG BUS. INFORMATION FOUND ON MONTHLY NEWSLETTER.

## BRILLIANT UNIVERSITY

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



## DID YOU KNOW?

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

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

STAY INFORMED WITH OUR MONTHLY NEWSLETTER:





# AQUATICS

## NEW SUBSCRIPTION FALL/WINTER SWIM TEAM

**DATES: MON-THU | 5:30-6:30PM OR SAT | 9-10AM, 10-11AM**

**AGE: 8+**

**FEE: \$32 MONTHLY PER SESSION DAY**

**REGISTER NOW**

THIS CLASS IS PERFECT FOR GETTING YOUR SWIMMER READY FOR COMPETITION TEAM, INTRODUCED TO INTRASQUAD MEETS, AND READY FOR CONSISTENT PRACTICE AND IMPROVEMENT. REQUIRED TO BE ABLE TO SWIM 25M FREESTYLE AND 25M BACKSTROKE. MONTHLY RECURRING PAYMENT, FEES COVER 1HR/WEEK/MONTH. REGISTRATION AVAILABLE FOR MULTIPLE DAYS/TIMES.

## SUBSCRIPTION SWIM LESSONS

**DATES: MON-FRI | VARIOUS TIMES**

**AGE: 3+**

**FEE: \$32/MONTH PER 1 CLASS/WEEK**

**REGISTER ANYTIME**

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

## SUBSCRIPTION ADULT SWIM LESSONS

**DATES: WED/FRI | 5:30-6PM, 6-6:30PM**

**AGE: 18+**

**FEE: \$32/MONTH PER 1 CLASS/WEEK**

**REGISTER ANYTIME**

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

## PRIVATE SWIM LESSONS

**DATES: VARIOUS TIMES**

**AGE: 3+**

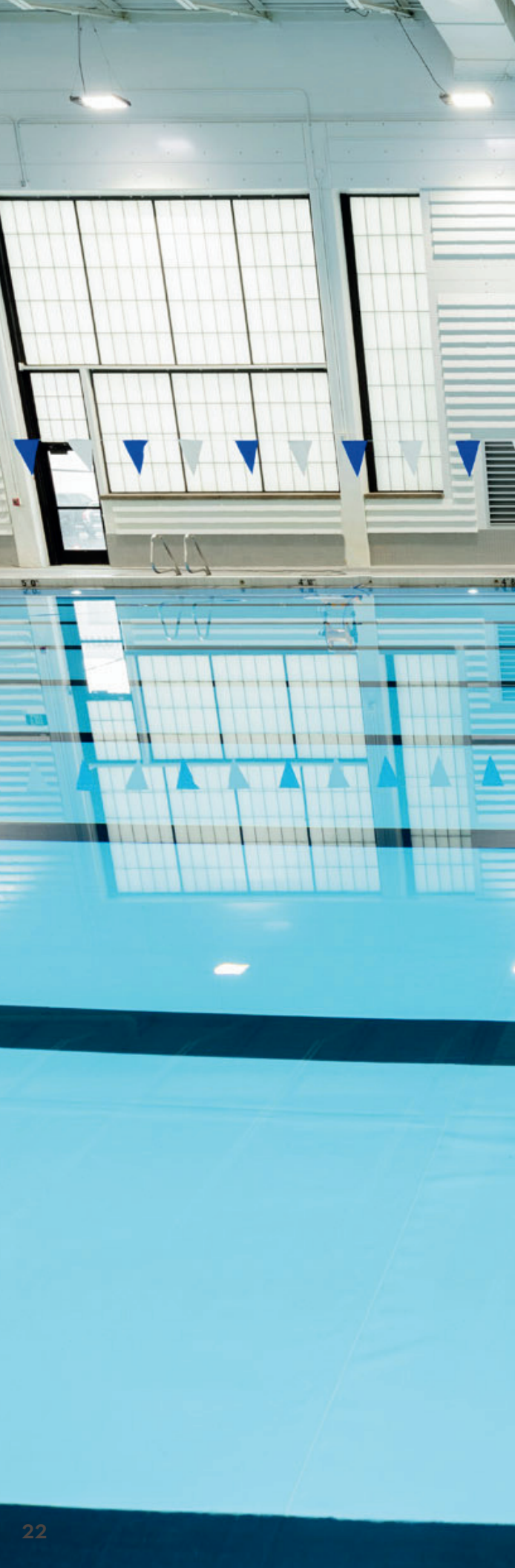
**FEE: \$45-70\***

**REGISTER ANYTIME**

PRIVATE AND SEMI-PRIVATE SWIM LESSONS FOR ALL AGES AND ABILITIES AT BOTH FACILITIES. \*PRIVATE LESSONS ARE \$70 PER STUDENT FOR FOUR (4), ONE-HALF HOUR LESSONS. SEMI-PRIVATE LESSONS ARE \$45 PER STUDENT WITH A MINIMUM OF TWO STUDENTS AND A MAXIMUM OF FOUR STUDENTS IN CLASS. SEMI-PRIVATE LESSONS ARE FOUR (4), ONE-HALF HOUR LESSONS.







## WATER AEROBICS

**DATES: MON-SAT | VARIOUS TIMES**

**AGE: 14+**

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

### CLASS HIGHLIGHTS

#### AQUA SCULPT

UTILIZE THE NATURAL SUPPORT AND RESISTANCE OF THE WATER, ENHANCED WITH FLOTATION AND DRAG EQUIPMENT (PROVIDED) TO SCULPT AND STRENGTHEN MUSCLE, WITH A FOCUS ON DEVELOPING CORE STRENGTH AND STABILITY. CONDUCTED IN SHALLOW AND DEEP AREAS OF THE POOL, AND ADAPTABLE FOR ALL EXERCISE ABILITIES.

#### AQUA DEEP FIT

FUN CARDIO-STYLE DEEP WATER WORKOUT SET TO MUSIC THAT WILL GET YOU MOVING. TARGETING YOUR WHOLE BODY AND RANGE OF MOTION THROUGH CARDIO, HIIT, INTERVAL, AND STRENGTH TRAINING. THIS CLASS CATERS TO ALL SKILL LEVELS FROM BEGINNERS TO THOSE LOOKING FOR A HIGH INTENSITY WORKOUT. FLOTATION AND BUOYANCY EQUIPMENT PROVIDED.

#### WATER POWER (DEEP)

A 60-MINUTE GROUP EXERCISE CLASS CONDUCTED IN DEEP WATER. THIS IS A FUN CLASS FOR ALL FITNESS LEVELS AND FLOTATION IS PROVIDED. THIS IS A FULL BODY WORKOUT, A COMBINATION OF CARDIO RESPIRATORY, MUSCLE CONDITIONING, AND INTERVAL TRAINING. PARTICIPANTS LEARN TO INCREASE THEIR INTENSITY TO GET THE MOST OUT OF THEIR WORKOUT NO MATTER WHERE THEY START.

#### YOGA TSUNAMI

YOGA IS A SYSTEMATIC PRACTICE OF PHYSICAL EXERCISE, BREATH CONTROL, RELAXATION, POSITIVE THINKING AND MEDITATION AIMED AT DEVELOPING HARMONY IN THE BODY, MIND, AND ENVIRONMENT WHILE BALANCING ON ONE OF OUR NEW TSUNAMI BOARDS.

### INTERESTED IN MORE CLASSES?

- SHALLOW WATER MIX
- AQUA ZUMBA
- BOOT CAMP
- DEEP WATER SPLASH
- DEEP WATER CARDIO PLUS
- POWER WAVE
- AND MORE





# AQUATICS

## OREM MASTERS AQUATIC CLUB (OMAC)

**DATES: MON/WED/FRI | 6-7:30AM**

**AGE: 18+**

**FEE: FREE WITH MEMBERSHIP OR DAILY ADMISSION**

**REGISTER NOW**

TIRED OF SWIMMING LAPS ALONE? NEED SOME STROKE INSTRUCTION, WORKOUT MOTIVATION, OR JUST A SOLID SWIM WORKOUT WITH FUN PEOPLE? THIS IS THE PLACE FOR YOU! THE OREM FAMILY FITNESS CENTER IS OFFERING AN ADULT MASTERS SWIM CLASS. THIS PROGRAM IS GROUP ADULT SWIM WORKOUTS WITH A USMS-CERTIFIED COACH FOR FITNESS, COMPETITION, OR TRIATHLON TRAINING. ALL ABILITY LEVELS WELCOME!



**SCAN THE QR CODE  
TO LEARN MORE!**

## OREM RAYS COMPETITIVE SWIM TEAM

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

**FOR FULL DETAILS PLEASE VISIT:**

[GOMOTIONAPP.COM/TEAM/USUVR/PAGE/HOME](http://GOMOTIONAPP.COM/TEAM/USUVR/PAGE/HOME)

**ADDITIONAL DETAILS  
AND SWIM TEAM  
REGISTRATION CAN BE  
FOUND HERE:**





# DROP-IN WATER POLO

**DATES: SAT | 11AM-12PM**

**AGE: 14+**

**FREE WITH MEMBERSHIP OR DAILY ADMISSION**

JOIN US FOR A PRAGMATIC AND SKILL-FOCUSED APPROACH TO WATER POLO. WHETHER YOU'RE LOOKING TO REFINE YOUR TECHNIQUE, ENHANCE YOUR COMPETITIVE EDGE, OR SIMPLY ENJOY THE CAMARADERIE OF A DEDICATED COMMUNITY. OUR WATER POLO PROGRAM OFFERS A PLATFORM FOR CONTINUAL IMPROVEMENT AND ACHIEVEMENT IN THIS DYNAMIC AQUATIC SPORT.

# FULL POOL SCHEDULE:



# LEISURE POOL

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



# LIBRARY PROGRAMS



ASHTON AUDITORIUM AT LIBRARY HALL

## FAMILY MOVIE NIGHTS

**6PM | ASHTON AUDITORIUM**

**HARRY POTTER AND THE SORCERER'S STONE (PG, 2001) | MON, SEP 9**

**PATRONS' CHOICE SPOOKY MOVIE | MON, OCT 7**

- FOLLOW @OREMLIBRARY ON INSTAGRAM OR FACEBOOK TO CHOOSE THE MOVIE IN A SOCIAL MEDIA POLL

**INSIDE OUT 2 (PG, 2024) | MON, NOV 4**

## MOVIE NIGHTS

**6:30PM | ASHTON AUDITORIUM**

**AIRPLANE! (PG, 1980) | FRI, SEP 20**

**PSYCHO (R, 1960) | FRI, OCT 18**

**FANTASTIC MR. FOX (PG, 2009) | FRI, NOV 15**

**IT'S A WONDERFUL LIFE (PG, 1946) | FRI, DEC 20**

## FILM SCREENINGS

**6:30PM | MEDIA AUDITORIUM**

**JOIN US FOR A FREE FILM SCREENING EVERY MONDAY + FRIDAY. FULL LINE-UP ON OREMLIBRARY.ORG**

## THEATER

**GRASSROOTS SHAKESPEARE COMPANY: MUCH ADO ABOUT NOTHING**

**THU, SEP 12 | 7PM | STORYTELLING WING**

THIS CLASSIC COMEDY REVOLVES AROUND THE WITTY BANTER AND ROMANTIC ENTANGLEMENTS OF TWO COUPLES IN THE ITALIAN COUNTRYSIDE.

**GRASSROOTS SHAKESPEARE COMPANY: MACBETH**

**FRI, OCT 4 | 7PM | STORYTELLING WING**

SHAKESPEARE'S DARK TRAGEDY EXPLORES THE DESCENT OF A SCOTTISH NOBLEMAN INTO MADNESS AND AMBITION-DRIVEN CHAOS. COME EARLY AT 6 PM FOR A COMBAT WORKSHOP WITH THE PERFORMERS!

**BYU YOUNG COMPANY: BABE THE SHEEP PIG**

**MON, OCT 28 | 7PM | ASHTON AUDITORIUM**

DON'T MISS BYU YOUNG COMPANY'S DELIGHTFUL PRODUCTION OF BABE THE SHEEP PIG BY DAVID WOOD, DIRECTED BY TERESA LOVE. FOLLOW THE HEARTWARMING STORY OF BABE, A PIG WHO DREAMS OF BECOMING A SHEEPDOG, IN THIS CHARMING ADAPTATION PERFECT FOR AUDIENCES OF ALL AGES.



**UTAH VALLEY UNIVERSITY THEATRE FOR YOUTH AND EDUCATION: MARIPOSA/BUTTERFLY**

**FRI, NOV 1 | 6PM | ASHTON AUDITORIUM**

TWO NEIGHBORS LIVE SIDE-BY-SIDE IN TEXAS. THEIR DIFFERENCES HAVE KEPT THEM SO FAR APART THAT IF ONE PREDICTS A SUNNY DAY, THEN THE OTHER IS CERTAIN OF RAIN. EVEN THE ARRIVAL OF A CATERPILLAR CAUSES DISAGREEMENT—UNTIL THE RESULTING MARIPOSA/BUTTERFLY, AND ITS EVENTUAL DEPARTURE, UNITES THEM IN A NEW UNDERSTANDING OF THE BEAUTIFUL WORLD THEY SHARE.



## MAKERSPACE CLASSES

7-8:30PM | HILLCREST PARK CENTER

30 SPOTS AVAILABLE FOR EACH CLASS. REGISTRATION REQUIRED. REGISTER AT OREMLIBRARY.ORG

### FIGURINE PAINTING OPEN WORKSHOP | WED, SEP 4

JOIN US FOR A WORKSHOP WHERE YOU CAN ACCESS PAINT, BRUSHES, TOOLS AND TALENTED ARTISTS WHO CAN HELP YOU GET STARTED. BRING YOUR FIGURES, PAINT ONE OF OURS, OR 3D PRINT YOUR OWN CUSTOM FIGURE BEFOREHAND AT THE OREM LIBRARY MAKERSPACE.

### COSPLAY & COSTUME WORKSHOP | WED, OCT 16

WORK ON YOUR HALLOWEEN COSTUME WITH SOME RESIDENT COSPLAY CREATORS WHERE YOU CAN GET EXPERT ADVICE AND USE PROVIDED TOOLS & MATERIALS TO TAKE YOUR DESIGN TO THE NEXT LEVEL. WE PROVIDE GLUE GUNS, CRAFT KNIVES, SCISSORS, PAINT, GREEBLES, ETC., BUT YOUR COSTUME IDEAS AND OTHER MATERIALS ARE UP TO YOU!

### CHRISTMAS GIFT BOX CLASS | WED, NOV 20

PREPARE FOR THE HOLIDAYS BY MAKING YOUR OWN CUSTOM GIFT BOXES FOR FRIENDS AND FAMILY. USING THE CRICUT AND SPECIAL CUTTING TOOLS, MAKERSPACE STAFF WILL TEACH YOU HOW TO MAKE PAPER CRAFTS YOU CAN USE AND REUSE FOR YEARS TO COME.

## STORYTIME

SEP 3-NOV 29 | AGE: 0-5

### TODDLER TALES

TUE/WED/THU | 10AM, 11:10AM | KID ZONE

20-MINUTE PROGRAM FOR BABIES, TODDLERS, AND THEIR CAREGIVERS WITH SONGS, FINGERPLAYS, AND SHORT STORIES TO INTRODUCE OUR YOUNGEST PATRONS TO THE WORLD OF WORDS.

### PRESCHOOL STORYTIME

TUE/WED/THU | 10:30AM | STORYTELLING WING

30-MINUTE PROGRAM FOR PRESCHOOLERS AND SCHOOL-AGED CHILDREN WITH STORIES, PUPPETS, AND ACTIVITIES TO ENGAGE YOUNGSTERS AND HIGHLIGHT THE JOYS OF BOOKS AND STORYTELLING.

### HORA DE CUENTOS

THU | 4PM | KID ZONE

TRAIGA A TODA LA FAMILIA CADA SEMANA PARA UN CUENTO BILINGÜE ESPECIAL DE MEDIA HORA. TODAS LAS EDADES SON BIENVENIDAS.

BRING THE WHOLE FAMILY EACH WEEK FOR A SPECIAL HALF-HOUR BILINGUAL STORYTIME. ALL AGES ARE WELCOME.



### BOUNCING BABIES

FRI | 10AM | STORYTELLING WING

BRING YOUR BABY TO THE STORYTELLING WING EVERY FRIDAY FOR TWENTY MINUTES OF RHYMES, SONGS, AND MUSIC. THE LAST TWENTY MINUTES WILL BE DEVOTED TO PLAYTIME, READING, AND INTERACTING WITH OTHER INFANTS AND CAREGIVERS.



# LIBRARY PROGRAMS + EVENTS

## OREM READS

### **FAHRENHEIT 451 BY RAY BRADBURY | AGES 18+**

OREM READS IS A COMMUNITY-WIDE READING EVENT FOR ADULTS IN PARTNERSHIP WITH UTAH HUMANITIES. SIGN UP FOR THE OREM READS READING CHALLENGE AT [OREM.BEANSTACK.ORG](http://OREM.BEANSTACK.ORG) ON OCTOBER 1 AND GET A FREE COPY OF FAHRENHEIT 451 BY RAY BRADBURY AT ANY OREM READS EVENT (WHILE SUPPLIES LAST). JOIN US FOR THESE OREM READS EVENTS!

### **OREM READS KICKOFF: "OF ALL THINGS TO BAN, NOT BOOKS": AN EVENING WITH SHANNON HALE**

**THU, OCT 3 | 7-8:30PM | ASHTON AUDITORIUM**

JOIN *NEW YORK TIMES* BESTSELLING AUTHOR SHANNON HALE AS SHE DISCUSSES THE IMPACT OF THE RECENT TREND IN BOOK BANNING ON HER WRITING CAREER. A BOOK SALE AND SIGNING WILL FOLLOW THE PRESENTATION.

## ART GALLERY OPENING

### **THE ART OF THE QUILT**

**MON, NOV 11 | 7-8:30PM | LIBRARY HALL ART GALLERY**

STUNNING PATTERNS, VIBRANT COLORS, BEAUTIFUL STITCHES: THE QUILTS AT OUR INAUGURAL LIBRARY HALL QUILT SHOW ARE INSPIRING PIECES OF ART. STOP BY THE GALLERY OPENING TO SEE THE QUILTS, TALK TO THE QUILTERS ABOUT THEIR WORKS, AND VOTE FOR YOUR FAVORITE. REFRESHMENTS WILL BE SERVED.

**QUILTS WILL BE DISPLAYED FROM NOVEMBER 11, 2024 UNTIL JANUARY 4, 2025 AT THE LIBRARY HALL ART GALLERY.**

**WANT YOUR QUILT TO BE DISPLAYED? SUBMIT IT HERE BY OCTOBER 25, 2024.**



### **OREM READS CHAT & SNACK**

**THU, OCT 10 | 7-8:30 PM | SORENSON LEGACY ROOM**

**THU, OCT 17 | 12-1:30 PM | SORENSON LEGACY ROOM**

**WED, OCT 23 | 7-8:30 PM | SORENSON LEGACY ROOM**

CONNECT WITH OTHER READERS AT THIS BOOK CLUB-STYLE POTLUCK EVENT.

### **OREM READS FINALE: DYSTOPIAN GALA**

**TUE, OCT 29 | 7-8:30 PM | LIBRARY HALL**

CELEBRATE THE END OF OREM READS AT OUR DYSTOPIAN GALA. DRESS UP AS YOUR FAVORITE DYSTOPIAN CHARACTER (COSTUMES NOT REQUIRED!) AND PARTICIPATE IN SOME EDGY LITERARY FUN.



## BACK TO HOGWARTS DAY

**SAT, SEP 7 | AGE: 18+**

WE'RE JOURNEYING BACK TO HOGWARTS TO CELEBRATE THE BELOVED BOOK SERIES FEATURING THE BOY-WHO-LIVED! DRESS IN YOUR HOGWARTS BEST AND JOIN US FOR A DAY OF HARRY POTTER ACTIVITIES DESIGNED ESPECIALLY FOR ADULTS STILL WAITING FOR THEIR HOGWARTS LETTER.

### **DEFENSE AGAINST THE DARK THOUGHTS YOGA**

11 AM | ASHTON AUDITORIUM

### **HOUSE TRIVIA COMPETITION**

1-2:30 PM | ASHTON AUDITORIUM

### **HISTORY OF MAGIC CHAT & SNACK**

3-4:30 PM | SORENSON LEGACY ROOM

### **HARRY POTTER DOUBLE FEATURE**

5-10PM | ASHTON AUDITORIUM

- HARRY POTTER AND THE DEATHLY HALLOWS PART I (PG-13, 2010) & HARRY POTTER AND THE DEATHLY HALLOWS PART II (PG-13, 2011)



## LIBRARY BOOK CLUB

THU, NOV 14 | 7-8:30PM | SORENSON LEGACY ROOM

WE'RE BRINGING BACK THE LIBRARY'S BOOK CLUB! WE'LL DISCUSS WHAT BOOKS WE'LL READ NEXT YEAR AND THE FORMAT OF THE MEETINGS FOR 2025. WE'VE GOT SOME GREAT NEW IDEAS TO ADD ENERGY AND EXCITEMENT TO OUR BOOK CLUB MEETINGS, SO MAKE SURE TO JOIN IN!

## HOLIDAY CONCERT SERIES

7PM | ASHTON AUDITORIUM

MAKE HOLIDAY MEMORIES WITH THE WHOLE FAMILY AT THESE HOLIDAY EVENTS!

- **UTAH BAROQUE ENSEMBLE** | MON, DEC 2
- **CANTORUM CHAMBER CHOIR** | MON, DEC 9
- **MAPLETON CHORALE** | TUE, DEC 10
- **UTAH COUNTY FLUTE CHOIR** | WED, DEC 11
- **OREM CHORALE** | THU, DEC 12
- **CHAUNTENETTES** | MON, DEC 16
- **UTAH VOCAL ARTS ACADEMY** | TUE, DEC 17
- **A CHRISTMAS CAROL ONE-MAN SHOW WITH BRYAN JOHNSON** | WED, DEC 18
- **THOMAS CORDNER MEMORIAL PIPE BAND & AN ROGAIRE DUBH** | THU, DEC 19

## POKÉMON TRAINER'S ADVENTURE PARTY

MON, SEP 16 | 6-7:30PM | LIBRARY HALL

GOTTA CATCH 'EM ALL! COME TO THE ULTIMATE POKÉMON ADVENTURE PARTY TO MEET AND PLAY WITH POKÉMON ENTHUSIASTS OF ALL AGES. BRING YOUR OWN POKÉMON CARDS OR HAND-HELD POKÉMON GAMES TO PLAY WITH FELLOW FANS. ENJOY POKÉMON-THEMED CRAFTS AND ACTIVITIES, AND EARN PRIZES! NO CARD TRADING IS ALLOWED AT THIS EVENT.

## CRAFT SUPPLIES SWAP

SAT, NOV 16 | 9AM-1PM | LIBRARY HALL

DO YOU HAVE CRAFT SUPPLIES YOU KNOW YOU'LL NEVER USE AGAIN? OR WANT TO TAKE UP A NEW CRAFT BUT FEEL OVERWHELMED AT THE NEW SUPPLIES YOU NEED TO ACQUIRE? THEN OUR CRAFT-SUPPLY SWAP IS FOR YOU! BRING USED CRAFT SUPPLIES IN CLEAN, USABLE CONDITION TO THE LIBRARY ON FRI, NOV 15, AND YOU'LL RECEIVE A TICKET TO SHOP THE SWAP FROM 9-11AM ON SAT, NOV 16. DON'T HAVE SUPPLIES TO SWAP BUT JUST WANT TO SHOP? STOP BY FROM 11-1PM TO PERUSE.

## PUZZLE SWAP

SAT, NOV 23 | 10AM-12PM | LIBRARY HALL

REFRESH YOUR PUZZLE COLLECTION FOR THE HOLIDAYS! DROP OFF ANY GENTLY-USED, COMPLETE PUZZLES BETWEEN NOV 11-22 AT THE MEDIA DESK AND RECEIVE TICKETS TO PICK NEW PUZZLES AT THE PUZZLE SWAP.

# TWEEN/TEEN LIBRARY EVENTS

## GAME MAKERS

VIDEO GAME WORKSHOP WITH FOX HOLLOW GAMES

TUE, SEP 24 | 4PM | GRADE: 3-6 | SORENSON LEGACY ROOM

ENGAGE IN A HANDS-ON EXPERIENCE WHERE YOU'LL DESIGN AND PROTOTYPE YOUR VERY OWN VIDEO GAME!

## COMIC JAM

WITH ARTIST JESS SMART SMILEY

TUE, NOV 19 | 4PM | GRADE: 3-6 | SORENSON LEGACY ROOM

VISIT THE LIBRARY TO SHARE COMICS-MAKING ACTIVITIES, RUN A GROUP COMIC JAM, AND TEACH HOW COMICS TELL STORIES.

## HUNGER GAMES MOVIE SHOWING

FRI, SEP 13 | 6PM | GRADE: 7-12 | ASHTON AUDITORIUM

## HOMEWORK NIGHT

FRI, SEP 27 | 6PM | GRADE: 7-12 | SORENSON LEGACY ROOM

SOMETIMES YOU JUST NEED AN EXCUSE TO DO YOUR HOMEWORK. WELL, HERE IT IS! BRING WHATEVER HOMEWORK YOU NEED TO DO, OR A BOOK IF YOU'RE ALL CAUGHT UP. IT'S EASIER TO DO WHEN EVERYONE AROUND YOU IS ALSO WORKING, WE PROMISE. PLUS, THERE WILL BE SNACKS!

## SIGNS MOVIE SHOWING

FRI, OCT 11 | 6PM | GRADE: 7-12 | ASHTON AUDITORIUM

## HALLOWEEN PARTY

FRI, OCT 25 | 6PM | GRADE: 7-12 | SORENSON LEGACY ROOM

LET'S GET BATTY! JOIN US FOR A SPOOKTACULAR HALLOWEEN PARTY AT THE LIBRARY! COSTUMES ARE ENCOURAGED.

## DUNGEONS & DRAGONS TEEN CLUB

EVERY 3RD THU | 4-6PM | GRADE: 7-12 | SORENSON LEGACY ROOM

ARE YOU A TEEN AND AN AVID FAN OF FANTASY ROLE-PLAYING GAMES? BRING YOUR DICE AND MEET OTHER PLAYERS, CREATE NEW CHARACTERS, AND EMBARK ON MAGICAL QUESTS. NO DMS OR TUTORIALS PROVIDED. ALL EXPERIENCE LEVELS ARE WELCOME.



# RENTALS

HILLCREST PARK CENTER



## HILLCREST PARK CENTER

THE HILLCREST INDOOR FACILITY IS PERFECT FOR FAMILIES, BUSINESSES, COMMUNITY GATHERINGS OR ANY KIND OF CELEBRATION! THIS BRAND NEW FACILITY IS DESIGNED TO BE VERSATILE WITH GAMES, SPORTS, AND IS A GREAT PLACE FOR ANY BIG GROUP PARTY. THE INDOOR SPORT COURT CAN BE CONVERTED TO A NUMBER OF OPTIONS BETWEEN VOLLEYBALL, BASKETBALL, AND PICKLEBALL. MAX CAPACITY IS SET TO 200-300 PEOPLE IN THE FACILITY. TABLES AND CHAIRS NOT INCLUDED.

COMPLETE DETAILS OF RULES AND REGULATIONS CAN BE FOUND ONLINE AT:

[OREMRECREATION.COM/HILLCREST-COMMUNITY-CENTER/](https://oremrecreation.com/hillcrest-community-center/)

### FACILITY AMENITIES INCLUDED IN RENTAL:

- LARGE BASKETBALL COURT
- GAMING STATIONS (XBOX/NINTENDO SWITCH)
- SPORTS TVS FOR GAME NIGHTS (ESPN, ESPN 2, FOX)
- POOL, SHUFFLEBOARD AND MINI SOCCER
- CONCESSIONS (AVAILABLE FOR AN ADDITIONAL FEE)

### RENTAL HOURS:

- FRIDAYS AND SATURDAYS FROM 5:30PM-7:30PM AND 8PM-10PM. ADDITIONAL WEEKDAYS OPEN BASED ON AVAILABILITY. CALL 801-229-7123 TO SCHEDULE.

### PRICING:

- \$450 PER 2 HOUR TIME SLOT
- \$100 FOR CONCESSIONS ADD ON





LAKESIDE SPORTS FIELDS

## SPORTS FIELDS

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

## MULTIPURPOSE ROOM

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

**VISIT: [OREMRECREATION.COM/ROOM-RENTALS](https://www.oremrecreation.com/room-rentals)**

## 2025 PARK PAVILION RENTAL SEASON

### OPENS:

- FEBRUARY 1: OREM RESIDENTS
- MARCH 1: NON-OREM RESIDENTS

**CREATE AN ACCOUNT TO CHECK AVAILABILITY AT [OREM.ORG/PARKS](https://www.orem.org/parks) -> RESERVE A PAVILION**

## 2025 SCERA POOL RENTAL SEASON

### OPENS:

- JANUARY 1: OREM RESIDENTS
- FEBRUARY 1: NON-OREM RESIDENTS



MULTIPURPOSE ROOM



# WORK WITH US



## JOIN OUR TEAM!

**APPLY ONLINE : [JOBS.OREM.ORG](https://jobs.orem.org)**

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

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

\*MAY WORK AT A VARIETY OF FACILITIES THROUGHOUT OREM INCLUDING OREM FACILITIES AND SCHOOLS

\*\*INCLUDES A VARIETY OF SPORTS AND PROGRAMS LIKE TENNIS, BASKETBALL, PICKLEBALL, SOFTBALL, PRESCHOOL PROGRAMS, GYMNASTICS, DANCE, AND TUMBLING

**VIEW OUR CURRENT JOB BOARD:**





# UPCOMING CITY EVENTS

## BACK-TO-SCHOOL DAY | AUG 27

**OREM HILLCREST PARK | 5-7PM**

SPEND AN EVENING LEARNING ABOUT BRAND NEW PRESCHOOL, CHILD AND YOUTH PROGRAMS. TRY BRAND NEW ACTIVITIES WITH OUR PROGRAM INSTRUCTORS.

## HARVEST FESTIVAL | SEP 23

**OREM CITY CENTER PARK | 4-7:30PM**

ALONG WITH INTERMOUNTAIN OREM COMMUNITY HOSPITAL, HARVEST FESTIVAL BRINGS TOGETHER FRIENDS, FAMILIES, AND NEIGHBORS TOGETHER FOR FOOD, FUN, AND HEALTH INFORMATION.

## TRUCK-OR-TREAT | OCT 26

**UNIVERSITY PLACE MALL | 10AM-2PM**

OUR ANNUAL HALLOWEEN EVENT AT UNIVERSITY PLACE MALL. WE WILL HAVE ALL THE VEHICLES THAT KEEP A CITY ROLLING INCLUDING A GARBAGE TRUCK, CONSTRUCTION VEHICLES, POLICE/FIRE VEHICLES, AS WELL AS MANY MORE FOR YOUR KIDS TO ENJOY.

## VETERAN'S DAY PROGRAM | NOV 11

**OREM CITY CEMETARY | 11AM**

OUR VETERAN'S DAY PROGRAM WILL FEATURE PATRIOTIC MUSIC, FLAG PRESENTATIONS, AND TRIBUTES.

## LIGHTS ON | DEC 2

**OREM CITY CENTER PARK | 5-8PM**

OUR ANNUAL TREE LIGHTING AT OREM CITY CENTER PARK. ACTIVITIES INCLUDE TRAIN RIDES ON THE OREM EXPRESS, PICTURES WITH SANTA, A HOLIDAY MARKET AND FREE TREATS.

STAY UPDATED ON EVENT DETAILS BY FOLLOWING @OREM\_CITY ON INSTAGRAM AND FACEBOOK





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