West Valley City Fitness and Recreation Center News

Membership Has Its Advantages!

Did you know that for less than one dollar per day, your family can have access to West Valley City's award-winning Family Fitness Center? Featuring a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children, the Family Fitness Center has something for every member of the family!

In addition to the many amenities, your membership includes free child care (first hour free, $1.50 for each additional hour), two free personal training sessions for each adult on the membership (up to four sessions), free monthly body composition testing, discounts on programs and special events, free use of rental equipment, discounts on party packages, free movies and crafts in the edutainment center, one free four-week fitness class pass each year, and more!

For more information, call 955-4000 or visit www.westvalleyfitnesscenter.org.

After-School and Day Camps for Kids

Field Trips! Face Painting! Western Day! Games! Sports! Friends! Safari Day! Dancing! Roller Skating! Ice Skating!

After School Camp (K-6)

After school camps include sports, games, swimming, rock climbing, study time, and more! Transportation is available from Valley Crest, Monroe, Whittier, and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

$25 – one week; $7 – one day

Kidz Kamp

Ages 5 - 11

Camps include sports, crafts, swimming, ice skating/roller skating, rock climbing, and field trips. Lunch and snacks are provided.

Monday – Friday
7 a.m. -6 p.m.

$20 per day; $90 per week (additional children, $80)

Kindergarten Kamp (Ages 5 - 6)

Mon.-Fri. 7 am – 12 noon for Afternoon Kindergarteners
Mon.-Fri. 11:30 am – 6 pm for Morning Kindergarteners

Registration includes lunch & snacks, Kidz Yoga, swimming lessons, rock climbing, field trips, silly games and much more.

$45 per week or $10 per day per child (No Refunds)

We provide transportation to & from Valley Crest ONLY

Registration for all camps are due by Wednesday at 1 pm the week prior to the beginning of camp. No late registrations or date changes accepted.

Tennis Block Party

Join us at the West Valley City Family Fitness Center for an afternoon of free fun! This event will feature on-court activities and fun activities for the entire family! Loaner racquets will be available.

Saturday, May 16
11:00 a.m. – 2:00 p.m.

Centennial Park (5405 West 3100 South)
East Tennis Courts

Free!

Tennis Lessons
Ages 8 and up
(Adults Welcome)

Session 1: June 22-25
Session 2: June 29 – July
Session 3: July 27 – 30
Session 4: August 10 - 13

8:30am - Intermediate Lessons
9:30am - Beginner Lessons

Cost: $25 per session

For more information, call Charlene at (801) 966-1798.

West Valley Dance Force

The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

For more information, call 801-955-4030.

Swimming Lessons

Parent/Infant Classes:
Four 30-minute lessons
Members, $15;
non-members, $21

Private Lessons:
30-minute lesson - $15

Semi Private Lessons
(up to 3 people):
30-minute lesson - $20

For more information about aquatics programs, call 955-4001.

5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.