West Valley City Fitness and Recreation Center News

5k Recycle Run
Saturday, March 19, 2011 – Race Starts at 8 a.m.

Registration:

Register by mail (must be postmarked by March 14, 2011), or at the Family Fitness Center (5415 West 3100 South)
Entries received after March 14, 2011 will have a $5 late fee added.
Registration available on the Day of the race from 7-7:30 a.m. ($5 additional fee added)

Entry Fees:

Adults (18 & older) - $15
Youth (17 & under) - $10
Families (3 to 6 family members) - $45
Each additional family member is $5; families must live at the same residence and be related.

Entry fee include: **Recycled prizes/gifts from previous races, raffle drawing, and ribbons 3-places deep in each age category**

Recycled prizes/gifts from our previous races: **Overall best time for men & women, ribbons 3-places deep in each age category**

Divisions: Men/Women: 0-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+. PLUS Family (3+ family member divisions)

Personal Trainers

Made a resolution to start working out but not sure how to begin?

Come in and schedule an appointment at the front desk with a personal trainer today.

Memebers – don't forget to use your FREE 30 minute fitness evaluation coupon you received when joining or renewing your membership!

Upgrade your coupon for $15 to receive an hour-long training session.

Personal Training Programs Available:
Fitness evaulations, body composition testing, individual personal training & equipment orientation.

For more information stop by the front desk or call 801-955-4000.

Spring Machine Pitch
Boys and Girls ages 7- 12

May 17 through June 23

Games and instruction designed to teach basics in Machine Pitch: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

Practices are held on Tuesdays, games held on Thursday beginning at 5:30 pm.

$42 per player includes t-shirt, visor, team & individual photo, and participation award.

Registration due May 6.

Volunteer coaches needed; call (801) 955-4012 to volunteer.

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 4 – 6 basics in T-Ball: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

$40 per player, includes t-shirt, team & individual photo, and participation award.

May 19 – June 23

Registration due May 6

Volunteer coaches needed; call (801) 955-4012 to volunteer.

Youth Spring Soccer

Boys and Girls ages 3 ½ - 12

Games held on Saturdays starting at 9AM beginning April 16 through June 4.

$40 per player, includes uniform, team & individual photo and participation award; $10 discount for players who already have a uniform if registered before deadline.

Registration due April 1.

Volunteer coaches needed; call (801) 955-4012 to volunteer.

Men's & Co-Ed Adult Recreational Softball League

Games begin week of April 12; 14 game guarantee

$500 per team. Maximum 20 players per team

Registration opens on February 1

Registration Due April 1 *($50 late fee after April 1)*

Captain Meeting:
Monday April 4, 6:30PM at the Family Fitness Center

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 11:30 a.m. - 5 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 1 p.m. - 4 p.m.