

FALL ADAPTIVE T-BALL

Registration: July 1 – Aug 24, 2019

Play Begins: Sept 7, 2019

Fee: \$31

Contact: Sean Broderick at 801-229-7167

Adapted T-ball is designed for boys and girls ages 5 and up, with mild to moderate mental and/or physical disabilities. This program teaches the basic skills of baseball with emphasis on fun and team work. Fee includes a T-shirt and a trophy for each athlete. Games will be played on Saturday mornings at Westmore Elementary School, 1150 South Main Street, Orem. Registration will be at the Orem Fitness Center. Volunteer coaches are needed for this very rewarding program!

CROSS COUNTRY

FEE:

\$45 Resident | \$55 Non-resident

Cross Country is for boys and girls who are 7 years old (or who will turn 7 in 2019). Practices will originate from the pavilion just south of the Orem Fitness Center on Mondays & Thursdays from 5:30 – 6:30 PM, starting August 19. Meets will replace Monday practices starting in September. Complete practice and meet schedule will be available at practice, on-line, or call 229-7455.

FLAG FOOTBALL GRADES 3-9

- **Grades:** 3-9
- **Registration Date:** Jul 1-Aug 18, 2019
- **Play Begins:** Sep 7, 2019
- **Fee:** \$34
- **Non-Resident Fee:** \$44

Teams are formed by neighborhood areas. Games will be played for seven weeks on Saturday mornings at Palisade Park (used to be Cascade Golf Course) or on Thursday evenings at the City Center Park, beginning Saturday, September 7. Fee includes team T-shirts. Late registration begins Monday, August 26, 2019 and will be accepted at the Orem Senior Friendship Center on a space-available basis only, until teams are full. In addition to the fee, there will be a \$5 late fee added. Volunteer coaches are needed for this program. Call Kyle at (801) 229-7158 for more information.

FLAG FOOTBALL GRADES 10-12

- **Grades:** 10-12
- **Registration Date:** Jul 1-September 3, 2019
- **Play Begins:** Sep 12, 2019
- **Fee:** \$450/team (up to 10 players)
- **Extra Player Fee:** \$35 per player
- **Non-Resident Fee:** Team fee + \$10 per player

Games will be played at local parks on Thursday evenings, and Monday evenings as needed, starting approximately September 12. Team fee includes 7 league games and a single-elimination tournament. Game equipment provided. Awards given for tournament play only. Call Kyle at (801) 229-7158 for more information.

FALL TENNIS LESSONS

Classes are taught using the latest United States Tennis Association teaching methods. Fall lessons are open to youth, ages 7 to 17. Students need to provide their own tennis racquet and appropriate attire. Class sizes will vary from 6 to 10 participants per class. Classes are taught at Windsor Park tennis courts and will be held one hour, twice a week for three weeks. For more information, call Kyle Johnson at 801-229-7158.

Session #1 will be held Aug 26 – Sept 12

Session #2 will be held Sept 16 – Oct 3

- **Ages:**-7-up
- **Registration for Session #1:** July 1 – Aug 25, 2019
- **Registration for Session #2:** July 1 – Sept 15, 2019
- **Fee:** \$30
- **Location:** Windsor Park (200 West 1270 North)

SESSION	DAYS	TIMES	ABILITY	AGES
#1	T,TH	4-5pm	Beg	7-11

SESSION	DAYS	TIMES	ABILITY	AGES
#2	T,TH	5-6pm	Beg	12-16
#3	T,TH	6-7pm	Int	8-13
#4	M,W	4-5pm	Beg	7-11
#5	M,W	5-6pm	Beg	12-16
#6	M,W	6-7pm	Int	8-13
#7	T,TH	6-7pm	Beg/In	16+

ADULT ULTIMATE FRISBEE – NEW PROGRAM

Registration: July 1st –September 8th

Play Begins September 13th

For Ages 18+

Fee is \$150/team. Season consists of 7 games + a single elimination tournament

Teams are coed and consist of 7 players on the field. A team may start and play a game with as few as 5 players.

Games will be played at local parks on Monday and Thursday evenings, beginning approximately the second week of September.