

CROSS COUNTRY

Cross Country is for boys and girls ages 7-15. Participants should wear good running shoes. Practices will be held from 5:30 – 6:30 PM on Thursdays (beginning August 16). Practices will originate from the Community Park Northeast pavilion (just south of the Orem Fitness Center – 580 W 165 S, Orem). Meets will be held on Mondays (beginning September 10) at various locations through the county (schedule will be distributed at the first practice). The season ends approximately mid-October. Volunteers are needed for this program to assist with meets. For questions, or more information, call (801) 229-7455.

SPORTS CAMPS

Little Hoopsters Camp is for kids ages 5-8. Basic passing, dribbling, & shooting skills taught; teamwork, sportsmanship and fun will be emphasized.

Super Hoopsters Camp is for kids ages 8-11. Basic passing, dribbling, & shooting skills taught; teamwork, sportsmanship and fun will be emphasized.

Little Athletes Camp is for kids 5-8 who are new to sports. Participants will be taught the basic skills of Baseball, Basketball, Soccer and Football.

Tiny Tots Sports Skills Camp is designed to introduce kids ages 4-5 years old to the basic skills of sports.

All of these camps are held in the gym at the Orem Fitness Center (unless otherwise specified). For the safety of those children enrolled in camp, please DO NOT bring other children to watch.

Youth Sports Camps – AUGUST 2018				
DATE	CAMP	TIME	AGE	FEE
July 30 – Aug 2	Little Hoopsters Basketball Camp	9:30 – 10:30 AM	5-8	\$36
July 30 – Aug 2	Super Hoopsters Basketball Camp	10:45 – 11:45 AM	8-11	\$36
Aug 6 – 9	Little Athletes Camp	9:30 – 10:30 AM	5-8	\$36
Aug 6 – 9	Tiny Tots	10:45 – 11:45 AM	4-6	\$31

Contact Sean at 801.229.7167 for more information.

FLAG FOOTBALL FOR GRADES 3-9 **REGISTRATION ACCEPTED THROUGH AUG 12, 2018**

- Grades: 3-9
- Registration Date: July 1-Aug 12, 2018
- Play Begins: Sep 8, 2018
- Fee: \$33
- Non-Resident Fee: \$43

Teams are formed by neighborhood areas. Games will be played for seven consecutive Saturday mornings at Palisade Park (used to be Cascade Golf Course) beginning September 8. Fee includes team T-shirts. Late registration begins Monday, August 20, 2018 and will be accepted at the Orem Fitness 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 **REGISTRATION ACCEPTED THROUGH AUG 12, 2018**

- Grades: 10-12
- Registration Date: July 1-Sep 4, 2018
- Play Begins: Sep 13, 2018
- Fee: \$450/team (up to 11 players)
- Extra Player Fee: \$35 per player
- Non-Resident Fee: \$10 per player

Games will be played at local parks on Thursday evenings, and Monday evenings as needed, starting approximately September 13. 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.

SUMMER TENNIS LESSONS FOR AUGUST

Classes are taught using the latest United States Tennis Association teaching methods. Summer lessons are open to youth, ages 7 to 17 (beginner and intermediate classes). Students need to provide their own tennis racquet and appropriate attire. Class sizes will vary from 6 to 10 participants per class. Class will be one hour, twice a week (either M/W or T/Th) for **three** weeks and will be taught at Windsor tennis courts, Cherryhill tennis courts, or Cascade tennis courts. Contact Kyle at 801.229.7158 for more information.

DAYS	TIMES	LEVEL	AGES
M,W or T/TH	8-9am	Beg	7-11
M,W or T/TH	9-10am	Beg	12-16
M,W or T/TH	10-11am	Int	8-14
M,W or T/TH	11-11:30am	Tiny Tots	4-6

OREM RECREATION YOUTH WRESTLING (FALL)

- **For kids in 1st – 6th grade.**
- **Location:** Timpanogos High School Wrestling Room
- **Fee:** \$50.00 (includes t-shirt)
- **Registration:** July 1 – September 30 (or until full); limited to 50 participants
- **Dates:** Tuesdays/Thursdays: October 2, 4, 9, 11, 16, 23, 25, (practice) and Saturday, October 27 (tournament)
- **Time:** 5:00—6:00 PM (T& TH); 10:00 – 11:00 AM (Sat, Oct 27)

For more information, contact Sean at 801.229.7167.

ADULT COED VOLLEYBALL LEAGUES

- **Ages:** 18-up
- **Registration:** July 1 – August 19, 2018
- **Play:** Sept 10
- **Fee:** \$275 per team

Registration is accepted on a team basis. Games will be played Monday nights at Mountain View High School. Fee includes eight league games, double-elimination tournament, and awards for 1st and 2nd place. If you would like more information about adult volleyball leagues please call Debbie at (801) 229-7455 or email dboone@orem.org.

MEN'S FLAG FOOTBALL

- **Registration:** July 1 – September 8, 2018
- **Play Begins:** Approximately September 13
- **Fee:** \$450 per team
- **Ages:** 18+

Games will be played at local parks on Monday and Thursday evenings starting around the second week of September. If you would like more information, please call Sean at (801) 229-7167.

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.