

## 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 – FEBRUARY 2019				
Date	CAMP	TIME	AGE	FEE
Feb 4, 6, 11, 13	Tiny Tots Sports Camp	10:00 – 11:00 AM	4-6	\$31
Feb 6, 13, 20, 27	Little Athletes Camp	4:00 – 5:00 PM	5-8	\$36
Feb 5, 12, 19, 26	Little Hoopsters Basketball Camp	4:00 – 5:00 PM	5-8	\$36

Contact Sean at 801.229.7167 for more information.

## OREM RECREATION YOUTH WRESTLING (SPRING)

- **For kids in 1st-6th grade**
- **Location:** Timpanogos High School Wrestling Room
- **Fee:** \$50.00 (includes t-shirt)
- **Registration:** Oct 26 – March 5 (or until full); limited to 50 participants
- **Dates:** Tuesdays/Thursday: March 5, 7, 12, 14, 19, 21, 26, 28 (practice) and Saturday, March 30 (tournament)
- **Time:** 5:00- 6:00 PM (T & TH); 10:00 – 11:00 AM (Saturday, March 30)

For more information, contact Sean at 801.229.7167

## T-BALL & COACH PITCH

- **Registration:** Jan 1 – Apr 21
- **Late Registration:** April 28 – till teams are full
- **Play Begins:** June 1, 2019
- **Fee:** \$34 (Late Registration: \$39)
- **Non-Resident Fee:** \$44 (Late Registration: \$49)
- **Ages:** T-ball: 4-6 (must be 4 by April 21st); Coach pitch: 6-8 (must be 6 by April 21st)

There is an overlap in age between the two, so sign up your child according to his or her skill level where they will be most comfortable! Ages will be determined as of April 21, 2019. This program includes a T-shirt and 7 games which will be played on Saturday mornings/afternoons beginning June 1, 2019. Fee includes a team t-shirt and hat. Game balls, bats, and a tee will be provided but each participant needs to have a baseball/softball glove. **There are no refunds after April 21, 2019.**

No registration will be accepted Apr 22 – Apr 28, 2019. A \$5 late fee will be assessed beginning Apr 29. An additional \$10 non-resident fee will be charged for participants who do not reside in Orem City. For questions, or more information, call Kyle at (801) 229-7158.

*Volunteer coaches are needed to help us have a successful program!*

## MACHINE PITCH

- **Registration:** January 1 – April 21
- **Late Registration:** April 28 – till teams are full
- **Play Begins:** June 1, 2019
- **Fee:** \$39 (Late Registration: \$44)
- **Non-Resident Fee:** \$49 (Late Registration: \$54)
- **Ages:** 8-11 (must be 8 by April 21st)

Ages will be determined as of April 21, 2019. This program includes a T-shirt and 7 games which will be played at Orem Elementary ball fields on Saturday mornings beginning June 1, 2019. Fee includes a team t-shirt and hat. Game balls, bats, and pitching machine will be provided but each participant needs to have a baseball/softball glove. **There are no refunds after April 21, 2019.**

No registration will be accepted Apr 22 – Apr 28, 2019. A \$5 late fee will be assessed beginning Apr 29. An additional \$10 non-resident fee will be charged for participants who do not reside in Orem City. For questions, or more information, call Kyle at (801) 229-7158.

*Volunteer coaches are needed to help with the machine pitch program!*

## FISHING

- **Ages:** 7-13
- **Registration:** Jan 1 – Apr 14
- **Class Held:** April 18 – May 23 (Thursdays) from 6-8 PM
- **Fee:** \$25
- **Location:** Vivian Park (Provo Canyon) & Lindon Boat Harbor

The Orem Recreation Department has teamed up with the Utah Division of Wildlife Resources to offer a community youth fishing program. This program is open to all youth ages 7 – 13 years old. This program will educate youth on casting, knot tying, proper use of fishing equipment, fish biology and diversity, aquatic ecology, water cycle and quality, fisheries management and ethics, fishing opportunities in Utah, and most important- FUN!

Classes will be held on Thursdays from 6:00 PM to 8:00 PM, for six weeks. Each class is 2 hours, with the first half hour instructing kids on the above mentioned topics and the last one and a half hour fishing. Classes will start at Vivian Park in Provo Canyon. Some classes may be held at the Lindon Boat Harbor. At Vivian Park, the kids will be fishing for Rainbow Trout and Brown Trout. At the Lindon Boat Harbor, the kids will be fishing for Channel Catfish, Bullhead Catfish, Small Mouth Bass, White Bass and Walleye. An adult instructor will be supervising and working with the participants in groups of five. This is sure to be a great chance to experience Utah's fabulous outdoors! For more information about youth fishing, contact Kyle at (801) 229-7158.

Volunteers are needed for this program. Do you need Dedicated Hunter service hours? This is a great way to earn them! To volunteer, call Chante' Lundskog at the Utah Division of Wildlife Resources at 801-491-5665.

#### **GIRL'S FAST PITCH SOFTBALL-RECREATION**

- **Registration:** Jan 1 – Mar 24
- **Late Registration:** April 1- till teams are full
- **Play Begins:** approx. May 14
- **Fee:** \$52 (\$5 late registration fee)
- **Non-Resident Fee:** \$62 (\$5 late registration fee)
- **Grades:** 3-9

There will be three grade divisions; 3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>, and 7<sup>th</sup> – 9<sup>th</sup> grades. Girls will sign up in the grade that they are in during the 18/19 (current) school year. Games will be played on Tuesday and Thursday evenings, from 4:30 PM to 10:30 PM. The season begins May 14, 2019 and will end around the last week of July. Games are played at the Orem Elementary Softball fields. The fee includes a team t-shirt. Bats and balls are provided but each participant needs to have a softball glove AND a batting helmet with facemask. Hats and softball cleats are optional (no metal cleats allowed). No registration will be accepted March 25 through March 31. Late registration (limited availability) will begin April 1 and there will be a \$5 late fee in addition to the registration fee. **There are no refunds after March 24, 2019.** Volunteer coaches are needed. For questions, or more information, call 229-7158.

#### **CENTRAL UTAH YOUTH LACROSSE LEAGUE**

- **Grades:** 3-4, 5-6, 7-8
- **Registration:** Jan 1 – May 12
- **Late Registration:** May 13 – till teams are full
- **Play Begins:** approximately July 15
- **Fees:**

3-4 graders      \$56

5-6 graders      \$66

7-8 graders      \$76

Non-residents will be charged an additional \$10.

Games will be played on weekdays and Saturdays at various fields throughout the county. The fee includes a team jersey and games. Equipment can be purchased or rented from Storm Athletics in Pleasant Grove (801.796.6166). Volunteer coaches are needed for this program. Participants are required to have their own Stick and Mouth Guard. Call Kyle at 801-229-7158 for more information.

### SPRING TENNIS LESSONS

Classes are taught using the latest United States Tennis Association teaching methods. Spring 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. Class 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.

- **Ages:**-7-up
- **Registration for Session #1:** Jan 1 – Apr 7, 2019
- Session #1 begins April 8, 2019
- **Registration for Session #2:** Jan 1 – Apr 28, 2019
- Session #2 begins April 29, 2019
- **Fee:** \$30
- **Location:** Windsor Park (200 West 1270 North)

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

<i>SESSION</i>	<i>DAYS</i>	<i>TIMES</i>	<i>ABILITY</i>	<i>AGES</i>
#6	T,TH	6-7pm	Int	8-13

### BOYS HIGH SCHOOL VOLLEYBALL PROGRAM

- Grades 7-12
- Fee: \$60
- Non-Resident Fee: \$70
- Registration: Dec 1 – Mar 29, 2019

This is a training program for boys in grades 7-12. Training will held at Timpanogos High School in Orem on the following dates: Jan. 22, 28, 29,30, Feb 5, 11, 12, 13, 22, 25, 26, Mar 7, 14, 21, 28, Apr 11, 18, 25, and May 2, 9. If you are new to this program, please call or text Kevin at 801.361.4137 to find out what time to meet. Please be sure to wear good quality gym shoes.

### SPRING/SUMMER ADULT SOFTBALL

- **REGISTRATION: JANUARY 1 – MARCH 24, 2019**
- **PLAY BEGINS: APRIL 8, 2019**

Orem Recreation Softball leagues are sanctioned by USA Softball (formerly ASA). All equipment must meet USA softball certifications. Leagues offered include: Men's double header league (double headers played one night per week), Men's single game leagues (a single game played one night per week), Women's, and Coed leagues. Play will begin Monday, April 8, 2019. \*\*\*Coach's Meeting will be held on Monday, April 1 at 5:30 PM at the Orem Fitness Center.\*\*\* All games will be played at Lakeside Park, 1850 W 400 South, Orem. If you would like information about softball, please call Sean at (801) 229-7167.

MEN'S LEAGUES | DOUBLE HEADERS | FEE: \$688 FOR MIN. 18 GAMES (DOUBLE ELIMINATION TOURNAMENT)

<i>DIVISION</i>	<i>NIGHT PLAYED</i>	<i>LEAGUE DESCRIPTION</i>
3	Tuesday	Competitive, lower USA "C" "D"
3	Thursday	Less competitive, emphasis on fun
4	Wednesday	Less competitive, recreational/industrial league

MEN'S LEAGUES | SINGLE GAMES | FEE: \$382 FOR MIN. 10 GAMES (DOUBLE ELIMINATION TOURNAMENT)

<i>DIVISION</i>	<i>NIGHT PLAYED</i>	<i>LEAGUE DESCRIPTION</i>
Rec	Monday	Less competitive, recreational/industrial league
Rec	Tuesday	Less competitive, recreational/industrial league
Rec	Wednesday	Less competitive, recreational/industrial league
Rec	Thursday	Less competitive, recreational/industrial league

WOMEN'S LEAGUES   SINGLE GAMES   FEE: \$382 FOR MIN. 10 GAMES (DOUBLE ELIMINATION TOURNAMENT)		
<i>DIVISION</i>	<i>NIGHT PLAYED</i>	<i>LEAGUE DESCRIPTION</i>
A	Tuesday	Very competitive
COED LEAGUES		
<i>DIVISION</i>	<i>NIGHT PLAYED</i>	<i>LEAGUE DESCRIPTION</i>
Rec	Monday (Double Headers)	Fee is \$688 for 18 games (includes 16 season games and a double elimination tournament); competitive
Rec	Monday (Single Games)	Fee is \$382 for 10 games (includes 8 season games and a double elimination tournament); variety of competition levels
Rec	Tuesday (Single Games)	Fee is \$382 for 10 games (includes 8 season games and a double elimination tournament); variety of competition levels
Rec	Wednesday (Single Games)	Fee is \$382 for 10 games (includes 8 season games and a double elimination tournament); variety of competition levels

WOMEN'S LEAGUES | SINGLE GAMES | FEE: \$382 FOR MIN. 10 GAMES (DOUBLE ELIMINATION TOURNAMENT)

<i>DIVISION</i>	<i>NIGHT PLAYED</i>	<i>LEAGUE DESCRIPTION</i>
Rec	Thursday (Single Games)	Fee is \$382 for 10 games (includes 8 season games and a double elimination tournament); variety of competition levels
Rec	Friday (Single Games)	Fee is \$382 for 10 games (includes 8 season games and a double elimination tournament); variety of competition levels
Rec	Friday (Double Headers)	Fee is \$688 for 18 games (includes 16 season games and a double elimination tournament) ; competitive

#### ADULT MEN'S & WOMEN'S VOLLEYBALL LEAGUES

- Ages: 18-up
- Registration: Jan 1 – February 17, 2019 (unless league fills prior to deadline)
- Play Begins: March 4, 6
- Fee: \$280 per team

Registration is accepted on a team basis. Women's games will be played Monday nights and Men's games will be played on Wednesday nights. All games will be played 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 229-7455 or email [dboone@orem.org](mailto:dboone@orem.org)