

# PLEASANT GROVE RECREATION

547 SOUTH LOCUST AVENUE  
(801)785-6172  
www.plgrove.org

Winter  
ACTIVITIES

Pleasant Grove



Utah's City of Trees

## OFFICE & EXERCISE HOURS

MONDAY - FRIDAY 6:00AM TO 10:00PM / SATURDAY 8:00AM TO 9:00PM / CLOSED SUNDAYS

## COMMUNITY CENTER AMENITIES

3 Full Size Gyms, Full Service Locker Rooms, Family Change Rooms, Cardio Area, Weight Area, Classrooms, Multipurpose Room, Indoor Track, Dance/Aerobic Room, Child Day Care.

DAILY, MONTHLY, SEMI AND ANNUAL PASSES AVAILABLE

*Is your semi or yearly pass ready to expire?*

**Come in and renew your pass within 30 days of expiration and receive 15% discount on your next semi or yearly pass.**

### Boys Jr Jazz Basketball

Registration November 1-20

A \$5 late fee charged after registration deadline and only will be accepted on a space available basis.



Divisions	Start	PG Resident Fee	Non-Resident Fee
3 <sup>rd</sup> Grade	January 9	\$36	\$54
4 <sup>th</sup> Grade	January 9	\$41	\$61.50
5 <sup>th</sup> Grade			
6 <sup>th</sup> Grade	December 1 Tryout/Draft	\$46	\$69
7 <sup>th</sup> Grade	December 1 Tryout/Draft	\$51	\$76.50
8 <sup>th</sup> Grade			
9 <sup>th</sup> - 10 <sup>th</sup> Grade	December 2 Tryout/Draft	\$66	\$99
11 <sup>th</sup> - 12 <sup>th</sup> Grade	December 2 Coaches Draft	\$66	\$99

### Girls Jr Jazz Basketball

Registration November 1-20

A \$5 late fee charged after registration deadline and only will be accepted on a space available basis.



Divisions	Start	PG Resident Fee	Non-Resident Fee
3 <sup>rd</sup> & 4 <sup>th</sup> Grade	January 9	\$36	\$54
5 <sup>th</sup> & 6 <sup>th</sup> Grade	January 9	\$41	\$61.50
7 <sup>th</sup> & 8 <sup>th</sup> Grade	December 1 Tryout/draft	\$51	\$76.50
9 <sup>th</sup> & 10 <sup>th</sup> Grade	December	\$51	\$76.50
11 <sup>th</sup> & 12 <sup>th</sup> Grade	December	\$51	\$76.50

Registration available online at: [plgrove.org](http://plgrove.org)

## 5th Annual Pleasant Grove Recreation Basketball Turkey Shoot

# TURKEY



# SHOOT

Come show off your stuff and a chance to win a holiday turkey for Thanksgiving.  
Saturday, November 21<sup>st</sup>  
starting at 3:00 pm.  
Pleasant Grove Community Center  
547 S. Locust Ave.

If you can shoot a basketball you're in!  
Separate divisions for guys and gals.  
Contestants will shoot 20 free throws a piece with one winner in each division.  
Door prizes will be given throughout the shoot.  
Must be present to win.

Registration will begin at 3:00 pm and will close at 4:00 pm  
Cost: A can food donation  
(will be delivered to the Utah Food Bank)

### Men's & Women's Basketball

Registration started October 1<sup>st</sup> and will go until filled. Leagues will begin the week of December 7. Teams will play league games and end with a double elimination tournament. Men's league Fee: \$525 a team  
Women's league Fee: \$450 a team

## GREAT PUMPKIN FEST

WHO KNOWS WHAT GOES ON AFTER THE LIGHTS GO OUT AT THE COMMUNITY CENTER

Date: Friday, October 30<sup>th</sup>

Time: 6:30 - 8:30 PM

\$3.50 BEFORE October 24<sup>th</sup>

\$4.50 AFTER October 24<sup>th</sup> and at the door  
3 & Under free

Join us for Dinner, Games, Prizes and Fun!

Costume Contest · Crawl Tunnel · Games  
· Pumpkin Carving Contest  
(Note - pumpkins must be carved ahead of time)

Tickets can be purchased at Pleasant Grove Community Center  
547 S. Locust Avenue

### Mark your calendar....

**Jr. High Age Dance** - Sub for Santa Stomp!

Friday, December 11th, TIME: 7:00 to 9:30 p.m. Cost: \$5

**Itty Bitty Ball!** Registration begins January 2<sup>nd</sup> and goes until filled.  
Program Dates: February 2, 4, 9 & 11.

**Little Hoopsters Basketball Clinic** - (Kindergarten & 1<sup>st</sup> Grade)  
Registration: Feb 1<sup>st</sup> - 20<sup>th</sup> Program Dates: March 6, 13, 20, and 27.



**The NBA FIT/ WNBA FIT Challenge**—is free for boys and girls ages 5 to14, and encourages participants to maintain healthy, active lifestyles. The competition will offer youngsters the chance to demonstrate their physical fitness through a time-based fitness course that includes line sprints, jump rope, speed revolutions, wall passes, and defensive shuffles. The challenge tests participants' speed, strength, agility, and overall physical fitness. Participants compete individually against the stopwatch and each participant is timed at each of the five (5) exercise stations for thirty (:30) seconds per station. The repetition of each exercise converts into a point value – participants are trying to earn as many points as possible in the thirty (:30) second time period. (**Ages 14 & under** \*Age groups consist of 8 and under, 9/10, 11/12 and 13/14.) Age is determined as of February 12, 2010.

**Local Competition: Saturday, November 7<sup>th</sup> at 11AM. Pleasant Grove Community Center 547 S. Locust Avenue**

**Pleasant Grove Recreation  
Ski & Snowboard School 2010**

This **four week** program includes, bus transportation from Pleasant Grove Community Center to Sundance Ski Resort and a 2 hour lesson and lift ticket each time.

**New This Year!**

The program will run four (4) consecutive Saturdays in January (9, 16, 23, 30)  
Space is limited to 60 Snowboarders and 60 Skiers.  
Snowboarders must be 9 years old to participate and Skiers must be 8 years old to participate, no exceptions will be made.  
Due to parking limitations at the resort Sundance requests that all participants ride the bus.

**Registration:** November 1 – December 1 Pleasant Grove Residents Only  
December 1 – All others until filled.

Space is limited so please sign up early.

**Program Dates:** January 9, 16, 23, 30  
A second session will be offered in February once the first session is full.

**Options** **Cost:**  
Lessons, Lift Ticket & Bus - (4 Saturdays) \$240  
Lessons & Bus - (Already have season pass) \$180

**ENRICHMENT CLASSES**

**Playtime Toddler** (Ages 2 to 4) has openings in the Monday 10am and Thursday 10:30am class.

Tot cooking, craft projects, stories, games, activities, fieldtrips, and holiday parties. 1 hr class

**Playtime Kids** (Ages 3 ½ to 5 must be potty trained) no moms required. Program has a similar outline as Playtime Toddler plus gym time. New Class will be held Tuesdays 1-2:30 p.m.

**Halloween Cooking** (Ages 5 & up) Saturday, October 24th from 10am to 12 noon. menu includes Mini Frankenstein or Bride Cake, Carmel Apples, and Mummy Toes.

**Pie Class** (Ages 5 & up) Saturday, November 21 from 10am to 12 noon. Menu includes Chocolate Pie, Mini Pumpkin Pies, and your favorite Fruit Pie. Bring 2 cans of pie filling to class.

**Elf Cooking** (Ages 5 & Up) Saturday, December 5<sup>th</sup> Menu includes Dipped Goody Kabobs, Cheese Dip, Cinnamon Roll Tree.

**Cookies & More** (Ages 5 & up) Saturday, December 19<sup>th</sup>. Menu includes Eagle Brand Bar Cookies, Chocolate Chip Cookie Bites, and Surprise Cupcake Cones.

**After School Chess Club** - Thursdays from 4-5 pm. Beginning and Advance participants can sign up for 1 or all 8 classes.

**Toddler Gym** - Mom & Tot Gym Activities. Toddlers will have fun playing and exercising. Class is held Wednesdays 10:30 - 11:30 a.m. Next 6 week session is Nov. 4 to Dec 16.

**Build a Party** - Let us help you build a party. Party fee includes room, balloons, party bags, and fun activities. Theme party packages also available.

For fees and detailed registration information, please call the Recreation Department (801)785-6172 or pick up a flyer at the Community Center 547 S. Locust Avenue.

**FITNESS CLASSES**

It's Time To...  
Work It, Work It Good!



**MORNING CLASSES**

TIME	MON	TUE	WED	THU	FRI
6:00	Zumba	ABT	Muscle Mix	Kick	Zumba
6:00	Cycling	Vinyasa Yoga	Cycling Limit-14	Cycling	Cycling
7:00		Vinyasa Yoga	Ab Blast 7:00-7:30		Vinyasa Yoga
9:30	Step Muscle	Cardio Interval	Step Muscle	Cardio Interval	Step Muscle
9:30	Cycling	Cycling	Cycling	Cycling	Cycling
10:30	Pre natal Yoga	Zumba	Interm Yoga	Zumba	Pre natal Yoga

**\*Saturday Morning**

**8:00AM -- Yoga & Cycling      9:30AM -- Zumba**

**EVENING CLASSES**

TIME	MON	TUE	WED	THU	FRI
6:00	Muscle Pump	Cycling	Step Interval	Cycling	
7:00	Zumba / Cycling	Ab Blast 7:00-7:30	Zumba Muscle	Muscle Mix	
8:10	Traditional Yoga	Hip Hop Jazz	Traditional Yoga	Hip Hop Jazz	

**SCRAPBOOK OVERNIGHTER – Theme: "Holiday Madness"**  
November 13 & 14

Begins Friday 4 pm and ends Saturday 9 pm  
**Both Days \$20 (Includes dinner & brunch)**  
**Friday Only: \$12 (Fri. 4pm-Sat. 9am includes dinner)**  
**Saturday Only: \$12 (Sat. 9am to 9pm includes brunch)**

**REGISTER EARLY!**

IF YOU REGISTER BY NOVEMBER 7TH  
YOUR NAME WILL GO INTO A DRAWING FOR THE  
"Ultimate Scrapbook Basket"