

SANTAQUIN ACTIVITY GUIDE

Winter 2021-2022



Registration Policy

Registration is accepted on a first come, first served basis until the program is filled, or until the program deadline date, whichever comes first. Online registration is at santaquin.org/recreation.

Social Media



Santaquin Recreation
Santaquin City Group Fitness
Santaquin City Library
Santaquin Chieftain Museum
Santaquin "Rocks" Art



@santaquincityofficial
@santaquin_rec
@santaquinchieftainmuseum
@santaquinlibrary



**Online
Registration**

**New!
Programs at
Santaquin
Recreation**

**"Santa"quin
Holly Days**



**Click on this image
to visit our online
registration portal**



Community Services Department

The Community Services Department is composed of Community Events, Recreation, Library, Chieftain Museum and Senior Center.

"CREATING COMMUNITY AND ENHANCED QUALITY OF LIFE THROUGH PROGRAMS AND PLACES."

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Recreation Office

190 South 400 West
Mon-Thur 10am-5pm
Friday 10am-2pm
Ph: 801-754-5805

Library

20 West 100 South
Mon-Friday 1-6pm
Sat 10am-1:45pm
Ph 801-754-3030

Museum

100 West 100 South
Ph 801-363-3960
Ph 801-609-8329

Senior Center

54 West 100 South
Limited access.
Ph 801-360-1698

REGISTRATION IMPROVEMENT

We are constantly working to improve our registration process!

Please take this 5 question survey,
and help us identify our strengths
and weaknesses.



FAMILY EVENTS

Mayors Walk & Pumpkin Carving Contest

Come dressed up in your Halloween costume and parade around the park to the different community booths that have joined us to hand out candy.

October 30, 2021 @ 4pm - 5pm

Ages: All youth

Fee: FREE!

Place: Centennial Park (inclement weather – Santaquin Elementary)

Pumpkin Carving Contest Information

Bring a carved or painted pumpkin to be judged! At the end of the Mayors Walk awards and prizes will be announced.

Please drop off Pumpkins before 3:30PM and pick up by 5:00PM

FREE TO PARTICIPATE!!



FAMILY EVENTS

Mayors Walk Booth Signup

Santaquin City Mayor and Santaquin City Recreation Department are excited to invite business, clubs and community members sign up to do a booth at our 1st Annual Halloween Mayors Walk.



To participate you need to do the following items:

1. Sign up at <https://bit.ly/santaquinrec>
 2. Purchase Candy 500 - 1000 pieces to hand out
 3. Bring a table and chairs to Centennial park by 3:30 pm on October 30, 2021 and find your spot marked with a sign and set up. (tables instead of cars for better flow)
 4. Hand out candy to the youth in the children's costume parade.
- Please note that you need to have at least 2 people to hand out candy if possible. You can also dress up your table and make this a fun evening. We don't expect it to last more than 30 mins - 1 hour.

Although this activity does mimic the idea of a trunk or treat, we are going to be using tables instead of cars to help with the flow.



**Online
Registration**

FAMILY EVENTS



**Online
Registration**

MONDAY, OCTOBER 18, 2021 AT 5:30PM

CANDY CORNHOLE SPOOK-TACULAR TOURNAMENT

CENTENNIAL PARK/CALLAWAY FIELD (190 S 400 W)

Teams of 2 will compete for scary good prizes! **Awards will be given for top 2 teams in each division and great Halloween costume prizes.**



Preregistration is recommended with limited space per division! \$15 per team

Register online at <https://bit.ly/santaquinrec>

TOURNAMENT CATEGORIES:

18 & older Competitive, 18 & older Recreation
18 & under **or** mix (youth under 18 with adult teammate)



FAMILY EVENTS



**Online
Registration**

SANTAQUIN CHIEFTAIN MUSEUM PRESENTS



SPOOKY NIGHT AT THE MUSEUM

SATURDAY, OCT. 23RD & MONDAY, OCT. 25TH

Enjoy a spooky walk through the museum & collect prizes & treats, then exit through the Senior Center where concessions are available.

Register online @ Santaquin.org
Concessions can be purchased during registration or in person at event

**Cost: \$3
per person
(3 yrs &
older)**



Follow us @santaquinchieftainmuseum

FAMILY EVENTS

Santaquin City "Rocks" Art

We love the art youth and adults are making with the rocks here in Santaquin! We will continue to have some wonderful competitions and classes. Here is how you can participate:

1. Join the Santaquin City "Rocks" Art GROUP and follow the Santaquin City Community Arts Programs Page on Facebook, you can even follow us on Instagram.
2. Paint your rocks and hide them for others to find in the community .
3. Post pictures giving clues of where others can find them.
4. Go hunting for rocks! If you find a rock post a picture of it letting people know if you are keeping it or re hiding it.



Have some fun hiking and getting out with your friends and family.



Family Friend Board Games and Cookies

Come with your family, friends and bring your favorite board game.

Friday, November 12, 2021 @ 7:00 – 9:30 pm

Ages: All ages

Fee: A dozen cookies per group

Place: Senior Center



FAMILY EVENTS

"Santa"quin's Holly Days



Get ready Santaquin because Santa Claus is coming to town!! Don't miss all the exciting events that are coming with him as we kick off our inaugural "Santa"quin's Holly Days.

Friday, December 10

**Santaquin Elementary
5:00 - 9:00PM**

Santa's Elfs Crafts and Goodies
Mrs. Claus's Ginger Bread House Display
Holiday Community Performances

**Apple Valley Elementary
7:30 - 8:30PM**

Hand Bell Concert:
Bells of Joyful Sounds



To register to participate in the craft/ goodies booth, or gingerbread contest please visit our registration page.

If you have performance group or want to sign up a food truck or delights please call Shauna at 801-754-5805

Saturday, December 11

**Santaquin Elementary
10:00AM - 9:00PM**

Santa's Elfs Crafts and Goodies
Mrs. Clause's Ginger Bread House Display
Holiday Community Performances

**Centennial Park
5:30PM**

North Pole Food Trucks and Delights

6:00PM

100 South , Santa's Lights Parade

6:30PM

Visit with Santa Clause in his workshop
FREE marshmallow roasting and hot chocolate
Christmas Caroling

9:30PM

NEW! Fireworks Show

Thank you to
our big
sponsors!



SANTAQUIN CHIEFTAIN MUSEUM

Fall/ Winter Hours:

We will be closed October in preparation for Spooky Night at the Museum. Starting in November visit our website for winter hours. Thanks for the support!

The Santaquin Chieftain Museum has posters, and postcards for SALE!!

****These can be purchased at the Santaquin Chieftain Museum or the Recreation Office.****



SANTAQUIN LIBRARY

Activities

- Magic Tree House Club
- Teen Book Club 13-15
- **NEW!** Young Adult Book Club 15-18
- Adult Book Club 18+
- Library Online Catalog
- Genealogy Help Night
- Computer Lab
- Youth Story Time

Contact Information:

Email: library@santaquin.org

Call: 801-754-3030

Follow us on Facebook &

NEW! Instagram

@Santaquin Library

Hours:

Monday - Thurs 12:00 to 7:45 pm

Friday 12:00 to 4:45 pm

Saturday 10:00 am to 1:45 pm

Closed Sunday and legal holidays



Story Time

Story time will be held:
Wednesday & Thursday at:
11:00 session - designed for toddlers
1:00 session - designed for preschoolers
(all ages welcome to attend either session)

YOUTH CLASSES



**Online
Registration**

Kreative Kids

Explore nature and science through literature, crafts, puppetry, story-telling, dramatic play and music!

Wednesdays @ 4PM

Sessions:

Session one: January 12th - February 16th

Session two: February 23rd - March 30th

Ages: 5-9

Fee: \$30

Place: Santaquin Recreation Building, upstairs room



Mommy & Me Rockin' Tots

This is a great class for your tiny tumbler. Toddlers will be led through an engaging routine of music & movement and gross motor skills! Come play with your toddler!

Mondays, @ 10:30-11:30, 12 week session

Dates: January 10th - April 18th

NO CLASS on January 17th, February 21st, or April 4th

Ages: 18 months - 3 years

Fee: \$45

Place: Santaquin Recreation Building



Mommy & Me

This 8 – week program will be a fun class for toddlers ages 18 month to 3 years and a parent. Classes include creative movement, dance, songs and more.

Thursdays @10:30 – 11:15 am (8-week session)

Ages: 18 months to 3 years old

Fee: \$40

Session: January 13th – March 3rd

Place: Santaquin Recreation Multi-Purpose Room



YOUTH CLASSES

Good Vibes Club

Come join our Santaquin Recreation service club. This club is facilitated by Braelynn Newbury. Help us as we do service projects and acts of kindness to bring smiles to those around us. We'll do activities like free car washes for employees of a business in our area, bringing flowers to the elderly and making cards for members of the military.

2nd and 4th Wednesday each month @4:30 pm

In January the day and time could change

Ages: 8 - 18 years old

Fee: FREE - just sign up so we have your contact information

Place: Recreation Building upstairs class room



Rock Painting Classes

Learn how to make painted rocks as part of the fun "hide, hunt and keep" rocks program. Each class in the series will show a different method for how to paint a rock in a fun way.

Thursdays @ 4:00 pm

Date(s) November 18 - Fall Color Stamping Rocks

December 16 - Christmas Knome Rocks

January 20 - Winter Character Rocks

February 17 - Love Message Rocks

March 17 - Glitter, Shine and Sparkle Rocks



"How to" Classes

Each "How to" class is taught by youth. Classes will be on the 1st and 3rd Wednesday at 4:00 pm every month. If your child has something they would like to share please let us know, email seves@santaquin.org

3rd Wednesday each month @ 4:00 pm

In January the day and time could change

Ages: 8 - 18 years old

Fee: FREE

Place: Recreation Building upstairs class room



YOUTH CLASSES



**Online
Registration**

Tumbling/Parkour

Come join our fun and exciting tumbling session!

Starting January 3rd - May 25th

Fee: \$175

Can be broken into five \$35 payments



Monday Classes

3:15 - 4:00pm Level one, Ages 4-6. Forward and backward rolls, handstands, coordination, listening skills, and body positions. Beginning cartwheels.

4:00 - 5:00pm Level 2, beginning back handspring drills, round offs, back walkovers, handstand forward rolls, perfecting skills.

5:00 - 6:00pm, and 6:00 - 7:00pm Level 3, must have a standing backbend and hold a strong handstand against wall for 1 minute. We will work on back handsprings, back walkovers, and more.

Wednesday Classes

6:00 - 6:45pm Beginning Parkour, Ages 4 -6 years old, One of our most popular classes for boys! Learn jumps, vaults, parkour rolls, flips and tricks.

6:45 - 7:30pm Beginning Parkour, Ages 5-8 years old, One of our most popular classes for boys! Learn jumps, vaults, parkour rolls, flips and tricks.

7:20 - 8:05pm Beginning Parkour, Ages 7-12 years old, One of our most popular classes for boys! With the ages going 12, the skills will go further in this beginner class.

YOUTH/ADULT CLASSES

Martial Arts



MARTIAL ARTS

Our martial arts program is based on the style of Young Wha Tae Kwon Do. Students will be trained both mentally and physically to advance in rank as well as in character and ability. All of our training leads to living the 6 principles of martial arts: Be Polite, Be Patient, Be Alert, Be Brave, Do Your Best, Respect Yourself and Others.

Ongoing Monthly: Tuesdays, Thursdays, Fridays & Sat.

Fees: Tigers \$50, Martial Arts \$99 a month

Instructors: Erik and Chantelle Tryon



Krav Maga

Krav Maga is the fighting system that the Israeli Defense Forces use. It was designed to be simple, yet effective for a broad spectrum of situation including sexual assault, shootings, muggings, bullying, etc..

VANGUARD KRAV MAGA® classes are known for providing intense and reality based training that will challenge students to reach new mental and physical limits. The high intensity and constant switching of drills teaches students to react quickly and adapt to a variety of situations.

Available for older youth & adults.

Fees: \$99 a month

ADULT CLASSES



**Online
Registration**

Holiday Craft Classes

Thankful Fall Wreath

Come learn how to dye wood flowers and create a "Thankful Wreath"!

Date: November 1, 2021 at 7:00 pm - 8:30 pm

Ages: 14 and up

Fee: \$25 wreath with thankful sign

Place: Recreation Building upstairs class room

Instructor: Monica Wardle



Holiday Centerpiece

Using wood and the art of dying, learn how to make beautiful realistic looking flowers and create a Holiday Bouquet!

Date: December 6, 2021 at 7:00 pm - 8:30 pm

Ages: 14 and up

Fee: \$20 wreath

Place: Recreation Building upstairs class room

Instructor: Monica Wardle

Both these pictures are examples of the wood flower dying projects. (colors and words would be different)



If you are interested in teaching an art class contact us! Call 801-754-5805 or email seves@santaquin.org

ADULT CLASSES



**Online
Registration**

Holiday Craft Class: Acrylic Pouring Art

Come learn to make some fun holiday crafts with acrylic pouring. Here are some uniquely fulfilling aspects of paint pouring that might interest you: solace, surrendering control, beauty, mindful practice (you become entirely present during the pour), joy, release (visual of pouring out emotions), sharing and endless variations (so many ways to change and do pours).

Session: November 11th, 18th, December 2nd, & 9th

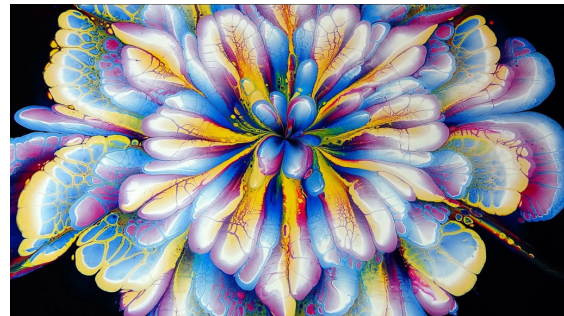
Time: 6:30 pm - 8:30 pm

Ages: 14+

Fee: \$45

Place: Santaquin City Senior Center

Instructor: Katie Bell



Adult Date Night Paint Class

Don't miss out on a fun way to get out on a Friday night for paint night and dinner. Maracas will be providing a Taco bar and we will be providing the craft. Come join Katie Bell and her husband Andrew as they teach us how to make some great art using Acrylic Pouring and Alcohol Inks. Take your art home to remember the fun night.

Friday, November 5, 2021 @ 6:30 pm – 9:30 pm

Ages: 18+

Fee: \$45 per couple, this will include all supplies needed and dinner for 2 participants

**Place: Senior Center
or Recreation classroom**

Instructor: Katie & Andrew Bell



YOUTH SPORTS



**Online
Registration**

UTAH JAZZ YOUTH BASKETBALL
JR. JAZZ



Jr. Jazz Basketball

Teams will play 1 game and have 1 practice per week. Practices will start in December and games will start in January-February.

Registration October 12-November 30th.

1st Grade – Monday Nights

2nd Grade – Tuesday Nights

3rd-6th Grade – Games Saturday, Practices during the week

7th-8th Girls – Games Saturday, Practices during the week

7th-8th Boys – Games Thursday Nights, Practices during the week

Cost \$37-\$50



Jr. Jazz Fun Shot

Date: January 22, Afternoon TBA

Location: Apple Valley Elementary

Ages: 3rd to 12th Grade, Boys & Girls

Cost: Free



YOUTH/ ADULT SPORTS



**Online
Registration**

Youth Wrestling

The season will start in late October.
Matches will be on weeknights through
November.

Registration August 3st-October 8th.

Fee: \$42



Men's Basketball

Season will begin mid-late December.
Games and practices will be held throughout
the week through February.

Registration October 11-November 29

Wednesday evenings

Location: Apple Valley Elementary

Cost: \$450



Site Supervisors and Referees Needed!

We are looking youth **AND ADULTS** to help as site supervisors and officials for
our sports this fall. Training provided.

Apply online at santaquin.org/recreation/page/youth-sports
or call 801-754-1951

If needed here is the site supervisor/referee application.

<https://forms.gle/P1NFcKF2oy5rMHhM8>

HEALTH & WELLNESS

Holiday Group Fitness Challenge



**Online
Registration**

How to participate:

1. Sign up for Holiday Group Fitness Challenge at <https://bit.ly/santaquinrec>
 - a. If you have a Santaquin Recreation group fitness pass the fee is \$5
 - b. If you have an outside fitness pass the fee is \$10
2. Pick up a fitness goal sheet and do initial weigh in at Santaquin Recreation office
3. Set fitness and nutrition goals
4. Come to Santaquin Recreation office for final weigh in

Start date and initial weigh-in November 15th

Final weigh-in January 10th

For more information email seves@santaquin.org

Holiday Group Fitness Challenge Prizes



Santaquin Santa Run

Saturday, December 4, 2021

9:30am Start time

Santaquin Recreation is a proud “sponsor” of this event.

Register at: [RunnerCard - 2021 SANTAquin Santa Run 5K and Fun Run](#)



HEALTH & WELLNESS

Starting November 1st Sheridan will be teaching a HIIT class Monday at 5:30AM



Group Fitness Class Schedule

2021

TIME	MON	TUE	WED	THU	FRI	SAT
5:30-6:30AM	HIIT (Sheridan) Starting Nov. 1st	Tabata HIIT (Angie)		Tabata HIIT (Angie)		
7:45-8:45AM	Low Impact Cardio & Strength (Sharri)		Low Impact Cardio & Strength (Sharri)		Low Impact Cardio & Strength (Sharri)	High Fitness (Kati)
8:00-8:50AM				Senior Striders (Meet at Sunset Trails)		
9:00-10:00AM		Zumba/ Strength (Tina)	Barre Fusion (Shawnie)	Zumba/ (Tina)	Strong by Zumba (Tina)	
7:30-8:30PM	Yoga (Melanie)					



GROUP FITNESS PASSES

10 Punch Pass: \$25

Unlimited Monthly Pass: \$22/month

Auto Bill Unlimited Monthly Classes: \$20/month



**Online
Registration**

HEALTH & WELLNESS

Group Fitness



Tabata Weights & Runner's Group: Have you been wanting to join a runner's group? Here is your chance. Angie will lead the group outside for 30 minutes. Meet at the Recreation Office, but feel free to go at your own pace. Mix up your class routine with a 30 minute weights class right before.

High Fitness: This fitness style alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.

Barre Fusion: This class combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

Yoga: Yoga includes breath control, simple meditation and the adoption of different bodily postures, this helps improve health and relaxation.

Tabata HIIT: This high intensity interval workout combines the best of Tabata and HIIT concepts. It burns calories fast and increases your metabolism.

HIIT: Similar to above class however major difference is focusing on different muscles groups

Low Impact Cardio and Strength: This fun workout includes strength and conditioning training to the beat of the music.

Zumba, Strong by Zumba, Zumba Strength: Take the "work" out of workout, by mixing low-intensity moves for a calorie-burning dance fitness party! You'll get a total workout, combining all elements of fitness-cardio, muscle conditioning, balance and boosted energy.

Senior Striders: This is a walking group specifically for those 55 and up. they will meet on Thursdays at 8:00 at the Sunset Trails park in Summit Ridge. On days of inclement weather they will meet at the recreation building and do a circuit.

HEALTH & WELLNESS

ACTIVE LIVING EVERYDAY



**Online
Registration**

Recreation Office

Weekly on Tuesdays @ 10:30AM

October 5th- January 11th (No class on Nov. 23, Dec. 21 & 28) The class will run for 12 weeks, excluding one week over Thanksgiving break and two weeks over Christmas break.

This class helps participants learn and implement behavior changing skills to help incorporate physical activity into their every day lifestyle in a fun, social and supportive environment.

Ages 18+ (Children under 16 must be accompanied by an adult)



“This class has changed my life.” Rachel Burke ALED Class Instructor

Please sign up online at santaquin.org or call Santaquin Recreation Office to register.



SILVER SNEAKERS

Group Fitness Members 65+, with a participating Health Plan, can have their monthly group fitness membership covered by their insurance. Santaquin Recreation Office is now an American Specialty Health participating fitness center! You can verify eligibility by going online at www.ASHlink, and email Shauna Jo Eves at seves@santaquin.org

SENIOR CENTER

Lunches and Programs

At the Senior Center you can come for lunches each Thursday at 12:30 pm. **(We are no longer doing drive by meals)** To participate you need to sign up as a member with Judy Robinson on Thursdays between 10:00 am - 2 pm. After you become member you need to call sign up for the next lunch. You can do this by calling Judy @801 360-1698

or sign up on Thursdays while Judy is at the center. Lunches must be ordered before Monday morning at 11:00 am for the coming Thursday lunch. Individuals 60+ and their spouse can come participate in there lunch program. It is suggested that you pay a donation of \$3 per meal. Individuals who are not married to someone 60+ can come, however the fee is \$6.00 for lunch (you still need to order the lunch one week by Monday of that week with Judy).

Before and after lunch there are different activities such as billiards, ping pong, card games, board games, puzzles, bingo or entertainment.



Mountainland HEAT program

Representatives from the Mountainland HEAT program will be available on Tuesday, October 12 from 9:00 am-12 noon, for those who are interested in signing up for this program. This will held at the Santaquin Senior Center 55 West 100 South. For the available times to sign-up please come to the center or contact Judy Robbins @ 801-360-1698.

SENIOR CENTER

Trumbolt Trail Walk

Come join a fun 1 mile hike up to Trumbolt Park with lunch included. Participants will meet at the senior center between 10:15 - 10:30 to carpool up to the trailhead. Group will be lead by Rachel Burke and Dan Olson will talk about history. This is a beginner to intermediate 1 mile hike on a paved road. Please bring water bottle, hat and or other desired hiking equipment. In the case of inclement weather or road constructions we could change the destination.

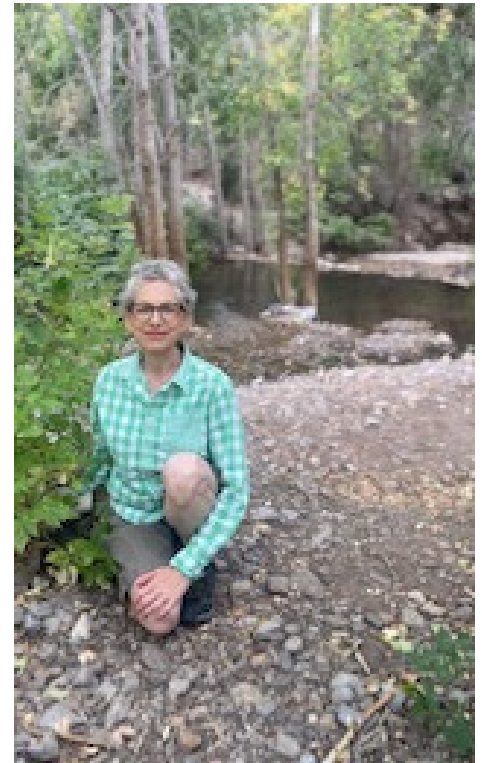
Wednesday, Oct 20, 2021

Meet time: 10:15 am -10:30 am

Trail Hike begins @ 11:00 am

Fee: \$5.00

Place: Meet at Santaquin Senior center



Low Impact Fitness Class

This fun workout includes strength and conditioning training to the beat of the music.

Monday, Wednesday, and Friday @ 7:45AM

Fee: Group Fitness Passes

10 Punch Pass: \$25

Unlimited Monthly Pass: \$22/month

Auto Bill Unlimited Monthly Classes: \$20/month

Place: Santaquin Recreation



**Online
Registration**

SENIOR CENTER

Senior Striders

Meet at Sunset Trails Park for a low impact walk and circuit (inclement weather will meet in the Rec Building)

Starts on Thursday, Oct 7, 2021

Thursdays @ 8:00 am - 8:50 am

Ages: 55 years+

Fee: If you have a yearly membership at Senior Center this class is free, if you don't please purchase a group fitness pass

Place: Meet at Sunset Trails Park in larger pavilion



Monday Movie Cinemas

Come join the Seniors on the first Monday of each month to watch a fun old classical movie at the senior Center . We will provide some snacks for fun.

Place: Senior Center Multi Purpose room

Time: 2:00 pm

Ages: 55+

Fee: FREE

Starting November 1, 2021, on Mondays

Nov. 1 The Thanksgiving Promise

Dec. 6 Its a Wonderful Life

Jan. 3 TBA

Feb. 7 TBA

