



Recreation Recap



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Notes from the Office



With this record-breaking heatwave happening you may be tempted to stay inside that air-conditioned house of yours and just relax. While this sounds like a good plan, it is important to stay active even during this heatwave.

Within our recreation department we have many options for you to enjoy and participate in, no matter your age or physical ability. We have adult soccer, baseball, cross-country, and much more. We also have an amazing golf course and swimming pool for you to enjoy as well.

No matter what sport or activity you choose to participate in, it is important to remember to stay hydrated during these record-breaking temperatures we are experiencing. Make sure you are well hydrated when you are exercising and working out. Talk to your healthcare provider and ask how much water you should be drinking daily. And remember, fans need to be hydrated too! So, pack that water bottle and down it while watching your kids play!

SWIMMING LESSONS



One of the best choices you can make is to get your child into swimming lessons. Our talented aquatic instructors have been working hard this summer to train children of all ages to build their confidence in the water.

At our local Nephi City pool, we have classes for all ages and abilities. If you have a child that is just getting started and needs to learn the basics, we have our Level 1 starfish class.

On the opposite end if you have a child that is confident in the water, we have our lifeguard prep class or the diving class. Both are great for those wanting to do swim team or become a lifeguard.

If you have a new toddler, you might be interested in one of our mom and tot classes. This is an opportunity for a mother or father to learn how to interact with their toddler in the water.

If you are interested in swimming lessons, you still have time to sign up for classes. Go to our website for a list of the available classes.



Deadlines approaching

- **July 11 Coed Softball registration closes**
- **July 18 Youth Soccer registration closes**
- **August 1 Flag Football registration closes**
- **August 1 Cross-country registration closes**
- **August 8 Adult Volleyball registration closes**
- **Sept 12 Youth Volleyball registration closes**

Special Events

August 6-7:
Nephi Fall Classic Baseball Tournament. Age divisions include 8U, 9U, 10U, 11U, 12U, 13U, and 14U.
3 game guarantee!

August 7:
5k and Mile Color Run. 5k is for all ages, and mile is for those 12 and under. Register by July 25th to guarantee yourself a t-shirt.
Fun for the whole family!



RECENT HIGHLIGHTS

We have recently finished our Spring sports and we had some amazing competition in each league. We would like to highlight each championship team and their coach. Great job to all those who played this year!

In our 3rd-5th grade Spring Soccer League the Strikers, walked away with the win, coached by Krista Sanders.

In the 6th-8th grade League, The Big Green took home the gold. The team was coached by Jessica Bartlett.

Our Spring baseball also ended with some amazing games. The 3rd-4th grade championship win went to The Dodgers, coached by Mike Mitchell.

Tanielle Callaway was the coach of the Cubs, the champions of our 5th-6th grade Spring Baseball League.

In our 3rd-4th Grade Spring Softball League the gold medals went to the Heat, coached by Lexi Peterson.

In A-League Volleyball, the Mamacitas walked away with the win.

Photos



Recreation Spotlight

Our recreation department is quickly growing. With a growing program we have hired a part time recreation assistant to assist with phone calls, running programs, and other office duties.

We would like to welcome Clifton Taylor to our recreation staff. Clifton has been with the recreation department for many years as a volunteer track and field coach. He has developed a top-of-the-line track program and last year helped us create a cross-country program.

Clifton brings many new skills and talents with him. We want to welcome him to our department and are excited to see what else he can bring to our growing program. If you see him make sure you welcome him into the Nephi Recreation family.