

SALEM CITY RECREATION PROGRAMS

Office Hours: Monday – Thursday 8:00 a.m. – 5:00 p.m.

Friday 8:00 a.m. – 12:00 noon

60 NORTH 100 EAST SALEM, UTAH

801-423-1035

Matt Marziale – Parks and Recreation Director

Michelle McKean – Office Clerk

Jenn Wright – Office Clerk

PLEASE REMEMBER YOU CAN REGISTER BEFORE THESE DATES:

A \$5.00 FEE WILL BE CHARGED FOR NON-RESIDENTS

PROGRAM	IMPORTANT DATES
Mustang Tryouts (3 rd -4 th gr BOYS)	April 5th -5:30pm Loafer View Complex
Fox Tryouts (3 rd -4 th gr GIRLS)	April 4th -7:00pm Loafer View Complex
Falcon Tryouts (5 th -6 th gr GIRLS)	April 4th -5:30pm Loafer View Complex
Coed Spring Softball	April 4th –Early Registration ENDS
Filly Tryouts (7 th -9 th gr GIRLS)	April 5th -7:00pm Loafer View Complex
Pinto Tryouts (5 th -6 th gr BOYS)	April 16th -5:30pm Loafer View Complex
Pony Tryouts (7 th -8 th gr BOYS)	April 11th -8:00pm Recreation Office
Coed Spring Softball League: MANDATORY Org. Mtg.	April 17th -8:00pm Recreation Office
4-H Registration	April 17th Early Deadline
Youth Score Keeper Training	April 16th 7:00pm Rec. Office
Youth Umpire Training (9 th grade and older)	April 16th 7:45pm Rec. Office
4-H (5 years old and up)	Start Date: April 19th
T-Ball (Kindergarten Coed) Must be in Kindergarten/NO EXCEPTIONS	April 24th -Early Registration ENDS
Machine Pitch & Coach Pitch	April 24th -Early Registration ENDS
Salem Easter Egg Hunt	April 7th -9:00am Loafer View Complex
T-Ball, Machine & Coach Pitch Team Organization	May 2nd @ 7:00pm Rec. Office
Start Smart Baseball (4 & 5 year olds)	May 3rd -Early Registration ENDS
Salem Youth Track Club (3 rd -8 th gr)	May 9th –Early Registration ENDS
Pee Wee Tennis Session I (3 rd -6 th gr)	May 18th -Early Registration ENDS
HERSHEY TRACK (3 RD -4 TH GR)	May 1st at 9:15am SHHS TRACK
HERSHEY TRACK (5 TH -6 TH GR)	May 3rd at 9:15am SHHS TRACK
Summer Baseball Camp (3 rd -8 th gr)	June 4th –Early Registration
Summer Softball Camp (3 rd -8 th gr)	June 4th –Early Registration
Sports Skills Camp (6-12 years old)	June 4th –Early Registration
Summer Hike (Petro glyphs & Escalante)	June 4th –Early Registration
Pee Wee Tennis Session II (3 rd -6 th gr)	June 11th - Early Registration ENDS
Kids Craft Camp (6 years and older)	June 11th –Early Registration ENDS
Men's Wood bat Baseball League	June 15th Commit – June 25th Reg.
Summer Basketball Camp 2 nd to 8 th grades	July 5th – Early Registration
Coed Fall Softball	July 18th –Early Registration ENDS
Tackle Football (6 th -8 th gr)	July 19th –Early Registration ENDS
Flag Football (3 rd -6 th gr)	July 19th –Early Registration ENDS
Cheer (6 th -9 th gr)	July 19th –Early Registration ENDS
Coed Fall Softball MANDATORY Org. Mtg.	July 25th -8:00pm Loafer View Complex
Cheer Camp (K-9 th Grade)	July 25th –Early Registration ENDS
Tackle Football Camp	July 24th - August 3rd (included in reg. fee)
Summer Soccer Camp (2 nd -8 th grades)	Aug. 6th –Early Registration ENDS
SALEM DAYS	Aug. 3rd -11th
Flag Football Camp (2 nd -6 th gr)	Aug. 10th –Early Registration ENDS
Fall Soccer (K-6 th gr)	Aug. 31st –Early Registration ENDS
Pre K - Youth soccer (4&5 year olds)	Aug. 31st –Early Registration ENDS
2nd Grade Flag Football	Aug. 31st - Early Registration ENDS
Women's Flag Football League	Sept. 14th - Early Registration ENDS

Web Site: www.salemcity.org E-mail: mattm@salemcity.org

Information for the Salem Riding Arena can be found @ Salem Parks & Recreation, 801-423-1035

Director
Matt Marziale
423-1035



Salem City Recreation
60 North 100 East Salem, Utah
84653

SALEM CITY RECREATION PROGRAMS AND ACTIVITIES SECTION

Youth Baseball & Softball

Youth Baseball & Softball for youth K - 12th grades

BOYS LEAGUE

GIRLS LEAGUE

T-Ball \$30

T-Ball \$30

Coach Pitch \$35

Coach Pitch \$35

Mustang (3rd-4th gr) \$55

Falcon (3rd-4th gr) \$50

Pinto (5th-6th gr) \$55

Filly (5th-6th gr) \$50

Pony (7th-8th gr) \$65

Fox (7th-9th gr) \$55

Colt (9th-12th gr) \$65

Phoenix (10th-12th gr) \$55

Boys and Girls 3rd-8th grades will play the majority of their games Tues. & Thurs. (some Wed.).

Phoenix and Colt league games will be Mon.-Thurs.

Kindergarten -2nd grades will play games Wed. & Fri.

PLAYERS MUST PLAY IN THE LEAGUE THAT PERTAINS TO THEIR CURRENT GRADE, NO EXCEPTIONS.

\$5 late fee after March 29th. \$5 non-resident fee.

T-Ball and Coach Pitch

Early Registration deadline is April 24th. Kindergarten boys and girls will play t-ball. It is our goal to split leagues into gender specific leagues this season. If we have enough girls sign up we will do so. If the number of girls is not enough for a girls' league we will combine boys and girls. 1st and 2nd graders will play in gender specific leagues. Girls will play coach-pitch while boys play machine pitch. Coaches will pitch to players in both leagues. Coaches meetings will be held Wednesday, May 2nd at 7:00pm at Salem Recreation 60 North 100 East. League play will begin May 18th. These leagues will play Wednesday & Friday evenings.

BOYS LEAGUE

GIRLS LEAGUE

T-Ball \$30

T-Ball \$30

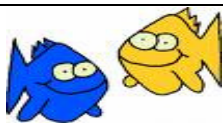
Coach Pitch \$35

Coach Pitch \$35

\$5 late fee after April 21st. \$5 non-resident fee.

Youth Umpire Training

High School aged boys and girls interested in a summer job may attend the youth umpire training April 16th at Salem Recreation Office. Umpires must be 15 years of age and have a starting knowledge of baseball or softball. Training will start at 7:45pm and last 1 hour. All prospective umpires should bring their SS# with them. *Umpires are a very important part of the game, and will not be harassed or yelled at in Salem.*



URBAN FISHING CLUB



The Youth Fishing Program is open to youth 1st-6th grade. This program is a joint venture between Salem Recreation and the Division of Wildlife Resource. The program focuses on educating youth about fishing and aquatic resources. It will run for 6 weeks on Wednesday evenings, 6:00pm – until dark. All participants will receive a Salem Fishing Club t-shirt. Registration fee is \$15. \$5 late fee after March 22nd. \$5 non-resident fee. First class is April 11th at Veteran's Memorial Park (60 North 100 East Salem), all other classes will be at Salem Pond. Last Class and BBQ, May 16th.

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Salem City Recreation
60 North 100 East Salem, Utah 84653



Salem Easter Egg Hunt 1-10 year old boys & girls

The 2012 Easter Egg Hunt will take place Saturday, April 7th at Loafer View Recreation Complex. Hunt will begin at 9:00am sharp, so come early. Fields will be divided into age groups.

YOUTH SPRING SOCCER

Youth soccer for Pre K - 8th grade will begin mid April. League games will be played Wednesday & Friday evenings. Teams will play in a 6 on 6 format, which offers more space for ball movement and skill development. All players will need a game jersey. They can be purchased at the Rec. Office for \$10 and can be worn season after season. Pre-K games will be Tuesday & Thursday evenings. Kindergarten – 8th grade games will be played Wednesday & Friday evenings.

Kindergarten -2nd grade \$25

3rd-6th grade \$30

7th-8th grade \$35

NEW: Pre K Soccer youth 4-5 years old (not in kindergarten) \$25

\$5 late fee after March 24th. \$5 non-resident fee.



Spring Adult Coed Softball

Teams should be organized and registered by a team contact person. Games will be played Wednesday evenings starting April 25th. A 12 game schedule, plus post season tournament will be offered for \$365.00 per team. 18 teams will be divided between two divisions. All teams must have a representative present at the league organizational meeting on April 17th at 8:00pm at Loafer View Complex. \$25 team late fee April 4th. \$5 non-resident fee up to \$25.

4-H

Salem Youth 4-H is for youth 5 years of age and up. The program will be focused around horsemanship. This program is designed to provide experiences to help develop leadership, citizenship, self esteem, social skills and to become contributing members of society, as well as better horsemen and women. Registration is \$15. All participants need to register prior to the April 17th start date and meet every Tuesday & Thursday. All participants must have their own well broke and gentle horse and be able to ride without assistance. First class will be Thursday, April 19th.

Start Smart Baseball – (4&5 year olds NOT IN KINDERGARTEN) **This** is a clinic style program organized to teach proper skills vital to the sports of baseball and softball. This program requires the accompaniment of a parent or sibling over 15 years of age. This is a 9 session program with a different focus at each session. Program begins May 11th. Participants will learn to throw, catch and hit in a safe and fun atmosphere. The final 5 sessions will include scrimmage games. Program will be Tuesday and Thursday evenings from 6:00-7:00pm at Veteran's Memorial Park. Registration fee is \$30 (shirt and hat included). \$5 late fee after May 3rd. \$5 non-resident fee. **This is where every big leaguer should start their career!**

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HERSHEY'S

HERSHEY'S Track Meets

Boys and Girls from: Foothills, Mt. Loafer, Salem Elementary Schools, Liberty Academy and ALA will participate in the 2012 Hershey's Track Meets on May 1st for 3rd & 4th graders and May 3rd for 5th & 6th graders. Meets will begin at 9:15 a.m. (on the above scheduled dates) at Salem Hills High School. Age groups will alternate through each event with both days of events ending with relays somewhere around 1:10 p.m. Parent volunteers are needed from each school. If you plan to attend and would like to help please contact your school. *NOTE: advancements to regional are based on year of birth and those that qualify will be contacted through their school.*



Salem Youth Track Club

Salem Recreation is sponsoring a youth track club for boys and girls 3rd - 8th grade. This club will practice 2 to 3 times a week and participate in meets against clubs from Utah County. Practices will be held at Salem Hills High School beginning the third week of May. Meets will be held at various Utah County High Schools. Team will be coached by Bart Thompson and Jen Hughes. Meet schedule can be found online at www.salemcity.org. It will be the responsibility of parents to transport their child to and from the meets. Registration for this program is \$40 (includes shirt). \$5 late fee after May 9th. \$5 non-resident fee.

SALEM PEE WEE TENNIS

This program is to introduce and teach the skills of tennis to youth Kindergarten - 6th grade. Skill development will be the main focus while rules and game format are taught. Two age based classes will be offered; K - 3rd and 4th - 6th. Equipment (balls & youth racquets) for this program will be provided by Salem Parks & Recreation. This program will meet on the Salem Hills High School Tennis Courts for ten 1 hour classes. Registration fee \$40 (shirt included), space is limited. *Session I Early registration deadline is May 18th, Session II Early Registration deadline is June 11th.* \$5 late fee will be added. \$5 non-resident fee.

K to 3rd grade = 9:00 to 10:00 a.m.
4th to 6th grade = 10:00 to 11:00 a.m.



Session 1 – June 4th - 15th (weekdays)
Session 2 – July 9th - 20th (weekdays)
Fall Session – August 27th to Sept. 11th

Tennis Court Lights: You may now play tennis into the late hours of the spring and summer. The light system works well, making it so that Salem residents can enjoy evening tennis. Lights will be available for users from April 1st to Mid October. The system is set on a timer to allow the Recreation department to control when lights will be available. The usage window has been set for dusk to 10:30 p.m. Users may go to the courts in this window and push the court lights button to turn their desired courts lights on. Once the button has been pushed (located at the west entrance) the light will work for 1 hour. After 55 minute of usage a strobe light will begin to flash. The court user will then have 5 minutes to hit the button again or the lights will go out. If the button is hit again the lights will run for another hour. So get out and play, we suggest you make it a family activity.

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Girls Softball Camp – June 4th-7th, for Girls 3rd-9th grade. This 4 day camp will be instructed by Coaching Staff from Salem Hills High School. Focus will be pitching, hitting and fielding. This camp will be held at Loafer View Recreation Complex. Registration fee is \$25 (shirt included). \$5 late fee after June 1st. 1:00p to 2:30p

Boys Baseball Camp – June 4th-7th, for Boys 3rd-9th grade. This 4 day camp will be instructed by Coach Scott Haney and his staff. Focus will be pitching, hitting and fielding. This camp will be held at Veteran's Memorial Park. Registration fee is \$25 (shirt included). \$5 late fee after June 1st. Two age groups **2nd to 4th** graders 10:30 to Noon. **5th to 8th** 9:00a to 10:30a.

Sports Skills Camp – Boys and girls 6 - 12 years of age. This camp will teach running, jumping, coordination and competitive focus in a fun and interactive environment. Each day will have skill training, form adjustment and skills competition. The camp will be run by Salem Recreation Staff. Campers will receive a daily beverage and snack. This camp will be held June 11th-15th 10:00-11:00am at Veteran's Memorial Park. Registration fee is \$25. \$5 late fee after June 8th.

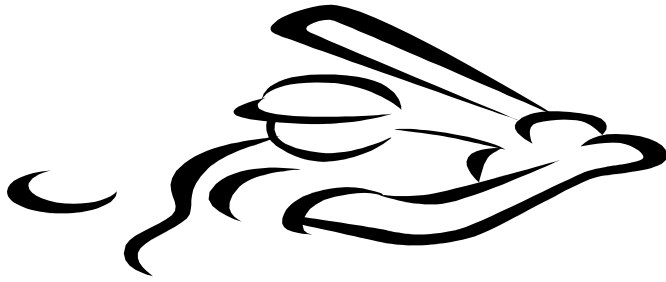
Summer Day Hike- JUNE 21st. Mark your calendars for Salem Parks & Recreation's 3rd annual Hike. This year's hike will feature climbs to the Petro glyphs in Water Canyon and the Escalante Cross at the Mouth of Spanish Fork Canyon. The hike is for everyone 10 years and older, parents are welcome to sign up as well. The hike will be organized as a day camp with lunch provide by Salem Gandolfo's. Educational information will also be shared at the summit of both trials. This hike is part of the Salem Youth against Obesity Challenge. Registration is \$10 (lunch included). \$5 late fee after June 18th. Space is limited to 20 youth so sign up early.

Kids Craft Camp- June 18th -22nd 9:00-10:30am. For youth ages 6 years and older. This camp is a great opportunity to get your youth off the couch during the summer and have them learn something fun and new. Each day they will work on a new project: Porcelain figurines, wood, painting, and general hand crafts. Veteran's Memorial Park. All crafts and supplies will be included in the registration fee of \$25. \$5 late fee after June 13th. Space is limited so sign up early.

Adult Fall Coed Softball

Adult teams comprised of men and women will step up to the plate Wednesday evenings at Loafer View Park. Teams will play a 12 game schedule over 9 weeks. Most evenings will include double header action. Space is available for 18 teams, which will be split into two leagues based on skill level and desired competition level. All teams must have a representative present at the league organizational meeting July 25th at 8:00pm at Loafer View Complex. Rosters will allow 16 players per team. All players must be listed on the team roster in order to play in games. League play will begin August 27th. A post season tournament will complete the season. Registration fee is \$365.00 per team. \$25 late fee after July 18th. \$5 non-resident fee up to \$25.

Salem Men's Wood bat Baseball



Salem Parks & Rec. will offer a men's 21 and older men's wood bat league. Games will be played at Salem Loafer View Complex Monday, Tuesday & Thursday evenings. Teams interested in playing should contact Salem Parks & Rec. no later than June 15th. At least 5 teams are need for this league to carry. We are working on a North Utah County playing site...Cost is \$900 per team. Fees are due June 25th. First games will be played July 9th. 10 game season with top two teams playing a post season 3 game series. Game times will be 2 hours or 7 inning games. North UC teams will play Double Headers. All teams will play two games per week. One wood bat will be issued to each registered team. All other bats are up to the teams. Game times will be 6:00p & 8:20p League rules will be High School Federation rules

To commit a team or inquire more details please call Salem Recreation, 801-423-1035. The Season will be played in July and August

Youth Tackle Football 6th-8th Grade Salem will offer recreation tackle football for grades 6th-8th. These age groups will participate in grade specific teams that compete in the Nebo Football league. The league is made up of teams from Salem, Spanish Fork, Springville and Payson. Each team will play 10 league games which will begin in late August. **All players will be included in the tackle football camp as part of their league registration.** Team selection will take place the first week of August. This is a great league to start your football experience. Registration fee is \$85. \$5 late fee after July 19th. \$5 non-resident fee. \$5 Camp Shirt is optional, if purchased it will get your participating youth into all Salem Hills High School home FOOTBALL games.

6th-9th Grade Tackle Football Camp

Salem Hills High Football Staff will run an eight day conditioning and skills camp for all Salem youth tackle football players. Camp is included as part of the registration fee and a must to be prepared for the season. Camp dates are July 24th to August 2nd, weekdays at Loafer View Complex. 9:00-11:00am daily. \$5 Camp Shirt is optional, if purchased it will get your participating youth into all Salem Hills High School home FOOTBALL games.

9th Freshman Football

2012 will be our 5th year of 9th grade Skyhawk football. Young men that desire to play should make contact with Salem Recreation for information about conditioning and weight lifting. The team will participate in the Utah County Cougar Conference. Registration fee is \$145 (practice jersey included). \$5 late fee after July 19th. \$5 non-resident fee.

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Youth Cheer Camp Kindergarten – 9th grade

The Camp will run August 6th-10th. Coach Cindie Simmons and her Salem Hills Cheer Squad will teach girls basic cheers, jumps, and routines. All that participate will be privileged to be in Salem Days Grand Parade on Saturday, August 11th.

8:00-9:00am 6th-9th Graders

9:00-10:00am 3rd-5th Graders

10:00-11:00am Kindergarten – 2nd Graders

Fee is \$40 (shirt included). \$5 late fee after July 25th.

6th-9th Cheerleading

Salem Parks & Recreation is hosting our 4th season of cheer coached by Cindie Black Simmons. The program will include a weekly indoor practice and two city football games per week. The program will include instruction of cheers, jumps and routines. Cheerleaders will be cheering for their own grade level football teams. There will be cheer moms and game schedule with a team assignment to one of the Salem youth tackle football teams. Cheer uniforms and pom poms can be reused year to year or sold to younger girls as your cheerleader grows. Girls will keep their uniform at the conclusion of the season.

Registration fee: \$75 for 6th – 8th graders \$100.00 for 9th graders. Additional \$100 uniform and poms (uniforms can be used year to year or sold to younger girls as your cheerleader grows. If your cheerleader has the uniform and poms they do not need to purchase another uniform, unless they have out grown their current one). \$40 Camp fee, required for all 6th-9th grade cheerleaders. \$5.00 late fee after July 19th. \$5.00 non-resident fee. Uniforms will be ordered on the 20th so it is imperative that you register on time. Practices will be held Fridays 3:30-5:00pm at Salem Elementary School.

Youth Flag Football 3rd-6th Grade Games played Tuesday & Thursday evenings at Loafer View Complex for boys and girls that desire to play. Leagues are offered for 3rd & 4th graders and an older league for 5th & 6th graders. Registration fee is \$35 (shirt included). \$5 late fee July 19th. \$5 non-resident fee.

SOCCER CAMP- August 6th-8th. Coach Lee Gillie of Salem Hills High will conduct our summer soccer camp August 6th-8th. The camp will focus on ball handling, passing and movement drills. Registration fee is \$25 (shirt included). \$5 late fee after August 3rd. Loafer View Park.

6th – 8th grade will meet at 8:00 – 9:30 a.m. 3rd – 5th grade will meet at 9:30 -11:00 a.m.

Flag Football Camp

August 13th-17th Loafer View Complex

This 5 day camp is for 2nd – 6th graders and will teach participants the object of flag football. Passing, catching and flag pulling, offense and defense. Camp time will be 8:30 a.m. to 10:00 a.m. Registration fee is \$25 (shirt included).

\$5 late fee after August 10th.

Salem Fall Youth Soccer

Youth Soccer is for boys and girls Kindergarten - 8th Grade. Teams will be organized in mid-August and begin play after Labor Day. Each league will play 9 scheduled games. The season will begin the second week of September and finish the 1st week of October.

Registration fee is: Pre K = \$25 K- 2nd = \$25 3rd to 8th = \$30

\$5 late fee after August 31st. \$5 non-resident fee.

League nights:

PreK 4 & 5 years old (NOT IN KINDERGARTEN)	Tuesday & Thursday evenings
Kindergarten, 1 st & 2 nd grades	Tuesday & Thursday evenings
3 rd to 8 th grades	Wednesday & Fridays evenings

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2nd Grade Flag Football

This league will be for youth going into 2nd grade. The league will be set up with the goal of teaching football skills and philosophy. Teams will play games twice a week, Wednesday & Friday evenings. Prior to each game a skills work out will take place for 10 minutes. Workouts will be focused on catching, throwing and flag pulling. Volunteer Coaches are needed. League play will begin September 14th. Registration fee is \$30. \$5 late fee after Sept. 1st. \$5 non-resident fee. *2nd grade soccer will not conflict with this program.*

Women's Flag Football

Mom's it is time to show your little ones how to play. This league will play Tuesday evenings starting in September and finishing the end of October. All players must be out of high school. Tackling, blocking and physical contact will be strongly regulated. Get your friends together and form a team. 8 players will be on the field for each team. Team registration fee is \$210. 8 games and playoffs. *Early Registration deadline is September 14th with a mandatory coaches meeting on September 18th, 7:00pm at the Recreation office.* A \$5.00 non-resident fee up to \$25.

SHHS VOLLEYBALL - GOLD MEDAL SQUARED CAMP

Trained by the staff of Gold Medal Squared, a nationally acclaimed team of coaches affiliated with USA Olympic Teams. This camp will focus on the learning of techniques of volleyball with a competitive nature. Along with working on basic skills, there will be an emphasis on game situation drills and competitions. This camp is for a true lover of volleyball that wants to take the next step. 5th to 12th grades are invited. June 11th to June 14th. Cost is \$185 (t-shirt included). Camp will be held in the SHHS Main gym. Register at SHHS finance office.

SHHS Jr. Volleyball Camp

Supervised by Kathy Treanor 480-252-0716 (SHHS Staff and Coaches will instruct.)

The Camp will focus on the teaching of basic and correct fundamentals of volleyball in a fun and competitive manor. This camp is a great place to learn new skills and polish one that are already held. Camp will be June 18th to June 20th – 9:00a to 11:30a.m. Cost is \$55 (t-shirt included). Camp will be held in the SHHS Main gym. Register at SHHS finance office.

Sequoia Motor Sports – ATV Safety & Orientation

This class is for beginner and new riders looking to learn about ATV safety, rules and regulations. The class is for riders 12 years of age and older (adults). The class will be held July 7th at 10:00a at Sequoia MotorSports, 523 North Sate Road, Salem. For more information call 801-423-9118 **Sign up at Sequoia Motor Sports or Salem Rec.**

Joint Sponsored Programs – Salem Recreation

South Valley Gym and Salem Recreation

Family Fit Competition: Improve your own and family life with our family fit program. Family will participate in this six week / once a week program that is centered on family fitness and together recreation. The program will included family workouts, nutritional educational and recipes. An exercise program will be provided along with professional instruction. Cost for the program is \$60 per family. Sign up at South Valley Gym or Salem Recreation. Program is held on Monday evenings starting June 25th. Sign up early!

Speed & Agility Training

All Sport focus, on improvement of Speed and Agility. This summer work out is just what your youth or teen needs to see improvement in their foot work, speed, Vertical jump or athletic progression. This two week course (July 9th -20th) is for ages 8years to 20 years. Sign up at South Valley Gym or Salem Recreation

Fundamental Fitness

Get your couch potato off the couch and working out this summer. This program is for an introduction for youth to basic workout out techniques and habits. Instruction will also cover basic nutrition and eating habits. The course is for youth that are weight challenged and have a need for activity and acceptance. First class is May 28th; this is a 10 session class. This is part of the Salem vs. Child hold Obesity challenge.

Cost is \$25.00 Sign up at South Valley Gym or Salem Recreation

Intro to Crossfit

Come find out what the craze is all about. 2 week trial for adults. \$25 for any new adult looking to experience the work out that has proven successful in condition and weight loss. Intro classes will be offered the first two weeks of June and again the beginning of August. This high interval training will capture your mind and body. Come give your body what it craves. Sign up at South Valley Gym or Salem Recreation

Anytime Fitness and Salem Recreation

High School Summer Conditioning

Supervised by Kathy Treanor 480-252-0716

Trained by Certified and Experienced Professionals, for High school and pre high school athletes. Summer conditioning for any Sport. Athletes will receive agility and core strength training, crucial for any sport: TRX Suspension Training and X-Fit Extreme. Focused on building the athlete for tomorrow. 8th grade to 12th. **May 28th – August 2nd. \$130 for 20 session. Sessions are 45 minutes. Register at Anytime Fitness or Salem Parks & Recreation.**

Youth "In Training" Athlete

Supervised by Kathy Treanor 480-252-0716

Trained by Certified and Experienced Professionals, ages 3rd to 7th grades. For any training and conditioning- Agility, Strength, Speed and Core. Athletes will be taught the basic and correct fundamentals of physical training. Includes introduction to TRX Suspension training and X-Fit Extreme Training. **May 28th – August 2nd. \$130 for 20 sessions. Sessions are 45 minutes. Register at Anytime Fitness or Salem Parks & Recreation**

SALEM DAYS: August 5th-13th

Salem Days will kick off our annual Celebration! More information to come in your monthly utility bill.

Golf Tournament	Friday Aug. 3 rd Spanish Oaks Golf Course
Little Miss Salem Pageant	Friday Aug. 3 rd Salem Hills High School Auditorium
Mud Volleyball Tournament	Saturday Aug. 4 th Arena Mud Volleyball Pits
Family Fireside	Sunday Aug. 5 th Salem Hills High School Auditorium
Kickball Tournament	Tuesday Aug. 7 th Loafer View Complex
Coardboard Duct Tape Boat Regatta	Tuesday Aug. 7 th Salem Pond
Pie Contest	Tuesday Aug. 7 th Civic Center
Baby Contest	Wednesday Aug. 8 th Salem Elementary
Tractor Pull	Wednesday Aug. 8 th Arena
Gravity Grand Prix	Wednesday Aug. 8 th
Movie in the Park	Wednesday Aug. 8 th Loafer View Complex
Senior Dinner	Thursday Aug. 9 th Civic Center
Lil' Buckaroo Rodeo	Thursday Aug. 9 th Arena
Coed Softball Tournament	Thursday Aug. 9 th Loafer View Complex
Children's Parade	Friday Aug. 10 th Begins at Salem Elementary
Salem's Got Talent Show	Friday Aug. 10 th Salem Pond
Fun Run	Saturday Aug. 11 th
Breakfast	Saturday Aug. 11 th Salem Pond
Grand Parade	Saturday Aug. 11 th
Fair in the Square	Saturday Aug. 11 th Veterans Memorial Park
Quilt Show	Saturday Aug. 11 th Church near City Building
Photo Contest	Saturday Aug. 11 th Church near City Building
BBQ Beef Dinner	Saturday Aug. 11 th
Library Auction	Saturday Aug. 11 th Civic Center Lawn
Pageant	Saturday Aug. 11 th
Fireworks	Saturday Aug. 11 th – Civic Center/Salem Pond

On Line Registration

We have added online registration for your convenience. You may now sign up in the comfort of your own home. Most of our programs will be available for online registration. Simply go to www.salemcity.org Click on the Parks & Recreation link, click on REGISTER ONLINE, begin registering. Even though we are now offering online registration we would love to see you in person so feel free to come by the office to sign up.

Salem Riding Arena

Groups or clubs interested in using the Salem Riding Arena should contact the Salem Recreation Office or www.salemcity.org (click on the Parks & Recreation link, scroll to the bottom of the page, click on rental information, click on Rodeo Arena Rental Info) for user information as well as rental rates. Riding clubs, roping clubs and renters must have a group insurance policy prior to rental of the facility.

A free riding time will be available to Salem Residents Monday through Thursday from 10:00 a.m. to 1:00 p.m. During this time block riders may ride and work out their horses. No roping or poles will be allowed during the riding block.

Coaches Discount Policy

Salem Parks & Recreation offers various youth sports programs. Each program is organized and maintained by recreation staff. Coaching for all youth sports is done by volunteer coaches. Coaches are selected from a pool of volunteers, including solicitations of parents and must pass a background check.

Volunteer coaches will receive a voucher at the conclusion of the sport coached. These vouchers can be used for future registrations. The amount of the voucher is dictated by the sport each volunteer coaches. \$20 voucher will be issued for all programs with an early fee of \$25 or less. \$30 voucher will be issued for all programs with an early fee cost of \$26 or more. The voucher system is by no means an avenue for payment or compensation of the coach's time. It is a simple thank you and acknowledgement of the coach's time and efforts. It is our belief that the majority of coaches volunteer to spend time with their child as well as the youth of our community.

Non Resident Fees

A \$5.00 non resident fee will be charged for all programs. Non residents are individuals that do not live inside Salem City Limits. Residents are also those that do not pay property taxes to Salem City. Our programs are subsidized by city property tax dollars. Thank you for your help and support with our programs.

WEATHER UPDATES: For rainout and weather updates please look online at www.salemcity.org on the top of the home page. We will update daily (during outdoor programs) after 3:45pm.

JOIN US ON FACEBOOK: For events and standings join us on face book! Salem Parks & Recreation