SWIM LESSONS
Registration for Swim Lessons is now open!

SESSION 2: MONDAYS & WEDNESDAYS, JULY 18 - AUGUST 15 (NO CLASS ON JULY 25)
9:00 - 9:30 AM: Parent Tot and Level 1 (Tadpoles)
9:30 - 10:00 AM: Level 2 (Minnows) and Level 4 (Dolphins)
10:00 - 10:30 AM: Level 3 (Stingrays) and Level 5/6 (Sharks/Swordfish)
For more information on levels or to register visit our website.

BEGINNING GOLF LESSONS
This class is perfect for anyone thinking about taking up the game, but wants to get started off on the right foot, or for people that have been playing golf for a while, but have never really had any formal instruction. You'll learn the five major shots including putting, chipping, pitching, irons and tee shots; as well as learn about the rules and history of the game, club design, etiquette and how to develop good practice habits.

Sign up for this course and you will be well on your way to enjoying the game of a lifetime!

Don't have your own clubs? Equipment and practice balls will be provided to you on class nights by Rose Park Golf Course.

Cost: $130
Summer Session: Tuesdays, July 5 - August 9th
6:00 - 7:30 PM
Location: Rose Park Golf Course, 1386 N. Redwood Rd., SLC, UT 84116

EVENING HIKE IN THE WASATCH
Wednesday, July 13
Beat the heat and head up to our local Wasatch mountains after work for a beautiful hike. Meet at the Outdoor Program office at 5:15pm ready to hike with closed-toe footwear, water, snacks, layers, and whatever else you might need to be comfortable hiking in the mountains for an evening. We'll tailor the hike to the group's needs, schedule, and goals - everyone is welcome!

Cost: $5
Register online

LEARN TO ROCK CLimb
Friday, July 22
Meet at the Outdoor Program office at 10am for a day of rock climbing in our local Wasatch Mountains! All levels are welcome - including first-time climbers. We'll teach you what you need to know and all climbing gear is provided for those who need it. We'll be back to campus in the afternoon, so bring your lunch, water, closed-toe footwear, snacks, layers, sun protection, and whatever else you need to be comfortable in the mountains for a day.

Cost: $10
LAST CHANCE TO CRUSH IT THIS SUMMER!
The last round of CRUSH will be July 11 - August 10. If you have been curious about this class NOW is the time to try it out before it's going, going, GONE!
Monday & Wednesday 5-5:30pm.
Cost: $50 which will be refunded in full if you attend every class.
Register online.

SUMMER OF INSANITY ROUND 3
The last round of Insanity will be held July 12-August 11. You've seen it, you've heard about it and now is the time to DO IT!
Tuesday & Thursday 7-8am
Elevated Playing Field
Cost: $50 which will be refunded IN FULL if you attend every class.
Register online.

HAWAIIAN CHICKEN SKEWERS
Oh yes we are in the peak of grilling season!
These chicken skewers are absolutely delicious and if you don't eat meat you can use TOFU instead!
We tried it both ways and these skewers were a crowd favorite.
Enjoy!

LARGE TOWEL SERVICE DISCONTINUED
Beginning Fall 2016 our large towel service will be discontinued due to high levels of loss. Please bring your own shower/swim towel at that time.

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