CRUSH SPECIAL EDITION
There is still time to sign up for our “Special Edition” CRUSH class that starts Monday!
What makes it special? Class will only be 30 minutes and the program includes a step by step nutrition & exercise plan and 1-on-1 meetings with Laura (if you want) to help you reach your goals this summer! The 30 minute workouts are only as intense as YOU make them. All fitness levels are encouraged to participate and get in on this fun and supportive community.
- Class will meet Mondays & Wednesdays from 5-5:30pm.
- June 1-July 1.
- Cost: $50 which will be refunded IN FULL if you attend all 10 classes. [Register online!]
If you have any questions, email Laura.

SUMMER OF INSANITY
There is still time to sign up for INSANITY too!
INSANITY is a high-intensity interval training class that will help you reach your fitness goals.
- Tuesdays & Thursdays from 7-8am.
- June 2-25
- Cost is $50 which will be refunded IN FULL if you attend every class. Even if you miss a class or two and don't get your money back it's still a great value!
[Register online today!]

CHILDREN SWIM LESSONS
Registration for Session 1 of Summer Swim Lessons will open Tuesday, June 2!
Swim lessons are just $25 and are only open to the Westminster community.
TUESDAYS & THURSDAYS MORNING
Session 1: June 16th - July 9th
Session 2: July 14th - August 6th
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 [visit our website].
GET CPR CERTIFIED
Our next CPR/AED/FIRST AID class will be held on Wednesday, June 3 from 5:30-9pm.
If you need to get certified for a job, or just for fun, this is the time to do it!
Visit our website for more information or to register.

SUMMER LOCKER RENTAL
Summer lockers will be available Monday, June 8th. All lockers are just $10 for summer!
Stop by the Reception Desk starting June 8th to get your locker!

DISCOVER SCUBA
This is a GREAT opportunity to try SCUBA for an evening in the comfort of our Aquatic Center!
If you have ever thought about getting SCUBA certified or are just curious to try it, THIS IS YOUR CHANCE!
In just one night you will get professional instruction and get to experience what it’s like to SCUBA Dive. And of course if you enjoy it, you can enroll in our Beginning SCUBA class!
Date: Monday, June 15.
Time: 6:00PM
Location: Eccles Health Wellness & Athletic Center Aquatic Center
Cost: Just $10!
Visit our website to register!

SUMMER HOURS
Our summer hours will go into effect Saturday, June 6.
Summer hours are as follows:
Center at Large:
- Monday-Friday: 6am-8pm
- Saturday & Sunday: 9am-2pm
Climbing Wall
- Monday-Friday: 4pm-8pm
- Saturday & Sunday: Closed
Aquatic Center
- Monday-Friday: 6am-9am; 11am-2pm; 5pm-8pm
Saturday & Sunday: 9am-12pm
BEGINNING GOLF LESSONS
The next session of Beginning Golf begins July 14. 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. Local PGA Certified Golf Professional, charter member and former coach of the Westminster “Swingin’ Griffins” Varsity Golf Team, Mike Nickas, will help to develop your game from the green all the way back to the tee. 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. The first class will take place on Westminster campus in a classroom (TBA), subsequent classes will meet at Rose Park Golf Course.
- Cost: $130
- Tuesdays, July 14 - August 18
- 6:00 - 7:30 PM
- Location: Rose Park Golf Course, 1386 N. Redwood Rd., SLC, UT
Visit our website for more information or to register.

PROTEIN BROWNIE RECIPE
We have some seriously delicious protein-brownie-energy bars for you to try! These chocolatey treats taste like a fudgy brownie but are actually guilt free and make a great snack for any time of day! Check out the recipe and give them a try!