

Hello again you wonderful citizens of Washington City. I hope you are enjoying an amazing summer. What a great place we live in.

I would like to leave with you a few thoughts to enjoy and think about:

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." – Emerson

"The greatest things are accomplished by individual people; not by committees or companies." –Montapart

"Not the maker of plans and promises, but rather the one who offers faithful service in small matters. This is the person who is most likely to achieve what is good and lasting." - Von Goethe

"Success is not measured by what you accomplish, but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds." –Marden

"The measure of a person is the way they bear up under misfortune." –Plutarch

"I hope that my achievements in life shall be these - that I will have fought for what was right and fair, that I will have risked for that which mattered, and that I will have given help to those who were in need, and that I will have left the earth a better place for what I've done and who I've been." -C. Hoppe

Enjoy the rest of your summer...



Kenneth Neilson
Mayor

Announcements

Summer Exercise Schedule

Have you seen the NEW SUMMER GROUP EXERCISE SCHEDULE? We've added 8:15 AM classes Monday-Friday! Check out MORE strength training, MORE Turbokick, and MORE Zumba! Get out of the heat and take your workouts inside! Our Group Exercise schedule has something for EVERYONE this summer! For more details see the schedule at the front desk or online at washingtoncity.org/cc



3 Ways For 3 Free Days at the WCCC!

1. Join our VIP Club! Text "WCCC" to 435-817-7357 to receive a FREE Full Facility Day Pass!
2. Join the Washington City Fan Club on facebook. Receive upcoming event info & discounts year-round. Join by 7/31/10 and receive a FREE Full Facility Day Pass!
3. Join our Monthly Email Blasts! Email ccinfo@washingtoncity.org today to receive monthly updates & coupons year-round. Join today to receive a FREE Full Facility Day Pass!

**Some restrictions apply. One per person. Not valid with any other offers. Expires 7/31/10*

Do You Golf?

Join our Green Spring Golf VIP Club & text "GOLF" to 435-817-7357 to receive special discounts & promotions year-round. Tuesday Special: \$12 for 9 Holes with cart for tee times between 12PM–3:30 PM.

Call Green Spring Golf Course at (435) 673-7888 for times & availability.

Check Out greenspringgolfcourse.com for more info!

To advertise with Green Spring call (435) 656-6353





Fire Safety/Summer Fun Tips

Every year Washington City residents look forward to summer vacations, camping, family reunions, picnics, July 4th, and July 24th. Summertime should be a time for fun and making happy memories. Knowing a few fire and life safety tips will help everyone have a safe summer.



Fireworks- Use fireworks according to manufactures warnings and labels. Only light fireworks away from vegetation and structures. Keep a hose or bucket of water nearby and always supervise children around fireworks.



Outdoor cooking- Inspect all propane lines and tanks for damage. Never pour lighter fluid on burning fuels. Avoid wearing loose fitting or long sleeve clothing. Supervise young chefs. Allow coals to cool to the touch before discarding.



Bicycle safety- Always wear a helmet. Toddlers should be placed in a child carrier attached to the frame or in a bike trailer and strapped in with a restraint system. Watch for cars and road hazards.



Pool safety- Never allow children to swim unsupervised. Keep an approved flotation/rescue device on hand and make sure gates have child resistant locks.



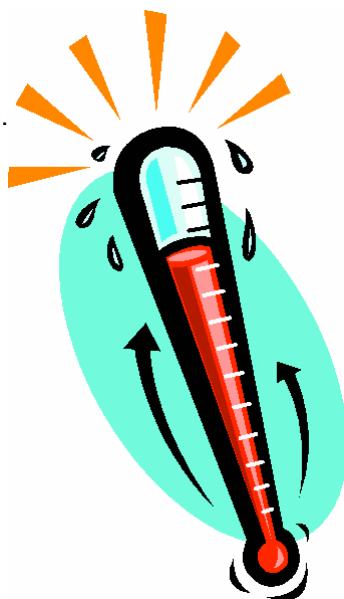
Heat injuries- Avoid painful and potentially harmful sunburns by using sunscreen. Stay hydrated and avoid long exposure to hot afternoon sun.

Washington City Department of Public Safety wishes you a fun and safe summer!

Energy Saving Tips

Summer is here and temperatures are rising. Here are some tips to help you this summer.

1. Install a programmable thermostat.
2. Turn off electronics when not in use.
3. Have your AC unit serviced.
4. Keep window shades and drapes closed.
5. Install an attic fan.
6. Weather strip your doors.
7. Caulk or weather strip windows.
8. Install ceiling fans and make sure they are blowing air downward.
9. Set your water heater to 120° F.
10. Seal gaps or holes around vents, ducts, or electrical wires.



By making small improvements, you can improve the efficiency of your home!

Community Garden

Washington City Community Garden is growing like crazy. If you would like to get involved please email washingtoncitygarden@gmail.com.

You can also visit our website washingtoncitygarden.weebly.com or check us out on facebook.



Family Changing Rooms

As a reminder to the patrons of the Community Center, we have wheel chair access to the Aquatic Center as well as 2 family changing rooms available right off of the pool deck.

Please feel free to ask a front desk attendant or a manager on duty for assistance.





Utah Child Protection Registry

Utah is one of two states that have a unique program that provides families with a tool to restrict adult-oriented advertisements from their households. The program known as the Utah Child Protection Registry was created on the idea that families have the right to chose not only what messages enter their personal inboxes. but the inboxes of their children.

The state program was modeled after the National Do Not Call Registry, yet Utah leaders wanted the program to be focused on adult-oriented advertisements like alcohol, tobacco, pornography, and/or gambling.

Acting like a do-not-contact list, families can sign up their household e-mail addresses, mobile phone numbers (SMS), instant messenger IDs, and fax numbers to restrict adult-oriented advertisements from their electronic addresses and numbers. Registering is fast and easy and best of all it is **FREE** for Utah families and schools.

The Registry has been providing a tool for families since 2005 and the program continues to grow year after year.

To find more information on the Utah Child Protection Registry and to register your family addresses today, go to <https://DoNotContact.Utah.gov>.



Lights Out Lock In

On July 9th & 10th from 8 PM to 8AM your kids will be locked in the Community Center and our lights will be turned off. This Lock In is going to be awesome! With activities including an all night dance room, karaoke, indoor hockey, relay races, movies, Wii games and bounce houses a great time is bound to be had! Don't forget to bring your sleeping bag and pillow incase you get tired.

All participants must have a waiver signed by their parents and themselves before they are permitted to enter the event. **No signed waiver means no admittance.** Pick your waiver up at the front desk of the Community Center. Register now as **space is limited to the first 150 kids who sign up!** Registration is \$20/person before July 5th, and \$25/person starting July 5th.

Schedule:

- 8PM – 10PM Check-In and Dance in Reception Center
- 10 PM Doors locked, no one in or out
- 10 PM Break down & groups assigned to staff
- 10 PM – 12 AM Snack Shack will be open
- 11 PM – 6 AM Various activities
- 6 AM – 7 AM Breakfast
- 7 AM – 8 AM Clean up and check out



Fee: \$20 per person

Food: Late night snacks and breakfast will be provided

Adult to Child Ratio: 1 adult for every 15 youth

For more information go to washingtoncity.org/cc or call the front desk at 656-6360.

Last Two Sessions of Swim Lessons!

Register now for the last two sessions of Swim Lessons! You can register online at washingtoncity.org/cc or at the front desk of the Community Center. All 30 minute sessions are M-F. Levels 1-5 and Parent/Tot classes are offered.

Session 4: July 12th-23rd

Session 5: July 26th-Aug 6th

Fees: \$30/Member or \$35/Non-Member

For more information call (435) 656-6360 ext 7203



Park Rentals

Washington City has 10 parks throughout the community with over 21 rentable pavilions. A small pavilion has 1-2 tables and rents for \$25 for a 4-hour block. A large pavilion has more than 2 tables and rents for \$50 for a 4-hour block. More information and a Park Pavilion Rental form can be found at washingtoncity.org/recreation or 656-6360.



Aquatic Facility Rules... A Summer Review

To cut down the amount of times we have to close the pool from fecal matter exposure, it is important that everyone remember to dress all children that are not potty trained or ages 3 and under with three layers (swim diaper, swim diaper cover, swimsuit) of protection. State law requires these three layers for everyone's safety.



JulyCalendar

3rd– Lions Club 4th July Breakfast/Fundraiser 7-9AM, Games & Races 10:00 AM, Veterans Park

3rd– Community Covenant Signing 9:30 AM, Veterans Park



4th– Independence Day

7th– Planning Commission, 5:30 PM, City Hall

8th– Lions Club Mtg. 7:00 PM, Historical Society Bldg

9th– Movie in the Park, Dusk, Veterans Park

9th– Lights Out Lock In (see newsletter)

13th– Daughters of Utah Pioneers, 1:00 PM Relief Society Bldg

13th– City Council Workshop, 6:00 PM, City Hall

14th– City Council Mtg. 6:00 PM, City Hall



21st– Planning Commission, 5:30 PM, City Hall

22nd– Lions Club Mtg. 7:00 PM, Historical Society Bldg

24th– Pioneer Day Celebration, Veterans Park

27th– City Council Workshop, 6:00 PM, City Hall

28th– City Council Mtg. 6:00 PM, City Hall

29th– Lions Club Mtg. 7:00 PM, Historical Society Bldg



August Calendar Preview

4th– Planning Commission, 5:30 PM, City Hall



Washington City Community Center

washingtoncity.org/cc
(435) 656-6360

Sports & Fitness

“Summer Shoot-Out” Youth Basketball Camp

Come "hoop it up" at the 3rd Annual "Summer Shoot-Out" Youth Basketball Camp hosted by the Washington City Community Center! Youth (boys and girls) ages 8-14 will learn new skills and basic fundamentals, as well as participate in competitive games providing lots of fun and action. Awards will be given and all participants will receive a FREE camp t-shirt.

Date: Monday July 12th –Thursday July 15th, 2010
 Session 1 (Ages 8-11) Session 2 (Ages 12-14)
 Time: 8 AM to 10 AM Time: 10 AM to 12 PM
 Registration Fee: \$25.00



Registration Deadline: July 6, 2010. Late Fee: \$5.00 (after July 6th)

IKA IKA Youth Volleyball Camp

BUMP, SET, SPIKE! The Washington City Community Center is excited to announce the 2nd Annual IKA IKA Youth Volleyball Camp designed for girls and boys ages 8-14. Instruction will be provided by qualified staff, and basic fundamentals will be taught as the children learn the exciting sport of volleyball. Awards will be given and all participants will receive a FREE camp t-shirt.

Date: Mon July 19th –Thurs July 22nd
 Session 1 (Ages 8-11) Session 2 (Ages 12-14)
 Time: 8AM–10AM Time: 10AM–12PM
 Registration Fees: \$25
 Registration Deadline: July 13th, 2010 Late Fee: \$5 (after July 13th)



Youth Flag Football

ARE YOU READY FOR SOME FOOTBALL? All youth, grades 1-6 are invited to participate in Washington City's Youth Flag Football League. Games will begin on Sept. 11th, 2010 at Veteran's Park (75 E. Telegraph). Participants are required to wear the prescribed Washington City Recreation reversible jersey. Register online at washingtoncity.org/recreation or at the Community Center, 350 N. Community Center Dr.



Come join the fun!
 Registration Fee: \$25 Residents/\$30 for Non-Residents
 Registration Deadline: August 20th, 2010

CoEd Softball

BATTER UP! Washington City Recreation continues a strong tradition of Adult Coed Softball in a fun, friendly environment. Many teams return each year to defend their title, renew old rivalries, or simply enjoy time together with friends. All participants must be 18 years or older. Team registration is required at the Washington City Community Center, 350 N. Community Center Drive, no later than August 6, 2010, and must include a minimum of five male and five female participants. Games begin August 19, 2010. Mark your calendars!

Programs & Events

Merit Badge Pow Wow

On August 21, 2010 the Washington City Community Center will be hosting its third annual Boy Scout Merit Badge Pow Wow! Scouts are able to earn two merit badges in one day. Scout Masters will be able to receive their Leader Specific Training as well as their Youth Protection Training. Merit badges being offered this year are First Aid, Swimming, Life Saving, Citizenship in the World, Emergency Preparedness, Wilderness Survival, Sports, Climbing, Fingerprinting and Photography. Two deep leadership is required for the scouts to attend. Lunch is provided. This great event sells out each year, so sign up now!

REGISTRATION: Online registration is available at www.active.com. Search for events in your area by the Washington City Community Center zip code (84780). This will pull up a list of events that will include the Merit Badge Pow Wow. Offline registrations are available at the Community Center front desk. Please note: day of registrations will not be accepted.

FEES: \$20 Scouts (Community Center Members)/\$22 Scouts (Non-Members)
 Scout Masters are \$5. All scouts who register after August 15th will be charged \$25.

TIME: Check In 7:30 AM – 8:00 AM, Event will conclude no later than 5:00 PM

DATE: August 21st, 2010

POINT OF CONTACT: Chris Beckstead, 435-656-6360 or cbeckstead@washingtoncity.org

Gymnastics

Gymnastics - Classes for all ages 18 months to 18 yrs and all skill levels welcome. Our gymnastics program provides a great opportunity to learn proper gymnastics techniques. Washington Flipz is directed by Brent Hardcastle. Brent was a national champion gymnast and coached at two major universities (BYU and SUU). Students are taught by skill level. One day or two day a week classes are available. Classes are high energy and full of fun learning. Each class must have at least 5 students enrolled.

KINDER FLIPZ

Ages 1-3 years (accompanied by parent)
 Tuesdays 10:00 AM - 10:50 AM
 \$30/month Members
 \$35/month Non-Members

SUPER FLIPZ

Ages 4-5 years
 Tuesdays 11:00 AM - 11:50 AM
 Tuesdays 12:00 PM - 12:50 PM
 \$40/month Members or \$45/month Non-Members



TUMBLING AND TRAMPOLINE

Ages 6 - 18 years
 Monday - Thursday 4:00 PM, 5:00 PM
 2 day a week classes on M/W or T/TH
 \$50/month for one day a week/Members
 \$60/month for one day a week/Non-Members
 \$85/month for two days a week/Members
 \$95/month for two days a week/Non-Members

Call Dustin with any questions at 656-6360 ext 7206