L.A.P.S. TRACK MEET – JUNE 29TH

Ages 3-5. Saturday track meet hosted June 29th at 9:00AM. Cost: $15 (includes t-shirt)

FALL SOCCER

Open registration for Fall Soccer! Ages 4-14 with birthdates from 1/1/2006-12/31/15. Practice will start mid-August and games start early September. U6-U10: $60 | U12-U14: $65. Deadline: July 20th

FLAG FOOTBALL

Open registration for Flag Football! Kids within the grade levels of K-4th Grade. Practice will start late August and games start mid September. K-2 division will practice once a week and a scrimmage style game on Thurs. evenings. 3-4 division will play two games a week on Tues., Wed., or Thurs. evenings with the exception of an opening season kickoff event on a Saturday. K-2 $35 | 3-4 $45 Deadline: Aug. 11th

FITNESS

Ongoing Water & Land Fitness Classes - over 45 available! Classes for all ages & fitness levels - Tabata, Body Blitz, Fit & Focus, Dance Fit, Pilates, Spin Bata, Silver Sneakers, Senior Circuit, Yoga Fusion, Pool Power, Cardio Crazy, Splash Circuits, & more! Schedules available at the Rec Center. Membership passes start at $25 a month!

NEW CLASS - YOGA FUSION

Lyndall Young is back & will be instructing our NEW Yoga Fusion Class! This is a vinyasa flow style yoga class that blends yoga, pilates, & barre elements. This class combines stretching & body weight exercises. Each class will end with savasana - a short guided relaxation period. This class will be held on Tuesday evenings from 6:30-7:15PM. Yoga Fusion is part of our fitness schedule and only requires Rec Center admission.

ANNOUNCEMENTS

HOLIDAY CRAFT FAIR VENDORS

It’s early but we’re gearing up for this year’s Holiday Craft Show at BHRC to be held Saturday, December 7th from 9am-3pm. Vendors of hand-made items only; reserve those booth spaces starting MONDAY JULY 8th at 9am! Here is your chance to show off your talents and make some money too! Most booth spaces are $40. Those with electricity are $50. We do have available this year, some Hall Spaces for $30 & prime locations at $65. Rules & registration packets are available now. Vendors are required to show proof of City of Delta Sales Tax License by November 22nd deadline! No phone registration accepted.

FACILITY CLOSURE – JULY 4TH

The Bill Heddles Recreation center will be CLOSED Thursday, July 4th. We wish all of our patrons and community members a Happy Independence Day!

ADULT ACTIVITIES

DOUBLES DUEL – JUNE 28TH

Double Tournament - Racquetball & Golf. Racquetball in the morning & golf in the afternoon. Fee: $55 (includes racquetball tournament, lunch, 9 holes of golf, range balls, & tournament shirt) REGISTRATION DEADLINE: June 21st

BHRC OUTDOOR TRIPS

Fun & adventurous trips are available with experienced guides! Register at the Rec Center. Raft Trip - June 18th | G.J. Rockies Baseball Game - July 12th | Spirit Gulch Hike - July 12th | Bachelor Syracuse Mine Tours - July 22nd. Fees vary depending on the trip.

FALL SOFTBALL

Coed, Women’s, & Men’s leagues available at $225 per team. A $20 player fee will be collected in addition to the team fee. Coed will play on Monday nights & Men’s/Women’s divisions will play Thursday nights. Games will start the week of August 19th.

SUMMER SWIMMING LESSONS

Sessions Consist of 8x30min Lessons
Ages 3-12 | $25/Student
Monday - Thursday
8:45AM | 9:30AM | 10:15AM | 11:00AM
Levels Offered: 1-3
Session 3: July 8 - July 18
Session 4: July 22 - Aug 1
Evening Lessons
Monday & Wednesday
5:30-6:00PM | 6:15-6:45PM
Levels Offered: 1-3
Session 2: July 8 - July 31

LIFEGUARD TRAINING – JULY 15-18TH

Certification includes: Adult, Child, & Infant CPR, AED, & basic First Aid. Class is from 9:00AM - 4:00PM each day. Lifeguarding is a great job you can take with you anywhere so register today!

FIRST AID / CPR CLASS – JULY 13 | AUG 10

Certification includes: Adult, Child, & Infant CPR, AED, & basic First Aid. Class is from 9:00AM - 5:00PM. Participants must be 12 or older and the cost is $80.

WATER WHEEL WEDNESDAYS

EVERY WEDNESDAY
ALL SUMMER LONG
1:00-4:00PM

BARRACUDA SWIM MEET

Mini Swim Meet: Thursday | July 2nd | 4:30-8:30PM
Swim Meet: Saturday | July 20th | 8:00AM-2:00PM
Swimming Pool is closed to the public during these times.

SUMMER REWARDS PASS

Students who provide proof of a GPA of 3.0 or higher are eligible to purchase a discounted 3-month Rec Center Pass for $40!

POOL ‘n’ PIZZA – TUESDAY

Beginning June 11th kids ages 10-16 can join us to play pool and eat pizza for the amazing price of $5! Dinner & entertainment can’t be beat at that price!

BILL HEDDLES RECREATION CENTER

HOURS OF OPERATION

Monday—Thursday 5:30am - 9:00pm
Friday . . . . . . . . . . . . . . . . 5:30am - 7:30pm
Saturday . . . . . . . . . . . . . 8:00am - 7:30pm
Sunday . . . . . . . . . . . . . . . . 9:30am - 5:30pm
Aquatics Area opens at noon on Sundays.
Aquatics Area closes 30 min prior to the rest of the facility.

Like us on Facebook
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Bill Heddles Recreation Center
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@deltacityrec