A FIRST IN UTAH
SNAKE HOLLOW BIKE PARK
THE ONLY YEAR-ROUND BIKE PARK IN STATE
MAYOR PIKE’S MESSAGE  
By: Mayor Jon Pike

It’s hard to believe 2018 is over and 2019 has begun! I want to thank everyone for their patience with the Bluff Street widening project that took almost all of 2018 to complete. UDOT and their contractors did a wonderful job. While the impact on motorists was great, the contractors and many city employees did their best to facilitate as much movement of vehicles as possible during the project. Now we have a much improved major transportation corridor for citizens of St. George as well as surrounding communities to benefit from.

On the housing front, a number of apartment and townhome projects have been (and some still are) under construction — mostly in the central part of St. George. These are all privately-owned developments, but several have had significant city involvement as we fulfill plans and commitments to encourage various kinds of housing needed in our community. City View and Joule Plaza are two key downtown projects that will combine office and retail with apartment housing. We look forward to having more people able to live, work and play downtown. Other multi-family housing projects are being constructed all around the city, and will also help with the great need of more rental housing.

On the parks side of things, with the help of Washington County Tourism and the St. George Recreation, Arts and Parks tax revenue, we were able to deliver on a commitment to build and open the first phase of the Snake Hollow Bike Park across the street from Snow Canyon High School. This is a great venue for local residents as well as visiting cyclists coming to participate in future competing tracks that will soon be added to the park.

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We continue our commitment to expand existing parks and build new parks as residential development occurs. In December we cut the ribbon on the final phase of Sunset Park. We will shortly open the new Crimson Ridge Park in Little Valley, and the additional sports fields also in Little Valley will soon be playable as the sod takes root.

In 2018 we will continue efforts to expand our paved trail system. We have several that will take a year or more to complete, which can be critical links to existing trails and adjacent cities. Our trail network is a growing part of our transportation system as well as a great recreational opportunity for residents and visitors.

Finally, we’ll soon see more happening on Tech Ridge. More and higher-wage jobs are the main goal of this long-term project at the location of the former airport. In addition, multi-family residential, resort, and commercial projects will be a part of Tech Ridge — effectively adding a new and exciting dimension to our downtown.

Thanks to everyone for making St. George great! With all our growth and changes, it is my goal, and the goal of the City Council and City Manager to maintain and improve our quality of life.
“Wholesale” and “retail” are terms we’re used to hearing, especially when it comes to things like clothing, food, or other goods. But water? Probably not. And particularly not with government-related entities.

Since the establishment of St. George in 1862, water has been part of the civic discussion. The first water transmission pipelines were established in the early 1900s. In 1962, in an effort to address Southern Utah’s regional water needs, the Washington County Water Conservancy District (district) was created. The district is responsible for the development, stabilization, management, acquisition and conservation of water resources throughout the county. The City of St. George and other communities rely on the district to, essentially, be the “water wholesaler,” providing a safe, reliable water supply for current and future generations.

The district secures, treats and delivers its water supply to its municipal customers, including the City of St. George. The city takes over as the “water retailer,” delivering water to its residents and businesses. St. George receives more than 60 percent of its water supply from the district. Additional water supply for the city comes from springs and wells. Similarly, other cities in our region, such as Washington, Santa Clara and Ivins, follow this same pattern—serving as water retailers to their communities. Because of this, your water bill comes from the City of St. George, not the Washington County Water Conservancy District.

The district is managed by a Board of Trustees comprised of government and civic leaders from the region, including St. George’s mayor, Jon Pike. Additionally, the district has a staff of people responsible for day-to-day operations and coordination with the various cities and towns receiving water from the regional system.

The City of St. George, district and municipal partners have invested more than $60 million in recent water conservation efforts, including upgrading facilities, improving infrastructure, education and outreach programs and demonstration gardens. These efforts, along with the contributions made by St. George’s residents and businesses, have allowed us to achieve something remarkable...

Together, we have saved our community more than 1 billion gallons of water.*

High fives, St. George.
Here’s to even more savings in 2019.

*Potable water use of WCWCD’s municipal customers from 2010 to 2015.
BY: Monte Bambrough
Director of Marketing and Business Development

The St. George Area Chamber of Commerce worked to elevate its organization, membership and community in 2018 by championing your business success, building buyer relationships, expanding your business skills and amplifying the voice of business. Much like the growth of southern Utah, the Chamber has shown an increase in membership, community events and personnel.

We elevated our effort to build upon the mission of equipping our Young Professionals group with the tools needed for personal, civic and professional development. Our vision is to be the catalyst that allows Young Professionals to make measurable and significant impacts in our community. We’ll continue to grow and sustain this group by providing meetings with key community leaders, networking events, small business training, monthly social events and mentoring.

Collaboration and support of the Women’s Influence Center continues to be a key chamber initiative. The objective is to build a strong community of collaboration with local and state organizations that promote women. We will continue to advocate for and lift women across a variety of life circumstances by promoting personal, professional and leadership development, promoting health and wellbeing, supporting women’s entrepreneurship and civic engagement.

Additionally, following a whirlwind nine-day trip to South Korea and Taiwan as part of a trade mission delegation, Pam Palermo, President and CEO of the St. George Area Chamber of Commerce, marveled at the possibilities for Southern Utah following the official state trip with Utah Governor Gary Herbert and the Governor’s Office of Economic Development. Your chamber is aggressively advocating on behalf of local business, not only locally but internationally.

2019 Feature Events

January: Awards Gala
These annual community awards help us celebrate the achievements of those individuals and/or businesses that have made an impact in our area. Past recipients include: St. George Police Department, Washington County Search and Rescue, InfoWest, Bikers Against Child Abuse, Inn on the Cliff/Cliffside and Parke Cox Trucking.

June: Business Summit
This full-day conference, sponsored by Innovation Plaza at Dixie State University, will feature keynote speakers and breakout sessions designed to inspire, inform and provide businesses the tools they need to succeed. The Summit provides the opportunity for small business owners, managers and entrepreneurs to network and learn new tools, tactics and strategies, gain practical skills and make invaluable connections to help support the growth and prosperity of small business in Utah, especially southern Utah.

Training and Networking
In addition to the major events listed, the Chamber is focused on bringing first rate training and networking opportunities specific to the subjects of most concern to our business community. In partnership with Dixie Tech and Custom Fit, we’ve offered discounted rates for Lean Practice training with the ultimate goal of providing perfect value to the customer through a process that has zero waste.

It’s going to be a great New Year! For more information, visit www.stgeorgechamber.com.
These are exciting times for the St. George and Washington County bicycle communities as the recently completed Snake Hollow St. George Bike Park opened on November 17, 2018. This unique 60-acre bike park is located between Lava Flow Drive and Tuweap Drive, along the Sand Hollow Wash directly east of Snow Canyon High School and north of the Sand Hollow Aquatics Center. The park is the latest in a series of creative and iconic parks designed and developed by the City of St. George Park Planning Division. The Park Planning Division worked on the project since early 2017 when it met with the public initially to discuss the project and identify the community’s wants and needs. From there a bike park designer who specializes in bike park planning along with several other local consultants were brought in to provide the engineering and architectural design for the site.

Snake Hollow Bike Park was designed to provide opportunities for people of all ages to develop their biking skills progressively in a concentrated and controlled environment. A variety of skill levels and experiences that range from beginner to advanced are offered throughout the site. The park is divided into several areas including the Dirt Jump Zone, Pump & Bump Skills Loop, Pump Track, Gravity Jump Trails and the Progressive Drop Zone. Each area has a specific series of elements that are designed to help hone the skills of the rider and prepare them to advance to open country riding, similar to that found in the southern Utah region. Along with the bike park elements the City completed a restroom and storage facility, a 60-foot shade pavilion, paved trails that connect the park elements, and xeriscape landscaping designed to tie into the local native environment.

The elements completed to date are included in phase 1 of a multi-phased project. Future phases include a proposed 6-mile National Interscholastic Cycling Association (NICA) track to encircle the entire 80-acre Sand Hollow Wash site. Formalized parking areas also will be developed, as well as another restroom building and paved trails on the Tuweap Drive side of the wash. Several additional shade pavilions, a playground and a strider track are also planned for the expanded park site.

The City of St. George Parks Division is responsible for maintaining the facility and will work with local bike groups and public volunteers to keep the park in great shape. There is a plan to create formally organized work groups to help teach best practice bike park maintenance techniques during these volunteer opportunities.

Funding for the project came from the City of St. George Park Impact Fund, RAP Tax and Washington County contributions. The first phase of the bike park development was approximately $1.7 million to complete. Because of the popularity of the park, the City and County are considering additional funds to develop the NICA loop and some of the other park amenities. For more information on volunteer opportunities and for upcoming park and trail project updates, please refer to the City’s website sgcity.org.

For park pavilion reservation information or other inquiries, contact the Parks Division at (435) 627-4530 or drop into the offices at 390 North 3050 East, St. George, Utah.
Why Are Youth Sports Injuries Sky-Rocketing?

By: Della Lowe

I think most of us can agree that what is fun, we stick with and what is not, we don’t. However, society seems to have put such a premium on winning that parents and coaches appear to be serving their own agenda and not their child’s. That pressure, often combined with a child’s love of a particular sport appears to have resulted in a rise of both burnout and injury in young players.

Emerson Watanabe, Manager of Recreation Services in Saint George Utah, notes, “What is the first question you ask your child when they come home from a game. It is probably - did you win? Not a bad question but perhaps the wrong message. If your child believes that winning is the only reason to play, you could be taking the fun out of sports for your kids.” Watanabe adds that the first questions should be, did you have fun? Did you try your best?

In an article posted on changingthegameproject.com, the author cites the film, “The Race to Nowhere’ and a Washington Post article which point out that, “an adult driven, hyper-competitive race to the top in both academics and athletics that serves the needs of the adults, but rarely the kids.” Indeed research he cites indicates that, “while the race has few winners, the course is clearly not as good,” said Dr. David Altchek, an orthopedic surgeon at the Hospital for Special Surgery. According to Consumer Reports: "Sports injuries in children are on the rise – at The Children’s Hospital in Denver, doctors have seen its patient numbers for children with sports injuries double each year since 2007."

The CDC states that more than half of the 7 million sports and recreation-related injuries that occur in the U.S. each year are sustained by youth between ages 5 and 24 and gives some common sense advice about protecting your child from becoming part of these statistics:

- Gear up. When children are active in sports and recreation, make sure they use the right protective gear for their activity, such as helmets, wrist guards, knee or elbow pads.
- Use the right stuff. Be sure that sports protective equipment is in good condition and worn correctly all the time—for example, avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.
- Practice makes perfect. Have children learn and practice skills they need in their activity. For example, knowing how to tackle safely is important in preventing injuries in football and soccer. Have children practice proper form—this can prevent injuries during baseball, softball, and many other activities. Also, be sure to safely and slowly increase activities to improve physical fitness; being in good condition can protect kids from injury.
- Pay attention to temperature. Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.
- Be a good model. Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.

Source: CDC

That sentiment seems to be echoed by many in the medical community. An article titled “Armed and Delicate” written by well-known sports doctor, Jack Cavanaugh, quotes George Paletta, the former head doctor for the Cardinals who has performed more than 500 Tommy John surgeries. “This generation of pitchers is paying the price of sport specialization. Kids were much better off when they played multiple sports, rather than just focusing on baseball all year. The elbow is not designed for that kind of stress, and an incremental increase in velocity leads to an exponential increase in arm injuries.”

In the same article, the great Nolan Ryan comments, that many arm injuries stem from pitchers not having thrown enough when they were young. Ryan states, “Kids don’t organize pickup games on the own as we did, when we played baseball almost all the time. Most of us haven’t built up arm strength by the time they reach the big leagues.” Ron Darling, a pitcher with the 1986 championship Mets, agrees. “When I was a kid I was always...
throwing something. If it wasn’t a baseball, it was a football or even skimming rocks on the water. That helps build up other muscles.’

The article states that injuries requiring Tommy John surgeries for professional baseball players have increased exponentially. Well-known orthopedist, Dr. James Andrews, says, “I used to do between five and 10 surgeries in a year, I now do 50 to 100.”

Justin Redfearn, from the Quick Feet Track Club in St. George agrees. “In the last couple of years, I knew a few of my athletes were going to be towards the bottom of the national competitions based on their performance, but we did not focus on that. We never focus on the outcome – the results – we focus on the process, the form and how to do it. I think by focusing on the process, athletes automatically get better.”

In his article, “Hey Parents quit raising specialists and start raising omnivores,” Daniel Coyle notes that by the 1990s, “Every sport became a highly organized year-round enterprise: indoor soccer in winter, hockey in summer, baseball all year round. Suddenly kids had to choose before they turned 10 or so, or risk falling behind the pack.”

The author cites research that early specialization increases the chance of injuries, creates worse overall athletes, makes kids less likely to participate in sports as adults and creates a falsely high barrier to participation. “Most important, multi-sport kids develop a far more useful skill: how to learn. They learn how to adapt to different situations, make connections, and to take true ownership over the improvement process.”

As examples, the author points to research which finds interesting statistics about the disadvantages of early specialization and the benefits of multisport participation.

Statistics

- Children who specialize in a single sport account for 50% of overuse injuries in young athletes according to pediatric orthopedic specialists
- Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment
- Children who participate in multi-sport activities tend to develop better overall skills and ability, become smarter, more creative players and that 88% of college athletes surveyed participated in more than one sport as a child. "I think the bigger point is this: when it comes to athletic skills, we are natural omnivores. Our bodies and brains are built to grow through variety of activities, not just one."

Terry Reddeman, from the Quick Feet Track Club in St. George agrees. “In the last couple of years, I knew a few of my athletes were going to be towards the bottom of the national competitions based on their performance, but we did not focus on that. We never focus on the outcome – the results – we focus on the process, the form and how to do it. I think by focusing on the process, athletes automatically get better.”

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"Most kids don’t know at an early age what they will like and dislike or what they may excel at,” says Watasho. “Allow them the time and flexibility to find their way forward, support their interests, encourage them where you see promise, and help them to develop their skills without undue pressure.”
Sherry Meidell has worked as a professional artist for 45 years, starting her career as a graphic designer and artist, continuing as an illustrator for children’s books and magazines, and currently spending most of her time painting watercolors that have been shown and won awards in regional and national exhibits. She has taught watercolor classes for the previous eight years, and over the past decade has presented multiple workshops and classes on children’s book writing and illustrating, art principles, using a sketchbook to improve skill and confidence, and watercolor painting and technique.

Sherry has had a full and active life outside of her art career, participating fully in church and community activities, camping, hiking, running marathons, road and mountain biking, and being fully invested in being a wife and mother, raising a family of five boys, and being a grandmother of fifteen, and counting.

Excerpt for a two year sojourn in Georgia, Rebecca Hartvigsen has lived near Salt Lake City all of her life. She loves to paint flower gardens, still life and historical subjects. Her love for historical buildings reflects her connection to a pioneer heritage that began in 1847 when her great-great-grandfather entered the Salt Lake Valley as one of the first pioneers. Rebecca feels that it is important to value her heritage and allow it to positively affect her art.

Majoring in History as a freshman at Brigham Young University, it soon became apparent that Art was a greater love. Rebecca graduated with a B.A. in Art. She taught Art at Kaysville Junior High School, and traveled throughout Europe and the Mediterranean during her summer vacations. Great museums and works of art provided an education in itself.

In 1974, Rebecca married Dr. James L. Hartvigsen and ended her teaching career in order to raise a family. She continued her education through graduate classes at the University of Utah, and workshops around the country.

Rebecca first “one woman show” was in 1986. Her painting career has kept her very busy; her artwork can be found in collections from Alaska to Florida and as far away as Australia and Japan. Rebecca enjoys having her work accepted into shows, as well as the ribbons and awards that follow. She is happiest, however, when clients express their enjoyment and love for her paintings by taking them into their lives and hearts. Rebecca teaches workshops and classes when time permits. She loves the interaction with her students. Becky Hartvigsen and Sherry Meidell met at an oil painting class taught by Diane Turner. Becky, being the friendly person that she is, started talking to Sherry. Becky purchased one of Sherry’s illustrations from her picture book “When Pioneer Wagons Rumbled West” and they became friends. The children’s book writer Barbara Williams said it’s nice to have a writer friend if you are in the children’s book writing field. It is also nice to have a good artist friend if you are an artist. Hartvigsen and Meidell critique each others paintings, talk business, do plein air events and travel to far away places like Nauvoo, Illinois to do research for paintings and “Meet the Artists Events.”
Layered Voices is an exhibition of 23 art quilts created by members of Studio Art Quilt Associates (SAQA). Today, SAQA defines an art quilt as a creative visual work that is layered and stitched or that references this form of stitched layered structure. Layers are everywhere. They become apparent when we plumb the earth’s surface. They make archeological digs to discover the history of civilizations, explore human anatomy, dress for the weather, dig in freshly fallen snow, and count rings in the stump of a tree. Layers are abstract, too. We find them in language when we ponder the hidden meanings in novels, poems, conversations, and puns. And of course, layers are integral to the definition of an art quilt. Textile artists achieve layering many ways in their artwork. Multi-hued fabrics frequently begin the layering process. The materials the layers can be changed by selecting sheer, opaque, reflective, tinted or toned fabric. Enhancement of the layers can be achieved with paints, dyes, bleaching, distressing, embellishments, and stitching. These are the tools at the artist’s disposal to create layers of light, shade, depth, and color. Entrants were encouraged to interpret the use and concept of layering in their work. The layering of the media may be literal, inferred, or even digital. Realistic, representational, wearable art, and abstract work were considered for this exhibit.

Layers are inherent in the definition of a quilt two or more layers, held together by stitch. They can be literal, interpreted or abstract interpretations of layering in their artwork. The artworks ask us to contemplate the additive and subtractive experiences of time and memory as we observe the additive and subtractive techniques used to create each piece. They can, and should, be viewed with an eye to the layering of image, material, techniques and to the individual voice of each artist. We ask viewers to take the time to ask questions about the artists’ decisions, and to make connections between the works to further deepen the experience. There are no right or wrong answers to the questions posed, and keep in mind that individual pieces may connect to others in more than one way.

SAQA is a nonprofit organization whose mission is to promote the art quilt through education, exhibitions, publications, grants, forums, and publications. Founded in 1989 by an initial group of 50 artists, SAQA now has over 3,000 members worldwide artists, teachers, collectors, gallery owners, museum curators and corporate sponsors. Since its establishment, the organization has grown alongside the evolution of the quilt as an art form.

**Layered Voices is as Much About the Unique Voice Each Person Expresses as it is About Layers.**

How are these voices heard? The juror states, “Transformative processes brought about by natural forces, politics, social interactions, emotional states, and spiritual convictions were recurring themes in many artist statements. It became apparent that an exploration of the nature of time—particularly as it relates to the environment, memory and change—was a unifying theme in the 23 pieces I chose for this exhibition.” In viewing the artwork, ask, how does the layering of images, meaning, and form work together to convey a message. Linda Colin’s Defiant invites conversation about aging, about strength and stubbornness, independence versus feebleness. Penny Mateer and Martha Wask’s TH1S Revolution Will Not Be Televised #13 Protest Series uses a traditional quilt format as the foundation for imagery highlighting the institutionalized racism still prevalent in the United States today. Kristin La Flamme’s Death Shroud For Democracy references ancient textiles to speak to current political woes. All the pieces in the exhibit, and these three in particular, confront our assumptions of quilts as objects for warmth and comfort, and use that dissonance to invite deeper consideration. Dinah Sargeant states, “I paint fabric, then search for narratives within the colors and shapes. Between what I see and what I intuit, a story unfolds.” What story does her piece Proclamation suggest to you? Compare Sargeant’s painted piece to Roxanne Laskey’s layered and stitched coat. Migration Souvenir, which also seems to voice a narrative. Which voices in this exhibit speak loudly, and which convey a quiet message. When might one or the other be most effective? An artist’s voice can be heard through the materials they choose to work with, their unique aesthetic, or what subject matter they explore. What might your voice be?

The Nobel laureate poet, Seamus Heaney wrote to Robert Perkins after reading his book Talking to Angels: "I've never grown up. I'm one of Peter Pan's Lost Boys. That is a double-edged sword because you certainly get older. Things happen in life and that is the pleasure and the challenge of it. The question is whether you can maintain your curiosity, use your imagination, be flexible, kind and compassionate."

**Bio:**

Robert Perkins is known for his storytelling through books, film, and the spoken word. Born in Boston and classically educated at Milton Academy and Harvard University (AB 1974), he received an MFA from Bennington College in 2004. Since then, he has lived in Cave Valley, above Virgin, Utah, where he hosts a unique Airbnb called Lazalu (www.lazalu.com). Perkins follows the tenets of Social Practice, a movement where the edges of what is considered art remain constantly in flux. His combination of images, whether in film or on canvas, his storytelling, and his commitment to community building find expression through his ability to create unexpected beauty in, with, and from unlikely places and people.

He has exhibited widely, most recently in London, England in 2017 where he had two exhibitions of his collaborations with poets called the Written Image, a catalogue of which is on display in the museum store. He has worked for PBS and Channel 4 in England for 25 years as a documentary filmmaker. His personal and quirky films have been widely shown, causing one critic to call him "The Lou Reed of documentary filmmaking."
CITY ACTIVITIES, SPECIAL EVENTS, RECREATION PROGRAMS & CLASSES

ON-GOING MONTHLY EVENTS

US Masters SUAS Swim Program
Date: Tuesday, Wednesdays, and Thursdays
Ages: 3 and older
Time: 9:00-10:30 am
Fee: $35 General Admission
Details: Registration for coaching plus admission fee.
Location: Sand Hollow Aquatic Center
Registration: Contact Cindy Gilmore 408-294-5545
Description: Runs like an adult swim team with on-deck coaching. All swimming abilities welcomed! Class used for fitness, training and fun.

Karate Class
Days: Mondays & Wednesdays
Time: 6:00-7:45 pm
Fee: $30/month
Description: Taught bySensei John Petley, 5th degree black belt.
Location: St. George Recreation Center
Register: SGcity.org/karate or at the Rec Center

Tumbling - Level 1a & 2b
Days: Mondays, Tuesdays, or Thursdays
Time: 9:00-10:00 am (Level 1a)
Fee: $32/month
Description: This class will give you the tools you need to strengthen your balance and endurance. Students will learn basic techniques from the island of Tahiti, as well as improving their timing and coordination.
Location: Tonaquint Tennis Center
Register: SGcity.org/tumbling or at the Rec Center

Tumbling - Level 2
Days: Tuesdays or Thursdays
Time: 9:00-10:00 am
Fee: $32
Description: This class teaches basic classical ballet techniques and builds on skills learned for Pre-Ballet. Older beginner students and students with previous experience will be in this mixed class.
Location: St. George Recreation Center
Register: SGcity.org/tumbling or at the Rec Center

Private Tumbling Lessons
Days: Fridays or Saturdays
Time: 9:00-10:00 am
Fee: $32/month (Level 1a)
Description: This class will work on clean techniques and correct form as strength building and is for those who have little or no experience. Returning adults with previous experience and family are also welcome. Tumbling is a great way to get in shape while building lean muscle and toning.
Location: St. George Recreation Center
Register: SGcity.org/ballet or at the Rec Center

Ballet - Adult Beginner
Days: Thursdays & Fridays
Time: 7:00-8:00 pm (Thursdays)
Fee: $32/month (Beginner)
Location: St. George Recreation Center
Register: SGcity.org/ballet or at the Rec Center
Description: This class is for adults who qualify for free or reduced price lunch as outlined by the Washington School District. These spots are limited.
Age: 18-77
Location: TBD
Register: SGcity.org/ballet or at the Rec Center
Description: Our youth bouldering program will introduce all the climbing techniques of bouldering. We accept all levels of climbers.

Group Hikes - Seniors & Families
Date: Fridays (Seniors) or Saturdays (Families)
Time: 7:00-10:30 am
Fee: Adults $20 Youth $10
Location: TBD
Register: SGcity.org/ballet or at the Rec Center
Description: Our guided tours will take you on a unique trail that will showcase the flora and fauna in the Southen Utah has to offer. We welcome families, friends, or mixed groups.

Tennis Liveball
Days: Tuesdays & Wednesdays
Time: 9:00-10:00 am
Fee: $35/month
Location: St. George Tennis Center
Register: Drop in / Pay on site
Description: Drop in / Pay on site

Ballet - Tiny Tots
Days: Mondays or Wednesdays
Time: 4:00-5:30 pm (Friday)
Fee: $25/month
Description: This class emphasizes creative movement while incorporating classical ballet technique. Students will learn to master the music while having fun with basic, age appropriate techniques.
Location: St. George Recreation Center
Register: SGcity.org/tumbling or at the Rec Center

Ballet - Pre-Ballet
Days: Wednesdays or Thursdays
Time: 4:30-5:30 pm (Wednesday)
Fee: $25/month
Description: This class will work on personal projects and learn coordination and awareness, coordination, flexibility and strength training for your child. *Must speak to coaches to schedule times.
Location: St. George Recreation Center
Register: SGcity.org/tumbling or at the Rec Center

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Days: Tuesdays & Wednesdays
Time: 9:00-10:00 am
Fee: $35/month
Location: St. George Tennis Center
Register: Drop in / Pay on site
Description: Drop in / Pay on site

Ballet - Tiny Tots
Days: Mondays or Wednesdays
Time: 4:00-5:30 pm (Friday)
Fee: $25/month
Description: This class emphasizes creative movement while incorporating classical ballet technique. Students will learn to master the music while having fun with basic, age appropriate techniques.
Location: St. George Recreation Center
Register: SGcity.org/tumbling or at the Rec Center

Ballet - Pre-Ballet
Days: Wednesdays or Thursdays
Time: 4:30-5:30 pm (Wednesday)
Fee: $25/month
Description: This class will work on personal projects and learn coordination and awareness, coordination, flexibility and strength training for your child. *Must speak to coaches to schedule times.
Location: St. George Recreation Center
Register: SGcity.org/tumbling or at the Rec Center

Ballet - Adult Beginner
Days: Thursdays & Fridays
Time: 7:00-8:00 pm (Thursdays)
Fee: $32/month (Beginner)
Location: St. George Recreation Center
Register: SGcity.org/tumbling or at the Rec Center
Description: This class will work on clean techniques and correct form as strength building and is for those who have little or no experience. Returning adults with previous experience and family are also welcome. Tumbling is a great way to get in shape while building lean muscle and toning.
Location: St. George Recreation Center
Register: SGcity.org/ballet or at the Rec Center
Description: Our youth bouldering program will introduce all the climbing techniques of bouldering. We accept all levels of climbers.
Desert Spring Championships 10U/12U/16U Tournament
Date: February 9
Time: Start time on Friday will depend on the # of teams registered.
Fee: $450/team
Description: Get certified as a Water Safety Instructor and be certified to teach group and private swim lessons.

Sweetheart Swing
Date: February 14
Time: 7:00-10:00 pm
Fee: $55/team
Description: A great way to spend Valentine’s Day with your sweetheart. Dancing to live music by the Rebel Jazz Band, a floorshow, and refreshments all evening.

Bikestock Family Fun Bike Ride and Move It! Kids Criterium
Date: February 2
Time: 8:30 am (Family Bike Ride); 10:00 am (Kids Criterium)
Fee: FREE; Family get one FREE Kids Criterium (pre-registration) Sales end at 5/18
Location: Red Cliffs Mall
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is January 20th.
Description: This will be a four game guarantee tournament.

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Fee: FREE; Family get one FREE Kids Criterium (pre-registration)
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American Red Cross Lifeguard Certification Class
Date: February 1
Time: Monday-Friday for 1 week from 5:30-9:30 pm
Fee: $155
Age: 16 years or older
Location: Sand Hollow Aquatic Center
Description: This is a blended learning course combining book with online assignments and in class time with a Certified Instructor. Completion of this course will result in a certification as an American Red Cross Lifeguard.

Cassie's 47th Birthday Celebration
Date: February 2
Time: 6:30-9:30 pm
Fee: $25/person
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is January 15th.
Description: There will be two pool play games followed by a single elimination tournament.

Sand Hollow Aquatic Center’s WINTER LEAGUE Swim Program
Date: February 28-29
Time: Thursday-Monday for 2 weeks at 5:15 pm and 6:30 pm
Fee: $250/team
Description: Get certified as a Water Safety Instructor and be certified to teach group and private swim lessons.

Youth Soccer League
Date: February 28th
Time: 3:00 pm and 7:00 pm
Fee: $55/participant
Location: Little Valley Aquatic Complex
Description: You get a handmade Champions’ Award. Plus there will be drawings, a silent auction and live music!

MARCH/APRIL 2019 EVENTS
Annual Soup N’ Bowl fundraiser
Date: Friday, March 1
Time: 11:00-1:00 pm
Fee: $25
Location: St. George City Art Museum
Description: You get a handmade Champions’ Award. Plus there will be drawings, a silent auction and live music!

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$45 (2-person team); $75 (Ultra Solo); $90 (Kids Team - up to 10 youth)
Location: Gunlock Reservoir
Description: A 5-mile team relay from Gunlock Reservoir to Sand Hollow Reservoir with each team runner completing a minimum of 2 legs (roughly 5 miles each). Kids teams can have up to 10 kids and only have to run one leg each. The course will take athletes through the dramatic landscapes of southern Utah, running along city trail systems and back roads.

Swim Lesson Assessment
Date: March 2
Time: 11:00 am
Fee: FREE
Age: 3-17 years old
Location: Sand Hollow Aquatic Center
Description: Come find out what Swim Level to sign your child up for by having them participate in this free swim assessment. All swimming participants will get to stay and swim at the facility for free during open swim that day. To register please call 435-927-4585

American Red Cross Lifeguard Certification Class
Date: March 4-8
Time: Monday-Friday for 1 week from 9:30-5:00 pm
Fee: $150
Age: 15 years or older
Location: Sand Hollow Aquatic Center
Description: This blended learning course has a combination of online assignments and in-class time with a Certified Instructor. Completion of this course will result in certification as an American Red Cross Lifeguard.

Adult Spring Futsal League
Date: March 10th
Time: 6:30-9:30 pm
Fee: $200/team
Location: TBA
Description: Registration Online at www.sgcg.org or in person at the City Commons or Rec Center. Deadline is TBA

Shamrock Your Socks Off 10K
Date: March 16
Time: 9:00 am
Fee: $20
Location: Ivins City Park, 500 N Main Street
Description: Wear your green and join us for a pre St. Patrick’s Day celebration. This scenic 10K will take runners through Snow Canyon State Park before finishing at Ivins City Park. Runners MUST ride the buses provided to the start line.

Community Education
Community Education Offers a Variety of Unique Classes.
Community Education is a program designed to provide the community with educational services and learning opportunities by offering unique and exciting non-credit classes. Classes are designed for all ages and emphasis is given to special populations with particular needs. Classes cover a broad spectrum ranging from a wide variety of Art classes, such as Oil Painting and Scrapbooking, to Dance classes, such as Jazz, Ballet, and Ballroom to Computer Classes such as Basic Microsoft Word and Excel. Interested in learning how to play the Guitar or the Piano, or how to start your own Home Based Medical Transcription Business? Ever wanted to learn a foreign language such as Spanish, French, or Chinese? or trying to find that perfect way to get thin and stay thin? Community Education offers all of these classes and more to the community in an effort to provide Southern Utah with recreational, cultural, and academic services.

For more information please call 652-7675 or go online to: http://coe.sgcg.org
St. George City Golf

LOYALTY REWARDS PROGRAM

Annual Membership Fee:

$30 Single
$50 Couples

*Valid for 1 year from date of purchase.

Loyalty Program:

• Reduced green fees at all St. George City Golf Courses. Discount varies from weekday to weekend and also time of year.

• 5% discount on all merchandise in St. George City golf shops.

Rewards Program:

Receive a free round of golf for every 20 rounds played.

*Replaces City Cache Card