WELCOME TO ST. GEORGE, IRONMAN 70.3 COMPETITORS!
Look at the red rocks of Snow Canyon State Park. Then glance to the north, where the majestic Pine Valley mountains rest. Take a short climb onto the sugarloaf at Pioneer Park, and gaze out over the thriving city below.

We are surrounded by natural beauty.

I am blessed to call St. George, Utah, home and delighted when others from around the country—and often, around the world—take precious time from their lives to visit. Southern Utah is a special place, not only because of the eye-popping grandeur that seems to be everywhere but also because of the people who live here and their friendly nature.

For those of you in town for the Intermountain Healthcare IRONMAN 70.3 World Championship St. George, set for Sept. 17 and 18, I’d like to open my arms and welcome you to St. George. Thank you for adding excitement and contributing to the economic vitality of our city.

IRONMAN and St. George are perfect for each other. We pride ourselves in being an active community, we enjoy approximately 300 days of sunshine each year, and we are known throughout the region for our enthusiastic volunteers. But I think it is more than that. IRONMAN competitors are known for their hard work, sacrifice, and determination—traits that characterized the early pioneers who settled St. George in 1862. The result of their toil in the harsh desert is a sense of accomplishment that runs deep.

We have been fortunate to host IRONMAN races since 2010. We are especially thrilled to have it back in our town after the pandemic-riddled 2020. It has been a trying time, but I am proud of the way our town has responded in the face of adversity.

We wish all IRONMAN 70.3 competitors luck and hope you enjoy your visit. To our residents, let’s renew that welcoming spirit and bask in the wonderful days to come.

Michele Randall
City of St. George Mayor
Triple-digit heat during the summer months is expected to create a high demand for power use in St. George. To address this concern, the City of St. George’s Energy Services Department and Dixie Power have joined forces to develop the ‘Use Less, Save More’ campaign to help educate residents on efficient power usage during extreme weather conditions.

“It is important to know the days when extra energy efficiency can help reduce the possibility of power service interruptions as the wildfire season approaches,” Laurie Mangum, Energy Services Director, City of St. George. “We pride ourselves in providing safe, affordable and reliable energy and want to ensure it continues to be the case this summer.”

The Use Less, Save More program will alert residential customers for the need to conserve, particularly during the peak time of day — 3 p.m. to 7 p.m. — utilizing a three-color system: green, orange and red. The alerts can be found online at www.sgcity.org and on the Facebook pages of the City of St. George Energy Services Department and Dixie Power, beginning June 1 through end of the summer.

Online
sgcity.org/dixiepower.com

Social
facebook.com/SGESD
facebook.com/DixiePowerElectric

GREEN
• Adjust thermostat two degrees higher than you are comfortable
• Leave air vents open
• Close the drapes to reduce the amount of heat transfer into your home
• Turn off unused electrical equipment when you leave the room, such as TVs & lights

ORANGE
• Avoid using the oven, try barbecuing instead
• Avoid using the dishwasher and laundry machines during the peak hours mentioned
• Avoid opening and closing doors to the outside
• Do not use ovens. This is not a day to bake
• Set thermostat at 80 degrees or higher
• Make sure the pool pump is off
• If you have an electric vehicle, make sure it is not recharging
• If power is interrupted, avoid opening the refrigerator, most refrigerators will keep food cool for up to four hours if the door is not opened

RED
• By conserving energy, residents can save money on power bills and help reduce demand on the power system — especially during the peak hours of 3 p.m. and 7 p.m. That lessens the possibility of a rolling blackout, which is what we want to avoid,” said Colin Jack, Chief Operating Officer for Dixie Power. “Let’s all work together and sacrifice just a little bit to help us stay cool during the summer months.”

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Community members, elected officials from the City of St. George, the Major Brent Taylor Foundation and the 501 c3 non-profit Woody Williams Foundation are joining forces to bring a Gold Star Families Memorial Monument (GSFMM) to the heart of downtown St. George.

A fundraising committee has been formed to seek private funds for the purpose of creating a monument — honoring those who lost their lives due to their military service for the United States — in Historic Town Square. Those interested in donating can do so online at sgcity.org/goldstar.

“This will establish a dedicated location to honor Gold Star Families and the legacy of their loved ones who paid the ultimate sacrifice,” said St. George Mayor Michele Randall. "Downtown St. George is the perfect location for this monument. I believe that our patriotic community will rise to the occasion and contribute generously to this fundraising effort."

The GSFMM program is a national effort designed to provide a place of permanence for Gold Star Families and members of the public to gather in recognition of the sacrifices which have been made for our freedom — and to ensure that we never forget. This program is active in all 50 states and one U.S. territory with 79 monuments installed and an additional 80 monuments in progress.

The Major Brent Taylor Foundation, named after the former Mayor of North Ogden, was established in 2019 following the combat death of Maj. Taylor, Nov. 3, 2018, in Kabul, Afghanistan. The Taylor Foundation raised money to erect a Gold Star Families Memorial Monument in North Ogden in 2020.

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“The impact of this monument will be tremendous,” said City Councilman Bryan Smethurst, a veteran of the Utah National Guard. "It helps to raise public awareness and most importantly support Gold Star families who have lost precious loved ones."

Those who wish to donate to the memorial can do so with a credit card online or by mail with a check. Instructions on how to donate, including the mailing address for checks, can be found at www.sgcity.org/goldstar.

“We must never forget the sacrifices these brave men and women made,” Randall added. “I know that our residents and business owners, who have long been known for their barn-raising mentality, will work together to make this happen.”

To make a donation to the Gold Star Memorial Monument please scan the QR code
Near Taejon-Ni, Corporal Hershey Miyamura killed more than 50 enemy troops with machine gun fire, rifle rounds and his bayonet in an Alamo-like effort to hold the American position. He was taken prisoner by the Chinese and held captive for 28 months.

Army Captain Lewis Millett noticed one of his platoons was pinned down at Hill 180 near Soam-Ni. This prompted him to give a grim order: “Fix Bayonets.” His men charged headlong, forcing the enemy to withdraw. It was called the ‘most complete bayonet charge’ by American troops since the Civil War battle of Cold Harbor.

Then there were the boys of the 213th Field Artillery Battalion, composed of teenagers and young men from Southern Utah communities such as St. George, Cedar City, Beaver and Richfield. In a narrow canyon with 4,000 on-rushing Chinese troops in the dark of night, this 240-man battalion not only defeated the enemy but did so without a casualty. It became known as the Miracle at Kap Yong.

In July of 1953, the shooting ceased, and the troops returned home. There were precious few parades or elaborate homecomings. Simply, it was back to business.

Civilians were weary of warfare and showed little interest in trying to understand what their sons, grandsons, neighbors or friends endured. And for their part, the military veterans were eager to re-start their lives and move on. Yet as these combat veterans sought a return to normal, it wasn’t always that easy. The mind and soul do not heal as predictably as the body.

Was it all worth it? There were 33,686 American combat deaths during the Korean War and more than 103,000 wounded. That’s what was lost.

What was gained?
It’s difficult to say with any clarity. Although Korea was not unified — and still isn’t today — take a look at South Korea now. It is a thriving country, known for its emphasis on education, emerging technology, a well-developed transit system and a high quality of life.

The grateful South Koreans have never forgotten. Neither should we.

Time has crept up on us. While we have commemorated 60, 70 and 75 years since World War II, and 50 years since the major battles of the Vietnam War, significant anniversaries of the Korean War seem to pass us by with little attention.

It’s time to change that.

As Chairman of the Veterans Coalition of Southern Utah, I was fortunate to speak at the event. Those brave men helped played a role in keeping us all safe during a tenuous junction of our world’s history. It would be a shame if their sacrifices went unrecognized.

Termed a “police action,” the Korean War began in June 1950, when Communist North Korea crossed the 38th parallel and attacked South Korea. The United Nations responded by sending forces, including a healthy contingent from the USA, who fought valiantly to stem the tide and reverse South Korean losses.

From 1950 to 1953, 5.7 million American men and women served in the armed forces. Those who saw combat experienced a bitter and hellish fight — often in harsh terrain that negated the advantages in technology owned by the United States. One colonel was quoted as saying, “on the other side of every mountain ... was another mountain.”

In many cases it came down to the grit, resilience and determination of the many soldiers, sailors, marines and pilots to win the day. At stake: containing the spread of communism.

The examples of courage are astounding.

At the Chosin Reservoir, a site of carnage, confusion and subzero temperatures, Naval pilot Thomas Hudner intentionally crash-landed his F4U Corsair to try to save a fellow pilot. This he chose to do with 120,000 Chinese ready to pounce.
In 2000, I delivered a healthy, beautiful baby girl. To my surprise, she was born with Down Syndrome. Although we loved her immediately, I would spend many sleepless nights trying to teach myself everything there was to know about raising a child with special needs.

Finally, in an act of desperation, and in an effort to shock me into reality, my calm, mild-mannered husband grabbed the latest book from my hands and hurled it across the room.

“All we need to know is that we love her,” he said. “And we do, so the rest will be fine.”

It was a healing moment for me. Most importantly, it was a shift in life, changed for the better, given to us by our daughter Amber.

Amber has taught us so much. She’s capable of everything, and the work she puts into all that she attempts is inspiring. She cares more for others than for herself. She loves freely and without judgement.

In 2016, we won a contest for a venue to host Amber’s 16th birthday. To celebrate her, we decided to invite all the communities of people with whom she had interacted over the years. Truth was, she had made it through many health obstacles, including open heart surgery and leukemia, giving her a large, loving network. It was extremely emotional seeing her make it to her Sweet 16.

Our family had eagerly watched our city’s plans for an All Abilities Park, and we wanted to do something to contribute. Amber loves to give, so after talking with her, in lieu of gifts we decided to invite her friends to donate to the park. We were thrilled when the community donated nearly $5,000 in Amber’s name.

When we donated the funds, I also gave the Leisure Services Director a book entitled “No Greatness Without Goodness,” by Randy Lewis. The book presented a model of hiring special needs people to run a park. Through multiple examples, Lewis stressed that when hiring those with special needs, several positive trends emerge. Employees’ work performance is the same as those who are non-disabled, while safety, retention and culture show significant improvements. Soon afterward, Amber was hired as one of the first employees to work at Thunder Junction. It is a source of immense pride and happiness for our entire family.

We learned three things from this experience:
1. People are profoundly generous & loving
2. Amber’s love is an example of the heart of the park
3. The City builds facilities that truly belong to its residents

I hope the next time you visit Thunder Junction, you’ll take the time to say hi to my daughter Amber. And don’t forget to let Justin, Scottie, Shawn, Todd, Rea and all the great employees who run the train know that you appreciate them, every time you go for a ride.
St. George receives Healthy Utah Community Award

The City of St. George’s commitment to healthy living for all, especially its senior community, has won high recognition from Get Healthy Utah, an organization fostering a culture of health in municipalities across the state. The Healthy Utah Community Award was presented to the City at Tuacahn Center for the Arts on April 22, Earth Day, as part of the annual Utah League of Cities and Towns Midyear Conference in St. George.

The City was selected for the award for its participation in a collaborative triad incorporating the City of St. George, Dixie State University and Intermountain Healthcare. Together they formed the Live Long. Live Well (Live!) initiative to instill and encourage a healthy lifestyle for the City’s growing 50 and older population. The initiative is an extension of DSU’s Institute for Continued Learning (ICL) that offers more than 80 classes to the growing 50+ segment who are advocates of lifelong learning and challenging themselves.

“For years the City, with its partners, has supported optimal health-oriented projects such as our beautiful, well-kept trail system, our many inviting parks, healthy eating and community gardens,” said Shane McAffee, the former Director of Leisure Services for the City of St. George. “When our community is physically resilient, they are engaged in living the best life they can. We are honored that Get Healthy Utah recognizes our ongoing efforts to inspire social engagement, an active lifestyle and mental agility among our seniors.”

Canyons Complex Pioneer Athletics’ Fields

The Canyons Complex was selected as a winner of the Fields of Excellence Award, given by Pioneer Athletics. The world-class facility, noted as one of the top locations in the West for large-scale softball tournaments, was selected from a large pool of applicants.

“The Canyons Complex has hosted many great tournaments over the years, including the NJCAA Division I Women’s Softball Championship from 2009 to 2019. We have also hosted the World Senior Softball Championships, Huntsman World Senior Games, NJCAA Division I and Division II Women’s Softball Tournaments and many other tournaments large and small,” said Recreation Manager Emerson Watanabe. “Tournament directors, coaches, players and spectators recognize the quality of the fields and love to return year after year. Our field maintenance crew is committed to excellence and it shows in the care they take in grooming and maintaining the Canyons Softball Complex and all of our sports fields here in St. George.”

It is not an easy task, given the extreme summer heat. There are approximately 100 days each year with a high of 100 degrees or more, requiring multiple grass types for different seasons of the year. A substantial temperature swing from the hottest to the coldest day of the year – some years it can be 100 degrees — can create significant challenges.

“I think our full-time staff really deserve to be recognized for this achievement; Derek Conner, Kurt Hutchings, Marien Pinkelman and Garrett Rowley. They do such a great job keeping our sports fields looking great,” said Todd Steed, parks assistant manager over sports fields.

Recognized in of Excellence Award

Volunteers sought for IRONMAN 70.3 World Championship, Sept. 17-18

The IRONMAN world and the communities of Washington County are making final preparations to host most prestigious sporting event in the area’s history: The Intermountain Healthcare IRONMAN® 70.3® World Championship St. George Utah, to be held September 17-18.

The event will be the largest, most globally recognized event to ever happen in Washington County, anticipated to generate $25 million in economic impact. For the area, it will be similar in magnitude to when Salt Lake City hosted the Olympics in 2002. Athletes from more than 100 countries, all 50 states, and thousands of visitors will be in Greater Zion for the week’s activities.

Acknowledging the success of IRONMAN® in generating over $500 million in direct economic impact to date, Washington County recently issued a proclamation encouraging residents to embrace or prevent and show off the enduring qualities of our land and people, our spirit of volunteerism.”

The proclamation underscores the need for volunteers to support the IRONMAN® 70.3® World Championship and hopes to generate awareness to bring together local community members and businesses to support volunteer efforts during race week. Volunteer at www.ironman.volunteerlocal.com/volunteer.

“The secret ingredient that makes this community shine so brightly is the spirit of service,” said Kevin Lewis, Director for the Greater Zion Convention & Tourism Office. “Our residents are filled with a passion to help others succeed. It rises from our heritage, it runs through our veins and it spills out across the incredible events we host. The IRONMAN® 70.3® World Championship gives us an opportunity to showcase these qualities on a global scale, and we are lucky to have community leaders who embrace the opportunity.”
IRONMAN 70.3 competitors prepare to compete in the swim portion of the North American Pro Championship on May 1.

Patrons enjoy the sunshine at the St. George Art Festival.

Members of the St. George Police Department interact with citizens at the Neighborhood Open House, May 13 at 2450 East Park.

City Councilwoman Dannielle Larkin speaks at the Blaze the Trail bike lane demonstration on March 24.

A sculpture of Harriet Tubman resides at Historic Town Square, part of the Art Around the Corner celebration.

IRONMAN 70.3 participants begin the run portion of the event downtown at the Tabernacle-Main Street roundabout.

City of St. George staff mingle with residents at the Neighborhood Open House, May 13 at 2450 East Park.

City staff and members of Shane McAfee’s family pose with McAfee, our former Leisure Services Director, following his retirement.
Bicyclists make their way from Sand Hollow Reservoir during the IRONMAN 70.3 North American Pro Championship on May 1.

Jackie Comeau, a longtime volunteer for local Boy Scouts and Cub Scouts organizations, was honored for her more than three decades of service.

The 911 Dispatch team celebrated its new work space with an open house March 29.

Veterans of the Vietnam War pose with City Councilman Bryan Smethurst following a proclamation that was made in their honor.
Kim Pollock relocated to St. George with his wife, Shelly, after spending more than a decade roaming the continent in their RV and Jeep. What they did next shouldn’t surprise fellow St. George residents: They bought new sets of wheels — the type powered by humans.

For Kim, who contracted polio as a young boy, it was a handcycle. Shelly got a bike. They sought to explore the natural beauty of St. George and its surrounding area. This, they accomplished along the City’s more than 50 miles of paved trails.

“The investment that the City has made and continues to make into the network of paved trails for the City is very impressive,” Pollock says. “I cannot thank Mayor Jon Pike and the City Council enough for having the commitment and foresight to invest in this wonderful addition to our City.”

One of the most popular trails is the Mayor’s Loop, a 5-mile round trip that starts at Confluence Park (2099 S Convention Center Drive). The trail can be ridden in either direction and accessed from the West and East connecting trails in addition to Confluence Park.

The Mayor’s Loop is the perfect ride for those new to St. George’s trail system, says St. George City Councilwoman Dannielle Larkin, who has long been an integral part of the area’s cycling scene.

“It’s a fairly flat, scenic loop that incorporates views of our entire valley and surrounding mountains along with the river and all of its biodiversity,” Larkin says. “The Mayor’s Loop is the hub, with the spokes of our amazing trails spanning out from it in every direction. I often recommend this ride to people who are visiting the area because it can be ridden alone or incorporated into longer rides.”

It’s also a hit with residents. Kim Pollock says he and his wife bike the Mayor’s Loop — “and beyond” — three to four times a week, starting from their home in SunRiver. “We always find something new to enjoy about the trail,” he says. His favorite aspects of the trail include:

- “It is convenient and mostly level. We can leave our house and be on a paved bike path in 5 minutes, do the Mayor’s Loop and be home in an hour and a half. If we want to go further, we have many options to extend our trip.”
- “The Virgin River is beautiful and during the Spring runoff, we always spend some extra time on the two bridges over the Virgin marveling at the volume of water that has made its way down from Zion and beyond.”
- “There are always a lot of smiling faces on the loop. We see many familiar ones and a lot of new ones every time we ride — biking, walking, running, walking dogs, riding scooters and families enjoying the river.”
- “We usually find time to stop in St. James Park and watch people fly their remote-control planes, gliders, drones and even the paragliders who take off and land there.”

Because of the trails, Pollock says, he now has a circle of friends who all enjoy biking in St. George. It’s one of the many enduring benefits of the city’s trail system and one of its crown jewels, the Mayor’s Loop.

“Our trail system is a vital part of our transportation plan,” Larkin says. “While it functions as an amazing recreation opportunity for many, it is also a great way to traverse our city without an automobile. Each new section increases connectivity, making the trail system a dependable transportation alternative. This is good news for those who cannot afford the expense of a car and for anyone who simply chooses a simpler, less polluting and healthier form of personal transportation.”
Drought Response Tips

Only water 2x per week for northern Utah and 3x per week for southern Utah.

Raise your mower deck 3-4” to shade grass roots

Prioritize Where You Water

Don’t water when it’s windy
Winds above 5 mph increase evaporation

Northern Utah: Don’t water between 10 am and 6 pm
Southern Utah: Don’t water between 10 am and 8 pm

Get a rebate
Smart irrigation controllers: up to $75
Toilets: up to $100
Utahwatersavers.com

Check with your local water provider to learn about conditions and possible restrictions in your area

Utah’s Extreme Drought Watering Guide
conservewater.utah.gov

Create a watertwise landscape specific to Utah’s unique climate
localscapes.com

Slowtheflow.org

Education & resources about water conservation and drought
slowtheflow.org

Contact Us:
1594 W North Temple
Salt Lake City, UT 84116
801-538-7230
Waterwise@utah.gov
Conservewater.utah.gov
Slowtheflow.org

Day & Time: Monday / Wednesday / Friday – 4:00-5:30 pm
Fee: Please visit spotytec.org for a detailed list of tennis packages ranging from once a week visit to 3 times a week visit plus private lessons.
Age: Jr. Development: 10-14 years (Beginner-Advance)
HSTA: 15-18 years (Beginner-Advance)
Location: Tonaquint Tennis Center
Description: Jr. Development is designed for beginner players and Intermediate Players, class will be split into groups according to skill level. High School Tennis Academy is designed for advanced players wanting to or already playing tournaments and high school tennis.

10 & Under Youth Tennis – Munchkins
Description: Class is designed around the USTA rules using low compressed tennis balls and junior size rackets allowing players to play this great sport like an adult. Our program is structured around the USTA national tennis program. Advance players must have completed at least 4 or 5 beginner or intermediate sessions or have tennis staff’s approval.

Day & Time: Monday / Wednesday / Friday – 4:00-5:30 pm
Fee: $50/player - 2 visits/wk; $25/player - 1 visit/wk
PLU$ 6 half hour private lessons
Age: 4-5 years
Location: Tonaquint Tennis Center
Description: Class will be played on a 60’ court using orange low compressed tennis ball and junior size rackets.

10 & Under Youth Tennis – Beginners / Intermediate
Day & Time: Tuesday / Wednesday / Thursday – 7:50-8:45 pm (Orange & Above)
Fee: $25/player - 1 visit/wk

10 & Under Youth Tennis – Advance
Day: Tuesday / Wednesday / Thursday (6-wk rotation)
Time: 5:30-6:00 pm
Fee: $90/player - 2 visits/wk;
$45/player - 1 visit/wk;
PLUS 6 half hour private lessons
Age: 6-10 years
Location: Tonaquint Tennis Center
Description: Class will be played on a 60’ court using orange low compressed tennis ball and junior size rackets allowing players to play this great sport like an adult. Our program is structured around the USTA national tennis program. Advance players must have completed at least 4 or 5 beginner or intermediate sessions or have tennis staff’s approval.

The Smashers-Youth Pickleball Clinic
Day: Tuesdays / Wednesdays / Thursdays (6-wk rotation)
Time: 4:30-5:30 pm
Fee: $40/player - 1 visit/wk;
$20/player - 2 visits/wk;
PLUS 6 half hour private lessons
Age: 7-14 years
Location: Little Valley Pickleball Facility
Description: Class will teach players how to play pickleball or work on existing pickleball strokes. Class will consist of drills, games, team games and match play. Class will be split into groups according to skill level. No clinics will be held over Spring Break week in March.

The Smashers-Youth Pickleball Clinic
Day: Tuesdays / Wednesdays / Thursdays (6-wk rotation)
Time: 4:30-5:30 pm
Fee: $60/player - 1 visit/wk;
$30/player - 2 visits/wk;
PLUS 6 half hour private lessons
Age: 10-18 years
Location: Little Valley Pickleball Facility
Description: Class will be played on a 40’ court using orange low compressed tennis balls and junior size rackets allowing players to play this great sport like an adult. Our program is structured around the national program USTA. Beginner & players, class will be split into two groups according to skill level.

10 & Under Youth Tennis – Jr. Development
Day: Tuesday / Wednesday / Thursday (6-wk rotation)
Time: 5:30-6:00 pm
Fee: $75/player - 1 visit/wk;
$37.50/player - 2 visits/wk;
PLUS 6 half hour private lessons
Age: 6-9 years
Location: Tonaquint Tennis Center
Description: Class will play on a 60’ court using orange low compressed tennis ball and junior size rackets allowing players to play this great sport like an adult. Our program is structured around the USTA national tennis program. Jr. Development will be split into two groups according to skill level.

10 & Under Youth Tennis – Jr. Development & High School Tennis Academy (HSTA)
Day: Monday, Tuesdays & Wednesdays (6-wk rotation)

10 & Under Youth Tennis – Jr. Development & HSTA
Day: Monday, Tuesdays & Wednesdays (6-wk rotation)

10 & Under Youth Tennis – Jr. Development & HSTA
Day: Monday, Tuesdays & Wednesdays (6-wk rotation)

10 & Under Youth Tennis – Jr. Development & HSTA
Day: Monday, Tuesdays & Wednesdays (6-wk rotation)

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10 & Under Youth Tennis – Jr. Development & HSTA
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Pick a side, make that move. This will be your summer.
CITY ACTIVITIES, SPECIAL EVENTS, RECREATION PROGRAMS & CLASSES

how steam engines work? Come out for engineer for a locomotive? Ever wonder This program is designed to 6-9 years Time: 9:00-10:30 am Location: St. George Recreation Center Description: Participants will be taught the basics of flag football and learn the rules of the game. CPR and First Aid Certification Class Time: 7:00 am-Noon Location: 47 E. 200 N. Description: CPR and First Aid Certification Class is designed and includes CPR for adults, and child CPR. All materials are included in the class fee. Space is limited, sign up early!

Boredom Buster Day Camp Time: 10:00-3:00 pm Fee: $55 Location: St. George Recreation Center Age: 5-8 years Description: Join the book-club for FREE and enjoy conversations discussing the month’s featured book- Luncheon of the Batting Party by Susan Vreeland.

Teen Expression Painting Workshop Time: 1:00-2:30 pm Fee: $35/youth Location: St. George Art Museum, 285 S. 400 E. Description: Teens will express themselves through various art forms, such as painting. No experience is necessary. All supplies are included.

Adult Co-Ed Heat Stroker Slow Pitch Tournament Time: 1:00 pm-3:45 pm Fee: $45/team Location: Desert Softball Complex Description: This program will introduce youth to the basics of pitching. Every team participant will make a complete circle around the field. Each player will practice batting, base running, catching, fielding and pitching.

Date: Session 2: Thursday, August 3 Time: 10:00-11:45 pm Location: St. George Art Museum, 285 S. 400 E. Description: This class is designed for beginner and intermediate pottery student. Beginner students will learn how to center and will make a mug, bowl, plate, and vase. Intermediate students will work on personal projects and learn advanced techniques such as lids, containers, sections, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and frings. On going student rates are available, please contact the instructor.

Midnight Madness Tennis Tournament Series- August Tourney Time: 7:00 pm Fee: $25/child Location: Tonaquint Tennis Center, 186 S, Dixie Dr. Description: Players can participate in one or all 3 Friday night summer tennis tournaments! Each tournament begins with a single elimination tournament and all divisions will be placed into groups on the basis of participants. Winners will then play to determine seeding and then players/ teams will be placed into a single elimination bracket within his/her division.

August - Programs/Events

Adult & Kids Pottery Wheel- Monday Night Date: August 24 (4-wks) Fee: $70/child Location: St. George Recreation Center, 285 S, 400 E. Description: This is class is designed for the beginner and intermediate pottery student. Beginner students will learn how to center and will make a mug, bowl, plate, and vase. Intermediate students will work on personal projects and learn more advanced techniques such as lids, containers, sections, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and frings. On-going student rates are available, please contact the instructor.

Sensory Saturdays at Thunder Junction Time: August 14 Fee: $5/day Location: Thunder Junction All Abilities Park- Tonaquint Park Description: Enjoy a fun morning working on the opportunity to engage in social interactions and improve the processing, modulation and regulation of sensory input to optimize their understanding of and participation in naturalistic environments. Each child will have a chance to work hands on with exploring many tactile opportunities and sensory tools. Parents are encouraged to come and explore with their child during this camp.

smartSAT Saturday- Art Class for Kids Fee: $27/child Location: St. George Art Museum, 47 E. 200 N. Description: smartSAT Saturday’s art class focus on collaborative murals and artwork by Jen Stark. Each smartSAT Saturday class includes an art lesson and a related project.

Teen Fun-damentals Flag Football Time: 12:00-2:00 pm Fee: $25/participant Location: Canyons Softball Complex Description: This is a six-week program in which the skills of flag football will be taught so the kids have a foundation upon which to build. Parent participation is required.

CPR and First Aid Certification Class Time: 7:30-8:00 pm Fee: $45/parent Location: St. George Recreation Center Description: Participants will be taught the basics of flag football and learn the rules of the game. CPR and First Aid Certification Class is designed for the beginner and intermediate pottery student. Beginner students will learn how to center and will make a mug, bowl, plate, and vase. Intermediate students will work on personal projects and learn advanced techniques such as lids, containers, sections, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and frings. On-going student rates are available, please contact the instructor.

St. George Art Museum Art Conversation August’s art conversation will focus on collaborative murals and artwork by Jen Stark. Each smartSAT Saturday class includes an art lesson and a related project.

smARTS SATURDAY- Art Class for Kids Date: August 14 Time: 10:00-11:00 am OR 11:30-12:30 pm Fee: $3/child, $5.00 for additional kids (immediate family only) Age: 6-12 years Location: St. George Art Museum, 47 E. 200 N. Description: smartSats’ August’s featured art will focus on collaborative murals and artwork by Jen Stark. Each smartSAT Saturday class includes an art lesson and a related project.

Youth FUN-damentals Flag Football Time: 12:00-2:00 pm Fee: $25/child Location: Canyons Softball Complex Description: This is a six-week program in which the skills of flag football will be taught so the kids have a foundation upon which to build. Parent participation is required.
to what happened to them. What did they look like? Why did they become extinct? Join this program is designed for kids of all abilities. Have you ever wanted to become a conductor or engineer for a locomotive? Ever wonder how steam engines work? Come out for a fun and interactive Saturday morning exploring and learning all about train tracks, and engineering! Transform into an engineer and conductor as you learn their roles on the train as well.

Fall Adult Outdoor Volleyball League
Date: August 26
Time: Thursday nights, after 5:30 pm
Fee: $50 per team
Location: Worthing Park
Description: 4 v 4 volleyball played on grass using modified USA outdoor volleyball rules. Fourteen games 0 week plus a single elimination tournament. Women’s and co-ed recreational leagues offered. Deadline to register is August 12. Go to sgcityrec.org/volleyball for more info.

Movie in the Park
Date: August 27
Time: Dusk
Fee: FREE
Location: Town Square, 50 S Main
Description: Town Square becomes an outdoor movie theatre for the whole community! Bring your blankets, lawn chairs and food to enjoy the evening and movie beginning at dusk. Featured film is Beautiful Day in the Neighborhood.

Dino Discovery Day
Date: August 28
Time: 9:00-10:00 am
Fee: $7
Age: 6-9 years
Location: Thunder Junction All Abilities Park, Toquinit Park
Description: This program is designed for kids of all abilities. Dinosaurs fascinate everyone! What did they look like? Ever wonder what the dinosaurs did? Join us for a fun and interactive Saturday morning while we solve a bone structure puzzle. Learn amazing facts about dinosaurs and do a dinosaur craft to take home and draw our own conclusion as to what happened to them.

SEPTEMBER - Programs/Events -
Last One Standing Ultra Marathon
Date: September 11
Time: 7:00 pm on Friday
Fee: $40
Location: Crosby Family Confluence Park
Description: Participants have 60 minutes to run 6 miles in order to move to the last stage of the race. All those that complete all 2 laps (10.2 miles) in the Competitive Group will be crowned “Last One Standing” and receive a championship belt. Go as far as you can go- awards given for every lap completed.

Adult & Kids Pottery Wheel -
Monday Night
Date: September 6 (4-wks)
Time: 6:00-8:00 pm
Fee: $70/child
Age: 5 years-Adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for beginner and intermediate pottery student. Beginner students will learn how to center and will make a mug, bowl, plate, and vase. Intermediate students will work on personal projects and learn more advanced techniques such as lidded containers, sections, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and firing. On going student rates are available, please contact the instructor.

Adult & Kids Pottery Wheel - Wednesdays
Date: September 8 (4-wks)
Time: 12:00-2:00 pm, 4:30-6:30 pm
Fee: $70/child
Age: 5 years-Adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for beginner and intermediate pottery student. Beginner students will learn how to center and will make a mug, bowl, plate, and vase. Intermediate students will work on personal projects and learn more advanced techniques such as lidded containers, sections, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and firing. On going student rates are available, please contact the instructor.

Jr Ranger Family Night
Date: September 17
Time: 5:00-7:00 pm
Fee: FREE
Location: Town Square
Description: Learn more about the great outdoors and the adventures that are available in Southern Utah by visiting and participating in Junior Ranger Family Night at the Town Square.

smartART Saturday - Art Class for Kids
Date: September 18
Time: 10:30-1:00 am OR 1:30-4:00 pm
Fee: $5 child, $10 adult for each additional child (immediate family only)
Age: 6-12 years
Location: St. George Art Museum
Description: Octobers featured artist will focus on art pop art and artwork by Peter Max. Each smartART Saturday class includes an art lesson and a related project.

Fall Adult Basketball League
Date: September 13
Time: 6:30-9:30 pm
Fee: $450 per team
Location: TBA
Description: Eight weeks plus a single elimination tournament. Season runs September 13-November 22. Registration deadline is September 5, 2021. Go to sgcityrec.org/basketball for more information.

Concert in the Park
Date: September 13
Time: 7:30 pm
Fee: FREE
Location: Vernon Worthen Park
Description: The Concert in the Park Series is a celebration of wonderful music, open parks and family celebration. Park seating is available; bring blankets, lawn chairs, food and the family. Musical performance by 104.80’s Billy Idol Tribute Band with special guest Joan Jett.

CPR and First Aid Certification Class
Date: September 15
Time: 5:30-8:00 pm
Fee: $51/participant
Location: St. George Recreation Center, 285 S. 400 E.
Description: Participants will be taught through online courses and an in class training. CPR and First Aid through the American Red Cross Program and then testing for certification.

September 13-November 22, 2021.
Location: TBA

City Council
Regularly scheduled city council meetings are typically held on the first and third Thursdays each month starting at 5 pm at City Hall 175 East 200 North unless otherwise noticed. Work meeting sessions are held on the second, fourth and fifth Thursdays beginning at 4 pm at City Hall.

Planning Commission
Regularly scheduled planning commission meetings are held on the second and fourth Tuesdays each month starting at 5 pm at the City Office Building unless otherwise noticed.

For more information on city services, contact information, and events please visit the city website at www.sgcity.org.
MAYOR’S WALK
Saturday, October 2, 2021 at 7:00am
Register at: www.stgeorgemarathon.com