



OUR PURPOSE

Enhance the quality of life.

OUR MISSION

To be the leader in providing outstanding and diverse parks, trails and recreational experiences in an environmentally and socially responsible way.

as we grow

NEWS & EVENTS

Does Anyone Want to Snowshoe?

For people who just want to go for a winter walk or are looking for more adventure in the woods, dozens of groomed trails summon skiers, hikers, cyclists and those on snow shoes seeking an authentic, outdoor winter experience in Snyderville Basin.

Trails for classic and skate skiers, runners, hikers and “flat tire” cyclists are gaining popularity. Despite the lack of snow and colder temperatures in December and early January, Basin Recreation trails received more use than ever. “People have discovered our groomed winter trails,” said Beyer. “The public trail system provided by Basin Recreation opens up opportunities for people of all ages to discover new winter activities and fun ways to engage actively outdoors.”

The Free Guided Hikes program initiated last summer, was continued into winter and captures people’s interest in hiking and exploring winter trails on snow shoes. Full Moon guided hikes, also



Photo by Laura Mair

Mother and daughter enjoying a freshly groomed trail in Snyderville Basin.

new this winter, began on January 30th. The program is open to anyone with an enthusiastic desire to spend a winter evening outdoors. A few more opportunities to enjoy a full moon guided hike or snowshoe are available on Saturday, March 13 and Saturday, March 27th. Visit our website at www.basinrecreation.org for details. ☒

Outdoor Ice Rink Attracts Skaters and Hockey Players

Since opening this season just before Christmas, the frozen pond at Willow Creek Park has become a winter gathering place for ice skaters of all ages and abilities. Many adult hockey players use the natural rink for training and learning skills. Kids and their parents free skate just for fun.

“One of the nice things about the location of this ice rink,” says Bruce Dickens, Snyderville Basin Recreation Parks and Facilities Manager, “is that you can see the mountain panorama while you are skating.”

The perfect alpine skating pond wouldn’t exist without the expertise and hard work of volunteer



Photo by Randy Hanskatt

A natural ice rink in pristine conditions beckons Basin skaters in winter.

Randy Hanskatt, a few of his dedicated neighbors and some specialized equipment supplied by Basin Recreation. The rink gets plowed, shoveled or flooded every day for the benefit of Snyderville Basin ice skaters, who love skating outside and being surrounded by mountains. ☒

www.basinrecreation.org

Many Indoor Fitness Opportunities This Winter

Way back in October, Matt Strader, Basin Recreation Facility Manager and the team at The Fieldhouse began building a dynamic new program to provide affordable fitness opportunities for Basin Recreation patrons. “Starting last fall we introduced a wide variety of fitness classes that will continue year-round and be adjusted to fit the demand,” said Strader.

Fitness classes can be added to monthly passes for an additional \$20. That includes access to unlimited classes, work-out room/equipment and the track. There is also a 10 punch fitness pass available to residents for \$50, as well as a single drop-in fee of \$6 per class.

Currently, The Fieldhouse offers 12 group cycling classes per week using 10 spin bikes. The cycling classes are held in a corner on the upper level track with spectacular views of the nature preserve and the Wasatch range. The opposite corner of the track is designated for boxing practice. Three heavy bags, two speed bags, a double-ended bag and boxing gloves tempt those looking to build core strength and endurance. The track’s two lanes remain unimpeded for joggers and walkers.

The Fieldhouse staff are excited about the new senior fitness class available for individuals 60 years and older. “We hope to participate in a nation-wide



Photo by Matt Strader

Basin residents spin their way through winter at The Fieldhouse.

program called “Silver Sneakers,” said Strader. “It offers free work-outs for seniors which are then paid for by their insurance carriers.”

“So far the response to the assortment of fitness classes we have has been extremely positive,” says Strader.

All of Basin Recreation’s fitness classes, which include ski conditioning classes, cardio step, Zumba, yoga and much more are offered at either the Park Room at Trailside Park or The Fieldhouse. *For fitness class descriptions, schedules and locations please refer to page 4 in the newsletter or visit us on line at www.basinrecreation.org for additional information and registration.* ☒



Photo by Matt Strader

New Nautilus equipment at The Fieldhouse weightroom.

Clear Skies and Clear Paths

The lack of snow in early winter allowed Mark Patterson, Basin Recreation’s trail maintenance team member to keep the Basin’s “safe routes to school” open and clear for children walking to and from school. “ In December and early January the paths were perfect all the way down to the asphalt,” said Patterson. Since then the Basin Recreation team has stepped it up to stay on top of multiple winter storms. ☒

www.basinrecreation.org



OUR VALUES

We act with integrity.

We are accountable and make things happen.

We have passion for what we do.

We embrace continuous learning and change.

We communicate openly, honestly and directly.

We care about others and treat them respectfully.

We operate as a team!

Spring happenings

PROGRAM AND ACTIVITIES SCHEDULE

The Fieldhouse 435-655-0999

HOURS AND FEES

Monday – Friday: 5:30 AM to 10:00 PM
Saturday & Sunday: 7:00 AM to 9:00 PM

AMENITIES

- Fitness Room with new “Nautilus One” equipment
- Cardio Equipment: Treadmills, Ellipticals, Up-Right & Recumbent Stationary Bikes, Stairmaster, Tread climber, Schwinn Bikes
- Free Weights and Dumbbells
- Olympic Platform Lifting Area
- 2 lane Running/Walking Track – 1/9th of a mile
- Stretching & Core Areas
- Boxing Area with Heavy and Speed Bags and a Double Ended Bag

Group Fitness

Check our website for updates
It’s time to switch up your everyday workout routine! Basin Recreation is now offering new and exciting ways to challenge your body. Each class offered will help to keep you in shape and produce a healthy you! There is no reason not to come try our outstanding Group Fitness because the *FIRST CLASS* is free! Basin Recreation is currently providing the following classes at the fieldhouse and Trailside Park.

All Fitness classes are \$6 per class or buy a 10 punch fitness pass for \$50, or add unlimited fitness classes to your monthly pass. See rates above.

Group Cycling Classes

Group cycling class is a great cardio workout set to music with an instructor leading you on a great stationary bike ride. Classes will be held in the south east corner of the track looking at the beautiful views on our Schwinn bikes. Make sure to bring a small sweat towel and a full water bottle. Classes fill up at 10 riders and will be on a first come, first serve basis.

**Monday – Friday at Noon • Monday – Thursday at 6 PM
Tuesday, Thursday and Saturday at 8 AM**

Circuit Training Classes

This class is designed for maximum calorie burning! It will combine both weights and cardio. Class will be 50 minutes long and will include warm-up, circuit workout, and stretching.

Monday, Wednesday & Friday at 9:30 AM

Senior Fitness Classes / Silver Sneakers (Healthways)

Group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

Tuesday & Thursday at 11 AM

Cardio Step Classes

This step aerobics class consists of choreographed step patterns. You’ll challenge your mind and body as you burn calories. The intensity of your workout will be determined by the speed, travel, and execution of your movements.

Tuesday & Thursday at 8:30 AM

	FACILITY MONTHLY PASS	
	SINGLE + CLASSES	COUPLE + CLASSES
1 Month	\$33 + \$20 \$53	\$60 + \$35 \$95
3 Month	\$99 + \$40 \$139	\$180 + \$70 \$250
6 Month	\$175 + \$70 \$245	\$300 + \$120 \$420
12 Month	\$330 + \$100 \$430	\$550 + \$180 \$730

FACILITY PUNCH PASSES

	YOUTH (4-16)			ADULT (17-59)		SENIOR (60+)	
	10 Punch	20 Punch	\$28	\$44	\$28	\$44	
			\$44	\$77	\$44	\$44	

FITNESS CLASSES ONLY

Drop-In Fitness Class	\$6
10 Punch “Fitness Classes Only”	\$50
10 Punch “Senior Fitness Class Only”	\$25

SENIOR MONTHLY FACILITY PASSES (60+)

	SINGLE		COUPLE	
	1 Month	\$28	\$44	
3 Month	\$84	\$132		
6 Month	\$150	\$250		
12 Month	\$264	\$440		

A.M.P. Classes

Agility, Muscle & Plyometrics. THE TOTAL BODY WORKOUT! Agility is the ability to rapidly change directions without the loss of speed, balance, or body control. Class will be combining these motions along with muscle endurance training and plyometrics.

Tuesday & Thursday at 6:00 AM

Ski Conditioning Classes

This class is designed for safe training to help people learn speed, overload, power and plyometric drills, agility/balance, control and strength exercises. It will challenge you and prepare your muscles and your mind for skiing, snowshoeing and all the fun winter activities. Each participant is challenged to progress to their own “next” level and achieve fitness success by the end of the program.

Monday, Wednesday & Friday at 11 AM

Yoga Classes

Yoga is a great way to de-stress, increase flexibility and strength, and stimulate the mind, body & spirit. Breath is emphasized to focus and quiet the mind.

Tuesday, Thursday & Friday at 8:30 AM • Trailside Location

Zumba Classes

Class that combines high energy and motivating music with unique moves and combinations. Zumba is a fusion of Latin and International music with dance themes that create a dynamic, exciting, and effective fitness system. “Don’t try Zumba unless you plan on doing it for life!”

**Tuesday & Thursday at 6 PM
Trailside Location**

Bosu Fit Class

This class will work through a variety of different proprioceptive type motions and movements that will give participants a total body workout! This is a unique way to keep your body in amazing shape and burn a maximum amount of calories.

Tuesday & Thursday at 9:30 AM

Muscle Up Class

Participants will use free weights, medicine balls, stability balls, resistance bands, bosu and balance discs. Every muscle group will be specifically targeted to help transform your body into a FAT BURNING machine.

Monday & Wednesday at 5:30 PM

www.basinrecreation.org

Spring happenings

PROGRAM AND ACTIVITIES SCHEDULE

Youth Events

SPECIAL EVENING EVENTS CREATED FOR YOUTH

Basin Recreation now offers a "one-of-a-kind" monthly experience for the "Youth Crew," 11-13 year olds. These events are designed to create a fun and safe environment for the crew who wish to spend a weekend evening out. The theme for each month is uniquely designed to ensure a new and exciting adventure. This is an ideal opportunity for the crew to socialize and make new friends. The activities offered promise to be lots of fun and include:

Laser Tag • Seasonal Outdoor Activities • Sporting Events • Nintendo Wii • Amusement Parks

Events are scheduled for the third weekend of each month on Friday or Saturday. Please check online at www.basinrecreation.org for a specific month and activity.

Youth Activities

Baseball & Softball

Take me out to the ball game. . . Leagues are available for all abilities. Whatever the skill level, your child will play America's past time and have loads of fun.

May 3rd-June 25th • 1st-9th Grade
\$60-\$75, depending on league
Early Bird discount ends April 3rd
Basin and Park City fields

T-Ball

A great way to learn the game! This team based league will introduce baseball to your player in a non stressful, fun atmosphere.

May 3rd-June 25th • 4 years old & Kindergarten
\$60 • Early Bird discount ends April 3rd
All games and practices at The Fieldhouse

Blast Ball

A new program to the Basin Recreation activities. This fun new game will help put some fun in the game while learning the basics of baseball.

May 3rd-May 28th & June 2nd-July • 1st 3-5 years old (2 sessions)
\$35 • Early Bird discount ends April 3rd
The Fieldhouse

Chumash Lacrosse

The basics of lacrosse taught in a fun and exciting environment. Participants will be taught stick skills, team work, sportsmanship, and the rules of the game.

May 3rd-May 28th • Kindergarten – 3rd grade
\$35 • Early Bird discount ends April 3rd
Ecker Hill Middle School and The Fieldhouse

3 on 3 Hoop Classic

Get your friends and just play! This tournament will be set up in teams of four players and battle to the end for the championship. Find your players now and register today!

March 18th & 19th • 5th-8th Grade
\$25 per team • Early Bird discount ends March 6th
Ecker Hill Middle School Gym

Youth Volleyball

Come and learn the game or improve on your skills in this instructional based format. Our experienced staff will take you through the fundamentals to improve your all around game

April 20th-May 27th • 8-14 years old
\$100 • Early Bird discount ends March 27th
Ecker Hill Middle School Gym

Events

Memorial Day Fun Run

A great way to start your Memorial Day! This Fun Run will have a 5k, 1 mile and 100 yard dash option. Come and celebrate the day and have fun in this relaxed racing environment. Individuals and families are encouraged to participate.

Monday May 31st
\$15 per individual or \$40 per family
At Willow Creek Park

Guided Hikes

Always wondering where to hike next. Join us for our guided hikes that introduce the most popular trails to our hidden gems in our vast Basin Recreation Trail System. This is a "FREE" activity and a great way to see our trails and meet some new hiking partners.

2 times a month starting in March to October • All Ages
Free
On Basin Recreation Trail Sysytem

The Fieldhouse "Splash Pad" Grand Opening

Construction on the Splash Pad will take place this spring with the grand opening on May 29th. Check the website for more information.

Saturday May 29th • All Ages
Free
At The Fieldhouse

Spring Indoor Soccer Academy

This INDOOR program will help improve your game by working on fundamentals to polish your skills, as well as playing games and learning fun drills. A great compliment to Park City Recreation's outdoor league. All instruction will be by Park City Soccer Club licensed coaches.

April 27-June 3, 5-10 years old, 36 players per age division

\$50 for 5-6 year olds
Tuesdays 5pm

\$75 for 7-10 year olds
Tuesdays and Thursdays 4-5pm

Registration Deadline: April 9th (\$10 late fee after 4/9)
at The Fieldhouse

SPRING BREAK CAMP

Basin Recreation is offering our Spring Break Camp for children in grades 1-6. The Camp includes sports, games, swimming, contests and lots of fun. Children need to bring lunch, snacks, water bottles, swim suits and towels and dress to play.

April 5-9 • 7-12 (1st grade to 6th grade)

\$30 per day
\$125 for the week

Monday, Tuesday, Wednesday camp
at the Ecker Hill Middle School Gymnasium

Thursday, Friday camp at The Fieldhouse
Camp begins at 9 AM and ends at 4 PM

SUMMER CAMPS

Registration for all summer camps begins April 15th. Look for our next special edition summer newsletter for a full schedule of summer camps! Visit us on line at www.basinrecreation.org

Director's Message

A New Focus for a NEW Decade

The Basin Recreation District is looking forward to working together on your behalf in this new Decade. We have accomplished a lot over the past 10 years and are beginning to determine our steps of action for the next ten. In June 2010 we will introduce the Park City areas first Splashpad at The Fieldhouse, and we will re-purpose our underutilized Roller Hockey Rink at Trailside Park with portable skateboard ramps. Trail system development will continue throughout the Basin. We are thrilled to see so many active happy families in the



Rena Jordan,
District Director

Basin taking to the trails this winter to enjoy the growing winter trails grooming program. We have also started the new decade with a focus on fitness for all ages and levels by offering a variety of fitness classes as well as by launching a joint project partially funded by the Park City Foundation that will utilize the fundamentals of Utah Sport for Life Program being developed by the Utah Athletic Foundation. As we have a lot more that we would like to continue to pursue

and provide as a Recreation District, we will begin by getting back to our roots. Please join us as we bring our community together in needs assessment meetings this spring. With your participation we will update our capital facilities plan as well as our long term development plan. Our hope is that many of you will join us as we explore and seek input for the future. Our commitment to being the leading provider of recreational opportunities in an environmentally sensitive manner will be greatly enhanced with your involvement.

As the new decade begins, we also have a change in leadership on our Administrative Control Board. After 15 years of dedicated service, Sharon Odell has retired. We welcome our newest board member, Jay Burke. Our current year's board chair is a long standing presence in our District, Ron Perry. Together with the entire Board I look forward to all that the year ahead will bring. As always we welcome your feedback and input. Enjoy the winter! ☒

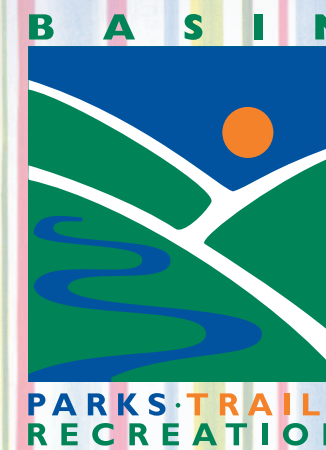
did you know?

Did you know that *Play Magazine* takes on a new look in 2010? In keeping with practices at Basin Recreation to improve efficiency and environmental performance, the former glossy publication will be printed on paper with a higher recycled content, utilizing environmentally friendly inks and fewer pages. Readers will be directed to our website, www.basinrecreation.org for access to the latest program information and registration. Our website is a terrific resource and the best way to keep up with new classes, activities and programs throughout the year. ☒

Did you know that Basin Recreation is looking for kids ages 11-13 to be part of the "Youth Crew"? The "Youth Crew" meets one night a month to let loose and have fun. There is a different theme and variety of activities each time...Sledding, swimming, ice skating, snow baseball, movies, volleyball, Nintendo Wii and much more. Come and be a member of the coolest new "Crew" in town while hanging with friends and making new ones! Keep an eye on the web site www.basinrecreation.org for the next "Youth Crew" Experience...don't miss out! ☒

Become our friend on Facebook
for the most current news!

www.basinrecreation.org



BOARD

Ron Perry, Chair
Tracy Douthett, Chair Elect
Kevin Simon, Clerk
Scott McClelland, Treasurer
Scott Siemon
Marilyn Stinson
Jay Burke

BASIN RECREATION STAFF

Rena Jordan, District Director
Bonnie Park, Public Affairs Manager
Justine Isleib, Administration Team
Maikella Parker, Administration Team
Laura Mair, Office Coordinator
Bruce Dickens, Parks/Facilities Manager
Eric Wilkinson, Parks Supervisor
Padraic McGarry, Parks Team
Josh Elmer, Parks Team
Paul Caine, Building Maintenance Supervisor
Senta Beyer, Trails Project Manager
Bob Radke, Trails Maintenance Supervisor
Mark Patterson, Trails Team
Brian Hanton, Recreation Program Supervisor
Matt Strader, Recreation Center Supervisor
Angie Greenburg, Recreation Programming and Fieldhouse Front Desk/Reservations
Lisa-Marie Phinney, Fieldhouse Front Desk Supervisor
Necia Emery, Fitness Coordinator

ADMINISTRATIVE OFFICE

ADDRESS
5715 Trailside Drive
Park City, Utah 84098
PHONE 435-649-1564

HOURS
8:30 a.m. to 5 p.m.

THE FIELDHOUSE

ADDRESS
1388 Center Drive @ Newport
Park City, Utah 84098
PHONE 435-655-0999

FACILITY HOURS
Winter (Nov-Apr)
M - F 5:30 a.m. to 10 p.m.
Saturday & Sunday 7 a.m. to 9 p.m.

Summer (May-Oct)
M - F 5:30 a.m. to 10 p.m.
Saturday 7 a.m. to 9 p.m.
Sunday 8 a.m. to 9 p.m.



printed on recycled paper
Justine Isleib, Staff Editor
newsletter copy and design by
Leslie Miller



5715 Trailside Drive
Park City, Utah 84098

www.basinrecreation.org

way to play

PARKS, TRAILS AND RECREATION NEWSLETTER

WINTER 2010

Fourth Annual Silver Ski Nordic Event Glides into 2010

The annual Silver Ski Nordic event, held this year on January 31, celebrates the unique Nordic trail system that winds it's way through Snyderville Basin and greater Park City area. And, every winter there are more people who enjoy kicking, gliding and skating the 40 kilometers of ski trail linking White Pine Touring and the Basin Recreation Fieldhouse.

The Silver Ski Nordic event highlights a public trail system shared in winter by Nordic ski enthusiasts, joggers and hikers traveling between Park City and Snyderville Basin. The event welcomes skiers new to classic and skate skiing as well as seasoned Nordic skiers. "It's a great, fun-filled community celebration that brings added attention to our free, groomed trail system," said Snyderville Basin Recreation Trails Manager, Senta Beyer.

There was no official registration or starting time because Silver Ski is not a race. Skiers simply gathered from 10:00 to 11:30 a.m., at White Pine Touring, The Fieldhouse or Willow Creek Park, put on their skis and explored an inspiring system of Nordic trails. Three separate stations along the loop offered fun give-aways as incentives for skiers to venture out on trails off the main route. When the ski tour concluded at The Fieldhouse, skiers received free



Photo by Laura Mair

Young Nordic skiers compete for prizes at the Silver Ski Nordic celebration.

messages, food donated by the retailers of Newport and hats from Rossignol. Kids had a chance to compete in relays and ski an obstacle course for prizes.

The Park City Nordic Ski Club, a local non-profit, was on hand with information on programs for young skiers and set up a raffle benefiting their youth ski programs. "All of us are very excited to generate more interest in the sport of Nordic skiing and our incredible Nordic ski trails," added Beyer. "And, this season's annual Silver Ski Nordic event accomplished that mission once again."

For more information about the Nordic youth development programs offered in Park City by the Park City Nordic Ski Club visit their website at pcnordicskiclub.org. ☒

PRSRT STD
US POSTAGE
PAID
PDMA

84119

www.basinrecreation.org