



Ivins City News

VOLUME 9, ISSUE 7

July 2011

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Meeting Schedule 5:30 PM

City Council
July 7th, 2011
July 21st, 2011
Planning Commission
July 5th, 2011
July 19th, 2011

Post Office

Main Branch/New Service
 Santa Clara: 628-2112
Satellite Post Office
 Ivins: 628-1381

Website: www.ivins.com

Utility Payment Drop Box

Ivins City Office
 (north side of building)
 Ivins Satellite Post Office

Phone Numbers:

<i>City Hall</i>	628-0606
<i>Animal Services</i>	628-1049
<i>Building/Zoning</i>	634-9753
<i>Justice Court</i>	634-5728
<i>Parks & Rec</i>	634-0689
<i>Police Dispatch</i>	634-5730
<i>Public Safety</i>	674-5503
<i>Public Works</i>	634-0689
<i>Utilities</i>	628-0606
<i>Emergencies</i>	911

2011 Ivins City Pioneer Day Celebration

Saturday July 23, 2011
55 N Main St. Ivins

Pancake Breakfast
 7:00 a.m. to 9:00 a.m.—Ivins City Park
 Sponsored by Ivins City Volunteer Firefighter Association

Flag Raising Ceremony
 8:00 a.m.—Ivins City Hall
 Ivins City Volunteer Firefighter Association

Parade
 9:00 a.m.—Center Street

Celebration in the Park
 10:00 a.m.—2:00 p.m.

Food
 Snow Cones, Navajo Tacos, Scones and more

Vendor Booths
 Arts, Crafts, Games, Information and more

Entertainment
 Jerone Wedig & Mystery Train
 Spotlight Entertainers
 Singers

**Please join Ivins City in celebrating our
 Heritage and Community Spirit!**
 Call Parks & Rec at 634-0689 for more info!

Building Our Local Economy

Chris Hart, Mayor

One of the most important long term objectives we have as a City is to develop our local economy. The goal is to not only attract appropriate new businesses to Ivins but to help those that are here to flourish. We're fortunate to have the Veterans Nursing Home coming into our midst that will provide numerous employment opportunities for our residents both in the short and long term. It was a focused effort that brought it here and there are other targeted campaigns underway.

As a destination City with limited outside traffic we will likely never enjoy large scale conventional commercial development. But we do have a number of appealing qualities that brought our existing businesses to us and that will be attractive to others in the future. Our natural beauty, serene environment, health, fitness & arts focus, and proximity to Snow Canyon State Park as well as other recreational opportunities top the list.



Red Mountain Resort & Spa
Between a Rock and a Soft Place

Red Mountain Resort and Spa was the first to come and continues to grow bringing people from all over the world

to Ivins. More recently The Biggest Loser Resort at Fitness Ridge has located here and capitalizing on the NBC television program of the same name has grown rapidly with a diverse and wide spread clientele. Thanks to



the Doctor Jones we have Snow Canyon Clinic that draws patients here from everywhere for their sophisticated diagnostic services. We just got lucky with Tuacahn having the perfect natural amphitheater setting in place awaiting the right people with the vision and resources to develop it.



Terry Martin had that kind of vision when he created Coyote Gulch and its outstanding arts village that is a magnet for art aficionados.

We have other outstanding businesses in our midst that have flourished here. Troy's Auto Body, Lightfoots, Red Mountain Market, Xetava Gardens, Sweet Peas Bakery and others offer outstanding products and services close at hand. And when it comes to construction services we have some of the finest craftsmen around whose businesses are based in Ivins.

With an ongoing stagnant economy and gloomy forecasts for the months ahead this seem like a good time for us to band together and support our own. I've made a real effort to buy everything I can in Ivins and I encourage all of you to do the same. If you're thinking about going out to lunch or dinner you can't do any better than Xetava Gardens or Sweet Peas Bakery. Red Mountain Market is a terrific grocery store. Todd has recently remodeled and made it feel a lot bigger while expanding his product offerings. He has fresh vegetables, meats and



baked goods on hand every day and I don't think I spend any more shopping there than I would at another store. Mike and Joe run Lightfoot's, a great convenience store and the perfect place to gas up and grab a snack.



If you're looking for a unique gift Coyote Gulch offers beautiful arts and crafts in all price ranges. Planning an evening out, how can you beat going to a concert or show at Tuacahn? And when it comes to medical, dental and physical therapy services, you simply can't find better than we have right here in Ivins. If you're ready to build, remodel or take care of some needed home improvement look for your contractor, sub-contractors or skilled workers here first. I know from my personal experience how capable they are. In addition to all of these we have other professional services and home based businesses that might be useful to you right here in Ivins.



Ivins is a great place to live and we want it to be a great place to work for more and more of our residents in the future. We'll continue working as a City to make that happen and hope that you'll do what you can to support our efforts by supporting our local businesses. Buying locally is the best way to keep our businesses open, at least some of our residents working and to boost the prosperity of our community. Thank you for supporting this important effort.

Upcoming Dumpster Dates:

Saturday, July 16th, 2011



****Dumpsters are located next to the Public Works Yard behind the City Cemetery. They are available on a first come first serve basis beginning at 8:00am and close that same day once full.**

Heritage Days

Linda Elwell, Festival Committee Chair

Planning is underway for the 2011 Ivins Heritage Arts & Crafts Festival. We are looking forward to an even bigger and better festival this year.



The application for Specialty, Art & Craft Vendors is on the Ivins City website at www.ivins.com. Vendor space will be assigned on the basis of date the completed application and vendor fee is received. In order to have a well balanced show, vendor space in each medium will be limited. Please call 435-673-1718 if you would like further information.

Emergency Notifications

Ivins Public Safety Department



® In order to be proactive in getting vital emergency information to our citizens, the Ivins

Public Safety Department along with St. George 911 Communication Center is utilizing an emergency communication system known as *Reverse 911*.

Regular Qwest phone numbers are already part of this system, however, in order for our residents to receive this notification on their cell phones or VoIP phones (such as Vonage), these phone numbers must be registered in this system. To register a cell phone number, or VoIP phone number on the Reverse 911 system, please log into www.911register.com, enter your information (an email address is mandatory) then check your email for a confirmation link to click. Once you click the confirmation link, your information will be merged into this database within 48 hours. Your account can be modified at any time if you move or change cell phone numbers.



This system can be used to deliver alerts when there is a threat to the public health or safety of residents in Ivins. Many residents of Ivins recently received this alert last month during the fire near Kayenta.

However, some residents did not receive it. If your phone number is unlisted in the phone books, or an Internet based phone, not in the Qwest system, and if you have recently moved to the area and received a new phone number you may not have received this alert. If you fall in this category, please register your cell phone and or VoIP phone number at www.911register.com. However, do not re-register your number if you are with Qwest and it is a published number in the phone book.

Don't be left without emergency information you may need - register your cell phone and/or VoIP phone with www.911register.com today! If you have any questions or problems setting up the account please call the Ivins Public Safety office (435) 674-5503.

July Agenda Items

By Judy Gubler, City Manager

The following are some of the topics that will be discussed at the July Planning Commission and City Council meetings. This is not a complete list and the complete agendas will be posted on the website www.ivins.com 5 to 7 days prior to the meetings. Agendas may be amended up to 24 hours prior to a meeting. If you have questions regarding any of the agenda items please call or e-mail Kevin Rudd at 634-9753 or krudd@ivins.com for Planning Commission questions and Kari Jimenez at 628-0606 or kjimenez@ivins.com for City Council questions.

Planning Commission July 5, 2011

- Discuss Rules of Parliamentary Procedure
- Continue discussion of commercial zoning

Planning Commission July 19, 2011

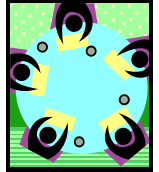
- Discuss Rules of Parliamentary Procedure
- Continue discussion of commercial zoning

City Council July 7, 2011

- Mayor's Award for Community Service to Linda Elwell
- Mark Mortensen—City of St. George
- Appointment of Jack Reber as Pioneer Day Celebration Parade Grand Marshal
- Recognition of Terri Fabio's re-designation as a Certified Municipal Clerk
- Discuss changes to Ordinance No. 2011-01 regarding maintenance of public right-of-way
- Level of Service, emergency response, and ground ambulance service review
- Discuss road projects, road maintenance, and potential bonding for construction costs
- Approval of Certified Tax Rate for Calendar Year 2011 and Fiscal Year Ending June 30, 2012
- Discuss Rules of Parliamentary Procedure
- Discuss right-of-way abandonments

City Council July 21, 2011

- Approve right-of-way abandonments



Council Position Openings in Upcoming Elections

The next Municipal General Election for Ivins City will be in 2011 where there will be three City Council Member positions up for election. Those City Council Member positions are 4-year terms. The qualifications to be a candidate are: (1) Be a United States citizen at the time of filing; (2) Be a registered voter in Ivins City; (3) Be a resident of Ivins City for 12 consecutive months immediately preceding the date of the election; (4) Not be a convicted felon.

The Candidacy Filing dates are July 1, 2011 through July 15, 2011 during regular office hours which are Monday-Friday 8:00 a.m.-5:00 p.m. The Declaration of Candidacy form will be available from the City Recorder or Deputy City Recorder during the filing period and must be provided in person to the City Recorder or Deputy City Recorder, along with a filing fee of \$25.00, at City Hall located at 55 N. Main Street, Ivins, UT. Please note, City Hall will be closed on Monday, July 4, 2011 in observance of Independence Day.



Ride and Drive with Respect

Director Bob Flowers, Ivins Public Safety



Recently we have received several complaints from drivers and riders of bikes concerning incidents on the road. They

have ranged from yelling to throwing objects. These types of interactions are rude at best and dangerous at worst. Some simple rules to follow by both would go a long way to making the interactions safer. Utah Code states, "A person operating a bicycle or moped on a roadway at less than the normal speed of traffic...shall ride as near as practicable to the right hand edge of the roadway. Exceptions include 'passing another bicycle in the same direction, making a left hand turn and moving around objects'. Bicyclists may not ride two abreast except 'on pathways or parts of the roadways set aside for the exclusive use of bicycles.'" All traffic regulations apply to bikes too.



Ride with Respect:

- When not impeding traffic, ride no more than two abreast. When a car is coming, ride single file
- Obey all traffic signs, signals, and lane markings. If you want the respect of motorists, you must show respect for traffic laws.
- Ride predictably in a straight line. Don't swerve in and out of parked or stopped cars.
- Ride on the right side of the road with the flow of traffic. Stay as far to the right side of the bike lane or roadway as safely possible.
- It is legal to occupy the center of a travel lane when passing another vehicle, preparing to turn left, going straight through an intersection past a right-turn-only lane, avoiding unsafe conditions on the right-hand edge of the roadway, when traveling in a narrow lane and when you are moving at the same speed of traffic.
- Wear bright clothing that increases your visibility to motorists.
- When riding at dusk or dark, use reflective clothing and lights.
- Always wear a helmet. Your helmet should sit level on your head and the straps should be snug.

- Make eye contact with motorists when making a turn, so each party is aware of one another.
- A bicyclist about to enter or cross a road from a parking lot, driveway or sidewalk shall yield the right-of-way to all vehicles already on the road.
- Don't weave between parked cars or cars stopped at red lights.
- Signal when turning. Use proper signals for turning.
- Be respectful of other road users. Courtesy is contagious.

Motorists also have the responsibility to share the road with bicyclists. Bike riders are NOT required to use bike paths, it is recommended when they are available however. We have had two incidents recently where drivers shouted at the bike rider for not being on the path. This was frightening to one of the riders; the other wanted to have a confrontation with the driver of the vehicle. Both situations are bad for both parties! These types of incidents escalate very fast and could lead to criminal charges. So, as a reminder to drivers here a few simple recommendations from the www.roadrespect.utah.gov website:

Drive with Respect:



- Give at least 3 feet of space when passing a bicyclist. If traveling on higher speed roads, give more space.
- Watch for bicycles in traffic; they are smaller and harder to see.
- Don't underestimate the speed of a bicyclist. Many bicyclists can easily travel at 25-30 mph.
- When driving near a child on a bike, be prepared for the unexpected.
- When turning, yield to any vehicle, including a bicycle approaching from the opposite direction.
- Slow down around cyclists.
- Be respectful of other road users. Courtesy is contagious.
- When overtaking a bicyclist proceeding in the same direction of travel and making a right hand turn, safely clear the cyclist before turning.
- When turning right, yield to cyclists riding in the same direction of travel.

Be patient when driving around cyclists. Roadway conditions may make it necessary for cyclists to take up a lane because of pot holes, road debris, or a parked vehicle. Be aware of your surroundings and don't drive distracted.



New Fireworks Regulations

Utah State Fire Marshalls Office / Ivins Fire Department

Independence Day and Pioneer Day are just around the corner. Almost everyone will be involved in some sort of celebration or family activity. One item that is a big part of many celebrations is fireworks. As exciting as they are, people often forget they are playing with explosive materials, dangerous chemicals and combustibles that can destroy property, harm or cause death to unsuspecting victims. These deceptively simple objects explode, throwing unburned powder, hot sparks and embers through the air at high velocities and often create temperatures hotter than 1,200 degrees Fahrenheit.



There are some sweeping new rules that regulate fireworks in the State of Utah that have recently become part of our law. There are several new types of fireworks available that provide a more dramatic display compared to what was

available in the past. Many of these new legal fireworks display just like the fireworks that were illegal in the past. Previously Utah only allowed fireworks that displayed to a total height of six feet. The new products allow a display of up to 150 feet. This new type of firework when fired display like the old type of fireworks that some people illegally imported into Utah in the past, but they operate very differently. The main difference is that the residue from these new fireworks land cold. Remember, not all fireworks are legal. The best way to ensure that you are within the law is to only buy fireworks from a legitimate business that is located inside the State of Utah. Two types of fireworks that remain illegal are bottle rockets, and M-80s.

At this time there has not been an application for a fireworks stand permit in Ivins. These new fireworks will be available at fireworks stands in the area. All legal fireworks may be discharged from June 26th until July 26th. The cities in the area as well as Washington County do have the authority to prohibit fireworks in certain areas. At this time no local areas have been closed, but this could change if conditions warrant it.

Here are some important points to remember about fireworks:

- Purchase all fireworks from reliable, licensed fireworks dealers located in Utah only.
- Read all instructions to reduce the chances of a destructive fire or debilitating injury.
- Follow all safety guidelines exactly.
- Children should not handle fireworks. You must be at least 16 years of age to handle or light fireworks.
- Adults are to supervise any activity that includes fireworks.
- *Never let children handle, play with or light fireworks.* Only knowing and clear-headed adults should handle fireworks.

- Adults should never use alcohol or drugs or be impaired while engaged in handling, using, placing or lighting fireworks.
- New aerial type fireworks are now lawful. Aerial devices, also known as “multiple tube”, “repeater”, or “cake” fireworks often look like miniature professional displays and can travel high into the air, as much as 150 feet.
- Store fireworks in a cool, dry place.
- Do not place fireworks in your pockets.
- Only use fireworks outdoors.
- Never play with, set or light fireworks under a carport or overhang, inside a building or compartment.
- Keep a bucket of water or running hose nearby during the time of lighting and disposing of fireworks and in case of an emergency.
- Wear safety glasses when shooting fireworks. Keep all unused fireworks 30 feet away from the shooting area.
- Make sure other people are out of range at a reasonable distance before lighting fireworks.
- Do not point or throw fireworks at people, animals or where they may not be under proper control. And remember, sparklers burn at 1200 degrees Fahrenheit. They are extremely deceptive in nature and can be an extraordinarily dangerous device in the hands of children and can cause serious burns and injuries if not cared for properly.
- Light fireworks one at a time. Do not attempt to light multiple fireworks at any time.
- Do not relight a firework whose fuse has burned away.
- Do not attempt to repair broken fireworks. Soak fireworks that did not ignite in a bucket of water.
- Once the firework is lit, get away quickly to a safe distance.
- Keep clear of the firework. Never place a body part above or around a burning firework.
- Never pickup a burning firework. Never look into the tube or stay close to the burning end of the device.
- Never hold a lit firework in your hand.
- Never shoot fireworks in windy conditions.
- Use caution with animals. Excitement, noise and lights can cause fear and stress.

Fireworks are an American tradition. Safety and common sense are so important as we celebrate the holidays with fireworks.



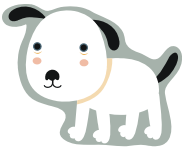
Visit us at www.ivins.com



- * View Public Notices and Meeting Agendas
- * Pay Your Utility Bill Online
- * Register for Recreation Activities
- * Download Forms
- * Find Out About Upcoming Events, Activities and more!

Greetings From the Ivins Animal Shelter

Aggie Smith, Ivins Animal Shelter



I want to bring attention to a subject of abandoning animals. Recently we have taken into the shelter animals that are left behind at their homes, and or dropped off around the city. I am aware because we are a no-kill

facility that our shelter is the best place to be. However, with our limited space to accept owner release animals sometimes I have to turn animals away. In a perfect world we would love to take every animal we could. Many rescue groups like PAWS and HART help these shelters with adoptable pets. The best place for a pet that we cannot accept with all other options exhausted is one of the other shelters in Washington County. Your animal may still have a good chance of being adopted and is not out on the street fending for itself.



It is against the law in Ivins and in the state of Utah to abandon any animal. We are finding abandoned mother cats and kittens. Cats, although resourceful enough to survive, become a nuisance to the community and if not spayed or neutered will continue to breed

and multiply. There are any number of places to receive low cost spay and neuter. The Big Fix is a low-cost spay and neuter van run by No More Homeless Pets, Paws organization, and The Friends of Ivins Animal Shelter Spay and Neuter clinic. Best Friends in Kanab also provides free or low cost spay and neuters once a month. The pet owner is the deciding factor in helping with the amount of unwanted cats, kittens, dog, and puppies out of the shelters. For example it cost about \$35.00 to have a female cat spayed and \$25.00 for a male. The pet owner needs to make the choice to give up one of these things and help reduce the number of unwanted puppies and kittens. We all need to be part of the solution and not the problem. If you would like more information on where to get your pet spayed or neutered contact Aggie at 628 -1049.



I would like to give a BIG THANK YOU to Vietnam Veterans of America Southern Utah Chapter #961 for the dog house they donated to the shelter; our dogs love the shade it provides!

The Pet Corner

Linda Elwell, Friends of Ivins Animal Shelter

A very special thank you goes to Kathy & Richard Young for their tremendous effort in putting together the Show & Shine Benefit Car Show for Friends of Ivins Animal Shelter. We enjoyed hosting the 2011 Round Nevada Classic Car Tour at the shelter the morning of the show. Also a big thank you

goes to the Albertsons Market, on Sunset Blvd., for sharing their parking lot for the show. We would like to thank the Kruzin Knights, Mustang Car Club and everyone who donated to make the show a success. Everyone had a great time and much needed funds were raised for the homeless animals.

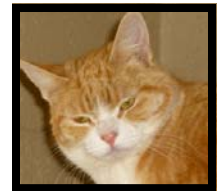
Our "Wish for July" is much the same as previous months. With our numbers doubling, scoopable litter and food are very important. This is a clarification on the request from June for Purina puppy, kitten and dog chow along with Friskies cat food. In order to maintain a stable diet for our animals, our veterinarian advised us not to change brands of food. Changing food brands may cause intestinal problems that can spread disease in the shelter very quickly. While the stated brands are what we try to feed the animals, because Purina was not the recall list, we accept all donations regardless of brand.

On July 16th PAWS and BAM will join FIAS in celebrating the 15th Birthday of Petfinder.com. We will host an adoption event at the Ivins Animal Shelter & Adoption Center from 9:00 a.m. to 1:00 p.m. Please plan to drop by and see all of the great animals available for adoption. For more information call 435-673-1718.

Pets of the Month

My name is Muffin and I am a very special cat. I was brought to the shelter as a kitten in a plastic container with the lid on. I had a joint injury and Dr. Mike at Best Friends did surgery to make me all better. I have had a rough life so far but I am really lucky to be at the Ivins Animal Shelter & Adoption Center. I would love to go to a special home where people will be gentle and kind to me. I came to the shelter a year ago. Please call Aggie at 628-1049 or FIAS at 673-1718 to make an appointment to meet me and all of my friends at the shelter.

Breed: Domestic Short Hair
Age: Adult
Sex: Female Spayed
Size: Small
Current on Vaccinations



Hello, I am Bodie. If you are looking for an energetic, fun and adorable guy... I am the dog for you! I get along well with other dogs, but I do need a fence so I can get lots of exercise. I have been at the shelter for awhile and I would really like to find my "forever home." Please call Aggie at 628-1049 or FIAS at 673-1718 to make an appointment to meet me and all of my buddies at the shelter.

Breed: Border Collie Mix
Age: Young
Sex: Male Neutered
Size: Medium
Current on Vaccinations



Red Mountain Elementary Preschool!

Sara Boatright, RME



Register now for Title 1 Preschool! Your child must be 4 years old by September 1, 2011. First come, first served with limited space available. If your family qualifies for free or reduced lunch, you will

qualify for FREE or REDUCED preschool as well!! Call Red Mountain Elementary for more details at **656-3802**. You can also call the Washington County School District Preschool at **673-1557**.

Parks & Recreation

Benny Sorensen, Parks Director



Things have been going well so far this summer and there have not been any major problems. Thank you for helping to take care of our parks and recreation facilities.

One small problem that is occurring, is that in areas where we have natural trails we have had some additional trails being created in areas that only need one trail. As we discover these trails our staff will block off the new trail so that people will use the authorized trail. In some areas we are discovering that people are removing the blocks that staff has put in place and then we have to come back and put the blocks back in place. If you come across a trail that looks like it has intentionally been blocked, please stay on the trail that is open. Our next option, if this continues, is to put up large signs that indicate where the trail is closed and we really do not want to put up any more signs.



For those of you who use the off leash dog area you will notice that we have four goats in the fenced area around the pond (now dry). These goats are there to help with some of the weeds that are growing in the area. The goats are friendly and will come up to the fence to see you, hoping that you will have food for them, but please do not feed them. They have a tendency to climb on the fence where they are being fed and over a short period of time the fence gets smashed down to a point where the goats can jump over and get out. We also ask that you please don't let your dogs chase the goats. Thank you for your cooperation.



We are looking forward to a great Flag Football season this year! Our flag football is fun and very recreational and open to boys and girls ages 6 to 12 (Coed). We want everyone who has a desire to play to sign up - it is a great opportunity to learn to play football, meet new friends and have fun!

Pioneer Day Celebration

July 23rd is only about two weeks away!

This year all of the activities are at Ivins City Park. All vendors will be located in the tree area just west of the parking lot where it is shady and cooler. All of the activities will be on the grassy area of the baseball field. The stage, bounce houses, slip-n-slide and other activities will be centralized in this area which is right next to the vendor booths.

The events are planned to go according to this schedule:

Breakfast	7:00 to 9:00 a.m.
Flag Raising Ceremony	8:00 a.m.
Parade	9:00 a.m.
Activities, Vendors and Entertainment in The Park	10:00 a.m. (or when the parade is over) to 2:00 p.m.



We are still taking applications for the Parade and for Vendors so if you are interested please contact the Parks & Recreation Department as soon as possible!

Volunteers are still needed to help with the Pioneer Day Parade! We need people to help with staging (lining floats up), traffic control and set up/take down. If you would like to

help, please contact Jennifer or Tami at the Parks & Recreation Office – 634-0689

Flag Football Registration

For Boys and Girls Co-Ed ages 6 to 12

When: Beginning July 1 registration can be done from 8:00 a.m. until 5:00 p.m. daily, or online at www.ivins.com.

Where: Ivins City Offices, 55 North Main
Registration ends: August 12, 2011

Registration Fee: \$25



Season begins: September 12, 2011 - Games will be played on weekday evenings, and depending on the number of teams, games may be played on Saturdays.

The age divisions for this league will be as follows:

Ages - 6 to 8 Coed Monday and Wednesday Evenings

Ages - 9 to 12 Coed Tuesday and Thursday Evenings

Ages determined as of October 31, 2011

If we have enough participation we may be able to divide into three age divisions with the age range only two years apart.

Movies in the Park – Our 8th season

Friday evenings beginning August 5 through 26 at the Ivins City Park baseball field will become an outdoor movie theater. We will be showing family features and it is free. Start time will be approximately 8:30 p.m. (or when it is dark enough).



August 5 -	Tangled
August 12-	Yogi Bear
August 19 -	The Shaggy Dog (2006 version)
August 26 -	Mulan

Recreation Classes

Ivins City Parks & Recreation offers a number of recreation classes that are on-going all year round, these include; Dance, Tumbling, Yoga, Dance Fitness and Strength Training, Musical Theater, Tennis. If you are interested in attending one or more of these classes please call the Parks & Recreation office to find out when our next session will begin.

Dance, Tumbling, & Musical Theatre Classes *taught by Instructors from Spotlight Performing Arts Center

There will be a limited Dance/Tumbling class schedule during the summer! Here are the classes offered;



July 13 - Aug 11, 2011 (5 wk session) Session 2
Aug 17 - Sept 15, 2011 (5 wk session) Session 3

Day & Time	Class	Ages	Tuition
Wednesdays			
10:00-10:45 a.m.	Ballet	Ages 2-5	\$ 33
10:45-11:30 a.m.	Tumbling	Ages 3-7	\$ 33
Thursdays			
4:00-5:30 p.m.	MUSICAL THEATRE	Ages 5 yrs & up	Cost varies by show (call for audition)

Location: Classes are held in the Recreation Building at the Ivins UNITY Park (400 S. 300 W.)

Dance Fitness/Strength Training

Monday–Thursday 7:00 to 8:00 a.m. during the Summer Classes are held at the recreation building at UNITY Park or when weather permits, Dance Fitness classes are held on the tennis courts with instructor Julie Thompson.



Dance Fitness - Tuesday's & Thursday's Dance Fitness eliminates the “work” from “working out” by combining music with dynamic, yet simple exercise moves. You'll have so much FUN you won't even realize you just got a great cardio workout.



Strength Training - Monday's & Wednesday's - Monday's class focuses on lower body & abs / Wednesday's class focuses on upper body/abs. Strength Training is a vital part of a balanced exercise routine that includes aerobic activity and flexibility exercises. Regular aerobic exercise, such as Dance Fitness, running or using a stationary bike etc. makes your muscles use oxygen more efficiently and strengthens your heart and lungs.

Punch cards: \$40.00 for 20 classes or Individual Class: \$4

Free Summer Food for Kids Utahns Against Hunger

Kids can have free lunch & fun while school is out. For more information and to find a location near you, contact Utahns Against Hunger at www.uah.org or 1-800-453-3663

No forms or ID required



Yoga – New Class schedule No class on July 5, 2011



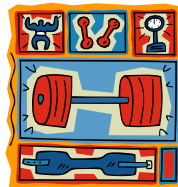
Tuesday 8:00 to 9:00 a.m. is Gentle Yoga
Tuesday 9:15 to 10:25 a.m. is Power Flow Yoga
Wednesday 5:30 to 6:30 p.m. is Gentle Yoga
Single class fee - \$6.00, 4 classes - \$23.00, 8 classes - \$40.00
Taught by Kim Nally

Power Flow Vinyasa - This is a class suited for those who have had some yoga experience and familiarity with a variety of yoga postures.

Gentle Yoga - This class is well-suited for beginners, and/or anyone desiring gentle and restorative yoga.

Personal Training by Katey Fielding

Katey Fielding is a Certified Personal Trainer with four years of experience helping people keep themselves fit. She takes you through a variety of fun and exciting exercises. She uses balance, core strength, weights and cardio to create the perfect workout for your lifestyle and goals. No matter what age you are or what goals you have, she will design an exercise routine just for you. Come as an individual or with a group of friends and learn to push yourself to new heights. One hour sessions are currently available; Email Katey to find a time that works for you.



Only \$120 for 8 sessions – (\$15 per hour per person)
Minimum Class size – 1
Maximum Class size – 6

All classes are taught at the Recreation Building in UNITY Park.

For more information you can email Katey Fielding at katey-fielding@gmail.com

Sand Hollow Aquatic Center

Ivins City has an inter-local agreement with the City of St. George that allows Ivins residents to use the Sand Hollow Aquatic Center for the resident rate. This is a great facility that offers year round water fun and fitness. There is a leisure pool for fun and a lap pool for fitness, they offer swimming lessons and a variety of special events throughout the year. Sand Hollow Aquatic Center is a wonderful facility and we encourage you to take advantage of the opportunity to use it!



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Please Note....

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City Hall will be **closed Monday, July 4th and Monday July 25th, 2011** in observance of Independence Day and Pioneer Day.

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