



MURRAY

Parks & Recreation

January 2015

FREQUENTLY REQUESTED NUMBERS

Grant Elementary 801-264-7416
 Heritage Center (Senior Programming) 801-264-2635
 Hillcrest Jr. High 801-264-7442
 Horizon Elementary 801-264-7420
 Liberty Elementary..... 801-264-7424
 Longview Elementary... 801-264-7428
 Ken Price Ball Park 801-262-8282
 Miss Murray Pageant (Leesa Lloyd) 801-446-9233
 McMillan Elementary .. 801-264-7430
 Murray Area Chamber of Commerce..... 801-263-2632
 Murray Arts Advisory Board (Mary Ann Kirk)..... 801-264-2614
 Murray Boys & Girls Club 801-268-1335
 Murray City Cemetery... 801-264-2637
 Murray Community Education..... 801-264-7414
 Murray High School 801-264-7460
 Murray Museum 801-264-2589
 Murray Parks and Recreation Office..... 801-264-2614
 Murray Parkway Golf Course..... 801-262-4653
 Murray Park Aquatics Pool 801-266-9321
 Mick Riley Golf Course (SL County) 801-266-8185
 Parkside Elementary.... 801-264-7434
 Riverview Jr. High..... 801-264-7446
 Salt Lake County Parks and Recreation 801-468-2560
 Salt Lake County Ice Center..... 801-270-7280
 The Park Center 801-284-4200
 Viewmont Elementary .. 801-264-7438

CULTURAL ARTS

Upcoming Events:

January 14-26 – Murray High Broadway Review, 7 p.m., \$3 general admission
January 19 – Martin Luther King Concert, MHS, 7 p.m., free
January 31 – Murray Concert Band, MHS, 7 p.m., free
February 18 – Community Choral Fest, MHS, 7 p.m., free
February 28 – Todd Green, World multi-instrumentalist, MHS, 7 p.m., \$5 general admission



Youth Musical Auditions and Performances

Murray City Cultural Arts will produce youth musicals at school venues December through May. For more details, contact Mary Ann Kirk at mkirk@murray.utah.gov or phone 801-264-2638. These programs are supported with grants from Utah Division of Arts and Museums and the Salt Lake County ZAP program.

Liberty: Big Top Blues, Auditions Dec 10, Performances Feb 26-28

Viewmont: Seussical the Musical, Jr, Auditions December 15-17, Performances Feb 24-25

Longview: The Happy Man, Auditions Jan 15,

Performances March 11-12

Twin Peaks: Annie Review, Auditions January 28, Performances March 18-19

AISU: Seussical the Musical, Jr, Auditions Feb 13, 16, Performances April 30-May 1

Woodstock: Down in the Dumps, Auditions Feb 27, Performances April 30

Grant: The Happy Man, Auditions March 2, Performances May 6-7

McMillan: Down in the Dumps, Auditions March 13, Performances May 7

Horizon TBA

(we are looking for a director, interested? Call 801-264-2638)

Murray Storytelling in the Spotlight

Murray City Cultural Arts and the Murray Library have teamed up to present performances, workshops, and judging events for individuals and families at the Murray Library. Additional instruction will be provided at the Heritage Center and in various designated school classrooms instead of after school residencies as they have done in the past. Registration forms for the library workshops/camps are available at the Murray Parks Office or the Murray Library.

Spotlight on Stories Concert for Families

Monday, February 23, 7 p.m.

Murray Library Auditorium

Come be entertained and inspired with family stories, folk and fairy tales. Learn about the Murray City Storytelling Festival and workshops and activities you and your children can be involved in.

Presented by professional storytellers
 Cassie Ashton and Jan Smith

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RECREATION



Soccer 101

Soccer 101 is a unique program designed to teach new younger players the game of soccer. Emphasis is in skill development set to games. Participants will learn how to pass, kick, throw in, score, play defense and protect the ball. Each week will include a skills clinic followed by a game. Each session will last for one hour for a total of six weeks. A parent or an adult is required to attend and participate to assist with positive reinforcement of the skills learned. Participants will learn new skills each week and then participate in a scrimmage. This is an indoor soccer program. Space is limited to 16 participants each hour.

Dates: February Feb. 21 to March 28
Place: Hillcrest Jr. High Back Gym
Ages: 3-6
Cost: \$35 Resident, \$45 non resident
Times: 9:00 a.m., 10:00 a.m., 11:00 a.m.
Deadline: Friday, February 13, 2015
Register: Murray Park and Recreation Office or The Park Center or at www.mreg.com

Murray High Alumni Basketball Tournament

This marks the 42nd year of the Murray High Alumni Basketball Tournament. Grads from Murray gather together to play in this prestige Basketball Tournament. Get your classmates together and from your Alumni Team. It is the oldest tournament of its kind in the entire United States. Teams can merge together if they cannot find enough schoolmates to play together. Each team is guaranteed three games. The tournament starts with Pool Play with the winners advancing to the Championship Round of the Tournament.

Dates: March 30 to April 4
Cost: \$150 per team
Place: Murray High School
Deadline: Friday, March 18, 2015

Register: Murray Parks and Rec. Office

Download a roster from below and send it with the fee to:

*Murray Parks and Recreation
296 East Murray Park Ave
Murray UT 84107*

For more information, call 801-264-2614.
YOU MUST BE A MURRAY HIGH GRAD TO PARTICIPATE!

Dates: Wednesday League April 1
Friday League April 3
Nights: Wednesday - Recreational
Friday- Recreational
Cost: \$300 per team for each session
Times: 6-11 pm
Place: Murray Park Softball Diamond
Deadline: Friday, March 13, 2015
Register: Murray Parks and Recreation Office or www.mreg.com

Adult Spring Softball Leagues

Murray City offers a Monday Coed League, Tuesday Coed League and a Thursday Men's League. This is consider are USSSA D" League. No double wall bats allowed. We use different size softballs for women and men. This is a first class league. Get your roster and fee together and sign up today!

Dates: Monday, April 6
Tuesday, April 7
Thursday, April 9
Times: 6-11 p.m.
Location: Murray Park Softball
Cost: \$500
Register: Murray Parks and Recreation Office in Murray Park.
Deadline: Friday, March 13, 2015

Swim Programs

Swim Checks, Webelos Aquanaut and 2nd & 1st Class Requirements

Pass the swim check required to participate in aquatics at camp! Complete the aquatic requirements for second and first class with the safety of a merit badge counselor and certified lifeguard. Also available is the Aquanaut Webelos Activity badge.

Swim Checks

Dates:	Times:	Reg. Dates:
Dec. 17	7 – 9 PM	Nov. 1 – Dec. 16
Jan. 21	7 – 9 PM	Nov. 1 – Jan. 20
Feb. 11	7 – 9 PM	Nov. 1 – Feb. 10

Swimming Merit Badge

Swimming is a leisure activity, a competitive sport, and a basic survival skill. Scouts who earn this badge will learn about safety when swimming and diving, how swimming can contribute to overall fitness and health, and gain some basic competitive swimming skills. This is a required merit badge for the Eagle Rank.

Dates:	Times:	Reg. Dates:
Dec. 3 & 10	7 – 9 PM	Nov. 1 – Dec. 2
Jan. 28 & Feb. 4	7 – 9 PM	Nov. 1 – Jan. 27

Other Information:

Must have completed 2nd Class Requirements 7a, 7b and 7c and 1st Class Requirements 9a, 9b and 9c.

Lifesaving Merit Badge

The Main purpose of the Lifesaving Merit Badge is to prepare Scouts to assist those involved in water accidents, teaching them the basic knowledge of rescue techniques, the skills to perform them and the judgment to know when and how to act so that they can be prepared for emergencies. This is a required merit badge for the Eagle Rank.

Dates:	Times:	Reg. Dates:
Jan. 7 & 14	7 – 9 PM	Nov. 1 – Jan. 6
Feb. 18 & 25	7 – 9 PM	Nov. 1 – Feb. 17





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Other Information:

Must have completed 2nd Class Requirements 7a, 7b and 7c and 1st Class Requirements 9a, 9b and 9c. Completion of Swimming Merit Badge is recommended.

Please call The Park Center (801) 284-4200 for more information

The Murray Aquatics Club (MAC)

The Murray Aquatics Club "MAC" is a competitive USA Swimming team for youth ages 5-18. Team practices are held 5 days a week Monday-Friday.

To join MAC, swimmers must have completed swim lessons or given the Head Coach's approval after an evaluation of swimming skills.

To participate MAC, all swimmers must become a member of USA Swimming. New members of MAC are recommended to join at the Bronze Level.

All swimmers are expected to attend swim meets and practice: Gold (5x per week) Silver (+4x per week) Bronze (+3x per week).

Ages: 5 - 18 years

Days: Monday - Friday

Practice Times:

Gold/Silver 4:30 – 6:00PM

Bronze 4:30 – 5:30PM

Cost (Resident / Non-resident):

Monthly:

Gold/Silver \$40 / \$45

Bronze \$35 / \$40

Seasonal (Resident / Non-resident):

December - February

Gold/Silver \$105 / \$120

Bronze \$90 / \$105

USA Swimming Cost: \$77 per year

Swim Lessons

February 3 - 26

Registration Dates: January 23, 5am

Deadline January 31

Ages: 6 months - Adult

Cost: \$30 Resident / \$35 Non-resident

CULTURAL ARTS

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Super Saturday Story Camp for Elementary Students (grades 1-6)

10 a.m. to 12 noon

Saturdays, March 14 and March 21

Join professional Storytellers Cassie Ashton and Jan Smith as they guide students in creative dramatic games, storytelling activities and performance skills. Students who are interested may participate in additional coaching beyond the two sessions to prepare for the Murray City Storytelling Festival in May.

Teen Telling Time

Tuesdays -4-6 p.m.

March 16 and March 23

Sample the fun and engaging power of storytelling with wild and wacky drama games, writing applications and performance skills. Students who are interested may participate in additional coaching beyond the two sessions to prepare



for the Murray City Storytelling Festival in May.

Finding and Sharing Family Stories

Thursdays 7-9 p.m.

March 19 and March 26

Two engaging, empowering workshops to entertain and inspire your inner storyteller. You will learn how to turn memory snippets into stories

to share with your family. Families who know their stories are stronger families. Possibility to share your story at the Murray City storytelling festival if you desire or simple enjoy story in a family setting.

Coaching for concert performance

Saturday, April 11

10 a.m. – noon

Murray Library Storytelling Stars Concert

Monday, April 13 • 7 p.m.

Bring your family and friends to applaud the stories of our Murray workshop participants.

Murray Heritage Senior Center For Adults

Feb 9-March 6 – Heritage Center

Fridays 12:30 p.m. - 2 p.m.

If you want can't attend a library session and want a daytime workshop, this will work for you.

Register at the Murray Heritage Center



THE HERITAGE SENIOR CENTER

Upcoming Events

The Heritage Center is a 55+ recreation center for people who like to stay active, learn, get services, go places, stay healthy, play, volunteer, meet people, enjoy life, and more.

Lunch is served Tuesday-Friday anytime between 11:30 - 12:30 and you pay for your meal after you pick up your food. No reservations are needed - except for special events. Options include the regular menu item, salad, Panini, soup and sandwiches. The cost ranges from \$2 - \$4 for people 55+.

SPECIAL EVENTS

Mardi Gras Celebration – February 17. Join us as we transform the Center into downtown New Orleans and celebrate Mardi Gras, French for “Fat Tuesday,” the final day of the Carnival season, on Tuesday, February 17 at 11:00. The cost for this fun event will be \$7 for reserved seats.

EXERCISE

Monday NIA 9:00 a.m. - 10:00 a.m.

Monday & Thursday Strength Conditioning

2:00 p.m. - 3:00 p.m.

Tuesday & Thursday Stretch & Tone

9:00 a.m. - 10:00 a.m.

Tuesday & Thursday Tai Chi

10:30 a.m. - 11:30 a.m.

Tuesday & Thursday U of U Exercise Students

12:00 p.m. - 1:30 p.m. (\$1/one time or \$5/month)

Wednesday & Friday Yoga 10 a.m. - 11:00 a.m.

Wednesday & Friday Chair A'Robics

11:15 a.m. - 11:45 a.m. (FREE)

Friday Zumba 9:00 a.m. - 10:00 a.m.

Fees: Class fee is \$3 a day or monthly fee which ranges from \$10-15 depending on the class. Punch passes are also available for purchase. Monthly Total Fitness Pass: Pay \$30 the first week of each month and then attend as many exercise classes plus utilize the exercise room as much as you would like.

OPEN EXERCISE ROOM – Open daily, \$5 per month or \$1 per visit.

HEALTH SERVICES

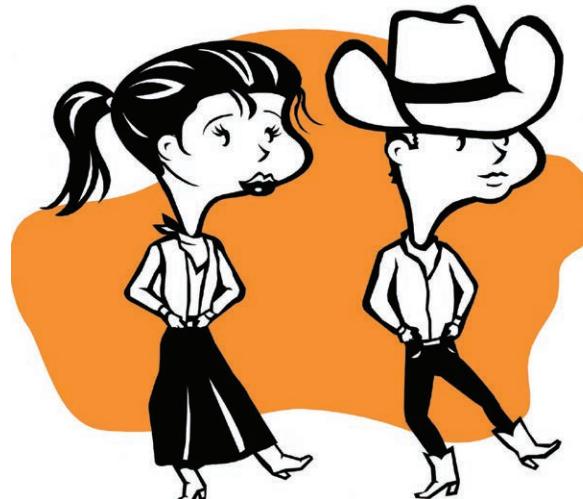
Blood Pressure & Glucose – The first Thursday of each month from 11:00-12:00 (FREE).

Massage Therapy – Every Friday from 11:45-3:45. Appointments are required and can be made

four weeks in advance. The cost is \$9 for fifteen minutes, \$18 for a half hour, or \$36 for an hour. Payment is due when you make your appointment.

RECREATION

Pickleball – On Thursdays from 9:00-11:00, you can learn to play Pickleball at the Center for free. Pickleball is played with wood or plastic paddles on a badminton size court using a whiffle ball. It is great exercise and helps in developing better hand-eye coordination.



Pinochle – Wednesdays at 9:15. Players must check in no later than 9:00. The cost is \$2 and is paid tournament day.

Bridge – Mondays from 11:00-2:00 is a teaching class taught by Carol Meyers. Come and learn or refresh old skills. Wednesdays and Fridays 1:00-4:00 free informal Bridge play (Chicago/Party).

Canasta – Tuesdays from 11:00-2:30. Everyone is welcome (including beginners), all games are free and anyone can join in on the fun.

Birthday Wednesday – First Wednesday of each month. Celebrate your birthday and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90 or 100 this month. Tell us if you have reached a new decade.

Bingo – Wednesdays and Fridays at 12:45. Donations are appreciated and used to purchase the certificates and prizes for bingo day.

Happy Hatters – 1st and 3rd Thursdays at 12:45. Red Hat Society chapter meetings are held on the 1st Thursday of every month to play BUNCO and Mexican Train, and on the 3rd Thursday to play Hand & Foot.

Game Day – Make a new friend and learn a new game every Thursday at 12:30 in the card room.

Mexican Train, Dominoes 15, Rummikub, Skip-Bo and more.

Want to Jam – Bring your instrument and jam on Thursday, Feb. 8 at 3:30. Past gatherings have included drums, guitar, violin, piano with all types of music played from jazz to country. Informal and all types of instruments are welcome.

Social Dance – Every Thursday evening from 7:00-10:00. Cost \$4. Dance to the musical genius of Tony Summerhays. Refreshments will be served during the break and door prizes will be given each week.

Line Dancing – Enjoy some great exercise, stimulate your brain, and meet friends; Tuesdays at 9:30 for all dancers and Tuesday afternoons at 2:00 for beginners. Cost is \$1.50 and is paid the day of class and placed in the box on or near the stage. Shirlene Lundskog is our instructor and dances with the Sandy Line Dance performing group.

TRIPS

Tooele Breakfast – The Center's bus will be headed to the Tooele Senior Center for the “2nd Best Breakfast in Utah.” The bus will depart the Center at 9:00 on Wednesday, January 21 and return about noon. Cost is \$6. Sign up now.

Hardware Ranch – The Center's bus will depart at 9:30 on Monday, January 26 to Hardware Ranch. Enjoy lunch and a sleigh ride among the elk that winter at the Hardware Ranch. The cost is \$15 which includes transportation, sleigh ride, and lunch. Sign up now.

Clark Planetarium – Academy Award winner Morgan Freeman narrates the IMAX 3D documentary Island of Lemurs: Madagascar, the incredible true story of nature's greatest explorer ... lemurs. The Center's bus will depart on Tuesday, February 3 at 10:00 and the cost is \$12. Sign up now.

Kingsbury Hall – The Center bus will depart on Thursday, February 12 at 9:00 for the 10:00 performance. Cost is \$5. The Langston Hughes Project is a scholarly, humorous, multi-media performance of Langston Hughes' epic poem “Ask Your Mama: 12 Moods for Jazz” and features music by the Ron McCurdy Quartet.

CLASSES

Medicare Counseling – On Tuesday, January 20 at noon, Vickie Nelson will be available at the Center for Medicare Counseling. As a SHIP counselor, her

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job is to help clear up the confusion about where to apply for Medicare, help you understand your Medicare choices and what to do if you have other insurance. Sign up now.

Fitness & Nutrition – On Wednesday, January 21 at 10:30, Dr. Maurice Baker will be at the Center to share some tips about Fitness and Nutrition. This is a free class, sign up now.

AARP Smart Driving Course – The AARP Smart Driver Course will be held on Monday, Jan 26 from 9:30-2:30. The cost of this class is \$15 for AARP members and \$20 for everyone else. Bring your AARP membership card and valid driver's license.

Vital Aging Program – On Tuesday, January 27 at 10:30, a representative from the Vital Aging Program, a Salt Lake County Aging Service and Valley Mental Health Initiative, will be at the Center to present: "Life Review and Transitions." This is a free class, sign up now.

Fire Safety & Emergency Preparedness – On Tuesday, February 3 at 10:30, the Murray Fire Department will be at the Center to present a Fire Safety and Emergency Preparedness class. Free class, sign up now.

Storytelling Class – The Center is hosting a five-session Storytelling class on Monday, February 9, Friday, February 13, 20, 27 and Friday, March 6 from 12:30-2:00. This is a free class sign up now. Carol Esterreicher will be leading the 5 classes. Carol is a nationally recognized and award-winning Storyteller. You can expect to learn an easily applied model that defines the people, places, problems, and processes that apply to a myriad of story types. This is a free class, sign up now.

Valentine Candy Making – On Monday, Feb 9 from 12:30-2:30, Calli will be teaching a candy making class. Join her in the kitchen to help prepare and package five different St. Valentine candies. The cost is \$10. Sign up now.

Bereavement Support – On Tuesday, February 10 at 12:30 the Center is hosting a Bereavement Support group. This group is facilitated by licensed counselors and community educators. This is a free class, sign up now.

Chakra/Meditation – The class will be held every Monday at 10:30-12:00. Cost is \$3 per session. Barbara Battison will instruct you on the different Chakras and how to effectively meditate.

Ceramics – Tuesdays and Thursdays from 8:30-12:00. The ceramic class will have all the supplies and equipment you will need to use. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day – Tuesdays at 12:45. A small group of seniors meet to share their skills and knowledge of

MURRAY PARK CENTER



HOLIDAY HOURS

Dec. 24 5am-3pm
Dec. 25 Closed
Dec. 26 8am-10pm
Dec. 31 5am-3pm
Jan. 1 8am-4pm
Jan. 2 8am-10pm

FACILITY HOURS

Mon-Fri 5AM - 10PM
Saturday 7AM - 7PM
Sundays 9AM - 2PM

BASKETBALL COURTS



Open Pickleball

Ages: ALL
Dates: Tues. & Thurs.
Time: 8AM - 12PM
Court: South

Open Evening Pickleball

Ages: ALL
Dates: Friday-Ends 12/26
Time: 6PM - 9PM
Court: South
Cost: PC Membership or \$25 Six pack

New Years Day—1/1/2015
Open Pickleball 8-11am

COMING SOON!!!

Pickleball League

Dates: January 2015

Matt Harpring's Holiday Camp (Skills & Drills)

Date: Dec. 30 & 31
Ages: 7-14
Cost: \$45 per day
\$80 both days

FITNESS

WEDNESDAY NIGHTS

A fitness trainer will be available in the weight room from 6PM-8PM.

New Years Day Fitness

8:15am Spin
8:15am TRX
9:30am Spin
9:30am Yoga
10:45am Zumba

Upcoming Certifications



Master Class

Date: Jan. 3rd
Time: 6:30pm-7:30pm

NEW GROUP FITNESS SCHEDULE BEGINS JANUARY 5

The Park Center
202 E. Murray Park Ave
www.murray.utah.gov
801.284.4200

Memberships

Mid January we will be converting over to a New data base for our Programs and Memberships. Please be patient with our upcoming conversion.



American Red Cross
Friday, Dec. 26

BLOOD DRIVE

FREE!
Asthma Screening
Jan. 21 - 5pm-8pm



UPCOMING PROGRAMS

VOLLEYBALL

Adult Winter Leagues

Monday-Women's A
Dates: Jan. 5-Feb 23
Location: Hillcrest Jr. High
Cost: \$230
Deadline: December 29

Tuesday-Coed B
Dates: Jan. 6-Feb 24
Location: Hillcrest Jr. High
Cost: \$230
Deadline: December 29

Thursday-Coed BB/A
Dates: Jan. 8-Feb 26
Location: Hillcrest Jr. High
Cost: \$230
Deadline: December 29



Movie Star Musical

Learn acting skills, dance and sing. Film the movie then enjoy the show!

Dates: Jan 29—April 16
(12 week Program)
Film on April 11
Ages: 7 & Up years
Time: 4-5pm / 5-6pm
Cost: \$170



Date: Thursdays (January)

Ages: 1-3 years old

Time: 10:45am-11:30am

Cost: \$30 per month

Other Park Center amenities require daily admission fees.

Parent participation is required throughout the class.

Karyn Anderson
801-403-5439
karyn@little-crazy-people.com



Amy Corwell
801.633.0207

Day: WEDNESDAY
Dates: Jan 21– Mar 11
Time: 4pm–5pm
Grades: K - 6
Cost: \$110 (8-weeks)

acorwell@bricks4kidz.com

Register online at

www.bricks4kidz.com

crafts. Newcomers are welcome.

Computer – Sign up and pay in advance for private lessons (\$3). Come to your private class with questions. Call the front desk for the current schedule for Mondays, Tuesdays, or Thursdays. Bring computer questions or gadget question (phone, camera, iPad) or concerns to the private lessons.

We will also be having an email tip class on Thursday, February 5 and Tuesday, February 10 at 1:00. The cost is \$5 and you will need a working email. Sign up now. Please call the Heritage Center at 801-264-2635 if you are interested in teaching computer classes ... we are always looking for additional Computer Instructors.