



J. L. Sorenson Recreation Center

It's always a Happy, Healthy Day at JL ! Monthly Newsletter

October-November 2016

Halloween was Awesome!

Every year the JL Sorenson Recreation Center hosts our annual Halloween Carnival. The kids play games, get their faces painted, color pumpkins, participate



JL Halloween Carnival

in the costume contests, enjoy refreshments and have a ton of fun. On the same evening, we have our annual Halloween Great Pumpkin 5K Fun Run. This race happens at night and all of the runners are outfitted with

headlamps. The race starts with all runners in pursuit of the Great Pumpkin. All finishers received a glow-in-the-dark medal and a pumpkin to take home.

A super-fun & spooky time was had by all. Thousands & thousands of our community residents join us each year in celebrating all of our fun holidays.



Great Pumpkin 5K

- racers getting ready.

"We enjoy hosting a variety of community holiday events here at JL. Every year we invite our community residents to come on out & have a good time at our family friendly events. We host an Easter Egg Dive, Halloween Carnival & 5K, Turkey Event, and our New Year's Eve Party. We have a great community here in the southwest corner of Salt Lake County, and we, at JL, want our residents to keep having fun with us during the holidays."

*- Ron Preece
Facility Director*

Up next: TURKEY SHOOT!

Coming up, we'll be celebrating Thanksgiving with the community by hosting our Sixth Annual Turkey Shoot on **Saturday, November 19th 11am-12:30pm**. Participants will be putting their archery skills to the test by slinging arrows from their bow at targets loaded up with prize potential. Depending on how accurate they are, our shooters may be going home with a variety of prizes, including Pumpkin Pies!

Also, check out our **Trim Your Turkey** - Special Early Morning Group Fitness Workout on Thanksgiving Morning, 7:00-9:00am. Spin, Zumba, TRX, High Fitness.





JL's Commitment to Customer Service

At JL Sorenson Recreation Center we are committed to providing quality customer service to all of our patrons. The challenge is keeping our **hundreds** of employees on task with meeting the customer service needs of our **thousands** of patrons. We will continue to do our best in providing good customer service. When we fall short please let us know through comments in our comment box, or directly with email or phone calls to any or our management team members. Also, please feel free to let us know when we are doing a good job. Believe us, we will never stop trying to do our best. There are many challenges and factors that effect what we can and cannot do, but we will always try to do what we can to provide a good experience for our patrons.



JL Sorenson Management Team



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All of our management team members can be contacted via email or phone:
385-468-1340.
For specific duties of each of our management team members please refer to our website:
www.slco.org/recreation/jlsorenson

Senior Exercise

... it's a Splash!



JL Sorenson Recreation Center—Swimming Pool

Senior's Water Aerobic Class

Seniors Water Fitness by Heather

The Seniors are such a fun group. We average around 25 each class and they all come wearing smiles. Even when I am exhausted from being a mom or teaching a lot of classes, I look forward to the Seniors - I always leave the class feeling better than when I came. I play oldies music, and you will often find the group of men (who often come with their spouses) in the back row singing loudly along with the music. The group as a whole is a social community, and additionally benefit from improved posture, balance and range of motion. Our Seniors class participants range in age from 58 to 92 years old. A few quotes from our patrons:

"We love it. At age 82 & 83 we are still strong. This is a priority for us. - it keeps us going" - Colleen

"I'm more flexible. It lifts my spirits as much as my body when I am here. My endurance is greater" - Lacy

"Gets us up off the couch. It's fun. Very worthwhile." - Alex

"We love it!" - Barbara

"Gives us a chance to practice our karaoke." - Steve

Heather instructs one of our wildly popular seniors water fitness classes. She is one of JL's many fantastic group fitness instructors.

We offer Seniors Group Fitness Classes on Mondays, Wednesdays, and Fridays at 10:00am.

Q&A From the Comment Box

PATRON WROTE:

"It seems like every winter, when I come to the center on a Saturday, I can't get into the gymnasium. There is always kids basketball leagues going on. Will that be the case again this year?"

CENTER RESPONSE:

Yes. Every year we run our Jr. Jazz Basketball program December - February. So, during this period there will be no gyms available on Saturdays for drop-in use. The rest of the year we always try to have at least one of our three basketball courts available for open play. We are unable to do this during Jr. Jazz season. Our Jr. Jazz program serves over 3,000 participants and we utilize every public high school/middle school gymnasium in the area in addition to our own gymnasiums. We host our kindergarten through 2nd grade Jr. Jazz leagues at JL. So, as much as we would like to be able to keep a court open for our drop in patrons on these Saturdays, we just can't do it without displacing our young basketball players. The rest of the year (March-November) we will continue to have at least one court available for open play most of the time.

PATRONS WROTE:

"What is all that construction going on next to the center?"

CENTER RESPONSE:

That is the construction of our new playfield. This field will be completed by the end of November, and ready for use next Spring. We will utilize this new playfield for youth sports programs like soccer, flag football, tee ball, etc. JL also runs outdoor sports programming on the Silver Crest Elementary field, and beginning next Spring, the **Wardle Fields Regional Park** fields in Bluffdale.

PATRONS WROTE:

"Why are there so many swim teams taking all of the lap lanes at the pool?"

CENTER RESPONSE:

Swim Teams are a big part of what we do here at JL. We have our year round pre-comp youth swim team (Squids). We also host the year round USA Swim Team (Mustangs). Each year from September - February we host the Herriman High School and Riverton High School swim teams. We (JL) have a partnership with the Jordan School District in which we are the home site for both Riverton & Herriman. During all of our swim team workouts, we will still keep lanes available for our lap swimming patrons. When we are hosting meets, however, the lap pool will obviously not be available for our drop-in patrons. We love being able to host all of our community's youth swimming enthusiasts. We also understand that we have an obligation to provide lane space for our lap swimming patrons. We will continue to try to do both as best we can.



We want your feedback.

At our front desk and at our fitness desk we have a box designated to receive your feedback. You may use the comment slip provided, or submit any written comments or concerns. If you leave your contact info & request a direct response we will respond. We will also try to respond to common questions & concerns in this monthly newsletter. We will call the section Q&A from the Comment Box.



PARKS & RECREATION

EMPLOYEE SPOTLIGHT

Tanner Morris - Youth Sports Supervisor

Tanner is one of our star youth sports specialists here at JL. He helps lead our Supersport Off-Track Day Camp, in which he is wildly popular with the kids, who can't wait to challenge him in each day's scheduled activities. Tanner also developed and implemented our Youth Basketball Camp. Tanner is dedicated to running great programs for our youth patrons. He always goes the extra mile to ensure a quality experience. Tanner is a tremendous leader and role model for staff and program participants alike. JL is fortunate to have Tanner as a member of our team. Tanner deserves a shout out for being great to all patrons and staff. Thanks Tanner for making JL a great place to have fun & be active!

