



THE REC CHECK

rec.orem.org 801-229-7156 rec@orem.org

Recycling in Orem



- Please make sure that all recyclables fit in your recycling container.
- Place your recycling and trash container at the curb between sundown on the day before collection and 7:00 a.m. the day of collection.
- If you have any questions regarding your trash or recycling collection service, please contact us at (888) 496-8824.



Accepted Items: (Empty and Clean)



Items NOT Accepted*:

- Plastic bags, wrap or film (return bags to store)
- Food, liquids
- Glass
- Yard waste, wood
- Shredded paper
- Electronics
- Clothes, bedding, carpet
- Medical/hazardous waste
- Foam cups, take-out containers or packing material

*Unaccepted items are not limited to those above. Call us if you have any questions about what is recyclable.

QUESTIONS? (888) 496-8824

Visit WWW.WM.COM



2018 Recycling Calendar

JANUARY							FEBRUARY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28			
MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					
MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30	31	
SEPTEMBER							OCTOBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1							1
2	3	4	5	6	7	8	7	8	9	10	11	12	13
9	10	11	12	13	14	15	14	15	16	17	18	19	20
16	17	18	19	20	21	22	21	22	23	24	25	26	27
23	24	25	26	27	28	29	28	29	30	31			
30													
NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

Holiday
Observed Holiday Schedule: During a holiday week, service will be delayed by one day for all days that fall on or after the holiday. Normal schedule will resume the following week.
New Year's Monday, January 1
Memorial Day Monday, May 28
Independence Day Wednesday, July 4
Labor Day Monday, September 3
Thanksgiving Day Thursday, November 22
Christmas Day Tuesday, December 25



OREM FITNESS CENTER

HOURS OF OPERATION

- Facility** M - F 5 AM - 10 PM | Sat 7 AM - 7 PM
- Lap Pool** M - F 6 AM - 9:50 PM | Sat 7 AM - 6:50 PM
- Leisure Pool** M - F 7 AM - 12 PM, 3 PM - 9:50 PM
Sat 7 AM - 6:50 PM
- Firearm Range** M - F 6 PM - 9 PM | Sat 10 AM - 2 PM

Please see our website, rec.orem.org or the Orem Recreation Facebook page, for closures, swim meets, and other special events and offers.

580 W 165 S

THERE'S NO BETTER WAY TO START OFF THE NEW YEAR THAN GETTING AN ANNUAL PASS TO THE OREM FITNESS CENTER. FOR THE MONTH OF JANUARY, ANNUAL PASSES ARE 20% OFF THE OREM RESIDENT PRICES SHOWN BELOW.

INDIVIDUAL	STUDENT	FAMILY	SENIOR CITIZEN
\$232 Annual	\$206 Annual	\$407 Annual	\$124 Annual
Semi-Annual - \$139	Semi Annual - \$118	Semi Annual - \$221	Semi Annual - \$83
Monthly EFT - \$26	Monthly EFT - \$21	Monthly EFT - \$40	Monthly EFT - \$16



COMMUNITY NEWS & INFORMATION
 56 NORTH STATE STREET
 OREM, UT 84057

OREM RESIDENT
 84057
 84058
 84097

PRSR STD
 U.S. POSTAGE
 PAID
 OREM, UT
 PERMIT NO. 8
 ECR WSS

20% OFF ANNUAL PASSES UNTIL JANUARY 31

READY TO PLAY

OREM RECREATION OFFERS DOZENS OF PROGRAMS AND ACTIVITIES FOR RESIDENTS TO ENJOY THROUGHOUT THE YEAR. THE ONLINE REGISTRATION PORTAL AT REC.OREM.ORG HAS BEEN REVAMPED TO MAKE ONLINE PROGRAM REGISTRATION EASIER THAN EVER. IF YOU HAVE QUESTIONS ABOUT ANY PROGRAM, CHECK THE WEBSITE OR CALL US AT 801-229-7156.



EASTER EGG HUNT

March 31 | 9 AM SHARP
Mountain View HS Football Field



VOLUNTEERS NEEDED

Opportunities available in various sports & activities. Call 801-229-7455 or email rec@orem.org for more info.



The best way to stay informed on recreation programs and events is to follow **OREM RECREATION** on Facebook.

UPCOMING LEAGUES



ADULT MEN'S & WOMEN'S VOLLEYBALL

Ages: 18+ | Registration: Jan 1 – Feb 18
Play Begins: March 5 (women) & March 7 (men)
Fee: \$275 per team | 8 games + tournament



ADULT MEN & CO-ED SOFTBALL

Ages: 18+ | Registration: Jan 1 – Mar 25
Coaches meeting April 2, 5:30pm @ Fitness Center
\$675 double header league | \$375 single header league
Lakeside Park | Games Start April 9 | Info: 801-229-7167



ADAPTED BOWLING LEAGUE

Ages: 5+ | Registration: Nov 6 – April 6
Designed for those with mild to moderate mental and/or physical disabilities with a focus on fun & learning
\$35 fee includes shirt, 7 weeks of play, & award
Mondays, starting April 9 | Miracle Bowl | 4 - 5 pm



YOUTH T-BALL , COACH / MACHINE PITCH

Registration: Jan 1 – April 21
Fee: \$33 -38 & includes uniform & 7 games
Games played Saturdays | Play begins June 2
Volunteer coaches needed | Info: 801-229-7158



ADAPTED T-BALL

Ages: 5+ Registration: Jan 1 – May 26 | Play begins June 2
Designed for those with mild to moderate mental and/or physical disabilities with a focus on fun & learning
\$30 fee includes shirt & trophy | Played @ Westmore Elm.
Volunteer coaches needed | Info: 801-229-7167



YOUTH LACROSSE

Grades 3-8 | Registration: Jan 1 – May 12
Participants must have their own stick and mouth guard
Check rec.orem.org for fees | Volunteer coaches needed
Paid officials needed | Info: 801-229-7158



GIRLS SOFTBALL

Grades 3-9 | Registration: Jan 1 – March 12 | Fee: \$50
Games played Tues through Thurs starting May 15
Paid umpires needed | Info: 801-229-7158

REGISTER FOR ALL THESE & MORE AT
REC.OREM.ORG

UPCOMING PROGRAMS



YOUTH FISHING

Ages: 7-13 | Registration: Jan 1 – April 14, 2018
Class dates: Thursdays, April 19 - May 24, 6:00 - 8:00 PM
Fee: \$27 | Volunteers needed | Info: 801-229-7158



YOUTH TENNIS LESSONS

Ages: 7-16 | Registration: Jan 1 – May 1, 2018
Beginning & intermediate levels | 3 days a week
Fee: \$27 | Various locations | Info: 801-229-7167



YOUTH SUMMER CAMPS

Ages: 5-11 | Registration: Mar 1 – May 31
Games, crafts, swimming & fun at the Fitness Center
3 weeks | Mon. - Thurs. | 10 AM - 2 PM | Info: 801-229-7455
Fee: \$120 | Multiple Sessions over the Summer
Junior program: ages 4-6 | \$60 | 10 AM - 12 PM



YOUTH WRESTLING

Registration: Nov 20 – March 3 | Limited to 50 wrestlers
\$35 fee includes shirt, 4 practices + tournament
Practice Dates: March 6, 8, 13, 15 | Tournament: March 17
Practices: 4:30 - 5:30 PM | Tournament: 9 - 10 AM
Orem High School Wrestling Room | Info: 801-229-7167



YOUTH SWIM TEAM

Ages: 6 - 18 | Registration: April 26 - until full
Swimming begins June 4 | 8 weeks | 4 swim meets
Practices: Mon - Fri | 9 AM, 10 AM, or 11 AM
Fitness Center & Scera Pool | Info: 801-229-7154



YOUTH TRACK CLUB

Ages 7-14 | Registration: Mar 1 – May 12
Fee: \$60 includes t-shirt and track meets
Practices: Tues & Thurs | 5:30 - 6:30 PM | Starts mid-April
Volunteers needed for track meets | Info: 801-229-7455



SCHOOLS OUT SUMMER SPLASH

Splash into Summer with a FREE swim at Scera Park
Pools on Friday, June 1 from 12:30 - 6:00 PM

REGISTER FOR ALL THESE & MORE AT
REC.OREM.ORG



LIFEGUARD TRAINING

Lifeguarding is a great way to not only make a difference, but also make some money! Lifeguard training classes are open to anyone age 15 or older. Upon successful completion participants will receive certification in Lifeguarding / CPR / AED / First Aid from the American Red Cross. Classes begin January 29th. For more information visit rec.orem.org or call the Orem Fitness Center at 801-229-7154.



5th Annual Grammy Awards

March 23 | 10:30 AM
Senior Friendship Center

Rub shoulders with stars like Elizabeth Taylor, Frank Sinatra and Marilyn Monroe while drinking sparkling cider and dressing to the nines! You must be a member and reserve your lunch at 801-229-7111 before March 21st!



Swim Lessons

Register online at rec.orem.org.
Various sessions and times available. Classes open for kids ages 6 months to 17 years.



LEGO STEM Classes

Next session: Mar. 6 - Apr. 17
Ages: 5-12 | Register online



Concealed Carry Class

Next session: Mar. 15 | \$35 | 6-10pm
Ages: 21+ | Register online



Hunter Education

Class Day + Field Day | Many dates
Thurs. nights & Saturday mornings



Merit Badge Classes

Saturdays from 7 - 11 am
Classes offered: Lifesaving, First Aid, Swimming, Rifle Shooting, Archery
Register online