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)







Tin & Steel Aluminum Cans Cans

Plastic Bottles & Containers #1-#7



Cardboard &

Boxboard





Paper

Newspapers & Magazines

Items NOT Accepted*:

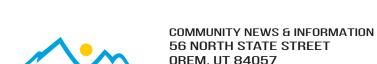
- Plastic bags, wrap or film (return bags to store)
- · Food, liquids
- · Glass
- · Yard waste, wood
- · Shredded paper
- Electronics
- · Clothes, bedding, carpet
- · Medical/hazardous waste
- Foam cups, take-out containers or packing material

*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



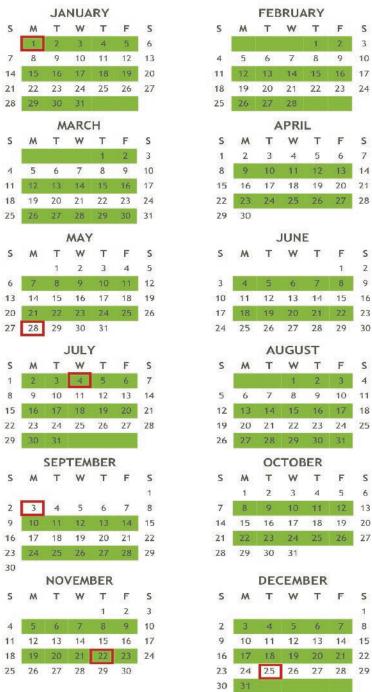


OREM RESIDENT 84057 84058 84097

PRSRT STD U.S. POSTAGE **PAID** OREM, UT PERMIT NO. 8

ECR WSS

2018 Recycling Calendar





Holiday

New Year's

Labor Day

Memorial Day

Independence Day

Thanksgiving Day

Christmas Day

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.

Monday, January 1 Monday, May 28 Wednesday, July 4 Monday, September 3 Thursday, November 22 Tuesday, December 25

580 W 165

THE REC CHECK

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



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.

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.





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 REGISTRA-TION EASIER THAN EVER. IF YOU HAVE QUESTIONS ABOUT ANY PROGRAM, CHECK THE WEBSITE OR CALL US AT 801-229-7156.



EASTER EGG HUNT

Mountain View HS Football Field



VOLUNTEERS NEEDED

Opportunities avaliable in various ports & activities. Call 801-229-7455 o 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 includues 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



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 Lifequarding / 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

Various sessions and times available. Classes open for kids ages 6



LEGO STEM Classes

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



Concealed Carry Class

Ages: 21+ | Register online



Hunter Education

Merit Badge Classes

