

# FEELIN HOT HOT HOT

*The latest news and updates from Kanab City Recreation*



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### YOUTH CONTACT FOOTBALL & FLAG FOOTBALL

### PRIVATE TENNIS LESSONS FOR YOUTH & ADULTS

### JULY 4 & 24 RULES & CELEBRATIONS

### SWIMMING LESSONS & MORE

## Youth Football Registrations

*by Dan Ellison*

You can now get your boys registered for flag and contact this summer! Register and see all details here: <https://secure.rec1.com/UT/kanab-ut/catalog>. Flag Football will be for boys going into 1st grade - 4th grade and Contact Football will be for boys going into 5th grade - 8th grade. If interested in Coaching or Volunteering during the Football season, please call Dan Ellison at (435) 644-2534 or email Dan at [dellison@kanab.utah.gov](mailto:dellison@kanab.utah.gov).

Flag Football is \$50 per participant. The fee goes towards NFL Flag Jersey's, Insurance, Flags, Footballs, and a mouth guard for each participant.

Contact Football is \$120 per participant. The fee goes towards Jersey's, Insurance, Referees, Red Rock League, Helmet, Pads, Footballs, and other equipment.



PHOTO BY KCR

For all 4th of July celebration details stay updated here

<https://www.visitsouthernutah.com/Kanab-Fourth>. Join us for the best small town Independence Day celebration in the country!

Celebrate Independence Day, The Kanab Way! Even visitors feel at home and full of patriotism when they celebrate the 4th of July in Southern Utah! Listen bright and early at 6:00 AM for the cannons as they Blast Off! See You There!

# Private Tennis Lessons for All

*by Dan Ellison*

Kids and Adults. All Ages (6+), All Levels. You are invited to come meet Josh Michelsen on Friday July 12 from 6-8 pm or Saturday June 13 from 9am on. Josh is a USPTA Certified Professional from Southern California. He was a two time league champion in high school as well as a Division 3 Player at Southern Virginia University. He recently graduated with a bachelors degree in Exercise Science and has been coaching for almost 3 years at Bloomington Country Club in St George. He is also closely tied to Kanab having spent summers with his relatives the Clarksons.



The first round of Swimming Lessons are underway! We have selected our top Lifeguards and certified them additionally as WSI Instructors for Swim Lessons. Our next round will be July 22-August 5. Ages 6 months - 6+ years. For registration details and more information, stay up to date here <https://www.kanabcityrecreation.com/city-pool>. This will be the last round of swimming lessons for the season. So make sure you get signed up right away! We have specific classes for each age at each level. We hope you're having a fantastic Summer!