

AQUATICS CENTER RENTALS

Looking out your window, summer may seem a long way off, but it's time to reserve the Lindon Aquatics Center for your summer event! You must make your reservation in person at the City Center, 100 North State Street, from 8:00 a.m. to 5:00 p.m. Monday through Friday. After hours rentals are available Fridays from 7:30 to 9:30 p.m. and Saturdays from 6:30 to 9:30 p.m. Check the City website under the Aquatics Center tab for rental rates.

Watch for swim team and swim lesson registration in May as we get ready for Summer 2011 in Lindon!

Call the City Center at 801-785-5043 with questions!

YOUTH SOCCER REGISTRATION

Register for youth soccer on the Lindon City website March 1st through March 18th. League play will be April 30th through June 4th.

TEAM REGISTRATION: If you would like to register as a team, you **must** register in person at the City Center. Team registration **requires** a volunteer coach at the time of registration. A separate registration form must be completed for each player along with payment at the time of registration. Spots cannot be held for individuals who do not submit their form and payment at the time of team registration.

LINDON POLICE DEPARTMENT YOUTH EDUCATION SERIES (Y.E.S)

Please join the Lindon Police Department for the February Y.E.S. presentation **February 17, 2011 at 6:00 at the City Center**. This month's topic will be presented by Lindon Justice Court Judge Brent W. Bullock. Judge Bullock has 30 years experience with criminal law, and currently serves as the UVU Criminal Justice and Law Enforcement Chair and is an Associate Professor of Criminal Justice. Judge Bullock will speak on topics related to juvenile law, and offer his perspective on a variety of problems facing kids and families, and strategies to avoid those problems.

This education series will present a topic the third Thursday of each month, and is intended to help parents and youth navigate the tough issues facing kids today. Please join us for a fun and informative night!

Information about the Y.E.S. program and upcoming classes, as well as contact information for Chief Cullimore, is available on the City website.

HEALTHY LINDON

Developing Permanent Healthy Lifestyle Choices

Series Beginning Wednesday, February 9th

7 PM to 8 PM

Lindon City Center

The Problem

It's a fact that most of us do not take our health seriously and it's killing us. As a result deconditioning and being overweight are the greatest health threats to Americans today. This condition has now become a national epidemic; a preventable incarceration that begins in childhood and is well on its way to producing the first generation of children with a shorter life expectancy than their parents.

The Solution

Permanent healthy lifestyle change is a new approach to the self-perpetuating deconditioning-obesity cycle. It starts with understanding the true source of the problem and taking the steps to retrain the brain to make healthy food and lifestyle choices. This program has been developed around the most up-to-date medical research and addiction treatment strategies.

Attendees will be self-selected into two groups;

Group 1: Those who attend for information only.

Group 2: Those who will commit to the following:

- Fill out the behavior change form - including realistic healthy life goals wanting to be obtained.
- Commit to attend 7, one hour class sessions, lasting until the 30th of March.
- Contribute to class weekly discussion.
- Read assigned articles.
- Calorie consumption measured.
- Daily reporting to a companion as to commitment follow-through.
- Exercise at least 4 one half hour sessions per week. (2 hours/168 hours a week.)
- Weigh-in each week.
- Listen to weekly messages -sent via email.
- Disclaimer signed.

More details about this program are available on the City website under the Healthy Lindon tab. See you there!