

Town of Wytheville



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DEPARTMENT OF PARKS & RECREATION

Wytheville Community Center

Spring 2015: January, February, March, April



See
Personal Training
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Youth Athletics • Adult Athletics • Youth/Teen • Climbing
Aquatics • Fitness • Outdoor • Aerobics • Adult/Senior Leisure

Pass Plans • Rentals • Programs



DEPARTMENT OF PARKS & RECREATION

Wytheville Community Center

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Jacqueline King, Vice-Mayor
Steve Moore, Assistant Town Manager
Rick Showalter, Director P&R

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Program Registration Fees

For all program registrations, non-town residents will be charged the program fee + \$10.

Non-town residents with a gold or silver pass plan will be charged the program fee + \$5.

Town residents will pay program fee only.

Program registrations after deadline will be accepted only if space permits and will be an additional charge.



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recreation merchandise

FITNESS MERCHANDISE

Hand Tally Counter	\$10.00
Water Gloves	\$12.00
Ringside Aerobic Boxing Gloves ...	\$26.00
Contender Wrist Wraps	\$ 6.00
Weight Belts	\$12.50
Nutrition Book	\$30.00
Drink Bottles	\$ 4.00
Cushion Gel Insoles	\$ 8.50
Fitness Drinks	vary

AQUATIC MERCHANDISE

Speedo Vanquisher Goggles	\$15.00
Bungee Goggle Strap	\$ 4.00
Ear Plugs	\$ 5.00
Nose Plugs	\$ 4.00
Swim Diapers	\$ 2.00
Swim Caps (Silicone).....	\$ 8.00
Swim Caps(Silicone Stretch fit caps) ...	\$10.00
Swim Suits	Male \$34, Female \$48.50

Other Merchandise

FM Radio	\$19.00
Batteries (AAA pack of 4)	\$ 2.50
Key Lock	\$ 7.00
Combination Lock	\$ 6.25
Gift Certificates	See Front Desk

RACQUETBALL

Ektelon Fireball Racquetballs (can of 2) ...	\$ 4.00
Ektelon Classic Racquetballs (can of 3) ...	\$ 4.00
Ektelon Vendetta Goggles (adult & junior) ...	\$11.00
Ektelon Mirage II Goggles	\$ 8.00
Eforce Uproar Racquet	\$40.00
Ektelon Control Glove (right hand)	\$ 7.00
Ektelon 03 Pro Glove (left hand)	\$17.00

Merchandise and pricing are subject to change.



Welcome to our center. If you have not taken advantage of this wonderful facility, we invite you to come see it. Just let staff know you would like to take a tour when you arrive! The 70,900 square feet of recreation space has a water play park, 25 yd lap pool, therapy pool, hot tub, 1/8 mile walking/running track, two basketball courts, 4,000 square foot cardio and weight room, aerobic/dance room, two racquetball courts, a youth/teen center and café, indoor climbing wall, senior/adult lounge, and rooms for meetings, parties and family reunions, etc.

To our current Pass Plan Holders, we would like to say thanks for your support of joining us. For those who have visited, we hope you will return and consider a yearly pass plan option. Please review the pass plans and daily admissions so you will be familiar with the different user fee options. We hope you will take advantage of the Wytheville Community Center for years to come! There are also numerous leagues, programs and activities offered. Please familiarize yourself with the following abbreviations for program fees:

TR-Town Resident, NRPP-Non Resident Pass Plan (with a Gold or Silver Pass Plan), NR-Non Resident, OL-Open Leisure (must have current pass plan or purchase a day pass), Free-Open to the public.

All youth under 12 must be attended by an adult or person age 16+ unless otherwise noted in certain areas.

Thanks to the Wythe-Bland Foundation, scholarships are available for pass plan and program fees. Application information may be obtained at the Wytheville Community Center.

**convenient hours
of operation**

CENTER

Monday-Friday	6:00 am-9:00 pm
Saturday	7:00 am - 8:00 pm
Sunday	1:00 pm - 6:00 pm

POOL HOURS

Monday-Friday	6:00 am-12:00 pm
Monday-Friday	4:00 pm-8:00 pm
Saturday	10:00 am-5:00 pm
Sunday	1:00 pm-5:00 pm

Water Park

Monday-Friday	10:00 am-12:00 pm
Monday-Friday	4:00 pm-8:00 pm
Saturday	10:00 am-5:00 pm
Sunday	1:00 pm-5:00 pm

**CLIMBING WALL AND
YOUTH/TEEN CENTER**

Tuesday - Saturday	3:00 pm-7:00 pm
Sunday	4:00 pm-6:00 pm

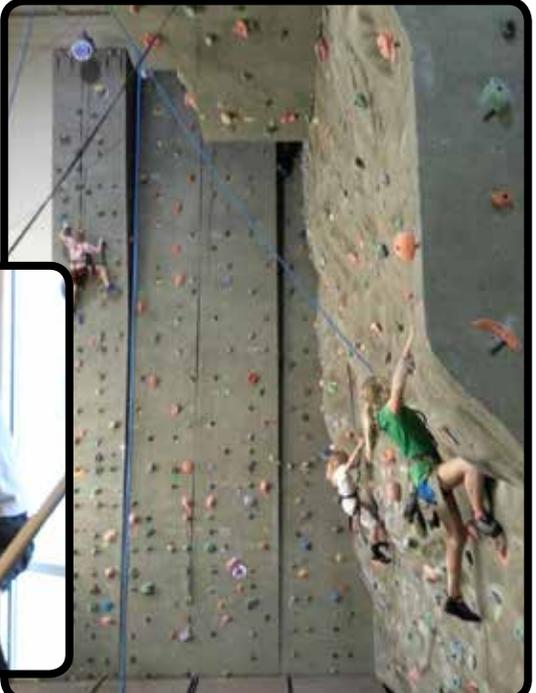
HOLIDAYS

The Wytheville Community Center will be closed on the following holidays: New Year's Day, Easter Sunday, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas Eve, Christmas Day



PASS PLANS & DAILY ADMISSION FEES

flexible pass plans



GOLD LEVEL

Allows unlimited access during all hours of operation plus unlimited land and aqua aerobics for basic courses. Includes use of pool, weight/cardio areas, open gym, open youth/teen center, walking track, open climbing gym and unlimited racquetball court time.

Category	Annual (advance payment)	Continual per month*	Six Month (advance payment)	Monthly (advance payment)
Adult	\$388	\$32.33	\$216	\$42
Adult + 1	\$614	\$51.17	\$329	\$61
Family	\$664	\$55.33	\$354	\$65
Senior/Teen/College	\$338	\$28.17	\$190	\$38
Senior Couple	\$563	\$46.92	\$304	\$56

SILVER LEVEL

Allows unlimited access during all hours of operation. Includes use of pool, weight/cardio areas, open gym, open youth/teen center, walking track, open climbing gym and 2 hours per week of racquetball court time.

Category	Annual (advance payment)	Continual per month*	Six Month (advance payment)	Monthly (advance payment)
Adult	\$275	\$22.92	\$160	\$34
Adult + 1	\$450	\$37.50	\$248	\$50
Family	\$531	\$44.25	\$287	\$54
Senior/Teen/College	\$237	\$19.75	\$141	\$30
Senior Couple	\$396	\$33.00	\$220	\$45
Youth (4 - 12)	\$188	\$15.67	\$116	\$25

BRONZE LEVEL

Allows access during all hours of operation. Includes walking track, open gym, open youth/teen center.

Category	Annual (advance payment)	Continual per month*	Monthly (advance payment)
Adult	\$73	\$6.08	\$17
Adult + 1	\$118	\$9.83	\$20
Family	\$212	\$17.67	\$28
Senior/Teen/College	\$67	\$5.58	\$15
Senior Couple	\$107	\$8.92	\$19
Youth (4 - 12)	\$51	\$4.25	\$14

TRY IT PASS

Includes use of the pool, weight/cardio areas, open gym, open youth/teen center, walking track, open climbing gym, racquetball court time (reservation day of).

Category	Daily	6 Visit Pass*	12 Visit Pass*
Adult	\$6.50	\$36.00	\$72.00
Family	\$17.50	\$90.00	\$180.00
Senior/Teen/College	\$4.50	\$24.00	\$48.00
Youth (4-12)	\$3.50	\$18.00	\$36.00

*6 Visit Pass valid for 6 months; 12 Visit Pass valid for 1 year.

GROUP RATE

A group rate for 15 or more people is available only if a two week prior arrangement has been made. Daily Admission = Adult 18+ yrs - \$5.50; Senior/Teen/College - \$4.00; Youth (4-12) yrs - \$3.00.

Ratios for group rates: one adult chaperone for every ten youths.

Town citizens will be given a 10% discount on all gold, silver or bronze pass plans.

Adult + 1: +1 defined as spouse or legal dependant under age 25. Family defined as head of household, spouse, and their legal dependants under the age of 25. Adults must be 18+ years of age. Legal dependants age 18-25 must be full time college students.

Senior Age: 65+

*Continual - Monthly Autodraft from checking or savings account. One year minimum. After one year, deductions continue until pass holder cancels the plan.

Wytheville Community Center will offer three multipurpose rooms that can be rented individually or as one large room. These can be used for small meetings, parties, reunions, etc. The Youth/Teen Center, Gymnasium and Indoor Pool are also available for rent.

Additional security deposit is required per reservation. Reservations must be made at least two weeks in advance.

MULTIPURPOSE ROOMS	RESIDENT/ PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
1 Room	\$10.00 / hr	\$13.00 / hr	\$16.00 / hr
2 Rooms	\$15.00 / hr	\$18.00 / hr	\$21.00 / hr
3 Rooms	\$20.00 / hr	\$23.00 / hr	\$25.00 / hr
1 Room w/Kitchen	\$20.00 / hr	\$23.00 / hr	\$26.00 / hr
2 Rooms w/Kitchen	\$25.00 / hr	\$28.00 / hr	\$31.00 / hr
3 Rooms w/Kitchen	\$30.00 / hr	\$33.00 / hr	\$35.00 / hr
YOUTH/TEEN CENTER	\$35.00 / hr	\$40.00 / hr	Youth/Teen Center & Climbing Wall Available for Rentals Sunday 1:30 - 3:30 pm
CLIMBING WALL			
Groups up to 10	\$35.00 / hr	\$40.00 / hr	
Groups 11 - 20	\$45.00 / hr	\$50.00 / hr	
GYMNASIUM			
1 Court	\$20.00 / hr	\$25.00 / hr	\$30.00 / hr
2 Courts	\$40.00 / hr	\$50.00 / hr	\$60.00 / hr
<i>Limited Availability</i>			
INDOOR POOL			
Groups up to 50	\$130.00 / 2 hrs	\$140.00 / 2 hrs	
51-75	\$170.00 / 2 hrs	\$180.00 / 2 hrs	
76-100	\$210.00 / 2 hrs	\$220.00 / 2 hrs	
Pool Rental Hours: Saturday 5:30 pm - 7:30 pm			

Party Package

The Wytheville Community Teen Center is a great place for your next birthday party! Bring up to 20 participants for hours of climbing, swimming, gym time or Teen Center (game room). You may choose up to three activities. If you would like to eat with your party, this must be done in the Teen Center. We provide staff supervision for the Teen Center (game room) and climbing wall for your group's exclusive enjoyment. Swimming time will be during public swim. Party is responsible to bring food, drinks, and eating utensils. Game options available for gym time.

Saturdays, 11:00 am–2:30 pm • Sundays, 1:30 pm - 5:00 pm

Up to 10 participants - \$75 • Up to 20 participants - \$95





Youth Athletics



**SPRING SPORTS
LATE
REGISTRATIONS
ACCEPTED ONLY
IF SPACE PERMITS!!**

Girls Softball

The league is open to girls ages 8 - 13. League age is determined as of June 1, 2015.

There will be two divisions: 8-10 and 11-13.

We will be playing in the Southwest VA Girls Softball League.

Teams participating are Wythe County Parks and Rec, Wytheville Parks & Rec, Carroll, Dublin, Pulaski, and Galax Games will be played during the week and on weekends.

Travel will be involved.

Fee: \$20 TR; \$25 NRPP; \$30 NR

Register by March 25

Late Fee: additional \$5

Dixie Baseball



The league is open to boys ages 8 - 12. League age is determined as of April 30, 2015.

There will be two leagues : 8-10, 11-12.

Games will be played at Ager Park, WCC, and at Wythe County Schools.

Birth Certificates must accompany registration forms.

Fees: \$20 TR; \$25 NRPP; \$30 NR

Register by March 11

Late Fee: additional \$5



U-8, U-10, & U-12 Youth Soccer League

This league is open to boys and girls ages 6 thru 11 years of age

Three Divisions:

Boys and Girls: U8 - cannot have turned 8 before September 30, 2014

Boys and Girls: U10 - cannot have turned 10 before September 30, 2014

Boys and Girls: U12 - cannot have turned 12 before September 30, 2014

If any division does not make they will play in the CO-ED league.

The league will open in late March and will be played at WCC fields, Scott Middle School, or Ager Park.

Fee: \$20 TR; \$25 NRPP; \$30 NR

Register by February 27

Late Fee: additional \$5

Pitching Machine

The league is open to boys and girls who were 6 & 7 years of age as of September 30, 2014.

Season will begin in May.

All Games will be played at the Tee Ball Park.

Games will be played on week nights.

Fee: \$21 TR; \$26 NRPP; \$31 NR

Register by April 15

Late Fee: additional \$5

Tee Ball

The league is open to boys and girls who were 4 and 5 years of age as of September 30, 2014.

Season will open in May.

Games will be played at the Tee Ball Park.

Games will be played on week nights.

Fee: \$21 TR; \$26 NRPP; \$31 NR

Register by April 15

Late Fee: additional \$5



U-6 Soccer Clinic

Open to boys and girls.

Age: Minimum age of 4 and cannot have turned 6 before September 30, 2014.

Soccer Clinic will be instructional skills & practice time with coaches.

The clinic will begin in late March.

Fee: \$20 TR; \$25 NRPP; \$30 NR

Register by February 27

Late Fee: additional \$5

Adult Volleyball Leagues

Participants must reside or work full time in Wythe County or have an active pass plan at the Wytheville Community Center. A representative from each team must attend the meeting. Rules and schedules will be discussed at the meeting. There will be two leagues: Men and Women. The season will open in June.

Fee: \$145 per team

Additional per person on roster: \$5
NRPP; \$10 NR

Eligibility: Ages 18+ as of September 30, 2014 and out of high school

Min 4 - Max 12 teams

Register by April 29

Late Fee: additional \$5

Church Softball League

The league is open to men & women. The season will begin in May.

Games will be played on Sunday afternoons at WCC Fields. Players must attend the Church you are playing with. There will be an end of season round robin tournament to finish off the season.

Fee: \$160 per team with shirts; \$40 per team if using shirts from previous year

Additional per person on roster: \$5
NRPP; \$10 NR

Eligibility: Ages 16+ as of September 30, 2014

Limit 25 person roster

No umpires or trophies

Min 4 - Max 12 teams

Register by April 29

Late Fee: additional \$5



Gym Rules And Regulations

- Only non-marking tennis shoes may be worn in the gymnasium. Appropriate shirts must be worn.
- No drinks or food will be allowed in the gym.
- Chewing gum is prohibited in the gym.
- Threatening or indecent conduct is prohibited.
- Abusive, profane, threatening or indecent language is strictly prohibited.
- Rim hanging and net climbing will not be permitted.
- Alcoholic beverages, drugs or any person under the influence of alcohol or drugs will not be permitted on the premises.
- No skateboards, roller skates, in-line skates or skate shoes will be allowed in the gym.
- During busy times, only half court games will be allowed. Games are to 15 by 1's. Winning team can only stay on the court 2 games if players are waiting.
- Fighting is strictly prohibited.
- All basketballs must be left in the gym and returned to rack when finished using.
- All scheduled programs and leagues will be honored. All other times not scheduled will be for open gym. Please see monthly schedule.

FEE ABBREVIATIONS

- TR - Town Resident
- NRPP - Non Resident with a Gold or Silver Pass Plan
- NR - Non Resident
- OL - Open Leisure
 - must have a pass plan or purchase a day pass
- FREE - open to the public

Men's 3 on 3 Basketball League (18+)

The men's 3 on 3 Basketball League is open to ages 18 and over who reside or work full time in Wythe County or have a current pass plan. A representative from each team must attend the team meeting. Rules and schedules will be discussed at the meeting. The league will be limited to the first 12 teams that register. The season will open in early March.

Min 3 - Max 8 players per team.
Fee: \$180 per team
Additional per person on roster: \$5
NRPP; \$10 NR
Eligibility: Ages 18+ as of September 30, 2014 and out of high school
Min 4 - Max 12 teams
Register by February 17
Late Fee: additional \$5



Adult and Senior Leisure Activities



Monthly Potluck Luncheons

These luncheons are open to senior citizens ages 50 and older. Participants are asked to bring a favorite dish to share. The department will provide drinks, utensils and paper products. Cooking is not required to participate, just stop by the store. Second Tuesday of each month.

Dates: **January 13**

February 10 (Valentine's Theme)

March 10 (Guest Speaker)

April 14 (Easter Theme)

Time: 11:30 am - 1:00 pm

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: ages 50+

Adult Senior Lounge

Come enjoy all our senior lounge has to offer for you. Whether you want to read the paper, talk politics, play cards or just enjoy a cup of coffee with your senior friends, we have a little bit of everything to accommodate you.

Social Bridge

This group is for anyone who has taken a beginner's course. Come out and play bridge, improve your game and do not be afraid to ask questions.

January 12 - April 13

Day: Monday

Time: 1:00 - 4:00 pm

Fee: \$5 TR; \$10 NRPP; \$15 NR

Location: Multipurpose Room 1

Eligibility: ages 50 +

Min 10 - Max 50

Register by January 12

Late fee: additional \$5



Duplicate Bridge

January 8 - April 9

Day: Thursday

Time: 1:00 - 4:00 pm

Fee: \$5 TR; \$10 NRPP; \$15 NR

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 10 - Max 50

Register by January 8

Late Fee: additional \$5

Game Time

Here is your chance to get out and socialize with fellow game players. This is open to anyone who wants to play board games, bridge, rummy, or any other game. We are now offering shuffleboard.

January 5 - April 30

Day: Monday & Thursday

Time: 10:00 am - 4:00 pm

Fee: OL

Location: Adult/Senior Lounge

Senior Time

Seniors don't miss out on this opportunity to relive the old days. Come enjoy all the Teen Center has to offer. Pool, air hockey, ping pong, foosball, computer access or test your skills in the latest video games. There are endless opportunities awaiting you!!

January - April

Day: Monday-Friday

Time: 8:00 am - 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: ages 50+

FEE ABBREVIATIONS

- TR** - Town Resident
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- NR** - Non Resident
- OL** - Open Leisure
 - must have a pass plan or purchase a day pass
 - open to the public
- FREE** - open to the public

Adult and Senior Leisure Activities



Ballroom and Latin Dance

Improve your confidence, as well as your balance and coordination during this social time together. This four-week course will include Smooth and Latin Dances. Dances that may be taught include the Waltz, Rumba, Cha Cha, Foxtrot, Mambo, Samba and Tango. Participants should wear comfortable shoes. No partner required.

Day: Thursday

Instructor: Nellie Hicks

Fee: \$25 TR; \$30 NRPP; \$35 NR

Location: Multipurpose Room 2 & 3

Eligibility: All Ages

Min 8 - Max 16

Late Fee: additional \$5

Session I

January 29 - February 19

Session II

March 12 - April 2

Session III

April 23 - May 14 (intermediate only)

Register 1 week prior

Beginner

Learn to dance no experience required.

Time: 6:00 - 7:00 pm

Intermediate

Previous experience required.

Time: 7:15 - 8:15 pm

Shaggin

Think you know how to shag? Come out and dust off those old dancing shoes and dance the night away. This course will focus on the basic steps of shag and progress as you feel comfortable. No experience required.

April 23 - May 14

Day: Thursday

Time: 6:00 - 7:00 pm

Fee: \$25 TR; \$30 NRPP; \$35 NR

Location: Multipurpose Room 2 & 3

Min 10 - Max 25

Register by April 3

rec.wytheville.org

Learn to Line Dance Morning Session

Join other dancers and learn some fun Line Dances or just come for the great exercise. You never need a partner but you can bring all your friends and have a lot of fun and good exercise without knowing it.

Session I: January 8 - January 29

Register by January 1

Session II: February 12 - March 5

Register by February 5

Session III: March 19 - April 9

Register by March 12

Instructor: Christy Brecht

Fee: \$15 TR; \$20 NRPP; \$25 NR

Day: Thursday

Time: 10:00 am - 12:00 noon

Location: Aerobic Room

Eligibility: All Ages

Min 10 - Max 30

Late Fee: additional \$5

Learn to Line Dance Evening Session

Want to learn how to line dance, but can't make the morning session, we now have a new time that will fit your busy schedule.

Session I: January 7 - January 28

Register by January 1

Session II: February 11 - March 4

Register by February 5

Session III: March 18 - April 8

Register by March 12

Instructor: Christy Brecht

Fee: \$15 TR; \$20 NRPP; \$25 NR

Day: Wednesday

Time: 6:00-8:00 pm

Location: Multipurpose Room 2 & 3

Eligibility: All Ages

Min 10 - Max 30

Late Fee: additional \$5



Adult and Senior Leisure Activities

College Student/Adult Time

Are you tired of studying all the time? We all need a little break sometimes. We invite adults and college students to come on over and enjoy all the Teen Center has to offer. We have computer and internet access for all your homework needs as well as wireless internet access to accommodate your personal laptops. Come check out our new gaming center which includes Wii, Xbox 360, PS2, PS3. New Gen PS4 or Xbox One coming soon.

January - April

Day: Monday - Friday

Time: 8:00 am - 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: ages 18+

Senior Walkers' Breakfast

Attention Senior Walkers - we will be honoring you once again for all the walking you have put in over the winter months. We want to thank you for all you do and for keeping a healthy lifestyle. A FREE breakfast will be provided to you including ham, bacon, eggs and biscuits. So come celebrate with us as we give back to you for being so dedicated!

Thursday, April 16

Time: 8:00 - 10:00 am

Fee: OL

Location: Multipurpose Room

Eligibility: ages 50+

Shuffleboard Tournament

Now that you have practiced those shuffleboard skills, come on back to the Teen Center for our first annual Table Shuffleboard Tournament. The winner will receive a prize and their name on a plaque in the Senior Lounge. Refreshments will be provided.

Wednesday, April 8

Time: 9:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+



Adult Ping Pong Tournament

Join us for the adult ping pong tournament. Here is your chance to challenge other adults throughout the facility. This will be a double elimination style tournament. First place prize will be awarded.

Wednesday, February 25

Time: 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 4 - Max 12

Register by February 13

9-Ball Pool Tournament

Join us in the Teen Center for a fast pace 9-Ball Tournament! Prizes awarded for 1st, 2nd and 3rd place winners. The rules will be posted in the Teen Center.

Session I: Tuesday, February 3

Session II: Tuesday, April 14

Time: 10:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 4 - Max 18

Register 2 weeks prior to session

Soap Making

Beginning level soap making class designed to teach participants to make soap by hand at home. This class will provide instruction on the cold process method of soap making. Participants will learn how to use a basic lye soap recipe and expand on it to create their own soap recipes. Students will make two different cold process soaps during the class session and take home a bar of each. This is a two-part class.

Saturday, January 17 - 1:00-4:00 pm

Sunday, January 18 - 1:30-2:30 pm

Fee: \$10 TR; \$15 NRPP; \$20 NR

Location: Multipurpose Room 1

Eligibility: Ages 18+

Min 6 - Max 15

Register by January 10

Herbal Healing Salves

This class examines the basics of creating a vehicle for herbs to work together with the body. We will create two types of healing salves: Black Salve and Rosebud Salve. Salves are one of the best ways to receive the benefits of herbs as well as alleviate dry skin and heal skin irritations. Join us and learn how to make these salves from choosing the herb by its properties and infusing the oil to combining it with essential oils and carriers for the effect you want.

Saturday, February 7

Time: 3:00-7:00 pm

Fee: \$10 TR; \$15 NRPP; \$20 NR

Location: Teen Center

Eligibility: ages 18+

Min 6 - Max 15

Register by January 24

Lip Balm & Lotion Bar

This class will show you how to make your own Lip Balm and Lotion Bars at home. We will examine different blending activities, carrier butters and essential oils to use.

Sunday, February 22

Time: 1:30-3:30 pm

Fee: \$10 TR; \$15 NRPP; \$20 NR

Location: Multipurpose Room 1

Eligibility: ages 18+

Min 6 - Max 15

Register 2 weeks prior

Cork Art

This class focuses on up-cycling wine corks into usable crafts. You will learn the basics of working with cork and create your own piece of cork art.

Sunday, February 8

Time: 1:30-3:30 pm

Fee: \$10 TR; \$15 NRPP; \$20 NR

Location: Multipurpose Room 1

Eligibility: ages 18+

Min 6 - Max 15

Register by January 25

Steampunk (Watch Art) Pendants

Students will work with analogue watch movements from vintage watches. We will create a beautiful Watch Art Pendant. You will learn the intricate detail of how movements can come together to form a beautiful piece of wearable art. Using movements including the face, gears, pins and hands from old watches, you will create your own personalized pendant.

Saturday, February 21

Time: 1:00 - 5:00 pm

Fee: \$15 TR; \$20 NRPP; \$25 NR

Location: Multipurpose Room 3

Eligibility: ages 18+

Min 6 - Max 15

Register by
February 7



8-Ball Pool Tournament

Think you have what it takes to be a pool champion? Join us for a friendly 8-ball tournament. Prizes will be awarded for 1st, 2nd and 3rd place winners.

Thursday, March 12

Time: 10:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 4 - Max 18

rec.wytheville.org

Adult and Senior Leisure Activities



Register by February 27

All about eBay

Come enjoy this informative session on the ins and outs of eBay. We will teach you the basic steps on how to use this popular internet selling company safe and securely. Topics of discussion will include: buying, selling, money transactions and things to be aware of. This class is for adults who are new to eBay. This will offer a basic introduction on how to use the popular online selling company. Please bring your own personal laptop or tablet to follow along. Computers will not be provided.

Wednesday, March 11

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 2 & 3

Eligibility: ages 50+

Min 4 - Max 15

Register by February 27

Facebook for Seniors

Do you ever wonder why your grandkids spend so much time on Facebook? Well here is your chance to learn how to use this technology and stay in touch with loved ones. We are offering a class that will teach senior citizens how to stay in touch and keep up with friends and family near and far. Please bring your own laptop or tablet to participate. If you do not have your own personal computer, you may still come watch and learn.

Wednesday, March 25

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 4 - Max 15

Register by March 13



Barter Theatre Senior Trip

The Road to Appomattox

It's 150 years ago and General Robert E. Lee is fleeing Richmond, hoping to rearm the Army of Northern Virginia and mount a campaign to retake Richmond. It's also 2015 and Steve "Beau" Weeks decides to retrace the steps of Lee's army in hopes of finding his roots through his family's history. But will this confrontation with history bring renewal or will it end his marriage to Jenny?

Day: Tuesday, February 17

Time: Depart at 11:00 am

Fee: \$35 TR; \$40 NRPP; \$45 NR (Lunch not included)

Location: Barter Theatre

Eligibility: ages 50+

Min 12 - Max 24

Register by February 12



CLIMBING PROGRAMS

Climbing Wall

Check out our newly renovated and completely re-routed indoor climbing wall!!! We offer a little bit of something for everyone. Whether you are the expert or a beginner, we have routes set that will accommodate your needs. Come out and test your boundaries and overcome your fears.

Open Climbing

Tuesday, Wednesday, Thursday, Friday and Saturday - 3:00 - 7:00 pm

Sunday - 4:00 - 6:00 pm

Bouldering/Speed Climbing Competition

Join us for a fun climbing competition for all ages at the Wytheville Climbing Gym! We have categories for all skill and age levels. So come on out and have some fun, meet new climbers and improve your climbing skills!!!

Date: Saturday, April 11

Time: 4:00-7:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 3+

No pre-registration required

Climbing 101

This program is for participants who have not climbed before or have climbed very little. No required knowledge, skill or equipment. Our staff will teach you about the safety systems, equipment and techniques used at our wall. By the end of the program, you will have the knowledge that will help you feel more comfortable while climbing and prepare you for advancing your climbing skills.

Session I: Thursday, January 22

Session II: Thursday, February 19

Session III: Thursday, April 9

Time: 5:00 - 6:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 8+

Register 2 weeks prior to session





CLIMBING PROGRAMS



Rappelling

What goes up must come down. During this course that is just what you will learn how to do - lower yourself over the side of a ledge to the ground.

Session I: Tuesday, February 10 & Thursday, February 12

Session II: Tuesday, April 14 & Thursday, April 16

Time: 5:00 - 7:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 12+

Min 4 - Max 10

Register 2 weeks prior to session

Youth Climbing Club

We will introduce you to the climbing wall area, other climbers your age and to the fundamentals of rock climbing. Topics covered include: basic climbing terminology, gym etiquette, importance of foot placement, bouldering safety and how to tie the essential climbing knots. Participants that attend each meeting will be belay certified and receive a certificate of completion.

Dates: February 18, March 18, April 8

Day: Wednesday

Time: 5:00 - 6:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 10-18

Min 4 - Max 10

Register by February 4

Peg Board Challenge

Push your strength to the limit at the Pegboard Workout Area! Pegboard is located in the climbing area and available for use during open times. No registration necessary

FEE ABBREVIATIONS

- TR - Town Resident
- NRPP - Non Resident with a Gold or Silver Pass Plan
- NR - Non Resident
- OL - Open Leisure
 - must have a pass plan or purchase a day pass
- FREE - open to the public





OUTDOOR PROGRAMS

Night Hike at Crystal Springs

Join staff for a nice walk beneath the stars. Along the way we will listen and search for some of the many different critters that stir around after dark, like the illusive salamander! Wear comfortable walking shoes, bring a jacket, and bring a flashlight and be ready to have fun!!! (the hike will be approximately 2 miles)

Saturday, April 11

Time: 8:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: All ages (under 16 must be accompanied by an adult or guardian)

Min 5 - Max 25

Register by March 23

Spring Blossoms

Longer days, warmer weather and eye catching blooms like dogwoods, azaleas and spring beauty are a sure sign of spring. This guided hike will take place on the Crystal Spring Loop Trail - a moderate trail 2 miles in length. Feel free to bring along your camera and wildflower field guide and help identify the flowers. Wear comfortable walking shoes, bring water and dress appropriately for the weather conditions. (the hike will be approximately 2 miles)

Saturday, March 28

Time: 2:00 pm

Location: Crystal Springs Recreation Area

Eligibility: All ages (under 16 must be accompanied by an adult or guardian)

Min 5 - Max 25

Register by March 6

Looking for a Guided Hike?

Home School Groups, School Groups or any other types of groups can call the Recreation Center to schedule a guided hike at Crystal Springs. Programs offer an easy, fun and exciting way for students/children to learn about the natural world. Hikes need to be scheduled at minimum 2 weeks in advance. For more information call 276-223-3523.



BOATS AND PERSONAL WATERCRAFT SAFETY CLASS

This class will cover topics including: Choosing the Right Boat, Boat Hulls, Motors, Legal Requirements, Navigation Rules, Cruising, Docking, Anchoring, Knots, Accidents, Alcohol Consumption, Fire on Board, Weather, Trailering, Water Sports, and Personal Watercraft. Each graduate earns a wallet card showing successful completion of the class and is also registered with the Department of Game and Inland Fisheries Education Division in Richmond Virginia. This course is approved by the National Association of State Boating Law Administrators and recognized by the United States Coast Guard. Instructors are certified by the Department of Game and Inland Fisheries. Most major insurance companies endorse the course and allow insurance premium discounts to graduates.

THIS COURSE MEETS THE REQUIREMENTS OF THE VIRGINIA BOATING SAFETY LAWS.

For additional information please call Mendy at (540) 529-8653.

Saturday, March 8

Time: 8:00 am - 5:00 pm

Fee: Free

Bring a pencil and a highlighter.

Bring lunch and a drink.

Pre-Registration Required:

www.register-ed.com/events/view/55731

Location: Multipurpose Room

Eligibility: anyone operating a boat 10HP or larger



TOWN OF
WYTHEVILLE'S
**Crystal
Springs**
Recreation Area

Information

Fees: None

Hours: Dawn - Dusk

Camping & Backpacking:

Must have a permit (obtained from the Department of Parks and Recreation)

TRACK Trails: A Blue Ridge Parkway Foundation (BRPF) initiative to get kids 'unplugged' and outside enjoying nature. Provides signs and brochures that go along with the TRACK Trail activities. Cooperative initiative by BRPF, Wythe-Bland Foundation and Town of Wytheville.

www.kidsinparks.com

For more information call:

276-223-3378

Town of Wytheville's

Crystal Springs Recreation Area

723 Pump Hollow Rd, Wytheville, VA 24382

(Roads to trail head are state

maintained and passable by small cars)

DIRECTIONS: From Main Street, follow Route 21 South approximately 3 miles. Turn Left on Pump Hollow Rd. Follow Pump Hollow Rd 1 mile. Parking area on Left.





Youth/Teen PROGRAMS

TEEN CENTER

Tuesday, Wednesday,
Thursday, Friday and
Saturday

3:00 - 7:00 pm

Sunday

4:00 - 6:00 pm

If you're looking for fun and excitement, look no further. We have the latest and greatest games, PS3, XBOX, Wii, Pool, Ping Pong, and Foosball!



8 Ball Pool Tournaments

Think you have what it takes to be a pool champion? Join us for a fun 8 ball tournament. A prize will be awarded to 1st place!!!

Session I: Friday, February 20

Session II: Tuesday, April 7

Time: 5:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 10 - 15

Min 3 - Max 15

Register 2 weeks prior to session

Kids Night Out

Children will play games, enjoy arts and crafts, play sports and watch movies while parents enjoy their own free time. All activities will be supervised during the evening and children will be provided with pizza for dinner, as well as snacks and drinks to enjoy afterwards.

Session I: Friday, January 30

Session II: Friday, February 27

Session III: Friday, March 20

Session IV: Friday, April 10

Time: 6:00 - 8:45 pm

Fee: \$1 TR; \$6 NRPP; \$11 NR (per session)

Location: Teen Center, Climbing Wall, Pool, Wally Ball Court

Eligibility: ages 6-12

Min 10 - Max 25

Register two weeks prior to session

Late Fee: additional \$5

Open Kayak Playtime

As an extension of our Youth / Teen Center services, our staff is excited to offer open Kayak Playtime. Come out and discover some of the basic skills associated with kayaking and have loads of fun!

Session I: Friday, February 20

Session II: Friday, April 17

Time: 5:30-6:30 pm

Fee: OL

Location: Indoor Pool

Eligibility: ages 6+

Min 3 - Max 6

Register 2 weeks prior to session

Home School

Physical Education

Wytheville Community Center is proud to offer a Comprehensive Physical Education Curriculum for home school students. The home school P.E. class is designed to help children be more physically active and have fun!

Dates: January 21, February 5, February 25, March 12, March 25, April 8, April 30

Time: 10:00 am - 12:00 pm

Fee: \$5 TR; \$10 NRPP; \$15 NR

Location: gymnasium, climbing wall, swimming pool

Eligibility: ages 8-18

Min 5 - No Max

Register by January 14

Late Fee: additional \$5



Girls Night Out PJ Party

We will socialize, eat pizza, and learn to make our own lip balm and jewelry all while relaxing in our PJ's! Pizza, drinks and snacks will be provided.

Session I: Friday, January 16

Session II: Friday, March 13

Time: 6:00-8:00 pm

Fee: \$1 TR; \$6 NRPP; \$11 NR (per session)

Location: Teen Center, Climbing Wall, Pool, Wally Ball Court

Eligibility: ages 6-12

Min 10 - Max 25

Register two weeks prior to session

Late Fee: additional \$5



March Madness 3 Point Shootout

Think you have what it takes to be a 3 point champion? Come test your skills against other great shooters from around the area! We will crown our boys and girls 3 point champion. Prizes will be awarded for 1st and 2nd place.

Tuesday, March 17

Time: 4:00 pm

Fee: OL

Location: Gymnasium

Eligibility: Grades 4th - 8th

No Registration Required

Craft Night: Sculpy Clay

Create your own piece of artwork out of clay, and then bake it and paint. Come to a few classes or come to them all!

Session I: Thursday, March 12

Session II: Thursday, April 30

Time: 5:00 - 7:00 pm

Fee: \$2 TR; \$7 NRPP; \$12 NR

Location: Teen Center

Eligibility: ages 4-10

Min 5 - Max 15

Register 2 weeks prior to session

FEE ABBREVIATIONS

- TR** - Town Resident
- NRPP** - Non Resident with a Gold or Silver Pass Plan
- NR** - Non Resident
- OL** - Open Leisure
 - must have a pass plan or purchase a day pass
- FREE** - open to the public

Easter Eggstravaganza

We will be playing various Easter related games and giving away prizes. All children 9 years of age and under are invited to participate. Each child should be accompanied by an adult or guardian. "Parents may not pick up eggs." You will be responsible for your own basket to carry your eggs home. Each egg will contain a small toy, candy or coupon and special prizes will be hidden throughout in various eggs. So come out and see the Easter Bunny and have a great time!!!

Date: Saturday, March 28

~ In the result of inclement weather, the Easter Egg hunt will be held the following Saturday at the same time and location.

Time: 11:00 am for ages 6-9 years of age;

11:30 am for 5 years of age and under

Location: Withers Park

Youth/Teen PROGRAMS



Macramé Bracelet and Necklace Class

Join us in the Teen Center for an hour or so and learn how to make your own bracelets and necklaces out of Macramé. All materials will be provided.

Session I: Wednesday February 4

Session II: Wednesday, April 1

Time: 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 8+

Min 5 - Max 15

Register 2 weeks prior to session

Ping Pong Tournament

Calling on all kids ages 8-16 to come out to the Teen Center and put their Ping Pong skills to the test. No experience necessary, just a positive attitude! Prizes will be awarded to first, second and third place winners.

Session I: Tuesday, January 13

Session II: Tuesday, March 24

Time: 5:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 8-16

Min 2 - Max 10

Register 2 weeks prior to session

Kidventures 2015 Summer Day Camp June - August

It's never too early to start making those summer plans. We are now accepting registration for our 2015 Kidventure Summer Day Camp. We had a great year last year and can't wait for the upcoming year. This camp will provide your child with an opportunity to participate in a variety of activities: cultural, social, physical and educational. Small local trips will be taken on a regular basis and lunch and a healthy snack will be provided daily. Don't miss out on what we have in store for you this year!

Day: Monday - Friday

Time: 8:00 am - 5:00 pm

Early drop off 7:30 am and late pick up 5:30 pm for an additional fee.

Eligibility: Ages Grades K-5 (must have completed Kindergarten)

Register by April 6, space is limited!

Registration Fee: \$50 non-refundable
Registration fee is applied to the first week's fees!

Late Fee: Additional \$5

Weekly Fees:

\$50 for first child,

\$35 for second child TR;

\$55 for first child,

\$40 for second child NRPP;

\$60 for first child,

\$45 for second child NR.

Daily Fees:

\$12 for first child,

\$8 for second child TR;

\$13 for first child,

\$9 for second child NRPP;

\$14 for first child,

\$10 for second child NR.

Min 20 - Max 75



AQUATIC PROGRAMS

The Wytheville Community Center Aquatic Staff would like to welcome you to the Natatorium. The Natatorium includes a Junior Olympic pool, Water Play Park with five water features, therapy pool, and whirlpool. The Community Center Natatorium offers a variety of aquatic programs: swim lessons for all ages, age group swim team practices and meets, shallow and deep water aerobics. In order to keep your visit to the Wytheville Community Center Natatorium safe and enjoyable we ask you follow these rules:

- All youth under 12 must be attended by an adult or person older than 16, with the exception of Aquatic programs.
- Everyone is required to shower before entering pool.
- No Running or Horse-play.
- Diving will be permitted from the 8ft 6in wall ONLY.
- No food or gum - Beverages must be in plastic containers.
- Proper swim suits are required.
- Children who are not toilet trained must wear a swim diaper.
- Inflatable flotation devices are NOT permitted - U.S. Coastguard approved lifejackets will be permitted.
- Equipment is for class use only and may not be used as toys or flotation devices.
- You must be at least 14 years old to use whirlpool/spa.
- Individuals under the age of 18 are not allowed in the Therapy Pool Monday-Friday from 9am-12pm unless permission is given.
- Persons under 14 years old must have adult supervision to enter therapy pool.
- Swim tests may be required for pool/slide use.



Aquatics Staff

All rules are subject to change. Wytheville Community Center Staff has final authority.

Winter/Spring Pool Hours

Monday-Friday	6:00 am-12:00 pm
Monday-Friday	4:00 pm-8:00 pm
Saturday	10:00 am-5:00 pm
Sunday	1:00 pm-5:00 pm

Water Park Hours

Monday-Friday	10:00 am-12:00 pm
Monday-Friday	4:00 pm-8:00 pm
Saturday	10:00 am-5:00 pm
Sunday	1:00 pm-5:00 pm

The Pool will be open from 12-4 pm on all days
Wythe County Public Schools are out due to holidays,
teacher work days, or weather closings.



Swim Team

Wytheville Waves Winter Swim Team

Wytheville Parks and Recreation now offers winter swim team practice. Emphasis will be placed on learning the four competitive strokes correctly, as well as diving. Swimmers will practice in a fun, safe environment. The program is great for swimmers wanting to improve their strokes, athletes trying to stay fit between seasons, as well as competitive swimmers. Opportunities to compete in meets will hopefully be offered during the season. Participants need to be able to swim one pool length unassisted before signing up.

January 19 - March 19

Monday, Wednesday, Thursday
Time: 4:15-5:15 pm - ages 9 & up
5:15-6:00 pm -- ages 8 & under
Eligibility: Ages 4-18

Fee: TR \$40 for first child, \$25 for each additional child;
NRPP \$45 for first child, \$30 for each additional child;
NR \$50 for first child, \$35 for each additional child
Min 20
Register by January 18
Late Fee: additional \$5

Introduction to Diving

All participants should be comfortable in deep water. Beginning to intermediate basic dives on the side of pool emphasizing kneeling to standing, and also training and practice from competition diving blocks. Excellent for swim team swimmers who want extra emphasis on diving. The instruction will be once a week for three weeks.

Session I: Wednesdays, February 4, 11, 18

Register by January 25

Session II: Mondays, March 2, 9, 16

Register by February 22

Time: 6:00 - 6:30 pm

Eligibility: Ages 5+

Fee: \$5 TR; \$10 NRPP; \$15 NR

Min 5

Late Fee: additional \$5

American Red Cross Lifeguarding Course

Are you 15 or older and looking for a great summer job or a challenging career? American Red Cross Lifeguarding is the best place to start! Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. This course teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. This course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies, and prevent drowning and injuries. This is a 30 hour course. 100% participation required. After passing the lifeguard certification course, one would be eligible for employment at the Wytheville Community Center and our outdoor pool, McWane Pool.

Session I: Days: Saturday & Sunday; March 14, 15 & Saturday & Sunday; March 21, 22

Register by March 1

Session II: Days: Saturday & Sunday; April 25, 26 & Saturday & Sunday; May 2, 3

Register by April 12

Time: 9:00 am - 5:00 pm

Fee: \$200 TR; \$205 NRPP; \$210 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 5 - Max 12

Late Fee: additional \$5

100% participation required

American Red Cross Review Course

Lifeguarding/First Aid/CPR for the Professional Rescuer
This course gives individuals who have already completed the ARC Lifeguarding Course the opportunity to review the course content within a formal class setting. This is a two day course. Pre-requisites: Participants must possess a current American Red Cross Lifeguard Training

and First Aid certificate and a current American Red Cross CPR for the Professional Rescuer certificate. If certificate has expired participants can enroll in the lifeguard challenge course or in a full lifeguarding course. Participants must have cards with them on the first day of class.

Days: Saturday, April 18 & Sunday, April 19

Times: Saturday 10:00 am - 4:00 pm

Sunday 1:00 pm - 5:00 pm

Fee: \$75 TR; \$80 NRPP; \$85 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet pre-requisites

Min 5- Max 10

Register by April 5

Late Fee: additional \$5

American Red Cross Review Course

Lifeguarding/First Aid

This course gives individuals who have already received the ARC Lifeguarding and First Aid Certification the opportunity to review the course content within a formal class setting. This is a one day course. Pre-requisites: Participants must possess a current American Red Cross Lifeguarding and First Aid certificate. Participants must have cards with them on the day of class.

Days: Saturday, April 18

Times: 10:00 am - 4:00 pm

Fee: \$60 TR; \$65 NRPP; \$70 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet pre-requisites

Min 5- Max 10

Register by April 5

Late Fee: additional \$5

American Red Cross Review Course

CPR for Professional Rescuer

This course gives individuals who have already received the ARC CPR for the Professional Rescuer Certification the opportunity to review the course content within a formal class setting. This is a one day course. Pre-requisites: Participants must possess a current American Red Cross CPR for the Professional Rescuer certificate. Participants must have cards with them on the day of class.

Days: Sunday, April 19

Times: 1:00 - 5:00 pm

Fee: \$25 TR; \$30 NRPP; \$35 NR

Location: Wytheville Community Center

Eligibility: ages 15+ and meet pre-requisites

Min 5- Max 10

Register by April 5

Late Fee: additional \$5



AQUATIC PROGRAMS

Town of Wytheville
Parks & Recreation Department

Learn to Swim!

Swim Lessons

The Wytheville Community Center utilizes American Red Cross certified water safety instructors who are specifically trained in swimming instruction.

Fee: \$25 TR; \$30 NRPP; \$35 NR
Late Fee: additional \$5
Min 2 - Max 6

Swim Lesson Schedule

*Swim Lessons will be held on Tuesday and Thursday afternoons
* 4 Classes in Parent & Child Aquatics, Preschool-Levels I, II, & III
* 6 Classes in Levels 1-6 & Adult

Session 1 - January 13, 15, 20, 22, 27, 29, Register by January 4
Session 2 - February 10, 12, 17, 19, 24, 26, Register by February 1
Session 3 - March 10, 12, 17, 19, 24, 26, Register by March 1
Session 4 - April 7, 9, 14, 16, 21, 23, Register by March 29



5:30 - 6:00 pm	6:00 - 6:30 pm	6:30 - 7:00 pm	7:00 - 7:30 pm	7:30 - 8:00 pm
Parent and Child Aquatics (Water Babies)	Preschool Level 1 (Water Bugs)	Level 3	Level 4	Adult Swim Lessons
Level 1	Level 2		Level 5	

Make-up days

We do have scheduled make-up days for instances such as thunderstorms or the pool closing for any reason. We do not make up lessons that are missed due to illness or other personal reasons our participants might have.

Waiting List

If a class is full and you would like to be notified of any openings, we do have a waiting list available.

Cancellations

We require a minimum of 2 participants for a class to be held. If we do not reach that number, we will cancel the class. Calls will be made to those already signed up to inform of the cancellation.

LESSON DESCRIPTIONS PARENT AND CHILD LEVELS

WATER BABIES (12-24 months) (Parent's Participation Required)

The goals of Water Babies are to provide experiences and activities for parents and children to: learn how to enter and exit the water safely, feel comfortable in the water, submerge, explore buoyancy, change body position in the water and learn about choosing and using life jackets.

**PRE-SCHOOL LEVELS
WATER BUGS** -- (24 - 48 months) (Parent's Participation may be required depending on child's ability)

The goals of Water Bugs are to provide experiences and activities for parents and children to learn

how to enter and exit the water safely, feel comfortable in the water, submerge in a rhythmic pattern, blowing bubbles, explore buoyancy, perform combined strokes on front and back, change body position in the water, and learn about choosing and using life jackets.

LEARN-TO-SWIM LEVELS LEVEL 1 -

This class is for beginner swimmers. Participants learn to be comfortable in water and to enjoy the water safely. Basic skills are learned which will set the basis for skills learned in later levels. Skills taught include: water safety rules, entering water correctly, bobbing 3 times, floating (front and back), front and back glides, rolling over, arm and leg motions, and combined strokes with support.

AQUATIC PROGRAMS



LEVEL 2 -

Prerequisite: Level 1 or must be able to demonstrate requirements for level 1. The objective is to give participants success with fundamental skills. Participants learn to float without support and recover to a vertical position. This level marks the beginning for true locomotion skills. Participants explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Skills taught include: front and back floating unsupported, front and back glides, combined stroke on front and back, and roll from front to back.

LEVEL 3 -

Prerequisite: Level 2 or must be able to demonstrate requirements for level 2. Participants will learn to coordinate the front crawl and back crawl. Elements of the butterfly and the fundamentals of treading water will be introduced at this level. Participants will also learn rules for diving and begin to dive from the side of the pool. Skills taught include: front crawl, back crawl, butterfly kick, beginning diving skills and learn rotary breathing.

rec.wytheville.org

LEVEL 4 -

Prerequisite: Level 3 or able to demonstrate requirements for level 3. Participants improve their skills and increase their endurance by swimming familiar strokes for greater distance. Participants continue to build on the butterfly and introduce the elementary backstroke, breaststroke and elements of the sidestroke. Basics for turning at a wall are also introduced. Skills taught include: breaststroke, treading water, elementary backstroke, diving skills, butterfly, open turns.

LEVEL 5 -

Prerequisite: Level 4 or be able to demonstrate requirements for level 4. Participants refine their performance of all the strokes and increase their distances. Flip turns on the front and back are also introduced. Skills taught include: breaststroke, sidestroke, flip turns, treading water, surface dives.

ADULT SWIM LESSON

Adult group lessons are available to those over the age of 18 that still wish to further refine their swimming skills. Whether you want to become a lap swimmer or develop your strokes, this clinic will be geared to the growing needs and demands of the adult swimmer. The four basic strokes, breathing control, water safety, equipment usage, and stroke development/refinement are taught in this swim course. Open to beginners, intermediate, and advanced swimmers.

Private Swim Lessons

Private individual and group lessons are now being offered through the Wytheville Community Center. Private lessons are open to all age groups and ability. Limited time and space is available for these lessons, please be patient. Please call 223-3519 or 223-3525 for more information.

Day: Monday and Tuesday

Time: 6:00 - 8:00 pm

Rates: Per half hour

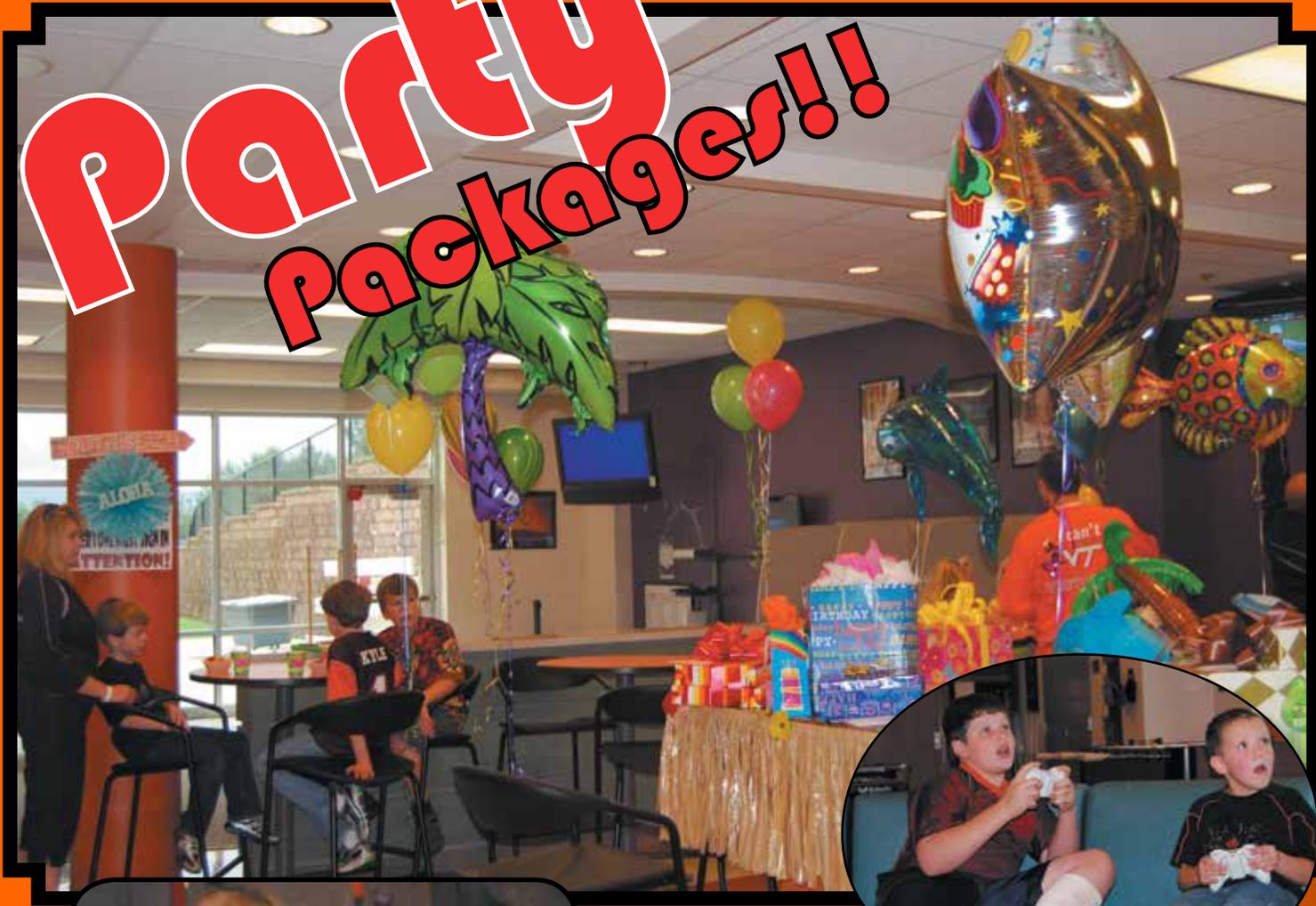
\$10 TR; \$15 NRPP; \$20 NR

Per hour

\$20 TR; \$25 NRPP; \$30 NR

Requires 2 week advance registration

Party Packages!!!



- Swimming
- Climbing
- Youth/Teen Center Game Room
- Gymnasium

Food is limited to the Youth/Teen Center Café area. Party is responsible for bringing food, drinks and any paper products. We provide staff supervision. Youth/Teen Center and Climbing Wall will be exclusive to your group. Swimming and Gymnasium will be during public hours.



Saturdays, 11:00 am – 2:30 pm
Sundays, 1:30 – 5:00 pm
Up to 10 participants – \$75
Up to 20 participants – \$95





Call us Today! 223-3378

The Certified Personal Trainers at the Wytheville Community Center will help you achieve your fitness and weight loss goals by creating individualized exercise routines that fits your everyday lifestyle.

***Personal Training Sessions/Packages
(60 Minute Sessions)***

1 Session- \$35

5 Sessions- \$165 (\$33/Session)

10 Sessions- \$300 (\$30/Session)





FITNESS PROGRAMS

NAUTILUS
14

CARDIO/WEIGHT ROOM

The Fitness Staff welcomes you to the Wytheville Community Center state of the art Fitness Facility. We offer 4,000 square feet of brand new Nautilus ONE Machines, Treadmills, K2 Stairmasters, Recumbent Bikes, and a variety of free weight equipment to meet your fitness goals.

EQUIPMENT ORIENTATION

If you need help getting started or just need a refresher on how to properly use the cardio and strength equipment, trained fitness staff are on duty at all times to help you to meet your everyday fitness goals. It is recommended that all participants receive an equipment orientation. Children 12-17 years old are required to complete an equipment orientation before being allowed in the Fitness Area. These individuals will receive an orange orientation card that must be present at all times in the Fitness Area.

- 12-13 Years Old: Cardio Equipment and Nautilus Machines ONLY
- 12-13 Advanced Youth Orientation: Must attend a two-day Advanced Youth Orientation seminar before being allowed to use the free weight area unsupervised.
- Over 18/New Members: Are required to complete an equipment orientation or sign a waiver.

Equipment orientations must be scheduled at the Fitness Desk a day in advance. Call (276) 223-3527 or stop by to schedule an appointment.

Advanced Youth Orientation

The Wytheville Community Center's weight and cardio room now allows youth 12 and older to exercise without adult supervision. In order for 12 and 13 year olds to use the free weight area unsupervised they must attend a detailed orientation provided by one of our fitness staff. This advanced orientation will cover various free weight/machine exercises, proper lifting form and technique, as well as rules and guidelines of the facility. Each participant must receive a regular orientation of equipment provided by fitness staff prior to participating in the advanced youth orientation. Participants must successfully complete the two day seminar held on Monday and Wednesday in order to be allowed in the weight and cardio room unsupervised.

- Session I: January 26 & 28**
- Session II: February 23 & 25**
- Session III: March 23 & 25**

Day: Monday & Wednesday
 Time: 3:45-5:00 pm
 Fee: OL
 Location: Fitness Center
 Eligibility: ages 12+
 Min 2 - Max 8
 Register one week prior to session



Free Body Fat Percentage & Body Mass Index Testing

During the months of January, February, March and April, the Wytheville Community Center's Cardio and Weight Room will offer free Body Fat Percentage Testing and Body Mass Index (BMI) using our Omron Bioelectrical Impedance Monitor. To schedule your appointment to have your body fat percentage and BMI tested, call (276) 223-3527 or stop by the Fitness Desk to schedule an appointment.

Months: January, February, March, April

Fee: OL

Location: Fitness Center



Squat & Deadlift Clinic

Whether you are a beginner or expert fitness enthusiast, come work along with Certified Strength and Conditioning Specialist Brandon Wolford and Staff as they take you through proper form and biomechanics of the squat and deadlift.

Date: Saturday, February 7

Time: 10:00 am -12:00 pm

Fee: OL

Location: Fitness Center

Eligibility: ages 12+

Min 2 - Max 10

Register by January 24

FITNESS PROGRAMS



Previous Fit for Life graduates of 2012 or earlier are eligible to participate. (limited space is available)



Fit For Life

Interested in shedding that winter weight and starting the New Year off on the right foot? Starting February 2, the Wytheville Community Center will offer its successful weight loss program "Fit for Life." Fit for Life is a 12 week exercise and nutrition program that will be held on Monday and Wednesday mornings for residents of Wythe and Bland County who have a BMI over 30. Fit for Life features two weekly workouts and one weekly nutrition lecture. A free 3 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited to 40 participants. In order to apply, you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Saturday, January 3, 10:00 am
Application Meeting II: Thursday, January 8, 10:00 am

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+

Min 10 - Max 40



Youth Fitness Challenge

Are you up to the challenge? The Youth Fitness Challenge is a fun and interactive after school 6 week fitness and nutrition challenge starting February 2, on Monday and Wednesdays. Our goal is to expand our ideas of different ways to challenge our youth to become more physically active and provide health and nutrition education. We plan to present many exciting activities such as rock climbing, weight lifting, relay races, hiking outdoors, sports, kayaking and a variety of other recreational activities. A free 2 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the Youth Fitness Challenge and enrollment is limited to 20 participants. In order to apply, you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Saturday, January 3, 11:00 am

Application Meeting II: Thursday, January 8, 6:00 pm

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: Grades 2nd - 5th

Min 10 - Max 20



FITNESS PROGRAMS

Group Exercise Classes (Must have a Gold Pass Plan or Aerobic Day Pass to participate.)

All classes are in the aerobic room unless otherwise designated.

Exercising in a group environment is fun and motivational and can be a very healthy habit to have! Classes range from heart pumping cardio to a relaxing experience in Yoga and Tai Chi! We have something for everyone! For specific questions regarding classes please contact Patti Lynn Bryant at 276-223-3526.

Basic Cardio - Hi intensity aerobic workout with low/moderate impact. A combination of traditional hi/lo choreography mixed with dance moves including upper and lower body toning and cool down. Weights, bands, balls or other equipment may be used. The walking track, circuits or intervals may be incorporated. Great for all fitness levels. Modifications are offered throughout the class. Min 10 - Max 30

Day: Monday and Wednesday
Time: 9:00-9:45 am

Functional Fitness - A fun class for seniors or anyone looking to increase range of motion, strength and flexibility using balls, chairs, weights, bars, mats and bands. (Beginner level) Min 10 - Max 30

Day: Monday and Wednesday
Time: 8:00-8:45 am

Pilates (pronounced PA LA TEES) was created in the 1920s by the physical trainer Joseph Pilates for the purpose of rehabilitation. The Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness, without necessarily building bulk. The method is a series of controlled movements performed on the floor (mat work). The objective is a coordination of mind, body, and spirit, something Joseph Pilates called "contrology."

Min 10- Max 30
Day: Tuesday
Time: 5:30 - 6:15 pm

Power Sculpt - Get ready to work your entire body, using weights and/or resistance. Warm up and cool down will incorporate power yoga, giving the class a perfect blend of mind and body conditioning. This class will offer new and challenging moves to target your metabolism, increase muscle to help burn calories to lose weight. Movements vary from standing or on the mat. (Intermediate level) Min 8 - Max 30

Day: Thursday
Time: 5:30-6:15 pm

Sunrise Yopalates - Start the day right with a fusion of yoga and pilates to help reduce stress, improve flexibility, concentration, circulation, breathing while toning muscles to increase balance and posture for an all over mind and body experience. You will leave feeling refreshed and ready to start your day! This class involves standing, seated, lying positions with some balance poses using bands or balls.

Min 10 - Max 30
Day: Tuesday and Thursday
Time: 8:00-8:45 am

Step - An excellent fat burning class that includes combinations on the step followed by a challenging weight-training segment and/or toning for abs, backs and core. Modifications offered. Some step experience is helpful but not required. (Intermediate level)

Min 10 - Max 30
Session I:
Day: Monday and Wednesday
Time: 6:15-7:00 pm

Session II:
Day: Friday
Time: 9:00-9:45 am

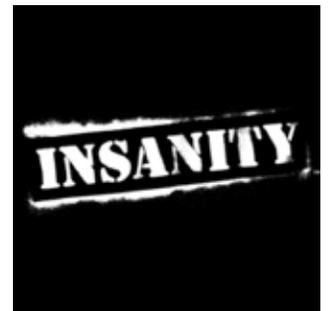
Zumba - Like to dance? Join us for fun and simple steps of Merengue, Cumbia, Cha-Cha, Salsa, Samba, Calypso, Reggaeton, Balleton, Celtic, Soca, Bluegrass, Latin, Brazilian, Funk, Rumba Flamenca, Samba, Pop, Dance, Hip-hop and more to achieve a fun cardio workout, body toning and weight control burning a lot of calories! Wear exercise clothes and shoes that allow pivots and lots of fun!! Zumba is led by hand cueing and very little vocal direction. Can be adapted for all ages and fitness levels. Zumba Instructors: Patti Mills and Irene Daugherty. Min 10 - Max 25

Day: Tuesday and Thursday
Time: 12:00-12:45 pm

INSANITY

Our Certified Insanity® workout will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and core training moves. Long bursts of maximum-intensity exercises with short periods of rest. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX. The result: burn up to 1,000 calories per class and get the most insane body in the shortest time possible. You don't have to be in extreme shape, you just have to want it. Levels of each exercise are provided. NOT A BEGINNER CLASS Min 8 - Max 20

Day: Tuesday and Thursday
Time: 6:30-7:15 pm



Strength and Condition - Boost metabolism by increasing lean body mass. This class is designed to strengthen major muscle groups using a variety of equipment and/or own body resistance. Great for all fitness levels. Modifications are offered throughout the class. Min 10 - Max 25

Day: Monday and Wednesday

Time: 12:00-12:45 pm

TNT (Tone & Tighten)

Join TNT to shape and strengthen the body, tighten abdominal and core muscles, shape the arms and shoulders with weights, bars, bands or own body resistance. Tone thighs and gluts and improve your mobility and flexibility. High intensity interval training or tabata-style moves may be incorporated into this workout. Great for all fitness levels. Modifications are offered throughout the class. Min 10 - Max 25

Day: Tuesday and Thursday

Time: 9:00-9:45 am

T'ai Chi-a slow graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Ideal for stamina, flexibility and coordination. Warm up with meditation and chairs may be used. Great for all ages and fitness levels. It is helpful to attend this class on a regular basis to learn the various forms. Min 8- Max 25

Day: Monday and Wednesday

Time: 10:30-11:15 am

Yoga Flow - This class focuses on using breathing techniques to moving rapidly from one pose to another to increase the focus on upper-weight bearing exercise, lower-body strengthening, torso stability and balance. Sculpt a leaner, stronger body while releasing stress and fatigue. Intermediate to advanced fitness levels. Great fat burning workout. Get ready to sweat! Min 10 - Max 30

Session I:

Day: Monday and Wednesday

Time: 5:15-6:00 pm

Session II:

Day: Friday

Time: 12:00-12:45 pm

Land Fitness Instructors: Patti Lynn Bryant, Thelma Surber, Becky Irvin, Mike Honaker, Connie Martin, Nick Patel, Irene Daugherty, Heather Nelson.
Volunteers - Lori Dusky and Dixie Whitt.



FITNESS PROGRAMS

AQUA FITNESS CLASSES (all aqua classes are in the natatorium)

Aquamix- A combination of cardio (water aerobics in shallow water-waist to chest deep), strength (with noodles, buoys or paddles) and mind/body (yoga focus) for total exercise experience. Ability to swim not required. Great for all fitness levels. Enjoy a fun social group setting! Min 10 - Max 40

Day: Tuesday and Thursday

Time: 6:30-7:15 am

Deep Water - Performed at water depths so body remains in vertical position and not touching the pool floor. Flotation devices may be used to maintain correct alignment. No-impact workout. Ability to swim not required. Appropriate for those who are comfortable in deep water. Individuals may take this class in the 5 ft. area of the pool versus the 8 ft. Min 10 - Max 40

Day: Tuesday and Thursday

Time: 10:00-10:45 am

Yoqua- Uses Yoga and Pilates based concepts to strengthen and lengthen the entire body emphasizing on core conditioning, breathing, strength and flexibility. Appropriate for all fitness levels. This class is held in the therapy pool (warm water). Ability to swim not required. Min 5 - Max 12

Session I:

Day: Monday and Wednesday

Time: 4:15-5:00 pm

Session II:

Day: Friday

Time: 10:30-11:15 am

Aqua Instructors: Patti Lynn Bryant, Suzanne Nicklas, Thelma Surber. Volunteers - Cornelia Northrop and Stephanie Parks.

Aerobic Try It Pass - Want to try a cardio, yoga, strength or water aerobics class but don't have a gold pass plan...well here's your chance to try out an aerobic class before registering for a gold pass plan. Whether you have a bronze or silver pass plan or don't have a pass plan at all you can come try an aerobic class. Aerobics Try It Pass is \$8.50 each class visit limited to one visit per class session per month. Once you decide that you are interested in taking the aerobic classes, see the front desk to register for a gold pass plan which allows unlimited access to aerobic classes. See front desk for additional details.



FITNESS PROGRAMS



Senior Fitness & Fall Prevention

The Senior Fitness & Fall Prevention class focuses everyday functional movements to help improve the quality of life by providing low impact exercises to improve cardiovascular function, strength, flexibility, balance and fall prevention.

February 3 - March 31

Day: Tuesday

Time: 10:00-10:45 am

Fee: Gold pass plan or aerobic day pass

Location: Aerobic Studio

Eligibility: ages 65+

Min 10- Max 30

Register by January 28

Yoqua for Seniors

Uses Yoga and Pilates based concepts to strengthen and lengthen the entire body emphasizing on balance, breathing, strength and flexibility. Geared towards senior citizens. This class is held in the therapy pool (warm water). Ability to swim not required.

Min 5 - Max 12

January 6 - March 5

Day: Tuesday and Thursday

Time: 9:00-9:45 am

Fee: Gold pass plan or aerobic day pass

Location: Aerobic Studio

Eligibility: ages 65+

Min 3 - Max 12

Register by December 29

Spin

A challenging workout that is also easy on the joints. Spin cycling incorporates interval training principles using a stationary bike with a weighted flywheel. Please wear appropriate exercise attire/shoes that allows for comfortable range of motion. We challenge you to challenge yourself by becoming involved with the wonderful world of cycling! Gel seat is provided for your comfort! Spin/cycle shoes not provided.

January 13 - February 24

Day: Tuesday and Thursday

Time: 6:15-7:00 pm

Fee: Gold pass or aerobic day pass

Location: Racquetball Court 2

Eligibility: ages 12+

Min 3 - Max 10

Register by December 30

WALKING TRACK

Monday-Friday 6:00 am - 9:00 pm

Saturday 7:00 am - 8:00 pm

Sunday 1:00 - 6:00 pm

Want to exercise but not sure where to start? Walking is one of the best forms of exercise. Did you know that walking is a form of weight bearing exercise? Weight bearing exercise helps increase bone density which then helps prevent osteoporosis. The Centers for Disease Control and Prevention/American College of Sports Medicine recommend 30 minutes of moderate-intensity activities 5 or more days a week. Regular physical activity significantly reduces the risk of cardiovascular disease and risk factors such as high blood pressure, diabetes and obesity. So find a friend and start walking! Please adhere to our designated lanes for walkers and runners as well as the designated direction for that day. Monday, Wednesday, Friday and Sundays-Clockwise/Tuesday, Thursday and Saturday-Counter Clockwise. If you need some help keeping track of the laps you've walked stop by the front desk and purchase a tally counter to log your laps and miles. Children under 12 must be accompanied by an adult at all times. Stroller times are limited to Monday-Friday 8:00 am - 3:00 pm, Saturday and Sunday 1:00-3:00 pm.



FITNESS PROGRAMS



RACQUETBALL

The Wytheville Community Center offers two full-size racquetball courts located on the second floor adjacent to the climbing wall for your fun and entertainment. Please adhere to the policies and rules for availability and reservations. Children under the age of 12 may not use the racquetball courts unless playing with an adult or person older than 16. Goggles are strongly recommended for all participants to protect from eye injuries. Check at the Front Desk to make reservations as well as availability for goggles, balls and racquets. Gold level pass plans have unlimited access to the racquetball courts. Silver level pass plans include two hours per week of racquetball court time.



Elizabeth Brown Memorial Park - The Elizabeth Brown Memorial Park is located at 250 South Fourth Street. The variety of open space and trees provide a beautiful setting for any event. Amenities include two shelters and gazebos, restroom facilities, electricity, water and easy accessibility for special needs.



McWane Shelter

McWane Shelter is a quiet setting for birthday parties, family reunions, or any social gathering. The picnic shelter is located just behind McWane Pool and is adjacent to Withers Park. There are 12 large picnic tables and two outdoor grills.

McWane Pool - Located on Monroe St. and open during the summer only. The facility has three pools, wading, intermediate, and main pool with depths varying from 1 ft to 7 ft. The main pool is heated and has 6 lanes - 25 meters long. This outdoor pool facility is available for public swim, private rental and is used for swim meets.

Withers Park

Withers Park has become a central area for fellowship and exercise with its walking trail, playground, restroom facilities, and shelter. The variety of trees and well-manicured landscape in the park gives way to the park's beauty. The Wall of Honor pays tribute to those from Wythe County who gave their lives in wars or military actions, civic leaders and members of the Wythe County Sports Hall of Fame. Withers Park provides citizens with an informal recreation area and is the site for special events, industrial and business picnics, and socials.



REGISTRATION INFORMATION



WAYS TO REGISTER

- In Person: Stop by our office located in the Wytheville Community Center at 333 Community Blvd. during business hours.
- By Phone: (276) 223-3378 only if paying by credit card.
- By Mail : Send registration form along with check or money order to:
Wytheville Parks and Recreation, 333 Community Blvd., Wytheville, VA 24382

Registration forms available at rec.wytheville.org

PROGRAM REGISTRATION INFORMATION

FEE ABBREVIATIONS

- TR - Town Resident
- NRPP - Non Resident with a Gold or Silver Pass Plan
- NR - Non Resident
- OL - Open Leisure - must have a pass plan or purchase a day pass
- FREE - open to the public

HOW

Registration is on a "first come, first serve" basis up to the maximum enrollment. Late registrations and transfers are only possible when there are openings. Late registration fee of \$5 will be charged after regular deadlines. You may mail-in, walk-in, or phone-in registrations. Early registration is encouraged as many programs fill up fast. Pre-registration is required for all programs unless otherwise noted.

PAYMENT

Payment of fees is due when you register. Phone registrations must be paid by credit card. Please make checks payable to: Town of Wytheville.

Note: \$25 service fee on all returned checks or NSF for auto deductions.

CONFIRMATION

Upon receipt of registration form and fee, that individual is automatically enrolled (space permitting). There will not be any confirmation of mail-in registrations. Please show up for the first class at the appointed time and place unless you are notified by phone. The Department will only notify individuals if there is a problem with the registration. Feel free to call the Wytheville Parks and

Recreation Administrative Office to confirm your registration at 223-3378.

IF PROGRAMS ARE FULL

If the program is full, you may request that your name and phone number be put on a waiting list. You will be contacted if a space becomes available. Mail-in registrations will automatically be placed on the list if program is full and applicants will be contacted by phone.

REFUNDS

In the event Wytheville Parks and Recreation cancels the class, you will receive a refund within 2 weeks. If you withdraw from a class, your refund request must be in writing. Refunds will not be given after the first session of the class or after the deadline date for trips, tours,

and special events, unless your place can be filled.

CANCELLATIONS

Cancellation # 223-3599.

ACCESSIBLE SERVICES

The Town of Wytheville Department of Parks and Recreation recognizes that recreation is beneficial to all persons. To meet this need, the Department is committed to providing assistance and reasonable accommodations for qualified individuals with disabilities to access all services and programs offered by the Department. If accommodations are needed due to disability, please tell us at least two weeks before the event. Every reasonable effort will be made to provide adaptations and accommodations for qualified individuals with disabilities.

All program schedules are subject to change.

Note: For all program registrations, non-town residents will be charged the program fee + \$10.

Non-town residents with a gold or silver pass plan will be charged the program fee + \$5.

Program registrations after deadline will be accepted only if space permits and will be charged an additional \$5.

PASS PLAN INFORMATION

Registration can be done at the front desk of the Wytheville Community Center. Payments are due upon registration. ID cards are required to come into the facility. Anyone without their ID card will be required to pay an administrative fee to enter.

Cancellation fee of six month or annual pass plans: \$50. Monthly and punch pass plans cannot be cancelled but simply expire after term. Lost Card Fee: \$5



Easter Eggstravaganza

We will be playing various Easter related games and giving away prizes. All children 9 years of age and under are invited to participate. Each child should be accompanied by an adult or guardian. "Parents may not pick up eggs." You will be responsible for your own basket to carry your eggs home. Each egg will contain a small toy, candy or coupon and special prizes will be hidden throughout in various eggs. So come out and see the Easter Bunny and have a great time!!!

Date: Saturday, March 28

~ In the result of inclement weather, the Easter Egg hunt will be held the following Saturday at the same time and location.

**Time: 11:00 am for ages 6-9 years of age;
11:30 am for 5 years of age and under**

Location: Withers Park



**Coming
Summer 2015!
June 5
July 4
August 7**