



# Town of Wytheville Parks & Recreation



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## Wytheville Community Center

Summer 2015: May, June, July, August

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

Pass Plans • Rentals • Programs



# Department of Parks and Recreation

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Uva Havens

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## Ex-Officio Members

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.



**Like us on Facebook  
to receive our posts!**

[www.facebook.com/wythevilleparksrec](http://www.facebook.com/wythevilleparksrec)

## 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

**SUMMER HOURS FOR POOL**

May 30th-Aug 9th

Monday-Thursday ..... 6:00 am-8:00 pm  
 Friday ..... 6:00 am-8:00 pm  
 Saturday ..... 10:00 am-5:00 pm  
 Sunday ..... 1:00 pm-5:00 pm

**WATER PARK**

Monday-Thursday ..... 10:00 am-8:00 pm  
 Friday ..... 10:00 am-8:00 pm  
 Saturday ..... 10:00 pm-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

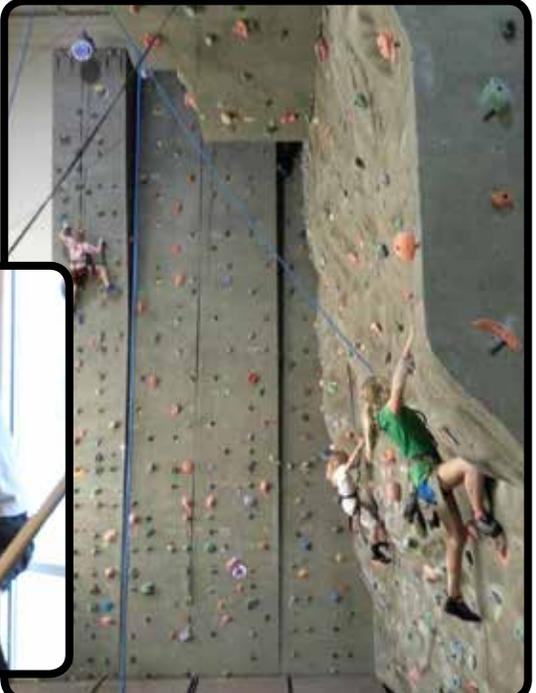
**HOLIDAYS**

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 dependent under age 25. Family defined as head of household, spouse, and their legal dependents under the age of 25. Adults must be 18+ years of age. Legal dependents 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
<b>YOUTH/TEEN CENTER</b>	\$35.00 / hr	\$40.00 / hr	
<b>CLIMBING WALL</b>			
Groups up to 10	\$35.00 / hr	\$40.00 / hr	
Groups 11 - 20	\$45.00 / hr	\$50.00 / hr	
<b>GYMNASIUM</b>			
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>			
<b>INDOOR POOL</b>			
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			

**Youth/Teen Center  
& Climbing Wall  
Available for  
Rentals  
Sunday 1:30 - 3:30 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



## FALL SPORTS

Late Registrations accepted only if space permits. All others will be put on a waiting list.

### Flag Football League

This league is open to 1st and 2nd grade. Season will be played on Thursday night's beginning in late August. Exact starting dates will be announced after registration deadline with team practices following and games will begin in late August.

Games will be played at Scott Memorial Middle School.

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

Register by July 22

Late Fee: additional \$5

### Sandlot Football

3rd & 4th and 5th & 6th grade

Group practice dates will be announced after registration deadline with team practices following. Games will begin mid to late August.

Travel will be involved.

Fee: \$35 TR; \$40 NRPP, \$45 NR

Register by June 30

Late Fee: additional \$5

(Birth Certificate are required upon registration, unless your child played last year.)

### Sandlot Cheerleading

3rd & 4th and 5th & 6th grade

Group practice dates will be announced after registration deadline with team practices following. Games will begin mid to late August.

Fee: \$35 TR; \$40 NRPP, \$45 NR

Register by June 30

Late Fee: additional \$5

(Birth Certificate are required upon registration, unless your child cheered last year.)

## VT Soccer Camp

June 8 - 10

9am - 12pm

Wytheville Parks and Recreation welcomes Virginia Tech Head Coach Mike Brizendine along with his assistants and players. Coach Brizendine is entering his sixth year as VT's head coach after spending five years as the Hokies top assistant. Coach Brizendine helped guide the Hokies to their first NCAA College Cup appearance in school history in 2007. He has worked with all aspects of the Hokie program. Coach Brizendine was recognized as the NSCAA's Atlantic Region Assistant Coach of the Year in 2007.

The VT Soccer staff strives to teach soccer skills in an instructional environment that is challenging and fun. Players with experience will improve their skills and their understanding of the tactical aspects of the game. Players new to the game will create a strong base of good habits for their future. The session will be broken up into three segments. The first segment will include the warm-up and a fun exercise to get the players moving. The second segment will focus on a topic such as passing, receiving, heading, shooting, goalkeeping, defending, and/or attacking. The last part of the session will focus on the application of the topic in a live game situation.

Open to Boys & Girls Ages 5 - 13

Open to any and all skill levels

Camp will be held at the Wytheville Community College Fields

All Participants will receive a Camp T-Shirt and a Camp Soccer Ball

Fee: \$70 TR; \$75 NRPP, \$80 NR

Register by May 25

Late Fee: additional \$5



# Youth Athletics



**IMPROVE YOUR GAME!**

PLUS Over \$100 worth of Free Gifts

**FIND OUT MORE +**

**Register Online at [challengersports.com](http://challengersports.com)**

## YOUR LOCAL SOCCER PROGRAM DETAILS:

**HOST ORGANIZATION:**  
Wytheville Parks and Rec

**PROGRAM LOCATION:**  
Scott Middle School, 950 South 7th Street,  
Wytheville, VA, 24382

**PROGRAM DATES:**  
13th July - 17th July 2015

**JERSEY DEADLINE DATE:** 29th May  
**\$10 LATE FEE FROM:** 3rd July



Have a question? Contact us on Email, Phone, Facebook, Twitter. We're here to help

Your local Regional Director:  
**Gary Hodgson**

Call Me Anytime  
**443-552-0509**

Get Social  
 

## 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



# 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:** May 12

June 9 Guest Speaker

July 14 Cookout in EBP

August 11

Time: 11:30 am - 1:00 pm

Fee: Free

Location: Multipurpose Room 1 & 2

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.

## Introduction to Computers

Are you getting fed up with technology and everything being done on a computer nowadays? Well here is your opportunity to learn the basics about computers. This class will give you an opportunity to learn the basics with others that are on your same skill level. Don't be ashamed of what you don't know or don't feel out of place. We are here to help you learn. Come join us for this informational session on the very basics of navigating a computer. 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.

**Date:** Thursday, June 25

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: ages 50+

Min 4 - Max 15

Register by June 2



## 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.

**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!!

**May - August**

Day: Monday-Friday

Time: 8:00 am - 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: ages 50+

## 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 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.

**May - August**

Day: Monday - Friday

Time: 8:00 am - 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: ages 18+



# Adult and Senior Leisure Activities



## Learn to Line Dance (morning sessions)

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: April 23 - May 14**

Register by April 20

**Session II: May 28 - June 18**

Register by May 25

**Session III: July 9 - 30**

Register by July 3

**Session IV: August 6 - 27**

Register by August 3

Instructor: Christy Brecht

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

Day: Thursday

Time: 10:00 am-12:00 pm

Location: Aerobic Room

Eligibility: All Ages

Min 10 - Max 30

Late Fee: additional \$5

## Learn to Line Dance (evening sessions)

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: April 22 - May 13**

Register by April 20

**Session II: May 27 - June 17**

Register by May 22

**Session III: July 8 - July 29**

Register by July 3

**Session IV: August 5 - 26**

Register by August 3

Instructor: Christy Brecht

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

Day: Wednesday

Time: 6:00-8:00 pm

Location: MRP 2 & 3

Eligibility: All Ages

Min 10 - Max 30

Late Fee: additional \$5



## Line Dance Try it class

Have you ever wanted to try line dance, but you don't have the time to do a 4 week session. We are now offering a try it class to see if it is something you like. No experience is necessary. No need to worry about being nervous. Everyone will be a beginner and wanting to try it as well. Come check it out!

**Session I: Wednesday, May 20**

**Session II: Wednesday, June 24**

Time: 6:00-8:00 pm

Fee: OL

Location : Multipurpose Room 2&3

Eligibility: all ages

Min 10 - Max 30

Register by one week prior to each session

### FEE ABBREVIATIONS

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- OL** - Open Leisure
  - must have a pass plan or purchase a day pass
- FREE** - open to the public



# Adult and Senior Leisure Activities



## After Hours Summer Concert Series 2015

For the June 5 concert we have The Fantastic Shakers; Saturday, July 4, Every Day People will be rocking the stage! Last but definitely not least on August 7, The Entertainers. Don't miss out on the 2015 Summer Concert Series!! Show starts at 6:30 pm. Advanced tickets are \$5, at the gate \$7. Children 5 and under are free. July 4 concert is a free concert. After Hours Summer Concert Series 2014, it simply doesn't get any better than this! You may purchase advanced tickets at: The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Counts Drug and Fourth Street Market, formally known as Dillon's IGA.

**Friday, June 5 @ Withers Park**  
The Fantastic Shakers

**Saturday, July 4 @ Elizabeth Brown Memorial Park**  
(see "Town of Wytheville and Downtown Wytheville, Inc. July 4th Event" article for more details)

Every Day People

**Friday, August 7 @ Withers Park**  
The Entertainers

## Town of Wytheville and Downtown Wytheville, Inc. July 4th Event

Back for 2015 is our July 4th After Hours Summer Concert with fireworks!! We are excited to have this event back this year. This event will be in conjunction with the Downtown Wytheville, Inc. group. We are teaming up to offer a full day of activities. The Downtown Wytheville group will be responsible for the event held on Main Street which will start at 3:00 pm. Live music, kids activities, hot dog eating contests and much more. Food Vendors and alcoholic beverages will be available. At 5:30 pm the gates will open at Elizabeth Brown Park

for the After Hours Summer Concert Series. Every Day People will be hitting the stage at 6:45 pm. Food vendors and alcoholic beverages will be available. We are looking forward to a huge event. Don't miss out on the Town of Wytheville and Downtown Wytheville, Inc. Fourth of July Event.

## Senior 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, July 1**

Time: 9:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 2

Register by June 29

## 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, August 12**

Time: 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 2

Register by August 5

## 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, July 7**

**Session II: Tuesday, August 4**

Time: 10:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 2

Register 2 weeks prior to session



# Adult and Senior Leisure Activities



## 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, June 18**

Time: 10:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 2

Register by June 11



## 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.

**Thursday, July 23**

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: ages 50+

Min 4 - Max 15

Register by July 15

## 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. Seems these days that technology and social media is taking over in the way we communicate. 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. This program is for seniors who want to learn how to use social media to communicate with friends and family. 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.

**Thursday, July 30**

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: ages 50+

Min 4 - Max 15

Register by July 22



## SENIOR TRIPS

### Hungry Mother Festival

The annual Hungry Mother Festival is the longest running festival in Virginia to be held in a State Park. The Hungry Mother Festival is sponsored by the Art League of Marion, a nonprofit organization dedicated to the promotion of art, theater, and music. Proceeds from the festival fund a variety of cultural activities including art scholarships and a county-wide art show for high school students. Hungry Mother Festival brings together arts and crafts vendors, entertainment, live music, food, and family fun. All set in beautiful Hungry Mother State Park in Marion, Virginia. Dinner on your own. Extensive walking may be involved.

**Friday, July 17**

Time: 10:00 am

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

Location: Hungry Mother State Park

Eligibility: ages 50+

Min 12 - Max 24

Register by July 3

### Shatley Springs and Fresco Churches

Shatley Springs has served as a landmark destination for many decades. Travelers come to enjoy the country cooking, the famous spring water, and the beautiful mountain scenery. Families and tour groups alike find the country atmosphere relaxing and reminiscent of times past. Many guests visit the gift shops or take a walk around the lake. Others sit and rest a spell in the rocking chairs on the porch. Come and see for yourself the best kept secret in northwestern North Carolina. We will also visit the very popular Fresco churches before we head back. Dinner will be on your own.

**Wednesday, August 26**

Time: Depart at 10:00 am

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

Location: Shatley Springs

Eligibility: ages 50+

Min 12 - Max 24

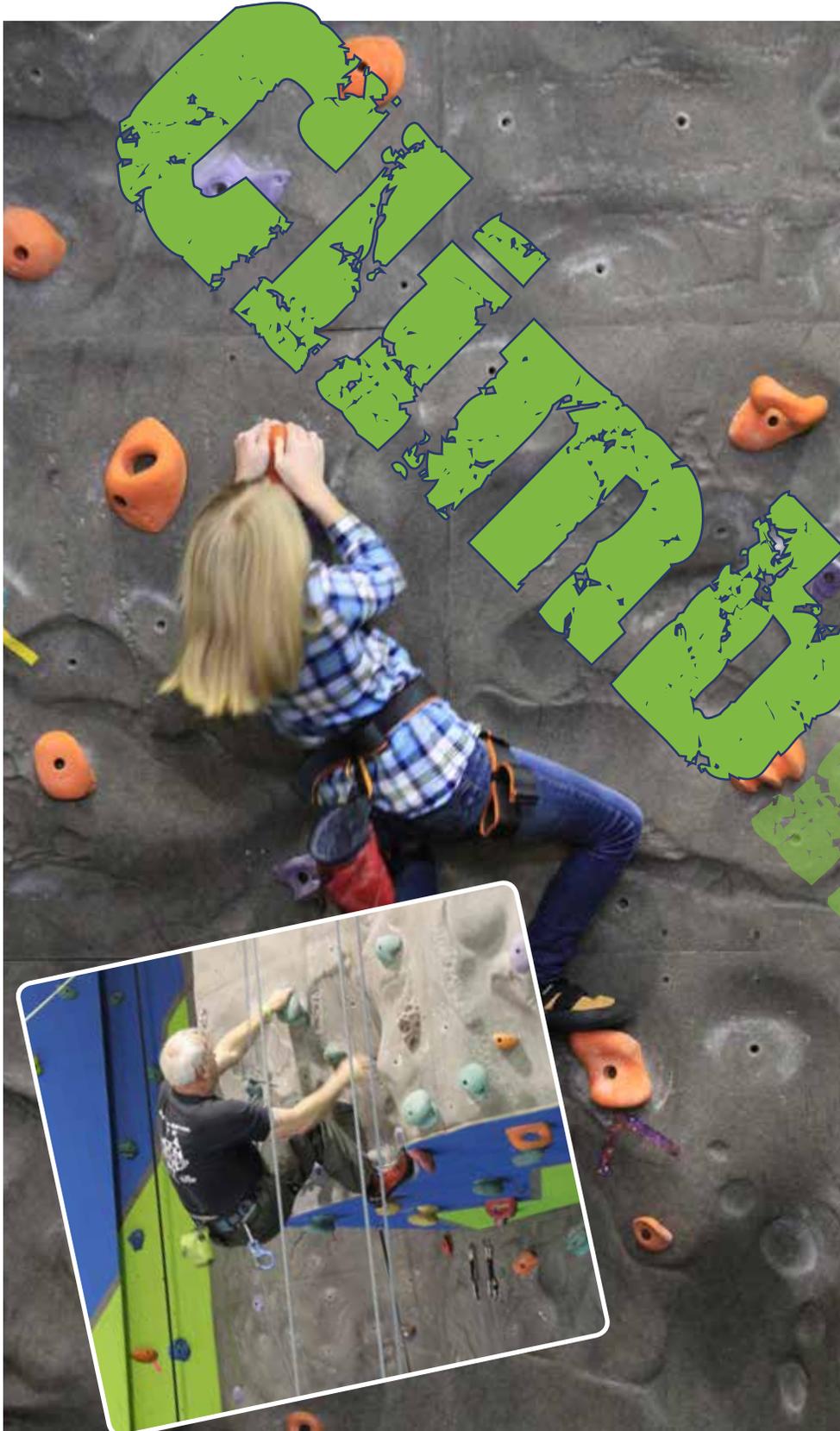
Register by August 12

#### FEE ABBREVIATIONS

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



# Climbing Programs



## Climbing Wall

Our indoor climbing wall offers a little bit of something for everyone, whether you are the expert climber or just starting out, 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

## Youth Climbing Club

We will introduce you to the climbing wall area, other climbers your age and 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.

**Session I: Thursday, May 14**

**Session II: Thursday, June 18**

**Session III: Thursday, July 9**

Time: 5:00 - 6:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 10 - 18

No registration required

## Speed Climbing Competition

Join us for a fun climbing competition for all ages at the Wytheville Climbing Gym. Each climber will have four chances to climb a designated wall. The fastest climb at the end of the competition in each category wins. Categories are; Men's, Women's, Girls (ages 14 & under), Boys (ages 14 & under) and Tots (boys and girls under age 6). Prizes will be awarded for first place in each category.

**Date: Saturday, August 1**

Time: 3:00 - 5:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: All Ages

No registration required



## Climbing 101

So you have climbed the wall a few times - are you ready to learn about the equipment and terminology? Join us for a fun introduction to the equipment used while climbing, basic knots, basic climbing terms, and climbing technique.

**Session I: Tuesday, May 12**

**Session II: Tuesday, July 7**

Time: 5:00 - 6:00 pm

Fee: OL

Eligibility: ages 6 & up

Location: Climbing Wall

Max 8

Register 2 weeks prior to session.



## Belay Certification Course

See a staff member to schedule a belay certification class.

## Climb Fit

Crossfit anyone? Come back to the Climbing Wall and challenge your fitness level and see if you have what it takes to complete our Crossfit Climbing Course. Just ask a staff member for instructions during open climbing times.

## Peg Board Challenge

Push your strength to the limit on our Pegboard Workout Area. Come test your fitness level at the Climbing Wall anytime during open time.



# Challenge!

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## 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)

**Session I: Friday, July 17**

**Session II: Saturday, August 29 - Full Moon**

Time: 8:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: All ages (under 18 must be accompanied by parent)

Min 5 - Max 25

Register at least two weeks prior to session



## Mountain Bike Club

Looking for someone to go ride with? Just getting into mountain biking? The Town of Wytheville Parks and Recreation Department is excited to offer an opportunity for you to do just that. The Mountain Bike Club will be an opportunity for experienced and novice bikers to meet and network as well as get involved in some trail building and maintenance. The group will meet on the fourth Thursday of the month at Crystal Springs Recreation Area - don't forget your bike! To join the distribution list for upcoming events and rides please call Todd at 276-223-3520 and leave your name and e-mail address.



**Session I: Thursday, May 21**

**Session II: Thursday, June 25**

**Session III: Thursday, July 23**

**Session IV: Thursday, August 27**

Time: 6:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register at least two weeks prior to session

## 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.





### Wet Socks and Creek Rocks

Join us for an exciting aquatic adventure at Crystal Springs. We will discuss watersheds and our effect on the watershed; explore the creeks and streams looking for and studying aquatic life.

**Session I: Saturday, July 25**

**Session II: Saturday, August 22**

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register at least two weeks prior to session

### Cardboard Boat Race

Build your own boat using scrap card board and duct tape and then race against other participants. We will provide duct tape and cardboard all you have to do is show up and be creative! 1st, 2nd and 3rd place prizes will be awarded!

**Session I: Saturday, June 27**

**Session II: Saturday, August 8**

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register at least two weeks prior to session

### Great Kids Great Outdoors Adventure Festival

You will not want to miss the first annual Great Kids Great Outdoors Festival! There's no better way to celebrate the arrival of spring than by heading outdoors with the kids for some outdoor fun. You and your kids will love the adventurous activities plus, it's a wonderful opportunity for them to enjoy the fresh air of the outdoors. Activities will include a bug hunt, wildlife crafts, guided hikes, scavenger hunts, workshops, and we will be giving away a backpack full of outdoor exploration gear. After the festival, families will have the opportunity to continue enjoying the park and exploring a variety of recreational opportunities. Wear comfortable walking shoes, a jacket, sunscreen, and bring a picnic lunch.

**Date: Saturday, July 25**

Time: 10:00 am - 1:00 pm

Location: Crystal Springs Recreation Area

Fee: Free

Eligibility: Grades 3-5 (all participants must be accompanied by adult or guardian)

Min 10

Register by July 11

[rec.wytheville.org](http://rec.wytheville.org)



## 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](http://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

If you're looking for fun and excitement, look no further. We have the latest and greatest games - PS3, XBOX with Kinect, Wii, Pool, Ping Pong, Air Hockey and Foosball!!!  
Tuesday, Wednesday, Thursday, Friday and Saturday - 3:00 - 7:00 pm  
Sunday - 4:00 - 6:00 pm



## 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, June 26**  
**Session II: Friday, July 24**  
**Session III: Friday, August 28**

Time: 5:30-6:30

Fee: OL

Location: Indoor Pool

Eligibility: Ages 6+

Max 6

Register 2 weeks prior to session.

## Home School Fun Days

Wytheville Community Center is proud to offer Home School Days, a program incorporating physical education, art/craft activities and outdoor education.

**Dates: June 10, June 25, July 8, July 23, August 5, August 20**

Time: 10:00 - 12:00 pm

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

Location: gymnasium, climbing wall, indoor pool and/or Crystal Springs Recreation Area

Eligibility: ages 4-18

Min 5 - Max 25

Register by May 27

Late fee: additional \$5

## Kids Night Out

Children will play games, enjoy arts and crafts and play sports while parents enjoy their own free time. All activities will be supervised during the evening and children will be provided pizza, snacks and drinks.

**Session I: Friday, June 19**

**Session II: Friday, July 31**

**Session III: Friday, August 21**

Time: 6:00-8:45 pm

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

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

Eligibility: Ages 6-12

Min 5 - Max 25

Register 2 weeks prior to session

Late fee: additional \$5

## Ping Pong Tournament

Put your skills to the test against your fellow ping pong players! 1st, 2nd and 3rd place winners will receive a prize.

**Session I: Tuesday, May 26**

**Session II: Tuesday, July 14**

Time: 5:00 pm

Fee: OL

Location: Teen Center

Eligibility: Ages 10-15

Register 2 weeks prior to session.

## Disc Golf 101

Introduction to the fast growing sport of disc golf! We will set up one cage and provide the discs demonstrate proper throwing technique and learn the rules of Disc Golf.

**Session I: Tuesday, May 19**

**Session II: Tuesday, June 23**

**Session III: Tuesday, July 21**

**Session IV: Tuesday, August 25**

Time: 5:00 pm

Fee: OL

Location: (varies each session)

Eligibility: Ages 10-15

Register 2 weeks prior to session.



## Craft Night Sculpy Clay

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

**Session I: Thursday, June 11**

**Session II: Thursday, July 16**

**Session III: Thursday, August 27**

Time: 5:00 pm

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

Location: Teen Center

Eligibility: Ages 5 - 10

Min 5 - Max 15

Register 2 weeks prior to session.

Late fee: Additional \$5



# Youth/Teen Programs



## Shuffleboard for Kids

We recently added a new gaming table in the Teen Center, Shuffleboard!

We would like to invite everyone to come and learn to play Shuffleboard. Refreshments will be provided.

**Date: Wednesdays in June and July**

Time: 5:00 - 6:00

Fee: OL

Location: Teen Center

Eligibility: Ages 12-18

No registration required



## Back to School Splash Bash 2015

You thought Splash Bash 2015 was fun; you haven't seen anything yet so make sure you mark your calendar! Swimming, games, pizza and snacks - open to Middle School Students only.

**Date: Saturday, August 15**

Time: 12:00-3:00 pm

Fee: \$3

Location: McWane Pool

Eligibility: 3rd - 8th Grades

## 8-Ball Pool Tournaments

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

**Session I: Wednesday, June 17**

**Session II: Tuesday, August 18**

Time: 5:00 - 7:00 pm

Fee: OL

Location: Teen Center

Eligibility: Ages 10-15

Min 2

Register 2 weeks prior to session.

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# Aquatic Programs

The Wytheville Community Center Aquatic Staff would like to welcome you to the Natatorium. The Natatorium includes a 25 yard 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 that 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. Coast Guard 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.
- Persons under 14 years old must have adult supervision to enter therapy pool.
- Swim tests may be required for pool/slide use.
- Participants under the age of 18 are not allowed in the therapy pool Monday - Friday from 9:00 am to 12:00 pm unless permission is given.

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

## 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

## Summer Hours for Pool

May 30th-Aug 9th

Monday-Thursday ...6:00 am-8:00 pm  
Friday .....6:00 am-8:00 pm  
Saturday .....10:00 am-5:00 pm  
Sunday .....1:00 pm-5:00 pm

## Water Park

Monday-Thursday ...10:00 am-8:00 pm  
Friday .....10:00 am-8:00 pm  
Saturday .....10:00 pm-5:00 pm  
Sunday .....1:00 pm-5:00 pm

## Wytheville Waves Swim Team

Wytheville Waves swim team is part of Blue Ridge Swim League. The Blue Ridge Swim League is a recreational summer swim league made up of 7 teams. Meets will begin in June and will go through the last weekend of July. Meets will be held at McWane Pool (Outdoor) and practices will be at the Community Center pool. **Please submit a copy of your child's birth certificate upon registration.**

### May 18 to the End of July/Early August

#### Monday, Wednesday, Friday - McWane

Ages 12 and up - 8:00-9:00 am  
Ages 9 to 11 - 9:00-10:00 am  
Ages 8 and under 10:00-10:45 am

#### Tuesday, Thursday - McWane

Ages 8 and under - 4:15-5:00 pm  
Ages 9 to 11 - 5:00-6:00 pm  
Ages 12 and up - 6:00-7:00 pm

\*Times/age groups/location are subject to change depending on number registered per age group  
Ages: 4-18

Fee: TR: \$50 for first child, \$35 for each additional child;  
NRPP: \$55 for first child, \$40 for each additional child;  
NR: \$60 for first child, \$45 for each additional child

#### Register by June 6

Late Fee: additional \$5

**CONFERENCE SWIM MEET:  
July 31/Aug 1 at  
McWane Pool, Wytheville, VA**



## MCWANE POOL

Saturday, May 30 - Sunday, August 9  
Open: Sunday - Saturday  
Time: 12:00 pm-5:00 pm

### \*\*Fees and Rates\*\*

Daily Admission \$3.00 ages 4 and up  
Ages 3 and under - Free  
10 Punch Pass -- \$25  
Season Pass -- \$80 (non-transferable)  
Family Pass - \$275  
Family defined as head of household, spouse and their legal dependents under the age of 25. Legal dependents under age 25 must be full time college students.

### Night Swim at McWane

McWane Pool will be open late just for you. Enjoy the extended hours for the opportunity to enjoy the pool with the lights on. No advanced registration or extra fees: regular day admissions, punch passes, or your season pass will get you in the same as any other day.  
Days: Thursdays, June 4, July 9, August 6  
Time: Open until 9:00 pm  
Fee: Regular Day Admission Rates  
Location: McWane Pool  
Eligibility: all ages

## 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.

**Days: Saturday & Sunday, May 9, 10 & Saturday & Sunday, May 16, 17**

Time: 9:00 am - 5:00 pm

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

Location: Wytheville Community Center

Eligibility: Ages 15+

Register by May 3

Min 5 -Max 10

Late Fee: additional \$5

100 % participation required



## 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 Lesson will be held on Tuesday and Thursday evenings & Monday and Wednesday mornings
- 4 Classes in Parent & Child Aquatics and Preschool Level
- 6 Classes in Levels 1-5 & Adult

### Session 1 - Evenings - May 12, 14, 19, 21, 26, 28

Register by May 3

### Session 2 - Evenings - June 9, 11, 16, 18, 23, 25

Register by May 24

### Session 3 - Evenings - July 7, 9, 14, 16, 21, 23

Register by June 21



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 (Water Bugs)	Level 3	Level 4	Adult Swim Lessons
Level 1	Level 2		Level 5	

### Session 4 - Mornings - June 8, 10, 15, 17, 22, 24

Register by May 24

### Session 5 - Mornings - July 6, 8, 13, 15, 20, 22

Register by June 21

9:00 - 9:30 am	9:30 - 10:00 am	10:00 - 10:30 am	10:30 - 11:00 am	11:00 - 11:30 am
Parent and Child Aquatics (Water Babies)	Preschool (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.

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## 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.

#### 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 includes: 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.

#### 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.

Monday - Wednesday 4:00 - 7:00 pm  
 Thursday 8:00 am - 12:00 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**

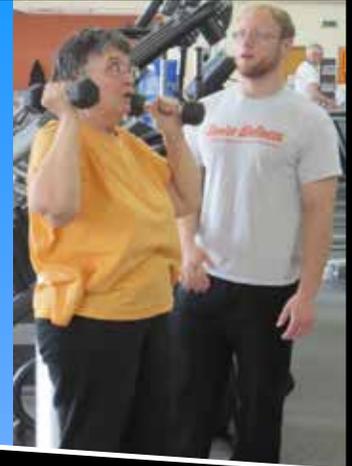
Food is limited to the Youth/Teen Center Café area. Party is responsible for bringing food, drinks and any paper products. We provide staff supervision. Youth/Teen Center and Climbing Wall will be exclusive to your group. Swimming and Gymnasium will be during public hours.



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



# Personal Training



***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 fit your everyday lifestyle.

## ***Personal Training Sessions/Packages***

***(60 Minute Sessions)***

1 Session- \$35

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

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



333 Community Blvd, Wytheville, VA 24382  
rec.wytheville.org  
276-223-3378



# Fitness Programs

## 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 is 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 two day 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: June 1 & 3**

**Session II: July 6 & 8**

**Session III: August 3 & 5**

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

24



## Free Body Fat Percentage & Body Mass Index Testing

During the months of May, June, July and August, 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. Schedule your appointment today, call (276) 223-3527 or stop by the Fitness Desk.

Months: May, June, July, August

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: Friday, June 12**

Time: 10:00 am -12:00 pm

Fee: OL

Location: Fitness Center

Eligibility: Ages 12+

Max 8

Register by June 8

## Speed & Agility Clinic

Whether you are a serious athlete looking to improve sports performance or just wanting to have fun, come work along Certified Strength and Conditioning Specialist Brandon Wolford and Staff as they take you through various speed and agility drills to take your training to the next level.

**Date: Friday, July 10**

Time: 10:00 am -12:00 pm

Fee: OL

Location: Gymnasium, Court 1

Eligibility: Ages 12+

Max 15

Register by July 6




 **American Heart Association**  
 My Heart. My Life.™

*HeartChase*™

# HeartChase

## WYTHEVILLE

**May 30, 2015 • 8:00 a.m.**  
 Withers Park; Wytheville

Getting active is a whole lot of fun with HeartChase™, a new community event to promote healthy living and support a great cause! Teams race to complete heart healthy challenges and collect as many points as possible.  
 Proceeds benefit local American Heart Association.



<p><b><u>Before the Chase</u></b></p> <ul style="list-style-type: none"> <li>• Form a team of 3-5 players</li> <li>• Register your team online</li> <li>• Kickoff your fundraising efforts</li> <li>• Send Emails... Ask for Donations</li> <li>• Gear up for Game Day and download the HeartChase App</li> </ul>	<p><b><u>During the Chase</u></b></p> <ul style="list-style-type: none"> <li>• Complete as many Challenge Checkpoints as possible</li> <li>• Locate as many Hidden Donation Tags</li> <li>• Return to Game Central before the clock ends</li> <li>• Have fun and get some exercise!</li> </ul>
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Visit **HeartChaseWytheville.org** to register!  
 Questions? [Ashley.Ege@heart.org](mailto:Ashley.Ege@heart.org) 540.309.1302





# Fitness Programs

## Group Exercise Classes

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

**All classes are in aerobic room unless otherwise designated.**

Exercising in a group environment is fun and motivational and can be a very healthy habit to have! We have updated our classes that are offered and hope you can find something that is challenging and fun for you! All classes are subject to adequate registration. Classes are subject to cancellation by the 27th of each month. If a class is cancelled another popular class format will be put in the same time slot for the cancelled class. For specific questions regarding classes please contact Patti Bryant at 276-223-3526.

**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 attire and shoes that allow for comfortable range of motion. Gel seat is provided for your comfort. Weights may be incorporated to this class. Min 5 - Max 11

**Day: Monday and Thursday; Time: 6:15 am**  
**Day: Tuesday and Thursday; Time: 6:30 pm**

**Functionally Fit** - A fun class geared for seniors or anyone looking to increase range of motion, strength, flexibility and balance using balls, chairs, weights, mats and bands. Great for all ages and fitness levels. Min 10 - Max 30

**Day: Monday and Wednesday**  
**Time: 8:15-9:00 am (new time)**

**(NEW) Cardio Creations** - This class will vary according to the instructor and is geared to trigger your metabolism by constantly offering something new. One week it may be a cardio interval, cardio circuit, cardio kickboxing, cardio fusion or cardio zumba. This class can be high intensity workout with low to moderate impact offering modifications for various fitness levels. We guarantee you will work hard and have fun all at the same time. Resistance can vary from body resistance, weights, TRX, bands or balls. The walking track may be incorporated. Great for all fitness levels. Min 10 - Max 30

**Day: Monday and Wednesday**  
**Time: 9:15-10:00 am**

**T'ai Chi and Mindful Relaxation** - 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. After the warm up, the first half of the class will entail standing traditional or nontraditional tai chi forms and the second half of the class will be geared to seated stretches and end with relaxation on the mat (seated or lying down). It is helpful to attend this class on a regular basis to learn the various forms. This class may be moved outside (weather permitting). This class has been extended to one hour to get the full effect of the form and relaxing experience. Great for all ages and fitness levels.

Min 5- Max 25

**Session I:**

**Day: Monday morning only**

**Time: 10:30-11:30 am (NEW TIME)**

**Session II:**

**Day: Wednesday; Time: 6:30-7:30 pm (NEW TIME)**

**STRENGTH, CORE AND MORE** - 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. Modifications are offered throughout the class. Great for all fitness levels. Min 10 - Max 20

**Session I:**

**Day: Monday and Wednesday; Time: 12:00-12:45 pm**

**Sunrise Yogalates** - Start the day right with a fusion of (hatha style) 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. This class is good for those who have never done any yoga. Great for all fitness levels. Modifications are offered throughout the class. Min 10 - Max 30

**Day: Tuesday and Thursday**

**Time: 8:00-8:45 am**

**TNT (Tone & Tighten)**

Shape and strengthen the body, tighten abdominal and core muscles, shape the arms and shoulders with weights, bars, TRX, bands or own body resistance. Tone thighs and glutes 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.

**Session I:**

**Day: Tuesday and Thursday**

**Time: 9:00-9:45 am**

**Senior Fitness & Fall Prevention** - This class focuses on 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. (Beginner level)  
Min 10 - Max 30

**Session I:**  
**Day: Tuesday**  
**Time: 10:00-10:45 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. This class can be adapted for all ages and fitness levels. Min 10 - Max 25

**Session I:**  
**Day: Tuesday and Thursday**  
**Time: 12:00-12:45 pm**

**(NEW CLASS) Lengthen and Strengthen**

- A class to stretch and tone the entire body utilizing weights using pilates and yoga inspired moves and mat work, the ballet bar, TRX group station, weights and bars. Modifications are offered throughout the class. Great for all fitness levels.

**Session I:**  
**Day: Tuesday and Thursday**  
**Time: 5:30-6:15 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

**Session I:**  
**Day: Tuesday and Thursday**  
**Time: 7:30-8:15 pm (NEW TIME)**  
Location: Aerobic Room

**Land Fitness Instructors:** Patti Bryant (Fitness Coordinator), Brandon Wolford (Fit for Life Coordinator), Thelma Surber, Becky Irvin, Mike Honaker, Connie Martin, Irene Daugherty, Nick Patel, Katherine Asbury, Tara Hartman, Christy Brecht and Heather Nelson.



**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: 5:30 pm-6:15 pm (NEW TIME)**  
**Session II:**  
**Day: Friday**  
**Time: 9:00-9:45 am**

**Yoga Flow** - This class is a series of flowing postures with rhythmic breathing for an intense body-mind workout (vinyasa-style yoga). This type of yoga with its flowing movement and fast pace, builds heat in the body and stretches the muscles of the body practicing Ujjayi-style breathing. This class is more for those who have some experience with yoga. Think outside of the mat! Min 10 - Max 30

**Session I:**  
**Day: Monday**  
**Time: 6:30-7:15 pm (NEW TIME)**  
**Session II:**  
**Day: Wednesday**  
**Time 10:30-11:15 am (NEW TIME)**  
**Session III:**  
**Day: Friday**  
**Time: 12:00-12:45 pm**

**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



# 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. Buoyancy belts may be used to maintain correct alignment. No-impact workout. Ability to swim not required. A great workout in a social setting! 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

**Session I:**

**Day: Tuesday and Thursday**

**Time: 10-10:45 am**

**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 then see the front desk to register for a gold pass plan which allows unlimited access to aerobic classes. See front desk for additional details.

**(New Name) Ai Chi** - Ai Chi is a water exercise and relaxation program that combines Tai Chi concepts with shiatsu and Watsu techniques. Ai Chi is performed standing in shoulder-depth water using flowing, yet powerful, combinations of deep breathing and slow, broad movements of the arms, legs and torso, promotes awareness of muscle activity and movement patterns by bringing attention to posture and breathing. The movement patterns combine diaphragmatic breathing with visualization and imagery to increase relaxation and decrease pain. All Ai Chi movements originate from the core of the body, in the abdominal area, and are rooted in the feet. The feet are positioned in wide stance, at least shoulder-width apart, and the exercises are often performed barefoot. Ai Chi has been used to improve movement efficiency in clients who have chronic pain, arthritis, fibromyalgia, chronic obstructive pulmonary disease, balance deficits, diabetes, multiple sclerosis and other orthopedic and neurological conditions. It requires no equipment and is performed with the participant's head above water, allowing non swimmers to benefit from aquatic exercise. Weights or noodles may be used. This class is held in the therapy pool (warm water). Appropriate for all fitness levels. 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 Bryant (Fitness Coordinator), Suzanne Nicklas, Keith Martin and Cornelia Northrop (volunteer)

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  - must have a pass plan or purchase a day pass
- FREE** - open to the public

## Hospice and Palliative Care

Adding life to days, when days can no longer be added to life. Hospice of SWVA offers families skilled, compassionate care when patients are diagnosed with a terminal illness. We will discuss Frequently Asked Questions:

What is Hospice?

What is Palliative Care?

What are the benefits of Hospice and Palliative Care?

What is an Advanced Directive?

Other points will include legal planning, misconceptions and myths about hospice care.

**Day: Tuesday, May 19**

Time 9:00-10:00 am or 5:30-6:30 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: All ages

Min 3 - Max 20

Register by May 12

## Zumba at the Chautauqua Festival with Patti Bryant and Irene Daugherty - We

will be doing fun and familiar songs that will make you want to dance! Please join us on stage!

**Days: Monday, June 22 and Thursday, June 25**

Time: 4:00 pm

Fee: N/A

Location: Elizabeth Brown Park (main stage)

## Kids Yoga at the Chautauqua Festival with Becky Irvin.

Kids ages 5+ come out and enjoy the fun yoga poses.

**Day: Tuesday, June 23**

Time: 4:00 pm

Fee: N/A

Location: basement of the Fourth Street Civic Center

## Senior Walking Club

This program is designed to help you live a healthier lifestyle and meet new people. Each walker is responsible for logging their distance upon completing their walk.

Logs are kept at the fitness desk in alphabetical order.

Incentives will be given to those who walk the most. A

fun way to stay on track with your exercise and meet new people.

May, June, July and August

Fee: Bronze, Silver or Gold pass plan

Location: Indoor track

Eligibility: Ages 50+

Register one week prior to the new month

## Home Health Services

### by Wythe County Community Hospital

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). The goal of home health care is to treat an illness or injury. Home health care helps you get better, regain your independence, and become as self-sufficient as possible.

**Days: Thursday, September 17**

**Time 9:00-10:00 am or 5:30-6:30 pm**

Fee: OL

Location: Multipurpose Room 3

Eligibility: All ages

Min 3 - Max 20

Register by September 10

## Group Instructor Certification

AAAI-ISMA

Plain Jane Fitness

**Saturday, August 8**

**9:00 am-5:30 pm**

The AAAI/ISMA Primary Aerobic / Group Fitness Instructor Certification is for anyone interested in becoming a group fitness instructor or improving their teaching skills. Lecture will focus on anatomy, physiology, class format, and exercise safety. Workshop time will focus on exercise options, cueing, counting music, choreographing movement, and movement transitions. For registration information, please contact Jennifer Miller, Plain Jane Fitness, fitnessmiller@yahoo.com; (540) 557-7075.

## Relax by the Pond.

Bring a mat, towel or blanket and enjoy progressive relaxation and guided imagery techniques by the pond. (weather permitting). Sessions are progressive and participants should attend consecutive sessions offered to get the full benefit of the class.

**Session I: Mondays; August 17, August 24, August 31**

**Time: 11:00 am-12:00 pm**

**Session II: Thursdays; September 10, September 17, September 24**

**Time: 6:30-7:30 pm**

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

Location: WCC Pond

Eligibility: Ages 18+

Min 8- Max 15

Register one week prior to each session.

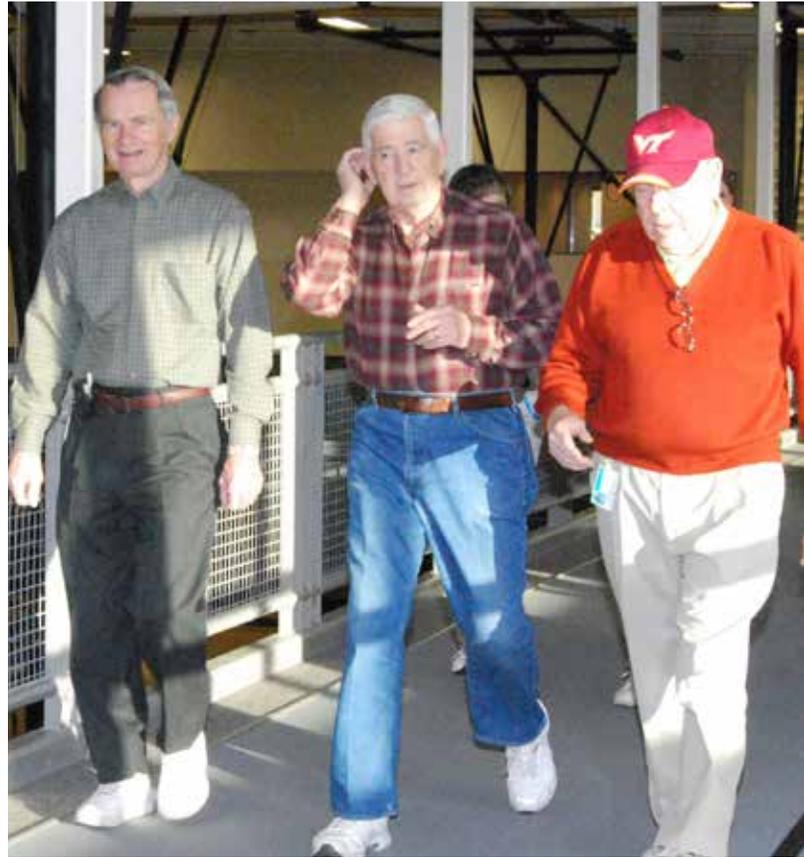
# WALKING TRACK

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 Sunday-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.



## 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.

## Fit For Life

Don't sit, get fit with the Wytheville Community Center's successful exercise, nutrition and weight loss program "Fit for Life." Starting June 29, the "Fit for Life" program will offer a 12 week exercise and nutrition program that will be held on Monday and Wednesday afternoon for residents of Wythe and Bland County who have a BMI over 30. The program 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 30 participants. Previous Fit for Life Graduates of 2012 or earlier are eligible to participate, limited spots available. Don't wait, register today to 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: Thursday, June 4, 6:00 pm**

**Application Meeting II: Saturday, June 6, 11:00 am**

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+

Min 10 - Max 30



## Senior Wellness

Attention all Senior Citizens! The Wytheville Community Center will offer its successful exercise, nutrition and fall prevention program "Senior Wellness." Starting June 29, the 10 week Senior Wellness program focuses on everyday functional movements to help improve quality of life by providing low impact exercises to improve cardiovascular function, strength, flexibility, balance and fall prevention. The program features two weekly exercise sessions on Monday & Wednesday from 10-11 am and one weekly nutrition lecture will be held on Wednesday's from 9-10 am. A free 3 month family gold pass plan will be provided if you don't currently have a gold pass plan. The first 40 participants to register will be selected for the program. Don't wait, register today to 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: Thursday, June 4, 10:00 am**

**Application Meeting II: Saturday, June 6, 10:00 am**

Location: Multipurpose Room 2 & 3

Eligibility: 65+

Fee: Free

Min 10 - Max 40





# Parks & Shelters

All parks and shelters are available for rental. Please call 223-3378 for more information or to schedule an event.



**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](http://rec.wytheville.org)

## PROGRAM REGISTRATION INFORMATION

### 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
- 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



Friday, June 5 @  
Withers Park  
The Fantastic  
Shakers



Saturday,  
July 4 @  
Elizabeth  
Brown Park  
Every Day  
People



See page 10 for more information!



Friday, August 7  
@ Withers Park  
The Entertainers