Town of Wytheville Parks & Recreation

SUMMER 2016
MAY — AUGUST

what's inside?

Cookie Bake-off pg. 8

After Hours Summer Concert Series pg. 11

McWane Pool pg. 17

Crystal Springs Recreation Area pg. 29-31

Town of Wytheville
Parks & Recreation

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Mary Copenhaver
Dan Delp
David Harrison
Uva Havens
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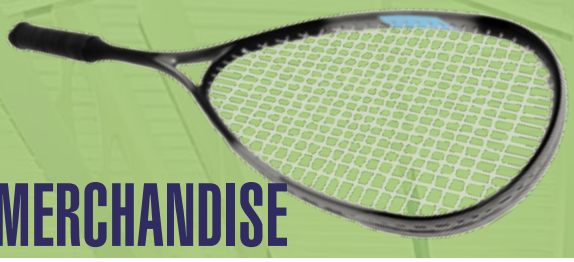
Ted Johnson
Kenny Sayers

STUDENT MEMBERS
Cody Abate
Gretchen Showalter

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



RECREATION MERCHANDISE

AQUATIC MERCHANDISE

Speedo Vanquisher Goggles		$15.00
Bungee Goggle Strap		$4.00
Ear Plugs		$5.00
Nose Clips		$4.00
Swim Diapers		$2.00
Swim Caps (Silicone)		$5.00
Swim Suits	Male $34	Female $48.50

OTHER MERCHANDISE

Ear Buds	$5.00
Blender Bottle	$10.00
FM Radios	$19.00
Batteries (4pk)	$2.50
Key Lock	$6.25
Combination Lock	$6.25
Gift Certificates	See Front Desk

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 Books	$30.00
Drink Bottles	$4.00
Cushion Gel Insoles	$8.50

RACQUETBALL

Ektelon Fireball Racquetballs (can of 2)	$4.00
Ektelon Classic Racquetballs (can of 3)	$4.00
Ektelon Vendetta Goggles (adult & junior)	$11.50
Ektelon Mirage II Goggles	$8.00
Eforce Uproar Racquet	$40.00
Ektelon Control Glove (right)	$7.00
Ektelon 03 Pro Glove (left)	$17.00

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 only the program fee.

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

Throughout the brochure you will see set fees with abbreviations. Description of 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

Like us on Facebook to receive our posts.
www.facebook.com/wythevilleparksrec

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 yard 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 a 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 programs fees. Applications 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

May 26 – August 9

Monday–Friday	6:00 AM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

WATER PARK

Monday–Friday	10:00 AM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

CLIMBING WALL & YOUTH/TEEN CENTER

Tuesday–Saturday	3:00 PM–7:00 PM
Sunday	4:00 PM–6:00 PM

HOLIDAYS

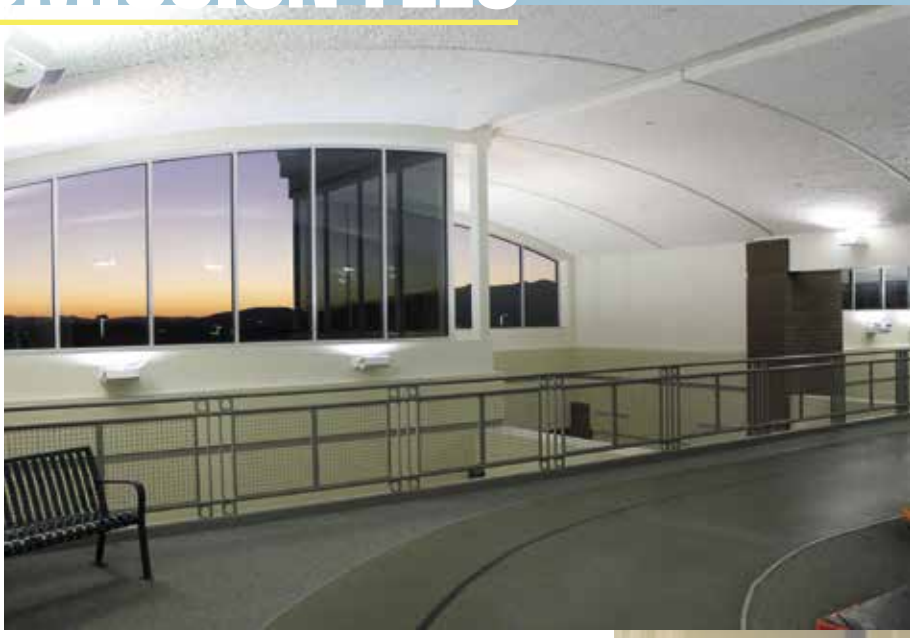
The Wytheville Community Center will be closed on the following holidays: New Year's Day, Easter Sunday, Memorial Day, July 4, Labor Day, Thanksgiving, Christmas Eve, and Christmas Day.

PASS PLANS & ADMISSION FEES

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**	6-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**	6-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	$72
Family	$17.50	$90	$180
Senior/Teen/College	$4.50	$24	$48
Youth (4–12)	$3.50	$18	$36

**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

18+ years	$5.50
Senior/Teen/College	$4.00
Youth (4–12)	$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 the age of 25. Family defined as head of household, spouse, and their legal dependent 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.*

RENTALS

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.**

	RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
MULTIPURPOSE ROOMS			
1 Room	$10/hour	$13/hour	$16/hour
2 Rooms	$15/hour	$18/hour	$21/hour
3 Rooms	$20/hour	$23/hour	$25/hour
1 Room w/Kitchen	$20/hour	$23/hour	$26/hour
2 Rooms w/Kitchen	$25/hour	$28/hour	$31/hour
3 Rooms w/Kitchen	$30/hour	$33/hour	$35/hour
YOUTH/TEEN CENTER	$35/hour	$40/hour	Youth/Teen Center & Climbing Wall Available for Rentals Sunday 1:30–3:30 PM
CLIMBING WALL			
Groups up to 10	$35/hour	$40/hour	
Groups 11–20	$45/hour	$50/hour	
GYMNASIUM			
1 Court	$20/hour	$25/hour	$30/hour
2 Courts	$40/hour	$50/hour	$60/hour
Limited Availability			
INDOOR POOL			Pool Rental Hours: Saturday 5:30–7:30 PM
Groups up to 50	$130/2 hrs	$140/2 hrs	
51-75	$170/2 hrs	$180/2 hrs	
76-100	$210/2 hrs	$220/2 hrs	

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

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 CHEERLEADING

3rd & 4th and 5th & 6th grade
Group practice dates will be announced after registration deadline with team practices following. Games will start mid to late August.
Fee: $35 TR; $40 NRPP, $45 NR
Register by June 30
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 start mid to late August. Travel will be involved.
Fee: $35 TR; $40 NRPP, $45 NR
Register by June 30
Late Fee: additional $5

WYTHEVILLE YOUTH SOCCER CAMP

FEATURING THE VT COACHING STAFF

JUNE 13-15, 2016

The Virginia Tech 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.

CAMP INFORMATION

AGES: 5-13 (Boys and Girls)
WHERE: Wytheville Community College Fields
COST: $75 TR; $80 NRPP; $85 NR
*Includes Nike T-Shirt
WHO: Virginia Tech Men's Soccer Coaches, Assistants, and Players.
*Must bring and wear Shin Guards and a Ball
WHEN: June 13-15, 2016
TIME: 9:00a.m.-12:00p.m.
REGISTER BY: June 1

All camps are open to anyone, limited only by age and number of campers.

Wytheville Parks and Rec

July 11th - 15th 2016 at Scott Middle School

First Kicks	3-4	9-10 am	$95
Mini Soccer	5-6	10.15-11.45 am	$110
Half Day AM	6-16	9-noon	$149
Half Day PM	6-16	1-4 pm	$149
Full Day	6-16	9-4 pm	$210

Mail Applications & Checks To:
Challenger Sports, 8263 Flint St., Lenexa, KS 66214.
Questions or host a Coach? Contact Gary Hodgson, ghodgson@challengersports.com

SIGN UP TODAY!
www.challengersports.com // 800.878.2167

ADULT & SENIOR LEISURE ACTIVITIES

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..

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 10
June 14
July 12- Cookout at EBMP
August 9

Time: 11:30 am - 1:00 pm
Fee: Free
Location: Multipurpose Rooms
Eligibility: ages 50+

COOKIE BAKE-OFF

Bake up your favorite homemade cookie recipe and bring it to the Community Center for our first annual cookie bake-off! Participants will be asked to bring in one dozen of their favorite cookies along with the recipe and enter them into the contest to be judged by the Community Center staff. Prizes will be awarded to 1st, 2nd and 3rd place. Please note, you must enter cookies to participate!

Thursday, June 16
Time: 1:00 pm
Fee: Free
Location: Multipurpose Room 3
Eligibility: ages 18+
Min 4 – Max 20
Register by June 2

KICKIN UP COUNTRY LINE DANCE DAY

Come join instructor Christy Brecht for a day of line dancing fun! This class will offer line dance instruction to various types of music all while exercising your mind and body! This is a day you don't want to miss, so come out and enjoy the fun with your friends! Instructor: Christy Brecht

Saturday, July 9
Time: 11:00 am -3:00 pm
**Lunch will be taken from 12:30-1:30pm
Fee: $10 TR; $15 NRPP; $20 NR
Location: Multipurpose Room 2 & 3
Eligibility: ages 18+
Min. 6- Max 30
Register by June 25

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.

May - August
Day: Monday – Friday
Time: 8:00 am – 2:30 pm
Fee: OL
Location: Teen Center
Eligibility: ages 18+

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 watch and learn.

Monday, June 13
Time: 6:00 pm
Fee: OL
Location: Multipurpose Room 3
Eligibility: ages 50+
Min 4 – Max 15
Register by May 30

LEARN TO LINE DANCE

Want to learn to line dance and exercise your whole body, mind to muscle? Come out and join the Kountry Kickers on Thursday nights for some great fun!!

Session I: April 28-May 19, Register by April 25
Session II: May 26-June 16, Register by May19
Session III: June 23- July 14, Register by June 16
Session IV: July 21- August 11, Register by July 14
Instructor: Christy Brecht
Day: Thursday
Time: 6:00-8:00 pm
Fee: $15 TR; $20 NRPP; $25 NR
Location: Multipurpose Room 2 & 3
Eligibility: All Ages
Min 10 – Max 30

AMAZON FOR SENIORS

New to online shopping? Have you ever considered using Amazon to get all your shopping done? Well here is your chance! Come join us for a class that will teach you basic searching, ordering and payment methods of Amazon! Please bring your own computer or tablet to participate. However, if you do not have your own personal computer, you may still watch and learn!

Tuesday, June 28
Time: 6:00 pm
Fee: OL
Location: Multipurpose Room 3
Eligibility: ages 50+
Min 4 – Max 15
Register by June 21

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

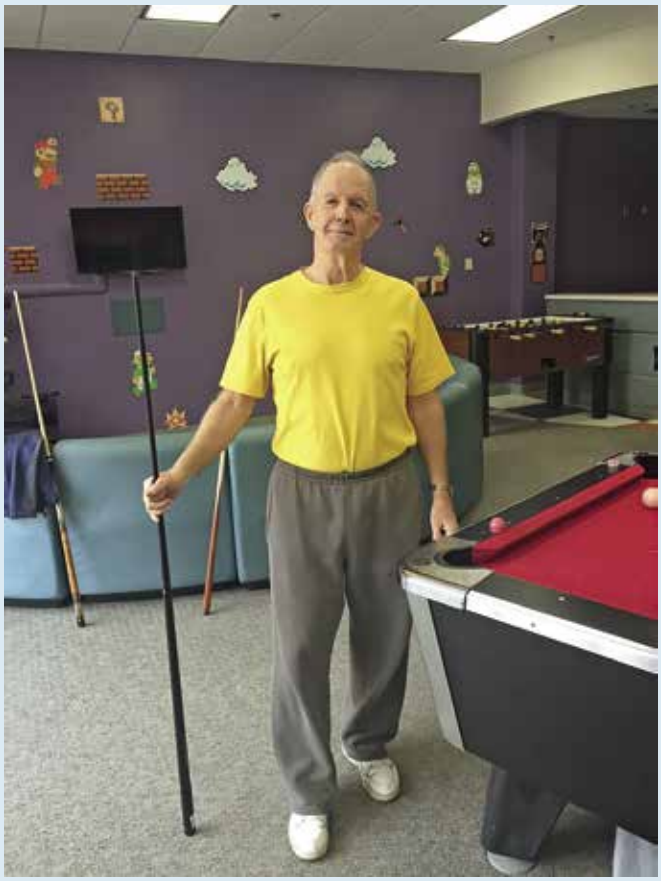
ADULT & SENIOR LEISURE ACTIVITIES

9-BALL POOL TOURNAMENT

Join us in the Teen Center for a fast pace 9-Ball Tournament! Prizes awarded for 1st place winner. The rules will be posted in the Teen Center.
Session I: Tuesday, May 17
Session II: Tuesday, July 19
Time: 10:00 am
Fee: OL
Location: Teen Center
Eligibility: ages 50+
Min 2 – Max 12
Register 2 weeks prior to session

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 to the 1st place winner.
Thursday, June 23
Time: 10:00 am
Fee: OL
Location: Teen Center
Eligibility: ages 50+
Min 2 – Max 12
Register by June 14



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+

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.
May–August
Day: Monday & Thursday
Time: 10:00 am – 4:00 pm
Fee: OL
Location: Adult/Senior Lounge

ADULT CRAFT NIGHT

Want to learn how to tint mason jars without having to buy them? Here is your chance! Come join us at the Community Center and tint 3 mason jars to a color of your choice!
Monday, July 11
Time: 5:30 pm
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Room 1
Eligibility: ages 18+
Min 4 – Max 12
Register by June 30

ADULT TRIVIA NIGHT

Are you looking for a night out with friends? The Town of Wytheville Parks and Recreation Department will be hosting all around Trivia with a surprise twist at the end! Teams of 2-6 players will be required to enter. Prizes will be awarded to 1st and 2nd place. Snacks and soda will be provided to participants!
Friday, July 1
Time: 6:30 pm
Fee: $10 per team
Location Multipurpose Rooms 2 & 3
Eligibility: ages 18+
Min 5 teams- Max 12 teams
Register by June 24

CORN HOLE TOURNAMENT

Think you have what it takes to be the corn hole champion? Grab your partner and come and join us for a corn hole tournament! Water will be provided.

Wednesday, July 27
Time: 11:00 am
Fee: OL
Location: Gymnasium
Eligibility: ages 50+
Min 4 teams- Max 10 teams
Register by July 18

ADULT TENNIS LESSONS

The Town of Wytheville Parks and Recreation is pleased to offer you a fun and exciting tennis series. This series is for adults, ages 18 and older, with little to no playing experience and intermediate players are also welcome. This program offers participants to learn about the historic game of tennis in a fun and friendly environment. Each session will help you gain knowledge about the sport, but also teaches fundamental skills such as forehand, backhand, serve, volley and scorekeeping with an experienced coach. Rackets are not included; therefore, each participant must be able to have access to a racket. Also, do not forget to bring a water bottle to keep yourself hydrated. Registration is limited to ensure that each participant is getting adequate training with one of our experienced coaches! In the case of inclement weather during one of our sessions, we will reschedule the date. So come out and join the fun!

Session I: June 28 - July 19
Session II: July 26 - August 16
Day: Tuesday
Time: 7:00- 8:00 pm
Fee: $30 TR; $35 NRPP; $40 NR
Location: Wytheville Community College Tennis Courts
Eligibility: ages 18+
Min 3 - Max 6
Register 2 weeks prior to session

TOWN OF WYTHEVILLE AND DOWNTOWN WYTHEVILLE, INC. JULY 4TH CELEBRATION

Back for 2016 is our July 4th After Hours Summer Concert with fireworks!! We are excited to have this event again 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 2:00 pm: Independence Day parade, cruise in, kids' games and activities, live music 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. The Entertainers 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 Celebration.

TRIP TO 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.

Friday, July 15
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 1

AFTER HOURS SUMMER CONCERT SERIES 2016

For the June 3 concert we have The Embers; Monday, July 4, The Entertainers will be rocking the stage! Last, but definitely not least, on August 5, the Band of Oz. Don't miss out on the 2016 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 2016, 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 3 @ WITHERS PARK

The Embers

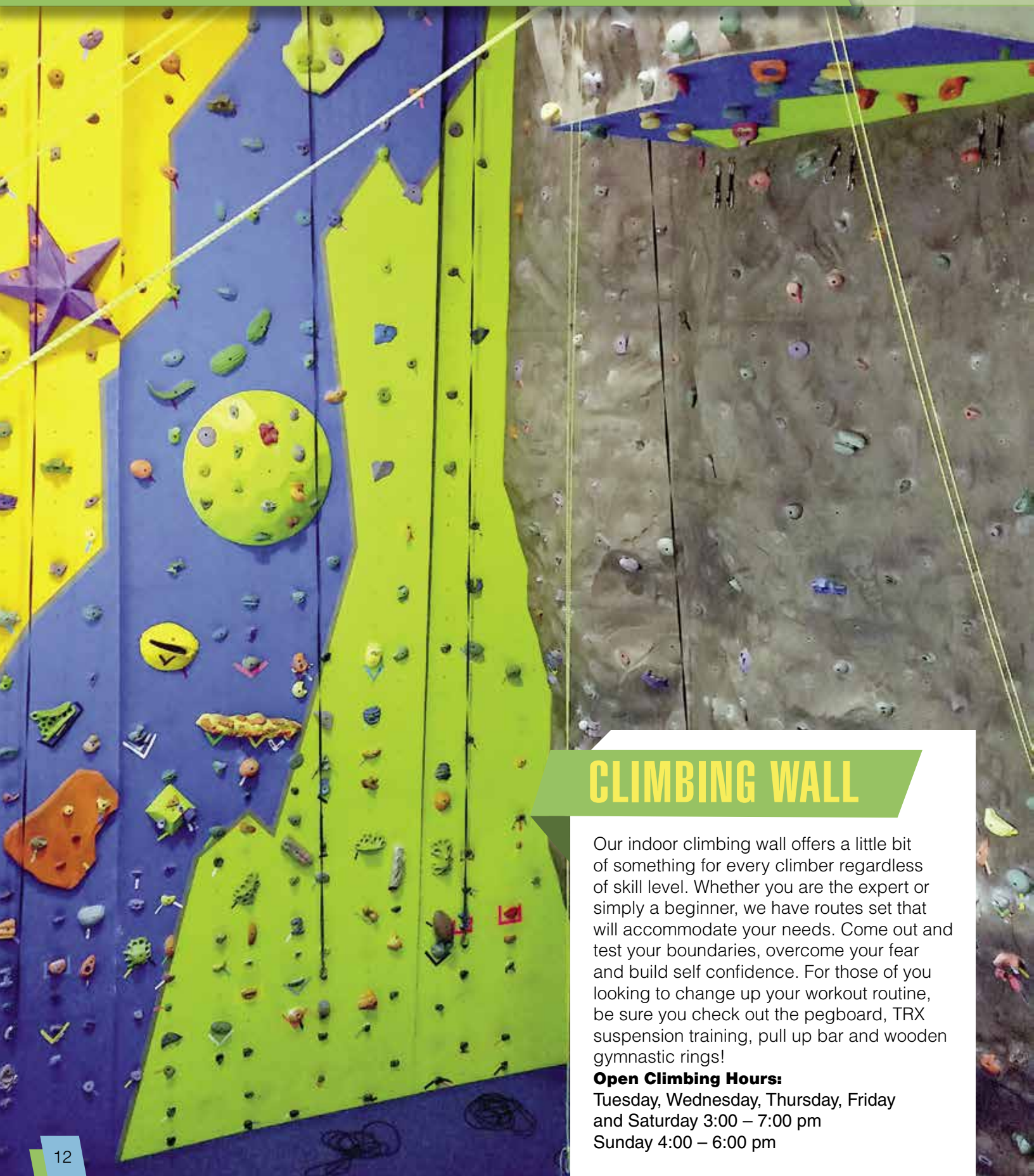
MONDAY, JULY 4 @ ELIZABETH BROWN PARK

(see "Town Of Wytheville and Downtown Wytheville Inc July 4th Event" article for more details)
The Entertainers

FRIDAY, AUGUST 5 @ WITHERS PARK

The Band of Oz

CLIMBING PROGRAMS



CLIMBING WALL

Our indoor climbing wall offers a little bit of something for every climber regardless of skill level. Whether you are the expert or simply a beginner, we have routes set that will accommodate your needs. Come out and test your boundaries, overcome your fear and build self confidence. For those of you looking to change up your workout routine, be sure you check out the pegboard, TRX suspension training, pull up bar and wooden gymnastic rings!

Open Climbing Hours:
Tuesday, Wednesday, Thursday, Friday and Saturday 3:00 – 7:00 pm
Sunday 4:00 – 6:00 pm

ROCK STARS

Come and join our rock climbing staff and start your little tot off right and get them familiar with the climbing wall and allow them to learn basic skills and techniques in a fun environment!
Session I: Wednesday, June 15
Session II: Wednesday, July 13
Time: 5:00-6:00 pm
Fee: OL
Location: Climbing Wall
Eligibility: ages 3-8
Min 4- Max 12
Register 2 weeks prior to session

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, July 23
Time: 4:00-7:00 pm
Fee: OL
Location: Climbing Wall
Eligibility: ages 3+
No pre-registration required

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 who attend each meeting will be belay certified and receive a certificate of completion.
Session I: Thursday, June 23
Session II: Thursday, July 14
Session III: Thursday, August 11
Time: 5:00 – 6:00 pm
Fee: OL
Location: Climbing Wall
Eligibility: ages 10-18
Min 4 – Max 12
Register 2 weeks prior to session

TECHNIQUE FOR BEGINNER CLIMBERS

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: Tuesday, June 14
Session II: Tuesday, July 12
Session III: Tuesday, August 9
Time: 5:00 – 6:00 pm
Fee: OL
Location: Climbing Wall
Eligibility: ages 8+
Min 4 – Max 12
Register 2 weeks prior to session

PEGBOARD 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

YOUTH/TEEN CENTER

If you are looking for fun and excitement, look no further. We have the latest and greatest games, pool, ping pong, air hockey, shuffleboard, Play Station 3, Xbox 360, Wii, and Play Station 4! Stop by and check it out!
Tuesday, Wednesday, Thursday, Friday and Saturday 3:00 – 7:00 pm | Sunday 4:00 – 6:00 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

HOME SCHOOL PHYSICAL EDUCATION

Wytheville Community Center is proud to offer Home School Days, a program incorporating physical education, art/craft activities and outdoor education.
Dates: June 2, 15, 29, July 13, 27, Aug 10
Time: 4-7 year olds- 10:00-11:00 am
8-16 year olds- 11:00 am-12:30 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 18
Late fee: additional $5

PARENTS' NIGHT OUT

Children will play games, enjoy arts and crafts and play sports all while their 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.
Session I: Friday, June 17
Session II: Friday, July 29
Session III: Friday, August 19
Time: 6:00 – 8:45 pm
Fee: $1 TR; $6 NRPP; $11 NR
Location: Teen Center, Climbing Wall, Gym, Racquetball Courts
Eligibility: ages 6-12
Min 5 - Max 25
Register 2 weeks prior to session
Late Fee: additional $5

DODGE BALL TOURNAMENT

Think you and your team has what it takes to be a dodge ball champion?? Bring your team to the community center for a night of fun and lots of dodge ball! Prizes will be awarded for the 1st place tournament winners!
Session I: Friday, May 27
Session II: Friday, July 22
Time: 5:30-7:30 pm
Fee: $25 per team
Location: Gymnasium
Eligibility: Middle School Students
Min 3 - Max 8 teams
Register teams 2 weeks prior to each session

SHUFFLEBOARD FOR KIDS

We recently added a new gaming table in the Teen Center — Shuffleboard! We would like to invite everyone to come back and learn to play Shuffleboard. Refreshments will be provided.
Date: Wednesday
Time: 5:00 - 6:00 pm
Fee: OL
Location: Teen Center
Eligibility: ages 12-18
No registration required

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: Tuesday, May 31
Session II: Tuesday, July 5
Time: 5:00 - 7:00 pm
Fee: OL
Location: Teen Center
Eligibility: ages 8 - 15
Min 4 – Max 10
Register 2 weeks prior to session

PING PONG TOURNAMENT

Put your skills to the test against your fellow ping pong players! 1st, and 2nd place winners will receive a prize.
Session I: Tuesday, June 21
Session II: Tuesday, July 26
Time: 5:00 pm
Fee: OL
Location: Teen Center
Eligibility: ages 8-15
Min 2 – Max 10
Register 2 weeks prior to session

LITTLE FIRECRACKER CRAFT NIGHT

Bring your little firecracker to the Community Center for a craft night full of fun! We will be making our own flag out of popsicle sticks! We will provide snacks and juice boxes!
Date: Thursday, June 30
Time: 5:30 - 6:30 pm
Fee: OL
Location: Teen Center
Eligibility: ages 6 and under
Min 4 – Max 12
Register by June 16

YOUTH/TEEN PROGRAMS

YOUTH TENNIS LESSONS

The Town of Wytheville Parks and Recreation is excited to bring to you a fun and exciting tennis series. This series is for children with little or no playing experience and intermediate players are also welcome. Instructions will include forehand, backhand, serve, volley, court etiquette and scoring. This program is perfect to learn about a historic sport which helps attain agility, coordination, fitness and social skills. Rackets are not included; therefore, each participant must be able to have access to a racket. Also, do not forget to bring a water bottle to keep yourself hydrated. Registration is limited to ensure that each participant is getting adequate training with one of our experienced coaches! In the case of inclement weather during one of our sessions, we will reschedule that session. So, come out and learn the game of tennis in a fun and friendly environment.

Session I: June 28-July 19
Session II: July 26-August 16
Day: Tuesday
Time: 6:00-7:00 pm
Fee: $30 TR; $35 NRPP; $40 NR
Location: Wytheville Community College Tennis Courts
Eligibility: ages 18 and under
Min 3- Max 6
Register 2 weeks prior to session

MIDDLE SCHOOL BACK TO SCHOOL SPLASH BASH 2016

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.

Saturday, August 13
Time: 7:00-10:00 pm
Fee: $3
Location: McWane Pool
Eligibility: Middle School Students

AFTER SCHOOL FOR KIDS (COMING FALL 2016)

After School for Kids is a fun and interactive recreational program designed for children in grades K-5. This program will provide the opportunity for your child to participate in a variety of age appropriate activities that promotes physical activity and social, emotional and educational development. A healthy snack and drink will be provided daily.

Day: Monday – Friday
Time: 3:20 - 5:30 pm
Eligibility: Grades K-5th
Fee: Weekly: $40 TR; $45 NRPP; $50 NR
Daily: $10 TR; $11 NRPP; $12 NR
More information to come!!!

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 10
Session II: Friday, July 8
Session III: Friday, August 12
Time: 5:30-6:30 pm
Fee: OL
Location: Indoor Pool
Eligibility: ages 6+
Max 6
Register 2 weeks prior to session

AQUATICS

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 Horseplay.
- Diving will be permitted from the 8 ft. 6 in. 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.
- Individuals under the age of 18 are not allowed in the Therapy Pool Monday-Friday from 9 am–12 pm unless permission is given.
- Anyone under 14 years old must have adult supervision to enter therapy pool.
- Swim tests may be required for pool/slide use.

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

SUMMER POOL HOURS

May 26–August 9

Monday–Friday	6:00 AM–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–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.

WYTHEVILLE WAVES SWIM TEAM

Wytheville Waves swim team is part of The 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 thru the last weekend of July. Swim Meets and practices will be held at McWane Pool (Outdoor).

Schedule:
May 16 – July 30

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

May 16-26 will only have evening practice times Monday-Thursday at the Community Center until school dismisses for summer.

*Times/age groups/location are subject to change depending on the 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 29–30

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.

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 7, 8
Saturday & Sunday, May 14,15
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

MCWANE POOL

Friday, May 27–Monday, Sept. 5
Open: Monday-Sunday
Time: 12:00-5:00 pm

Note: Only open on weekends beginning August 10

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 experience 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: Thursday, June 9, July 7, August 4
Time: Open until 9:00 pm
Fee: Regular Day Admission Rates
Location: McWane Pool
Eligibility: all ages

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

SWIM LESSON SCHEDULE

***Swim Lesson will be held on Tuesday and Thursday afternoons & Monday and Wednesday mornings**
***6 Classes in Levels 1-5 & Adult**

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

Session 1 - Evenings – May 10, 12, 17, 19, 24, 26 - Register by May 1
Session 2 - Evenings – June 7, 9, 14, 16, 21, 23 - Register by May 29
Session 3 - Evenings - July 5, 7, 12, 14, 19, 21 - Register by June 26

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 & Child Aquatics (Water Babies)	Preschool Level 1 (Water Bugs)	Level 3	Level 4	Adult Swim Lessons
Level 1	Level 2		Level 5	

Session 4 - Mornings – June 6, 8, 13, 15, 20, 22 - Register by May 29
Session 2 - Mornings – July 6, 11, 13, 18, 20, 25 - Register by June 26

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 & 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 them of the cancellation.

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.

AQUATICS

swim lessons

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 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.

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 and 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 and surface dives.

ADULT SWIM LESSONS

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 lessons are open to all age groups and ability. Limited time and space is available for these lessons, please be patient.

We offer both private individual lessons or private group lessons. Individual lessons will be one on one instruction. Get a couple friends together and sign up for a private group lesson where each participant will be responsible for individual fees. Participants in a group lesson will be required to be at the same swim level. There is a max of 6 participants per private group lesson.

Day: Monday – Wednesday
Time: 5:30 - 7:00 pm

Rates: *Per half hour* – $10 TR; $15 NRPP; $20 NR
Per hour – $20 TR; $25 NRPP; $30 NR

Requires 2 week advance registration

FITNESS PROGRAMS

The Fitness Staff welcomes you to the Wytheville Community Center state of the art Fitness Facility. We offer 4,000 square feet of 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. 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 two-day Advanced Youth Orientation allows youth 12 and older to exercise in the free weight area without adult supervision. The orientation will cover detailed instruction on proper form, technique, spotting and safety precautions while utilizing the free weight area. Each participant must receive a regular orientation of equipment prior to registering for the Advanced Youth Orientation.
Session I: June 6 & 8
Session II: July 11 & 13
Session III: August 8 & 10
Day: Monday & Wednesday
Time: 4:00 - 5:30 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

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 by calling (276) 223-3527 or stop by the Fitness Desk.
Months: May, June, July, August
Fee: OL
Location: Fitness Center

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.
Thursday, June 2
Time: 3:45 - 5:00 pm
Fee: OL
Location: Gymnasium; Court 1
Eligibility: ages 12+
Min 3 - Max 20
Register by May 26

SQUAT & DEADLIFT CLINIC

Whether you are a beginner or expert fitness enthusiast, come work along with Certified Strength and Conditioning Specialist Brandon

CARDIO/WEIGHT ROOM

Wolford and staff as they take you through proper form and biomechanics of the squat and deadlift.
Thursday, June 16
Time: 4:00 - 5:30 pm
Fee: OL
Location: Fitness Center
Eligibility: ages 12+
Min 2 – Max 10
Register by June 9

TRX SUSPENSION TRAINING 101

Ready to try something new only utilizing your body weight? TRX suspension training was created by the Navy SEALS by utilizing gravity and the user's body weight to perform a variety of full body exercises to help develop strength, balance, flexibility and core stability all simultaneously. Come work along with Certified Strength and Conditioning Specialist & TRX Certified Brandon Wolford and staff as they take you through proper form and technique of TRX Suspension Training.
Monday, June 27
Time: 4:00 - 5:30 pm
Fee: OL
Location: Climbing Wall
Eligibility: ages 12+
Min 2 – Max 10
Register by June 20

BATTLING ROPES 101

Ready to burn fat, improve cardiovascular endurance and explosiveness just using ropes? Come work along with Certified Strength and Conditioning Specialist Brandon Wolford and staff as they take you through proper form and technique of using the battling ropes.
Thursday, July 14
Time: 4:00 – 5:30 pm
Fee: OL
Location: Fitness Center
Eligibility: ages 12+
Min 2 – Max 10
Register by July 7

ON THE GO!

Learn about eating healthy meals and snacks while on the go!
Thursday, May 19
Time: 10:00 – 11:00 am
Fee: OL
Location: Multipurpose Room 3
Eligibility: all ages
Min 5 – Max 20
Register by May 12

IT'S WHAT'S IN YOUR FOOD THAT COUNTS

Learn how to read labels and learn about different ingredients in our food.
Thursday, June 23
Time: 6:00 – 7:00 pm
Fee: OL
Location: Multipurpose Room 3
Eligibility: all ages
Min 5 – Max 20
Register by June 16

SENIORS AND NUTRITION

Learn proper nutrition for seniors and food safety.
Thursday, July 21
Time: 10:00 – 11:00 am
Fee: OL
Location: Multipurpose Room 3
Eligibility: 65+
Min 5 – Max 20
Register by July 14

DIABETES 102

Learn MORE about carbohydrate counting and diabetes!
Thursday, August 18
Time: 6:00 – 7:00 pm
Fee: OL
Location: Multipurpose Room 3
Eligibility: all ages
Min 5 - Max 20
Register by August 11

FIT FOR LIFE MONTHLY SUPPORT GROUP

Come reunite with Fit for Life and Senior Wellness Graduates as we discuss various health, nutrition and fitness topics the first Tuesday of every month! Graduates must register at the Front Desk for each class.
Session I: Tuesday, May 3
Session II: Tuesday, June 7
Session III: Tuesday, July 5
Session IIII: Tuesday, August 2
Time: 9:00-10:00 am
Fee: OL
Location: Multipurpose Room 3
Min 3 - Max 20
Register one week prior to session

PERSONAL TRAINING

Whether it's to lose weight, tone up, get in shape or recover after years of inactivity, let our personal trainers help design a safe, enjoyable exercise routine specific to your goals.

PERSONAL TRAINING SESSIONS/PACKAGES

60-MINUTE SESSION

- 1 Session – $35
- 5 Sessions – $165 ($33/Session)
- 10 Sessions – $300 ($30/Session)

CALL 276-223-3378
to get started today!

BUDDY TRAINING

- 2 Participants: $45 ($22.50 Per Person)
- 3 Participants: $55 ($18.33 Per Person)
- 4 Participants: $65 ($16.25 Per Person)

Town of Wytheville
Parks & Recreation

MEET THE PERSONAL TRAINERS

BECKY IRVIN

CERTIFICATIONS:
- ACE- Certified Personal Trainer
- AFFA- Certified Group Instructor
- Yoga Fit- Level 1 Yoga Certification
- AAAI/ ISMA- Total body Strength Conditioning Certification
- Phase 1 Mat Pilates Instructor Certification
- T'ai Chi- Level One T'ai Chi Training

AREAS OF EXPERTISE:
- Functional Fitness
- Regain stability and mobility
- Work to regain strength
- Balance training
- Increase flexibility
- Mind/body wellness
- General Fitness Conditioning
- Work getting past a plateau
- Work towards strength gains
- Work to increase cardiovascular endurance
- Work towards total body toning

Let me help you reach your next level of fitness!!

HEATHER NELSON

EDUCATION:
- B.S.B.E. Information Technology – East Carolina University

CERTIFICATIONS:
- NASM – Certified Personal Trainer
- AAAI/ISMA – Certified Personal Trainer
- AAAI/ISMA – Certified Group Fitness Instructor
- American Red Cross – CPR, AED & First Aid
- Insanity® Certified Instructor

AREAS OF EXPERTISE:
- General Fitness Conditioning for all levels
- Special Populations
- Senior Fitness
- Cancer Wellness and Fitness
- Post-Surgery Strengthening
- Obesity and Diabetes
- Women's Fitness
- Pre- and Post-Natal
- Bridal Preparation
- Body Sculpting
- Overall Strength and Muscle Gain
- Proprioception and Balance Training
- Weight Management and Wellness

NICK PATEL

CERTIFICATIONS:
- ACSM Certified Person Trainer
- American Red Cross- CPR, AED & First Aid

AREAS OF EXPERTISE:
- General Fitness Conditioning
- Strength Training
- Cardiovascular Endurance Training
- Sports Specific Training
- Speed & Agility
- Youth Fitness Training

THELMA SURBER

CERTIFICATIONS:
- ACE- Certified Personal Trainer
- AFAA Primary Group Fitness Instructor Certification 25+ yrs.
- ZUMBA Instructor Certification
- American Red Cross- CPR, AED & First Aid

AREAS OF EXPERTISE:
- Step Aerobics
- Yoga
- Strength Training
- Fitness Circuit Training
- Cardio Fitness Training

GROUP EXERCISE CLASSES

Must have a Gold Pass Plan or Aerobic Day Pass to participate. All classes are in aerobic room unless otherwise designated.

PUMP It Up! – A strength class utilizing barbells and weight plates to challenge the entire body! This class may involve isolation or compound muscle groups. A step may be utilized during this class. Min 8 – Max 18
Day: Tuesday
Time: 6:30-7:15 pm

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 into this class. Min 5 – Max 12
Day: Monday and Thursday
Time: 6:15 – 7:30 am

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: 8:00-8:45 am

Cardio Creations – This class will vary according to the instructor teaching 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 a 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: 9:00-9:45 am

CIZE™ - This class is fun for the whole family! Shaun T's brand new fitness program is not about doing push-ups or jumping, it's about moving to the beat, and everyone can do it. You're about to look forward to working out! With moves inspired by Shaun T's dancing roots, this makes losing weight an "experience," with hot new moves and great music! And if you think you can't dance, don't worry Becky will break down the routines, step-by-step, move-by-move, and builds them into a full dance workout. And at the end, you'll get to CIZE™ IT UP. You'll be so focused on mastering the moves that for 50 minutes you'll forget you're actually burning fat and calories and getting in the best shape of your life. Min 3 – Max 20
Session I:
Dates: May 12-June 9
Day: Thursday
Time: 6:30-7:20 pm
Session II:
Dates: May 28-June 25
Day: Saturday
Time: 10:00-10:50 am
Session III:
Dates: July 28-August 25
Day: Thursday
Time: 6:30-7:20 pm

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 t'ai 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
Day: Monday and Wednesday
Time: 10:30-11:30 am

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
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 gluts and improve your mobility and flexibility. High intensity interval training or

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. If a class is cancelled by the 27th of each month, 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.

tabata-style moves may be incorporated into this workout. *Great for all fitness levels.* Modifications are offered throughout the class.
Min 10 – Max 30
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
Day: Tuesday
Time: 10:00-10:45 am

Tabata Bootcamp – A true Tabata Bootcamp™ workout is founded on quality, not quantity. In other words, the effect of a workout should not be based on the amount of time devoted to exercising, but rather what the exercise does for your body after the workout is over. Done the Tabata Bootcamp™ way, you not only burn calories during the exercise, but your body keeps burning extra calories for the next 24 to 48 hours. Tabata Bootcamp™ training is a unique and revolutionary approach to successfully lose weight and build muscle in minimal time. The unique protocol used in Tabata Bootcamp™ is the 20-10 microburst intervals. An interval consists of performing specifically chosen exercises at an ultra high intensity for 20 seconds, followed by 10 seconds of rest. The beauty behind these short microbursts is that 20 seconds at high intensity is doable and the 10 second rest allows for brief recovery before moving on to the next exercise interval. These 20-10 microburst intervals are stacked in the 30 minute group workouts in specific sequences of different exercise movements that target every part of your body. The 6 minute workouts also stack 20-10 intervals using just a few select exercise movements that deliver a short yet high metabolic boosting workout. This short duration, but high intensity interval training (HIIT) creates a prolonged after burn, or EPOC (excess post oxygen consumption). This type of training causes the body to take longer to return to its state of rest, so it continues to burn calories (5x more) at a higher rate long after the workout session has completed. Put simply, a 4-minute Tabata Bootcamp workout can reap the same benefits as a longer but steady workout, like running for a half hour. The results with microburst workouts are backed by research. Min 6- Max 25

Session I:
Dates: May 5-June 9
Day: Thursday
Time: 10:00-10:30 am
Session II:
July 28-August 25
Day: Thursday
Time: 10:00-10:30 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 30
Session I:
Day: Tuesday and Thursday
Time: 12:00-12:45 pm
Session II:
Dates: June 16-July 21
Day: Thursday
Time: 6:30-7:15 pm
Session III:
Dates: July 23-August 27
Day: Saturday
Time: 10:00-10:45 am

Cardio Kickboxing - This class will incorporate free standing kickboxing bags and boxing gloves for the ultimate workout! Be ready to work up a sweat for cardio on the bag and off the bag! Gloves/wraps will be available at the front desk for purchase or participants can bring their own. Min 6 – Max 24
Date: Monday (New day) and Wednesday
Time: 7:30-8:15 pm

Step - An excellent fat burning class that includes combinations on the step followed by a challenging resistance segment for upper body and core. Modifications offered. Some step experience is helpful but not required. (Intermediate level) Min 10 – Max 25
Session I:
Day: Monday and Wednesday
Time: 6:30-7:15 pm
Session II:
Day: Friday
Time: 9:00-9:45 am

Circuit – This class involves cardio, strength and flexibility exercises in stations around the room. You perform the specific exercise for the designated time (normally 30 seconds to 2 minutes) and move to the next station with minimal rest. This is a great class to join alone or with a friend. The instructor will be moving around the room to demonstrate exercises and to help motivate you! This is class is to help push you to get stronger, have more endurance, flexibility and coordination as well as get your heart pumping and get you sweating. Min 6 – Max 30
Day: Tuesday and Thursday
Time: 5:30-6:15 pm

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 25
Session I:
Day: Monday
Time: 5:30-6:15 pm
Session II:
Day: Friday
Time: 12:00-12:45 pm

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, Tara Hartman, Christy Brecht, Ashley Kirk and Marshall Kimrey.

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.

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: 10:00-10:45 am
Session II: Day: Monday and Thursday
Time: 6:30-7:15 pm

Ai Chi - Ai Chi is a water exercise and relaxation program that combines t'ai 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, promote 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 15
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), Thelma Surber, Suzanne Nicklas, Kim Aker and Cornelia Northrop (volunteer)

FITNESS workshops

Pilates/Yoga
This class is targeted toward improving toning and conditioning of all muscle groups using resistance of the body while developing better breathing habits, improving posture, and learning to use mental concentration and focus through deep stretching exercises. Improves balance, coordination and flexibility. Appropriate for all fitness levels.
Dates: May 3-June 28
Day: Tuesday
Time: 7:30-8:00 pm
Fee: Gold Pass Plan or Aerobic Day Pass
Location: Aerobic Room
Eligibility: ages 12+
Min 10– Max 20
Register by April 25

Running Workshop
Are you interested in starting running as the weather gets warmer? Or are you already running and experiencing pain or problems? Learn the proper way to start a running program that will help you stay healthy and keep running with less injuries and problems.
The Running Workshop will be given by Jessi Evans, PT and Area Manager of Heartland Rehabilitation Services. Jessi is a seasoned runner that has completed multiple marathons, biathlons and has specialized training on treating running injuries.
Wednesday, May 18
Time: 5:30-6:30 pm
Fee: OL
Location: Multipurpose Room 1
Eligibility: all ages
Min 2 – Max 25
Register by May 9

Family Yoga
This is not your typical yoga class. This is an interactive class for parents and kids involving games, yoga poses and breathing techniques. This class will be fun working together as a family. Letting the kids be kids and the parents pretend they are kids again.
Dates: May 28-June 25
Day: Saturday
Time: 9:00-9:45 am
Fee: Gold Pass Plan or Aerobic Day Pass
Location: Aerobic Room
Eligibility: ages 4+
Min 4 – Max 24
Register by May 16

Zumba Kids and Zumba Kids, Jr. (Instructor, Irene Daugherty)
Sure, chillin' out is cool, but rockin' out is a blast! That's why you're gonna love the Zumba Kids® fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 4-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumba® Kids groove. Watch their energy and fitness levels soar as they get the groove.
A typical class can include this entire age group (4-12) or children can be divided into two groups. The groups are Zumba® Kids Jr.(ages 4-7) and Zumba® Kids (ages 8-12). Kids will learn cool dance steps and routines while listening to kid friendly songs.
How is Zumba® Kids different than Zumba®?
Zumba® Kids recognizes that kids learn differently than adults. They don't understand just yet the benefits of a healthy and active lifestyle and their attention is much shorter than adults. Because of this, the Zumba® Kids formula breaks down steps for its younger audience. Unlike much of basic Zumba®, there is plenty of verbal talking to walk them through the steps. And of course, one of the biggest differences is that the moves are modified to be "kid friendly". Challenging moves are simplified so that kids can "get it" and feel a sense of accomplishment. Smaller kids can also learn direction such as left versus right, etc. And lastly, Zumba® Kids incorporates games.
Dates: July 8-August 12
Day: Friday
Time: 5:30-6:30 pm - Ages 8–12
6:00–6:30 pm - Ages 4–7
Fee: Gold Pass Plan or Aerobic Day Pass
Location: Aerobic Room
Eligibility: Ages 4+
Min 3 – Max 20
Register by June 24

Join us during Chautauqua in the Park (week of June 18-25) for Cize, Zumba for kids, and kids yoga!!
Stay tuned for dates and times.

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

SENIOR WELLNESS

Attention all Senior Citizens! The Wytheville Community Center will offer its successful exercise, nutrition and fall prevention program "Senior Wellness." Starting June 13, the 12 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 10:00-11:00 am and one weekly nutrition lecture will be held on Tuesday from 10:00-11:00 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:
Saturday, May 21, 10:00 am
Application Meeting II:
Wednesday, May 25, 10:00 am
Location: Multipurpose Room 2 & 3
Eligibility: ages 65+
Fee: Free
Min 10 – Max 40

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 13, 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 exercise sessions on Mondays and Wednesdays from 5:30–6:30 pm and one weekly nutrition lecture will be on Tuesdays from 5:30–6:30 pm. 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 2013 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:
Saturday, May 21, 11:00 am
Application Meeting II:
Wednesday, May 25, 6:00 pm
Location: Multipurpose Room 2 & 3
Fee: Free
Eligibility: ages 18+
Min 10 – Max 30

Kids in Parks TRACK Trails Program

at Crystal Springs Recreation Area

BLUE RIDGE PARKWAY FOUNDATION

1 SIGN UP & FIND an adventure

2 GO for an adventure

3 TRACK your adventure and GET prizes

723 Pump Hollow Ln, Wytheville, VA

Sign up at

www.kidsinparks.com

Town of Wytheville Parks & Recreation

Crystal Springs Recreation Area

Crystal Springs Recreation Area

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. Visit www.kidsinparks.com for more information.

For more information call:

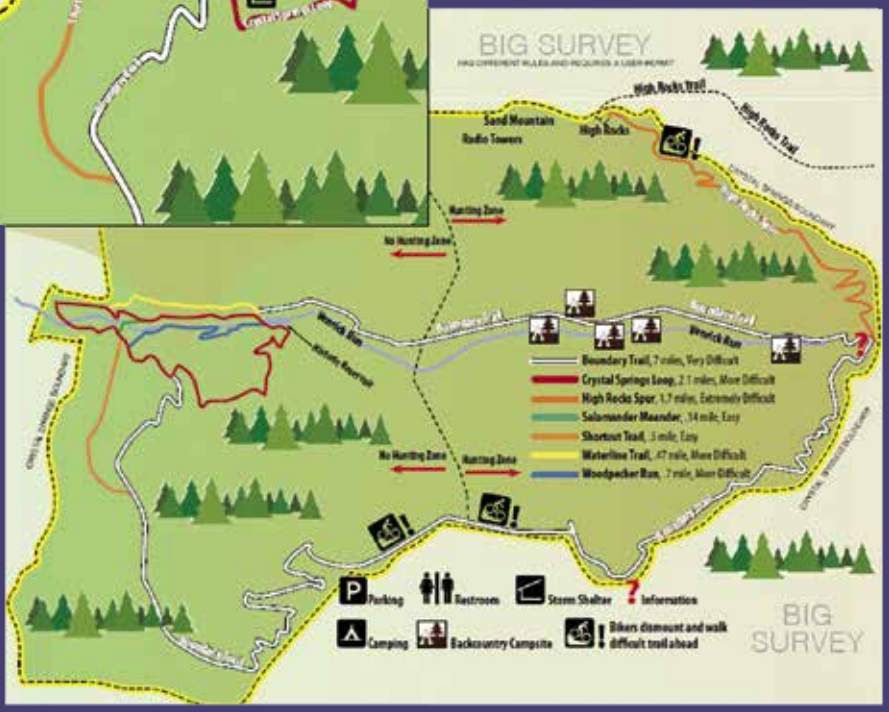
276-223-3378

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 Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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, bring a flashlight and be ready to have fun!!! The hike will be approximately 2 miles.

Session I: Saturday, May 28
Session II: Saturday, July 30
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 2 weeks prior to session

SENIOR CITIZEN HIKE

Enjoy a nice walk at Crystal Springs with all of your friends! Bring water, a snack and comfortable walking shoes! We will provide transportation from the Recreation Center, leaving at 1:00 pm.

Wednesday, June 29
Time: 1:00 – 3:30 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 50+
Min 5 - Max 24
Register by June 13

WATER BALLOON TIE-DYE

Want to make some awesome t-shirts? Come out to Crystal Springs Recreation Area for an afternoon of fun! We will be having a large water balloon fight with tie-dye in the balloons! So wear a white t-shirt and leave with an awesome tie-dye design! We will provide goggles for this crazy summer day! Don't forget to bring an extra shirt to change into after the water balloon fight is over!

Saturday, August 6
Time: 12:00 pm
Fee: $5 TR, $10 NRPP, $15 NP
Eligibility: ages 8+
Location: Crystal Springs Recreation Area
Min 12
Register by July 23

OUTDOOR PROGRAMS

TRICK YOUR STICK

Come join us at Crystal Springs Recreation Area for a workshop that will allow children to customize their own hiking stick and then take it with them on a hike that same day! Please bring a jacket and a water bottle along for the day!
Saturday, April 16
Time: 2:00-4:00 pm
Fee: $3 TR; $8 NRPP; $13 NR
Location: Crystal Springs Recreation Area
Eligibility: ages 6+
Min 5- Max 25
Register by April 2

NIGHTTIME CANDY CHASE

Come Join us at Crystal Springs Recreation Area for a sunset hike and candy hunt enjoyable for the entire family. We will be setting foot on one of our nature trails to enjoy the beautiful sights and sounds of nature in the dusk. When we are back to our starting location, we will search for candy in our recreation field. If you want to find the most treats bring a flashlight and bag to keep your goodies in!
Saturday, June 11
Time: 7:00-8:30 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 6+
Min 10- Max 25
Register by June 4

GREAT KIDS GREAT OUTDOORS ADVENTURE FESTIVAL

You will not want to miss the third annual Great Kids Great Outdoors Festival! There's no better way to celebrate summer 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 wildlife crafts, guided hikes, scavenger hunts and workshops. After the festival, families will have the opportunity to continue enjoying the park and exploring a variety of recreational opportunities. Wear comfortable walking shoes and sunscreen and bring a picnic lunch.
Saturday, July 16
Time: 10:00 am – 1:00 pm
Location: Crystal Springs Recreation Area
Fee: Free
Eligibility: Grades 2nd-6th (all participants must be accompanied by adult or guardian)
No registration required
Min 4
Register by July 2

FEE ABBREVIATIONS

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OL – Open Leisure - must have a pass plan or purchase a day pass

FREE – open to the public

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.

WALKING CLUB

At the beginning of each month, sign up for the walking club and log in at the fitness desk. Incentives will be given to the person who walks the most. This can be a fun social time with the opportunity to meet new people.
Fee: OL
Location: Indoor track
Eligibility: ages 50+

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 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.

PARTY PACKAGES

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.

Swimming

Climbing

Youth/Teen Center Game Room

Gymnasium

Saturdays: 11:00 AM–2:30 PM

Sundays: 1:30–5:00 PM

Up to 10 participants: $75

Up to 20 participants: $95

PARKS, SHELTERS & OUTDOOR POOL

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 the 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.

PROGRAM REGISTRATION

WAYS TO REGISTER:

IN PERSON
Stop by our office 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

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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.

All program schedules are subject to change.

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. A 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. Preregistration 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 wait list if the programs 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.

PASS PLAN INFORMATION

Registration can be done at the Front Desk of the Wytheville Community Center. Payments are due upon registration. ID cards 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 canceled but simply expire after term. Lost Card Fee: $5

Withers Park AFTER HOURS Summer Concert Series 2016

FRIDAY, JUNE 3 • 6:30 PM
WITHERS PARK
The Embers

MONDAY, JULY 4 • 6:30 PM
ELIZABETH BROWN PARK
The Entertainers

FRIDAY, AUGUST 5 • 6:30 PM
WITHERS PARK
The Band of Oz

For more information, see page 11