



what's inside?

Line Dance

pg. 10

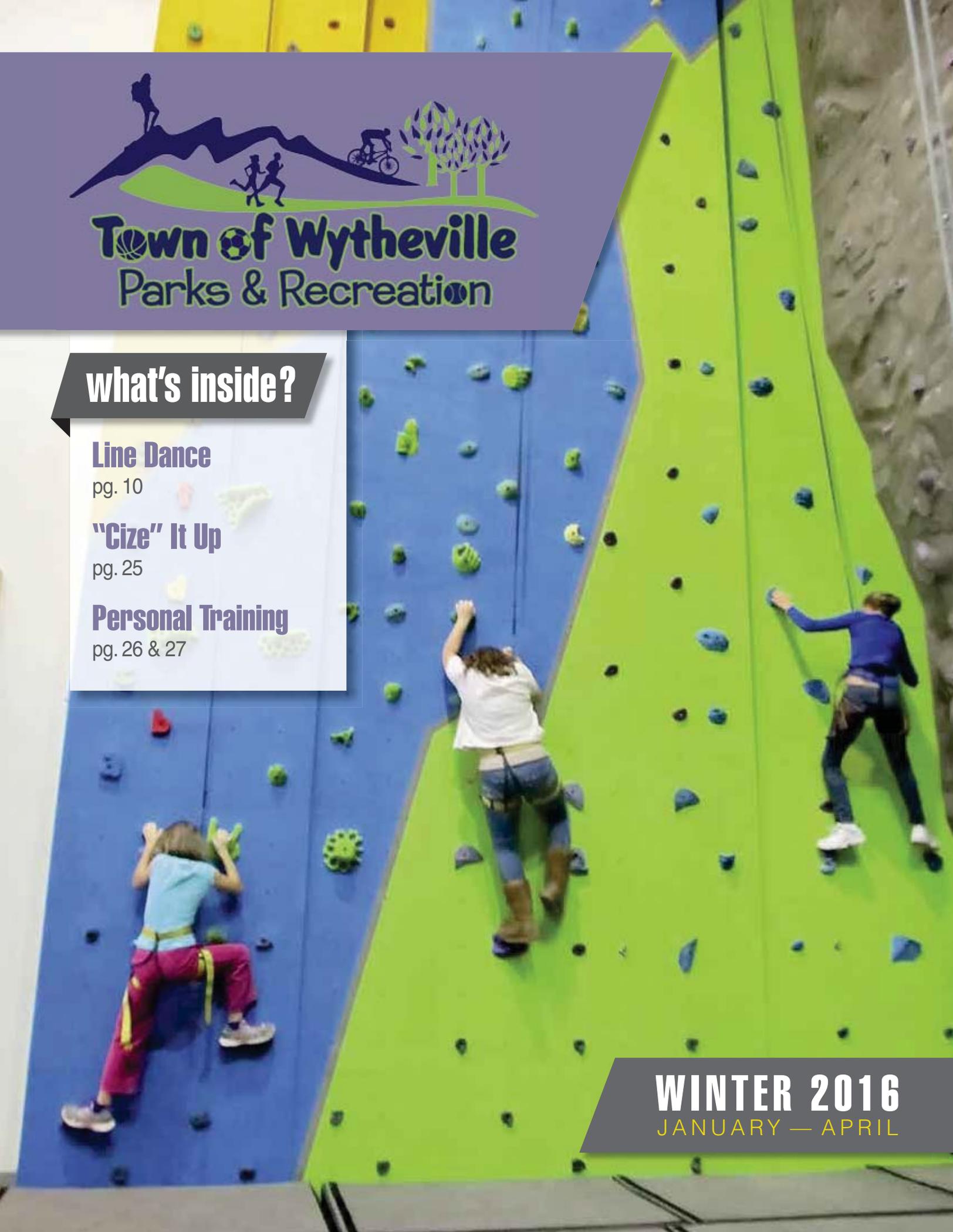
"Cize" It Up

pg. 25

Personal Training

pg. 26 & 27

WINTER 2016
JANUARY — APRIL





RECREATION MERCHANDISE



Wytheville Community Center
333 Community Blvd
Wytheville, VA 24382
Phone: 276-223-3378
Fax: 276-223-3364

Rick Showalter, Director
ricks@wytheville.org

Crystal Hylton, Services Coordinator/
Administrative Assistant
crystalh@wytheville.org

Joshua Neal, Athletic Coordinator
joshuan@wytheville.org

Ray Bradshaw, Facility Coordinator
rayb@wytheville.org

Patti Bryant, Fitness Coordinator
pattib@wytheville.org

Brandon Wolford, Fit for Life Coordinator/
Fitness Supervisor
brandonw@wytheville.org

Haley Morehead, Recreation Supervisor Youth/
Teen/Climb
haleyg@wytheville.org

Rachel Evans, Aquatic Coordinator
rachele@wytheville.org

Zach Dillon, Recreation Supervisor Aquatics/
Swim Team Coach
zachd@wytheville.org

FRONT DESK ATTENDANT

Vanessa Kennedy
vanessak@wytheville.org
Suzette Jessie
suzettef@wytheville.org

RECREATION COMMISSION

Mary Copenhaver
Dan Delp
David Harrison
Uva Havens
Mary Henslee
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

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

Monday–Friday	6:00 AM–12:00 PM
Monday–Friday	4:00 PM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

WATER PARK

Monday–Friday	10:00 AM–12:00 PM
Monday–Friday	4:00 PM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

CLIMBING WALL & 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

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.



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.



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
-----------	-----------

Climbing Wall

Groups up to 10	\$35/hour	\$40/hour
Groups 11–20	\$45/hour	\$50/hour

Youth/Teen Center & Climbing Wall Available for Rentals Sunday 1:30–3:30 PM

GYMNASIUM

1 Court	\$20/hour	\$25/hour	\$30/hour
2 Courts	\$40/hour	\$50/hour	\$60/hour

Limited Availability

INDOOR POOL

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

Pool Rental Hours: Saturday 5:30–7:30 PM



PARTY PACKAGE

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

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

ATHLETICS

YOUTH ATHLETICS

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



U-6 SOCCER CLINIC

Open to boys and girls.

Age: Minimum age of 4 and cannot have turned 6 before September 30, 2015.

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

The clinic will begin in late March.

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

Register by February 24

Late Fee: additional \$5



U-8, U-10, & U-13 YOUTH SOCCER LEAGUE

This league is open to boys and girls ages 6 thru 12.

Three Divisions:

Boys & Girls: U8 – cannot have turned 8 before Sept. 30, 2015.

Boys & Girls: U10 – cannot have turned 10 before Sept. 30, 2015.

Boys & Girls: U13 – cannot have turned 13 before Sept. 30, 2015.

If any divisions does not make, they will play in the CO-ED league. The league will open in late March and will be played at WCC fields, Scott Middle School, or Ager Park.

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

Register by February 24

Late Fee: additional \$5



BOY'S BASEBALL

The league is open to boys ages 7–15.

League age is determined as of July 1, 2016. There will be three leagues:

7-9, 10-12, 13-15. Teams participating are Wythe, Wytheville, Grayson, Carroll, Dublin, Pulaski, and Galax. Games will be played during the week and on weekends.

Travel will be involved.

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

Register by March 9

Late Fee: additional \$5



TEE BALL

The league is open to boys and girls who are 4 and 5 years of age as of September 30, 2015.

Season will open in May.

Games will be played at the Tee Ball Park.

Games will be played on week nights.

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

Register by April 18

Late Fee: additional \$5



PITCHING MACHINE

The league is open to boys and girls who are 6 & 7 years of age as of September 30, 2015.

Season will begin in May.

All Games will be played at the Tee Ball Park.

Games will be played on week nights.

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

Register by April 18

Late Fee: additional \$5



GIRL'S SOFTBALL

The league is open to girls ages 8 – 13.

League age is determined as of July 1, 2016.

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

We will be playing in the Southwest VA Girls Softball League. Teams participating are Wythe, Wytheville, Grayson, Carroll, Dublin, Pulaski, and Galax.

Games will be played during the week and on weekends.

Travel will be involved.

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

Register by March 23

Late Fee: additional \$5



ADULT ATHLETICS

ADULT VOLLEYBALL LEAGUES

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

Fee: \$145 per team

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

Eligibility: ages 18+ as of September 30, 2015 and out of high school

Min 4 – Max 12 teams

Register by May 3

Late Fee: additional \$5

MEN'S 3 ON 3 BASKETBALL LEAGUE (18+)

The men's 3 on 3 Basketball League is open to ages 18 and over who reside or work full time in Wythe County or have a current pass plan. A representative from each team must attend the team meeting. Rules and schedules will be discussed at the meeting. The league will be limited to the first 12 teams that register. The season will open in early March. Min 3 – Max 8 players per team.

Fee: \$180 per team

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

Eligibility: ages 18+ as of Sept. 30, 2015 and out of high school

Min 4 – Max 12 teams

Register by February 17

Late Fee: additional \$5

CHURCH SOFTBALL LEAGUE

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

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

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

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

Eligibility: ages 16+ as of September 30, 2015

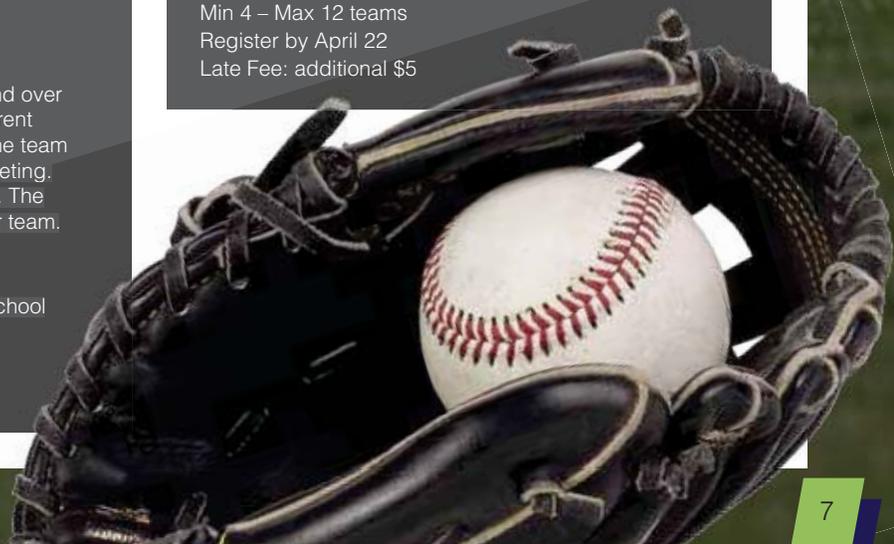
Limit 25 person roster

No umpires or trophies

Min 4 – Max 12 teams

Register by April 22

Late Fee: additional \$5





MONTHLY POTLUCK LUNCHEONS

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

Dates: January 12 guest speaker
February 9 (Valentines Theme)
March 8 (Guest Speaker)
April 12 (Easter Theme)

Time: 11:30 am - 1:00 pm

Fee: Free

Location: Multipurpose Rooms

Eligibility: ages 50+

ADULT &

ADULT SENIOR LOUNGE

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

SOCIAL BRIDGE

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

January 11 – April 11

Day: Monday

Time: 1:00 – 4:00 pm

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

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 10 - Max 50

Register by January 11

Late fee: additional \$5

DUPLICATE BRIDGE

January 14 – April 7

Day: Thursday

Time: 1:00 - 4:00 pm

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

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 10 – Max 50

Register by January 14

Late Fee: additional \$5

GAME TIME

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

January 4 – April 28

Day: Monday & Thursday

Time: 10:00 am – 4:00 pm

Fee: OL

Location: Adult/Senior Lounge





SENIOR LEISURE ACTIVITIES

SENIOR TIME

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

January - April

Day: Monday-Friday

Time: 8:00 am – 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: ages 50+

COLLEGE STUDENT/ADULT TIME

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

January - April

Day: Monday – Friday

Time: 8:00 am – 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: ages 18+

SENIOR WALKERS' BREAKFAST

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

Thursday, April 21

Time: 8:00 – 10:00 am

Fee: OL

Location: Multipurpose Room

Eligibility: ages 50+

LEARN TO LINE DANCE

Want to learn how to line dance? We now have a new time that will fit your busy schedule.

Session I: January 7 – January 28, Register by January 1

Session II: February 4 – February 25, Register by January 28

Session III: March 3 – March 24, Register by February 25

Session IV: March 31 – April 21, Register by March 24

Instructor: Christy Brecht

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

Day: Thursday

Time: 6:00-8:00 pm

Location: Multipurpose
Room 2 & 3

Eligibility: All Ages
Min 10 – Max 30

Late Fee: additional \$5



ADULT & SENIOR LEISURE ACTIVITIES

SHUFFLEBOARD TOURNAMENT

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

Wednesday, April 13

Time: 9:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+
Min 2 – Max 10

Register by March 30

ADULT PING PONG TOURNAMENT

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

Wednesday, February 24

Time: 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 50+
Min 2 – Max 10

Register by February 10

9-BALL POOL TOURNAMENT

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

Session I: Tuesday, February 9

Session II: Tuesday, April 12

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 for 1st, 2nd and 3rd place winners.

Thursday, March 17

Time: 10:00 am

Fee: OL

Location: Teen Center

Eligibility: ages 50+
Min 4 – Max 18

Register by March 3



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.

Wednesday, March 23

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 2 & 3

Eligibility: ages 50+

Min 4 – Max 8

Register by March 9



ALL ABOUT EBAY

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

Wednesday, March 30

Time: 6:00 pm

Fee: OL

Location: Multipurpose Room 2 & 3

Eligibility: ages 50+

Min 4 – Max 8

Register by March 16

CUZ'S RESTURANT

The senior citizen group will be traveling to Cuz's Restaurant. This specialty restaurant is situated in an old dairy barn. Once inside, you will be dazzled by the offerings: fresh fish flown in twice a week, 2-inch thick prime rib, lobsters from Maine, homemade bread. With some of the finest barbecue and biggest steaks, this visit is a treat.

Wednesday, April 20

Time: Depart at 2:00 pm

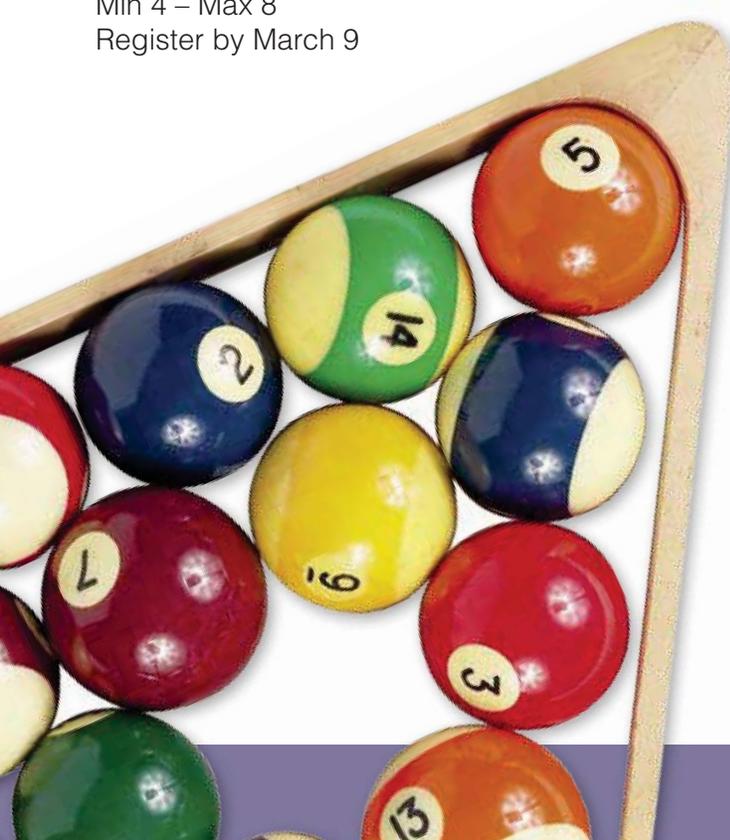
Fee: \$5 TR; \$10 NRPP; \$15 NR — Dinner will be on your own

Location: Depart from the Wytheville Community Center

Eligibility: Ages 50+

Min 12 – Max 24

Register by April 6



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 peg board, 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



BOULDERING/SPEED CLIMBING COMPETITION

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

Date: Saturday, April 2

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 that attend each meeting will be belay certified and receive a certificate of completion.

Session I: Thursday, February 18

Session II: Thursday, March 17

Session III: Thursday, April 21

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, February 23

Session II: Tuesday, April 12

Session III: Tuesday, May 17

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



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

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: January 27, February 11, February 24, March 10, March 23, April 7

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 4-16

Min 5 – Max 25

Register by January 19

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, January 29

Session II: Friday, February 26

Session III: Friday, April 8

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

Fee: \$25 per team

Location: Gymnasium

Eligibility: Middle School Students
Min 3 - Max 8 teams

Register teams 2 weeks prior to each session

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, February 16

Session II: Tuesday, March 29

Time: 5:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 10-15

Min 2 – Max 10

Register 2 weeks prior to session.



OPEN KAYAK PLAYTIME

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

Session I: Friday, February 19

Session II: Friday, March 18

Session III: Friday, April 15

Time: 5:30-6:30 pm

Fee: OL

Location: Indoor Pool

Eligibility: ages 6+

Max 6

Register 2 weeks prior to session

MARCH MADNESS 3 POINT SHOOTOUT

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

Session I: Tuesday, March 8

Session II: Tuesday, March 22

Time: 4:00 pm

Fee: OL

Location: Gymnasium

Eligibility: Grades 4th – 8th

No registration required

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, February 12

Session II: Friday, March 25

Time: 5:30-7:30 pm

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: Wednesdays in February and March

Time: 5:00 - 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 10-15

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, February 23

Session II: Tuesday, April 5

Time: 5:00 - 7:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 10 - 15

Min 2 – Max 10

Register 2 weeks prior to session



YOUTH/TEEN PROGRAMS

MAKE YOUR OWN VALENTINES

Make meaningful and fun Valentine's Day Cards for parents, grandparents, siblings or friends. Kids will use collage materials, drawings and embellishments to adorn hand-made cards. We will be providing snacks and drinks!

Tuesday, February 9

Time: 5:30 pm

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

Location: Teen Center

Eligibility: ages 5+

Min 4- Max 15

Register by January 28



EASTER EGG COLORING

Come join us in the teen center for an evening full of Easter festivities including coloring Easter eggs! We will be providing food, snacks and juice boxes!

Tuesday, March 15

Time: 6:00 pm

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

Location: Multipurpose Room 2 & 3

Eligibility: ages 6 & under

Min 4 -Max 10

Register by March 7

EASTER EGGSTRAVAGANZA

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

Date: Saturday, March 19

~ In the result of inclement weather, the Easter Egg hunt will be held the following Saturday, March 26, at the same time and location.

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

11:30 am for 5 years of age and under

Location: Withers Park

KIDVENTURES 2016 SUMMER DAY CAMP

June – August

It's never too early to start making those summer plans. We are now accepting registration for our 2016 Kidventure Summer Day Camp. We had a great year last year and can't wait for the upcoming year. This camp will provide your child with an opportunity to participate in a variety of activities: cultural, social, physical and educational. Small local trips will be taken on a regular basis and lunch and a healthy snack will provided daily. Don't miss out on what we have in store for you this year!

Day: Monday – Friday

Time: 8:00 am – 5:00 pm

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

Eligibility: Ages 11 and under as of June 1, 2016 - must have completed Kindergarten

Register by April 3, space is limited!

Registration Fee: \$50 non-refundable

Registration fee is applied to the first week's fees!

Late Fee: Additional \$5

Weekly Fees:

\$60 for first child, \$45 for second child TR;

\$65 for first child, \$50 for second child NRPP;

\$70 for first child, \$55 for second child NR.

Daily Fees:

\$14 for first child, \$10 for second child TR;

\$15 for first child, \$11 for second child NRPP;

\$16 for first child, \$12 for second child NR.

Min 20 – Max 75

You will be responsible for payment for the days you select for the entire summer whether your child is in attendance or not. Should you cancel during the summer there will be a cancellation fee of \$100.

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 9am-12pm unless permission is given.
- Persons under 14 years old must have adult supervision to enter therapy pool.
- Swim tests may be required for pool/slide use.

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

WINTER/SPRING POOL HOURS

Monday–Friday	6:00 AM–12:00 PM
Monday–Friday	4:00 PM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

WATER PARK HOURS

Monday–Friday	10:00 AM–12:00 PM
Monday–Friday	4:00 PM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

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

SWIM CHALLENGE, SWIM CLAYTOR LAKE

Wytheville Parks and Recreation is excited to offer a new swim challenge, for all ages. The challenge is to swim the width of Claytor Lake which is 21.7 miles long. There will be two ways to complete this challenge: Swimming 21.7 miles or putting in 21.7 hours of water aerobics. Whichever work-out you choose will need to be completed between the dates of February 1 to March 25. There will be a form to fill out following each swim to record how far you swam. There will also be a chart that will allow you to track your progress. Both of these items will be located outside the office on the pool deck. A t-shirt will be given to those patrons who complete the swim challenge within the time frame. Must have a minimum of a silver pass plan or a gold pass plan if you take water aerobics.

February 1 – March 25

1 mile = 71 lengths

Register by January 31

WYTHEVILLE WAVES WINTER SWIM TEAM

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

Days: January 18 - March 17

Monday, Wednesday, Thursday

Time: 4:15-5:15 pm – ages 9 & up

5:15-6:00 pm -- ages 8 & under

Eligibility: Ages 4-18

Fee: \$40 TR for first child,

\$25 for each additional child;

\$45 NRPP for first child,

\$30 for each additional child;

\$50 NR for first child,

\$35 for each additional child

Min 10

Register by January 11

Late Fee: additional \$5



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.

INTRODUCTION TO DIVING

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

Session I: February 3, 10, 17

Day: Wednesday

Register by January 25

Session II: March 7, 14, 21

Day: Monday

Register by February 22

Time: 6:00 – 6:30 pm

Eligibility: ages 5+

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

Min 5

Late Fee: additional \$5

AMERICAN RED CROSS LIFEGUARDING COURSE

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

Session I: Saturday & Sunday; February 6, 7, 13 and 14

Register by January 24

Session II: Saturday & Sunday; March 12, 13, 19 and 20

Register by February 28

Session III: Saturday & Sunday; April 9, 10, 16 and 17

Register by March 28

Time: 9:00 am - 5:00 pm

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 5 - Max 12

Late Fee: additional \$5

100% participation required

AMERICAN RED CROSS REVIEW COURSE LIFEGUARDING/FIRST AID/CPR FOR THE PROFESSIONAL RESCUER

This course gives individuals who have already completed the ARC Lifeguarding Course the opportunity to review the course content within a formal class setting. This is a two day course. Prerequisites: Participants must possess a current American Red Cross Lifeguard Training and First Aid certificate and a current American Red Cross CPR for the Professional Rescuer certificate. If certificate has expired, participants can enroll in the lifeguard challenge course or in a full lifeguarding course. Participants must have cards with them on the first day of class.

Day: Saturday, April 2 & Sunday, April 3

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

Sunday 1:00 - 5:00 pm

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet prerequisites

Min 5- Max 10

Register by March 20

Late Fee: additional \$5

AMERICA RED CROSS REVIEW COURSE LIFEGUARDING/FIRST AID

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

Day: Saturday, April 2

Time: 10:00 am - 4:00 pm

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet prerequisites
Min 5- Max 10

Register by March 20

Late Fee: additional \$5

AMERICAN RED CROSS REVIEW COURSE CPR FOR THE PROFESSIONAL RESCUER

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

Day: Sunday, April 3

Time: 1:00 - 5:00 pm

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

Location: Wytheville Community Center

Eligibility: ages 15+ and meet prerequisites
Min 5- Max 10

Register by March 20

Late Fee: additional \$5



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

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

Late Fee: additional \$5

Min 2 - Max 6

Session 1 - January 12, 14, 19, 21, 26, 28

Register by January 3

Session 2 - February 2, 4, 9, 11, 16, 18

Register by January 24

Session 3 - March 8, 10, 15, 17, 22, 24

Register by February 28

Session 4 - April 5, 7, 12, 14, 19, 21

Register by March 27

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	

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 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, 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 – INDIVIDUAL OR GROUP

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 and Tuesday

Time: 4:00 - 6:30 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: January 11 & 13
Session II: February 15 & 17
Session III: March 14 & 16
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: January, February, March, April

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, February 4

Time: 3:45 - 5:00 pm

Fee: OL

Location: Gymnasium; Court 1

Eligibility: ages 12+

Min 3 - Max 20

Register by January 28

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, February 18

Time: 4:00 - 5:30 pm

Fee: OL

Location: Fitness Center

Eligibility: ages 12+

Min 2 – Max 12

Register by February 11

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, February 29

Time: 4:00 - 5:30 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 12+

Min 2 – Max 10

Register by February 22

DISCOVERING MYPLATE

Learn how to eat healthy the simple way! Learn how to make MyPlate work for you every day by discovering the 5 food groups and portion sizes.

Thursday, January 21

Time: 10:00 – 11:00 am

Fee: OL

Location: Multipurpose Room 3

Eligibility: all ages

Min 2 – Max 10
Register by January 14

DIABETES 101

Learn the basics of diabetes including simple carbohydrates vs. complex carbohydrates, counting carbs the simple way and much more!

Tuesday, February 16

Time: 6:00 – 7:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: all ages

Min 5 – Max 12

Register by February 11

GENTSIBLE EATING

Learn how to prepare healthy meals and snacks while on a budget.

Thursday, March 24

Time: 10:00 – 11:00 am

Fee: OL

Location: Multipurpose Room 3

Eligibility: all ages

Min 5 – Max 12

Register by March 17

HEART DISEASE 101

Learn about the number one killer in the United States. Learn how to prevent and treat heart disease with nutrition and exercise.

Tuesday, April 19

Time: 6:00 – 7:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: all ages

Min 5 – Max 12

Register by April 14

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, January 5

Session II: Tuesday, February 2

Session III: Tuesday, March 1

Session IV: Tuesday, April 5

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

Fee: OL

Location: Multipurpose Room 3

Eligibility: FFL or Senior Wellness Graduates

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)

Ask about Buddy Training

CALL 276-223-3378
to get started today!



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



**BLAKE
MUSICK**

EDUCATION:

- B.S., Exercise, Sport and Health Education, Radford University

CERTIFICATIONS:

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

AREAS OF EXPERTISE:

- Overall Fitness
- General Conditioning
- Olympic & Power lifting
- Sports Specific Training
- Martial Arts
- Speed & Agility



**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.

NEW 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 or may not 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 to this class.
Min 5 – Max 11
Day: Monday and Thursday
Time: 6:15 – 7:00 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 **NEW TIME**

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 **NEW TIME**

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: 10:30-11:15 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 Yoyalates - 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 tabata-style moves may be incorporated into this workout. Great for all fitness levels. Modifications are offered throughout the class. Min 10 – Max 25
Day: Tuesday and Thursday
Time: 9:00-9:45 am

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

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 lead by hand cueing and very little vocal direction. This class can be adapted for all ages and fitness levels. Min 10 – Max 25

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.

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

Session II: January 7-28
Day: Thursday

Time: 6:30-7:15 pm

Session III: March 17-April 28

Day: Thursday

Time: 6:30-7:15 pm

NEW 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 20

Date: Wednesday

Time: 7:30-8:30 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 30

Session I:

Day: Monday and Wednesday

Time: 6:30 pm-7:15 pm

Session II:

Day: Friday

Time: 9:00-9:45 am

NEW 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 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

Session I:

Day: Monday

Time: 7:30-8:15 pm **NEW**

Session II:

Day: Tuesday

Time: 5:30-6:15 pm

Session III:

Day: Thursday

Time: 5:30-6:15 pm **NEW**

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 and Wednesday

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: 6:00-6:45 pm **NEW TIME**

Ai Chi - 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 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), Suzanne Nicklas, Thelma Surber and Cornelia Northrop (volunteer)



FITNESS

workshops



NEW 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 build 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.

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Studio

Eligibility: Ages 8+

Min 6 – Max 30

Session I: January 2-30

Day: Saturday

Time: 10:00-10:50 am

Register by December 28

Session II: February 4-March 10

Day: Thursday

Time: 6:30-7:20 pm

Register by January 28

Introduction to Tai Chi

Tai Chi is a slow graceful Chinese exercise that enhances relaxation skills mental focus and physical alignment while building leg strength, endurance and stability. This class is for anyone is who is interested in tai chi and has never taken it before. The instructor(s) will review proper alignment and movements associated with the Fundamentals form. Attendance at each session is helpful to memorize the form.

February 5-March 11

Day: Friday

Time: 10:00-10:30 am

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: ages 12+

Min 4 – Max 16

Register by January 29

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 10 – Max 25

February 6-27

Day: Saturday

Time: 10:00-11:00 am

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: ages 12+

Min 6 – Max 20

Register by January 28

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.

Fee: Gold pass plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: ages 12+

Min 6 – Max 25

Session I: February 4-March 10

Day: Thursday

Time: 10:00-10:30 am

Register by January 28

Session II: March 5-26

Day: Saturday

Time: 10:00-10:30 am

Register by February 27

FIT FOR LIFE



Interested in shedding that winter weight and starting the New Year off on the right foot?

Starting February 1, the Wytheville Community Center will offer its successful weight loss program "Fit for Life." Fit for Life is a 12 week exercise and nutrition program that will be held on Monday and Wednesday mornings, 9:00–11:00 AM, for residents of Wythe and Bland County who have a BMI over 30. Fit for Life features two weekly workouts and one weekly nutrition lecture. A free 3 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited to 40 participants. In order to apply, you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I:

Thursday, January 7, 10:00 am

Application Meeting II:

Saturday, January 9, 10:00 am

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+

Min 10 – Max 40



YOUTH FITNESS CHALLENGE

Are you up to the challenge? The Youth Fitness Challenge is a fun and interactive after school 6 week fitness and nutrition challenge starting February 1, on Monday and Wednesdays from 4:15–5:15 PM with nutrition on Mondays from 5:15–6:15 PM. Our goal is to expand our ideas of different ways to challenge our youth to become more physically active and provide health and nutrition education. We plan to present many exciting activities such as rock climbing, weight lifting, relay races, hiking outdoors, sports, kayaking and a variety of other recreational activities. A free 2 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the Youth Fitness Challenge and enrollment is limited to 20 participants. In order to apply, you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Thursday, January 7, 6:00 pm

Application Meeting II: Saturday, January 9, 11:00 am

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: Grades 2nd – 5th

Min 10 – Max 20



Kids in Parks TRACK Trails Program

at Crystal Springs Recreation Area



1 SIGN UP & FIND an adventure



2 GO for an adventure



3 TRACK your adventure and GET prizes



Sign up at

www.kidsinparks.com





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.



SPRING BLOSSOMS

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

Saturday, April 9

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

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

Min 5 – Max 25

Register by March 30

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, April 20

Time: 1:00 – 3:30 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 50+

Min 5 - Max 24

Register by April 13

OUTDOOR PROGRAMS



NIGHT HIKE AT CRYSTAL SPRINGS

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

(the hike will be approx. 2 miles)

Saturday, April 23

Time: 8:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: all ages (under 16 must be accompanied by an adult or guardian)
Min 5 - Max 25
Register by April 9

MORNING RELAXATION

Join us at Crystal Springs Recreation Area for a morning of relaxation! We will be starting the morning with a 30 minute yoga session followed by a guided hike under the beautiful trees that are beginning to bloom! This is definitely a class you won't want to miss this spring! Please bring a water bottle along for the day!

Session I: Tuesday, April 12

Session II: Tuesday, May 10

Time: 9:30 am

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+
Min 5 – Max 25

Register 2 weeks prior to each session

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

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 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.

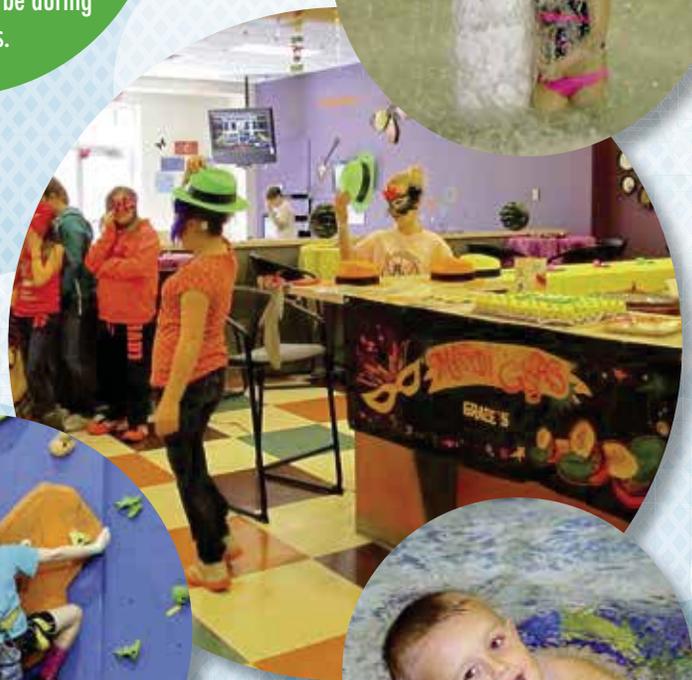


PARTY PACKAGES

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



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

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

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 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.

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

Easter EGGSTRAVAGANZA

Saturday, March 19*

11:00 AM - 6-9 years of age

11:30 AM - 5 years and under

Wither's Park

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



*In the result of inclement weather the Easter Egg hunt will be held the following Saturday, March 26 at the same time and location.