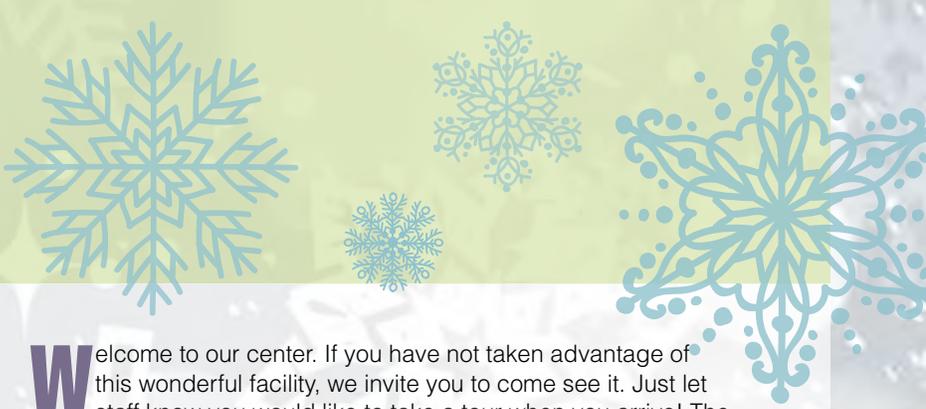


## Be Active Wythe...

- Craft Night pg. 10
- Bouldering pg. 13
- Personal Training pg. 22 & 23
- Wytheville Spring Basketball Classic pg. 28

**WINTER/SPRING 2017**  
JANUARY-APRIL



### 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

**Patti Bryant**, Fitness Coordinator  
pattib@wytheville.org

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

**Haley Morehead**, Community Program  
Coordinator  
haleyg@wytheville.org

**Kevin Westrich**, Recreation Supervisor  
Youth/Teen/Climb  
kevinw@wytheville.org

**Rachel Evans**, Aquatic Coordinator  
rachele@wytheville.org

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

### RECREATION COMMISSION

Mary Copenhaver  
David Harrison  
Mary Henslee  
Michael Mitchell  
Kenny Sayers

### STUDENT MEMBERS

Kaitlin Taylor  
Gretchen Showalter

### EX-OFFICIO MEMBERS

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

**W**elcome 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.

## 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  
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  
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.

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

rec.wytheville.org  
276.223.3378



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

# PROGRAM REGISTRATION

## 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 are full, and applicants will be contacted by phone.

## REFUNDS

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

## CANCELLATIONS

Cancellation #223-3599

## ACCESSIBLE SERVICES

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

*All program schedules are subject to change.*

## 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.*

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

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



# 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)
<b>Adult</b>	\$388	\$32.33	\$216	\$42
<b>Adult +1</b>	\$614	\$51.17	\$329	\$61
<b>Family</b>	\$664	\$55.33	\$354	\$65
<b>Senior/Teen/College</b>	\$338	\$28.17	\$190	\$38
<b>Senior Couple</b>	\$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)
<b>Adult</b>	\$275	\$22.92	\$160	\$34
<b>Adult +1</b>	\$450	\$37.50	\$248	\$50
<b>Family</b>	\$531	\$44.25	\$287	\$54
<b>Senior/Teen/College</b>	\$237	\$19.75	\$141	\$30
<b>Senior Couple</b>	\$396	\$33.00	\$220	\$45
<b>Youth (4-12)</b>	\$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)
<b>Adult</b>	\$73	\$6.08	\$17
<b>Adult +1</b>	\$118	\$9.83	\$20
<b>Family</b>	\$212	\$17.67	\$28
<b>Senior/Teen/College</b>	\$67	\$5.58	\$15
<b>Senior Couple</b>	\$107	\$8.92	\$19
<b>Youth (4-12)</b>	\$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**
<b>Adult</b>	\$6.50	\$36	\$72
<b>Family</b>	\$17.50	\$90	\$180
<b>Senior/Teen/College</b>	\$4.50	\$24	\$48
<b>Youth (4-12)</b>	\$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

<b>18+ years</b>	\$5.50
<b>Senior/Teen/College</b>	\$4.00
<b>Youth (4-12)</b>	\$3.00

**Ratios for group rates:** One adult chaperone for every ten youths.

## PASS PLAN INFORMATION

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

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

Additional Pass Plan information will be discussed upon registration.

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

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**

# 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, 2016, and out of high school

Min 4 – Max 12 teams

Register by April 30

Late Fee: additional \$5

## CHURCH SOFTBALL LEAGUE

The league is open to men and 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 without shirts

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

Eligibility: ages 16+ as of September 30, 2016

Limit 20-person roster

No umpires or trophies

Min 4 – Max 12 teams

Register by April 30

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 September 30, 2016, and out of high school

Min 4 – Max 12 teams

Register by February 17

Late Fee: additional \$5

## WYTHEVILLE SPRING BASKETBALL CLASSIC

Think you have what it takes to be a champion? You will not want to miss the first annual Wytheville Spring Basketball Classic! This tournament will be 5 on 5 and double elimination so you are guaranteed two games and every participant will receive a t-shirt!

Saturday, April 15

Time: Games start at 8 a.m.

Eligibility: Must be 18 or older to participate

Location: Gymnasium

Fee: \$200 per team (limit 8 players per team)

Min 6 teams- Max 12 teams

Register by March 25

Late Fee: additional \$5

## GYM RULES AND REGULATIONS

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

All scheduled programs and leagues will be honored.

All other times not scheduled will be for open gym.

Please see monthly schedule.



## REGISTRATION INFORMATION:

To register for Youth Athletics with the Town of Wytheville Parks and Recreation Department, you must either live in the Town of Wytheville and/or attend a school that is within the Town of Wytheville. No releases will be given unless the particular sport is not offered in your area during the same season.

Late registrations accepted only if space permits. All others will be put on a wait list.

# YOUTH ATHLETICS

## U-6 SOCCER CLINIC

Open to boys and girls.

Age: Must have turned 4 before September 30, 2016, and cannot have turned 6 before September 30, 2016.

Soccer clinic will be instructional skills and practice time with coaches.

The clinic will begin in late March.

Fee: \$20 TR; \$25 NRPP; \$30 NR  
Register by February 28  
Late Fee: additional \$5



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

This league is open to boys and girls ages 6 - 12 years of age.

Three Divisions:

U8 – cannot have turned 8 before September 30, 2016.

U10 – cannot have turned 10 before Sept. 30, 2016.

U13 – cannot have turned 13 before September 30, 2016.

Each age division will play in a coed 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 28

Late Fee: additional \$5



## TEE BALL

The league is open to boys and girls.

Age: Must have turned 4 before September 30, 2016, and cannot have turned 6 before September 30, 2016.

Season will begin in May.

Games will be played during the week at the Tee Ball Park.

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.

Age: Must have turned 6 before September 30, 2016, and cannot have turned 8 before September 30, 2016.

Season will begin in May.

All games will be played during the week at the Tee Ball Park.

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, 2017.

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

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

Teams participating are Wythe County, Carroll, Dublin, Pulaski, Grayson 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 14

Late Fee: additional \$5

## BOY'S BASEBALL

The league is open to boys ages 7 – 15.



League age is determined as of July 1, 2017.

There will be three leagues: 7-9, 10-12, 13-15.

We will be playing in the Southwest VA Baseball League.

Teams participating are Wythe County, Carroll, Dublin, Pulaski, Grayson 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 14

Late Fee: additional \$5

### ADULT AND SENIOR LOUNGE

Located just outside of the multipurpose room kitchen area, the lounge features a cozy space to relax, read the paper or watch television. Also, take advantage of the card table and games provided. Coffee will be provided Monday-Friday, 6:00 a.m. – 12:00 p.m. Open during all regular operational hours.

### MONTHLY POTLUCK LUNCHEONS

These luncheons are open to Wythe County 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.

- January 10 (Guest Speaker)
- February 14 (Valentine's Day Theme)
- March 14 (Guest Speaker)
- April 11 (Easter Theme)
- Time: 11:30 a.m. - 1:00 p.m.
- Fee: Free
- Location: Multipurpose Room
- Eligibility: ages 50+
- No registration required

### COLLEGE STUDENT/ADULT/SENIOR TIME

Are you tired of studying all of 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 and PS3. New Gen PS4 or Xbox -- one coming soon.

- January - April
- Day: Monday – Friday
- Time: 8:00 a.m. – 2:30 p.m.
- Fee: OL
- Location: Teen Center
- Eligibility: ages 18+
- No registration required

### SENIOR TIME

Seniors, don't miss out on this opportunity to relive the old days! Come enjoy all the Teen Center has to offer: billiards, 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 a.m. – 2:30 p.m.
- Fee: OL
- Location: Teen Center
- Eligibility: ages 50+
- No registration required

### COOKIE BAKE-OFF

Bake up your favorite homemade cookie recipe and bring it to the Community Center for our 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 places. Please note, you must enter cookies to participate!

- Thursday, April 6
- Time: 1:00 p.m.
- Fee: Free
- Location: Multipurpose Room 3
- Eligibility: ages 13+
- Min 4–Max 20
- Register by March 30

### LEARN TO LINE DANCE

Want to learn how 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!!

- Instructor: Christy Brecht
- Session I: January 12-February 2
- Session II: February 16-March 9
- Session III: March 23-April 13
- Day: Thursday
- Time: 6:00 - 8:00 p.m.
- Fee: \$15 TR; \$20 NRPP; \$25 NR
- Location: Multipurpose Room 2 & 3
- Eligibility: All Ages
- Min 8- Max 20

Register two weeks prior to session  
Late fee: additional \$5



Cookie Bake-Off



Learn to Line Dance

## 9-BALL POOL TOURNAMENT

Join us in the Teen Center for a fast paced 9-ball tournament! Prizes awarded for 1st place. The rules will be posted in the Teen Center.

Session I: Wednesday, January 25

Session II: Wednesday, March 8

Time: 10:00 a.m.

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 2 – Max 12

Register two weeks prior to session

Late Fee: additional \$5

## 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 1st place.

Thursday, April 13

Time: 10:00 a.m.

Fee: OL

Location: Teen Center

Eligibility: ages 50+

Min 2 – Max 12

Register by April 6

Late Fee: additional \$5

## MICROSOFT POWERPOINT 2016

With Microsoft Office 2016 just hitting the market, come out and learn the improvements they have made to the PowerPoint program! No computers are necessary!

Monday, February 13

Time: 5:30 p.m.

Fee: Free

Location: Multipurpose Room 3

Eligibility: ages 50+

Min 5- Max 30

Register by January 30

## ICE CREAM SOCIAL

Come out and enjoy a delicious ice cream sundae while playing bingo and talking among friends! Make your own sundae with your choice of a variety of toppings! All supplies included!

Tuesday, April 25

Time: 2:00-3:30 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 8- Max 30

Register by April 11

Late fee: additional \$5

## SOCIAL BRIDGE

This group is for anyone. Come out and play bridge, improve your game and do not be afraid to ask questions.

January 16- April 17

Day: Monday

Time: 1:00 – 4:00 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 18+

Min 10 - Max 50

Register by January 16

Late Fee: additional \$5

## DUPLICATE BRIDGE

January 5- April 13

Day: Thursday

Time: 1:00 – 4:00 p.m.

Instructors: Bill Mutschler

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

Location: Multipurpose Room 1

Eligibility: ages 18+

Min 10 - Max 50

Register by January 5

Late Fee: additional \$5

### 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. Please bring your own laptop or tablet to participate. If you do not have your own personal computer, you may still watch and learn.

Wednesday, February 1  
 Time: 6:00 p.m.  
 Fee: OL  
 Location: Multipurpose Room 3  
 Eligibility: ages 50+  
 Min 4 – Max 15  
 Register by January 25  
 Late fee: additional \$5

### 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. This program offers participants a way to learn about the historic game of tennis in a fun and friendly environment. Each session will help you gain knowledge about the sport's 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!

March 28- April 18  
 Day: Tuesday  
 Time: 7:00-8:00 p.m.

Location: Wytheville Community College Tennis Courts  
 Eligibility: ages 18+  
 Min 3 - Max 6  
 Register by March 14

### CANDY BAR BINGO

Bingo is a fun game that never goes out of style, so let's add some candy to it! Please bring a bag of your favorite candy to share, and get ready to have some fun!  
 Session I: Monday, January 30  
 Session II: Monday, February 27  
 Session III: Monday, April 3  
 Time: 1:00–3:00 p.m.  
 Fee: Free  
 Location: Multipurpose Room 2 & 3  
 Eligibility: ages 50+  
 Min 5 – Max 50  
 Register two weeks prior to session  
 Late fee: additional \$5

### SENIOR WALKERS' BREAKFAST

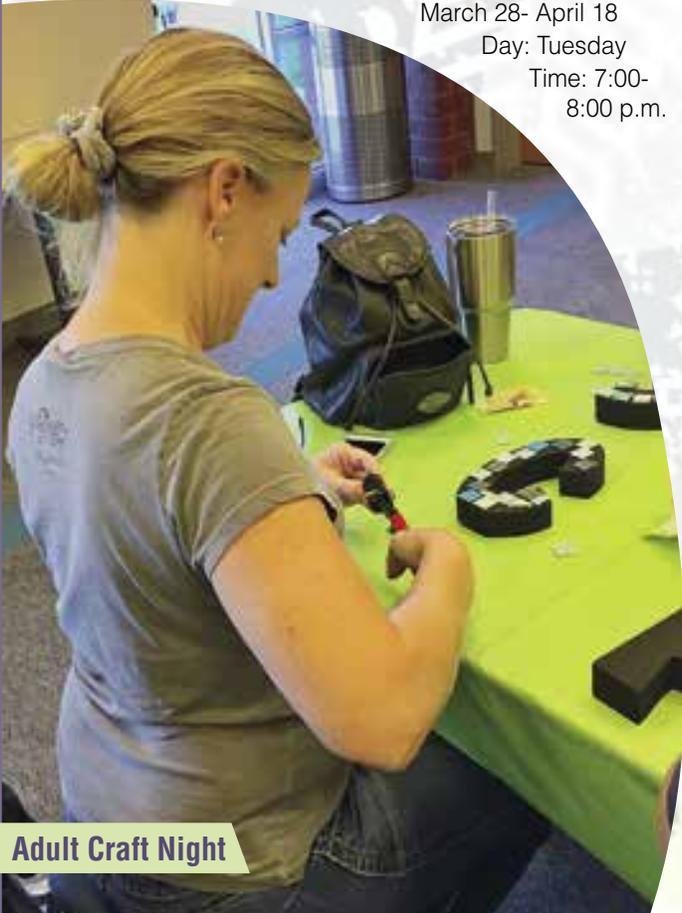
We will be honoring you once again for all of the walking you have put in over the winter months. We want to thank you for all that you do and for keeping a healthy lifestyle. A FREE breakfast will be provided to you including bacon, eggs, gravy and biscuits. So, come celebrate with us as we give back to you for being so dedicated!  
 Thursday, April 13  
 Time: 8:00 – 10:00 a.m.  
 Fee: OL  
 Location: Multipurpose Room  
 Eligibility: ages 50+  
 No registration required

### CRAFT NIGHT — BUILD A BIRDHOUSE

Join us for craft night as we assemble and paint our own birdhouses for the spring! We will have several different colors to paint! Come out and you are guaranteed to have a great time!  
 Monday, March 6  
 Time: 5:30-7:00 p.m.  
 Fee: \$20 TR; \$25 NRPP; \$30 NR  
 Location: Multipurpose Room 1  
 Eligibility: ages 18+  
 Min 8- Max 12  
 Register by February 20  
 Late fee: additional \$5

### PATRIOTIC CRAFT NIGHT THEME

Come out to the Community Center to get into the patriotic spirit! We will be painting the American flag onto a wood pallet for you to display outside of your home! This is guaranteed to be an eye catcher! All supplies included.  
 Monday, April 24  
 Time: 5:30–7:00 p.m.  
 Fee: \$15 TR; \$20 NRPP; \$25 NR  
 Location: Multipurpose Room 1  
 Eligibility: ages 18+  
 Min 6- Max 15  
 Register by April 10  
 Late fee: additional \$5



Adult Craft Night



Senior Trip to Beagle Ridge Farm

## RELAXATION COLORING

Come out, relax and chat among friends and color! Whether you prefer colored pencils or markers, you are guaranteed to leave with a masterpiece! Let us help you exercise your mind. Come discover this new craze that is enjoyed by so many! All supplies included.

Session I: Tuesday, February 21

Session II: Tuesday, March 21

Session II: Tuesday, April 11

Time: 2:00–4:00 p.m.

Fee: OL

Location: Multipurpose Room 3

Eligibility: ages 18+

Min 2- Max 30

Register two weeks prior to session

Late fee: additional \$5

## TOWN OF WYTHEVILLE POLICE DEPARTMENT SAFETY CLASSES

Session I: Monday, February 20- Refuse to be a Victim

Time: 5:30–8:30 p.m.

Session II: Monday, March 20- Animal Control Laws

Time: 5:30–7:30 p.m.

Session III: Monday, April 17- Internet and Credit Card Fraud

Time: 5:30–7:30 p.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: ages 10+

Min 10- Max 70

Register two weeks prior to session

## SENIOR TRIP: CUZ'S RESTAURANT

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, two-inch thick prime rib, lobsters from Maine and homemade bread. With some of the finest barbecue and biggest steaks, this visit is a treat.

Date: Wednesday, March 22

Time: Depart at 1:00 p.m.

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 March 8

Late fee: additional \$5

## SENIOR TRIP: DAMASCUS OLD MILL

Join us as we travel to Damascus to experience the old mill that started the town over 100 years ago. The old mill was a former grist mill that is now refurbished into a restaurant and inn. We will be having lunch at the restaurant and learning about the mill's history.

Wednesday, April 5

Time: Depart at 10:00 a.m.

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

Eligibility: ages 50+

Min 12- Max 24

Register by March 22

Late fee: additional \$5

## SENIOR TRIP: FORT CHISWELL ANIMAL PARK AND DRAPER MERCANTILE

Come enjoy this two-part trip to the Fort Chiswell Animal Park and the Draper Mercantile! First, we will be going to see the safari animals at the zoo followed by lunch at the Mercantile! After lunch, we will explore the newly added art gallery and antique store at the mercantile before departing for home!

Wednesday, April 19

Time: Depart from center at 9:30 a.m.

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

Animal Park cost of \$10 to be paid at the park.

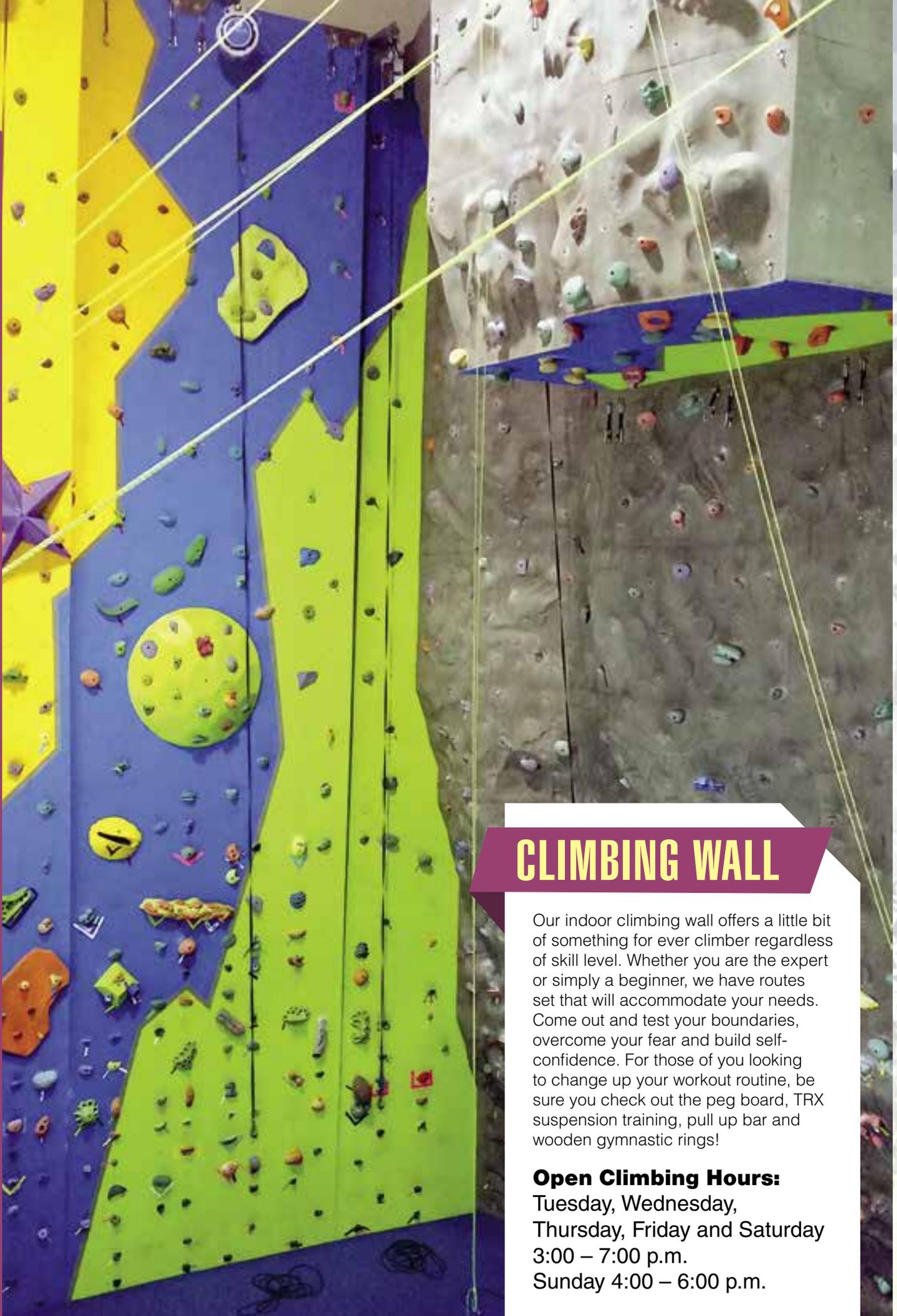
Lunch on your own.

Eligibility: ages 50+

Min 12- Max 24

Register by April 5

Late fee: additional \$5



## 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 p.m.  
Sunday 4:00 – 6:00 p.m.

## HIDE AND SEEK

Come out and enjoy a night of a beloved game of hide and seek Parks and Recreation style. We will be placing blindfolds on participants while they climb the wall to find a variety of prizes. Our staff will be hiding different items on the wall that turn into awesome prizes.

Session I: Thursday, February 23

Session II: Thursday, March 23

Time: 7:00-8:00 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: ages 18 and under

Min 4 - Max 20

Register two weeks prior to event

Late Fee: additional \$5



## SPEED CLIMBING COMPETITION

Join us for a fun climbing competition for all ages at the Wytheville Climbing Gym. Each climber will have four chances to climb a designated wall, the fastest climb at the end of the competition in each category wins. Categories are: Male-ages 15+, Female-ages 15+, Male-ages 7-14, Female-ages 7-14, and Tots - boys and girls under age 6. Prizes will be awarded for the first place winner of each category.

Date: Saturday, February 11

Time: 3:00-5:00 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: all ages

No registration required

## ADULT BOULDERING NIGHT

We are offering adults a night of climbing for both beginner and experienced climbers. We will be providing snacks and drinks for climbers, along with some music to make it a more enjoyable time. So come out and showcase your skills, and enjoy the fellowship of climbers within the area.

Session I: Wednesday, January 18

Session II: Wednesday, February 8

Session III: Wednesday, March 8

Session IV: Wednesday, April 19

Time: 7:00-8:00 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: ages 18+

Min 3 - Max 10

Register two weeks prior to event

Late Fee: additional \$5

## 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, January 26

Session II: Thursday, March 9

Session III: Thursday, April 6

Time: 5:00 – 6:00 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: ages 10-18

Min 4 - Max 12

Register two weeks prior to session

Late Fee: additional \$5

## 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

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

## NBA 2K17 TOURNAMENT

Put your skills to the test in this NBA 2k17 tournament on the PS4. All teams will be chosen randomly and we will make shortened quarters so games will go by quickly. A prize will be awarded to the first place winner. Come out and enjoy some snacks and drinks as we hang out and play some basketball.

Wednesday, February 22

Time: 5:00 - 7:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: ages 16 and under

Min 4 - Max 16

Register by February 8

Late Fee: additional \$5

## MADDEN 17 TOURNAMENT

Juke out your opponents and score some touchdowns in this Madden 17 tournament. We will be providing snacks and drinks as players go head to head in shortened quarters. A prize will be awarded to the first place winner. So come out and have fun in this year's Madden tournament.

Wednesday, January 25

Time: 5:00 - 7:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: ages 16 and under

Min 4 - Max 16

Register by January 18

Late Fee: additional \$5

## WYTHEVILLE WARRIOR CHALLENGE

Want to train like the athletes on American Ninja Warrior? Come work along with Fitness and Climbing Wall Staff as we take you through our version of ninja warrior style challenging obstacles to push your training to the limit! Adult and Youth Courses will be provided.

Session I: Monday, January 23

Session II: Monday, February 27

Session III: Monday, March 27

Time: 4:00 - 5:00 p.m.

Fee: OL

Location: Climbing Wall/Court 1

Eligibility: 1st Grade +

Min 2 - Max 20

Register 2 weeks prior to session

Late Fee: additional \$5

## 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: February 15, March 1, March 15, March 29, April 12, April 26.

Time: 4-7 year olds- 10:00-11:00 a.m.

8-16 year olds- 11:00 a.m.-12:30 p.m.

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 February 1

Late fee: additional \$5

## OPEN KAYAK PLAYTIME

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

Session I: Friday, January 27

Session II: Friday, March 3

Session III: Friday, April 7

Time: 5:30 - 6:30 p.m.

Fee: OL

Location: Indoor Pool

Eligibility: ages 6+

Min 2 - Max 6

Register 2 weeks prior to session

Late Fee: additional \$5

## DATE NIGHT DROP OFF

Children will play games, enjoy arts and crafts and play sports all while their parents enjoy their own free time out on the town! 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: Tuesday, February 14

Session II: Friday, March 24

Session III: Friday, April 21

Time: 5:30 - 8:45 p.m.

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

## KIDS IN THE KITCHEN

It's time to cook! Come out and join the Town of Wytheville Parks and Recreation Department and the Wythe County 4-H as we get hands on in the kitchen! Children will learn how to make bread from scratch and then we will be making breakfast! The best part is you get to eat your creation once it is done! This is a

class you definitely don't want to miss this Spring! All supplies included.

Session I: Wednesday, March 15-

Homemade Dinner Rolls

Session II: Wednesday, April 12-

Breakfast

Time: 5:30-7:00 p.m.

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

Location: Multipurpose Room 1

Eligibility: Ages 9-18

Min 5- Max 15

Register 2 weeks prior to session

Late Fee: additional \$5

## PRESCHOOL CRAFT NIGHT

Bring your tiny tot out to preschool craft night to make a lifetime treasure! We will be placing their hand in clay, baking it, then painting it whatever color they like! Beware this could get messy so please be sure to wear older clothes! This is a night you won't want to miss! Please note: parents are required to stay with their child.

Monday, March 13

Time: 5:30-6:30 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 5 and under

Min 6- Max 10

Register by February 27

Late Fee: additional \$5

## PRESCHOOL ANIMAL STORIES

If you and your child want to learn more about the fascinating wildlife in the mountains of Southwest Virginia come out to our story time for preschoolers. In this class you will learn about different animals and will do a craft at the end of each story. We hope that this will foster a love for the outdoors and teach your child the basics of wildlife.

Session I: Thursday, January 19

Session II: Thursday, February 16

Session III: Thursday, March 16

Session IV: Thursday, April 20

Time: 5:00 - 6:00 p.m.

Fee: \$3 TR; \$8 NRPP; \$13 NR

Location: Teen Center

Eligibility: ages 3-6

Min 5 - Max 20

Register 2 weeks prior to each session

Late Fee: additional \$5

## DODGEBALL-A-POOLOOZA

This is going to be a night full of dodge ball. We will be playing a variety of different games from classic to using soft blocks that you have to stack, build and knock down. Teams will be separated by ages (8-12 and 13-18). Are you up for



the challenge?  
 Friday, March 31  
 Time: 5:00 - 7:00 p.m.  
 Fee: OL  
 Location: Court 2  
 Eligibility: ages 8-18  
 Min 12 - Max 40  
 Register by March 22  
 Late fee: additional \$5

## ACTIVITY JENGA

Come out and enjoy the classic game of Jenga but on a larger scale! We will be playing this game with teams and each piece that is pulled will have an activity or challenge for the team or participant to complete. If you are looking for a fun time and a way to get active, come out and play this awesome game!  
 Friday, March 10  
 Time: 5:30 - 7:00 p.m.  
 Fee: OL  
 Location: Teen Center  
 Eligibility: ages 8-18  
 Min 6 - Max 20  
 Register by March 3  
 Late Fee: additional \$5

## ICE CREAM SOCIAL

Come out and enjoy a classic treat while hanging out and interacting with others in the community. We will be providing ice cream and toppings for kids to enjoy, then allowing them to climb and utilize the teen center. If the child is under 12, they must be accompanied by an adult if they wish to climb.  
 Saturday, February 18  
 Time: 6:00 - 8:00 p.m.  
 Fee: \$5 TR; \$10 NRPP; \$15 NR  
 Location: Teen Center  
 Eligibility: ages 7-18  
 Min 5 - Max 30  
 Register by February 11  
 Late fee: additional \$5

## INNER TUBE WATER POLO

Come join us as we will be playing the Olympic game of Water Polo but adding a new and exciting twist. Inner-tube Water Polo is a great way to get all individuals involved in a beloved game around the world. So if you think you have what it takes to compete, come out and join us!  
 Friday, February 24  
 Time: 5:30 - 7:00 p.m.  
 Fee: \$4 TR; \$9 NRPP; \$14 NR  
 Location: Indoor Pool  
 Eligibility: ages: 8-18  
 Min 6 - Max 14

Register by February 17  
 Late Fee: additional \$5

## 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. 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.  
 March 28- April 18  
 Day: Tuesday  
 Time: 6:00-7:00 p.m.  
 Fee: \$30 TR; \$35 NRPP; \$40 NR  
 Location: Wytheville Community College Tennis Courts  
 Eligibility: ages under 18  
 Min 3- Max 6  
 Register by March 14  
 Late fee: additional \$5

## AFTER SCHOOL FOR KIDS

Looking for a safe place to send your child after school? Look no more, come join us at the After School for Kids program! The kids will be provided a daily snack and will have fun interactive activities planned daily. When school is closed, that's no problem, we offer full days on the day's school is out! Don't miss this great opportunity to ensure your child is safe and having fun after school!  
 Day: Monday- Friday  
 Time: 3:20-5:30 p.m.  
 Weekly Fees:  
 \$40 TR; \$45 NRPP; \$50 NR  
 \*\* An additional fee of \$10 will be added for no school days, early school dismissal or snow days\*\*

## 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, April 8  
 In the result of inclement weather the Easter Egg hunt will be held the following Saturday, April 15 at the same time and location.  
 Time: 11:00 a.m. for ages 6-9 years of age;  
 11:30 a.m. for 5 years of age and under  
 Location: Withers Park

## KIDVENTURES 2017 SUMMER DAY CAMP

June - August  
 It's never too early to start making those summer plans. We are now accepting registration for our 2017 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 snack will be provided daily. Don't miss out on what we have in store for you this year!  
 Day: Monday - Friday  
 Time: 8:00 a.m. - 5:00 p.m.  
 Early drop off 7:30 a.m. and late pick up 5:30 p.m. 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.



**In order to keep your visit to the Wytheville Community Center Natatorium safe and enjoyable, we ask that you follow these rules:**

- All youth under 12 must be attended by an adult or person older than 16, with the exception of Aquatic programs.
- Everyone is required to shower before entering pool.
- No Running or Horseplay.
- Diving will be permitted from the 8 ft. 6 in. wall ONLY.
- No food or gum - Beverages must be in plastic containers.
- Proper swimsuits 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.*

## POOL HOURS

Monday–Friday	6:00 AM–12:00 PM 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 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 closed due to holidays, teacher work days or weather closings.*

## SWIM CHALLENGE, SWIM CLAYTOR LAKE

Wytheville Parks and Recreation is excited to offer the second annual Claytor Lake Swim Challenge for all ages. The challenge is to swim the width of Claytor Lake which is 21.7 miles wide. 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 18. There will be a form to complete 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 timeframe. Must have a silver or gold pass plan.

February 1 – March 18  
 Fee: \$5 TR; \$10 NRPP; \$15 NR  
 1 mile= 71 lengths  
 Register by January 29  
 Late Fee: additional \$5

## INTRODUCTION TO DIVING

All participants should be comfortable in deep water. Beginning to intermediate basic dives on the side of the pool; emphasizing kneeling to standing; and 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 1, 8, 15  
 Day: Wednesday  
 Register by January 22  
 Session II: March 6, 13, 20  
 Day: Monday  
 Register by February 26  
 Time: 6:30-7:00 p.m.  
 Eligibility: ages 5+  
 Fee: \$5 TR; \$10 NRPP; \$15 NR  
 Min 5  
 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.**

## 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 16 – April 13

Monday, Wednesday, Thursday

Time: 4:15-5:15 p.m. – ages 9 & up

5:30-6:30 p.m. -- 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 9

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.

If one CANNOT make the Friday night class due to sports or extracurricular activities, please contact the Aquatics Coordinator with questions.

Session I: Friday, Saturday & Sunday; February 3, 4, 5

Register by January 22

Session II: Friday, Saturday & Sunday; March 3, 4, 5

Register by February 19

Session III: Friday, Saturday & Sunday; April 7, 8, 9

Register by March 26

Session IV: Friday, Saturday and Sunday; May 12, 13, 14

Register by April 30

Time: Friday: 5:00 - 8:00 p.m.

Saturday: 9:00 a.m. - 5:00 p.m.

Sunday: 10:00 a.m. - 5:00 p.m.

Fee: \$150 TR; \$155 NRPP; \$160 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 2 - 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 your 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 & Sunday; May 6, 7

Time: Saturday, 10:00 a.m. - 4:00 p.m.

Sunday, 1:00 - 5:00 p.m.

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet prerequisites

Min 5- Max 10

Register by April 23

Late Fee: additional \$5

## 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

# swim lessons

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

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

## SWIM LESSON SCHEDULE

**\*Swim Lessons will be held on Tuesday and Thursday evenings.**

**Session 1 - January 17, 19, 24, 26, 31, February 2 - Register by January 8**

**Session 2 - February 14, 16, 21, 23, 28, March 2 - Register by February 5**

**Session 3 - March 14, 16, 21, 23, 28, 30 - Register by March 5**

**Session 4 - April 11, 13, 18, 20, 25, 27 - Register by April 2**

5:30-6:00 PM	5:30-6:00 PM	6:30-7:00 PM	6:30-7:00 PM
<b>Preschool (Water Bugs)</b>	<b>Level 2</b>	<b>Level 1</b>	<b>Level 3</b>

### 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.





## 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, blow bubbles, explore buoyancy, perform combined strokes on front and back, change body position in the water, and learn about choosing and using life jackets.

## LEARN-TO-SWIM LEVELS

### LEVEL 1

This class is for beginner swimmers. Participants learn to be comfortable in the 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.

## 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 of 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 six participants per private group lesson.

Day: Monday and Wednesday

Time: 5:30-7:30 p.m.

Rates: Per half hour

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

Per hour

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

Requires two week advance registration

# cardio/weight room

The Fitness Staff welcomes you to the Wytheville Community Center state of the art Fitness Facility. We offer 4,000 square feet of 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 23 & 25

Session II: February 20 & 22

Session III: March 20 & 22

Day: Monday & Wednesday

Time: 4:00 - 5:30 p.m.

Fee: OL

Location: Fitness Center

Eligibility: ages 12+

Min 2 - Max 8

Register one week prior to session

Late Fee: additional \$5

## 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. Fee: OL

## SPORTS PERFORMANCE CAMP

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 proper sport specific dynamic warm-up, sport specific training, speed and agility drills and various other activities to take your training to the next level.

Session I: Thursday, January 26 (Basketball Specific Training)

Session II: Thursday, February 23 (Volleyball Specific Training)

Session II: Thursday, March 23 (Soccer Specific Training)

Time: 4:00 - 5:00 p.m.

Fee: OL

Location: Gymnasium Court 1

Eligibility: 1st Grade +

Min 2 - Max 20

Register one week prior to session

Late Fee: additional \$5

## WYTHEVILLE WARRIOR CHALLENGE

Want to train like the athletes on American Ninja Warrior? Come work along with Fitness and Climbing Wall staff as we take you through our version of ninja warrior style challenging obstacles to push your training to the limit! Adult and youth courses will be provided.

Session I: Monday, January 23

Session II: Monday, February 27

Session III: Monday, March 27

Time: 3:30 - 4:30 p.m.

Fee: OL

Location: Climbing Wall/Court 1

Eligibility: 1st Grade +

Min 2 - Max 20

Register One Week Prior to Event

Late Fee: additional \$5

## SQUAT & DEADLIFT CLINIC

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

Thursday, February 9

Time: 5:00 - 6:30 p.m.

Fee: OL

Location: Fitness Center

Eligibility: ages 12+





Min 2 - Max 10  
Register by February 2  
Late Fee: additional \$5

## 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, March 6  
Time: 5:00 - 6:30 p.m.

Fee: OL  
Location: Climbing Wall  
Eligibility: ages 12+  
Min 2 - Max 10  
Register by February 27  
Late Fee: additional \$5

## 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, April 6  
Time: 5:00 - 6:30 p.m.

Fee: OL  
Location: Fitness Center  
Eligibility: ages 12+  
Min 2 - Max 10  
Register by March 30  
Late Fee: additional \$5

## SENIORS & FITNESS

Attention all Seniors! Come work along with Certified Strength and Conditioning Specialist Brandon Wolford and staff as they take you through a detailed equipment orientation and exercises to improve cardiovascular function, strength flexibility and overall quality of life.

Thursday, April 20  
Time: 10:00 - 11:30 a.m.

Fee: OL  
Location: Fitness Center  
Eligibility: ages 65+  
Min 2 - Max 10  
Register by April 13  
Late Fee: additional \$5

## MAKING NEW YEAR'S RESOLUTION STICK

Let Registered Dietitian Amanda Agee teach you new ideas how to make resolutions that work for you and how to put them into action.

Thursday, January 12

Time: 9:00-10:00 a.m.

Fee: OL

Location Multipurpose Room 3

Eligibility: all ages

Min 5-Max 20

Register by January 5

Late Fee: additional \$5

## MEAL PLANNING

Come work along with Registered Dietitian Amanda Agee and get new ideas and recipes to help make better choices.

Tuesday, February 7

Time: 5:30-6:30 p.m.

Fee: OL

Location Multipurpose Room 3

Eligibility: all ages

Min 5-Max 20

Register by February 9

Late Fee: additional \$5

## DIABETES 102

Let Registered Dietitian Amanda Agee teach you about carb counting and preparing a diabetic friendly meals and snacks.

Thursday, March 9

Time: 9:00-10:00 a.m.

Fee: OL

Location Multipurpose Room 3

Eligibility: all ages

Min 5-Max 20

Register by March 2

Late Fee: additional \$5

## 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 3

Session II: Tuesday, February 7

Session III: Tuesday, March 7

Session IIII: Tuesday, April 4

Time: 9:00-10:00 a.m.

Fee: OL

Location: Multipurpose Room 3

Eligibility: Must have completed a past Fit for Life program

Min 5 - Max 30

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)

# 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



**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



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

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

**Eligibility: ages 12+**

### 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

**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: 6:15-7:00 p.m.



**Cycle Fu6ion** – After the initial warm up, just 30 minutes and you work within three heart-rate zones. The first heart rate zone will be mixing easy to moderate intensity. For the second level heart rate zone, you will work harder performing intervals decreasing the time. The third heart rate zone is the shortest of the intervals, increasing heart rate to the highest zone and requiring mobility, stability and strength. At this level you will work as hard as possible for 15-30 seconds. This class is for you, if you want results! This circuit-style class incorporates Fu6ion Fit circuit training exercises for total body, upper body, lower body and core region. 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, bands or balls may be incorporated to this class. Min 8 – Max 13  
Day: Monday and Thursday  
Time: 6:30-7:15 a.m.

**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 a.m.

**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 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. The walking track may be incorporated. *Great for all fitness levels.* Min 10 - Max 30  
Day: Monday and Wednesday  
Time: 9:00-9:45 a.m.

**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! 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. 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 8 – Max 20  
Dates: January 7, 14, 21 and 28  
Day: Saturday  
Time: 10:00-10:50 a.m.

**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! 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 30  
Dates: March 4, 11, 18 and 25  
Day: Saturday  
Time: 10:00-10:45 a.m.

### T'ai Chi and Mindful

**Relaxation** – A slow graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Ideal for stamina, flexibility and coordination. Warm up with meditation and chairs may be used. After the warm up, the first half of the class will entail standing traditional or nontraditional tai chi forms and the second half of the class will be geared to seated stretches and end with relaxation on the mat (seated or lying down). It is helpful to attend this class on a regular basis to learn the various forms. This class may be moved outside (weather permitting). *Great for all ages and fitness levels.* Min 5- Max 25  
Day: Monday and Wednesday  
Time: 10:30–11:15 a.m.

# group exercise classes

**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.**

## **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 your 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 p.m.

**Sunrise Yogalates** - Start the day right with a fusion of (hatha style) yoga and pilates to help reduce stress, improve flexibility, concentration, circulation and 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. *Great for all fitness levels.* Modifications are offered throughout the class. Min 10 - Max 30  
Day: Tuesday and Thursday  
Time: 8:00-8:45 a.m.

**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 30  
Day: Tuesday and Thursday  
Time: 9:00-9:45 a.m.

## **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 and balance and fall prevention. (Beginner level) Min 10 - Max 30

Day: Tuesday  
Time: 10:00-10:45 a.m.  
Eligibility: ages 65+



**Cardio FuGion** - Just 30 minutes and you work within three heart-rate zones. The first heart rate zone will be mixing moderate intensity with easy intensity aerobic work, the second level heart rate zone, you will work harder performing intervals decreasing the timed intervals and working harder. The third heart rate zone is the shortest of the intervals, increasing heart rate to the highest zone and requires mobility, stability and strength. At this level, you will work as hard as possible for 15-30 seconds. This class is for you if you want results! This cardio circuit-style class incorporates circuit training exercises for total body, upper body, lower body and core region. Min 10 - Max 30  
Day: Tuesday and Thursday  
Time: 12:00-12:30 p.m.

**Step** - An excellent fat burning class that includes combinations on the step followed by a challenging resistance segment for upper body and core. Modifications are 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 p.m.  
Session II:  
Day: Friday  
Time: 9:00-9:45 a.m.



**Body FuGion (previously Circuit)** - Just 30 minutes and you work within three heart-rate zones. The first heart rate zone will be mixing easy to moderate intensity aerobic work. For the second level heart rate zone, you will work harder performing intervals

decreasing the time. The third heart rate zone is the shortest of the intervals, increasing heart rate to the highest zone and requiring mobility, stability and strength. At this level you will work as hard as possible for 15-30 seconds. This class is for you, if you want results! This circuit-style class incorporates circuit training exercises for total body, upper body, lower body and core region. Min 10 - Max 30  
Day: Tuesday and Thursday  
Time: 5:30-6:00 p.m.

**Barre Body** - Barre Body is a complete body workout fusing ballet barre conditioning, yoga and pilates. Exercises may be performed standing, seated or lying down. Min 8 - Max 25  
Session I:  
Day: Thursday, January 5-26  
Time: 10:00-10:45 a.m.  
Session II:  
Day: Thursday, February 2-23  
Time: 6:15-7:00 p.m.

**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 and Wednesday  
Time: 5:30-6:15 p.m.  
Session II:  
Day: Friday  
Time: 12:00-12:45 p.m.

**Land Fitness Instructors:** Patti Bryant (Fitness Coordinator), Brandon Wolford (Fit for Life Coordinator), Thelma Surber, Becky Irvin, Connie Martin, Irene Daugherty, Nick Patel, Christy Brecht, Sigrid Rogers, Jenna Henley, Marshall Kimrey, and Mike Honaker (volunteer).

# aqua fitness classes



**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 a.m.

**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 a.m.  
 Session II:  
 Day: Monday and Wednesday  
 Time: 6:00-6:45 p.m. (new time)



**Ai Chi** - Ai Chi is a water exercise and relaxation program that combines tai chi concepts with shiatsu and Watsu techniques. Ai Chi is performed standing in shoulder-depth water using flowing, yet powerful, combinations of deep breathing and slow, broad movements of the arms, legs and torso, promotes awareness of muscle activity and movement patterns by bringing attention to posture and breathing. The movement patterns combine diaphragmatic breathing with visualization and imagery to increase relaxation and decrease pain. 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 p.m.  
 Session II:  
 Day: Friday  
 Time: 10:30-11:15 a.m.

**Introduction to Paddle Boarding** - It is time to try one of the world's fastest growing watersports! Experienced instructors from Mountain 2 Island Paddle Board company will be your guides as you learn how to paddleboard in our indoor Natatorium. Instructors will teach you all the basics including how to find your balance on your SUP, stances, how to hold the paddle, proper launching and exiting technique, how to safely fall off your board and how to climb back on and much more. Paddleboards Included. Perfect for first timers, no experience necessary.  
 Session I: Sunday, January 15  
 Session II: Sunday, February 5  
 Session III: Sunday, March 12  
 Time: 1:30-2:30 p.m.  
 Fee: \$15 TR; \$20 NRPP; \$25 NR  
 Location: Natatorium (Pool)  
 Eligibility: ages 12+  
 Min 4 - Max 8  
 Register one week prior to session  
 Late Fee: additional \$5

**Aqua Instructors:** Patti Bryant (Fitness Coordinator), Thelma Surber, Suzanne Nicklas, Dana Christian, Jenna Henley and Cornelia Northrop (volunteer)

*All aqua classes are in the natatorium*



# fit for life

## FIT FOR LIFE

Interested in shedding that winter weight and starting the New Year off on the right foot? Starting January 30, the Wytheville Community Center will offer its successful weight loss program Fit for Life. Fit for Life is a 12 week exercise and nutrition program that will be held on Monday and Wednesday mornings for residents of Wythe and Bland County who have a BMI over 30. Fit for Life features two weekly workouts and one weekly nutrition lecture. A free three-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. Fit for Life graduates are allowed to re-enlist into the program after two years if space allows. 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: Wednesday, January 11, 10:00 a.m. Application Meeting II: Saturday, January 14, 10:00 a.m. 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 six week fitness and nutrition challenge starting January 30, on Mondays and Wednesdays. Our goal is to expand our ideas of different ways to challenge our youth to become more physically active and provide health and nutrition education. We plan to present many exciting activities such as rock climbing, weight lifting, relay races, hiking outdoors, sports, kayaking and a variety of other recreational activities. A free two-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. Previous Youth Fitness Challenge participants are allowed to re-enlist into the program, if space allows. 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: Wednesday, January 11, 6:00 p.m. Application Meeting II: Saturday, January 14, 11:00 a.m. Location: Multipurpose Room 2 & 3

Fee: Free  
Eligibility: 2nd – 5th grade  
Min 10 – Max 20

## ULTIMATE FITNESS ADVENTURES

Do you have what it takes to be pushed to the limit? The Ultimate Fitness Adventures Program is a brand new program designed to inspire 6th-8th grade students to challenge each participant mentally and physically through our exciting gauntlet of fitness related adventures. The six week after school program will provide fitness, nutrition and health education starting on March 13, on Monday and Wednesdays. We plan to present many team building exercises, weight lifting, paddle boarding, rock climbing, kayaking, hiking outdoors, high ropes course, disc golf and a variety of other recreational activities. A free two-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 Ultimate Fitness Adventures Program, 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: Wednesday, March 1, 6:00 p.m. Location: Multipurpose Room 2 & 3 Fee: Free Eligibility: 6th-8th grade Min 10 – Max 20

## SUMMER FIT FOR LIFE & SENIOR WELLNESS PROGRAMS

Call (276) 223-3538 regarding additional information and to be added to the registration reminder list for upcoming Summer Fit for Life and Senior Wellness Programs





**WYTHEVILLE**

**Spring**

**BASKETBALL**

**CLASSIC**

Think you have what it takes to be a champion? You will not want to miss the first annual Wytheville Spring Basketball Classic! This tournament will be 5 on 5 and double elimination so you are guaranteed two games, and every participant will receive a t-shirt!

**SATURDAY, APRIL 15**

Time: Games start at 8:00 a.m.

Eligibility: ages 18+

Location: Gymnasium

Fee: \$200 per team (limit 8 players per team)

Min 6 teams- Max 12 teams

# 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](http://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 “un-plugged” 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](http://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.



## 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

## NIGHT HIKE

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 two miles.

Session I: Saturday, March 18  
Session II: Saturday, April 15

Time: 8:00 p.m.

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 two 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 p.m.

Tuesday, April 4

Time: 1:00 – 3:30 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 50+

Min 5 - Max 24

Register by March 21

### FAMILY UNPLUGGED

Take advantage of this opportunity to get your family unplugged and get outside with this family hike! With the leaves returning to the trees and the warm air returning, let's spend some time outside! The hike will be approximately 1.5 miles.

Saturday, April 8

Time: 1:00 - 3:00 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: all ages

Min 3 – Max 24

Register by March 25

### EARTH DAY CHALLENGE

Come out and join us at Crystal Springs Recreation Area to help clean up and create environmentally friendly crafts!

This day will not only be to preserve our area, but the earth as well. Every person and act of kindness helps to make sure our planet is staying clean.

Saturday, April 22

Time: 10:00 a.m.-12:00 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: all ages

Min 10 - Max 100

Register by April 8

### OUT OF THE OFFICE HIKE

Are you looking for a break from the day to day routine? Well, look no further. The Town of Wytheville is giving you the opportunity to get out in nature and relieve some stress on a non-strenuous hike in our beautiful Crystal Springs Recreational Area.

This hike will allow you to take a break from the overwhelming tasks of everyday life to fellowship with other adults in the area.

Wednesday, April 5

Time: 5:30 - 7:30 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5 - Max 20

Register by March 22

### 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 will not want to miss this spring! Please bring a water bottle along for the day.

Session I: Tuesday, March 21

Session II: Tuesday, April 18

Time: 9:30 – 11:00 a.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5

Register two weeks prior to session.

# WALKING TRACK



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

**Saturday: 7:00 am – 8:00 pm**

**Sunday: 1:00 – 6:00 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+

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

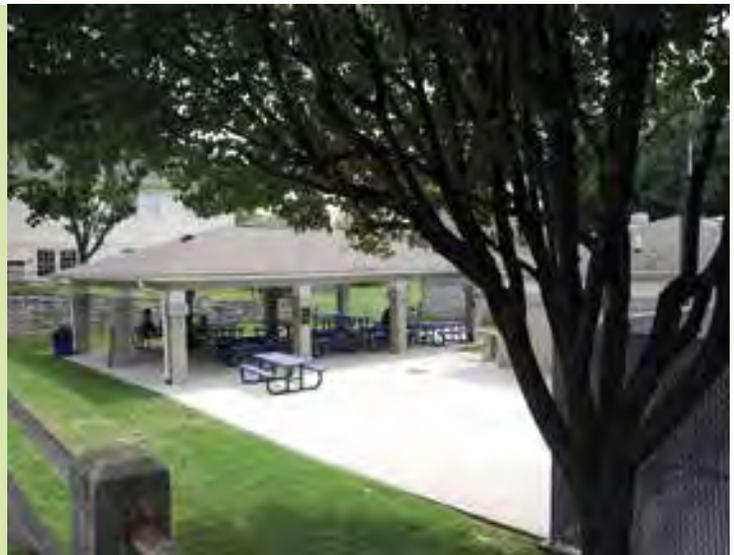
The Elizabeth Brown Memorial Park is located at 250 South Fourth Street. The variety of open space and trees provide a beautiful setting for any event. Amenities include a shelter, a stage, gazebos, restroom facilities, electricity, water and easy accessibility for special needs.

## 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.

# Easter EGGSTRAVAGANZA

Saturday, April 8

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, April 15 at the same time and location.



**TH**  
*to our 20*

## *Premier Sponsors*



**State Farm**  
Tommy Hundley  
(877) 228-3149  
[www.tommyhundley.com](http://www.tommyhundley.com)



**huffonline.com**  
CHEVROLET BUICK GMC Ford SUBARU



Keeping you connected!



WYTHEVILLE **ENTERPRISE**

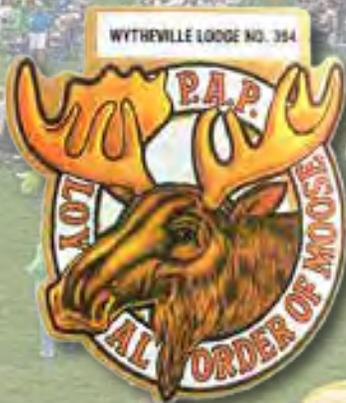
# THANK YOU

## 16 Concert Sponsors!

### Platinum Sponsors



### Gold Sponsors





333 Community Blvd. | Wytheville, VA 24382  
276.223.3378 | [rec.wytheville.org](http://rec.wytheville.org)

