

Town of Wytheville



DEPARTMENT OF PARKS & RECREATION

Wytheville Community Center

Summer 2014: May, June, July, August



Withers Park
AFTER HOURS
Summer Concert Series 2014

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

Pass Plans • Rentals • Programs



DEPARTMENT OF PARKS & RECREATION

Wytheville Community Center

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Ex-Officio Members

Jacqueline King, Vice Mayor

Steve Moore, Assistant Town Manager

Rick Showalter, Director P&R

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Program Registration Fees

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

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

Town residents will pay program fee only.

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



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

www.facebook.com/wythevilleparksrec

recreation merchandise

FITNESS MERCHANDISE

Hand Tally Counter	\$10.00
Water Gloves	\$12.00
Ringside Aerobic Boxing Gloves ...	\$26.00
Contender Wrist Wraps	\$ 6.00
Weight Belts	\$12.50
Nutrition Book	\$30.00
Yoga T-Shirts (short and long sleeve)	\$14.00
Bench-It T-Shirts	\$12.00
Drink Bottles	\$ 4.00
Cushion Gel Insoles	\$ 8.50
Fitness Drinks	vary

AQUATIC MERCHANDISE

Speedo Vanquisher Goggles	\$15.00
Bungee Goggle Strap	\$ 4.00
Aqua Sphere Goggles	\$20.00
Ear Plugs	\$ 5.00
Nose Plugs	\$ 4.00
Swim Diapers	\$ 2.00

Swim Caps (Silicone).....	\$ 8.00
Swim Caps(Silicone Stretch fit caps)...	\$10.00
Swim Suits	Male \$30, Female \$46.50

Other Merchandise

FM Radio	\$15.00
Batteries (AAA pack of 4)	\$ 2.50
Key Lock	\$ 7.00
Combination Lock	\$ 5.00
Gift Certificates	See Front Desk

RACQUETBALL

Ektelon Fireball Racquetballs (can of 2) ...	\$ 4.00
Ektelon Classic Racquetballs (can of 3) ...	\$ 4.00
Ektelon Vendetta Goggles (adult & junior) ...	\$11.00
Ektelon Mirage II Goggles	\$ 8.00
Eforce Uproar Racquet	\$40.00
Ektelon Control Glove (right hand)	\$ 7.00
Ektelon MaxTack Pro Glove (right hand)	\$15.00
Ektelon 03 Pro Glove (left hand)	\$17.00

Merchandise and pricing are subject to change.



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

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

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

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

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

**convenient hours
of operation**

CENTER

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

POOL HOURS

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

Water Park

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

Summer Hours for Pool

June 6-August 12

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

Water Park Summer Hours

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

**CLIMBING WALL AND
YOUTH/TEEN CENTER**

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

HOLIDAYS

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



PASS PLANS & DAILY ADMISSION FEES

flexible pass plans



GOLD LEVEL

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

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

SILVER LEVEL

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

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



BRONZE LEVEL

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

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

TRY IT PASS

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

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

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

GROUP RATE

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

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

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

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

Senior Age: 65+

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

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

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

MULTIPURPOSE ROOMS	RESIDENT/ PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
1 Room	\$10.00 / hr	\$13.00 / hr	\$16.00 / hr
2 Rooms	\$15.00 / hr	\$18.00 / hr	\$21.00 / hr
3 Rooms	\$20.00 / hr	\$23.00 / hr	\$25.00 / hr
1 Room w/Kitchen	\$20.00 / hr	\$23.00 / hr	\$26.00 / hr
2 Rooms w/Kitchen	\$25.00 / hr	\$28.00 / hr	\$31.00 / hr
3 Rooms w/Kitchen	\$30.00 / hr	\$33.00 / hr	\$35.00 / hr
YOUTH/TEEN CENTER	\$35.00 / hr	\$40.00 / hr	
CLIMBING WALL			
Groups up to 10	\$35.00 / hr	\$40.00 / hr	
Groups 11 - 20	\$45.00 / hr	\$50.00 / hr	
GYMNASIUM			
1 Court	\$20.00 / hr	\$25.00 / hr	\$30.00 / hr
2 Courts	\$40.00 / hr	\$50.00 / hr	\$60.00 / hr
<i>Limited Availability</i>			
INDOOR POOL			
Groups up to 50	\$130.00 / 2 hrs	\$140.00 / 2 hrs	
51-75	\$170.00 / 2 hrs	\$180.00 / 2 hrs	
76-100	\$210.00 / 2 hrs	\$220.00 / 2 hrs	

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

Pool Rental Hours: Saturday 5:30 pm - 7:30 pm

Party Package

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

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

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





Youth Athletics

FALL SPORTS

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

FOOTBALL



Flag Football League

This league is open to 1st and 2nd grade. Season will be played on week nights and possibly on Saturdays. Games will be played at Scott Memorial School field or additional Recreation Facilities.

Fee: \$20 TR; \$25 NRPP; \$30 NR
Register by July 18
Late Fee: additional \$5



Sandlot Football

3rd & 4th and 5th & 6th grade
Team selections will be announced at a later date. Practices will begin in early August and the league will open in late August.

Clinic date will be announced during sign up. The clinic will be free. Travel will be involved.
Fee: \$35 TR; \$40 NRPP; \$45 NR
Register by June 27
Late Fee: additional \$5
(Birth Certificate is required upon registration, unless your child played last year.)

NFL Gatorade Punt, Pass and Kick

Wednesday, September 10
The winners of the Local Competition will advance to the Regional Competitions. Winners at the Regional level could advance to the National Competition where they could compete at The Super Bowl for the National Title.
Eligibility: Ages 8-14: Boys and Girls
Fee: Free
Scott Middle School
Registration: 6:00 - 6:30 pm
Contest begins 6:30 pm



Youth Athletics



FOOTBALL



CHEERLEADING

Sandlot Cheerleading

3rd & 4th and 5th & 6th grade
Team selections will be announced at a later date.
Fee: \$35 TR; \$40 NRPP; \$45 NR
Register by June 27
Late Fee: additional \$5
(Birth Certificate is required upon registration, unless your child cheered last year.)



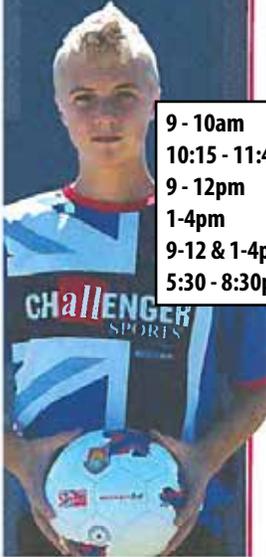


Youth Athletics

OVER \$100 OF FREE GIFTS!

Free Jersey with early online registration!

See inside for details.



BRITISH SOCCER CAMPS 2014

more campers, more coaches, more great new games & practices
...and more FREE STUFF!

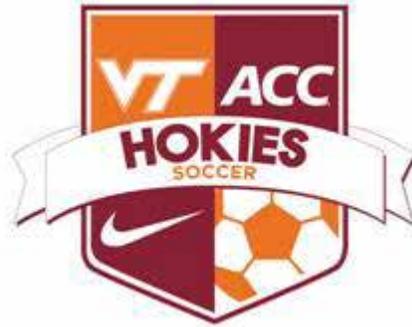


July 14-18th at Scott Middle School
950 South 7th Street, Wytheville
Camp includes FREE ball & t-shirt

9 - 10am	First Kicks:	ages 3-4yrs	\$88/player
10:15 - 11:45am	Mini Soccer:	ages 5-6yrs	\$103/player
9 - 12pm	Half Day:	ages 6-16yrs	\$139/player
1-4pm	Half Day:	ages 6-16yrs	\$139/player
9-12 & 1-4pm	Full Day:	ages 6-16yrs	\$199/player
5:30 - 8:30pm	Team Camps:	ages 8-18yrs	\$139/player

"FREE online jersey offer deadline 5/30"
SPACES LIMITED - Sign up at challengersports.com recommended!

Mail applications & checks payable to
Challenger Sports to: Gary Hodgson
1501 S. Edgewood St, Baltimore, MD 21227
Tel: 410-644-1515
ghodgson@challengersports.com



VT Soccer Camp

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

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

All Participants will receive a Nike Camp T-Shirt and a Nike Camp Soccer ball (size 4&5)

July 30, 31, Aug 1

Time: 9:00 am - 12:00 pm

Location: Wytheville Community College Fields

Eligibility: Ages 5-13, will be split up in age groups for camp

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

Register by June 21

Late Fee: additional \$5 if space permits

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.

Adult and Senior Leisure Activities



Date: Friday, June 27

Time: 5:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: Ages 50+

Min 4 - Max 15

Register by June 24

Senior Shuffleboard Tournament

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

Date: Wednesday, July 16

Time: 9:00 am

Fee: OL

Location: Youth/Teen Center

Eligibility: Ages 50+

No registration necessary

Monthly Pot Luck Luncheons

We will hold our popular monthly lunch socials on the following dates throughout the Summer. 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.

May 13 - Guest Speaker

June 10 - Cookout at EBP

July 8 - Guest Speaker

August 12

Time: 11:30 am-1:00 pm

Fee: Free

Location: Multipurpose Room

Eligibility: Ages 50+

Introduction to Computers

Are you getting fed up with technology and everything being done on a computer nowadays? Well here is your opportunity to learn the basics about computers. This class will give you an opportunity to learn the basics with others that are on your same skill level. Don't be ashamed of what you don't know or don't feel out of place. We are here to help you learn. Come join us for this informational session on the very basics of navigating a computer. Please bring your own laptop or tablet to participate. If you do not have your own personal computer, you may still come watch and learn.



Facebook for Seniors

Do you ever wonder why your grandkids spend so much time on facebook? Well here is your chance to learn how to use this technology and stay in touch with loved ones. Seems these days that technology and social media are taking over

in the way we communicate. We are offering a class that will teach senior citizens how to stay in touch and keep up with friends and family near and far. This program is for seniors who want to learn how to use social media to communicate with friends and family. Please bring your own laptop or tablet to participate. If you do not have your own personal computer, you may still come watch and learn.

Date: Wednesday, July 23

Time: 5:30 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: Ages 50+

Min 4 - Max 15

Register by July 3





Adult and Senior Leisure Activities



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

After Hours Summer Concert Series 2014

For the June 13 concert we have The Band of Oz: July 4, Black Mountain Shine band will be rocking the stage! Last but definitely not least on August 1, for the first time ever The Carolina Breakers! Don't miss out on the 2014 Summer Concert Series!!

Show starts at 6:30 pm. Advanced tickets are \$5, at the gate \$7. Children 5 and under are free. After Hours Summer Concert Series 2014, it simply doesn't get any better than this! You may purchase advanced tickets at: The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Counts Drug and Fourth Street Market, formally known as Dillon's IGA

Friday, June 13 @ Withers Park
The Band of Oz

Friday, July 4 @ Elizabeth Brown Park (see "Town Of Wytheville and Downtown Wytheville, Inc. July 4th Event" article for more details) No admission fee.

Black Mountain Shine

Friday, August 1 @ Withers Park
The Carolina Breakers

Town Of Wytheville and Downtown Wytheville Inc July 4th Event

Back for 2014 is our July 4th After Hours Summer Concert with fireworks!!

We are excited to have this event back this year. This event will be in conjunction with the Downtown Wytheville, Inc. group. We are teaming up to offer a full day of activities. The Downtown Wytheville group will be responsible for the event held on Main Street which will start at 12:00 pm. This event will have 2 bands. Virginia Breeze will be playing at 12:00 pm, followed by the Atomic Roots at 2:30 pm. They will also be having a Cruise-In from 12:00-5:30 pm. Food Vendors and alcoholic beverages will be available. At 5:30 pm the gates will open at Elizabeth Brown Park for the After Hours Summer Concert Series. Black Mountain Shine will be hitting the Stage at 6:30 pm. Enjoy this free concert. Food Vendors and Alcoholic beverages will be available. We are looking forward to a huge event. Don't miss out on the first ever Town Of Wytheville and Downtown Wytheville, Inc. Fourth of July Event.



Intermediate Ballroom and Latin Dance

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

May 15- June 5

Time: 7:15 - 8:15 pm

Day: Thursday

Instructor: Nellie Hicks

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

Location: Multipurpose Room 2 & 3

Eligibility: All Ages

Min 8 - Max 16

Register by May 5

Late Fee: additional \$5

Learn to Line Dance

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

Session I: May 1 - May 22

Register by April 28

Session II: June 5 - June 26

Register by May 29

Session III: July 10 - July 31

Register by July 3

Instructor: Christy Brecht

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

Day: Thursday

Time: 10:00 am - 12:00 pm

Location: Aerobic Room

Eligibility: All Ages

Min 10 - Max 30

Late Fee: additional \$5

Shaggin'

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

May 15 - June 5

Day: Thursday

Time: 6:00 - 7:00 pm

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

Location: Multipurpose Room 2 & 3

Min 10 - Max 25

Register by May 5

Late Fee: additional \$5

rec.wytheville.org

Game Time

Here is your chance to get out and socialize with fellow game players. Anyone who wants to play board games, bridge, rummy, etc. is welcome to attend. Even if you have no experience with certain games you are welcome to come and play!

May 5 - August 28

Day: Monday and Thursday

Location: Senior Lounge

Fee: OL

Time: 10:00 am - 3:30 pm

No Registration Necessary

8 Ball Pool Tournaments

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

Session I: Thursday, June 12

Session II: Thursday, July 24

Time: 10:00 am

Fee: OL

Location: Teen Center

Eligibility: Ages 50+

Register 1 week prior to session

Adult Ping Pong Tournament

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

Session I: Wednesday, July 16

Session II: Wednesday, August 20

Time: 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: Ages 50+

Min 4 - Max 12

Register 1 week prior to session

College Student/Adult Time

Are you tired of studying all the time? We all need a little break sometimes. We invite adults and college students to come on over and enjoy all the Teen Center has to offer. We have computer and internet access for all your homework needs as well as wireless internet access to accommodate your personal laptops. Come check out our new gaming center

276-223-3378

which includes Wii, Xbox 360, PS2 and the newly added PS3.

May - August

Day: Monday - Friday

Time: 10:00 am - 2:30 pm

Fee: OL

Location: Teen Center

Eligibility: Ages 18+

Draper Mercantile

The Draper Mercantile has been a favorite local hangout for over 125 years. Shop for unique artwork, traditional Appalachian crafts or catch some live music onstage. Visitors can meet local artists and musicians throughout the year at concerts, artisan demonstrations, and special events. As the heart of the Draper Mercantile, the Blue Door Café provides an upscale cafe experience in a relaxed and neighborly setting. Our food is made from scratch and we use local and organically grown ingredients whenever possible. See our menu for delicious sandwiches, salads and soups as well as farm-fresh breakfasts and our signature house-made desserts.

Date: Saturday, June 28

Time: Depart @ 10:00 am from

Wytheville Community Center

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

will be on your own

Eligibility: Ages 50+

Min 11 - Max 24

Register by June 14

Late Fee: Additional \$5

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

Date: Wednesday, August 20

Time: 3:00 pm

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

will be on your own

Eligibility: Ages 50+

Min 12 - Max 24

Register by August 13



CLIMBING PROGRAMS

Climbing Wall

Our indoor climbing wall offers a little bit of something for everyone, whether you are the expert climber or just starting out, we have routes set that will accommodate your needs.

Come out and test your boundaries and overcome your fears.

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

Youth Climbing Club

We will introduce you to the climbing wall area, other climbers your age and the fundamentals of rock climbing. Topics covered include; basic climbing terminology, gym etiquette, importance of foot placement, bouldering safety and how to tie the essential climbing knots.

Session I: Tuesday, May 20

Session II: Tuesday, June 17

Session III: Tuesday, July 22

Time: 5:00 - 6:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: ages 10 - 18

No registration required

Speed Climbing Competition

Announcing Speed Climbing Competition at the Wytheville Rock Wall!!!! Participants will be able to attempt the designated speed climbing routes and/or walls on Fridays June 21-July 19 during normal open time. Each climber's individual times will be recorded when they successfully complete a route. The climbers with the lowest climbing time in each age group on July 19 will be the winner. Categories are; Men's, Women's, Girls (ages 14 & under), Boys (ages 14 & under) and Tots (boys and girls under age 6). Prizes will be awarded for first place in each category.

Date: Saturday, July 19

Time: 3:00 - 5:00 pm

Fee: OL

Location: Climbing Wall

Eligibility: All Ages

No registration required

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



Find us on
Facebook

CLIMBING PROGRAMS



Climbing 101

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

Session I: Thursday, May 29

Session II: Thursday, July 31

Time: 5:00 - 6:00 pm

Fee: OL

Eligibility: ages 6 +

Location: Climbing Wall

Max 8

Register 2 weeks prior to session.

Belay Certification Course

See a staff member to schedule a belay certification class.

Climb Fit

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

Peg Board Challenge

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





OUTDOOR PROGRAMS

OUTDOORS

Night Hike at Crystal Springs

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

Session I: Saturday, June 7

Session II: Saturday, July 12 (Full Moon)

Session III: Saturday, August 9

Time: 8:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: All ages

Min 5 Max 25

Register at least two weeks prior to session

Mountain Biking 101

Learn the basics of mountain biking and maintaining your mountain bike. Trail safety and trail riding skills will be covered in this class. Bikes are not provided.

Saturday, August 16

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register by August 9

Wet Socks and Creek Rocks

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

Session I: Saturday, May 24

Session II: Wednesday, June 18

Session III: Wednesday, August 6

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register at least two weeks prior to session



**DISCOVER
OUTDOORS
THIS
SUMMER!**



Leave No Trace Workshops

The Leave No Trace Ethics are designed to help everyone learn how to enjoy the outdoors responsibly so that others can enjoy the same areas in the future. Each session will include a 1.5 mile loop trail so dress appropriately and wear comfortable shoes. Join us for one or all of our workshops!

Session I: Saturday, May 17 - Camping and Hiking

Session II: Wednesday, July 9 - Minimize Campfire Impacts

Session III: Saturday, August 30 - Respect Wildlife

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register at least two weeks prior to session

Cardboard Boat Race

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

Session I: Saturday, June 21

Session II: Saturday, July 12

Time: 2:00 pm

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: Ages 12+

Min 4 - Max 15

Register at least two weeks prior to session

Looking for a Guided Hike?

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

Information

Fees: None

Hours: Dawn - Dusk

Camping & Backpacking:

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

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

www.kidsinparks.com

For more information call:

276-223-3378

Town of Wytheville's

Crystal Springs Recreation Area

723 Pump Hollow Rd, Wytheville, VA 24382

(Roads to trail head are state

maintained and passable by small cars)

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





Youth/Teen PROGRAMS

Teen Center

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

Open Kayak Playtime

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

Session I: Wednesday, June 25
Session II: Wednesday, July 23
Session III: Wednesday, August 13

Time: 6:00 - 7:00 pm

Fee: OL

Location: Indoor Pool

Eligibility: ages 6+

Max 6

Register 2 weeks prior to session.

Summer Physical Education Program

Wytheville Community Center is proud to offer a comprehensive physical education curriculum for students. This physical education class is designed to help children discover new ways to enjoy physical fitness as well as build confidence.

Dates: Wednesday - May 21, June 18, July 23 and August 13

Time: 10:00 - 12:00 pm

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

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

Recreation Area

Eligibility: ages 4-18

Min 5 - No Max

Register by May 14

Late fee: additional \$5

Kids Night Out

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

Session I: Friday, May 16

Session II: Friday, June 20

Session III: Friday, July 18

Session IV: Friday, August 22

Time: 6:00 - 9:00 pm

Fee: \$1 TR; \$6 NRPP; \$11 NR

Location: Teen Center, Climbing Wall, Gymnasium

Eligibility: Ages 6-12

Min 5 - Max 40

Register 2 weeks prior to session

Late Fee: additional \$5

9-Ball Pool Tournaments

Think you have what it takes to be a pool champion? Join us for a fun 9 ball tournament, prizes will be awarded for 1st, 2nd and 3rd place winners!

Session I: Wednesday, June 4

Session II: Tuesday, August 5

Time: 5:00 - 7:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 10-15

Min 2

Register 2 weeks prior to session.



FEE ABBREVIATIONS

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



Ping Pong Tournament

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

Session I: Thursday, May 22

Session II: Tuesday, July 22

Time: 5:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 10-15

Min 2

Register 2 weeks prior to session.

Disc Golf 101

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

Session I: Tuesday, May 6 -- Gym

Session II: Thursday, June 26 -- College Fields

Session III: Tuesday, July 29 -- Crystal Springs

Session IV: Thursday, August 7 -- Crystal Springs

Time: 5:00 pm

Fee: OL

Location: (varies each session)

Eligibility: ages 10-15

Min 4 Max 12

Register 2 weeks prior to session.

Youth/Teen PROGRAMS



Craft Night Sculpey Clay

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

Session I: Thursday, May 15

Session II: Tuesday, June 3

Session III: Friday, July 11

Session IV: Thursday, August 14

Time: 5:00 pm

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

Location: Teen Center

Eligibility: ages 5 - 10

Min 5 - Max 15

Register 2 weeks prior to session.

Craft Night Paper Folding

Turn ordinary paper into creative wonders with these simple crafts made from paper. Join us as we learn how to make things out of paper like a paper hat, a bowl, a box and a star just to name a few!

Session I: Thursday, May 8

Session II: Thursday, June 5

Session III: Thursday, July 17

Session IV: Thursday, August 28

Time: 5:00 pm

Fee: OL

Location: Teen Center

Eligibility: ages 8 - 12

Min 5 - Max 15

Register 2 weeks prior to session.

Paracord Workshop

Join us as we teach you how to create Paracord Bracelets. Don't go out and buy what we can teach you how to create. This class will focus on the basic paracord techniques. We will teach you how to make a keychain or bracelet.

Session I: Thursday, June 12

Session II: Thursday, July 17

Time: 5:00 pm

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

Location: Teen Center

Eligibility: ages 8 - 12

Min 5 - Max 15

Register 2 weeks prior to session.

Shuffleboard for Kids

We recently added a new gaming table in the Teen Center, Shuffleboard! We would like to invite everyone to come back and learn to play Shuffleboard. Refreshments will be provided.

Date: Wednesdays in June and July

Time: 5:00 - 6:00 pm

Fee: OL

Location: Teen Center

Eligibility: age 12-18

No registration required

Back to School Splash Bash 2014

You thought Splash Bash 2013 was fun; you haven't seen anything yet so make sure you mark your calendar! Swimming, games, pizza and snacks - open to Middle School Students only.

Date: Saturday, August 16

Time: 12:00 - 3:00 pm

Fee: \$3

Location: McWane Pool

Eligibility: Middle School Students





AQUATIC PROGRAMS



American Red Cross Lifeguarding Course

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

Days: Saturday & Sunday, May 10, 11 & Saturday & Sunday, May 17, 18

Time: 9:00 am - 5:00 pm

Fee: \$200 TR

\$205 NRPP

\$210 NR

Location: Wytheville Community Center

Eligibility: 15+ years of age

Register by May 3

Min 5 -Max 10

Late Fee: additional \$5

100 % participation required

Aqua Fitness

Please see Fitness section for more details

McWane Pool

Saturday, June 7 - Monday, August 11

Open: Monday, Thursday, Friday, Saturday and Sunday

Time: 1:00-5:00 pm

Closed: Tuesday and Wednesday

Fees and Rates

Daily Admission \$3.00 ages 4 and up

Ages 3 and under - Free

10 Punch Pass -- \$25

Season Pass -- \$80 (non-transferable)

Family Pass - \$275

Family defined as head of household, spouse and their legal dependants under the age of 25. Legal dependants under age 25 must be full time college students.

Night Swim at McWane

McWane Pool will be open late just for you. Enjoy the extended hours for the opportunity to enjoy the pool with the lights on. No advanced registration or extra fees: regular day admissions, punch passes, or your season pass will get you in the same as any other day.

Days: Thursdays, June 5, July 10, and August 7

Time: Open until 9:00 pm

Fee: Regular Day Admission Rates

Location: McWane Pool

Eligibility: all ages

AQUATIC PROGRAMS



The Wytheville Community Center Aquatic Staff would like to welcome you to the Natatorium. The Natatorium includes a 25 yard Junior Olympic pool, Water Play Park with five water features, therapy pool, and whirlpool. The Community Center Natatorium offers a variety of aquatic programs: swim lessons for all ages, age group swim team practices and meets, shallow and deep water aerobics. In order to keep your visit to the Wytheville Community Center Natatorium safe and enjoyable we ask you follow these rules:

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

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

Pool Hours

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

Water Park Hours

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

Summer Hours for Pool

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

Summer Hours for Water Park

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



AQUATIC PROGRAMS

Town of Wytheville
Parks & Recreation Department

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

Learn to Swim!

Swim Lesson Schedule

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

Session 1 - Evenings - May 13, 15, 20, 22, 27, 29 - Register by May 2

Session 2 - Evenings - June 3, 5, 10, 12, 17, 19 - Register by May 23

Session 3 - Evenings - July 8, 10, 15, 17, 22, 24 - Register by June 27

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

Session 4 - Mornings - June 2, 4, 9, 11, 16, 18 - Register by May 23

Session 5 - Mornings - July 7, 9, 14, 16, 21, 23 - Register by June 27

9:00 - 9:30 am	9:30 - 10:00 am	10:00 - 10:30 am	10:30 - 11:00 am	11:00 - 11:30 am
Parent and Child Aquatics (Water Babies)	Preschool Level 1 (Water Bugs)	Level 3	Level 4	Adult Swim Lessons
Level 1	Level 2		Level 5	

Make-up days

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

Waiting List

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

Cancellations

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

AQUATIC PROGRAMS



LESSON DESCRIPTIONS PARENT AND CHILD LEVELS WATER BABIES

(12-24 months)

(Parent's Participation Required)

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

PRE-SCHOOL LEVELS WATER BUGS

(24 - 48 months)

(Parent's Participation may be required depending on child's ability)

The goals of Water Bugs are to provide experiences and activities for parents and children to learn how to enter and exit the water safely, feel comfortable in the water, submerge in a rhythmic pattern, 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 water and to enjoy the water safely. Basic skills are learned which will set the basis for skills learned in later levels. Skills taught include: water safety rules, entering water correctly, bobbing 3 times, floating (front and back), front and back glides, rolling over, arm and leg motions, and combined strokes with support.

LEVEL 2

Prerequisite: Level 1 or must be able to demonstrate requirements for level 1. The objective is to give participants success with fundamental skills. Participants learn to float without support and recover to a vertical position. This level marks the

beginning for true locomotion skills. Participants explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Skills taught includes: front and back floating unsupported, front and back glides, combined stroke on front and back, and roll from front to back.

LEVEL 3

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

LEVEL 4

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

LEVEL 5

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

ADULT SWIM LESSON

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

PRIVATE SWIM LESSONS

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

Rates: Per half hour

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

Per hour

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

Requires 2 week advance registration



Wytheville Waves Swim Team

Wytheville Waves Swim Team is part of Blue Ridge Swim League. The Blue Ridge Swim League is a recreational summer swim league made up of 7 teams. Meets will begin in June and will go thru last weekend of July. Meets will be held at McWane Pool (Outdoor) and practices will be at the Wytheville Community Center Pool (Indoor).

Schedule:

May 19 to the end of July/early August
Monday, Wednesday - Wytheville Community Center
Ages 12 and up - 8:00-9:00 am
Ages 9 to 11 - 9:00-10:00 am
Ages 8 and under - 10:00-10:45 am
Tuesday, Thursday - Wytheville Community Center
Ages 8 and under - 4:15-5:00 pm
Ages 9 to 11 - 5:00-6:00 pm
Ages 12 and up - 6:00-7:00 pm

*Times/age groups/location are subject to change depending number registered per age group

Ages: 4-18

Fee:

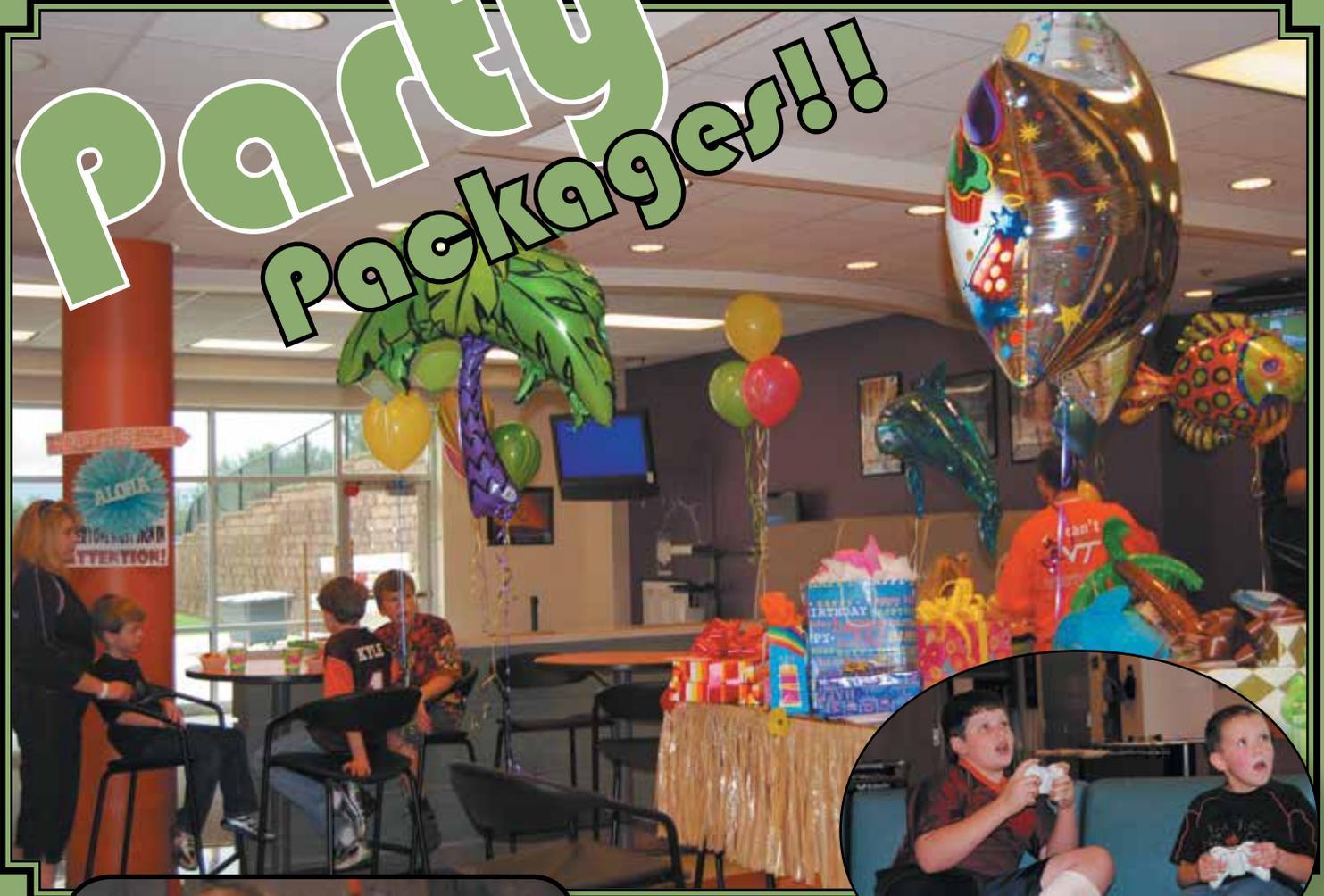
TR: \$50 for first child, \$35 for each additional child;
NRPP: \$55 for first child, \$40 for each additional child;
NR: \$60 for first child, \$45 for each additional child

Register by June 6

Late Fee: additional \$5

CONFERENCE SWIM MEET: July 25 & 26 at Galax Parks and Recreation.

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





FITNESS PROGRAMS



Free Body Fat Percentage & Body Mass Index Testing

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

Months: May, June, July, August
Fee: OL

Location: Fitness Center
Eligibility: All Ages

CARDIO/WEIGHT ROOM

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

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.

EQUIPMENT ORIENTATION

If you need help getting started or just need a refresher on how to properly use the cardio and strength equipment, trained fitness staff are on duty at all times to help you to meet your everyday fitness goals. It is recommended that all participants receive an equipment orientation. Children 12-17 years old are required to complete an equipment orientation

Advanced Youth Orientation

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

Session I: June 23 & 25

Session II: July 28 & 30

Session III: August 25 & 27

Day: Monday & Wednesday

Time: 3:45-5:00 pm

Fee: OL

Location: Fitness Center

Eligibility: Ages 12+

Min 2- Max 8

Register one week prior to session.



FITNESS PROGRAMS

WALKING TRACK

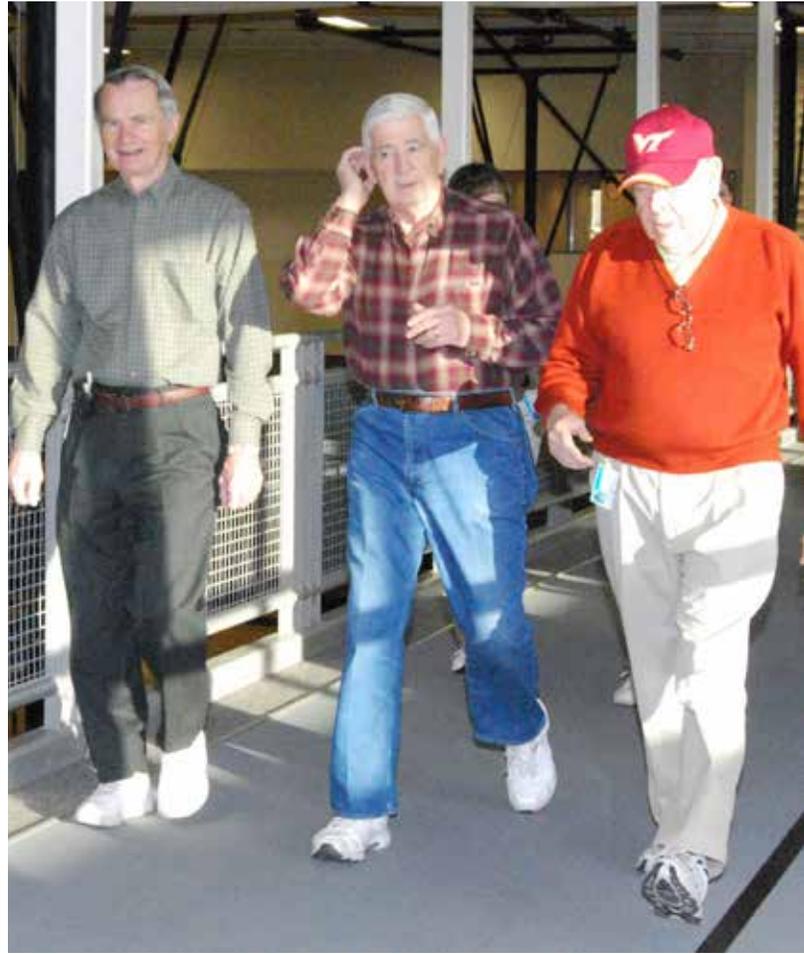
Monday-Friday 6:00 am - 9:00 pm

Saturday 7:00 am - 8:00 pm

Sunday 1:00 - 6:00 pm

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

Stroller times are limited to Monday-Friday 8:00 am - 3:00 pm, Saturday and Sunday 1:00-3:00 pm.



RACQUETBALL

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



FITNESS PROGRAMS



Gardening Appreciation

by Connie Martin. Come out at 1 pm on the first Mondays in May, June and July. We will be identifying various blooming flowers and shrubs. Learn how to divide perennials, transplanting procedures and where and when to plant. Bring your own lunch if you like and we'll enjoy sitting near the peaceful creek or on the porch. This will be a very informal opportunity to relax and ask any questions regarding plants. Directions will be available at the front desk.

Session I: Monday, May 5

Session II: Monday, June 2

Session III: Monday, July 7

Time: 1:00 - 2:00 pm

Fee: Free

Location: Connie and Tom Martin's Residence

Eligibility: All ages

Max 20

Register 1 week prior to session



"What can you do about Foot Pain?"

presented by Traci Roberts, LPTA, Heartland Rehabilitation
Learn about an innovative and research based treatment focusing on treating the cause of foot and leg pain rather than just the symptoms. Noninvasive and no drugs involved - a holistic approach that will keep you on your feet and moving!

Date: Tuesday, May 20

Time: 10:00-11:00 am

Fee: OL

Location: Multipurpose Room 3

Eligibility: All ages

Min 3 - Max 25

Register by May 13

Vitamins, Minerals, and Dietary Supplements

by Colleen Groves, Dietician, Bland Medical Clinic

This hour long class will help you to understand vitamins and minerals our body needs, how they work in the body, the consequences of too little, the consequences of too much, and will also inform you about common dietary supplements and if they are effective or not.

Date: Wednesday, June 25

Time: 11:00 am-12:30 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: All ages

Min 3 - Max 25

Register by June 16

INSANITY!

(NEW) by Certified Insanity Instructor, Heather Nelson.

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

BEGINNER CLASS

June 3-July 10

Day: Tuesday and Thursday

Time: 7:15-8:00 pm

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: Ages 12+

Min 8- Max 30

Register by May 27

Zumba at the Chautauqua Festival

by Certified Zumba Toning Instructor, Patti Mills
Please join us in the park for zumba! We will be doing fun and familiar songs that will make you want to dance! Monday, June 23; 12:00-1:00 pm and Thursday, June 26; 4:00-5:00 pm.

Zumba Toning (NEW)

by Certified Zumba Toning Instructor, Patti Mills
If you love Zumba you'll love Zumba Toning! This is a fun class that blends body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training experience. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the right target zones. We will learn steps each week so this class is progressive from week to week and helps to be there for the 5 weeks offered.

July 28-August 25

Day: Monday

Time: 9:50 am-10:20 am

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: Ages 12+

Min 6- Max 15

Register by July 21 (participants must register prior to this session starting)

Isometrics by Certified Group Instructor, Becky Irvin

A type of strength training using muscles in a static position instead of moving through a range of motion. This class is designed to work your core through challenging balance holds.

July 30-August 27

Day: Wednesday

Time: 9:50 am-10:20 am

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: Ages 12+

Min 6 - Max 15

Register by July 21 (participants must register prior to this session starting)

Beginner Step

by Certified Group Instructor, Becky Irvin
If you are new to step aerobics or just cannot seem to get the choreography, this class will break down the steps and go over the terminology used that are used in a regular step aerobics class with a slower pace so that you can become more familiar. We will learn steps each week so this class is progressive from week to week and helps to be there for the 4 weeks offered.

June 6-June 27

Day: Friday

Time: 10:00-10:45 am

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: Ages 12+

Min 6- Max 15

Register by May 30 (participants must register prior to this session starting)

Contemporary Dance

A mix of modern dance and contemporary and classical ballet. This class will consist of some barre work focusing on the techniques of ballet and also choreography learned in the class. Students should wear form fitting clothing and ballerina/dance-style shoes.

May 31 - June 28

Day: Saturday

Time: 11:30 am-1:00 pm

Fee: Gold Pass Plan or Aerobic Day Pass

Location: Aerobic Room

Eligibility: ages 12-18

Min 4 - Max 15

Register by May 19

Gluten-Free Diets and Controlling Celiac Disease

by Colleen Groves, Dietician, Bland Medical Clinic

This hour long class will help you to understand the myths and facts of gluten-free living. We explain how to follow your prescribed diet, how to have a gluten-free kitchen, and provide resources for a gluten-free lifestyle.

Session I:

Dates: Tuesday, May 6

Time: 10:00-11:00 am

Session II:

Dates: Tuesday, August 19

Time: 5:30-6:30 pm

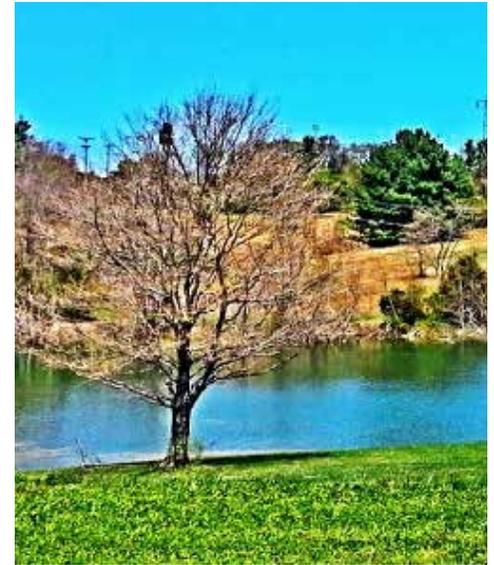
Fee: OL

Location: Multipurpose Room 1

Eligibility: all ages

Min 3- Max 25

Register 1 week prior to session



Relax by the Pond

Bring a mat, towel or blanket and enjoy progressive relaxation and guided imagery techniques by the pond. (weather permitting).

Session I: Monday, May 19

Time: 10:00 - 10:45 am

Session II: Monday, June 9

Time: 6:30-7:15 pm

Session III: Monday, July 14

Time: 10:00 - 10:45 am

Session IV: Monday, August 11

Time: 6:30-7:15 pm

Fee: Gold Pass Plan or Aerobic Day Pass

Location: WCC Pond

Eligibility: ages 12+

Min 4- Max 25

Register one week prior to session

Health Benefits of CHOCOLATE

by Colleen Groves, Dietician, Bland Medical Clinic

This hour long class will discuss the myths and facts about the health benefits of chocolate.

Date: Thursday, July 31

Time: 6:00-7:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: all ages



FITNESS PROGRAMS



GROUP EXERCISE CLASSES

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

Exercising in a group environment

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

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

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

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

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

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

Session I:
Day: Friday
Time: 11:00-11:45 am (NEW TIME)
Session II:
Day: Tuesdays
Time: 5:30 - 6:15 pm (NEW TIME)

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

Day: Thursday (No Tuesday class)
Time: 5:15-6:00 pm

Sunrise Yogalates - Start the day right with a fusion of yoga and pilates to help reduce stress, improve flexibility, concentration, circulation, breathing while toning muscles to increase balance and posture for an all over mind and body experience. You will leave feeling refreshed and ready to start your day! This class involves standing, seated, lying positions with some balance poses using bands or balls. Min 10 - Max 30

Day: Tuesday and Thursday
Time: 8:00-8:45 am

Step - An excellent fat burning class that includes combinations on the step followed by a challenging weight-training segment and/or toning for abs, backs and core. Modifications offered. Some step experience is helpful but not required. (Intermediate level) Min 10 - Max 30

Session I:
Day: Monday and Wednesday
Time: 6:15-7:00 pm
Session II:
Day: Friday
Time: 9:00-9:45 am

Xtreme X - Do you like an insane workout? Ready to work hard? Strenuous stamina training to include but not limited to muscle confusion, tabata and interval training (high intensity for minimal time and shorter recovery periods). Benefits are stronger, leaner muscle mass and fast effective weight loss using your own body resistance. The track or kickboxing bags may be incorporated into this class. NOT A BEGINNER CLASS.

Session I:
Day: Saturday
Time: 9:30-10:15 am (NEW TIME)
Fee: OL
Location: Aerobic Room
Eligibility: 12+
Min 5 - Max 30
Register by May 24

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

Session I:
Day: Thursday
Time: 6:15-7:00 pm
Session II:

Day: Tuesday/Thursday

Time: 12:00-12:45 pm

Session III:

Day: Saturday (NEW DAY)! (Beginning July 12)

Time: 10:30 - 11:15 am

Strength and Condition -

Boost metabolism by increasing lean body mass. This class is designed to strengthen major muscle groups using a variety of equipment and/or own body resistance. Great for all fitness levels. Modifications are offered throughout the class. Min 10 - Max 20

Session I:

Day: Monday and Wednesday

Time: 12:00-12:45 pm

Session II:

May 31 - June 28

Day: Saturday (NEW DAY)

Time: 10:30 - 11:15 am

TNT (Tone & Tighten)

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

Session I:

Day: Tuesday and Thursday

Time: 9:00-9:45 am

Session II:

Day: Monday and Wednesday

Time: 7:15-8:00 pm

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

Min 5- Max 25

Day: Monday and Wednesday

Time: 10:30-11:15 am



FITNESS PROGRAMS

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

Session I:

Day: Monday and Wednesday

Time: 5:15-6:00 pm

Session II:

Day: Friday

Time: 12:00-12:45 pm

Land Fitness Instructors: Patti Mills, Thelma Surber, Becky Irvin, Mike Honaker, Shawn Mulgrew, Casey Gillmor, Connie Martin, Nick Patel, Irene Daugherty, Katherine Asbury, Forrest Carter, (Kickboxing), and Heather Nelson, Volunteers - Lori Dusky, Andrea Cadle, Mark Smith and Dixie Whitt.

AQUA FITNESS CLASSES

(all aqua classes are in the natatorium)

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

Day: Tuesday and Thursday

Time: 6:30-7:15 am

Deep Water - Performed at water depths so body remains in vertical position and not touching the pool floor. Flotation devices may be used to maintain correct alignment.

No-impact workout. Ability to swim not required. Appropriate for those who are comfortable in deep water. Individuals may take this class in the 5 ft. area of the pool versus the 8 ft. Min 10 - Max 40

Session I:

Day: Tuesday and Thursday

Time: 10-10:45 am

Session II:

Day: Monday and Wednesday

Time: 6:30-7:15 pm

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

Session I:

Day: Monday and Wednesday

Time: 4:15-5:00 pm

Session II:

Day: Friday

Time: 10:30-11:15 am

Aqua Instructors: Patti Mills, Brandi McCall, Carrie Lynn Wolford, Volunteers - Cornelia Northrop, Andrea Midkiff, Stephanie Parks

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

PERSONAL TRAINING

- Certified Personal Trainers: Create individualized exercise routines that fit your everyday lifestyle.
- Learn Proper Form and Technique
- Injury Prevention
- Achieve Your Fitness & Weight Loss Goals

Personal Training Sessions/Packages (60 Minute Sessions)

1 Session-\$35

5 Sessions- \$165 (33/Session)

10 Sessions- \$300 (30/Session)



Call 223-3378 for more details and scheduling.



Fit for Life

Are you ready to start the summer off on the right foot? The Wytheville Community Center will offer its successful weight loss program "Fit for Life." Fit for Life is a FREE 10 week exercise, nutrition, and weight loss program for residents of Wythe/Bland County who have a BMI over 30. Fit for Life features two weekly exercise sessions and one weekly nutrition lecture presented by Colleen Grooves who is a Registered Dietician and Certified Diabetes Educator. Starting on June 30th, exercise will be held on Monday & Wednesdays from 5:30PM-6:30PM with Nutrition following on Mondays only. A free 3 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the program and enrollment is limited to 40 participants. In order to apply you must attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Thursday, June 5, 6:00 pm

Application Meeting II: Saturday, June 7, 11:00 am

Fee: Free

Eligibility: 18+ ages

Min 10 - Max 40

Town of Wytheville 
Parks & Recreation Department

Senior Wellness

Attention all senior citizens! The Wytheville Community Center will offer its first ever "Senior Wellness" Program. Senior Wellness is a FREE 10 week exercise, nutrition, and fall prevention program for residents of Wythe and Bland County. Senior wellness features two weekly exercise sessions and one weekly nutrition lecture presented by Colleen Grooves who is a Registered Dietician and Certified Diabetes Educator. Starting on June 30th, exercise will be held on Monday & Wednesdays from 10-11am and nutrition will be held on Wednesday's only from 9-10am. A free 3 month family gold pass plan will be provided if you don't currently have a gold pass plan. The first 40 participants to register will be selected for the program. In order to apply you must attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Thursday, June 5, 10:00 am

Application Meeting II: Saturday, June 7, 10:00 am

Fee: Free

Eligibility: 18+ ages

Min 10 - Max 40





Elizabeth Brown Memorial Park - The Elizabeth Brown Memorial Park is located at 250 South 4th Street. The variety of open space and trees provide a beautiful setting for any event. Amenities include two shelters and gazebos, restroom facilities, electricity, water and easy accessibility for special needs.



McWane Shelter

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

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

Withers Park

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





WAYS TO REGISTER

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

Registration forms available at rec.wytheville.org

PROGRAM REGISTRATION INFORMATION

FEE ABBREVIATIONS

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

HOW

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

PAYMENT

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

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

CONFIRMATION

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

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

IF PROGRAMS ARE FULL

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

REFUNDS

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

and special events, unless your place can be filled.

CANCELLATIONS

Cancellation # 223-3599.

ACCESSIBLE SERVICES

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

All program schedules are subject to change.

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

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

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

PASS PLAN INFORMATION

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

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

Withers Park
AFTER HOURS
 Summer Concert Series 2014

See Page 10 for Complete Details!



Friday, June 13
 @ Withers Park
The Band of Oz



Friday,
 July 4 @
 Elizabeth
 Brown Park



CAROLINA BREAKERS

Friday, August 1 @ Withers Park
The Carolina Breakers