Town of Wytheville
DEPARTMENT OF PARKS & RECREATION

Wytheville Community Center
Fall 2014: September, October, November, December

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

Pass Plans • Rentals • Programs
**What's Inside?**

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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.

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**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. |

<table>
<thead>
<tr>
<th>convenient hours of operation</th>
</tr>
</thead>
</table>
| **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 |
| **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 |

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.
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.

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

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Daily</th>
<th>6 Visit Pass*</th>
<th>12 Visit Pass*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$6.50</td>
<td>$36.00</td>
<td>$72.00</td>
</tr>
<tr>
<td>Family</td>
<td>$17.50</td>
<td>$90.00</td>
<td>$180.00</td>
</tr>
<tr>
<td>Senior/Teen/College</td>
<td>$4.50</td>
<td>$24.00</td>
<td>$48.00</td>
</tr>
<tr>
<td>Youth (4-12)</td>
<td>$3.50</td>
<td>$18.00</td>
<td>$36.00</td>
</tr>
</tbody>
</table>

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.

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

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

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.

<table>
<thead>
<tr>
<th>MULTIPURPOSE ROOMS</th>
<th>RESIDENT/PASS PLAN HOLDER</th>
<th>NON-RESIDENT</th>
<th>FOR PROFIT ORGANIZATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Room</td>
<td>$10.00 / hr</td>
<td>$13.00 / hr</td>
<td>$16.00 / hr</td>
</tr>
<tr>
<td>2 Rooms</td>
<td>$15.00 / hr</td>
<td>$18.00 / hr</td>
<td>$21.00 / hr</td>
</tr>
<tr>
<td>3 Rooms</td>
<td>$20.00 / hr</td>
<td>$23.00 / hr</td>
<td>$25.00 / hr</td>
</tr>
<tr>
<td>1 Room w/Kitchen</td>
<td>$20.00 / hr</td>
<td>$23.00 / hr</td>
<td>$26.00 / hr</td>
</tr>
<tr>
<td>2 Rooms w/Kitchen</td>
<td>$25.00 / hr</td>
<td>$28.00 / hr</td>
<td>$31.00 / hr</td>
</tr>
<tr>
<td>3 Rooms w/Kitchen</td>
<td>$30.00 / hr</td>
<td>$33.00 / hr</td>
<td>$35.00 / hr</td>
</tr>
</tbody>
</table>

| YOUTH/TEEN CENTER  | $35.00 / hr               | $40.00 / hr  |
| CLIMBING WALL      | $35.00 / hr               | $40.00 / hr  |
| Groups up to 10    | $45.00 / hr               | $50.00 / hr  |
| Groups 11 - 20     | $45.00 / hr               | $50.00 / hr  |

| GYMNASIUM          | $20.00 / hr               | $25.00 / hr  |
| 1 Court            | $40.00 / hr               | $50.00 / hr  |
| 2 Courts           | $40.00 / hr               | $50.00 / hr  |
| Limited Availability| $30.00 / hr               | $60.00 / hr  |

| INDOOR POOL        | $130.00 / 2 hrs           | $140.00 / 2 hrs|
| Groups up to 50    | $170.00 / 2 hrs           | $180.00 / 2 hrs|
| 51-75              | $210.00 / 2 hrs           | $220.00 / 2 hrs|
| 76-100             |                           |               |
| 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

Basketball Clinic (K-1st)
The clinic will be open to boys and girls that are in Kindergarten and 1st grade. Clinic will begin in October. Clinic will be twice a week for 3 weeks.
Fee: $20 TR; $25 NRPP; $30 NR
Register by September 24
Late Fee: additional $5
(late registrations accepted only if space permits)

Fall Basketball League
Girls - 2nd & 3rd grade
Girls - 4th & 5th grade*
Boys - 4th & 5th grade*
The season will open in late Oct / early Nov
Fee: $25 TR; $30 NRPP; $35 NR
Register by October 8
Late fee: additional $5
(late registrations accepted only if space permits)
*Travel to County schools may be required.

Winter Basketball League
Boys - 2nd & 3rd grade
Girls - 6th & 7th grade*
Boys - 6th & 7th grade*
This season will open in January
Fee: $25 TR; $30 NRPP; $35 NR
Register by December 17
Late Fee: additional $5
(late registrations accepted only if space permits)
*Travel to County schools may be required.
Women's 3 on 3 Basketball League

The 3 on 3 Basketball League is open to women 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 October.

Eligibility: Ages 18 and over as of September 30, 2014 and must be out of high school.

Fee: $180 per team

Additional fee: $5 per person on roster NRPP
$10 per person on roster NR;
Min 4 teams – Max 12 teams
Max 8 players per team roster
Register by September 19

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.
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. Open during all regular operational hours.

Monthly Pot Luck Luncheons
We will hold our popular monthly lunch socials on the following dates throughout the fall. 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. We will be doing a Thanksgiving style luncheon on November 8. On December 13 we will be doing a Christmas Luncheon. Participants are asked to bring a small gift for the Chinese auction that will follow lunch. Second Tuesday of each month.

September 9 (guest speaker)
October 14 (Halloween Theme)
November 11 (Thanksgiving)
December 9 (Christmas, bring a small gift)
Time: 11:30 am -- 1:00 pm
Fee: Free
Location: Multipurpose Room
Eligibility: Ages 50 +

Ballroom 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.

Session I: September 25 – October 16
Register by September 17
Session II: November 6 – December 4
Register by October 22
Day: Thursday
Time: Beginner 6:00-7:00 pm
Intermediate 7:15-8:15 pm
Fee: $25 TR; $30 NRPP; $35 NR
Location: Multipurpose Room 2 & 3
Eligibility: All Ages
Min 8 - Max 16
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: September 24 – October 15
Day: Wednesday
Time: 6:00 - 8:00 pm
Session II: September 25 – October 16
Day: Thursday
Time: 10:00 am - 12:00 pm
Session III: November 5 – December 3
Day: Wednesday
Time: 6:00 - 8:00 pm
Session IV: November 6 – December 4
Day: Thursday
Time: 10:00 am - 12:00 pm
Instructor: Christy Brecht
Fee: $15 TR; $20 NRPP; $25 NR
Location: Aerobic Room
Eligibility: All Ages
Min 10 - Max 30
Late Fee: additional $5
Register two weeks prior to session

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

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!
September 15 – December 29
Day: Monday and Thursday
Time: 10:00 am – 3:30 pm
Fee: OL
Location: Adult/Senior Lounge
Min 4 – Max 16
No Registration Necessary

Social Bridge
This group is for anyone. Come out and play bridge, improve your game and do not be afraid to ask questions.
September 15 – November 17
Day: Monday
Time: 1:00 – 4:00 pm
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Room 1
Min 10 - Max 50
Register by September 15
Late Fee: additional $5

Duplicate Bridge
September 11 – November 20
Day: Thursday
Time: 1:00 – 4:00 pm
Instructors: Bill & Betty Mutschler
Fee: $5 TR; $10 NRPP; $15 NR
Eligibility: Ages 50+
Location: Multipurpose Room 1
Min 10 - Max 50
Register by September 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.
September 15 – November 17
Day: Monday
Time: 1:00 – 4:00 pm
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Room 1
Min 10 - Max 50
Register by September 15
Late Fee: additional $5

Adult/Senior Time in the Teen Center
Adults, college students, and seniors are welcome to come enjoy all the Teen Center has to offer, including air hockey, billiards, ping-pong, foosball, arcade baseball, the Wii and much more!!!
September 1 – December 19
Monday – Friday
Time: 8:00 am – 2:30 pm
Fee: OL
Eligibility: ages 18+

Winterplace Ski Packages
Here is your chance to learn to ski at a great price. The Wytheville Parks and Recreation Department has teamed up with Winterplace to offer some great skiing opportunities this winter. You get 5 skiing dates with 90 minutes of instruction each date and can ski for free the rest of the session. Please call for more information.
Start Date: January 11
Day: Sunday
Time: 3:00 – 10:00 pm
Fee: $130 (includes equipment rental, instruction and lift tickets for 5 weeks)
(Snowboard $195)
Eligibility: ages 6+
Min 10 - Max 20
Register by December 19
Facebook for seniors
Do you ever wonder why your grandkids spend so much time on Facebook? Well here is your chance to learn how to use this technology and stay in touch with loved ones. Seems these days that technology and social media is taking over in the way we communicate. We are offering a class that will teach senior citizens how to stay in touch and keep up with friends and family near and far. This program is for seniors who want to learn how to use social media to communicate with friends and family. Please bring your own personal laptop or tablet to follow along, computers will not be provided.

**Wednesday, October 22**
Time: 5:30 pm
Fee: OL
Location: Multipurpose Room 3
Eligibility: ages 50+
Min 4 – Max 15
Register by October 9

Senior Cornhole Tournament
Cornhole or bean bag toss as some refer to it, has been played for years throughout the south. It is one of the more popular games played at festivals, cookouts and college gatherings. Join us as we offer a brief session on how to play the game, followed by a tournament. It doesn’t matter whether you are a beginner or a seasoned vet. Come out and test your skills against other senior citizens throughout the community.

**Wednesday, November 12**
Time: 10:00 am
Fee: OL
Eligibility: ages 50+
Location: Community Center
Min 6 – Max 24
Register by November 1

Facebook for seniors
Do you ever wonder why your grandkids spend so much time on Facebook? Well here is your chance to learn how to use this technology and stay in touch with loved ones. Seems these days that technology and social media is taking over in the way we communicate. We are offering a class that will teach senior citizens how to stay in touch and keep up with friends and family near and far. This program is for seniors who want to learn how to use social media to communicate with friends and family. Please bring your own personal laptop or tablet to follow along, computers will not be provided.

**Wednesday, November 5**
Time: 5:30 pm
Fee: OL
Location: Multipurpose Room 1
Eligibility: ages 50+
Min 4 – Max 15
Register by October 23

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

**Wednesday, November 5**
Time: 5:30 pm
Fee: OL
Location: Multipurpose Room 1
Eligibility: ages 50+
Min 4 – Max 15
Register by October 23

Disc Golf Clinic
Disc golf is one of the fastest growing sports in the United States. Join us as we host a brief instructional clinic on how to play the game. This session is for beginners who want to learn how to play. No equipment is necessary for this course.

**Wednesday, October 22**
Time: 6:00 pm
Fee: OL
Eligibility: ages 18+
Location: Community Center
Min 12 – Max 24
Register by October 15

Ultimate Frisbee
The Town of Wytheville Parks and Recreation Department is looking for all interested individuals who would like to come together and play Ultimate Frisbee. This is a very fun and nonstop action game if you are interested in playing please contact: Todd Wolford at 223-3520 or toddw@wytheville.org
8 Ball Pool Tournaments
Think you have what it takes to be a pool champion? Join us for a fun 8 ball tournament, prizes will be awarded for 1st, 2nd and 3rd place winners.

**Session I: Wednesday, October 22**
**Session II: Wednesday, November 19**
Time: 10:00 am
Fee: OL
Location: Teen Center
Eligibility: ages 50+
Min 4 - Max 12
Register one week prior to session

Basket Weaving Class - Traditional Appalachian Egg Basket
Learn how to weave a Traditional Appalachian Egg Basket from scratch using timeless techniques. The skills necessary to weave a basic rib style basket will be presented. Native people designed the ribbed egg basket to safely collect their fresh eggs. Hooped baskets are some of the most beautiful and graceful because of their distinct design created from four parts: the hoops, lashing, ribs, and weaving. In this class you will learn the basics of rib basketry construction, with an emphasis on shaping by adjusting the lengths of individual ribs. Join us to make your next family heirloom.

**Session I: Friday, October 17**
**Session II: Monday, November 17**
Time: 6:30-9:00 pm
Fee: $15 TR; $20 NRPP; $25 NR
Location: Multipurpose Room 3
Eligibility: ages 18+
Min 5 - Max 10
Register 2 weeks prior to session.
Late fee: Additional $5

Hunter Education Course
The Virginia Department of Game and Inland Fisheries will instruct a class that is required for hunters 12-15 years of age, and any hunter 16 years of age or older who has never hunted or had a hunting license before. Parents are encouraged to attend with their children who are under the ages of 12. Space is limited and pre-registration is required.

**Saturday, October 11**
Time: 9:00-5:00 pm
Fee: Free
Location: Meeting Center
No min - Max 90
Register online at www.HuntFishVA.com/hunting/education
Or call (888) 516-0844

Wayne C. Henderson Shop Tour & Shatley Springs
Take a trip with us to the highlands of Grayson County and immerse yourself in the rich musical culture of the area. Our first stop will be Shatley Springs Restaurant in Ashe County, N.C. for lunch. After lunch we will travel to Wayne C. Henderson's guitar shop for a tour. He has also graciously agreed to pick a few tunes while we are there. Following the shop tour we will make the short winding drive to Grayson Highlands State Park to visit the Visitors Center/Museum and take in the panoramic views from the many overlooks in the park. Reminder lunch at Shatley Springs is not included in the fee; they do not accept credit cards.

**Wednesday, September 24**
Time: Depart at 10:00 am from Wytheville Community Center
Fee: $6 TR; $11 NRPP; $16 NR - Lunch will be on your own.
Eligibility: ages 50+
Min 12 - Max 24
Register by September 17
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 pm  
Sunday 4:00 – 6:00 pm

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.

Belay Certification Course
See a staff member to schedule a belay certification class.

Climbing 101
This program is for participants who have not climbed before or have climbed very little. No required knowledge, skill or equipment. Our staff will teach you about the safety systems, equipment and techniques used at our wall. By the end of the program you will have the knowledge that will help you feel more comfortable while climbing and prepare you for advancing your climbing skills.

**Session I:** Thursday, October 9  
**Session II:** Thursday, November 13  
Time: 5:00 pm  
Fee: OL  
Location: Climbing Wall  
Eligibility: ages 8+  
Register 2 weeks prior to session

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

276-223-3375  
rec.wytheville.org
CLIMBING PROGRAMS

Boot Camp
Come join us at the rock wall for Boot Camp! This 45 minute class will get your heart rate up with High Intensity Training and incorporations of the rock wall. Your personal fitness levels will be challenged in ways you did not think was possible. Boot Camp is definitely a class you won’t want to miss this fall!

**Session I:** Tuesday, September 16
**Session II:** Tuesday, September 23
**Session III:** Tuesday, September 30
Time: 5:30-6:45 pm
Fee: OL
Location: Climbing Wall
Eligibility: ages 18+
Min 4 - Max 12
Register one week prior to session
***Please remember that all exercises can be modified to fit your personal fitness level***

Climbing Spooktacular
Join us at the Rock Wall for an evening of Spooktacular climbing, games, candy, snacks and prizes!!! Activities include: Climbing Challenges, Pumpkin Painting, Climbing Wall Scavenger Hunts, and more!

**Wednesday, October 29**
Time: 5:00 - 7:00 pm
Fee: OL
Location: Climbing Wall & Teen Center
Eligibility: ages 6-16

Speed Climbing Competition
Participants will be able to attempt the designated speed climbing routes and/or walls as many times as they choose. 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 will win the category. 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.

**Saturday, November 22**
Time: 3:00 - 5:00 pm
Fee: OL
Location: Climbing Wall
Eligibility: All Ages
No registration required
OUTDOOR PROGRAMS

Night Hike at Crystal Springs
Join staff for a nice walk beneath the stars. Along the way we will listen and search for some of the many different critters that stir around after dark, like the illusive salamander! Wear comfortable walking shoes, bring a jacket, and bring a flashlight and be ready to have fun!!!
Session I: Saturday, September 20
Session II: Saturday, November 1
Time: 8:00 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: All ages (under 16 must be accompanied by an adult or guardian) (the hike will be approximately 2 miles)
Min 5 - Max 25
Register 2 weeks prior to session

Autumn Colors Hike
Come out to Wytheville’s Crystal Springs Recreation Area and immerse yourself in the beautiful colors that Mother Nature boasts in the fall. We will talk briefly about what is happening to the leaves and what is behind the brilliant colors as well as identify some of the trees that wear the brightest colors. Bring water, comfortable shoes, a jacket and a camera!
Saturday, October 18
Time: 2:00 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: All ages
Min 5 - Max 25
Register by October 4

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, September 27
Time: 2:00 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 12+
Min 5 - Max 15
Register by September 13

Fort Building
Join us for a fun afternoon at Crystal Springs searching the forest floor for limbs, rocks and other material to build a shelter. We will also discuss some of the principles of Leave No Trace and how to stay safe in the woods. Wear old clothing and athletic shoes and bring along water and a snack.
Session I: Saturday, September 13
Session II: Saturday, November 8
Time: 2:00 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 10+
Min 5 - 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.

Senior Citizen Hike
Enjoy a nice walk at Crystal Springs with all of your friends! Bring water, a snack, and comfortable walking shoes! We will provide transportation from the Recreation Center, leaving at 1:00 pm.
**Wednesday, October 15**
Time: 1:00 – 3:30 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 50+
Min 5 - Max 25
Register by October 1

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!
**Saturday, October 11**
Time: 2:00 pm
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 12+
Min 5 - Max 15
Register by September 27

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.
FEE ABBREVIATIONS

TR  - Town Resident
NRPP - Non Resident with a Gold or Silver Pass Plan
NR  - Non Resident
OL  - Open Leisure
FREE - must have a pass plan

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

Open Kayak
As an extension of our Youth/Teen Center we are 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, October 10
Session II: Friday, November 7
Session III: Friday, December 12
Time: 5:30 - 6:30 pm
Fee: OL
Location: Indoor Pool
Eligibility: ages 6+
Max 6
Register 2 weeks prior to session

Parachord Workshop
Learn to make key chains and bracelets using a variety of different knots and parachord!

Session I: Tuesday, September 16
Session II: Tuesday, October 21
Session III: Tuesday, November 11
Time: 5:00 - 6:00 pm
Fee: OL
Location: Teen Center
Eligibility: ages 8+
Min 5 - Max 15
Register 2 weeks prior to session

Kids Night Out
Children will play games, enjoy arts and crafts, play sports and watch movies while 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, September 12
Session II: Friday, October 24
Session III: Friday, November 14
Time: 6:00 - 8:45 pm
Fee: $1 TR; $6 NRPP; $11 NR
Location: Teen Center, Climbing Wall, Gym
Eligibility: ages 6-12
Min 5 - Max 25
Register 2 weeks prior to session
Late Fee: additional $5

Home School Physical Education
Wytheville Community Center is proud to offer a Comprehensive Physical Education Curriculum for home school students. The home school physical education class is designed to help children learn about physical fitness and have fun!

Wednesdays: September 17, October 22, November 19, December 10
Time: 10:00 am - 12:00 pm
Fee: $5 TR; $10 NRPP; $15 NR
Location: gymnasium, climbing wall, swimming pool
Eligibility: ages 4-18
Min 5 - No Max
Register by September 10
Late Fee: additional $5

8 Ball Pool Tournaments
Think you have what it takes to be a pool champion? Join us for a fun 8 ball tournament; a prize will be awarded to 1st place!!!

Session I: Thursday, September 18
Session II: Thursday, October 16
Session III: Thursday, November 6
Time: 5:00 - 7:00 pm
Fee: OL
Location: Teen Center
Eligibility: ages 10 - 15
Register 2 weeks prior to session

Teen Center
If you are looking for fun and excitement, look no further. We have the latest and greatest games, pool, ping pong, and did we mention our newest addition the 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
Youth/Teen PROGRAMS

Girls Night Out
Pajama Party
We will socialize, eat, and learn to make our own lip balm and jewelry all while relaxing in our PJ's! Pizza, drinks and snacks will be provided.

Session I: Saturday, October 18
Session II: Saturday, December 13
Time: 6:00 - 8:30 pm
Fee: $2 TR; $7 NRPP; $12 NR (per session)
Location: Teen Center
Eligibility: ages 8 - 12
Min 4 - Max 10
Register 2 weeks prior to session

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

Session I: Tuesday, October 7
Session II: Wednesday, December 10
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
Holiday Decorations
Create beautiful holiday ornaments to take home!

Tuesday, December 16
Time: 5:00 pm
Fee: $2 TR; $7 NRPP; $12 NR
Location: Teen Center
Eligibility: ages 6+
Min 5 - Max 15
Register by December 2

Beginner Guitar Lessons
Learn to tune your guitar, play chords, read tablature and perform easy melodies. Sign up for as few or many half hour sessions as you wish. Bring your own guitar to class.
Days: Tuesday or Thursday
Time: 4:00-4:30 or 4:30-5:00
Fee: Free to Pass Plan holders; $5 all others
Location: Multipurpose Room 1
Eligibility: ages 10+
Register 2 weeks in advance

Winterfest 2014
Start off your Christmas Break the right way! Join us again for another fun filled Winterfest!!! Admission includes: Inflatable games, climbing wall, teen center, pizza, snacks and MORE! Don’t miss out on the biggest event of the year.

Friday, December 19
Snow Date: Dependent upon school schedule
Time: 4th - 8th Grades - 1:00 - 5:00 pm
3rd Grade & Under - 5:30 - 8:30 pm
Location: Gymnasium, Teen Center and Climbing Wall
Must have pass plan or purchase a day pass the day of event

Visit with Santa
Santa is coming to visit with boys and girls at the Wytheville Community Center!!! Refreshments will be served. Parents are welcome to bring their camera or have your child’s picture taken with Santa and mounted in a color folder. Start making plans to visit with Santa!

Saturday, December 13
Snow Date: Sunday, December 14
Time: 2:00 - 4:00 pm
Location: Meeting Center
Fee: $8 for (3) 4x6 pictures
Aquatics

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 swimsuits 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.
- No children under age 18 are allowed in the therapy pool M - F from 8 am - 12 pm unless permission is given by a supervisor.

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

**Wytheville Waves Youth Swim Stroke and Technique Clinic**

Six week program. 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. Participants need to be able to swim one pool length unassisted before signing up.

**Date:** September 30 - November 6

**Days:** Tuesdays and Thursdays

**Times:**
- Ages 10 and up 4:15-5:15 pm
- Ages 9 and under 5:15-6:00 pm

**Fee:**
- TR $20 for first child, $10 for each add’l child;
- NRPP $25 for first child, $15 for each additional child;
- NR $30 for first child, $20 for each additional child

**Location:** Wytheville Community Center Pool

**Eligibility:** ages 4-18

**Min 20**

Register by September 21

**Late Fee:** additional $5
American Red Cross
Lifeguarding Course
Are you 15 or older and looking for a great part time 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 drownings 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, Sept 27 & 28
Saturday & Sunday, Oct 4 & 5
Time: 9:00 am - 5:00 pm
Fee: $200 TR, $205 NRPP, $210 NR
Location: Wytheville Community Center
Eligibility: ages 15+
Register by September 14
Min 5 - Max 10
Late Fee: additional $5
100 % participation required

Introduction to Diving
All participants should be comfortable in deep water. Beginning to Intermediate basic dives on the side of pool emphasizing kneeling to standing, and also training and practice from competition diving blocks. Excellent for swim team swimmers who want extra emphasis on diving. All individuals will work to their ability within the rules of our facility. The instruction will be once a week for three weeks.
Session I: Tuesdays, Sept 30, Oct 7, 14
Register by September 21
Session II: Thursdays, October 23, 30 and November 6
Register by October 12
Time: 6:00 - 6:30 pm
Eligibility: ages 5+
Fee: $5 TR; $10 NRPP; $15 NR
Min 5
Late Fee: additional $5
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
* 4 Classes in Parent & Child Aquatics, Preschool-Levels I, II, & III
* 6 Classes in Levels 1-6 & Adult

| Session 1 - Evenings - September 16, 18, 23, 25, 30, Oct. 2 - Register by September 9 |
| Session 2 - Evenings - October 7, 9, 14, 16, 21, 23 - Register by September 30 |
| Session 3 - Evenings - November 4, 6, 11, 13, 18, 20 - Register by October 28 |

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<td>Parent and Child Aquatics (Water Babies)</td>
<td>Preschool Level 1 (Water Bugs)</td>
<td>Level 3</td>
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<td>Adult Swim Lessons</td>
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Make-up days
We do have scheduled make up days for instances such as thunderstorms or the pool closing for any reason. We do not make up lessons that are missed due to illness or other personal reasons our participants might have.

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

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

Explore buoyancy, change body position in the water and learn about choosing and using life jackets.

Pre-School Levels
Water Bugs -- (24 - 48 months) (Parent’s Participation may be required depending on child’s ability) The goals of Water Bugs are to provide experiences and activities for parents and children to learn how to enter and exit the water safely, feel comfortable in the water, submerge in a rhythmic pattern, blowing bubbles, explore buoyancy, perform combined strokes on front and back, change body position in the water, and learn about choosing and using life jackets.

Lesson Descriptions

**Parent and Child Waterbabies** (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,
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.

Adult Swim Lesson
Adult group lessons are available to those over the age of 18 that still wish 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 call 223-3519 or 223-3525 for more information.

Day: Monday and Tuesday
Time: 4:00 – 7:00 pm
Rates: Per half hour
$10 TR; $15 NRPP; $20 NR
Per hour
$20 TR; $25 NRPP; $30 NR
Requires 2 week advance registration
• 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.

Party Packages!!

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

276-223-3378
trevythewytheville.org
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.
FITNESS PROGRAMS

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

EQUIPMENT ORIENTATION
If you need help getting started or just need a refresher on how to properly use the cardio and strength equipment, trained fitness staff 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 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.

Free Body Fat Percentage & Body Mass Index Testing
During the months of September, October, November and December, 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: September, October, November, December
Fee: OL
Location: Fitness Center

Advanced Youth Orientation
The Wytheville Community Center's weight and cardio room now allows youth 12 and older to exercise without adult supervision. In order for 12 and 13 year olds to use the free weight area unsupervised, they must attend a detailed orientation provided by one of our fitness staff. This advanced orientation will cover various free weight/machine exercises, proper lifting form and technique, as well as rules and guidelines of the facility. Each participant must receive a regular orientation of equipment provided by fitness staff prior to participating in the advanced youth orientation. Participants must successfully complete the two day seminar held on Monday and Wednesday in order to be allowed in the weight and cardio room unsupervised.
Session I: September 22 & 24
Session II: October 27 & 29
Session III: November 24 & 26
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

Squat & Deadlift Clinic
Whether you are a beginner or expert fitness enthusiast, come work along with Certified Strength and Conditioning Specialist Brandon Walford and Staff as they take you through proper form and biomechanics of the squat and deadlift.
Saturday, September 27
Time: 10:00 am -12:00 pm
Fee: OL
Location: Cardio Weight Room
Eligibility: ages 12+
Min 2 - Max 10
Register by September 20
Interested in shedding that winter weight and starting the New Year off on the right foot? Starting February 2, the Wytheville Community Center will offer its successful weight loss program "Fit for Life." Fit for Life is a 10 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 3 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited to 40 participants. In order to apply you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3538 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Saturday, January 3, 10:00 am
Application Meeting II: Thursday, January 8, 10:00 am
Location: Multipurpose Room 2 & 3
Fee: Free
Eligibility: ages 18+
Min 10 – Max 40

Are you up to the challenge? The Youth Fitness Challenge is a fun and interactive after school 6 week fitness and nutrition challenge starting February 2, on Monday 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 2 month family gold pass plan will be provided if you don't currently have a gold pass plan. Participants will be randomly selected for the Youth Fitness Challenge and enrollment is limited to 20 participants. In order to apply you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3538 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Saturday, January 3, 11:00 am
Application Meeting II: Thursday, January 8, 6:00 pm
Location: Multipurpose Room 2 & 3
Fee: Free
Eligibility: Grades 2nd - 5th
Min 10 - Max 20
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.” Min 10 - Max 30
Session I:
Day: Fridays
Time: 11:00-11:45 am
Session II:
Day: Tuesdays
Time: 5:30 pm

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
Time: 5:30-6:15 pm (NEW TIME)

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

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 Flamenco, 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: Tuesday and Thursday
Time: 12:00-12:45 pm
Session II:
Day: Saturday
Time: 10:30-11:15 am

INSANITY
Our Certified Insanity® workout will push your past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and core training moves. Long bursts of maximum-intensity
exercises with short periods of rest. Each INSANITY workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX. The result: burn up to 1,000 calories per class and get the most insane body in the shortest time possible. You don’t have to be in extreme shape, you just have to want it. Levels of each exercise are provided. NOT A BEGINNER CLASS Min 10 - Max 30

**Day: Tuesday and Thursday**  
**Time: 6:30 - 7:15 pm**

**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

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

**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. Min 10 - Max 30

**Day: Tuesday and Thursday**  
**Time: 9:00-9:45 am**

**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 8-Max 25

**Day: Monday and Wednesday**  
**Time: 10:30-11:15 am**

**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**

**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: 10:00-10:45 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, Suzanne Nicklas and Cornelia Northrop and Stephanie Parks (volunteers)
**FITNESS PROGRAMS**

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

**WORKSHOPS**

**Kids Yoga**

*September 3 - 24*

Day: Wednesday  
Time: 4:15 - 5:00 pm  
Fee: OL  
Location: Multipurpose Room 2&3  
Eligibility: ages 5-12  
Min 4 - Max 18  
Register by August 29  
If your child is stressed out with school and homework then this class is for them. We can teach them ways to manage stress, with yoga and guided meditation techniques. This is a good time parents for you to have time for yourself to work out!

**Patio Spin**

Enjoy the beautiful picturesque view of the mountains while you are working out! A challenging workout that is also easy on the joints. Spin cycling incorporates interval training principles using a stationary bike with a weighted flywheel. Please wear appropriate exercise attire/shoes that allows for comfortable range of motion. We challenge you to challenge yourself by becoming involved with the wonderful world of cycling! Gel seat is provided for your comfort! Spin/cycle shoes not provided.

*September 2 - 30*

Day: Tuesday and Thursday  
Time: 6:15-7:00 pm  
Fee: OL  
Location: Multipurpose Room 2&3  
Eligibility: ages 12+  
Min 6 - Max 10  
Register by August 29

**Cardio Kick**

Get your cardio fix utilizing free-standing kickboxing bags! This class may incorporate the track, the floor, and your own body resistance. GLOVES AND WRAPS AVAILABLE for purchase at the front desk. This class is NOT A BEGINNER CLASS - INTERMEDIATE LEVEL

*September 8 - October 13*

Day: Monday and Wednesday  
Time: 7:15 – 8:00 pm  
Fee: OL  
Location: Aerobic Studio  
Eligibility: ages 12+  
Min 6 - Max 10  
Register by August 29

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

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*September 8 - October 13*

Day: Monday and Wednesday  
Time: 7:15 – 8:00 pm  
Fee: OL  
Location: Aerobic Studio  
Eligibility: ages 12+  
Min 6 - Max 10  
Register by August 29

**See details page 26-27**
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.

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.
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, 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

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.

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
WinterFest 2014

Start off your Christmas Break the right way! Join us again for another fun filled Winterfest!!! Admission includes: Inflatable games, climbing wall, teen center, pizza, snacks and MORE! Don’t miss out on the biggest event of the year.

Date: Friday, December 19
Snow Date: Dependant upon school schedule
Time: 4th - 8th Grades - 1:00 - 5:00 pm
3rd Grade & Under - 5:30 - 8:30 pm
Location: Gymnasium, Teen Center and Climbing Wall
Must have pass plan or purchase a day pass the day of event.