FALL 2018
SEPTEMBER-DECEMBER

Be Active Wythe...

- Basketball pg. 6
- Senior Trips pg. 11
- Climbing Spooktacular pg. 13
- Tie-Dye Party pg. 15
- Bounce Blast pg. 24
- Winterfest pg. 36
Welcome to our center. If you have not taken advantage of this wonderful facility, we invite you to come see it. Just let staff know you would like to take a tour when you arrive! The 70,900 square feet of recreation space has a water play park, 25 yard lap pool, therapy pool, hot tub, 1/8 mile walking/running track, two basketball courts, 4,000 square foot cardio and weight room, aerobic/dance room, two racquetball courts, a youth/teen center and café, indoor climbing wall, senior/adult lounge and rooms for meetings, parties and family reunions, etc.

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

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

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
- Saturday 10:00 AM–5:00 PM
- Sunday 1:00 PM–5:00 PM

WATER PARK
- Monday–Friday 10:00 AM–12:00 PM
- Saturday 10:00 AM–5:00 PM
- Sunday 1:00 PM–5:00 PM

CLIMBING WALL & YOUTH/TEEN CENTER
- Tuesday–Saturday 3:00 PM–7:00 PM
- Sunday 4:00 PM–6:00 PM

HOLIDAYS

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

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

WAYS TO REGISTER:

IN PERSON
Stop by our office in the Wytheville Community Center at 333 Community Blvd. during business hours.

BY PHONE
(276) 223-3378 only if paying by credit card.

BY MAIL
Send registration form along with check or money order to:
Wytheville Parks and Recreation
333 Community Blvd.
Wytheville, VA 24382

Registration forms available at rec.wytheville.org

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

PAYMENT
Payment of fees is due when you register. Phone registrations must be paid by credit card. Please make checks payable to: Town of Wytheville.
Note: $25 service fee on all returned checks or NSF for auto deductions.

CONFIRMATION
Upon receipt of registration form and fee, that individual is automatically enrolled (space permitting). There will not be any confirmation of mail-in registrations. Please show up for the first class at the appointed time and place unless you are notified by phone. The Department will only notify individuals if there is a problem with the registration. Feel free to call the Wytheville Parks and Recreation Administrative Office to confirm your registration at 223-3378.

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

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

CANCELLATION LINE
276.223.3599 – Please call our cancellation line for inclement weather cancellation of programs.

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.

PROGRAM REGISTRATION FEES
For all program registrations, non-town residents will be charged the program fee+$10.
Non-town residents with a gold or silver pass plan will be charged the program fee+$5.
Town Residents will pay only the program fee.
Program registrations after the deadline will be accepted only if space permits and will be charged an additional charge.

INSIDE...

4 Pass Plans & Admission Fees
5 Rentals
6 Athletics
8 Adult & Senior Leisure
12 Climbing
14 Youth/Teen Center
16 Aquatics
20 Fitness
30 Outdoors
32 Walking Track
32 Racquetball
33 Party Packages
34 Parks, Shelters, & Outdoor Pool

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

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Annual (advance payment)</th>
<th>Continual per month*</th>
<th>6-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>

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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Annual (advance payment)</th>
<th>Continual per month*</th>
<th>6-Month (advance payment)</th>
<th>Monthly (advance payment)</th>
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</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$275</td>
<td>$22.92</td>
<td>$160</td>
<td>$34</td>
</tr>
<tr>
<td>Adult +1</td>
<td>$450</td>
<td>$37.50</td>
<td>$248</td>
<td>$50</td>
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<tr>
<td>Family</td>
<td>$531</td>
<td>$44.25</td>
<td>$287</td>
<td>$54</td>
</tr>
<tr>
<td>Senior/Teen/College</td>
<td>$237</td>
<td>$19.75</td>
<td>$141</td>
<td>$30</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>$396</td>
<td>$33.00</td>
<td>$220</td>
<td>$45</td>
</tr>
<tr>
<td>Youth (4–12)</td>
<td>$188</td>
<td>$15.67</td>
<td>$116</td>
<td>$25</td>
</tr>
</tbody>
</table>

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>
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</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>

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).

<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</td>
<td>$72</td>
</tr>
<tr>
<td>Family</td>
<td>$17.50</td>
<td>$90</td>
<td>$180</td>
</tr>
<tr>
<td>Senior/Teen/College</td>
<td>$4.50</td>
<td>$24</td>
<td>$48</td>
</tr>
<tr>
<td>Youth (4–12)</td>
<td>$3.50</td>
<td>$18</td>
<td>$36</td>
</tr>
</tbody>
</table>

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

GROUP RATE
A group rate for 15 or more people is available only if a two week prior arrangement has been made.

Daily Admission
18+ years $5.50
Senior/Teen/College $4.00
Youth (4–12) $3.00

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

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

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

Lost Card Fee: $5

Additional Pass Plan information will be discussed upon registration.

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

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

Senior Age: 65+

*Continual – Monthly Autodraft from checking or savings account. One year minimum. After one year, deductions continue until pass holder cancels the plan.
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/hour</td>
<td>$13/hour</td>
<td>$16/hour</td>
</tr>
<tr>
<td>2 Rooms</td>
<td>$15/hour</td>
<td>$18/hour</td>
<td>$21/hour</td>
</tr>
<tr>
<td>3 Rooms</td>
<td>$20/hour</td>
<td>$23/hour</td>
<td>$25/hour</td>
</tr>
<tr>
<td>1 Room w/Kitchen</td>
<td>$20/hour</td>
<td>$23/hour</td>
<td>$26/hour</td>
</tr>
<tr>
<td>2 Rooms w/Kitchen</td>
<td>$25/hour</td>
<td>$28/hour</td>
<td>$31/hour</td>
</tr>
<tr>
<td>3 Rooms w/Kitchen</td>
<td>$30/hour</td>
<td>$33/hour</td>
<td>$35/hour</td>
</tr>
</tbody>
</table>

| YOUTH/TEEN CENTER   | $35/hour                  | $40/hour     |                         |

| CLIMBING WALL       | $35/hour                  | $40/hour     |                         |
| Groups up to 10     |                          |              |                         |
| Groups 11–20        | $45/hour                  | $50/hour     |                         |

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

| INDOOR POOL         | $130/2 hrs                | $140/2 hrs   |                         |
| Groups up to 50     |                          |              |                         |
| 51-75               | $170/2 hrs                | $180/2 hrs   |                         |
| 76-100              | $210/2 hrs                | $220/2 hrs   |                         |

| PARTY PACKAGE       |                          |              |                         |

The Wytheville Community Youth/Teen Center is a great place for your next birthday party! Bring up to 20 participants for hours of climbing, swimming, gym time or Youth/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 Youth/Teen Center. We provide staff supervision for the Youth/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 SPORTS

FALL BASKETBALL LEAGUE
Girls – 2nd & 3rd grade
Girls – 4th & 5th grade
Boys – 4th & 5th grade
The season will open in late October/early November
Games are typically, but not limited to, Tuesdays and Saturdays with practices on Mondays and Thursdays.
Fee: $25 TR; $30 NRPP; $35 NR
Register by October 8
Late fee: additional $5

WINTER BASKETBALL LEAGUE
Boys – 2nd & 3rd grade
Girls – 6th & 7th grade
Boys – 6th & 7th grade
This season will open in early January
Games are typically, but not limited to, Tuesdays and Saturdays with practices on Mondays and Thursdays.
Fee: $25 TR; $30 NRPP; $35 NR
Register by December 17
Late Fee: additional $5

BASKETBALL CLINIC (K-1ST)
The clinic will be open to boys and girls that are in Kindergarten and 1st grade.
Clinic will begin in early to mid October and will be on Mondays and Wednesdays for 4 weeks.
Fee: $20 TR; $25 NRPP; $30 NR
Register by September 24
Late Fee: additional $5

REGISTRATION INFORMATION:
To register for Youth Athletics with the Town of Wytheville Parks and Recreation Department, you must either live in the Town of Wytheville and/or attend a school that is within the Town of Wytheville. No releases will be given unless the particular sport is not offered in your area during the same season.
Late registrations accepted only if space permits. All others will be put on a wait list.
ADULT SPORTS

WOMEN’S 3 ON 3 BASKETBALL LEAGUE

The 3 on 3 Basketball League is open to women ages 18 and over. 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, 2017
Fee: $180 per team
Min 4 teams–Max 12 teams
Max 8 players per team roster
Register by September 17
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 food or drinks 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
The lounge features a cozy space to relax, read the paper or watch television. Also, take advantage of the card table and games provided. Coffee will be provided Monday-Friday, 6:00 a.m.-12:00 p.m. Open during all regular operational hours.

MONTHLY POTLUCK LUNCHEONS
These luncheons are open to Wythe County citizens ages 50 and older. Participants are asked to bring a favorite dish to share. The department will provide drinks, utensils and paper products. Cooking is not required to participate, just stop by the store. Second Tuesday of each month.
September 11-Guest Speaker
October 9-Bingo

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 offers. We have computer and internet access for all your homework needs, as well as wireless internet access to accommodate your personal laptops. Come check out our new gaming center which includes Wii, Xbox 360, Xbox One, PS3 and PS4.
September-December
Day: Monday-Friday
Time: 8:00 a.m.-2:30 p.m.
Fee: OL
Location: Teen Center
Eligibility: ages 18+
No registration required

SENIOR TIME
Seniors, don’t miss out on this opportunity to relive the old days! Come enjoy all the Teen Center offers: billiards, air hockey, ping pong, foosball or test your skills in the latest video games. There are endless opportunities awaiting you!!
September-December
Day: Monday-Friday
Time: 8:00 a.m.-2:30 p.m.
Fee: OL
Location: Teen Center
Eligibility: ages 50+
No registration required

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

Session I: Tuesday, September 25
Session II: Tuesday, October 23
Time: 6:00-7:00 p.m.
Fee: $15 TR; $20 NRPP; $25 NR
Location: Pool
Eligibility: ages 18+
Min 4-Max 8
Register one week prior to session

BADMINTON
Come out and play badminton with your friends all while exercising!
Day: Tuesday and Thursday
Time: 9:30-11:30 a.m.
Fee: $5 TR; $10 NRPP; $15 NR
Location: Gymnasium
Eligibility: all ages
Min 6-Max 20
Late Fee: additional $5
If there are less than 8 participants registered per month, then play will go to one court.
Town residents may register at any time. Non-resident registrations will be accepted after the 15th of each month for the following month. All registrations must be completed one week prior to the start of the month.

SOCIAL BRIDGE
This group is for anyone who has taken a beginner’s course. Come out and play bridge, improve your game and do not be afraid to ask questions.
September 18-December 4
Day: Monday
Time: 1:00-4:00 p.m.
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Room 1
Eligibility: ages 50+
Min 10-Max 50
Register by September 18
Late fee: additional $5

DUPLICATE BRIDGE
September 13-December 6
Day: Thursday
Time: 12:45-4:00 pm
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Room 1
Eligibility: ages 50+
Min 10-Max 50
Register by September 13
Late Fee: additional $5

INTRODUCTION TO PADDLE BOARDING
It is time to try one of the world’s fastest growing watersports! Experienced instructors from Mountain 2 Island Paddle Board company will be your guides as you learn how to paddleboard in our indoor Natatorium. Instructors will teach you all the basics including how to find your balance on your SUP, stances, how to hold the paddle, proper launching and exiting technique, how to safely fall off your board and how to climb back on and much more. Paddleboards included. Perfect for first timers, no experience necessary.

DUPLICATE BRIDGE
September 13-December 6
Day: Thursday
Time: 12:45-4:00 pm
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Room 1
Eligibility: ages 50+
Min 10-Max 50
Register by September 13
Late Fee: additional $5

ADULT CRAFT NIGHT:
TRICK OR TREAT MASON JAR
Need some decoration for your home? Come to the Community Center and decorate a beautiful trick or treat mason jar! All supplies are included!
Tuesday, October 16
Time: 5:30 p.m.
Fee: $20 TR; $25 NRPP; $30 NR
Location: Multipurpose Room 1
Eligibility: ages 18+
Min 4-Max 12
Register by October 2
Late fee: additional $5

ADULT CRAFT NIGHT:
CHRISTMAS WREATH ORNAMENTS
Join us for craft night as we help you get ready to decorate your Christmas tree by making beautiful wreath ornaments! All supplies included. Each person will be allowed to make 3 ornaments.
Tuesday, November 27
Time: 5:30-7:00 p.m.
Fee: $10 TR; $15 NRPP; $20 NR
Location: Multipurpose Room 1
Eligibility: ages 18+
Min 4-Max 12
Register by November 13
Late fee: additional $5

FEE ABBREVIATIONS
TR – Town Resident
NRPP – Non Resident with a Gold or Silver Pass Plan
NR – Non Resident
OL – Open Leisure - must have a pass plan or purchase a day pass
FREE – open to the public
LEARN TO LINE DANCE
Do you like to dance? Now is your chance to learn the basics of line dancing all while exercising! Our instructor, Marilynn Hall, has 4 years of experience teaching and is looking forward to working with you!

**Session I:** September 10-October 1
**Session II:** October 15-November 5
Day: Mondays
Time: 5:30-7:30 p.m.
Fee: $15 TR; $20 NRPP; $25 NR
Location: Multipurpose Rooms 2 & 3
Eligibility: ages 18+
Min 6-Max 20
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 20
Time: 7:30 a.m.-5:30 p.m.
Fee: Free
Location: Multipurpose Room
No Min-Max 90
Register online at www.HuntFishVA.com/hunting/education
Or call (888) 516-0844

SENIOR TRIP: SHATLEY SPRINGS
Join us as we travel to Shatley Springs Restaurant in North Carolina to enjoy a home-cooked meal family style! Please note, lunch is not included in the price and Shatley Springs will not take debit cards or personal checks, so you must have cash to pay for your meal.
Senior Trip

Tuesday, September 18
Time: Depart Community Center at 10:00 a.m.
Fee: $5 TR; $10 NRPP; $15 NR
Eligibility: ages 50+
Min 10-Max 12
Register by September 11
Late fee: additional $5

Senior Trip: Draper Mercantile
For this trip, we will be traveling to Draper to enjoy lunch at the Draper Mercantile. After lunch, we will spend time looking for goodies in the village shops!
Tuesday, October 16
Time: Depart for Community Center at 10:30 a.m.
Fee: $5 TR; $10 NRPP; $15 NR
Lunch is not included in the price
Eligibility: ages 50+
Min 8-Max 24
Register by October 9
Late fee: additional $5

Senior Trip: Valley View Shopping Spree
Join us as we travel to Valley View Mall in Roanoke, VA to do all of our Christmas shopping! After we shop, we will be enjoying Olive Garden before we depart to come home!
Thursday, November 8
Time: Depart at 10:00 a.m.
Fee: $5 TR; $10 NRPP; $15 NR
Dinner is not included in price
Eligibility: ages 50+
Min 12-Max 24
Register by November 1
Late fee: additional $5

Fee Abbreviations
TR – Town Resident
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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
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–Saturday
3:00 – 7:00 p.m.
Sunday 4:00 – 6:00 p.m.

HIDE AND SEEK

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

**Session I:** Wednesday, October 3
**Session II:** Wednesday, November 28
Time: 7:00-8:00 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: ages 18 and under
Min 4 - Max 20
Register two weeks prior to session

PEGBOARD CHALLENGE

Push your strength to the limit at the Pegboard Workout Area! Pegboard is located in the climbing area and available for use during open times. No registration necessary.

ADULT BOULDERING NIGHT

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

**Session I:** Tuesday, September 25
**Session II:** Tuesday, October 30
**Session III:** Tuesday, November 27
Time: 7:00-8:00 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: ages 18+
Min 3 - Max 10
Register two weeks prior to session
YOUTH CLIMBING CLUB

We will introduce you to the climbing wall area, other climbers your age and to the fundamentals of rock climbing. Topics covered include basic climbing terminology, gym etiquette, importance of foot placement, bouldering safety and how to tie the essential climbing knots. Participants that attend each meeting will receive a certificate of completion.

**Session I:** Wednesday, September 26  
**Session II:** Wednesday, October 17  
**Session III:** Wednesday, November 14  
Time: 5:00-6:00 p.m.  
Fee: OL  
Location: Climbing Wall  
Eligibility: ages 10-18  
Min 4 – Max 12  
Register one week prior to session

SPEED CLIMBING COMPETITION

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

**Session I:** Saturday, October 13  
**Session II:** Saturday, November 10  
Time: 3:00-5:00 p.m.  
Fee: OL  
Location: Climbing Wall  
Eligibility: all ages  
No registration required

CLIMBING SPOOKTACULAR HALLOWEEN PARTY

Join us at the Rock Wall for an evening of Spooktacular climbing, games, candy, snacks and prizes!!! Activities include: climbing challenges, costume contests, pumpkin painting, climbing wall scavenger hunts, and more!

Saturday, October 27  
Time: 5:00-7:30 p.m.  
Fee: OL  
Location: Climbing Wall & Teen Center  
Eligibility: ages 6-16  
Register by October 20

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

**HOME SCHOOL PHYSICAL EDUCATION**
Wytheville Community Center is proud to offer Home School Days, a program incorporating physical education, art/craft activities and outdoor education.
Dates: September 19, October 3, October 17, October 31, November 14, November 28
Time: 4-7 year olds - 10:00-11:00 a.m.
8-18 year olds - 11:00 a.m.-12:30 p.m.
Fee: $5 TR; $10 NRPP; $15 NR
Location: Gymnasium, Climbing Wall, Indoor Pool and/or Crystal Springs Recreation Area
Eligibility: ages 4-18
Min 5-Max 25
Register by September 12
Late fee: additional $5

**YOUTH TENNIS LESSONS**
The Town of Wytheville Parks and Recreation is excited to bring you a fun and exciting tennis series. This series is for children with little or no playing experience and intermediate players. Instructions will include forehand, backhand, serve, volley, court etiquette and scoring. This program is the perfect way to learn about a historic sport which helps attain agility, coordination, fitness and social skills. Registration is limited to ensure that each participant is getting adequate training with one of our experienced coaches! In the case of inclement weather during one of our sessions, we will reschedule that session. So come out and learn the game of tennis in a fun and friendly environment.
September 18–October 9
Day: Tuesday
Time: 6:00-7:00 p.m.
Fee: $30 TR; $35 NRPP; $40 NR
Location: Wytheville Community College Tennis Courts
Eligibility: 17 and under
Min 3-Max 6
Register by September 4
Late fee: additional $5

**OPEN KAYAK PLAYTIME**
As an extension of our Youth/Teen Center services, our staff is excited to offer Open Kayak Playtime. Come out and discover some of the basic skills associated with kayaking and have loads of fun!
Session I: Friday, September 28
Session II: Friday, October 26
Session III: Friday, November 30
Time: 5:30-6:30 p.m.
Fee: OL
Location: Indoor Pool
Eligibility: ages 6+
Min 1-Max 6
Register 2 weeks prior to session
Late Fee: additional $5

**YOUTH PADDLE BOARDING**
We are excited to offer youth paddle boarding! During this class you will learn the proper technique of paddle boarding and have lots of fun! No experience is necessary and all equipment is provided.
Session I: Tuesday, September 25
Session II: Tuesday, October 23
Time: 5:30-6:15 p.m.
Fee: $15 TR; $20 NRPP; $25 NR
Location: Indoor Pool
Eligibility: ages 7+
Min 3-Max 6
Register 2 weeks prior to session
Late Fee: additional $5

**KIDS NIGHT OUT**
Children will play games, enjoy arts and crafts and play sports all while their parents enjoy their own free time out on the town! All activities will be supervised during the evening and children will be provided with pizza for dinner, as well as snacks and drinks.
Session I: Friday, October 12
Session II: Friday, November 2
Session III: Friday, December 7
Time: 6:00-8:45 p.m.
Fee: $1 TR; $6 NRPP; $11 NR
Location: Teen Center, Climbing Wall, Gym, Racquetball Courts
Eligibility: ages 6-12
Min 5-Max 25
Register 2 weeks prior to session
Late Fee: additional $5

KIDS NIGHT OUT

![Children holding signs](image)
DUCT TAPE WORKSHOP
We will be making Duct Tape art pieces! Use duct tape to create a design or words down on cardboard and then paint over it with whatever colors you want! A light snack and drinks will be provided while we wait for our art pieces to dry.

**Session I:** Wednesday, October 24
**Session II:** Wednesday, December 12
Time: 6:00-8:00 p.m.
Fee: $2 TR; $7 NRPP; $12 NR (per session)
Location: Teen Center
Eligibility: ages 10+
Min 5-Max 15
Register 1 week prior to session
Late Fee: additional $5

TIE-DYE PARTY
Bring your plain white cotton t-shirt and add some pizzazz to it! We will learn to make some cool tie-dye creations and enjoy a drink and snack! Children under 12 must be accompanied by an adult or guardian.

**Session I:** Thursday, September 27
**Session II:** Thursday, November 8
Time: 6:00-8:00 p.m.
Fee: $5 TR; $10 NRPP; $15 NR (per session)
Location: Teen Center
Eligibility: ages 8+
Min 5-Max 15
Register by one week prior to session
Late Fee: additional $5

LITTLE TURKEY’S
Come to the Wytheville Community Center for some Thanksgiving fun with your Little Turkey! We will be making a pinecone turkey! We will also be providing snacks and juice boxes!!

Tuesday, November 13
Time: 5:30-7:00 p.m.
Fee: $5 TR; $10 NRPP; $15 NR
Location: Multipurpose Rooms 2 & 3
Eligibility: ages 6 and under
Register by October 30
Min 3-Max 10
Late fee: additional $5

***Parents are required to stay with child***

VISIT WITH SANTA
Santa is coming to visit with the 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 by our photographer. Start making plans to visit with Santa!

Saturday, December 1
Make-up Date: Sunday, December 2
Time: 1:00-4:00 p.m.
Location: 4th Street Civic Center
Photographer will be onsite for pictures – fees will apply.

WINTERFEST 2018
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.

Wednesday, December 19
Snow Date: Dependent upon school schedule
Time: 3rd-6th Grades - 12:30-5:00 pm
2nd Grade and 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.

AFTER SCHOOL FOR KIDS
Looking for a safe place to send your child after school? Look no farther than our After School for Kids program! The kids will be provided a daily snack and will have fun interactive activities planned.

We offer full care on the days when school is closed! Don’t miss this great opportunity to ensure your child is safe and having fun after school!

Day: Monday- Friday
Time: 3:20-5:30 p.m.
Weekly Fees:
$40 TR; $45 NRPP; $50 NR
** An additional fee of $10 will be added for no school days, early school dismissal or snow days**

FEE ABBREVIATIONS
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OL – Open Leisure - must have a pass plan or purchase a day pass
FREE – open to the public
In order to keep your visit to the Wytheville Community Center Natatorium safe and enjoyable, we ask that you follow these rules:

- All youth under 12 must be attended by an adult or person older than 16, with the exception of aquatic programs.
- Everyone is required to shower before entering pool.
- No running or horse-play.
- Diving will be permitted from the 8 ft. 6 in. wall ONLY.
- No food or gum. Beverages must be in plastic containers.
- Proper swimsuits are required.
- Children who are not toilet trained must wear a swim diaper.
- Inflatable flotation devices are NOT permitted. U.S. 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.
- Persons under the age of 18 may not enter the therapy pool Monday-Friday from 8 a.m.-12 p.m. unless permission is given. This time is used for therapy use only.

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

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**POOL HOURS**

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<td>Monday-Friday</td>
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**WATER PARK HOURS**

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

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**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 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 McWane Outdoor Pool.

Days: Tuesday, September 25; Thursday, September 27; Saturday, September 29; Sunday, September 30
Time: Tuesday and Thursday 5:00-9:00 p.m.
Saturday and Sunday 9:00 a.m.-6:00 p.m.
Fee: $150 TR; $155 NRPP; $160 NR
Location: Wytheville Community Center
Eligibility: ages 15+
Register by September 13
Min 4-Max 10
Late Fee: additional $5
100 % participation required

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**ONLINE LIFEGUARDING COURSE**

Days: Saturday, October 20
Time: Saturday 9:00 a.m.–6:00 p.m.
Fee: $150 TR; $155 NRPP; $160 NR
Location: Online/Wytheville Community Center
Eligibility: ages 15+
Register by October 6
Min 4-Max 10
Late Fee: additional $5
100 % participation required
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 and shallow and deep water aerobics.

**WYTHEVILLE WAVES YOUTH SWIM STROKE AND TECHNIQUE CLINIC**

**Twelve-week program.** Emphasis will be placed on learning the four competitive strokes correctly, as well as diving. Swimmers will practice in a fun and 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.

**Our practice times are now divided based upon skill level (Novice or Experienced).** Coaches will determine which practice that swimmers should attend each time based on a skill evaluation. Please note that a swimmer’s practice time could change based off improvements in swimming ability.

- **Date:** September 11 – November 29
- **Days:** Tuesday and Thursday
- **Times:** Novice - 4:15-5:15 p.m.  
  Experienced - 5:30-6:30 p.m.
- **Fee:** TR $20 for first child; $10 for each additional 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 18**  
**Late Fee:** additional $5

**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. Also, training and practice from competition diving blocks. Excellent for swim team swimmers who want extra emphasis on diving.

- **Session I:** September 25, October 2, 9  
  **Day:** Tuesday  
  **Register by September 18**
- **Session II:** October 18, 25 and November 1  
  **Day:** Thursday  
  **Register by October 9**

**Date:** September 11 – November 29  
**Days:** Tuesday and Thursday  
**Times:** Novice - 4:15-5:15 p.m.  
**Experienced:** 5:30-6:30 p.m.

**Fee:** TR $20 for first child; $10 for each additional 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 18**  
**Late Fee:** additional $5

This blended learning course includes an online portion and an instructor-led classroom skills session. The online portion must be completed before attending the in-class portion. Most learners complete the online portion in approximately **8 hours**.

The online session should be taken as soon as possible to ensure you have completed it prior to the in-person skill session. The online portion must be taken on a PC or tablet with a high-speed internet connection. Please be prepared to provide your instructor with proof that you have completed the online portion or you cannot be admitted into the class.
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

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**SWIM LESSON SCHEDULE**

*Swim lesson levels 1-3 will be on Monday and Wednesday evenings.*

- **Session 1** – September 10, 12, 17, 19, 24, 26 – Register by September 3
- **Session 2** – October 8, 10, 15, 17, 22, 24 – Register by October 1
- **Session 3** – October 29, November 5, 7, 12, 14, 19 – Register by October 22

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*Water Babies and Water Bug swim lessons will be on Tuesday and Thursday evenings. Parent participation is required for Water Babies. Parent Participation may be required depending on child's ability for Water Bugs.*

- **Session 4** – September 11, 13, 18, 20, 25, 27 – Register by September 3
- **Session 5** – October 9, 11, 16, 18, 23, 25 – Register by October 1
- **Session 6** – November 1, 6, 8, 13, 15, 20 – Register by October 22

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

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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
**WATER BABIES (12-24 months)**  
(Parent 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.

**PRESCHOOL LEVELS**

**WATER BUGS (24 - 48 months)**  
(Parent 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.

**PRIVATE SWIM LESSONS**

Private individual and group lessons 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 223-3378 for more information.  
**Call for days and times as they vary per instructor.**  
 Rates:  
- Per half hour  
  $10 TR; $15 NRPP; $20 NR  
- Per hour  
  $20 TR; $25 NRPP; $30 NR  
**Requires two-week advance registration.**

**LEARN-TO-SWIM LEVELS**

**LEVEL 1**
This class is for beginner swimmers. Participants learn to be comfortable in water and to enjoy the water safely. Basic skills are learned which will set the basis for skills learned in later levels. Skills taught include: water safety rules, entering water correctly, bobbing 3 times, floating (front and back), front and back glides, rolling over, arm and leg motions, and combined strokes with support.

**LEVEL 2**  
Prerequisite: Level 1 or must be able to demonstrate requirements for level 1. The objective is to give participants success with fundamental skills. Participants learn to float without support and recover to a vertical position. This level marks the beginning for true locomotion skills. Participants explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Skills taught include: front and back floating unsupported, front and back glides, combined stroke on front and back and roll from front to back.

**LEVEL 3**  
Prerequisite: Level 2 or must be able to demonstrate requirements for level 2. Participants will learn to coordinate the front crawl and back crawl. Elements of the butterfly and the fundamentals of treading water will be introduced at this level. Participants will also learn rules for diving and begin to dive from the side of the pool. Skills taught include: front crawl, back crawl, butterfly kick, beginning diving skills and rotary breathing.
The Fitness Staff welcomes you to the Wytheville Community Center state of the art Fitness Facility. We offer 4,000 square feet of new Nautilus ONE Machines, Precor Treadmills, ellipticals, adaptive motion trainers, stairmasters, recumbent bikes and a variety of free weight equipment to meet your fitness goals.

**ADVANCED YOUTH ORIENTATION**
The two-day Advanced Youth Orientation allows youth 12 and older to exercise in the free weight area without adult supervision. The orientation will cover detailed instruction on proper form, technique, spotting and safety precautions while utilizing the free weight area. Each participant must receive a regular orientation of equipment prior to registering for the Advanced Youth Orientation.

**Session I:** September 24 & 26
**Session II:** October 22 & 24
**Session III:** November 19 & 21
Day: Monday & Wednesday
Time: 4:00 - 5:30 p.m.
Fee: OL
Location: Cardio/Weight Room
Eligibility: ages 12+
Min 2 - Max 8
Register one week prior to session

**FREE BODY FAT PERCENTAGE & BODY MASS INDEX TESTING**
The Wytheville Community Center’s Cardio and Weight Room will offer free Body Fat Percentage Testing and Body Mass Index (BMI) using our Omron Bioelectrical Impedance Monitor. Schedule your appointment today by calling (276) 223-3527, or stop by the Fitness Desk.
Fee: OL
Location: Cardio/Weight Room
Eligibility: ages 12+
Min 2 - Max 8
Register one week prior to session

**FUNCTIONAL MOVEMENT SCREENING (FMS)**
The Functional Movement Screen is an objective tool that measures seven fundamental movements that are key to everyday life. The screening determines if your movement pattern is optimal, acceptable or dysfunctional. Each test is simple, effective and provides exceptional feedback to help you become self-aware, prioritize exercises, inhibit progress and achieve higher levels of fitness and performance.

**Session I:** Thursday, October 4
**Session II:** Thursday, November 8
**Session III:** Thursday, December 6
Time: 4:00 - 5:30 p.m.
Fee: OL
Location: Cardio/Weight Room
Eligibility: ages 12+
Min 2 - Max 6
Register one week prior to session

**MORE INFORMATION**

**THE MILEAGE CHALLENGE**
Can you go the distance? Starting November 1-30, we will offer our Mileage Challenge using the new Precor cardiovascular equipment. The challenge is designed to see who can cover the most distance throughout the month of November. The equipment eligible during this challenge will be limited to the following: Precor Treadmill, AMT and Elliptical. Participants must create and log in to a Precor account while exercising during this challenge. Prizes will be awarded to the top 3 mileage performers for the month of November.

Date: November 1-30
Fee: OL
Location: Cardio/Weight Room
Eligibility: ages 12+
Must login to Precor account to receive credit

**SPORTS PERFORMANCE, SPEED & AGILITY CLINIC**
Whether you are a serious athlete looking to improve sports performance...
or just wanting to have fun, come work along Certified Strength and Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through a proper sport specific dynamic warm-up, sport specific training, speed and agility drills, sprint mechanics and various other activities to take your training to the next level.

**Session I:** Thursday, October 11
**Session II:** Thursday, November 15
**Session III:** Thursday, December 13
Time: 4:00 - 5:30 p.m.
Fee: OL
Location: Gymnasium Court 1
Eligibility: 1st Grade +
Min 2 - Max 20
Register one week prior to session

**OLYMPIC LIFT CLINIC**
Whether you are a beginner or expert fitness enthusiast, seeking to improve sports performance or you just want to try something new, come work along with Certified Strength and Conditioning Specialist & USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through proper form and technique of the power clean.

Power Clean, Thursday, October 18
Time: 4:00 - 5:30 p.m.
Fee: OL
Location: Multipurpose Room 2 & 3
Eligibility: ages 12+
Min 2 - Max 10
Register one week prior to session

**TRX SUSPENSION TRAINING 101**
Ready to try something new only utilizing your body weight? TRX suspension training was created by the Navy SEALs by utilizing gravity and the user’s body weight to perform a variety of full body exercises to help develop strength, balance, flexibility and core stability all simultaneously. Come work along with Certified Strength and Conditioning Specialist & TRX Certified Brandon Wolford and staff as they take you through proper form and technique of TRX Suspension Training.

Monday, October 15
Time: 5:00-6:30 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: ages 12+
Min 2-Max 10
Register one week prior to session

**BATTLINGropes 101**
Ready to burn fat, improve cardiovascular endurance and explosiveness just using ropes? Come work along with Certified Strength and Conditioning Specialist Brandon Wolford and staff as they take you through proper form and technique of using the battling ropes.
Thursday, December 20
Time: 4:00-5:30 p.m.
Fee: OL
Location: Fitness Center
Eligibility: ages 12+
Min 2-Max 10
Register one week prior to session

**FIT FOR LIFE MONTHLY SUPPORT GROUP**
Come reunite with Fit for Life and Senior Wellness Graduates as we discuss various health, nutrition and fitness topics, the first Tuesday of every month!

**Session I:** Tuesday, October 2
**Session II:** Tuesday, November 6
**Session III:** Tuesday, December 4
Time: 9:00-10:00 a.m.
Fee: OL
Location: Multipurpose Room 3
Min 10-Max 30
Register one week prior to session

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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

Call (276) 223-3538 regarding additional information and to be added to the registration reminder list for upcoming Senior Wellness, Ultimate Fitness Adventures, Youth Fitness Challenge and Fit for Life Programs.
PERSONAL TRAINING

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

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

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

PRIMAL INTENSE
There was a time when survival of the fittest was more than a mantra. It was a way of life. Primal Intense offers a return to the basics. A HIIT style workout guaranteed to keep you ahead of the pack; Pushing, Pulling, Jumping, Throwing, Squatting, Crawling, and even Sprinting your way back to the top of the food chain. Use it as a standalone workout or an intense supplement to what you’re already doing.

October 2-November 8
Day: Tuesday & Thursday (12 Sessions)
Time: 6:30-7:00 a.m.
Certified Personal Trainer: Neal Hawks
Fee: $96
Location: Fitness Center
Eligibility: ages 12+
Min 3-Max 6
Register by September 25

GOLF PERFORMANCE TRAINING
Whether you’re a first-time golfer or a seasoned veteran, come work along with Certified Personal Trainer and Golf Conditioning Specialist Thelma Surber as she takes you through exercises to improve your overall golf sports performance, while reducing the chance of injury while playing. Class Focus: Flexibility & Mobility Exercises; Strength & Power Training; Balance/Hip Mobility; Endurance/ Stability

October 2-November 6
Day: Tuesday (6 Sessions)
Time: 4:00-5:00 p.m.
Certified Personal Trainer: Thelma Surber
Fee: $96
Location: Fitness Center
Eligibility: ages 12+
Min 3-Max 6
Register by September 25
MEET THE PERSONAL TRAINERS

**BECKY IRVIN**

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

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

**HEATHER NELSON**

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

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

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

**NICK PATEL**

**CERTIFICATIONS:**
- ACE – Certified Person Trainer
- American Red Cross- CPR, AED & First Aid

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

**THELMA SURBER**

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

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

**NEAL HAWKS**

**EDUCATION:**
- Associates Degree in Religion/Church Ministries

**CERTIFICATIONS:**
- ACE – Certified Personal Trainer
- American Heart Association – CPR, AED & First Aid

**AREAS OF EXPERTISE:**
- General Fitness Conditioning
- Cardiovascular Endurance Training
- Strength/Resistance Training
- Functional Mobility/Stability/Movement Training
- Sports Specific Training
Must have a Gold Pass Plan or Aerobic Day Pass to participate.
All classes are in aerobic room unless otherwise designated.
Eligibility: ages 12+

**FEES 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

**Ab Express** – Ab Express is a fun packed 30 minutes used to tone, build and strengthen the abdominal muscles. We will use a variety of exercises that will target your whole core, including floor work, balance moves and weighted exercises. Min 8-Max 25 September 7-28
Day: Friday
Time: 10:00-10:30 a.m.

**Barre** – Barre is a complete body workout fusing ballet barre conditioning, yoga and Pilates. Exercises may be performed standing, seated or lying down. Min 8-Max 25
Day: Thursday
Time: 5:30-6:15 p.m.

**NEW! Bootcamp Blast** – Get ready to get up and go! This class will focus on a combination of strength and cardio training using body weight and/or equipment, plus the highly effective Tabata method – alternating high intensity cardio with periods of rest. The workouts end with core and flexibility training. Appropriate for all levels. Low impact options always offered. We meet inside in aerobic studio but may take it outdoors. Min 8-Max 30 September 1-29
Day: Saturday
Time: 9:30-10:15 a.m.

**NEW! Bounce Blast** – A heart-pounding cardio class on our Jump Sport Pro Fitness Trampolines. In the class you’ll be doing non-stop cardio moves interspersed with slower sculpting moves. You’ll leave this class light on your feet and feeling energized. Weight capacity for trampoline is 275 lbs.
November 3–24
Day: Saturday
Time: 9:30–10:15 a.m.

**Cardio Creations** – This class will vary according to the instructor teaching and is geared to trigger your metabolism by constantly offering something new. One week it may be a cardio interval, cardio circuit, cardio kickboxing, cardio fusion or cardio Zumba®. This class can be high intensity workout with low to moderate impact offering modifications for various fitness levels. We guarantee you will work hard and have fun all at the same time. The walking track may be incorporated. Great for all fitness levels. Min 8-Max 40
Day: Monday and Wednesday
Time: 9:00-9:45 a.m.

**Functionally Fit** – A fun class geared for seniors or anyone looking to increase range of motion, strength, flexibility and balance using balls, chairs, weights, mats and bands. Great for all ages and fitness levels. Min 8-Max 30
Day: Monday and Wednesday
Time: 8:00-8:45 a.m.
Day: Friday
Time: 10:00-10:30 a.m.

**HIIT 30** – Only have 30 minutes to get your sweat on? HIIT (High Intensity Interval Training) is the class for you. HIIT incorporates short bursts of high intensity work followed by active recovery periods. This interval-based class combines full-body strength training with high intensity cardio burst designed to tone your body and improve your endurance.
**Session I:**
Day: Tuesday
Time: 5:30-6:00 p.m.
**Session II:**
Day: Thursday
Time: 6:30-7:00 p.m.

**Indoor Cycling** – A low impact cardio workout on a stationary bike that has a weighted flywheel. Cycling includes seated and climbing positions. Cycling works the upper and lower legs, core as well as isolation exercises for other muscle groups. This workout is appropriate for all levels. Min 6–Max 10
Day: Monday and Wednesday
Time: 6:15-7:00 a.m.

**KICK-it** – Blast fat and have fun through rounds of kicks, jabs, hooks, uppercuts in a session that sculpts muscle and results in an intense cardio session as well. This class includes an additional focus on bag work drills and strength training intervals, promising a total-body workout. Weight lifting gloves or knuckle wraps are suggested. Min 8-Max 25
**Session I:**
Day: Wednesday
Time: 6:30-7:15 p.m.
**Session II:** October 6-27
Day: Saturday
Time: 9:00-9:45 a.m.

**PUMP It Up!** – If you are looking to get lean, tone and fit fast, then this class is for you. This is a strength class utilizing barbells and weight plates to challenge the entire body! This class involves isolation of one specific muscle group at a time, using light to moderate weight and lots of repetitions. Min 8–Max 18
Day: Tuesday
Time: 6:15-7:15 p.m.
**Senior Fitness & Fall Prevention** – This class focuses on everyday functional movements to help improve the quality of life by providing low impact exercises to improve cardiovascular function, strength flexibility and balance and fall prevention. (Beginner level) Min 8–Max 30
Day: Tuesday
Time: 11:00-11:45 a.m.

**Step** – An excellent fat burning class that includes combinations on the step followed by a challenging resistance segment for upper body and core. Modifications are offered. Some step experience is helpful but not required. (Intermediate level) Min 8–Max 25

**Session I:**
Day: Monday
Time: 6:30-7:15 p.m.

**Session II:**
Day: Friday
Time: 9:00-9:45 a.m.

**Strength, Core and More** – Boost metabolism by increasing lean body mass. This class is designed to strengthen major muscle groups using a variety of equipment and/or your own body resistance. Modifications are offered throughout the class. Great for all fitness levels. Min 8–Max 25
Day: Monday and Wednesday
Time: 11:00-11:45 a.m.

**Sunrise Yogalates** – Start the day right with a fusion of hatha style) yoga and Pilates to help reduce stress, improve flexibility, concentration, circulation and breathing, while toning muscles to increase balance and posture for an all over mind and body experience. You will leave feeling refreshed and ready to start your day! This class involves standing, seated, lying positions with some balance poses using bands or balls. Great for all fitness levels. Modifications are offered throughout the class. Min 8–Max 30
Day: Tuesday and Thursday
Time: 8:00-8:45 a.m.

**NEW! STRONG by Zumba®** – This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In this class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks areinterchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba® instructors change up the music and moves frequently to make sure you’re always challenged to the max. Min 8–Max 30
December 1-15
Day: Saturday
Time: 9:30-10:15 a.m.

**T’ai Chi and Mindful Relaxation** – A slow graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Ideal for stamina, flexibility and coordination. Warm up with meditation and chairs may be used. After the warm up, the first half of the class will entail standing traditional or nontraditional tai chi forms and the second half of the class will be geared to seated stretches and end with relaxation on the mat (seated or lying down). It is helpful to attend this class on a regular basis to learn the various forms. Great for all ages and fitness levels. Min 8–Max 30
Day: Monday and Wednesday
Time: 10:00-10:45 a.m.

**NEW! Tai Chi Beginners Course** – This class will focus on the Tai Chi Fundamentals form. This six-week class will break down step by step this graceful tai chi form. Ideal for building stamina, flexibility and coordination. Learning this form is a great foundation in learning the basics of tai chi. Great for all ages and fitness levels. Min 8–Max 30
October 15- November 12
Day: Monday
Time: 12:00-12:45 p.m.

**TNT (Tone & Tighten)** – Shape and strengthen the body, tighten abdominal and core muscles, and shape the arms and shoulders with weights, bars, TRX, bands or own body resistance. Tone thighs and glutes 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 8–Max 30
Day: Tuesday and Thursday
Time: 9:00-9:45 a.m.

**Yoga Flow** – This class is a series of flowing postures with rhythmic breathing for an intense body-mind workout (vinyasa-style yoga). This type of yoga with its flowing movement and fast pace, builds heat in the body and stretches the muscles of the body practicing Ujjayi-style breathing. This class is more for those who have some experience with yoga. Think outside of the mat! Min 8–Max 25

**Session I:**
Day: Monday and Wednesday
Time: 5:30-6:15 p.m.

**Session II:**
Day: Friday
Time: 12:00-12:45 p.m.

**NEW! ZUMBA®** – This class is a fusion of Latin and International music / dance themes that is based on the principle that a workout should be “FUN AND EASY TO DO.” The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Min 8–Max 30
Day: Thursday
Time: 10:00-10:45 a.m.

**Land Fitness Instructors:** Becky Irvin (Fitness Coordinator), Brandon Wolford (Fit for Life Coordinator), Thelma Surber, Irene Daugherty, Nick Patel, Sigrid Rogers, Neal Hawks, Nick Patel, Trudy Gillespie, Carla Eanes, and Tobhiyas Artison. Mike Honaker and Sara Harding (Volunteers).
**Ai Chi** - Ai Chi is a total body relaxation and strengthening progression performed in a slow, focused, graceful manner and accompanied by deep breathing. It is performed in the therapy pool, standing in shoulder depth WARM water. The benefits of an Ai Chi exercise program are: Decreased levels of pain; Improved oxygen supplies to the body; Greater range of motion; Increased core & muscle strength; Lowered sensations of stress; Reduced joint stiffness; Improved balance; Minimized problems with anxiety, fatigue, and depression. This class is suitable for people of all ages and levels who simply need to relax.

**Min 8–Max 15**

**Session I:**
Day: Monday and Wednesday
Time: 4:15-5:00 p.m.

**Session II:**
Day: Friday
Time: 10:15-11:00 a.m.

**Aqua Mix** - 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 8–Max 40
Day: Tuesday and Thursday
Time: 6:30-7:15 a.m.

**NEW! Aqua Tabata** - Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. Min 8–Max 30
**Session I:** September 6-27
**Session II:** December 1-15
Day: Saturday
Time: 10:30-11:00 a.m.

**Cardio Splash** - Are you looking for a cardio intense workout in the water, with small segments of strength? If so, this is your class! Moderate to high intensity cardio segments are then followed by strength moves to condition all your muscles. We will use various formats of interval training, circuit training and Tabata in this “anything goes” class. Modifications will be given for all cardio and strength moves making this a fun class for all fitness levels. Min 8-Max 30
Day: Friday
Time: 9:00-9:45 a.m.

**Deep Water** - Performed at water depths so body remains in vertical position and not touching the pool floor. Buoyancy belts may be used to maintain correct alignment. No-impact workout. Ability to swim not required. A great workout in a social setting! Appropriate for those who are comfortable in deep water. Individuals may take this class in the 5-ft. area of the pool versus the 8 ft. Min 8–Max 40
**Session I:**
Day: Tuesday and Thursday
Time: 10:00-10:45 a.m.

**Session II:**
Day: Monday and Wednesday
Time: 6:00-6:45 p.m.

**Aqua Instructors:** Becky Irvin (Fitness Coordinator), Trudy Gillespie, Sigrid Rogers, Suzanne Molloy, Kim Aker, Dana Christian and Tobhiyas Artison. Cornelia Northrop (volunteer).

All aqua classes are in the natatorium
walking track

Want to exercise but not sure where to start? Walking is one of the best forms of exercise. Did you know that walking is a form of weight bearing exercise? Weight bearing exercise helps increase bone density which then helps prevent osteoporosis. The Centers for Disease Control and Prevention/American College of Sports Medicine recommend 30 minutes of moderate-intensity activities 5 or more days a week. Regular physical activity significantly reduces the risk of cardiovascular disease and risk factors such as high blood pressure, diabetes and obesity. So, find a friend and start walking! Please adhere to our designated lanes for walkers and runners as well as the designated direction for that day. Monday, Wednesday, Friday and Sunday-Clockwise/Tuesday, Thursday and Saturday-Counter Clockwise. If you need some help keeping track of the laps you’ve walked, stop by the front desk and purchase a tally counter to log your laps and miles. Children under 12 must be accompanied by an adult at all times. Stroller times are limited to Monday-Friday 8:00 am – 3:00 pm, Saturday and Sunday 1:00-3:00 pm.

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

racquetball

The Wytheville Community Center offers two full-size racquetball courts located on the second floor adjacent to the climbing wall for your fun and entertainment. Please adhere to the policies and rules for availability and reservations. Children under the age 12 may not use the racquetball courts unless playing with an adult or person older than 16. Goggles are strongly recommended for all participants to protect from eye injuries. Check at the Front Desk to make reservations as well as availability for goggles, balls and racquets. Gold level pass plans have unlimited access to the racquetball courts. Silver level pass plans include two hours per week of racquetball court time.
2018-2019 After School Program

Register Now!

Registration Information
- Monday–Friday
- 3:20-5:30 p.m.
- Grades: K-5
- Min 10–Max 40

Fees:
Weekly Fees:
$40 TR; $45 NRPP; $50 NR

**An additional fee of $10 per day will be added for early school dismissal or snow days**

For More Information or additional details, please call 276.223.3378
Or visit rec.wytheville.org
Kids in Parks TRACK
Trails Program
at Crystal Springs Recreation Area

1. SIGN UP & FIND an adventure
2. GO for an adventure
3. TRACK your adventure and GET prizes

723 Pump Hollow Ln, Wytheville, VA

Sign up at
www.kidsinparks.com
Fees: None

Hours: Dawn–Dusk

Camping & Backpacking: Must have a permit (obtained from the Department of Parks and Recreation)

Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.

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)

TRACK Trails: A Blue Ridge Parkway Foundation (BRPF) initiative to get kids “unplugged” and outside enjoying nature. Provides signs and brochures that go along with the TRACK Trail activities. Cooperative initiative by BRPF, Wythe-Bland Foundation and Town of Wytheville. Visit www.kidsinparks.com for more information.
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 13
Time: 2:00 p.m.
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: all ages (under 16 must be accompanied by an adult or guardian)
Min 5-Max 25
Register by September 23

NIGHT HIKE
Join staff for a nice walk beneath the stars. Along the way, we will listen and search for some of the many different critters that stir around after dark like the illusive salamander! Wear comfortable walking shoes, bring a jacket, bring a flashlight and be ready to have fun!!! The hike will be approximately two miles.
Session I: Saturday, September 29
Session II: Saturday, November 3
Time: 7:00 p.m.
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: all ages (under 16 must be accompanied by an adult or guardian)
Min 5-Max 25
Register two weeks prior to session

YOUTH HIKING CLUB
Looking for something new and exciting to do on a Saturday afternoon? Join us at Crystal Springs for our new Youth Hiking Club! We will explore the trails at Crystal Springs and focus on different hiking and backpacking skills and Leave No Trace Ethics at each session. Remember to dress appropriately for the weather conditions, wear comfortable walking shoes and bring a snack and water in a small backpack. Upon completion of each session, participants will receive a certificate and a patch.
Session I: Saturday, September 29 – Hiking Pack 10 Essentials
Session II: Saturday, October 20 – Backcountry Campsites
Session II: Saturday, November 10 – Fire Building Skills
Time: 2:00-4:00 p.m.
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 10+ (under 16 accompanied by an Adult)
Min 4-Max 15
Register at least two weeks prior to session

HUNTING FOR CRAWDADS
Meet us at Crystal Springs to go on a big hunt for Crawdads. We will be looking and learning about things in nature and about the creatures themselves. Bring a bathing suit and some water shoes and let’s have a fun time in nature.
Session I: Saturday, September 29
Session II: Saturday, October 20
Time: 5:00 p.m.
Fee: OL
Location: Crystal Springs
Eligibility: ages 5-16 (must be accompanied by an Adult)
Min 4-Max 10
Register by September 21
The Town of Wytheville invites you to walk your neighborhood with Mayor Beth Taylor, as we work together to create a healthy, prosperous community that promotes healthy eating and active living throughout Wytheville, Virginia.

Be active WYTHE us!

### SEPTEMBER

**Thursday, September 6: Withers Park**  
Meeting Location: Withers Park Outdoor Fitness Equipment  
300 N 4th St, Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

**Thursday, September 13: Heritage Walk Trail**  
Meeting Location: Withers Park Outdoor Fitness Equipment  
300 N 4th St, Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

**Thursday, September 20: East Main Street Loop**  
Meeting Location: Bolling Wilson Hotel  
170 E Main St, Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

**Thursday, September 27: West Main Street Loop**  
Meeting Location: Wytheville Office Supply  
146 W Main St, Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

### OCTOBER

**Thursday, October 4: Crystal Springs**  
Meeting Location: Crystals Spring Parking Lot  
723 Pump Hollow Rd., Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

**Thursday, October 11: WCC Track**  
Meeting Location: Al Jennings Fields Parking Lot  
1000 E Main St, Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

**Thursday, October 18: Church Street Loop**  
Meeting Location: Wytheville Paper Clip  
103 W Main St, Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)

**Thursday, October 25: Wytheville Community Center**  
Meeting Location: Main Lobby  
333 Community Blvd., Wytheville, VA 24382  
Time: 7:30 a.m. (Lasts Approximately 30 Minutes)
Thank You

A SPECIAL

TO OUR SPONSORS

PREMIER SPONSORS:

Wytheville ENTERPRISE

COMMUNITY NEWSPAPERS

Keeping you connected!

SHEPTEI

Always connected to you

PLATINUM SPONSORS:

PEPSI BEVERAGES COMPANY

R&C TOWING

And Repair
Wytheville, VA

HUTCHINSON
All parks and shelters are available for rental. Please call 223-3378 for more information or to schedule an event.

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

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

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

WITHERS PARK
Withers Park has become a central area for fellowship and exercise with its walking trail, playground, restroom facilities and shelter. The variety of trees and well-manicured landscape in the park gives way to the park’s beauty. The Wall of Honor pays tribute to those from Wythe County who gave their lives in wars or military actions, civic leaders and members of the Wythe County Sports Hall of Fame. Withers Park provides citizens with an informal recreation area and is the site for special events, industrial and business picnics and socials.
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
Winterfest 2018

Start your Christmas Break off the right way!

Wednesday, December 19

Time: 3rd-6th Grades 12:30-5:00 pm

2nd Grade and Under 5:30-8:30 pm

Must have pass plan or purchase a day pass the day of event.

For more details see page 15

Inflatable Games
Climbing Wall
Youth/Teen Center
Pizza and Drinks
and MORE!