Be Active Wythe...

- After Hours pg. 10
- Senior Trips pg. 11
- Pancakes and Princesses pg. 14
- McWane Pool pg. 16
- Cardio Splash pg. 26
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, 4:00 PM–8:00 PM
- Saturday: 10:00 AM–5:00 PM
- Sunday: 1:00 PM–5:00 PM

**WATER PARK**
- Monday–Friday: 10:00 AM–12:00 PM, 4:00 PM–8:00 PM
- Saturday: 10:00 AM–5:00 PM
- Sunday: 1:00 PM–5:00 PM

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

**SUMMER POOL HOURS**
- (May 31–August 8)
- Monday–Friday: 6:00 AM–8:00 PM
- Saturday: 10:00 AM–5:00 PM
- Sunday: 1:00 PM–5:00 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

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

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

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.

All program schedules are subject to change.
### 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>
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<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>
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<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>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$275</td>
<td>$22.92</td>
<td>$160</td>
<td>$34</td>
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<tr>
<td>Adult +1</td>
<td>$450</td>
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<td>Family</td>
<td>$531</td>
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<tr>
<td>Senior/Teen/College</td>
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<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>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$73</td>
<td>$6.08</td>
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<tr>
<td>Adult +1</td>
<td>$118</td>
<td>$9.83</td>
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<tr>
<td>Family</td>
<td>$212</td>
<td>$17.67</td>
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<tr>
<td>Senior/Teen/College</td>
<td>$67</td>
<td>$5.58</td>
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<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.

### Multipurpose Rooms

<table>
<thead>
<tr>
<th>Room Description</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

- Groups up to 10: $35/hour, $40/hour
- Groups 11–20: $45/hour, $50/hour

### Gymnasium

- 1 Court: $20/hour, $25/hour, $30/hour
- 2 Courts: $40/hour, $50/hour, $60/hour

*Limited Availability*

### Indoor Pool

- Groups up to 50: $130/2 hrs, $140/2 hrs
- 51-75: $170/2 hrs, $180/2 hrs
- 76-100: $210/2 hrs, $220/2 hrs

### 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/Teen Center & Climbing Wall

Available for Rentals Sunday 1:30–3:30 PM

### Pool Rental

Hours: Saturday 5:30–7:30 PM
**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.

**YOUTH VOLLEYBALL CLINIC**

This clinic will be 6 weeks of group instruction by experienced staff and will aim to teach the basics and introduce youth to the bump, set and spike game of volleyball.

- September 10 – October 20
- Times: 3rd & 4th grade - Mondays 5:30 - 6:30 p.m. / Saturdays 9:00 – 10:00 a.m.
- 5th & 6th grade – Mondays 6:30 – 7:30 p.m. / Saturdays 10:00 – 11:00 a.m.
- Fee: $20 TR; $25 NR; $30 NR
- Location: Wytheville Community Center
- Eligibility: Grades 3rd & 4th and 5th & 6th
- Min 10 – Max 30
- Register by August 20
- Late fee: additional $5

**FLAG FOOTBALL**

This league is open to 1st and 2nd grade. Season will be played on Thursday night’s beginning in late August. Exact team practice starting dates will be announced after registration deadline and you will be contacted directly by your coach for these.

- Fee: $20 TR; $25 NR; $30 NR
- Location: Games are played at Scott Middle School
- Eligibility: Grades 1st and 2nd
- Register by July 30
- Late fee: additional $5
FOOTBALL
This league is open to 3rd & 4th and 5th & 6th grade. Group practice dates will be announced upon registration. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will start mid to late August and are typically scheduled for Tuesdays and Saturdays. Travel will be involved.
Fee: $35 TR; $40 NRPP; $45 NR
Location: Games are played at Scott Middle School and all County High Schools and Bland.
Eligibility: Grades 3rd & 4th and 5th & 6th
Register by July 2
Late fee: additional $5

CHEERLEADING
This league is open to 3rd & 4th and 5th & 6th grade. Group practice dates will be announced upon registration. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will start mid to late August and are typically scheduled for Tuesdays and Saturdays. Travel will be involved.
Fee: $35 TR; $40 NRPP; $45 NR
Location: Games are played at Scott Middle School and all County High Schools and Bland.
Eligibility: Grades 3rd & 4th and 5th & 6th
Register by July 2
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 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.
May 8- Corn Hole Tournament
June 12- Guest Speaker
July 10- Cookout at Elizabeth Brown Memorial Park
August 14- Guest Speaker
Time: 11:30 a.m. - 1:00 p.m.
Fee: Free
Location: Multipurpose Room
Eligibility: ages 50+
No registration required

COLLEGE STUDENT/ADULT TIME
Are you tired of studying all of the time? We all need a little break sometimes. We invite adults and college students to come on over and enjoy all the Teen Center has to offer. We have computer and internet access for all your homework needs, as well as wireless internet access to accommodate your personal laptops. Come check out our new gaming center which includes Wii, Xbox 360, PS3 and PS4.
May – August
Day: Monday – Friday
Time: 8:00 a.m. – 2:30 p.m.
Fee: OL
Location: Teen Center
Eligibility: ages 18+
No registration required

SENIOR TIME
Seniors, don’t miss out on this opportunity to relive the old days! Come enjoy all the Teen Center has to offer: billiards, air hockey, ping pong, foosball or test your skills in the latest video games. There are endless opportunities awaiting you!!
May – August
Day: Monday-Friday
Time: 8:00 a.m. – 2:30 p.m.
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: May 29 - June 19
Session II: June 26 - July 17
Day: Tuesday
Time: 7:00 - 8:00 p.m.
Fee: $30 TR; $35 NRPP; $40 NR
Location: Wytheville Community College Tennis Courts
Eligibility: ages 18+

ADULT CRAFT NIGHT — MOSAIC LETTER
Need some decoration for your home? Come to the Community Center and decorate a beautiful mosaic wood letter! All supplies are included!
Monday, May 14
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 May 14
Late Fee: additional $5

ADULT CRAFT NIGHT — SUNFLOWER CLOTHESPIN WREATH
Join us for craft night as we get ready for Summer by making a beautiful sunflower wreath to hang on your door! All supplies included.
Monday, June 25
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 June 18
Late fee: additional $5

ADULT CRAFT NIGHT — PERSONALIZED COASTER SET
Join us for craft night as we create a set of 6 personalized coasters! A perfect addition to your dinner table. All supplies included.
Monday, July 23
Time: 5:30 p.m.
Fee: $10 TR; $15 NRPP; $20 NR
Location: Multipurpose Room 1
Eligibility: ages 18+
Min 4 - Max 12
Register by July 16
Late fee: additional $5

PIE BAKE-OFF
Bake up your favorite homemade pie recipe and bring it to the Community Center for our pie bake-off! Please bring in your pie along with the recipe and enter them into the contest to be judged by the Community Center staff. Prizes will be awarded to 1st and 2nd place. Please note, you must enter a pie to participate!
Session I: Thursday, May 17
Session II: Thursday, June 14
Time: 1:00 p.m.
Fee: Free
Location: Multipurpose Room 3
Eligibility: ages 13+
Register 2 weeks prior to each session

Min 3 - Max 6
Register by two weeks prior to session
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

Fee: OL
Location: Teen Center
Eligibility: ages 50+
No registration required

Senior Potluck

Fee: OL
Location: Teen Center
Eligibility: ages 50+
No registration required
INTRODUCTION TO PADDLE BOARDING
It is time to try one of the world’s fastest growing watersports! Experienced instructors from Mountain 2 Island Paddle Board Company will be your guides as you learn how to paddleboard in our indoor Natatorium. Instructors will teach you all the basics including how to find your balance on your SUP, stances, how to hold the paddle, proper launching and exiting technique, how to safely fall off your board and how to climb back on and much more. Paddleboards included. Perfect for first timers, no experience necessary.
Session I: Tuesday, May 22
Session II: Tuesday, July 24
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

INTRODUCTION TO LINE DANCING
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!
Day: Tuesdays
Dates: May 29 - June 26
Time: 5:30-7:30 p.m.
Fee: $15 TR; $20 NRPP; $25 NR
Location: Multipurpose Room 2 & 3
Eligibility: Ages 18+
Min 6- Max 20

SENIOR ICE CREAM SOCIAL
Come out and enjoy a delicious ice cream sundae while playing bingo and talking among friends! Make your own sundae with your choice of a variety of toppings! All supplies included!
Thursday, July 12
Time: 2:00 - 3:30 p.m.
Fee: OL
Location: Multipurpose Room 1
Eligibility: ages 50+
Min 8 - Max 30
Register by June 28

BADMINTON
Come out and play badminton with your friends all while exercising!
Session I: May
Session II: June
Session III: July
Session IV: August
Day: Tuesday and Thursday
Time: 9:30-11:30 a.m.
Fee: $5 TR; $ 10 NRPP; $15 NR
Location: Court 1
Eligibility: all ages
Min 6- Max 10
Late Fee: additional $5
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 complete by one week prior to the start of the month.

AFTER HOURS SUMMER CONCERT SERIES 2018
For the June 1 concert, we have Blackwater Rhythm and Blues; Tuesday, July 4, The Fantastic Shakers will be rocking the stage! Last, but definitely not least, on August 3, The Band of Oz. Don’t miss out on the 2018 Summer Concert Series! Show starts at 6:30 p.m. Advanced tickets are $5, at the gate $7. Children 5 and under are free. July 4 concert is a free concert. After Hours Summer Concert Series 2018, it simply doesn’t get any better than this! You may purchase advanced tickets at: The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Counts Drug and Fourth Street Market.
Friday, June 1 @ Withers Park
Blackwater Rhythm and Blues
Wednesday, July 4 @ Elizabeth Brown Park
(see “Town of Wytheville and Downtown Wytheville, Inc. July 4th Event” article for more details)
The Fantastic Shakers
Friday, August 3 @ Withers Park
The Band of Oz
SENIOR TRIP: BILTMORE HOUSE
Join us as we travel to the beautiful Biltmore House in Asheville North Carolina.
Thursday, May 24
Time: Depart Community Center at 7:00 a.m.
Fee: $90 TR; $95 NRPP; $100 NR
Eligibility: ages 50+
Min 10- Max 12
Register by May 7
Late fee: additional $5

SENIOR TRIP: THE PINNACLE
Join us as we travel to the newest large retail development in Bristol, TN to do some shopping! We will be having lunch at Chick-Fil-A before we head to the stores. If you love shopping, this is a trip you won’t want to miss!
Wednesday, June 20
Time: Depart at 10:00 a.m.
Fee: $5 TR; $10 NRPP; $15 NR
Lunch is not included in price
Eligibility: ages 50+
Min 12 - Max 24
Register by June 8
Late fee: additional $5

SENIOR TRIP: BARTER THEATRE- STEEL MAGNOLIAS PLAY
Join us as we travel to the Barter Theatre in Abingdon to watch the all-time favorite movie Steel Magnolias. We will be stopping in Chilhowie to eat lunch at the Riverfront Restaurant.
Price of the ticket is included, however, lunch is on your own.
Thursday, June 14
Time: Depart at 11:00 a.m.
Fee: $40 TR; $45 NRPP; $50 NR
Min 12 - Max 24
Register by May 13
Late fee: additional $5

TOWN OF WYTHEVILLE AND DOWNTOWN WYTHEVILLE, INC. JULY 4TH CELEBRATION
Back for 2018 is our July 4th After Hours Summer Concert with fireworks!! We are excited to have this event back this year. This event will be in conjunction with the Downtown Wytheville, Inc. group. We are teaming up to offer a full day of activities. The Downtown Wytheville group will be responsible for the event held on Main Street, which will start at 2:00 p.m.: Independence Day parade, cruise in, kids games and activities, live music and much more!!! Food vendors and alcoholic beverages will be available. At 5:30 p.m., the gates will open at Elizabeth Brown Park for the After Hours Summer Concert Series. The Fantastic Shakers will be hitting the Stage at 6:45 pm. Food Vendors and Alcoholic beverages will be available. We are looking forward to a huge event. Don’t miss out on the Town of Wytheville and Downtown Wytheville, Inc. Fourth of July Celebration.

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
Our indoor climbing wall offers a little bit of something for every climber regardless of skill level. Whether you are the expert or simply a beginner, we have routes set that will accommodate your needs. Come out and test your boundaries, overcome your fear and build self-confidence. For those of you looking to change up your workout routine, be sure you check out the peg board, TRX suspension training, pull up bar and wooden gymnastic rings!

**Open Climbing Hours:**
Tuesday, Wednesday, Thursday, Friday and Saturday 3:00 – 7:00 p.m.
Sunday 4:00 – 6:00 p.m.

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**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:** Tuesday, June 26
**Session II:** Tuesday, July 31
**Session III:** Tuesday, August 28

Time: 5:00 – 6:00 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: ages 10-18
Min 2-Max 10
Register two weeks prior to session

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**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:** Tuesday, June 5
**Session II:** Tuesday, August 7

Time: 6:00-7:00 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: ages 18 and under
Min 4 - Max 20
Register two weeks prior to event

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**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, June 16
**Session II:** Saturday, August 25

Time: 3:00-5:00 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: all ages
No registration required

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**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:** Thursday, May 31
**Session II:** Thursday, June 28
**Session III:** Thursday, July 26
**Session IV:** Thursday, August 30

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
NEW CLASSES
NEW DAYS
NEW TIMES

Check out the aerobics schedule on pages 24-26 for more information on these new classes!
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 and Play Station 4! Stop by and check it out!

Tuesday, Wednesday, Thursday, Friday and Saturday 3:00 – 7:00 pm  |  Sunday 4:00 – 6:00 pm

**HOME SCHOOL PHYSICAL EDUCATION**

Wytheville Community Center is proud to offer Home School Days, a program incorporating physical education, art/craft activities and outdoor education.

- **Dates:** May 30, June 13, June 27, July 11, July 25, August 8
- **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 May 15
  - **Late fee: additional $5

**GIRLS NIGHT OUT PJ PARTY**

We will socialize, eat pizza and make our own jewelry and paint nails all while relaxing in our PJ's! Pizza, drinks and snacks will be provided.

- **Session I:** Friday, June 15
  - **Time:** 6:00-8:00 p.m.
  - **Fee:** $1 TR; $6 NRPP; $11 NR (per session)
  - **Location:** Teen Center, Climbing Wall, Pool, Wally Ball Court
  - **Eligibility:** ages 6-18
  - **Min 5 - Max 25
  - **Register two weeks prior to session
  - **Late Fee: additional $5

**PANCAKES AND PRINCESSES**

Bring your princess in her own dress to enjoy a pancake breakfast with some of our favorite princesses! We will enjoy pancakes with your choice of butter or syrup, color pictures of your favorite Princess, and take pictures with each other. This is one event you won't want to miss!

- **Date:** Saturday, June 2
  - **Time:** 10:00 a.m. – 12:00 p.m.
  - **Fee:** $1 TR, $5 NRPP, $10 NR
  - **Location:** Multipurpose Room 1
  - **Eligibility:** Ages 13 and under
  - **Min 5 – Max 25
  - **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, June 22
  - **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

**DODGEBALL-A-POOLOOZA**

This is going to be a night full of dodge ball. We will be playing a variety of different games from classic to using soft blocks that you have to stack, build and knock down. Are you up for the challenge?

- **Date:** Friday, August 24
  - **Time:** 5:00 - 7:00 p.m.
  - **Fee:** OL
  - **Location:** Court 2
  - **Eligibility:** ages 8-18
  - **Min 12 - Max 40
  - **Register by August 10

**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, June 29
  - **Time:** 5:30 - 6:30 p.m.
  - **Fee:** OL
  - **Location:** Indoor Pool
  - **Eligibility:** ages 6+
  - **Min 2 - Max 6
  - **Register 2 weeks prior to session

**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, May 22
  - **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

**WYTHEVILLE WARRIOR CHALLENGE**

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

- **Session I:** Monday, May 14
  - **Session II:** Monday, June 11
YOUTH TENNIS LESSONS
The Town of Wytheville Parks and Recreation is excited to bring to you a fun and exciting tennis series. This series is for children with little or no playing experience and intermediate players. Instructions will include forehand, backhand, serve, volley, court etiquette and scoring. This program is perfect to learn about a historic sport which helps attain agility, coordination, fitness and social skills. 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.
Session I: May 29- June 19
Session II: June 26- July 17
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 2 weeks prior to session
Late fee: additional $5

BACK TO SCHOOL SPLASH BASH 2018
You thought Splash Bash 2017 was fun; you haven’t seen anything yet so make sure you mark your calendar! Swimming, games, pizza and snacks.
Saturday, August 11
Time: 5:30-8:30 p.m.
Fee: $3
Location: McWane Pool
Eligibility: 3rd – 8th Grade

AFTER SCHOOL FOR KIDS
Looking for a safe place to send your child after school? Look no more, come join us at the After School for Kids program! The kids will be provided a daily snack and will have fun interactive activities planned daily. When school is closed, we offer care for the full day! 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**
In order to keep your visit to the Wytheville Community Center Natatorium safe and enjoyable, we ask that you follow these rules:

• All youth under 12 must be attended by an adult or person older than 16, with the exception of aquatic programs.
• Everyone is required to shower before entering pool.
• No running or horseplay.
• Diving will be permitted from the 8 ft. 6 in. wall ONLY.
• No food or gum - Beverages must be in plastic containers.
• Proper swimsuits are required.
• Children who are not toilet trained must wear a swim diaper.
• Inflatable flotation devices are NOT permitted - U.S. Coast Guard approved lifejackets will be permitted.
• Equipment is for class use only and may not be used as toys or flotation devices.
• You must be at least 14 years old to use whirlpool/spa.
• Individuals under the age of 18 are not allowed in the Therapy Pool, Monday-Friday from 9:00 a.m.–12:00 p.m. unless permission is given.
• Anyone under 14 years old must have adult supervision to enter therapy pool.
• Swim tests may be required for pool/slide use.

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

POOL HOURS
(May 31–August 8)
Monday–Friday 6:00 AM–8:00 PM
Saturday 10:00 AM–5:00 PM
Sunday 1:00 PM–5:00 PM

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

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

MCWANE POOL
Saturday, June 2 – Monday, Sept. 3
Open: Monday-Sunday
Time: 12:00-5:00 p.m.
*After August 8th, McWane will only be open on the weekends through Labor Day Weekend

FEES AND RATES:
Daily Admission $3.00 ages 4 and up
Ages 3 and under – Free
10 Punch Pass -- $25
Season Pass -- $80 (non-transferable)
Family Pass – $275
Family defines as head of household, spouse and their legal dependents under the age of 25. Legal dependents under age 25 must be full time college students.

NIGHT SWIM AT MCWANE
McWane Pool will be open late just for you. Enjoy the extended hours for the opportunity to enjoy the pool with the lights on. No advanced registration or extra fees: regular day admissions, punch passes or your season pass will get you in the same as any other day.
Days: Thursday: June 7, July 12, August 2
Time: Open until 7:00 p.m.

KICK OFF TO SUMMER
Looking to enjoy McWane pool free of charge for the day? Now is your chance.
On June 2, we will be having “free” swim during open hours for all patrons of any age. There will be games and food!
Date: Saturday, June 2
Time: 12:00-7:00 p.m.
Wytheville Waves swim team is part of The Blue Ridge Swim League. The Blue Ridge Swim League is a recreational summer swim league made up of 7 teams. Meets will begin in June and will go through the last weekend of July. Swim meets and practices will be held at McWane Pool (Outdoor). 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 swimmers should attend each time based on a skill evaluation. Please note that a swimmer’s practice time could change based on improvements in swimming ability.

Schedule:
May 14 – July 28
Monday, Wednesday, Friday – McWane
   Experienced Swimmers – 9:15-10:15 a.m.
   Novice Swimmers – 10:30-11:30 a.m.
Tuesday, Thursday – McWane
   Novice Swimmers – 5:00-6:00 p.m.
   Experienced Swimmers – 6:15-7:15 p.m.
*May 14-31 will have evening practice times Monday-Thursday until school dismisses for the summer.
*Times/skill groups/location are subject to change depending on number registered
Ages: 4-18
Fee: TR: $50 for first child, $35 for each additional child; NRPP: $55 for first child, $40 for each additional child; NR: $60 for first child, $45 for each additional child
Register by June 6
Late Fee: additional $5

CONFERENCE SWIM MEET: July 27 and 28

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

Days: Friday; Saturday & Sunday, May 11, 12, 13
Time: Friday 5:00 p.m. – 8:00 p.m.
Saturday 9:00 a.m. – 5:00 p.m.
Sunday 9:00 a.m. – 5:00 p.m.
Fee: $150 TR; $155 NRPP; $160 NR
Location: Wytheville Community Center
Eligibility: ages 15+
Min 5 -Max 10
Register by April 30
Late Fee: additional $5
100% participation required

We are offering a SCUBA certification course! Scuba diving is a sport that allows people to first learn about the sport and then carry that education and experience down various pathways of adventure. Adventure, relax and eliminate stress, explore new places, see creatures outside of an aquarium, develop new friendships and get outdoors, these are just a few reasons to go SCUBA! You can dive local or go around the world!! Search for “Halloween Dive to Catfish Cave” on YouTube and see what you could be a part of! This course will include all gear rentals needed for the dives. We start in the pool/classroom, and once that is completed you must complete 5 open water dives, but don’t worry that is included as well! Blended Learning is online with in water sessions, and classroom is all done in person with in-water sessions.

Session I:
May 22 and May 24 (Blended Learning)
Time: 4:00-8:00 p.m.
Register by May 8

Session II:
June 23, 24, 30, July 1 (Classroom)
Time: Saturday 10:00 a.m.- 6:00 p.m.
Sunday 12:00-5:00 p.m.
Register by June 11

Session III:
July 28 and July 29 (Blended Learning)
Time: 12:00-5:00 p.m.
Register by July 13
FEE: $350 TR; $355 NRPP; $360 NR
Location: Wytheville Recreation Center Pool
Eligibility: ages 13+
Min 2 – Max 6
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

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**SWIM LESSON SCHEDULE**

*Swim Lesson will be held on Monday and Wednesday evenings & Tuesday and Thursday mornings*

**Session 1 - Evenings** – May 7, 9, 14, 16, 21, 23 - **Register by April 30**

**Session 2 - Evenings** – June 4, 6, 11, 13, 18, 20 - **Register by May 28**

**Session 3 - Evenings** - July 9, 11, 16, 18, 23, 25 - **Register by July 2**

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**Session 4 - Mornings** – June 5, 7, 12, 14, 19, 21 - **Register by May 28**

**Session 5 - Mornings** – July 10, 12, 17, 19, 24, 26 - **Register by July 2**

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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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**PARENT & CHILD LEVELS**

**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.

**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.
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.

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.

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
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.

**Equipment Orientation**
If you need help getting started or just need a refresher on how to properly use the cardio and strength equipment, trained fitness staff are on duty at all times to help you to meet your everyday fitness goals. Children 12-17 years old are required to complete an equipment orientation before being allowed in the fitness area. These individuals will receive an orange orientation card that must be present at all times in the fitness area.

- **12-13 Years Old:** Cardio Equipment and Nautilus Machines ONLY
- **12-13 Advanced Youth Orientation:** Must attend a two-day, Advanced Youth Orientation seminar before being allowed to use the free weight area unsupervised.
- **Over 18/New Members:** Are required to complete an equipment orientation or sign a waiver.

Equipment orientations must be scheduled at the fitness desk a day in advance. Call (276) 223-3527 or stop by to schedule an appointment.

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

**Session I:** May 21 & 23
**Session II:** June 25 & 27
**Session III:** July 23 & 25
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

**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, promote progress and achieve higher levels of fitness and performance.

**Session I:** Thursday, June 7
**Session II:** Thursday, July 5
**Session III:** Thursday, August 2
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

**The Mileage Challenge**
Can you go the distance? Starting August 1-31 we will offer our 2nd
Mileage Challenge using the new Precor cardiovascular equipment. The challenge is designed to see who can cover the most distance throughout the month of August. 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 August.

**Date:** August 1-31  
**Fee:** OL  
**Location:** cardio/Weight Room  
**Eligibility:** ages 12+  
**Must login to Precor account to receive credit**

**SPORTS PERFORMANCE CAMP**

Whether you are a serious athlete looking to improve sports performance or just wanting to have fun, come work along with Certified Strength and Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through proper biomechanics and progressions on how to safely execute the clean, snatch and jerk.

**Session I:** Clean, Thursday, June 21  
**Session II:** Snatch, Thursday, July 19  
**Session III:** Jerk, Thursday, August 16  
**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, July 30**  
**Time:** 5:00 - 6:30 p.m.  
**Fee:** OL  
**Location:** Climbing Wall  
**Eligibility:** ages 12+  
**Min 2 - Max 10**  
Register by July 23

**PREVENTING EATING DISORDERS**

Learn how to prevent, stop and discover signs and symptoms of Eating Disorders and Body Dismorphia.

**Session I:** Monday, June 4  
**Session II:** Monday, July 16  
**Time:** 6:00 – 7:00 p.m.  
**Fee:** OL  
**Location:** Multipurpose Room 3  
**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, June 5  
**Session II:** Tuesday, July 3  
**Session III:** Tuesday, August 7  
**Time:** 9:00-10:00 a.m.  
**Fee:** OL  
**Location:** Multipurpose Room 3  
**Min 10 – Max 30**  
Register one week prior to session

**FIT FOR LIFE (MORNING CLASS) & YOUTH FITNESS CHALLENGE (2ND-5TH GRADE) PROGRAMS**

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

SESSIONS/PACKAGES

PERSONAL TRAINING

60-MINUTE SESSION

1 Session – $35
5 Sessions – $165 ($33/Session)
10 Sessions – $300 ($30/Session)

CALL 276-223-3378 to get started today!

BUDDY TRAINING

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

MEET THE

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:
- General Fitness Conditioning
- Work getting past a plateau
- Work towards strength gains
- Work to increase cardiovascular endurance
- Work towards total body toning

EDUCATION:

HEATHER NELSON

CERTIFICATIONS:
- B.S.B.E. Information Technology - East Carolina University

AREAS OF EXPERTISE:
- 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

NEAL HAWKS

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

AREAS OF EXPERTISE:
- General Fitness Conditioning
- Cardiovascular Endurance Training
- Strength/Resistance Training
- Functional Mobility/Stability/Movement Training
- Sports Specific Training

EDUCATION:
- Associates Degree in Religion/Church Ministries

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

BLAKE HOLMAN

CERTIFICATIONS:
- ACE—Certified Personal Trainer
- CELC—Coaches Education & Lifting Certified

AREAS OF EXPERTISE:
- General Fitness Conditioning
- Hypertrophy Training
- Strength Training
- Cardiovascular Training
- Bodybuilding
- Senior Wellness
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 tabatas 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 the aerobic studio but may take it outdoors. Min 8-Max 30
June 2- June 30
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.

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 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
Day: Wednesday
Time: 6:30-7:15 p.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
Session I:
Day: Tuesday
Time: 6:15-7:15 p.m.

Session II:
July 7-July 28
Day: Saturday
Time: 9:30-10:30 a.m.

Senior Fitness & Fall Prevention – This class focuses on everyday functional movements to help improve the quality of life by providing low impact exercises to improve cardiovascular function, strength flexibility and balance and fall prevention. (Beginner level) Min 8 - Max 30
Day: Tuesday
Time: 11:00-11:45 a.m.

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
Exercising in a group environment is fun and motivational and can be a very healthy habit to have! We have updated our classes that are offered and hope you can find something that is challenging and fun for you! All classes are subject to adequate registration. If a class is cancelled by the 27th of each month, another popular class format will be put in the same time slot for the cancelled class. For specific questions regarding classes, please contact Patti Bryant at 276-223-3526.

**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 are interchanged 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
August 4-August 25
Day: Saturday
Time: 10:00-10:45 a.m.

**NEW! ZUMBA®** – This class is a fusion of Latin and International music/dance themes that are 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
Beginning June 7
Day: Thursday
Time: 11:00 a.m.-11:45 a.m.

**Land Fitness Instructors:** Becky Irvin (Fitness Coordinator), Brandon Woldorf (Fit for Life Coordinator), Thelma Surber, Irene Daugherty, Nick Patel, Sigrid Rogers, Neal Hawks, Trudy Gillespie, Carla Eanes, Tatiana Dronsick, Robin Yontz, Forrest Carter, 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. Please respect this QUIET TIME.

Min 8 – Max 15

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

**Session II:**
Day: Friday
Time: 10:15-11:15 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 Intervals** - This shallow end water workout will include blasts of cardio moves to get your heart rate up, mixed with body toning using noodles, buoys, balls and resistance bands. You will get a great total body workout that is perfect for all fitness levels. Min 8-Max 30

May 5 – May 26
Day: Saturday
Time: 10:00-10:45 a.m.

**NEW! 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 the 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 and Dana Christian. 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
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

**FEE ABBREVIATIONS**

**Fees:** None

**Hours:** Dawn–Dusk

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

**TRACK Trails:** A Blue Ridge Parkway Foundation (BRPF) initiative to get kids “unplugged” and outside enjoying nature. Provides signs and brochures that go along with the TRACK Trail activities. Cooperative initiative by BRPF, Wythe-Bland Foundation and Town of Wytheville. Visit www.kidsinparks.com for more information.

**For more information call:**

276-223-3378

Town of Wytheville’s Crystal Springs Recreation Area
723 Pump Hollow Rd, Wytheville, VA 24382
(Roads to trail head are state maintained and passable by small cars)

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

**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, bring a flashlight and be ready to have fun!!! The hike will be approximately two miles.

**Session I:** Saturday, June 30
**Session II:** Saturday, July 28
**Session III:** Saturday, August 18

Time: 7:30 p.m.
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: all ages
Min 5 - Max 25
Register two weeks prior to session
MORNING RELAXATION
Join us at Crystal Springs Recreation Area for a morning of relaxation! We will be starting the morning with a 30-minute yoga session, followed by a guided hike under the beautiful trees that are beginning to bloom! This is definitely a class you will not want to miss this Summer! Please bring a water bottle along for the day.

Session I: Thursday, May 24
Session II: Thursday, July 12
Time: 9:30 – 11:00 a.m.
Fee: Free
Eligibility: ages 18+
Location: Crystal Springs Recreation Area
Min 5
Register two weeks prior to session

HUNTING FOR CRAW-DADS
Meet us at Crystal Springs to go on a big hunt for Craw-Dads. Will be looking and learning about things in nature and about the creatures themselves. So bring a bathing suit and some water shoes and let’s have a fun time in nature.

Session I: Wednesday, June 6
Session II: Wednesday, August 1
Time: 5:00 p.m.
Fee: OL
Location: Crystal Springs
Eligibility: ages 5-16
Min 4 - Max 10
Register at least 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.

Session I: Saturday, June 9 – Hiking Pack 10 Essentials
Session II: Saturday, July 7 – Backcountry Campsites
Session II: Saturday, August 4 – Fire Building Skills
Time: 2:00 – 4:00 p.m.
Fee: Free
Location: Crystal Springs Recreation Area
Eligibility: ages 10+
Min 4 – Max 15
Register at least two weeks prior to session
Attention all Senior Citizens! The Wytheville Community Center will offer its successful exercise, nutrition and fall prevention program “Senior Wellness” starting June 12. The 12-week Senior Wellness program focuses on every day functional movements to help improve quality of life by providing low impact exercises to improve cardiovascular function, strength, flexibility, balance and fall prevention. The program features two weekly exercise sessions on Mondays & Wednesdays from 10:00-11:00 a.m. 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. The first 30 participants to register will be selected for the program. Previous Senior Wellness Graduates who have been out of the program for 2 years are eligible to participate, limited spots available. Don’t wait, register today to attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Wednesday, May 16, 10:00 a.m.
Application Meeting II: Saturday, May 19, 10:00 a.m.
Location: Multipurpose Room 2 & 3
Eligibility: ages 65+
Fee: Free

Don’t sit, get fit with the Wytheville Community Center’s successful exercise, nutrition and weight loss program “Fit for Life.” Starting June 12, the “Fit for Life” program will offer a 12-week exercise and nutrition program that will be held on Monday and Wednesday afternoon for residents of Wythe and Bland County who have a BMI over 30. The program features two weekly workouts on Mondays and Wednesdays from 5:30-6:30 p.m. and one weekly nutritional 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 30 participants. Previous Fit for Life Graduates who have been out of the program for 2 years are eligible to participate, limited spots available. Don’t wait, register today to attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting I: Wednesday, May 16, 6:00 p.m.
Application Meeting II: Saturday, May 19, 11:00 a.m.
Location: Multipurpose Room 2 & 3
Fee: Free
Eligibility: ages 18+
Min 10 – Max 30

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, June 5
Session II: Tuesday, July 3
Session III: Tuesday, August 7
Time: 9:00-10:00 a.m.
Fee: OL
Location: Multipurpose Room 3
Min 10 – Max 30
Register one week prior to session
FIT FOR LIFE (MORNING CLASS) & YOUTH FITNESS CHALLENGE (2ND-5TH GRADE) PROGRAMS
Call (276) 223-3538 regarding additional information and to be added to the registration reminder list for upcoming Senior Wellness, Ultimate Fitness Adventures and Fit for Life Programs.

ULTIMATE FITNESS ADVENTURES

Ready, Set, Go! The Ultimate Fitness Adventures Program is designed for 6th-8th Grade Students to bring out your inner outdoor adventurous side through paddle boarding, zip lining, high ropes courses, disc golf, mountain biking, rock climbing, weight lifting and a variety of other exciting outdoor recreational activities starting Thursday, June 14. The 6-week program will offer a free two-month silver pass plan for the participant, lunch and an exciting outdoor adventure each week on Thursday’s. Participants will be randomly selected and enrolment is limited to 10 participants. In order to apply, you must register and attend the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation.

Application Meeting:
Saturday, May 19, 12:00 p.m.
Location: Multipurpose Room 2 & 3
Fee: Free
Eligibility: Grades 6th-8th Grade
Min 5 – Max 10
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
Withers Park
AFTER HOURS
Summer Concert Series 2018

Friday, June 1 at 6:30 PM
Withers Park

Wednesday, July 4 at 6:30 PM
Elizabeth Brown Memorial Park

Friday, August 3 at 6:30 PM
Withers Park

SEE PAGE 11 FOR MORE DETAILS