



FALL 2021
SEPTEMBER – DECEMBER

BE ACTIVE WYTHE...

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GLOW YOGA



WELCOME

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 by 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.

Wytheville Community Center

333 Community Blvd
Wytheville, VA 24382
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RECREATION COMMISSION

Ben Caudill
Mary Katherine Claypool
Glenda Salerno
Michael Mitchell
Brittney Litton

STUDENT MEMBERS

Dylan Jones

EX-OFFICIO MEMBERS

Brian Freeman, Assistant Town Manager
Rick Showalter, Director P&R
Gary Gillman, Town Council Member

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–7:00 PM
Saturday 10:00 AM–7:00 PM
Sunday 1:00 PM–5:00 PM

WATER PARK

Monday–Friday 10:00 AM–12:00 PM
4:00 PM–7:00 PM
Saturday 10:00 AM–7:00 PM
Sunday 1:00 PM–5:00 PM

CLIMBING WALL & YOUTH/TEEN CENTER

Tuesday–Saturday 3:00 PM–8:00 PM
Sunday 4:00 PM–6:00 PM

HOLIDAYS

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

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



rec.wytheville.org
276.223.3378



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

PROGRAM REGISTRATION

HOW

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

PAYMENT

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

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

CONFIRMATION

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

IF PROGRAMS ARE FULL

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

REFUNDS

In the event Wytheville Parks and Recreation cancels the class, you will receive a refund within 30 days. 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.

PHOTO POLICY

All participants involved in any programs or special events are subject to being photographed. Such photographs may be used by the Town of Wytheville, without an obligation to compensation to those photographed, for marketing materials.

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.

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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.

McWane Pool included with Gold Pass



Category	Continual per month*	Monthly (advance payment)
Adult	\$32.33	\$47
Adult +1	\$51.17	\$66
Family	\$55.33	\$70
Senior/Teen/College	\$28.17	\$43
Senior Couple	\$46.92	\$61

SILVER LEVEL

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

Category	Continual per month*	Monthly (advance payment)
Adult	\$22.92	\$37
Adult +1	\$37.50	\$52
Family	\$44.25	\$59
Senior/Teen/College	\$19.75	\$34
Senior Couple	\$33.00	\$48
Youth (4-12)	\$15.67	\$30

BRONZE LEVEL

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

Category	Continual per month*	Monthly (advance payment)
Adult	\$6.08	\$21
Adult +1	\$9.83	\$24
Family	\$17.67	\$32
Senior/Teen/College	\$5.58	\$20
Senior Couple	\$8.92	\$23
Youth (4-12)	\$4.25	\$19

TRY IT PASS

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

Category	Daily	6 Visit Pass*	12 Visit Pass**
Adult	\$6.50	\$36	\$72
Family	\$17.50	\$90	\$180
Senior/Teen/College	\$4.50	\$24	\$48
Youth (4-12)	\$3.50	\$18	\$36

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

GROUP RATE

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

Daily Admission

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 18-24 must be full time college students.

Senior Age: 65+

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

RENTALS

Wytheville Community Center offers 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.**

Covid-19 guidelines may affect certain hours, programming, rules and availability.

RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
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MULTIPURPOSE ROOMS

	RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
1 Room	\$10/hour	\$13/hour	\$16/hour
2 Rooms	\$15/hour	\$18/hour	\$21/hour
3 Rooms	\$20/hour	\$23/hour	\$25/hour
1 Room w/Kitchen	\$20/hour	\$23/hour	\$26/hour
2 Rooms w/Kitchen	\$25/hour	\$28/hour	\$31/hour
3 Rooms w/Kitchen	\$30/hour	\$33/hour	\$35/hour

YOUTH/TEEN CENTER

RESIDENT/PASS PLAN HOLDER	\$35/hour	NON-RESIDENT	\$40/hour
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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

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

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

PARTY PACKAGES

Swimming
Climbing
Youth/Teen Center
Game Room
Gymnasium

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 for bringing 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 4

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 13

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 13

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 the waiting list.



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.

MOUNT ROGERS HIKE

Join us for the 8-mile trek to the highest point in Virginia, Mount Rogers. Our Trip will start in the Massie Gap Parking lots where we will follow the Appalachian trail. This trip offers transportation, snacks and drinks. Pack your lunch and bring a small backpack, rain jacket, hiking shoes, appropriate clothing and your hiking sticks if you want.

Session I: Saturday, September 25

Session II: Saturday, November 6

Time: 7:45 a.m. – 4:30 p.m.

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

Location: Depart from Wytheville Community Center

Eligibility: ages 18+

Min 5 - Max 15

Register one week prior to session

Late Fee: additional \$5

ADULT TOP ROPE ROCK CLIMBING

Spend the day with us top rope climbing and enjoying the scenery. During this trip we will talk about climbing techniques, knots,

necessary equipment, safety and much more. Please be sure to bring a backpack, packed lunch, water and wear weather appropriate clothes.

Saturday, October 2

Time: 7:45 a.m. – 4:30 p.m.

Fee: \$30 TR; \$35 NRPP; \$40 NR

Location: Depart Community Center at 7:45

Eligibility: ages 18+

Min 5 – Max 12

Register by September 25

Late Fee: additional \$5

THE BENEFITS OF EXERCISING & NUTRITIONAL PLANNING

Join us and Senior Home Share for FREE breakfast and an information session. This session will cover the important topics of stroke awareness, heart disease and meal prepping. After this session there will be FREE blood pressure screening for all who attend, as well as free pedometers.

Day: Monday, October 4

Time: 9:00 - 10:15 p.m.

Fee: Free

Location: Multipurpose Room

Eligibility: ages 18+

Min 5 - Max 50

Register by September 27

Mount Rogers Hike





SENIOR TRIP: SOUTHWEST VIRGINIA CULTURAL CENTER & MARKETPLACE

For this trip, we will travel to the Southwest Virginia Cultural Center & Marketplace which is a visitor center, music venue, artisan marketplace and community space located in beautiful Southwest Virginia in Abingdon. This building is the gateway to regional craft, discovering the unique people, music, food, outdoors and local stories! <https://swvaculturalcenter.com/about/> Lunch is not included in the price, however we will stop for lunch on your own.

Thursday, October 14

Time: 9:30 a.m. – approx. 3 p.m.

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

Location: Depart from Community Center at 9:30 a.m.

Eligibility: ages 50+

Min 5 - Max 12

Register by October 7

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

FLY FISHING 101

Join us for our entry-level series to Fly-Fishing! In this course we will be covering the basic information to help you get out on the water. We will discuss necessary equipment, rod/reel parts, casting, flies, and knots. The price includes a new fly rod combo.

Day: October 19, 20, 21

Time: 5:45 – 7:00 p.m.

Fee: \$100 TR; \$105 NRPP; \$110 NR

Location: Multipurpose Room 1, Gym, WCC Pond

Eligibility: ages 12+

Min 5 – Max 10

Register by September 8

Late Fee: additional \$5

CPR CLASSES

Want to get certified in CPR? Now is your chance! Take advantage of one of these sessions to become CPR, AED and Basic First Aid certified.

Day: Saturday, November 6

Time: 8:00 a.m.-12:00 p.m.

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

Location: Multipurpose Room

Eligibility: ages 18+

Min 4 - Max 16

Register by October 30

Late Fee: additional \$5

YOUTH/TEEN CENTER

If you are looking for fun and excitement, look no further. We have billiards, ping pong, air hockey, arcade games, shuffleboard, foosball, Xbox One, PlayStation 4, and Nintendo Switch! Stop by and check it out!

Tuesday—Saturday 3:00—8:00 pm | Sunday 4:00—6:00 pm

NEW RIVER RAFTING & SWIMMING

Catch the last several warm days of the year with Wytheville Parks & Rec as we raft down the New River. Throughout the day we will be going to some small rapid sets and swimming. Be sure to pack a lunch, wear water shoes and an appropriate swimsuit and bring a towel.

Saturday, September 18

Time: 7:45 a.m. – 6:00 p.m.

Fee: \$40 TR; \$45 NRPP; \$50 NR

Location: Depart Community Center at 7:45 a.m.

Eligibility: ages 11–18

Min 5–Max 12

Register by September 11

Late Fee: additional \$5

GRAYSON HIGHLANDS BOULDERING (INTRO LEVEL)

Join us for an afternoon bouldering at Grayson Highlands. During this trip we will talk about climbing techniques, climbing ratings, necessary equipment and much more. Please be sure to bring a backpack, packed lunch, water and wear weather appropriate clothes.

Day: Saturday, September 25

Time: 7:45 a.m. – 4:30 p.m.

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

Location: Depart Community Center at 7:45 a.m.

Eligibility: ages 8-18

Min 5 – Max 12

Register by September 11

Late Fee: additional \$5



KIDS NIGHT OUT

Children will play games, enjoy arts and crafts and play sports all while their parents can enjoy 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, November 19

Session II: Friday, December 3

Time: 6:00 - 8:45 p.m.

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

Location: Teen Center, Climbing Wall, Gym, Racquetball Courts

Eligibility: ages 6-12

Min 5 - Max 20

Register 1 week prior to session

Late Fee: additional \$5

YOUTH OUTDOOR TOP ROPE ROCK CLIMBING

Spend the day with us top rope climbing and enjoying the scenery. During this trip we will talk about climbing techniques, knots, necessary equipment, safety and much more. Please be sure to bring a backpack, packed lunch, water and wear weather appropriate clothes.

Day: Saturday, October 30

Time: 7:45 a.m. – 6:00 p.m.

Fee: \$30 TR; \$35 NRPP; \$40 NR

Location: Depart Community Center at 7:45 a.m.

Eligibility: ages 11-18

Min 5 – Max 12

Register by October 16

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!

Thursday, November 4
 Time: 5:30-6:30 p.m.
 Fee: OL
 Location: Indoor Pool
 Eligibility: ages 6+
 Min 2 - Max 6
 Register by October 28

CLIMBING SPOOKTACULAR HALLOWEEN PARTY

Join us at the Rock Wall for an evening of spooktacular climbing. This party will include: climbing games, candy, climbing challenges, and even costume contests!

Friday, October 22
 Time: 5:30-7:30 p.m.
 Fee: \$5 TR; \$10 NRPP; \$15 NR
 Location: Climbing Wall & Teen Center
 Eligibility: ages 6-16
 Register by October 15
 Late Fee: additional \$5

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 FREE – open to the public

VISIT WITH SANTA



Santa is coming to Wytheville to visit with the boys and girls at the Wytheville Community Center!!! Refreshments will be served, and parents are encouraged to bring their camera to capture the moments. Start making plans to visit with Santa now!
Saturday, December 4
Make-up Date: December 11
Time: 1:00-4:00 p.m.
Location: TBA

BE ACTIVE WYTHE

YOUTH/TEEN



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.

POOL HOURS

Monday-Friday	6:00 AM–12:00 PM
Monday-Friday	4:00 PM–7:00 PM
Saturday	10:00 AM–7:00 PM
Sunday	1:00 PM–5:00 PM

WATER PARK HOURS

Monday–Friday	10:00 AM–12:00 PM
Monday–Friday	4:00 PM–7:00 PM
Saturday	10:00 AM–7:00 PM
Sunday	1:00 PM–5:00 PM

The pool will be open from 12–4 p.m. on all days Wythe County Public Schools are out due to holidays, teacher workdays, or weather closings.



The Wytheville Community Center aquatic staff would like to welcome you to the Natatorium. The Natatorium includes a Junior Olympic pool, Water Play Park with five water features, therapy pool and whirlpool. The Community Center Natatorium offers a variety of aquatic programs: swim lessons for all ages, age group swim team practices and meets and shallow and deep-water aerobics.

WYTHEVILLE WAVES YOUTH SWIM STROKE AND TECHNIQUE CLINIC

Ten-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 swimmers should attend each time based on a skill evaluation. Please note that a swimmers practice time could change based on improvements in swimming ability.

Date: September 8-November 17

Days: Monday and Wednesday

Times: Novice - 4:15-5:15 p.m.

Experienced - 5:15-6:15 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

Register by September 8

Late Fee: additional \$5

AMERICAN RED CROSS LIFEGUARDING COURSE

Are you 15 years 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.

Session I: Friday, Saturday, Sunday
September 10, 11, 12
Register by August 31

Session II: Friday, Saturday, Sunday
October 15, 16, 17
Register by October 5

Session III: Friday, Saturday, Sunday
November 19, 20, 21
Register by November 9

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

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

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 4 - Max 10

Late Fee: additional \$5

100% participation required

swim lessons

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

SWIM LESSON SCHEDULE

TIMES:

Level 1: 5:00–5:30 p.m.

Level 2: 5:45–6:15 p.m.

Level 3: 6:30–7:00 p.m.

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

Late Fee: Additional \$5

Eligibility: ages 4+

Min 2–Max 4

*Swim lesson levels 1-3 will be on Tuesday and Thursday evenings.

SESSION 1 – September 7, 9, 14, 16, 21, 23

Register by August 31

SESSION 2 – October 5, 7, 12, 14, 19, 21

Register by September 28

SESSION 3 – November 2, 4, 9, 11, 16, 18

Register by October 26

Late Fee: Additional \$5

MAKE-UP DAYS

We do have scheduled make-up days for instances such as thunderstorms or the pool closing for any reason. We do not make up lessons that are missed 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.

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-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.

FIT3D

BODY SCANNER



STATE-OF-THE-ART 3D BODY SCANNING TECHNOLOGY THAT COMPARES AND TRACKS PROGRESS OVER TIME!



GOLD PASS PLAN
(ANNUAL OR CONTINUAL)

4
SCANS PER YEAR

SILVER PASS PLAN
(ANNUAL OR CONTINUAL)

1
SCAN PER YEAR

**OTHER PASS PLANS
OR ADDITIONAL SCANS**

\$15
PER SCAN

TRY IT PASS

\$20
PER SCAN



SCAN THIS CODE
TO PRE-REGISTER!

GET YOUR SCAN TODAY!

100 MEASUREMENTS, 1,000 IMAGES OVER THE COURSE OF 35 SECONDS!

WEIGHT-LOSS, BODY FAT PERCENTAGE, LEAN MASS, FAT MASS, BODY CIRCUMFERENCE MEASUREMENTS, 3D AVATAR, COMPARISON OVERLAY, POSTURE ANALYSIS, BALANCE ASSESSMENT, BODY SHAPE RATING AND MORE!

333 COMMUNITY BLVD.

(276) 223-3378

REC.WYTHEVILLE.ORG



walking track

Monday-Friday:
6:00 am – 9:00 pm

Saturday: 7:00 am – 8:00 pm

Sunday: 1:00 – 6:00 pm

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



racquetball

The Wytheville Community Center offers two full-size racquetball courts located on the second floor adjacent to the climbing wall for your fun and entertainment. Please adhere to the policies and rules for availability and reservations. Children under 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.

cardio/weight room

The Fitness Staff welcomes you to the Wytheville Community Center's state-of-the-art Fitness Facility. We offer 4,000+ square feet of Precor Strength Machines, Treadmills, Ellipticals, Adaptive Motion Trainers, Stairmasters, Recumbent/Upright Bikes and a variety of Free Weight Equipment to help you reach your fitness goals. New to exercising or need a refresher on how to safely use the equipment? We got you covered with a complimentary equipment orientation. Call (276) 223-3527 or stop by the Fitness Desk to schedule your equipment orientation today!

Fitness Area Age Requirement: 12+

ADVANCED YOUTH ORIENTATION (12+)

The Advanced Youth Orientation allows participants 12 years of age 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 equipment orientation prior to registering for the Advanced Youth Orientation. Call Brandon Wolford at (276) 223-3538 to schedule your Advanced Youth Orientation today!

Fee: OL

Location: Cardio/Weight Room

Eligibility: ages 12+

FITNESS CONSULTATION & WELLNESS ASSESSMENT

Don't know how or where to get started on your fitness goals? Our fitness professionals are here to help YOU reach your maximum potential! Together we'll set realistic health and fitness goals by developing a plan of action to make your dreams become a reality!

We'll hold you accountable by tracking your monthly weight, blood pressure, body fat percentage, body

mass index (BMI), body circumference measurements and more to ensure you are on your journey to becoming the best version yourself! Call the fitness experts, Brandon Wolford (276) 223-3538 or Becky Irvin (276) 223-3526, to start your complimentary Fitness Consultation today!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

FIT3D BODY SCANNER

The FIT3D Body Scanner provides state-of-the-art 3D body scanning technology that accurately captures over 100 measurements, 1,000 images over the course of 35 seconds with results privately sent to your phone, tablet or computer! Your scan will include Weight-Loss, Body Fat Percentage, Lean Mass, Fat Mass, Body Circumference Measurements, 3D Avatar, Comparison Overlay, Posture Analysis, Balance Assessment, Body Shape Rating and more! Our facility wants to provide users of all ages the world's most proficient and scalable assessment technology to ensure we are not simply promising, but proving results! For more information or to register for your FIT3D Body Scan today, call (276) 223-3378!

Fee: Gold Pass Plan (Annual or Continual) 4 Scans Per Year; Silver Pass

Plan (Annual or Continual)

1 Scan Per Year; Other Pass Plans or Additional Scans: \$15 Per Scan; Try-It Pass: \$20 Per Scan.

Location: Fitness Area

Eligibility: ages 12+

HEAL: HIKE THE APPALACHIAN TRAIL (2,190 MILES)

The Town of Wytheville's walking/running incentive program "Hike the Appalachian Trail," is back and bigger than ever, with a goal to beat of 77,700 miles! Mayor Beth Taylor and the Town of Wytheville invite you to step up to the challenge in efforts to create a healthy, prosperous community that promotes healthy eating and active living throughout Wytheville, Virginia. You can walk, run or hike the total distance of 2,190 miles and 14 states of the Appalachian Trail to count toward your total miles. Whether your preference is to be outside in nature or inside the Recreation Center, the options are endless! Form walking buddies or compete against community participants to see who can complete the trail first! Participants must register at the front desk and log their miles monthly at the Recreation Center. Be active WYTHE us!

Date: May 1-January 1

Fee: OL

Eligibility: ages 12+

BARBELL 101

Whether you're a novice or expert fitness enthusiast, come work along Certified Strength and Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through proper form, biomechanics and progressions on how to safely execute the squat, deadlift, power clean and bench press.

Session I: Squat: Thursday, October 7



12



Session II: Deadlift: Thursday, October 14

Session III: Power Clean: Thursday, November 4

Session: IIII: Bench Press: Thursday, November 11

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

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

Min 2 - Max 5

Register one week prior to session

E.A.S.T: FUTURE ATHLETE SPEED TRAINING (2nd-5th Grade)

It's never too early to get your future athlete learning the basics of sprint mechanics! Certified Strength & Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford will focus on proper dynamic warm-up, sport specific speed & agility drills, reaction drills, sprint mechanics, starting, stopping, cutting, jumping, injury prevention and much more!

Date: November 1, 8, 15, 22

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

Fee: \$40 TR; \$45 NRPP; \$50 NR

Location: Gymnasium Court 1

Eligibility: grades 2-5

Min 2-Max 5

Register one week prior to session

WEIGHT LOSS ESSENTIALS

We dive into the basics of weight loss. What you need to know to get started on your weight loss journey.

Presenter: Paul Rogers, RDN

Date: Thursday, September 30

Time: 6:00-7:00 p.m.

Fee: OL

Location: MPR 2 & 3

Eligibility: ages 18+

Min 5 - Max 20

Register by September 23

BUILDING BETTER HABITS

We look into mindful eating strategies to help create a foundation for change. Believe it or not, it's not about the food!

Presenter: Paul Rogers, RDN

Date: Thursday, October 28

Time: 6:00-7:00 p.m.

Fee: OL

Location: MPR 2 & 3

Eligibility: ages 18+

Min 5 - Max 20

Register by October 21

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

WOW (WORKOUT OF THE WEEK)

Bored with the same workout routine? Stop by the Fitness Desk throughout the month of October, November, or December to receive the Workout of the Week!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

WHY DIETS DON'T WORK!

We dive into why chronic dieting actually hurts more than it helps and what you can do to ditch diet culture for good!

Presenter: Paul Rogers, RDN

Date: Thursday, November 18

Time: 6:00-7:00 p.m.

Fee: OL

Location: MPR 2 & 3

Eligibility: ages 18+

Min 5 - Max 20

Register by November 11

UPCOMING PROGRAMS

- **Fit for Life** (Morning/Evening Class)
- **Senior Wellness**
- **Ultimate Fitness Adventures** (6th-8th Grade)
- **Youth Fitness Challenge** (2nd-5th Grade)

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)

PERSONAL TRAINERS



BECKY IRVIN



NICK PATEL



THELMA SURBER



NEAL HAWKS



BRANDON WOLFORD

TRANSFORMX

Let our Certified Personal Trainers TRANSFORM you today with our 10-week transformation fitness challenge! Our Certified Personal Trainers help you blast through your plateaus to create the new YOU in only 10 weeks! TransformX will provide two, 60-minute weekly exercise sessions with the Certified Personal Trainer of your choice! Pre & post FIT3D Body Scan will be included. Stop by the front desk to schedule your first session today! Limited spots available. You must schedule all 20 sessions when you register.

October 1–December 31

(All sessions must be completed by December 31, 2021)

Day: Varies Per Trainer
(20 Sessions)

Time: See Front Desk for Certified Personal Trainer time availability
Fee: \$500

Location: Fitness Center

Eligibility: ages 12+

Min 1

Register by September 30



group exercise classes

Exercising in a group environment is fun as well as motivational. We offer a wide variety of classes and workout styles on land and in the water. If your goals are cardiovascular improvement or building strength and endurance, we encourage you to try one of our many classes. Classes are open to Gold pass plan members or by purchasing an aerobic day pass. Please keep in mind that 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 as the cancelled class. For specific question regarding classes, please contact Becky Irvin at 276-223-3526.

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 5-Max 20

Session I:

September 3-24

Day: Friday

Time: 10:00-10:30 a.m.

Session II:

November 5-26

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 20

Day: Thursday

Time: 5:30-6:15 p.m.

BOOT CAMP 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 the aerobic studio but may take it outdoors. Min 8-Max 20

September 4-25

Day: Saturday

Time: 9:00-9:45 a.m.

BOUNCE BLAST

A heart pounding cardio class on our Jump Sport Pro Fitness Trampolines.

In this 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. Min 5-Max 11

Session I:

October 6-27

Day: Wednesday

Time: 6:30-7:00 p.m.

Session II:

November 6-20

Day: Saturday

Time: 9:00-9:30 a.m.

CARDIO CREATIONS

This class will vary according to the instructor who is teaching and is geared to trigger your metabolism by constantly offering something new. Each week, it may be a cardio interval, cardio circuit, cardio kickboxing, cardio fusion or cardio Zumba®. This class can be a 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 20

Day: Monday and

Wednesday

Time: 9:00-9:45 a.m.

CHAIR STRETCH & RELAXATION

Let go of stress and worry, in this 30 minute class that begins with light stretching, done in a chair, followed by breathwork and meditation techniques that will have you feeling relaxed and refreshed. This class is perfect for any level of fitness. Min 8- Max- 20

Day: Wednesday

Time: 10:00-10:45 a.m.

DANCE & FLOW

Have fun and get a great workout in at the same time. This class is infused with barefoot dance moves and interspersed with bodyweight conditioning. Tone and shape your entire body in this 45-minute class format. Min 8-Max-20

November 3-24

Day: Wednesday

Time: 6:30-7:15 p.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 20

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 bursts designed to tone your body and improve your endurance. Min -Max 20

Day: Tuesday
Time: 5:30-6:00 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 and the core, as well as isolation exercises for other muscle groups. This workout is

appropriate for all levels. Min 5-Max 9
Day: Monday
Time: 6:15-7:00 a.m.

KICK-IT

Blast fat and have fun through rounds of kicks, jabs, hooks and 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. Weightlifting gloves or knuckle wraps are suggested. Min 6-Max 12

Session I:
October 2-30
Day: Saturday
Time: 9:00-9:45 a.m.

Session II:
December 1-29
Day: Wednesday
Time: 6:30-7:15 p.m.

LOW IMPACT HIIT!

Go hard (but stay soft on your joints). In this class we will spend 30 minutes doing high intensity interval training with low impact moves that are easy on your joints. Get ready to sweat and feel your muscles burn in this quick format that packs a powerful punch. Min 8- Max 20

Day: Friday
Time: 9:00-9:30 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 20

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

Session II:
Day: Friday
Time: 6:15-7:00 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 20

Day: Tuesday & Thursday
Time: 11:00-11:45 a.m.

STEP

An excellent fat burning class that includes combinations on the step

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

All classes are in aerobic room unless otherwise designated.

Eligibility: ages 12+

group exercise classes

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 20
Day: Monday
Time: 6:30-7:15 p.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 20
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 and lying positions with some balance poses using bands or balls. Great for all fitness levels. Modifications are offered throughout the class. Min 8–Max 20
Day: Tuesday and Thursday
Time: 8:00-8:45 a.m.

T'AI CHI AND MINDFUL RELAXATION

A slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Ideal for stamina, flexibility and coordination. Warm up with meditation

and chairs may be used. After the warm up, the first half of the class will entail standing in traditional or nontraditional T'ai Chi forms and the second half of the class will be geared towards 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 20
Day: Monday
Time: 10:00-10:45 a.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 20
Day: Tuesday and Thursday
Time: 9:00-9:45 a.m.

TRX CIRCUIT

Are you ready to feel and look your best? TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. TRX training will change the way you view exercise and will take your workouts to a whole new level. This workout will use a variety of equipment in a Circuit style to challenge your whole body. *You must be able to hold a plank for 1 minute with good form to take this class. Min 5–Max 10
September 1-29
Day: Wednesday
Time: 6:30-7:15 p.m.
Location: Rock Wall

UPPER XPRESS (NEW CLASS)

We know your time is limited so this Xpress class will spend 30 minutes focusing on specific exercises to tone arms, shoulders, core & upper

back all while having a great time.
Min 8–Max 20
Day: Thursday
Time: 6:30-7:00 p.m.

YOGA FLOW

This class is a series of flowing postures with rhythmic breathing for an intense body-mind workout (vinyasa-style yoga). This type of yoga, with its flowing movement and fast pace, builds heat in the body and stretches the muscles of the body, practicing Ujjayi-style breathing. This class is more for those who have some experience with yoga. Think outside of the mat!
Min 8–Max 20

Session I:

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

Session II:

Day: Friday
Time: 11:00-11:45 a.m.

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 5–Max 12

Session I:

Day: Thursday
Time: 10:00-10:45 a.m.

Session II:

December 4-18
Day: Saturday
Time: 9:00-9:45 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, Forrest Carter, Garrie Ayers, Haley Morehead, Jennifer Matheny, Jessica Grubb, Andre Cadle

Misty Catron, Sara Harding (Volunteers).

Classes are subject to change or be cancelled at any time. Classes may be substituted or cancelled last minute due to instructor absence.

aqua fitness classes

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 5 - Max 10
Day: Tuesday and Thursday
Time: 6:30-7:15 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 5 - Max 10
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 5 - Max 12

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), Sigrid Rogers, Suzanne Molloy, Kim Aker, Neal Hawks, Jessica Grubb, Dana Christian, Haley Morehead and Irene Daugherty.

All aqua classes are in the natatorium

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



other programs

GLOW YOGA

Join us for some fun in the dark! Wear your craziest white/neon clothing and join us for this seriously fun Yoga class conducted in the blacklight. Come early and use some of our neon body paints to finish off your look. This yoga class will be perfect for even the inexperienced yogi. We will end class with a refreshing guided meditation. Bring your friends and join us for a relaxing night of Yoga.

Friday, October 15

Time: 6:00 p.m.

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

Location: Aerobic Studio

Eligibility:

Min 8 - Max 20

Register by October 8

Late Fee: additional \$5

PAINT PARTY WITH JEN

Join Jen, from Rose Cottage Art School, in a step by step class, where we will be painting a Halloween Themed 9x11 canvas. Bring the whole family out for this holiday event.

Saturday, October 9

Time: 10:00 a.m.-12:30 p.m.

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

Location: Multi-Purpose Room 3

Eligibility:

Min 10 - Max 25

Register by October 2

Late Fee: additional \$5

BOUNCE & GLOW

Start the weekend off right. This upbeat, fun, and challenging class will have you sweating and ready to dance the night away. Glow combines dance music, moves and blacklights! Get your weekend cardio in during this super fun bounce class on our Pro Sport Fitness Trampolines. Wear your brightest white or neon to get your glow on! We will provide body paint and glow sticks. Be sure to arrive early!

Friday, September 10

Time: 6:00 p.m.

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

Location: Aerobic Studio

Eligibility:

Min 10 - Max 11

Register by September 3

Late Fee: additional \$5

FOOD PREP 101

Have great intentions of eating great all week, only to get back into bad habits because you're not prepared? If so, then this class is for you. Let us show you how easy it can be to prep quick and healthy breakfast and lunch options available for the week. Join us for a hands on approach to quick and easy meal preparation.

Friday, September 24

Time: 6:00-7:00 p.m.

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

Location: Kitchen

Eligibility:

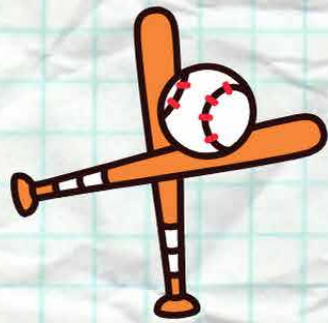
Min 5 - Max 12

Register by September 18

Late Fee: additional \$5



BE ACTIVE WYTHE
FITNESS



2021-2022 AFTERSCHOOL PROGRAM



Monday - Friday
3:00-5:30pm

Grades K-5
Min:10 Max:40

Maximum number may change due to guidelines



Weekly Fee's

\$40 TR

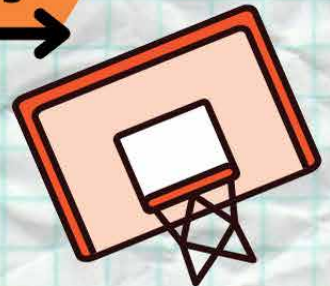
\$45 NRPP

\$50 NR

An additional fee of \$5 per day will be added for early school dismissal or snow days



For More Information:
(276)223-3378



Find us on:
facebook®





CRYSTAL SPRINGS GROUP RIDES

Join us on every Monday of October at 5:00 for our group mountain bike ride at Crystal Springs. Bikes will not be provided for this program, helmets are required, and please pack water!

Session I: Monday, October 4

Session II: Monday, October 11

Session III: Monday, October 18

Session IV: Monday, October 25

Time: 5:00 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

Register 1 week prior to session.

MORNING HIKE

Get an early start to your day with us on a hike to High Rocks! This 8-mile hike at Crystal Springs offers a rewarding overlook. Please wear weather appropriate clothes, hiking shoes, a lunch and pack plenty of water!

Day: Saturday, November 13

Time: 7:30 a.m. - 1:30 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5 - Max 12

Register by November 6

HUNTER'S EDUCATION

The Basic Hunter Education Course covers material on hunting safety, principles of conservation and sportsmanship. In order to complete this class you must attend the two days of instruction. Students are required to complete the self-study prior to class and will have to turn in the chapter review exercises from the self-study to the instructor at the beginning of class and they may be turned away if the chapter review exercises are not completed. For more information and to register please visit <https://www.register-ed.com/events/view/171895> September 13 & 14

Time: 5:30-9:00 p.m.

Location: Wytheville Community Center

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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



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)

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.



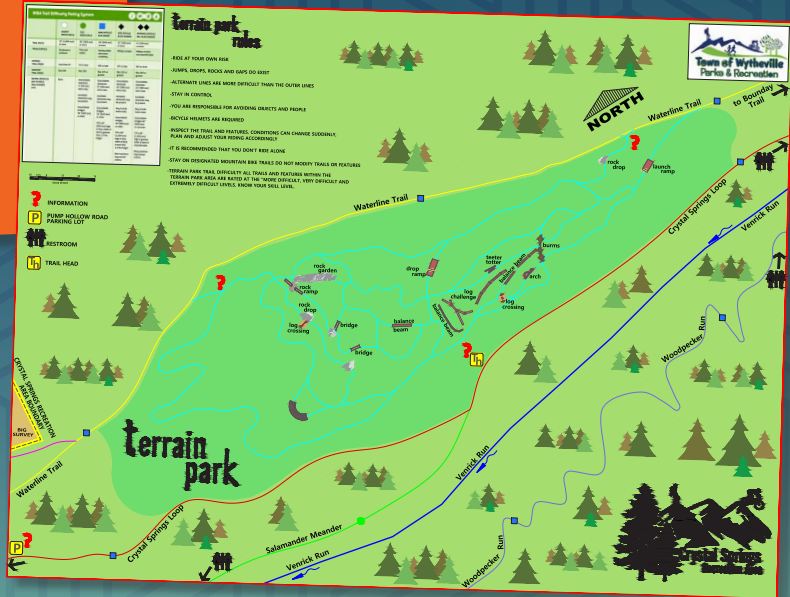


OPEN DAWN TIL DUSK!

terrain park rules



- Ride at your own risk
- Jumps, drops, rocks and gaps do exist
- Alternate lines are more difficult than the outer lines
- Stay in control
- You are responsible for avoiding objects and people
- Bicycle helmets are required
- Inspect the trail and features. Conditions can change suddenly. Plan and adjust your riding accordingly
- It is recommended that you don't ride alone
- Stay on designated mountain bike trails do not modify trails or features



HIKE THE distance of the APPALACHIAN TRAIL

The longest hiking-only footpath from Georgia to Maine covering 2,190 miles and a total of 14 states.

MAY 1, 2021 – JAN. 1, 2022

The Town of Wytheville's walking/running incentive program "Hike the Appalachian Trail," is back and bigger than ever, with a goal to beat of 77,700 miles! Mayor Beth Taylor and the Town of Wytheville invite you to step up to the challenge in efforts to create a healthy, prosperous community that promotes healthy eating and active living throughout Wytheville, Virginia. You can walk, run or hike the total distance of 2,190 miles and 14 states of the Appalachian Trail to count toward your total miles. Whether your preference is to be outside in nature or inside the Recreation Center, the options are endless! Form walking buddies or compete against community participants to see who can complete the trail first! Participants must register at the front desk and log their miles monthly at the Recreation Center. Be active WYTHE us!
 Date: May 1-January 1
 Fee: 0L
 Eligibility: ages 12+

For more information, trail maps and to register:

Wytheville Community Center
 333 Community Blvd.
 Wytheville, Virginia 24382

(276) 223-3378

Rec.Wytheville.Org

PARKS, SHELTERS & OUTDOOR POOL

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

ELIZABETH BROWN MEMORIAL PARK



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

MCWANE SHELTER



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

MCWANE POOL



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

WITHERS PARK



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

4TH STREET CIVIC CENTER



The 4th St Civic Center is located at 250 N. 4th St. The gymnasium can be utilized by travel and local teams for sports events and practices. There are also options for special event rentals. The 4th St Civic Center is located adjacent to Elizabeth Brown Park.

RENTALS

Wytheville Parks & Recreation offers numerous facilities for rent, including Withers Park, Elizabeth Brown Park, McWane Shelter, McWane pool, and 4th Street Civic Center. **Additional security deposit is required per reservation. Reservations must be made two weeks in advance, except for 4th Street Civic Center.**

PARK/SHELTER RENTALS

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

Elizabeth Brown Shelter	\$12/hour	\$15/hour	N/A
Elizabeth Brown Stage	\$12/hour	\$15/hour	N/A
Elizabeth Brown Park	\$15/hour	\$18/hour	\$25/hour
McWane Shelter	\$12/hour	\$15/hour	\$21/hour
Withers Park	\$15/hour	\$18/hour	\$25/hour

**Rentals with alcohol will be accessed additional fees*

MCWANE POOL RENTALS

2 HOURS

3 HOURS

Up to 50 people	\$100	\$135
More than 50 people	\$130	\$165

Pool Rental Hours:

Friday, Saturday, and Sunday

6:30–9:30 p.m.

All rentals must begin at 6:30 p.m.

Only available during the summer pool season

4th STREET CIVIC CENTER RENTALS

YOUTH

ADULTS

Only available for Sports Events & Practices	\$10/hour	\$15/hour
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For inquiry or to book your next event, please call us at 276-223-3378.



Get
OUTDOORS.
Stay **ACTIVE.**

