

FALL

SEPTEMBER-OCTOBER 2023



Winterfest is back!!!

TUESDAY, DECEMBER 19

BE ACTIVE WYTHE...

- 6 Cheer Clinic
- 8 Pickleball
- 14 Swim Lessons
- 19 Fitness Challenge
- 23 Body Flex
- 29 Corn Hole Tournament



See
page 17
for all the
details





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.

WYTHEVILLE COMMUNITY CENTER

333 Community Blvd
Wytheville, VA 24382
Phone: 276-223-3378
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RECREATION COMMISSION

Bobby Angles
James Cohen
Glenda Salerno
Michael Mitchell
Brittney Litton

STUDENT MEMBERS

Maggie Minton
McKenzie Tate

EX-OFFICIO MEMBERS

Brian Freeman, *Town Manager*
Gary Gillman, *Town Council Member*

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.

CONVENIENT HOURS OF OPERATION

CENTER

Monday-Friday 5:30 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-7:00 PM
Sunday 1:00 PM-5:30 PM

WATER PARK

Monday-Friday 10:00 AM-12:00 PM
4:00 PM-8:00 PM
Saturday 10:00 AM-7:00 PM
Sunday 1:00 PM-5:30 PM

CLIMBING WALL & YOUTH/TEEN CENTER

Tuesday-Friday 3:00 PM-8:00 PM
Saturday 1:00 PM-8:00 PM
Sunday 1:00 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 deadline date.

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

GOLD LEVEL

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

Category	BEST VALUE		
	Continual per month*	Annual	Monthly (advance payment)
Adult	\$39	\$515	\$57
Adult +1	\$61	\$805	\$79
Family	\$66	\$871	\$84
Senior/Teen/College	\$34	\$449	\$52
Senior Couple	\$56	\$739	\$73

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

McWane Pool included with Gold Pass



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	BEST VALUE		
	Continual per month*	Annual	Monthly (advance payment)
Adult	\$28	\$370	\$44
Adult +1	\$45	\$594	\$62
Family	\$53	\$700	\$71
Senior/Teen/College	\$24	\$317	\$41
Senior Couple	\$40	\$528	\$58
Youth (4-12)	\$19	\$251	\$36

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	\$8	\$45	\$90
Family	\$21	\$111	\$212
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	\$7
Senior/Teen/College	\$4
Youth (4-12)	\$3

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

BRONZE LEVEL

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

Category	BEST VALUE		
	Continual per month*	Annual	Monthly (advance payment)
Adult	\$7	\$92	\$25
Adult +1	\$12	\$158	\$29
Family	\$21	\$277	\$38
Senior/Teen/College	\$7	\$92	\$24
Senior Couple	\$11	\$145	\$28
Youth (4-12)	\$5	\$66	\$23

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.**

There is a 2 hour minimum on all multipurpose room rentals

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

MULTIPURPOSE ROOMS

1 Room	\$20/hour	\$23/hour	\$26/hour
2 Rooms	\$25/hour	\$28/hour	\$31/hour
3 Rooms	\$30/hour	\$33/hour	\$35/hour
1 Room w/Kitchen	\$30/hour	\$33/hour	\$36/hour
2 Rooms w/Kitchen	\$35/hour	\$38/hour	\$41/hour
3 Rooms w/Kitchen	\$40/hour	\$43/hour	\$46/hour

YOUTH/TEEN CENTER

\$45/hour

\$50/hour

CLIMBING WALL

Groups up to 10 \$45/hour

\$50/hour

Groups 11-20 \$55/hour

\$60/hour

INDOOR POOL

Groups up to 50 \$180/2 hrs

\$185/2 hrs

51-75 \$220/2 hrs

\$225/2 hrs

76-100 \$260/2 hrs

\$265/2 hrs

Youth/Teen Center & Climbing Wall Available for Rentals:
Saturday
11 AM-1 PM

Pool Rental Hours:
Call for availability

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

Up to 10 participants—\$100

Up to 20 participants—\$125





Cheerleading Clinic



October 2 - 5

6:30-7:30 pm

The clinic will be open to boys and girls that are in 1st and 2nd grade.

Fee:

\$25 Town Resident;

\$30 Non-Resident with Pass Plan;

\$35 Non-Resident

Register by September 15

Late fee: additional \$5

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 2

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.

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

Register by September 19

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 11

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

GYM RULES AND REGULATIONS

Dear Players, Parents and Volunteer Coaches,

I would like to thank you for your continued involvement and support of the Town of Wytheville Parks and Recreation Departments youth sports programs. Over the past few years, we have begun to transition our focus in youth sports from a purely competitive league to a league that promotes good sportsmanship, quality teamwork, strong coachability and to place more of a focus on fundamentals and understanding of the sport regardless of what game is being played. With strong input from our own volunteer coaches and our local high school coaches we are shifting the way that we promote and play youth sports in our program. This will mean you see more clinic structured programs to break a sport down to its fundamentals to provide our youth athletes a better understanding of the game. While competition will always be an important aspect of any sport, I feel that by providing a stronger foundation in each sport we will see higher numbers of returning athletes, more well-rounded athletes, and a higher level of success as youth athletes progress in their sport. This outlook and youth development is only possible with the support of our parents, players and volunteer coaches and for that we thank you as we continue to grow and elevate our program.

Joshua B. Sharitz - CPRP

Director of Parks and Recreation

- 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.
- Dunking, 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.

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.



PICKLEBALL CLINIC

FREE

WITH SESSION 1
REGISTRATION.

TUESDAY, SEPTEMBER 5

6:00 - 8:00 PM

Come learn to play the fastest growing sport in the US! Pickleball is a a great game for all generations and can be played at all levels. This one day clinic will give individuals and groups the opportunity to learn the game and develop new skills.

CPR CLASSES

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

Saturday, October 7

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

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

Eligibility: ages 18+

Min 5-Max 20

Register by September 29

Late Fee: additional \$5

POTLUCK LUNCHEONS

These luncheons are open to Wythe County citizens aged 40 and older. Participants are asked to bring a favorite dish to share or just stop by the store to purchase a shareable dish. The department will provide drinks, utensils, main dish, and paper products.

Session I: Tuesday, September 12

Session II: Tuesday, October 10

Session III: Tuesday, November 14

Session IV: Tuesday, December 12

Time: 11:30 a.m.-1:00 p.m.

Fee: Free

Location: Multipurpose Room 1 & 2

Eligibility: ages 40+

No registration required

PICKLEBALL

Come out and play Pickleball with your friends and community. Singles or double matches will be determined by the number of registered people.

Session I: September

Day: Tuesday

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

Session II: October

Day: Tuesday

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

Session III: November

Day: Tuesday

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

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

Location: Court 2

Eligibility: All Ages

Min 4 - Max 12

Register by the 25th of each month for the following month

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

SENIOR TRIP: PAINT N' FUN CERAMICS

**Uptown Christiansburg
(formerly NRV Mall)**

Join us for a great afternoon of painting and shopping! Participants will pick out which piece they want and pay at the store for what they choose. We will participate in their Paint 'n Take option. Paint 'n Take is fun and easy, especially for those who want that instant gratification of painting a piece and taking it with them that day. They have hundreds of decorative pieces from which to choose. After painting, there will be time for shopping at the mall. Lunch will be at Olive Garden; lunch is not included in the price of the trip. We will return to the Community Center around 4:00 pm.

Wednesday, September 20

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 8 - Max 8

Register by September 12

Late fee: additional \$5

BASIC HUNTER EDUCATION COURSE

The Department of Wildlife Resources is hosting a Hunter Education class at the Wytheville Community Center. The class is free and is required for hunters between the ages of 12-15, or any hunter 16 years of age or older that has never had a hunting license. The course will provide instruction in hunter safety, ethics, and principles of conservation. To receive a certificate, participants must attend both nights of instruction and pass a written test at the conclusion of the class. Registration and self-study prior to class are required.

Wednesday, October 4 and Thursday, October 5

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

Fee: Free

Eligibility: ages 12+

Min 5 - Max 25

To register, please follow the link provided.

<https://www.register-ed.com/events/register/192764>



Paint n'Fun Ceramics

SENIOR TRIP: THE BONE FIRE SMOKEHOUSE & ANTIQUE SHOPPING

Join us as we travel to the various antique shops of Abingdon and Chilhowie. Our lunch destination will be The Bone Fire Smokehouse in Abingdon. Lunch is not included in the price of the trip. We will return to the Community Center around 4:00 pm.

Wednesday, November 8

Time: Depart at 10:00 am

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

Eligibility: ages 40+

Min 8 - Max 8

Register by October 31

Late fee: additional \$5

WINTERFEST 2023

Join us as we kick off Winter Break!

Admission includes: Inflatable bounce houses, slides, obstacle courses, Climbing Wall, Teen Center, snacks and MORE!

Tuesday, December 19

Snow Date: Dependent upon school schedule.

Time: 4th-8th Grades - 12:00-5:00 pm

3rd Grade and Under - 5:30-8:30 pm

(3rd & Under Must be accompanied by an adult.)

You must attend at your appropriate grade time.

Fee: \$5 - No registration needed.

youth/teen center

If you are looking for fun and excitement, look no further. Plenty of activities to choose from, including billiards, ping pong, air hockey, shuffleboard, and the latest games for Nintendo Switch, Play Station 5, and Xbox X! Stop by and check it out!

Tuesday–Friday 3:00–8:00 p.m., Saturday 1:00–8:00 p.m., Sunday 1:00–6:00 p.m.

AFTERSCHOOL FOR KIDS (ASK) PROGRAM

ASK offers safe and structured activities for kids in grades K- 5th after their school day. Activities include gym games, swimming, rock climbing, and use of the teen center with video games.

ASK operates Monday – Friday from 3:15 pm – 5:30 pm.

An additional fee of \$5 per day will be added for early school dismissals, snow days, and closed school days.

Fee: \$40 TR; \$45 NRPP; \$50 NR – per week.

Min. 10 – Max. 50

Registration begins July 1

KIDS NIGHT OUT

Children will play games, enjoy arts and crafts, and play sports all while their parents enjoy a night off! All activities will be supervised, and children will be provided with pizza for dinner, as well as snacks and drinks.

Session I: Friday, September 8

Session II: Friday, November 17

Time: 6:00 - 8:30 p.m.

Fee: \$7 TR; \$12 NRPP; \$17 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



WYTHEVILLE NINJA WARRIOR

Come show off your strength and agility at the Wytheville Ninja Warrior competition. This ninja warrior program will have a modified course each week to offer a different challenge for the participants. At the end of the program, total times will be calculated, and the overall winners for each age category will be announced.

Session I: October 2, 16, 23, 30

Session II: November 6, 13, 20, 27

Days: Monday

Time: 5:30 – 7:30 p.m.

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

Location: Rockwall & Teen Center

Eligibility: ages 7-14

Min 5 – Max 15

Register 1 week prior to session.

Late Fee: additional \$5



MAYHEM ON MAINSTREET KIDS ZOMBIE FUN RUN

Join us in downtown Wytheville for a 5k and kid's fun run. The fun run will consist of various stations, obstacles, and challenges to test your physical fitness. There will be trick or treating and a costume contest. Prizes will be given out to the best costume and top finishers in each age category. Day of Registration will be accepted. Please be on the watch for additional information on social media!

Saturday, October 28

Fee: \$5 pre-registration; \$10 day off

Location: Downtown Wytheville

Eligibility: ages 3-17

Pre-registration deadline October 26

CLIMBING SPOOKTACULAR

Join us at the Rock Wall for an evening of spooktacular climbing and Halloween Fun! This party will include climbing games, candy, climbing challenges and a costume contest!

Friday, October 27

Time: 5:30-7:30 p.m.

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

Location: Climbing Wall & Teen Center

Eligibility: ages 6-16

Min 10 – Max 25

Register by October 20

Late Fee: additional \$5

WINTER WONDERLAND AT WITHER'S PARK

Santa Clause is coming to Town on December 2! Come enjoy a wonderful winter wonderland with carriage rides, children's activities, refreshments, ornament making, a gingerbread house contest, and making memories with Santa! There might even be snow! Participants must register for the Gingerbread House Competition.

Please be on the watch for additional information on social media!

WINTERFEST 2023

Join us as we kick off Winter Break!

Admission includes: Inflatable bounce houses, slides, obstacle courses, Climbing Wall, Teen Center, snacks and MORE!

Tuesday, December 19

Snow Date: Dependent upon school schedule.

Time: 4th-8th Grades - 12:00-5:00 pm

3rd Grade and Under - 5:30-8:30 pm

(3rd & Under Must be accompanied by an adult.)

You must attend at your appropriate grade time.

Fee: \$5 – No registration needed.



Follow us on Facebook to learn more about Pop Up Events and for more information on all Holiday Activities!



POOL HOURS

Monday-Friday	6:00 AM-12:00 PM
Monday-Friday	4:00 PM-8:00 PM
Saturday	10:00 AM-7:00 PM
Sunday	1:00 PM-5:30 PM

WATER PARK HOURS

Monday-Friday	10:00 AM-12:00 PM
Monday-Friday	4:00 PM-8:00 PM
Saturday	10:00 AM-7:00 PM
Sunday	1:00 PM-5:30 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.

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. No thong bathing suits.
- 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
CLOSED**

The indoor pool area will close to the public for renovations on Saturday, September 9 and is tentatively scheduled to reopen to the public on Monday, October 2. During this time, McWane Pool will be open and available for day users, silver and gold pass plan holders. A schedule for McWane Pool will be available as we get closer to the pool closure. The dates and hours for McWane Pool will be subject to change depending on weather conditions, pool usage, etc. The reopening date for the indoor pool will be subject to change based on the progress made during the renovations. We appreciate your understanding and cooperation while we work to maintain a high standard within our facility.

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 SWIM TEAM

Emphasis will be placed on learning the four competitive strokes correctly, as well as diving. Swimmers will practice in a fun, safe environment. The program is great for swimmers wanting to improve their strokes, athletes trying to stay fit between seasons, as well as competitive swimmers. **Swim team practices are divided into 3 groups: Bronze, Silver, and Gold. If you are unsure which group your child belongs in then you can set up a swim evaluation with Coach JT at jessie.boyd@wytheville.org or call 223-3525.**

BRONZE-NOVICE SWIMMER: Bronze will focus mostly on technique and learning the four competitive strokes of swim team: the Freestyle, Backstroke, Breaststroke and Butterfly. This group will also introduce Streamlines/Turns/Starts for all four strokes as well. The minimum skill level required to join the Bronze group is to: Tread water for 1 minute, swim 25 yards (one full pool length) of freestyle or front crawl and swim 25 yards of backstroke.

SILVER-INTERMEDIATE SWIMMER: This swimmer should be able to demonstrate the basic idea of all four competitive strokes. The Silver group will also start endurance training, sprint training and race training. The minimum skill level required to join the Silver group is to be able to demonstrate a basic



understanding of all four strokes, turns and dives.

GOLD-ADVANCED SWIMMER: This swimmer knows how to swim all four competitive strokes and is looking to swim more competitively. Gold will learn advance swim skills, and will train on technique, endurance, strength, speed, sprinting, race and more. Must have the Coach's recommendation to join Gold.

**Parents Meeting Friday, Thursday, August 31 at 6:00pm
Season runs: September 11 – December 31**

***From September 11-29 practice will be held at McWane Pool. Tentatively, practice will resume at the Rec Center on October 2.**

BRONZE: Monday, Wednesday, Friday 4:15-5:15 p.m.

SILVER: Monday, Wednesday, Friday 5:15-6:30 p.m.

GOLD: Monday, Wednesday, Friday 6:30-8:00 p.m.

Eligibility: 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

Min 7 – Max 40 per group

Register by
September 11

Late Fee:
additional \$5

WYTHEVILLE WAVES MASTERS SWIM CLUB

Wytheville Waves Masters Swim Club is open to adult swimmers 18+ of all abilities. For those who are training for triathlons, open water swimming and those who want to participate in fitness through swimming. The masters swim club will be coached by Coach JT who has over a decade of coaching experience.

Date: September 11- December 31

*From September 11-29 practice will be held at McWane

Pool. Tentatively, practice will resume at the Rec Center on October 2.

Time: Monday, Wednesday, Friday 6:30-7:30 A. M.

Fee: \$90 TR; \$95 NRPP; \$100 NR

Location: Wytheville Community Center

Eligibility: ages 18+

Min. 4

Register by September 5

swim lessons

The Wytheville Community Center utilizes American Red Cross certified water safety instructors who are specifically trained in swimming instruction. Currently we offer Red Cross Lessons up through level 4. The American Red Cross swim curriculum focuses on teaching foundational skills and building on those skills throughout all the levels, while adding fun and important water safety skills and safety around the water information mixed into the lessons.

If you are unsure which level to register for, please reach out to JT Boyd to schedule a swim evaluation at jessie.boyd@wytheville.org or call 223-3525.

SWIM LESSON SCHEDULE

SESSION I*: Monday & Wednesday
September 11, 13, 18, 20, 25 27, Oct. 2, 4
Register by September 7

**From September 11-27 sessions will be held at McWane Pool.
Tentatively, sessions will resume at the Rec Center on October 2.*

5:30–6:00 p.m.	6:15–6:45 p.m.	7:00–7:30 p.m.
Level 1	Level 1	Level 2

SESSION II: Monday & Wednesday
October 9, 11, 16, 18, 23, 25, 30, Nov. 1
Register by October 5

5:30–6:00 p.m.	6:15–6:45 p.m.	7:00–7:30 p.m.
Level 1	Level 1	Level 2

SESSION III: Monday & Wednesday
November 6, 8, 13, 15, 20, 22, 27, 29
Register by November 2

5:30–6:00 p.m.	6:15–6:45 p.m.	7:00–7:30 p.m.
Level 1	Level 2	Level 3

Fee: \$30 TR; \$35 NRPP; \$40 NR
Eligibility: ages 4–18
Min 2–Max 6
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 2 participants for a class to be held. If we do not reach that number, we will cancel the class. Calls will be made to those already signed up to inform them of the cancellation.

2ND ANNUAL FLOATING PUMPKIN PATCH

The 2nd Annual Floating Pumpkin Patch is a special event in the pool area. The event is sponsored by local farm Richdale Farm. During the event the pool will be filled with pumpkins that the kids will get to swim with and pick out a pumpkin from the patch. There will be decorating stations for the kids to make their pumpkins unique and games set up on the pool deck for the kids to play. Come join us for a fun filled fall event in the pool!

Saturday, October 14

Time: 10:00 a.m. – 12:30 p.m.

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

Location: Rec Center Pool

Eligibility: Children 12 and Under (Kids 4 and under must have someone 16+ in pool with them)

Min 15 – Max 60

Register by October 6

Late Fee: additional \$5



LESSON DESCRIPTIONS

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:*

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

Per hour:

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

Requires two-week advance registration.

CHRISTMAS POOL PARTY

Come join us for some holiday fun in the pool. There will be Christmas music, holiday spirited staff, games, a goodie bag for everyone registered, and a visit from Santa!

Saturday, December 16

Time: 10:00 a.m. – 12:30 p.m.

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

Location: Rec Center Pool

Eligibility: Children 12 and Under (Kids 4 and under must have someone 16+ in pool with them)

Min 15 – Max 60

Register by December 7

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 to apply for employment at the Wytheville Community Center and McWane Outdoor Pool.

Session I: October 12-15

Register By: October 5

Session II: November 9-12

Register By: November 2

Time: Thursday: 4:00-9:00 p.m.

Friday: 4:00-9:00 p.m.

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

Sunday: 12:30-7:00 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

DOWNTOWN WYTHEVILLE
MAYHEM
ON MAIN STREET

KIDS FUN RUN

HOSTED BY:



FUN RUN &
COSTUME CONTEST
ENTRY

\$5

IF PRE-REGISTERED
BY OCTOBER 26

\$10 DAY OF RUN



ELIGIBILITY 16 YEARS OF AGE AND UNDER

SATURDAY, OCTOBER 28

BACK BY POPULAR DEMAND IS THE MAYHEM ON MAIN STREET KIDS FUN RUN! THE KIDS FUN RUN WILL CONSIST OF VARIOUS STATIONS, OBSTACLES, AND CHALLENGES, TO TEST YOUR MENTAL AND PHYSICAL FITNESS! AWARDS WILL BE GIVEN FOR THE BEST COSTUME AND TOP FINISHERS IN EACH AGE CATEGORY.

LOCATION: DOWNTOWN WYTHEVILLE

333 COMMUNITY BLVD. | REC.WYTHEVILLE.ORG | (276) 223-3378

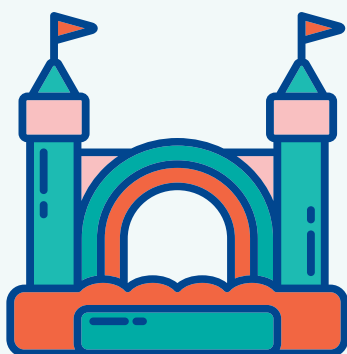
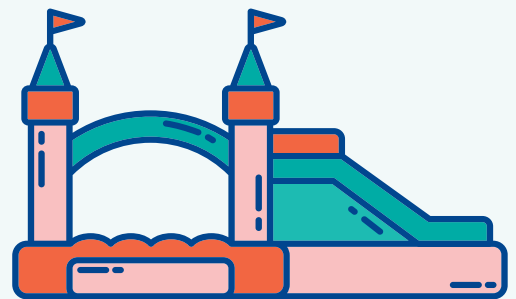
WINTERFEST 2023

TUESDAY,
DECEMBER 19

Join us as we kick off Winter Break with bounce houses, inflatable obstacle courses, games, snacks, and more!

FEE: \$5
NO REGISTRATION NEEDED

4TH - 8TH GRADE
12:30 - 5:00 PM



3RD GRADE & UNDER
5:30 - 8:30 PM

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

Don't know how or where to get started on your fitness goals? Our fitness professionals are here to help you set realistic health and fitness goals to reach your maximum potential! 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+

MAYHEM ON MAIN-KIDS FUN RUN

Are you ready for a spooktacular time? Join us in Downtown Wytheville for the annual Trick or Treating Kids Fun Run and Costume Contest! The Kids Fun Run will consist of various obstacles, stations and challenges throughout main street. Prizes will be given out to best costume and top finishers in each age category. Skip the line and pre-register! Day of registration will be accepted. Please be on the watch for additional information on social media!

Day: Saturday, October 28

Fee: \$5 if pre-registered by October 19

\$10 day of run

Location: Downtown Wytheville

Eligibility: ages 3-17

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! 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+

HALF OFF SCAN MONTH PROMO:

December 1-31

Fee: Other Pass Plans or Additional Scans: \$7.50 Per Scan; Try-It Pass: \$10





F.A.S.T: FUTURE ATHLETE SPEED TRAINING (2ND-6TH 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!

November 2-23

Day: Thursday

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

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

Location: Gymnasium Court 1

Eligibility: grades 2-6

Min 2 - Max 10

Register by October 26

Late fee: additional \$5

THE FITNESS CHALLENGE

Step up to the challenge and compete against your local community to be on the top of the leader board for the fastest indoor track 1 mile time, bench press repetitions: 225lb (Male Division) and 95lb (Female Division), Fastest 100 yard swim time and Max Deadlift. Age Categories: 12-17 Years of Age; 18-35 Years of Age; 35-55 Years of Age; 55+ Years of Age. Participants are required to register for each event and

Fitness Staff must be present to record the official measurement of each challenge. Prizes awarded to top finishers!

Session I: Fastest 1 Mile Run: September 1-30

Session II: Bench Press Repetitions: October 1-31

Session III: 100 Yard Swim: November 1-30

Session IV: Max Deadlift Weight: December 1-31

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

Register one week prior to session

NUTRITION SERIES: FUELING THE HIGH SCHOOL ATHLETE: PAUL ROGERS, RDN

Attention all athletes, coaches and parents! Proper nutrition is one of the most left out key ingredients when it comes to athletic performance. Come learn from Registered Dietitian Nutritionists Paul Rogers as he educates on the proper nutrition fueling to help the high school athlete perform and their maximum potential!

Monday, December 4

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

Fee: OL

Min 10 – Max 30

Location: Multipurpose Room 2 & 3

Eligibility: ages 14+

Register by November 27

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

FIT FOR LIFE WELLNESS PROGRAMS

UPCOMING PROGRAMS:

Fit for Life (Morning/ Evening Class) Senior Wellness, Ultimate Fitness Adventures (6th-8th Grade) & 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, Youth Fitness Challenge and Fit for Life Programs.



FIT3D BODY SCANNER

3D BODY SCANNING TECHNOLOGY THAT SAFELY, PRIVATELY AND ACCURATELY
COMPARES AND TRACKS YOUR WELLNESS PROGRESS OVER TIME!



100 MEASUREMENT, 1000 IMAGES OVER THE COURSE OF 35 SECONDS!

GOLD PASS PLAN
(ANNUAL OR CONTINUAL)

4
SCANS PER YEAR

SILVER PASS PLAN
(ANNUAL OR CONTINUAL)

1
SCANS PER YEAR

**OTHER PASS PLANS
OR ADDITIONAL SCANS**

\$15
PER SCAN

TRY IT PASS

\$20
PER SCAN



SCAN TO
PRE-REGISTER

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

2ND ANNUAL FLOATING PUMPKIN PATCH

Saturday October 14

Time: 10:00 A.M. - 12:30 P.M.

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

(Fee includes pumpkin)

Eligibility: Children 12 and Under

(Kids 4 and Under need someone 16+ in pool
with them)

Min 15 - Max 60

Register by October 6

Late Fee: additional \$5



SPONSORED BY:



Come join us for some fun in the pool!

- Floating Pumpkin Patch
- Pumpkin Decorating
- Pool side games
- Swim with pumpkins



CHRISTMAS POOL PARTY

COME JOIN US FOR SOME HOLIDAY FUN IN THE POOL. THERE WILL BE CHRISTMAS MUSIC, HOLIDAY SPIRITED STAFF, GAMES, A GOODIE BAG FOR EVERYONE REGISTERED, AND A VISIT FROM SANTA.

SATURDAY, DECEMBER 16

TIME: 10:00 A.M. - 12:30 P.M.

FEE: \$5 TR; \$10 NRPP, \$15 NR

LOCATION: REC CENTER POOL

ELIGIBILITY: CHILDREN 12 AND UNDER (KIDS 4 AND UNDER

MUST HAVE SOMEONE 16+ IN POOL WITH THEM)

MIN 15 - MAX 60

REGISTER BY DECEMBER 7

LATE FEE: ADDITIONAL \$5



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

BUDDY TRAINING 60 MINUTE SESSION

- 2 Participants-\$45 (\$22.50 per person)
- 3 Participants-\$55 (\$18.33 per person)
- 4 Participants-\$65 (\$16.25 per person)

FIT FRIENDS

Don't like to exercise alone? We are searching for two friends, family members or co-workers who are ready to start their exercise journey with one of our Certified Personal Trainers! You and your friend will receive 6 buddy training sessions, plus a complimentary Fit3D Body Scan. You must schedule all 6 sessions when you register; Limited to 2 people.

Day: Varies Per Trainer

Time: See Front Desk Staff for Certified Personal Trainer Availability

Fee: \$240 (\$120 per person)

Location: Fitness Center

Eligibility: ages 12+

Min 2

Register by December 1

BUY 5, GET 1 FREE

PERSONAL TRAINING OCTOBER PROMO

You don't want to miss out on this June deal!

Buy 5 Personal Training Sessions, get 1 free, plus (1) complimentary Fit3D Body Scan! Let our Certified Personal Trainers start the transformation process today! You must schedule all 6 sessions when you register.

Day: Varies Per Trainer

Time: See Front Desk Staff for Certified Personal Trainer Availability

Fee: \$165

Location: Fitness Center

Eligibility: ages 12+

Min 1

Register by October 31

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 8-Max 20

Session I:

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

Session II:

September 1-28
Day: Friday
Time: 9:45-10:15 a.m.

Session III:

November 3-24
Day: Friday
Time: 9:45-10:15 a.m.

BASIC 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. This class is great for Seniors or anyone new to fitness. (Beginner level) Min 8-Max 20

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

BATTLE ROPE INTERVALS

Blast fat, tone muscles and strengthen your core in this 30- minute kick butt workout. This class will include intervals of battle rope drills combined with body weight work. Get a complete total body workout in a quick 30-minute format. Min 5 - Max 10

Session I:

September 2-30
Day: Saturday
Time: 9:00-9:30 a.m.

Session II:

November 1-29
Day: Thursday
Time: 5:30-6:00 p.m.

BARRE ABOVE®

Barre Above® is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. Min 8-Max 20

Day: Wednesday **NEW DAY!! SAME GREAT CLASS**

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

NEW! BODY FLEX

Hit the weights in this easy-to-follow class using barbells, dumbbells, bands, and other resistance tools to build muscle, boost metabolism, and increase endurance. This class is great for all levels of fitness. Min 8- Max 20

September 7-28
Day: Thursday
Time: 5:30-6:15 p.m.

BOUNCE INTERVALS

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 8-Max 11

Session I:

October 5-26
Day: Thursday
Time: 5:30-6:15 p.m.

Session II:

December 2-16
Day: Saturday
Time: 9:00-9:45 a.m.





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

All classes are in aerobic room unless otherwise designated.

Eligibility: ages 12+

NEW! BREATHWORK & MEDITATION

Meditation practice develops concentration, which allows us to calm and steady the mind. In this class we will practice together with guided meditations beginner breathwork and may even explore other mindfulness practices like mindful eating, mindful movement, walking meditation, mindful self-compassion and loving-kindness. The aspiration is to learn to live authentically in the world with kindness, to be at ease and more present, feel more comfortable in our own skin and to awaken our hearts.
 December 7-28
 Day: Thursday
 Time: 6:15-6:45 p.m.

CARDIO CREATIONS

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.

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

Session I:
 Day: Wednesday
 Time: 10:00-10:30 a.m.

Session II:
 November 3-17
 Day: Thursday
 Time: 6:45-7:15 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 8-Max 20
Session I:
 Day: Monday
 Time: 6:30-7:00 p.m.

Session II:
 October 7-28
 Day: Saturday
 Time: 9:00-9:30 a.m.

INDOOR CYCLING

Start the day right with a fusion of Hatha & gentle yoga 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. Gently flow through a variety of poses that will leave you refreshed and ready to start your day. This class involves standing, seated, or lying positions and is great for those just starting Yoga practice. Min 8-Max 20.
 Day: Monday
 Time: 6:15-7:00 a.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
Session I:
 Day: Friday
 Time: 9:00-9:30 a.m.
Session II:
 December 7-28
 Day: Thursday
 Time: 5:30-6:00 p.m.

group exercise classes

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: 5:30–6:15 p.m.

Session II:

Day: Friday
Time: 6:15–7:00 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 20

Day: Monday and Wednesday
Time: 11:00–11:45

SUNRISE YOGA

Start the day right with a fusion of (hatha style) yoga 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. Gently flow through a variety of poses that will leave you refreshed and ready to start your day. This class involves standing, seated, or lying positions and is great for those just beginning yoga practice. Min 8–Max 20

Day: Tuesday and Thursday
Time: 8:00–8:45 a.m.

TAI 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. This class will focus on traditional Tai Chi forms

as well as Qi Gong forms and movements. Meditation and relaxation will also be included in this class Great for all fitness levels and very helpful in improving balance. It is best 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 entire body with dumbbells, barbells, bands, and other equipment in this 45-minute format. Each class will offer variety and focus on different muscle groups so that your body is challenged each time you show up. Keep in mind that 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.

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.

Land Fitness Instructors:

Becky Irvin (Fitness Coordinator), Brandon Wolford (Fit for Life Coordinator), Thelma Surber, Irene Daugherty, Nick Patel, Neal Hawks, Garrie Ayers, Haley Morehead, Jennifer Matheny, Misty Catron, Tammy Ayers, Jennie Mason

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

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aqua fitness classes

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 4 - Max 6

Session I:

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

Session II:

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

AQUA TABATA

Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. Min 8 - Max 20

Day: Tuesday
Time: 6:30-7:00 a.m.

Check schedule monthly when the pool is closed during maintenance.

See page 12 for pool closure info.



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.

DEEPLY FIT

Athletes and beginners - take the plunge. Deep-water work using running, traveling and a variety of equipment, guaranteed to challenge your body, your core muscles, and your stamina. Performed at water depths so body remains in vertical position and not touching the pool floor. 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 20

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

DEEP WATER FITNESS

Total body fitness using water weights, pool noodles and aqua belts. Combination of low to medium intensity in a fun social setting. Performed at water depths so body remains in vertical position and not touching the pool floor. Appropriate for those who are comfortable in deep water.

Min 8 - Max 20
Day: Monday
Time: 6:00-6:45 p.m.

Aqua Instructors:

Becky Irvin (Fitness Coordinator), Suzanne Molloy, Kim Aker, Neal Hawks, Dana Christian, Thelma Surber, Irene Daugherty, Tammy Ayers, Jennie Mason

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other aerobic programs

HALLOWEEN GLOW YOGA

Practice your Yoga Flow in the Glow of Black Lights for HALLOWEEN!! Enjoy an all-levels vinyasa flow in the dark set to fun, Halloween themed music! Bring a friend or come alone. New to yoga and shy about it? No better time to start than in the dark! Wear something white or neon to maximize your glow under the black lights! Feel free to dress up in costume! Mats and equipment provided!

Friday, October 27

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

Fee: Free to Gold Members

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

Location: Aerobic Studio

Min 8- Max 20

Register by October 21

Late fee: additional \$5

WHAT'S A MACRO?

Join Becky Irvin in this informative class, that will explain what your body needs to feel its best. In this class Becky will breakdown what carbs, proteins, and fats are and how they work to make you work at your best. Take the time to learn what you should be eating to look and feel your best.

Tuesday November 7

Time: 6:00

Fee: Free

Location: Multi-Purpose room 3

Eligibility: 12+

Min 8 – Max 20

Register by October 28

**VET2VET
CAFE**

Town of Wytheville
Parks & Recreation

**NOVEMBER 8
11:00 A.M.**

WE HONOR VETERANS
Hospice Veteran Partnership

Join Wythe Hospice and Palliative Care for a social event to honor our veterans. Lunch will be provided, and there will be time to connect and meet with other veterans from our community. Be sure to call and register for this event.

REGISTER BY NOVEMBER 1

FEE: OL

"Serving those who served us"



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.

Fees: None

Hours: Dawn–Dusk

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

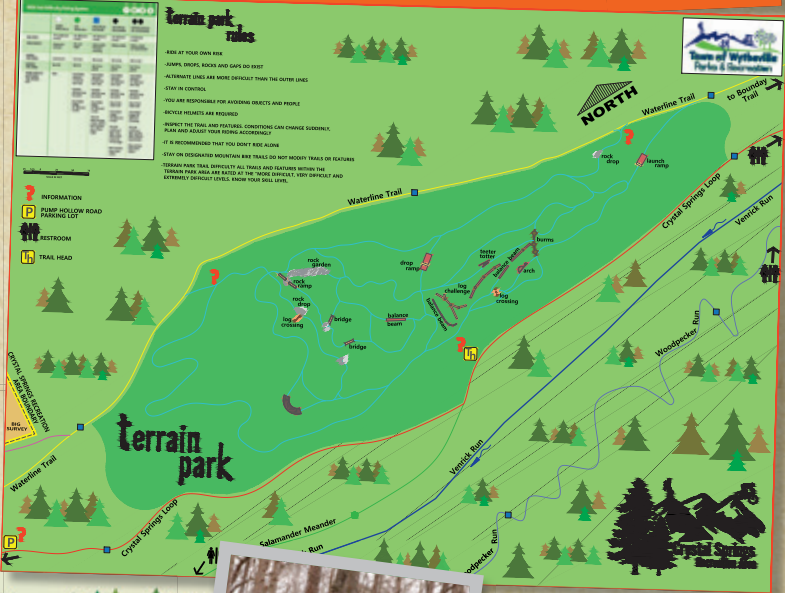
Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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



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)



CRYSTAL SPRINGS FALL FEST

Join us at Crystal Springs for a fun filled day for the whole family. There will be s'mores making, caramel apples, fun festive fall games, family photoshoot, and even a small zip line and slackline for the kids.

Saturday, October 14

Time: 3:00 - 7:30 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: all ages (anyone under 12 must be accompanied by an adult)

Min 40

Register by October 7

CORN HOLE TOURNAMENT

Enter your team for the Fall Fest Corn Hole Tournament. Top 3 places will receive cash prizes from the cash pool. First place receives 45%, second place 25%, and third place 15% of the cash pool!

Saturday, October 14

Time: 4:00 p.m. start time

Fee: \$20 per team

Location: Crystal Springs

Eligibility: ages 18+

Min 6 - Max 20 teams

Register by October 7

GUIDED HIKE

Are you new to the area and want a beautiful park to hike and explore or maybe you've never been to Crystal Springs and just want someone to show you around. Join us on a guided hike around Crystal Springs as we take a look at the different trail systems and what all Crystal Springs has to offer. You will get to experience Crystal Springs at one of the most beautiful times in the year as the leaves are changing colors and the weather cools off.

Session I: Sunday, October 22

Session II: Sunday, October 29

Session III: Sunday, November 5

Session IV: Sunday, November 12

Time: 1:00 - 4:00 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: All Ages

Min 2 - Max 15

Register 1 week prior to session

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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. The 4th St Civic Center is located adjacent to Elizabeth Brown Park.

PARKS, SHELTERS & OUTDOOR POOL

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	\$22/hour	\$25/hour	N/A
Elizabeth Brown Stage	\$22/hour	\$25/hour	N/A
Elizabeth Brown Shelter & Stage	\$35/hour	\$40/hour	\$45/hour
McWane Shelter	\$22/hour	\$25/hour	\$31/hour
Withers Park	\$25/hour	\$28/hour	\$35/hour

**Rentals with alcohol will be assessed additional fees*

MCWANE POOL RENTALS

	2 HOURS	3 HOURS
Up to 50 people	\$160	\$240
More than 50 people	\$190	\$270

Pool Rental Hours:

Saturday
6:30 - 9:30 p.m.

Sunday
6:00 - 9:00 p.m.

Only available during the summer pool season

4TH STREET CIVIC CENTER RENTALS

	YOUTH	ADULTS
Only available for Sports Events & Practices	\$15/hour	\$20/hour

For inquiry or to book your next event, please call us at 276-223-3378.



Winter Wonderland

AT WITHER'S PARK

**SATURDAY
DECEMBER 2**



TONS OF WINTER FUN TO ENJOY

**MEET SANTA - CARRIAGE RIDES -
GINGERBREAD HOUSE CONTEST -
CHILDREN'S ACTIVITIES - CHRISTMAS
MUSIC - REFRESHMENTS - & MUCH MORE**

**FOLLOW US ON
FACEBOOK FOR
UPDATES ON THIS
EVENT AND OTHER
POP UP AND HOLIDAY
ACTIVITIES**