



Town of Wytheville Parks & Recreation

SUMMER 2021

MAY – AUGUST

BE ACTIVE WYTHER...

- **Youth Sports** pg. 6 & 7
- **CPR Classes** pg. 8
- **Kids Night Out** pg. 10
- **Accelerate** pg. 19
- **Bounce & Glow** pg. 25
- **After Hours Concerts**
pg. 9 & 32



*Access to McWane
will now be included
in a gold pass plan*



Town of Wytheville
Parks & Recreation

Wytheville Community Center

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Wytheville, VA 24382
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Glenda Salerno
Michael Mitchell
Brittney Litton

STUDENT MEMBERS

Dylan Jones
Joseph Minton

EX-OFFICIO MEMBERS

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

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.

CONVENIENT HOURS OF OPERATION

CENTER

Monday-Friday	6:00 AM-9:00 PM
Saturday	7:00 AM-8:00 PM
Sunday	1:00 PM-6:00 PM

POOL HOURS

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

WATER PARK

Monday-Friday	10:00 AM-12:00 PM
	4:00 PM-8:00 PM
Saturday	10:00 AM-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.

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

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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All program schedules are subject to change.

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.

Category	Annual (advance payment)	Continual per month*	6-Month (advance payment)	Monthly (advance payment)
Adult	\$388	\$32.33	\$216	\$42
Adult +1	\$614	\$51.17	\$329	\$61
Family	\$664	\$55.33	\$354	\$65
Senior/Teen/College	\$338	\$28.17	\$190	\$38
Senior Couple	\$563	\$46.92	\$304	\$56

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

BRONZE LEVEL

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

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

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

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

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.

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

MULTIPURPOSE ROOMS

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

\$35/hour \$40/hour

CLIMBING WALL

Groups up to 10	\$35/hour	\$40/hour
Groups 11-20	\$45/hour	\$50/hour

GYMNASIUM

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

Limited Availability

INDOOR POOL

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

**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

FLAG FOOTBALL

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

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

Location: Games are played at Scott Middle School

Register by July 26

Late fee: additional \$5

FOOTBALL

This league is open to 3rd & 4th and 5th & 6th grade. Group practice dates will be announced upon registration. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will start mid to late August and are typically scheduled for Tuesdays and Saturdays. Travel will be involved.

Fee: \$35 TR; \$40 NRPP; \$45 NR

Location: Games are played at Scott Middle School and all County High Schools.

Register by July 5

Late fee: additional \$5

CHEERLEADING

This league is open to 3rd & 4th and 5th & 6th grade. Group practice dates will be announced upon registration. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will start mid to late August and are typically scheduled for Tuesdays and Saturdays. Travel will be involved.

Fee: \$35 TR; \$40 NRPP; \$45 NR

Location: Games are played at Scott Middle School and all County High Schools.

Register by July 5

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.

Additional Covid-19 guidelines may apply.

YOUTH VOLLEYBALL CLINIC

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

September 6–October 16

Times: 3rd & 4th grade - Mondays 5:30-6:30 p.m. / Saturdays 9:00-10:00 a.m.

5th & 6th grade - Mondays 6:45-7:45 p.m. / Saturdays 10:15-11:15 a.m.

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

Location: Wytheville Community Center
Min 10-Max 30

Register by August 23

Late fee: additional \$5



WHITEWASH MASON JAR HANGERS — DIY HOME DÉCOR CRAFT



Join us to create your very own home décor pieces. During this class you will be given the necessary supplies to create a two beautiful, whitewashed mason jars that can be decorated seasonally with interchangeable

flowers. (Flowers not included)

Session I: Tuesday, May 11

Session II: Tuesday July 13

Time: 6:15–8:00 p.m.

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

Location: Multipurpose Room 1

Eligibility: Ages 18+

Min 6–Max 12

Register 1 week prior to session

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.

Session I: Tuesday, May 18

Time: 5:30–9:30 p.m.

Location: Wytheville Meeting Center

Session II: Tuesday, August 10

Time: 5:00–9:00 p.m.

Location: Wytheville Rec Center

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

Eligibility: ages 18+

Min 5–Max 20

Register 1 week prior to each session.

Late Fee: additional \$5

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

OL – Open Leisure - must have a pass plan or purchase a day pass



AFTER HOURS SUMMER CONCERT SERIES 2021

This year we are fortunate enough to have Too Much Sylvia performing for our June 5 concert; Saturday, July 3, Trial by Fire - A Journey Tribute band will be rocking the stage! The last show, on August 6, will feature the group Cat5. Do not miss out on the 2021 Summer Concert Series!! Show start at 6:30 p.m. Advanced tickets are \$5 and \$7 at the gate. Children 5 and under are free. July 3 concert is a free concert that will be hosted with Downtown Wytheville. After Hours Summer Concert Series 2021, it simply does not get any better than this! You may purchase advanced tickets at: The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Three Rivers Media and Fourth Street Market.

Friday, June 4 @ Withers Park

Too Much Sylvia

Saturday, July 3 @ East Main Street

(see "Town of Wytheville and Downtown Wytheville, Inc. July Fourth Celebration" article for more details)

Trial by Fire - A Tribute to Journey

Friday, August 6 @ Withers Park

TOWN OF WYTHEVILLE AND DOWNTOWN WYTHEVILLE, INC. JULY FOURTH CELEBRATION

Back for 2021 is our July Fourth After Hours Summer Concert with fireworks! This event will be on Saturday, July 3 and in conjunction with the Downtown Wytheville, Inc. group. We are teaming up to offer a day of activities. The Downtown Wytheville group will be responsible for the event held on Main Street, which will start at 3:00 p.m. Enjoy the cruise in, kid's games and activities, live music, and much more! Food vendors and alcoholic beverages will be available. Trial by Fire - A Tribute to Journey will be hitting the stage at 6:45 pm. We are looking forward to a huge event. Don't miss out on the Town of Wytheville and Downtown Wytheville, Inc. Fourth of July Celebration on July 3rd.

SENIORS TRIVIA (ARE YOU SMARTER THAN A 5TH GRADER EDITION)

Join us for our trivia events this coming summer. We will be putting your brain to the test by selecting information from 5th grade educational material. Subject areas that will be covered are geography, science, math, and history. This event will not have group teams. You will participate by yourself to see how you match up against your friends and family.

Session I: Thursday, May 27

Session II: Thursday, August 12

Time: 1:30–2:30 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 55+

Min 5–Max 15

Register 2 weeks prior to session.

Late Fee: Additional \$5

YOUTH/TEEN CENTER

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

If you are looking for fun and excitement, look no further. We have the latest and greatest games: 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—7:00 pm | Sunday 4:00—6:00 pm

BREAKFAST FOR DINNER EDITION



During this experience, your child will learn all the necessary steps and safety precautions to take while they cook up their own homemade french toast and bacon.

Date: Friday, June 18

Time: 6:00–7:15 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 6-14

Min 6-Max 12

Register by June 4

Late Fee: additional \$5

FLUFFY SLIME TIME

At this event we will be walking your child through the process of making FLUFFY SLIME. You can expect them to create 2 to 3 different variations of the slime to take home.

Session I: Wednesday, June 23

Session II: Tuesday, August 3

Time: 6:15–7:15 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 6-12

Min 5–Max 15

Register 2 weeks prior to session.

Late Fee: additional \$5



KIDS NIGHT OUT

Children will play games, enjoy arts and crafts, and play sports all while their parents 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, June 25

Session II: Friday, July 9

Session III: Friday, August 13

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 2 weeks prior to session.

Late Fee: additional \$5



FEE ABBREVIATIONS

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NR – Non Resident

OL – Open Leisure - must have a pass plan or purchase a day pass

FREE – open to the public



ROCK ON CLIMBING NIGHT

Rock on climbing night is a great time for you to stop by and experience our one-of-a-kind wall.
*Only a certain number of climbers are allowed on the wall at a time.

Thursday, July 15

Time: 5:30–8:00 p.m.

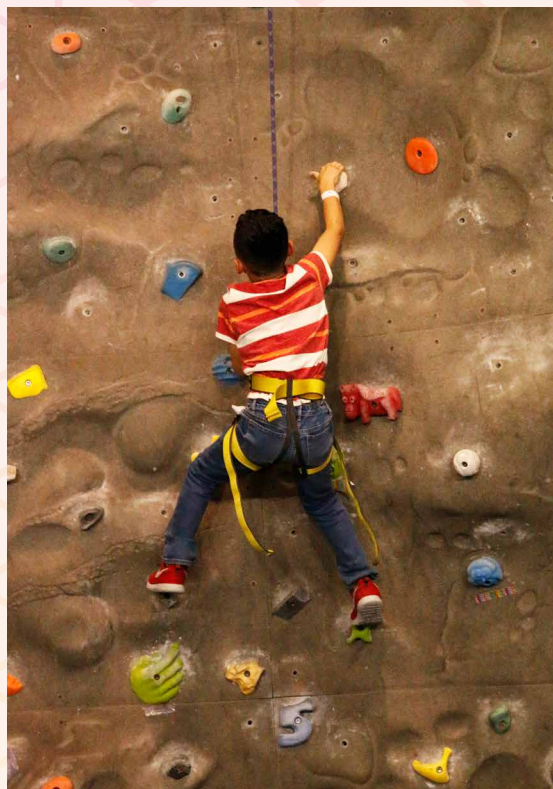
Fee: OL

Location: Rock Wall

Eligibility: ages 6-18

Min 3–Max 8

Register by July 8



BLUE RIDGE DISCOVERY CENTER OUTDOOR EDUCATION DAY

Join us for a trip to the Blue Ridge Discovery Center in Troutdale, VA where your child will get a hands-on learning experience within the wild. During this field trip your child can expect to get some creek play time and trail walking all while understanding the importance of Leave No Trace principles to ensure future generations will get to enjoy what they are experiencing. Please pack a nonperishable lunch! Transportation is provided.

<https://blueridgediscoverycenter.org>

Date: Saturday, May 22

Time: 8:30 a.m.-3:00 p.m.

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

Location: Rec Center

Eligibility: ages 7-14

Min 5–Max 12

Register by May 8

Late Fee: additional \$5



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.

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

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-5:00 PM

WATER PARK HOURS

Monday-Friday	10:00 AM-12:00 PM
Monday-Friday	4:00 PM-8:00 PM
Saturday	10:00 AM-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.

SUMMER POOL HOURS

MAY 30-AUGUST 15

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

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

Wytheville Waves swim team is part of The Blue Ridge Swim League. The Blue Ridge Swim League is a recreational summer swim league made up of 7 teams. Participants need to be able to swim one pool length unassisted before signing up. Our practice times are divided based upon skill level (Novice or Experience). Coaches will determine which practice time a swimmer should attend based on a skill evaluation. Please note that a swimmers' practice time could change based on improvements in swimming ability.

Dates: May 11-July 25

Location: Wytheville Community Center
Min 8-Max 12 (Per Session)

PRACTICES TIMES MAY 11-29

Days: Tuesday and Thursday

Time: 4:00-5:00 p.m. – Novice

5:00-6:00 p.m. – Novice or Experienced

6:00-7:00 p.m. – Experienced

Days: Saturday

Time: 11:00 a.m. –12:00 p.m. – Novice

12:15-1:15p.m. – Novice or Experienced

1:30-2:30 p.m. – Experienced

PRACTICE TIMES JUNE 1 – JULY 25

Days: Monday, Wednesday, Friday

Time: 8:00-9:00 a.m. –Experienced

9:15-10:15 a.m. – Novice or Experienced

10:30-11:30 a.m. – Novice

Days: Tuesday and Thursday

Time: 4:00-5:00 p.m. – Novice

5:00-6:00p.m. – Novice or Experienced

6:00-7:00 p.m. – Experienced

*Times/skill groups/location are subject to change depending on the number registered

Ages: 4-18 years

Fee: TR: \$50 for first child, \$35 for each additional child;

NRPP: \$55 for first child, \$40 for each additional child;

NR: \$60 for first child, \$45 for each additional child

Register by May 11

Late Fee: additional \$5

MCWANE POOL

Thursday, May 27 –Saturday, August 14

Thursday – Saturday

1:00 – 7:00 p.m.

FEES AND RATES

Daily Admission \$3.00 ages 4 and up

Ages 3 and under – Free

10 Punch Pass – \$25

Season Pass – \$80 (non-transferable)

Family Pass – \$275 (non-transferable)

Family defined as head of household, spouse and their legal dependents under the age of 25. Legal dependents under age 25 must be full time college students.

Gold Pass Plan Holders have access to McWane Pool

**You must have your ID card present*



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

Ages: 5-18

Min 2–Max 4

SESSION 1

Days: Tuesday and Thursday

Dates: May 11, 13, 18, 20, 25, 27

Register by May 4

SESSION 2

Days: Tuesday and Thursday

Dates: June 8, 10, 15, 17, 22, 24

Register by June 1

SESSION 3

Days: Wednesday and Friday

Dates: June 9, 11, 16, 18, 23, 25

Register by June 1

SESSION 4

Days: Tuesday and Thursday

Dates: July 6, 8, 13, 15, 20, 22

Register by June 29

SESSION 5

Days: Wednesday and Friday

Dates: July 7, 9, 14, 16, 21, 23

Register by June 29

SESSION 6

Days: Tuesday and Thursday

Dates: August 3, 5, 10, 12, 17, 19

Register by July 27

SESSION 7

Days: Wednesday and Friday

Dates: August 4, 6, 11, 13, 18, 20

Register by July 27

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.

McWANE

**Come
and See
Us!**

POOL

Thursday, May 27 – Saturday, August 14
Thursday – Saturday:
1:00 – 7:00 p.m.



**Kick off the summer with
a *FREE* day on May 29!**
**Join us for games, food,
and lots of fun!**

McWane is now included with a Gold Pass Plan!

see page 13 for more details on McWane Pool



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 the age 12 may not use the racquetball courts unless playing with an adult or person older than 16. Goggles are strongly recommended for all participants to protect from eye injuries. Check at the Front Desk to make reservations as well as availability for goggles, balls and racquets. Gold level pass plans have unlimited access to the racquetball courts. Silver level pass plans include two hours per week of racquetball court time.

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+

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NR – Non Resident

OL – Open Leisure - must have a pass plan or purchase a day pass

FREE – open to the public

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+

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, August 5

Session II: Deadlift: Thursday, August 12

Session III: Power Clean: Thursday, August 19

Session: II: Bench Press: Thursday, August 26

Time: 3:00-4:00 p.m.

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

Min 2-Max 5

Register one week prior to session

FIT 3D BODY SCAN





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+

WOW (WORKOUT OF THE WEEK)

Bored with the same workout routine? Stop by the Fitness Desk throughout the month of June, July, August to receive the Workout of the Week!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

ACCELERATE (6TH-12TH GRADE)

Accelerate past your opponents in the brand-new athletic performance program designed to take your off-season training to the next level! 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! Leave your opponents in the dust by calling (276) 223-3378 to register! Limited spots available!

Day: Friday (July 9, July 16, July 23, July 30)

Time: 3:00-4:00 p.m.

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

Location: Gymnasium Court 1

Eligibility: grades 6-12

Min 2-Max 8

Register by June 25

F.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!

Day: Thursday (August 5, August 12, August 19, August 26)

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

PERSONAL TRAINING

PERSONAL TRAINERS



BECKY IRVIN



NICK PATEL



THELMA SURBER



NEAL HAWKS



BRANDON WOLFORD



60-MINUTE SESSION

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

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.

May 1-July 31

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

Day: Varies Per Trainer (20 Sessions)

Time: See Front Desk for Certified Personal Trainer time availability

Individual Fee: \$25 Per Session (\$500)

Location: Fitness Center

Eligibility: ages 12+

Min 1

Register by May 30



SENIOR WELLNESS

June 14–
Sept. 1

Starting June 14, the Wytheville Community Center will offer its successful exercise, nutrition and fall prevention program, “Senior Wellness”. The 12-week Senior Wellness program focuses on everyday functional movements to help improve quality of life by providing low impact exercises to improve cardiovascular function, strength, flexibility, balance and fall prevention. The program features two weekly exercise sessions on Monday and Wednesday from 10:00-11:00 a.m. and one weekly nutrition lecture will be held on Tuesday for Wythe & Bland County Residents. A free, 3-month family Gold Pass Plan will be provided if you do not currently have a pass plan. Participants will be randomly selected for the program and enrollment is limited. Senior Wellness graduates can re-enlist into the program after two years, if space allows. To apply, you must register and attend the application meeting at the Wytheville Meeting Center. Call (276) 223-3378 for more information and to register.

Date: Wednesday, May 12

Time: 10:00 a.m.

Location: Wytheville Meeting Center

Eligibility: ages 65+

Fee: Free

Min: 10



FIT FOR LIFE

Starting **June 14**, the Wytheville Community Center will offer its successful exercise, nutrition & weight loss program, Fit for Life. Fit for Life is a 12-week exercise and nutrition program that will be held on Monday and Wednesday evenings for residents of Wythe and Bland County who have a BMI over 25. Fit for Life features two weekly workouts on Monday & Wednesday from 5:30-6:30 p.m. and one weekly nutrition lecture on Tuesday from 5:30-6:30 p.m. A free three-month family Gold Pass Plan will be provided, if you don't currently have a pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited. Fit for Life graduates can re-enlist into the program after two years, if space allows. To apply, you must register and attend the application meetings at the Wytheville Meeting Center. Call (276) 223-3378 for more information and to register.

This program is made possible by the Town of Wytheville Parks & Recreation, Wythe-Bland Foundation & Wythe County Community Hospital.

Date: Wednesday, May 12

Time: 6:00 p.m.

Location: Wytheville Meeting Center

Fee: Free

Eligibility: ages 18+

Min: 10

**June 14-
Sept. 1**

ULTIMATE FITNESS ADVENTURES 6TH-8TH GRADE

Get unplugged and outdoors with the Wytheville Community Centers outdoor adventure program "Ultimate Fitness Adventures." Starting **June 17**, participants will experience the thrill of hiking, caving, ziplining, high ropes course, mountain biking, paddle boarding, kayaking and much more. This 6-week outdoor adventure program will be held every Thursday 9:00 a.m.- 4:00 p.m. (departure/ arrival times subject to change depending on weekly activity), with lunch provided. A free two-month Silver Pass Plan will be provided, if you don't currently have one. Limited spots available. Previous Ultimate Fitness Adventure Participants can re-enroll into the program after two years, if space allows. To apply, you must register and attend the application meeting at the Wytheville Meeting Center. Call (276) 223-3378, for more information and to register.

This program is made possible by the Wythe-Bland Foundation & Town of Wytheville Parks & Recreation.

Date: Thursday, May 13

Time: 6:00 p.m.

Location: Wytheville Meeting Center

Fee: Free

Eligibility: Grades 6th-8th Grade

Min: 5

**June 17-
July 22**





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

All classes are in aerobic room unless otherwise designated.

Eligibility:
ages 12+

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 5-Max 12
Day: Monday and Wednesday
Time: 8:00–8:45 a.m.

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 12

Session I:

May 7–28

Day: Friday

Time: 10:00–10:30 a.m.

Session II:

July 2–30

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 12

Day: Thursday

Time: 5:30–6:15 p.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:

May 1–29

Day: Saturday

Time: 9:00–9:30 a.m.

Session II:

June 2–30

Day: Wednesday

Time: 6:30–7:00 p.m.

Session II:

August 4–25

Day: Wednesday

Time: 6:30–7:00 p.m.

CARDIO CREATION

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 5–Max 12

Day: Monday and Wednesday

Time: 9:00–9:45 a.m.

NEW! 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 5–Max 12

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 5–Max 12

June 4–25

Day: Friday

Time: 10:00–10:45 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 5–Max 12

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

Session I:

Day: Monday

Time: 6:15–7:00 a.m.

Session II:

May 5–26

Day: Wednesday

Time: 6:30–7:15 p.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 5–Max 12

Session I:

July 7–28

Day: Wednesday

Time: 6:30–7:15 p.m.

Session II:

August 7–28

Day: Saturday

Time: 9:00–9:45 a.m.

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.

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 5–Max 12
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 5–Max 12
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 5–Max 12
Day: Tuesday & Thursday
Time: 11:00–11:45 a.m.

STEP

An excellent fat burning class that includes combinations on the step followed by a challenging resistance segment for upper body and core. Modifications are offered. Some step experience is helpful but not required. (Intermediate level) Min 5–Max 12
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 5–Max 12
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 5–Max 12
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 5–Max 12
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 5–Max 12
Day: Tuesday and Thursday
Time: 9:00–9:45 a.m.

NEW! UPPER XPRESS

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 5–Max 12
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 5–Max 12
Session I:
Day: Monday and Wednesday
Time: 5:30–6:15 p.m.
Session II:
Day: Friday
Time: 12:00–12:45 p.m.

ZUMBA®

This full body, circuit-style workout combines a variety of anaerobic and muscular conditioning, helping to increase strength, power, agility, and speed. Great for all fitness levels, modifications will be offered for all exercises. Min 5–Max 12
August 1–29
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, Jessica Grubb, Trisha Gatson, Haley Morehead, Tobhijas Artison, Jennifer Matheney
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.

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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

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.

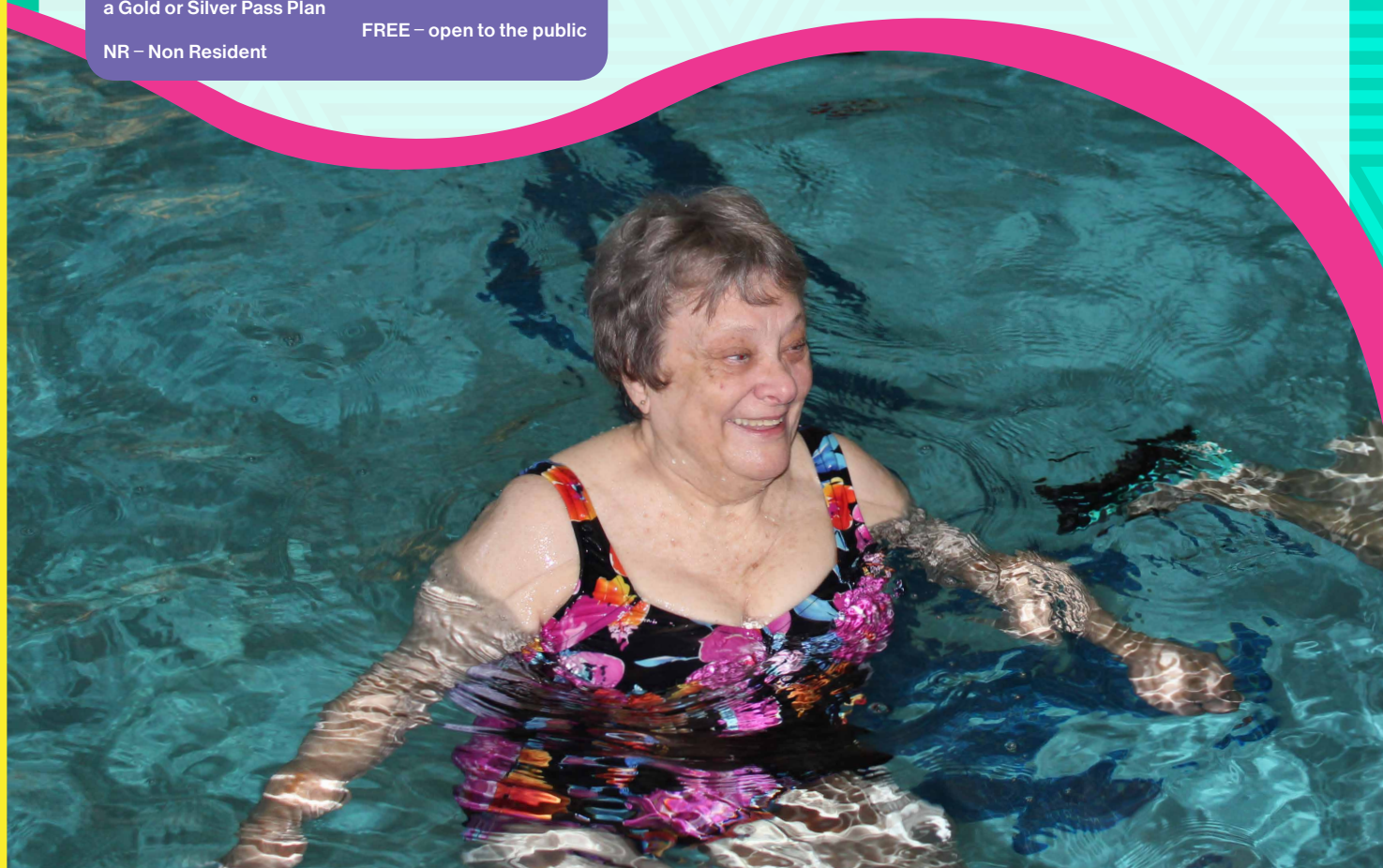
Session II:

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



other aerobic programs

GLOW ZUMBA

Join us for some fun in the dark! Wear your craziest white/neon clothing and join us for this seriously fun Zumba class conducted in the blacklight. Come early and use some of our neon body paints to finish off your look. This is a dance-fitness workout with easy to follow dance moves that will tone and strengthen your body and torch calories all while you have a blast.

Date: Friday, May 14

Time: 6:00 p.m.

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

Location: Aerobic Studio

Min 8—Max 12

WHAT'S A MACRO?

Join Becky Irvin in this informative class, that will explain what your body needs to feel it's 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.

Date: Saturday, May 8

Time: 10:00 a.m.

Fee: FREE

Location: Multi-Purpose Room 1

Min 8—Max 12

PAINT PARTY WITH JEN

Join us for a morning of meditative painting. We will have circular templates and other shapes and things to assist with the individual creation of your very own mandala. A mandala is a complex abstract design that is usually circular in form. Mandalas can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is crafting it. Designing your own mandala can be both inspirational and therapeutic.

Date: Saturday, June 12

Time: 10:00 a.m.—1:00 p.m.

Fee: \$35 TR; \$40 NRPP; \$45 NR

Location: Multi-Purpose Room 3

Min 10—Max 12

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!

Date: Friday, June 25

Time: 6:00 p.m.

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

Location: Aerobic Studio

Min 8—Max 11

CREATIVE CLAY MINDFULNESS WORKSHOP

Join us for this hour-long workshop of mindful making with clay. Lead by Becky Irvin, an experienced mediation teacher, she will help you connect with your creative flow, working with the material in a gentle and accessible way to discover your own creative potential. Guided meditations and easy to follow steps make this workshop ideal for anyone. All materials will be provided.

Date: Saturday, July 31

Time: 10:00 a.m.

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

Location: Multi-Purpose Room 1

Min 8—Max 12

WOMAN'S SAFETY AND SELF DEFENSE TRAINING

We are excited to team up with Wythe Tac Personal Security Consultants in conjunction with Team MANNON Brazilian Jiu Jitsu to offer this informative training. Learn the techniques of situational awareness, verbal skills, distance control, and how to become a hard target to avoid a physical encounter. If things do become physical, we will teach you simple and effective techniques to escape holds, grabs, chokes, etc. Topics covered will include: Situational Awareness, Biometric Profiling, Rape and Sexual Assault, Stalking and Stalkers, De-escalation, Managing Fear, Proximity Striking (Where, How, and Why), How to stop frontal attacks, attacks from behind, and ground defense. (Those under 18 must be accompanied by an adult)

BE SURE TO BRING A PACKED LUNCH

Date: Saturday, August 7

Time: 9:00 a.m.—3:00 p.m.

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

Location: Multi-Purpose Room 1

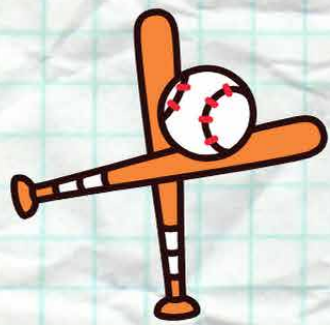
and Aerobic Studio

Eligibility: Females,

age 16+

Min 10—Max 12





2021-2022 AFTERSCHOOL PROGRAM



Registration Starts July 1st

Monday - Friday

Grades K-5

3:00-5:30pm

Min:10 Max: 20

Maximum number may change due to guidelines



Weekly Fee's

\$40 TR

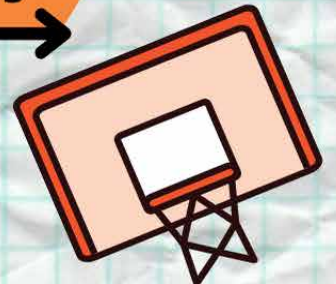
\$45 NRPP

\$50 NR

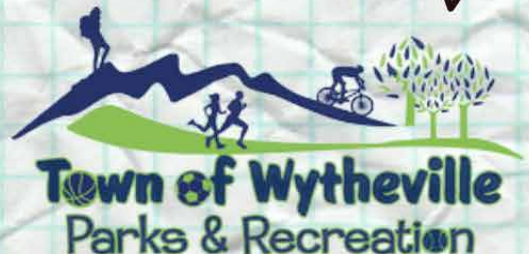
An additional fee of \$5 per day will be added
for early school dismissal or snow days



For More Information:
(276)223-3378



Find us on:
facebook®

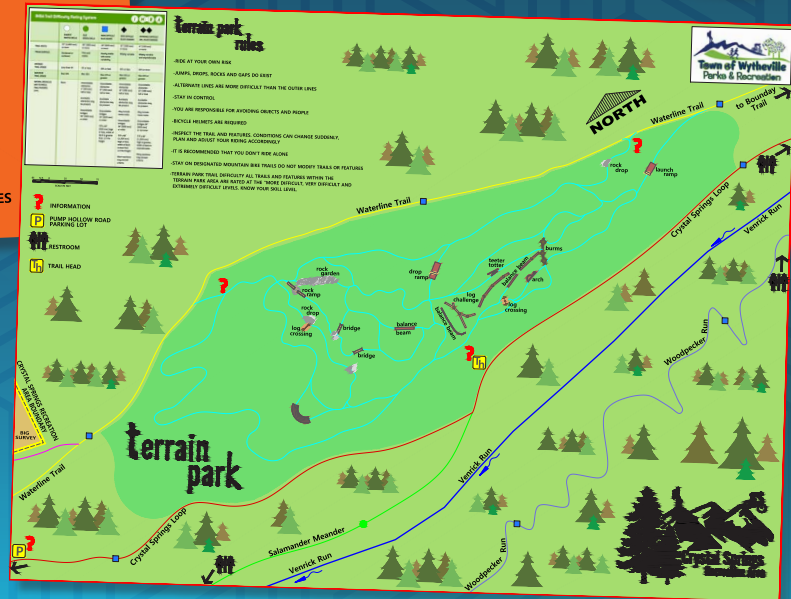




OPEN DAWN TIL DUSK!

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 APPALACHIAN TRAIL

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

MAY 1 – JANUARY 1

The Town of Wytheville's walking/running incentive program "Hike the Appalachian Trail," is back and bigger than ever, with a goal to beat 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



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)

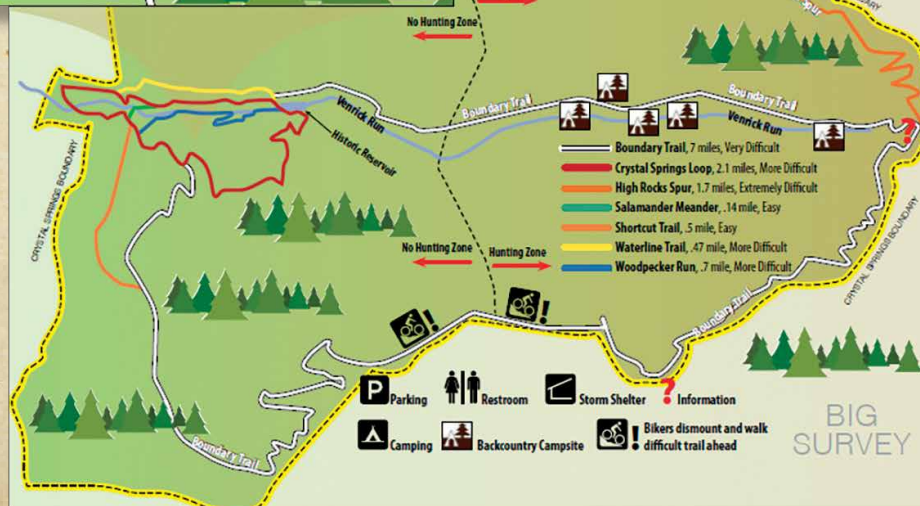
Fees: None

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.





MORNING RELAXATION

Get an early relaxing start to your day with us at Crystal Springs Recreation Area. We will start off with some early morning yoga to get nice and limber before we take off on our 1.5-mile hike on Woodpecker Run and Crystal Spring's loop. Finally, we will wrap up the whole event with some meditation.

Session I: Wednesday, June 9

Session II: Saturday, August 7

Time: 9:30–11:00 a.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5-Max 12

Register 2 weeks prior to each session

Late Fee: Additional \$5

YOUTH HIKING CLUB

Looking to get in an early Saturday morning hike in with your children? Join us for a hike around the Crystal Springs loop. Each session will offer a unique informational talk on the 10 essential items you should carry on a day hike and fire building. Please dress appropriately for the weather condition and bring a backpack, water, and a snack.

Session I: Saturday, July 10

10 Essential Items

Session II: Saturday, August 14

Fire Building

Time: 8:30–11:15 a.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 7+

Min 5-Max 12

Register 2 weeks prior to each session

Late Fee: Additional \$5

SMORE'S & CARDS NIGHT

The Town of Wytheville Parks & Recreation is taking a group of excited hikers into Crystal Springs on a cool summer evening for smore's, card games, and beautiful scenery that Crystal Sprigs has to offer. On this night, we will walk up to one of the campsites nestled in the Recreation Area gather around to get to know each other and make some delicious s'mores. This is a fantastic bonding experience for anyone who wants to get in touch with nature and their fellow hikers! Please dress appropriately for the weather condition and bring water and a light.

Session I: Saturday, June 19

Time: 6:30–9:30 p.m.

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

Location: Crystal Springs Recreation Area

Eligibility: All ages (under 16 must be accompanied by an adult or guardian)

Min 5-Max 12

Register 2 weeks prior to each session

Late Fee: Additional \$5

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with
a Gold or Silver Pass Plan

NR – Non Resident

OL – Open Leisure - must
have a pass plan or
purchase a day pass

FREE – open to the public

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.

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

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 assessed 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.

AFTER HOURS

WITHERS PARK SUMMER CONCERT SERIES 2021

TOO MUCH SYLVIA - JUNE 4TH

TRIAL BY FIRE - JULY 3RD

CAT5 - AUGUST 6TH

Show times are 6:30-9:30pm. Gates will open at 5:30pm.

Rain out shows will relocate to Wytheville Meeting Center

The July 3rd Concert will be in conjunction with Downtown Wytheville, July forth celebration on main street. (Free Event)

Food Trucks will be on site.

PURCHASE TICKETS AT

Wytheville Rec Center - Wythe Bland Chamber

Three Rivers Media - 4th Street Market

Advance Ticket Price - \$5 Gate Price - \$7



COMMUNITY of Southwest Virginia
NEWSPAPERS

WYTHEVILLE ENTERPRISE



For More Info Call:

(276)223-3378

Facebook: wythevilleparksrec