



**SUMMER**  
MAY-AUGUST 2023

**Cat5 Band**  
Blown Away



SEE  
PAGE 9  
FOR  
DETAILS

**BE ACTIVE  
WYTHE...**

AFTER HOURS  
**Summer**  
CONCERT SERIES

- 8** Pickleball
- 14** Swim Lessons
- 19** Nutrition Series
- 23** Barre Above
- 29** Night Hike



rioLIVE



# WELCOME



## Wytheville Community Center

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## RECREATION COMMISSION

Bobby Angles  
Glenda Salerno  
Michael Mitchell  
Brittney Litton

## STUDENT MEMBERS

Maggie Minton  
McKenzie Tate

## EX-OFFICIO MEMBERS

Brian Freeman, Town Manager  
Gary Gillman, Town Council Member

**W**elcome 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	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–7:00 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.*

### SUMMER POOL HOURS

**May 31–August 13**

Monday–Friday	6:00 AM–8:00 PM
Saturday	10:00 AM–7:00 PM
Sunday	1:00 PM–5:30 PM

Water Park will cut on at 10:00 a.m. M–F  
Regular hours on Saturday and Sunday.

rec.wytheville.org  
276.223.3378



Like us on Facebook to receive our posts.  
[www.facebook.com/wythevilleparksrec](http://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](http://rec.wytheville.org)

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

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# PASS PLANS & ADMISSION FEES

## GOLD LEVEL

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

**McWane Pool  
included with  
Gold Pass**

Category	<b>BEST VALUE</b> Continual per month*	Annual	Monthly (advance payment)
Adult	\$32.33	\$427	\$47
Adult +1	\$51.17	\$675	\$66
Family	\$55.33	\$730	\$70
Senior/Teen/College	\$28.17	\$372	\$43
Senior Couple	\$46.92	\$619	\$61

## SILVER LEVEL

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

Category	<b>BEST VALUE</b> Continual per month*	Annual	Monthly (advance payment)
Adult	\$22.92	\$303	\$37
Adult +1	\$37.50	\$495	\$52
Family	\$44.25	\$584	\$59
Senior/Teen/College	\$19.75	\$261	\$34
Senior Couple	\$33.00	\$436	\$48
Youth (4-12)	\$15.67	\$207	\$30

## BRONZE LEVEL

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

Category	<b>BEST VALUE</b> Continual per month*	Annual	Monthly (advance payment)
Adult	\$6.08	\$80	\$21
Adult +1	\$9.83	\$130	\$24
Family	\$17.67	\$233	\$32
Senior/Teen/College	\$5.58	\$74	\$20
Senior Couple	\$8.92	\$118	\$23
Youth (4-12)	\$4.25	\$56	\$19

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.

## 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.

# 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	\$15/hour	\$18/hour	\$21/hour
2 Rooms	\$20/hour	\$23/hour	\$26/hour
3 Rooms	\$25/hour	\$28/hour	\$30/hour
1 Room w/Kitchen	\$25/hour	\$28/hour	\$31/hour
2 Rooms w/Kitchen	\$30/hour	\$33/hour	\$36/hour
3 Rooms w/Kitchen	\$35/hour	\$38/hour	\$41/hour

### YOUTH/TEEN CENTER

\$40/hour

\$45/hour

### CLIMBING WALL

Groups up to 10 \$40/hour

\$45/hour

Groups 11-20 \$50/hour

\$55/hour

### INDOOR POOL

Groups up to 50 \$135/2 hrs

\$145/2 hrs

51-75 \$175/2 hrs

\$185/2 hrs

76-100 \$215/2 hrs

\$225/2 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**





## youth sports

### YOUTH VOLLEYBALL CLINIC

This clinic will be 4 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 11 – October 7

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

Location: Wytheville Community Center

Min 10-Max 30

Register by August 21

Late fee: additional \$5

### FLAG FOOTBALL CLINIC

1st & 2nd grade

This clinic will be 4 weeks of group instruction by experienced staff and will aim to teach the basics and introduce youth to the fundamentals of the sport.

August 17-September 14

Day: Monday & Thursday

Time: TBA

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

Location: WCC field

Register by July 24

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

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

Register by July 3

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 3

Late fee: additional \$5

# GYM RULES AND REGULATIONS

- Only non-marking tennis shoes may be worn in the gymnasium. Appropriate shirts must be worn.
- No food or drinks will be allowed in the gym.
- Chewing gum is prohibited in the gym.
- Threatening or indecent conduct is prohibited.
- Abusive, profane, threatening or indecent language is strictly prohibited.
- 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.



Potluck Luncheon

### POTLUCK LUNCHEONS

These luncheons are open to Wythe County citizens aged 40 and older. Participants are asked to bring a favorite homemade dish to share or just stop by the store to pick up a favorite dish. The department will provide drinks, utensils, meat, and paper products. Cooking is not required to participate. We will be cooking out for both the July and August potluck, serving hamburgers and hotdogs.

**Session I:** Tuesday, May 9

**Session II:** Tuesday, June 13

**Session III:** Tuesday, July 11

**Session IV:** Tuesday, August 8

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

Fee: Free

Location: Elizabeth Brown Park

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 amount of registered people.

**Session I:** May

Register by April 25

**Session II:** June

Register by May 25

**Session III:** July

Register by June 25

**Session IV:** August

Register by July 25

Day: Tuesday

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

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

Location: Court 2

Eligibility: all ages

Min 4 - Max 12

Late Fee: additional \$5

### KNITTING CLUB

Bring whatever project you're working on and share your skills, or learn from others. Enjoy quality time with likeminded individuals and friends.

Snacks and drinks will be provided for you to enjoy while socializing.

May 4-25

Day: Thursday

Time: 9:45 a.m. - 10:45 a.m.

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

Location: Multipurpose Room 1

Eligibility: ages 40+

Min 5-Max 25

Register by May 25

Late fee: additional \$5

### SENIOR TRIP: BARTER THEATRE

**Keep on the Sunny Side** - Come celebrate the original musical tale of America's First Family of Country Music. When A.P. Carter convinces his wife Sara and his sister-in-law Maybelle to record with him at the Bristol Sessions, he has no idea he is about to change his life – and the world – forever. You'll tap your toes to Carter Family favorites like *Bury Me Under the Weeping Willow*, *Keep On the Sunnyside*, *Wildwood Flower*, and *Will the Circle Be Unbroken*. Lunch will be on your own at the Peppermill Restaurant in Abingdon.

Tuesday, May 16

Time: Depart at 10:00 a.m.

Fee: \$60 TR; \$65 NRPP; \$70 NR

Fee covers the show admission fee but does not include lunch.

Eligibility: ages 40+

Min 5 – Max 10

Register by May 8

Late fee: additional \$5

## SENIOR TRIP: THE NATIONAL D-DAY MEMORIAL

On June 6, 1944 United States soldiers, in one of the most pivotal battles of World War II, invaded the French coastline in order to propel German soldiers out of Western Europe and lead the way for victory against the tyrants of that era. The National D-Day Memorial was constructed in honor of those who died that day, fighting in one of the most significant battles in our nation's history. Lunch at Town Kitchen and Provisions in Downtown Bedford will be on your own.

Tuesday, June 6

Time: Depart at 9:00 a.m.

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

Fee covers entrance fee but does not include lunch.

Eligibility: ages 40+

Min 5 – Max 10

Register by May 23

Late fee: additional \$5

## SENIOR TRIP: BRISTOL CASINO

Join us on a trip to Bristol, Tennessee to visit the Bristol Casino and future home of the Hard Rock Cafe. Enjoy over 870 slots and table games and eat at one of the three in-house restaurants or bars. Fee includes the cost of transportation.

**Lunch and games are not included.**

Thursday, August 17

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 10

Register by August 3

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



## AFTER HOURS SUMMER CONCERT SERIES 2023

We are so excited for this year's up and coming After Hours Summer Series! We have been fortunate to have booked two very talented groups. We will have The ToneZ showing up at Withers Park on June 2nd. The ToneZ are known for their variety, playing beach, dance and funk music. For our August 4th band, we are welcoming Cat 5. This group was nominated for 10 Cammy awards at the 2021 CBMA's taking home 5 of those awards. Show times are 6:30-9:30pm. Withers Park will open at 5:30pm with food vendors on site. Rain out shows will relocate to Wytheville Meeting Center. Advanced tickets are \$5 and can be purchased beginning May 1 at The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Three Rivers Media, and Wythe Produce. Tickets will be \$7 at the gate and children 5 and under are free.

**The ToneZ – Friday, June 2 @ Withers Park**

**July 4th – Jared Stout Band & Pony Bradshaw and the North Georgia Rounders on Main St....more information coming soon!!!**

**Cat 5 – Friday, August 4 @ Withers Park**



Bristol Casino

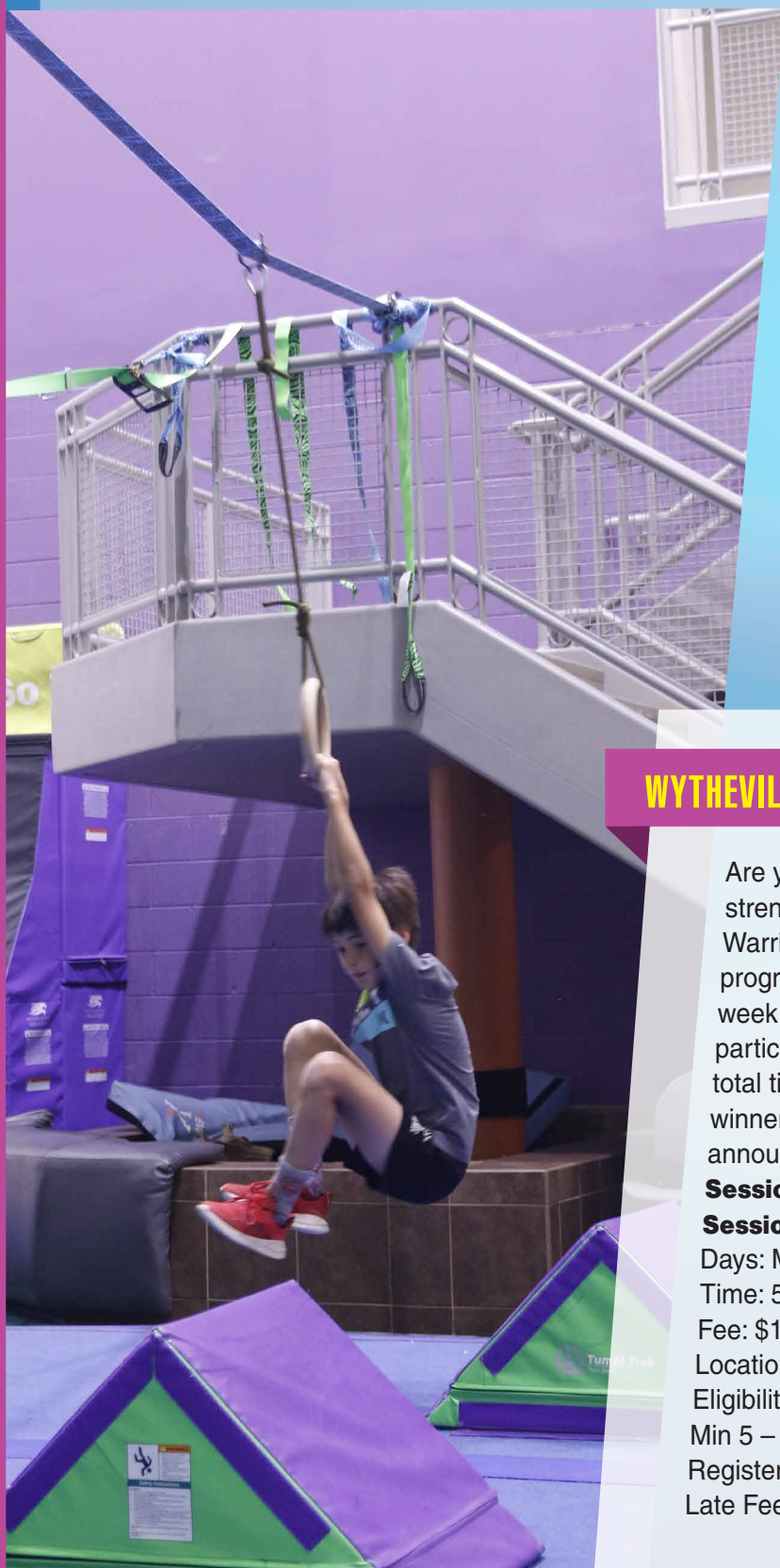
## youth/teen center

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 4, 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.**

YOUTH/TEEN/CLIMB

BE ACTIVE WYTHE



### 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, and children will be provided with pizza for dinner, as well as snacks and drinks.

**Session I:** Friday, May 12

**Session II:** Friday, June 16

**Session III:** Friday, July 14

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

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

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

Eligibility: ages 6-12

Min 5 - Max 25

Register by 1 week prior to session.

Late Fee: additional \$5

### WYTHEVILLE NINJA WARRIOR

Are you built tough? 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 per each age category will be announced.

**Session I:** May 8 and May 15

**Session II:** June 5 and June 12

Days: Monday

Time: 5:30 – 7:30 p.m.

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

Location: Rockwall & Teen Center

Eligibility: ages 7-14

Min 5 – Max 15

Register 1 week prior to session

Late Fee: additional \$5



## ART IN NATURE

### 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

Take a trip with us to Crystal Springs where we will explore nature and collect a variety of leaves, sticks, flowers and much more to create your very own nature collage. Transportation to and from the community center to Crystal Springs will be provided.

Wednesday, July 12

Time: 11:00 a.m. - 4:00 p.m.

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

Location: Teen Center, Crystal Springs

Eligibility: ages 5-10

Min 5 – Max 10

Register by July 5

Late Fee: additional \$5

## FLING GOLF

Join us for a trip to the Hill golf course in Blacksburg to play some fling golf. Fling Golf is a cross between traditional golf and lacrosse. The play and scoring are like a normal golf round, but instead of using regular golf clubs, players use a single Fling Stick to hurl the ball from tee to green. Fee includes transportation to and from the community center and the golf course but does not include a Fling stick Rental, cart rental or green fees.

Saturday, June 24

Time: 10:00 a.m.-6:00 p.m.

Fee: \$45 TR; \$50 NRPP; \$55 NR

Eligibility: ages 6+

Min 8-Max 12

Register by June 17

Late fee: additional \$5

## CLIMBING BASICS

This intro level course is designed for individuals interested in climbing to give them a better understand of not only how equipment is properly used but how to improve your climbing technique and strength.

Monday, August 7

Time: 4:00 - 6:00 p.m.

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

Location: Climbing Wall

Eligibility: ages 6-12

Min 5-Max 10

Register by July 31

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. 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 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.*

### SUMMER POOL HOURS

**May 31–August 13**

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

## BLENDED LEARNING LIFEGUARDING CERTIFICATION COURSE

Are you 15 or older and looking for a great 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. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. This is a 25-hour course **blended learning course**. All online courses must be completed and submitted to Zach Dillon at zachd@wytheville.org prior to the first in-class session. 100% participation required. After passing the Lifeguard Certification course, one would be eligible for employment at the Wytheville Community Center and our outdoor pool, McWane Pool.

#### SESSION I - Register by May 2

**Friday, May 5**

4:00–6:00 p.m.  
(pre-requisite swim test)

**Friday, May 19**

4:30–9:00 p.m.

**Saturday, May 20**

9:00 a.m.–7:00 p.m.

**Sunday, May 21**

9:00 a.m.–6:00 p.m.

#### SESSION II - Register by May 23

**Friday, May 26**

4:00–6:00 p.m.  
(pre-requisite swim test)

**Friday, June 9**

4:30–9:00 p.m.

**Saturday, June 10**

9:00 a.m.–7:00 p.m.

**Sunday, June 11**

9:00 a.m.–6:00 p.m.

Fee: \$150 TR; \$155 NRPP; \$160 NR  
Location: Wytheville Community Center Pool  
Eligibility: ages 15+  
Min 3 - Max 10  
No late registration will be allowed  
**100% participation required**

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

## WYTHEVILLE WAVES YOUTH SWIM

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 6 teams. Meets will begin in June and will go thru the end of July. While in school, all swim practices will be held at the indoor pool. Once school is out for the summer, practices will switch to the outdoor pool for morning practices and the indoor pool for evening practices. The Blue Ridge Swim League Championship Conference meet will be held the last Friday and Saturday of July. **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](mailto: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 races. 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.

### May 8 – August 4

Location: Wytheville Community Center/McWane Pool  
Min: 8 per level

\*Times/skill groups/location are subject to change depending on the number registered  
Eligibility: ages 4-18

Fee: TR: \$60 for first child, \$45 for each additional child;  
NRPP: \$65 for first child, \$50 for each additional child;  
NR: \$70 for first child, \$55 for each additional child

Register by May 8

Late Fee: additional \$5

The POST-SEASON BANQUET will be held on Thursday, August 3 at McWane Pool from 6:00-8:00 p.m.

### Practice Times:

#### May 8 – June 2 at the Wytheville Community Pool Center

Bronze: Monday - Thursday 4:15-5:15 p.m.

Silver: Monday - Friday 5:15-6:30 p.m.

Gold: Monday - Friday 6:30-8:00 p.m.

#### June 5 – August 4 at the McWane Outdoor Pool

Bronze: Monday/Wednesday 10:00-11:00 a.m.

Silver: Monday/Wednesday/Friday 8:45-10:00 a.m.

Gold: Monday/Wednesday/Friday 7:15-8:45 a.m.

#### June 5 – August 4 at the

#### Wytheville Community Pool Center

Bronze: Tuesday/Thursday 4:15-5:15 p.m.

Silver: Tuesday/Thursday 5:15-6:30 p.m.

Gold: Tuesday/ Thursday 6:30-8:00 p.m.

## 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.

May 8 – August 4

#### May 8 – June 2 at the Wytheville Community Pool Center

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

#### June 5 – August 4 at the McWane Outdoor Pool

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

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

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

Location: Wytheville Community Center/McWane Pool

Eligibility: ages 18+

Min. 4

Register by May 8

Late Fee: additional \$5

# swim lessons

The Wytheville Community Center utilizes American Red Cross certified water safety instructors who are specifically trained in swimming instruction. 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](mailto:jessie.boyd@wytheville.org) or call 223-3525.**

## SWIM LESSON SCHEDULE

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

**Eligibility: ages 4-18**

**Min 2-Max 6**

**Late Fee: additional \$5**

### SESSION I: May 1-24

#### Monday & Wednesday

5:30-6:00 p.m.	5:30-6:00 p.m.	6:15-6:45 p.m.	7:00-7:30 p.m.
Level 1	Level 4	Level 2	Level 3

### SESSION II: June 5-15

### SESSION III: June 26-29 and July 10-14

### SESSION IV: July 24-August 3

#### MORNING: Monday, Tuesday, Wednesday, & Thursday

8:30-9:00 a.m.	9:15-9:45 a.m.	10:00-10:30 a.m.	10:45-11:15 a.m.
Level 1	Level 2	Level 1	Level 3

#### EVENING: Monday, Tuesday, Wednesday, & Thursday

4:15-4:45 p.m.	5:00-5:30 p.m.	5:45-6:15 p.m.	6:30-7:00 p.m.	7:15-7:45
Level 1	Parent/Child	Level 2	Level 3	Level 4

*Registration ends one week prior to session date.*

### 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

### 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.





## LESSON DESCRIPTIONS

### LEARN-TO-SWIM LEVELS:

#### PARENT CHILD — Ages 12 months—36 months

*(Parent participation required)*

The goals of Parent Child lessons are to provide experiences and activities for parents and children to learn how to enter and exit the water safely, feel comfortable in the water, submerge in a rhythmic pattern, blow bubbles, explore buoyancy, perform combined strokes on front and back, change body position in the water and learn about choosing and using life jackets.

#### 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.

#### LEVEL 4

**Prerequisite:** Level 3 or must be able to demonstrate requirements for level 3.

Participants will transition into more efficient and advance versions of the four strokes. Working on Freestyle, Backstroke, Breaststroke, and Butterfly. They will be learning various methods of diving including the shallow dive and two surface dives. Swimmers will build endurance by swimming 25 yards to 50 yards continuously at a time. Swimmers completing level 4 start to become stronger more confident swimmers.

### 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.**

# MCWANE POOL

OPEN  
MAY 27!

## FEES AND RATES

### DAILY ADMISSION

Ages 4 and up .....\$3.00

Ages 3 and under..... Free

10 PUNCH PASS ..... \$25

SEASON PASS (non-transferable) .....\$80

FAMILY PASS ..... \$275

*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.*

OPEN SATURDAY, MAY 27  
THROUGH SUNDAY, AUGUST 13

MONDAY-FRIDAY: 1:00 P.M.-7:00 P.M.

SATURDAY: 12:00 P.M.-6:00 P.M.

SUNDAY: 1:00 P.M.-5:30 P.M.

\*McWane Pool will be open from 4-7 p.m. on May 30 and will close July 3-4 due to the fireworks celebration.

## NIGHT SWIM

McWane Pool will be open late just for you. Enjoy the extended hours for the opportunity to enjoy the pool with the lights on. No advanced registration or extra fees: regular day admissions, punch passes, or your season pass will get you in the same as any other day. Each night will have something special to offer that night only.

Friday, June 23: **Treasure Island Adventure Night**

Friday, July 21 : **Beach Party**

Friday, August 11: **End of Summer Luau Party**

Time: Open until 8:00 p.m.

## KICKOFF TO Summer

SATURDAY, JUNE 3

12:00 - 6:00 PM

Come hang out with us as we KICK OFF the SUMMER. We will have FREE swim during open hours for all patrons of any age. There will also be FREE food and drinks!

1ST ANNUAL

## Cardboard Regatta

Build your own boat and race it at McWane Outdoor Pool! Boats must be made from cardboard, paperboard, and duct tape ONLY (colored duct tape is OK). Boats may be a maximum of seven feet long and four feet wide. Paddles/propulsion must also be homemade using the same materials (or use your hands/feet). Race course will be one length of the pool (25 meters). Racers will be divided by division and category and may be separated into heats. We will host pre-judging at 8:30 AM (all entries must be present) and the races will begin thereafter. Costumes must be pool/swimmer safe. Lifeguards will be on duty.

Saturday, July 15

Time: 8:00-10:00 a.m.

Fee: is per boat

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

Location: McWane Outdoor

Pool

Eligibility: ages 6+

Min. 4

Register by July 7

Late fee: additional \$5

### DIVISIONS:

Double Boat (2 people) /

Single Boat (1 person)

Kids Single Boat: ages 6-12

Open Single Boat: ages 13+

Kids Double Boat: ages 6-12

Open Double Boat: ages 6+

### AWARDS:

1st Place in Each Division -  
Fastest Boat

Best Overall Boat Design

Best Overall Costume

Titanic Award for most  
Spectacular Sinking!



# KIDVENTURE 2023

Join us for a summer packed full of fun and excitement. Some of this year's planned activities include rock climbing, hiking, indoor swimming, games, tie-dye, slip & slides, and much more!

## K - 6TH GRADE

(Must have completed Kindergarten and cannot turn 12 by June 1, 2023)

### Weekly Price

**JUNE 5 - AUGUST 11**

TR - \$80 for first child, \$65 for second child

NRPP- \$85 for first child, \$70 for second child

NR- \$90 for first child, \$75 for second child

Monday - Friday from 7:30am - 5:30pm



**REGISTRATION BEGINS APRIL 1**

**FOR MORE INFO CALL (276)223-3378**

You are responsible for payment for the entire summer, whether your child attends or not.

**IN PERSON**

**REGISTRATION ONLY!**

First week's payment is due upon registration and is non-refundable.

**Billed Once a Week.**

**Two Billing Options**

**Credit/Debit card or  
Checking/Savings account.**



# 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+

## 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+

## COMBINE TEST DAY

Attention all local athletes! Come showcase your talent in the second annual combine testing day to help prepare you for high school, college recruitment or professional athletic career. Certified Strength & Conditioning Specialist Brandon Wolford and staff will first educate athletes on the proper fundamentals and techniques to perform a successful 40 Yard Dash, Pro-Agility (5-10-5), Broad Jump, L-Drill and more. Then all athletes will be professionally timed and provided an official score sheet. **Cleats required.**

Wednesday, June 21

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

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

Location: Al Jennings Field

Eligibility: ages 12+

Min 5

Register by June 14

Late Fee: additional \$5

## COACHING SERIES: POWER CLEAN

Attention all coaches, parents and athletes! Come learn from Certified Strength and Conditioning Specialist & USA Weightlifting Coach Brandon Wolford as he goes over how to coach, teach proper progressions and how to successfully execute the power clean in the team setting. Hands-On Activity.

Monday, July 12

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

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

Location: Multipurpose Room 3 & 2

Eligibility: ages 12+

Min 5 – Max 20

Register by July 5

Late Fee: additional \$5



## NUTRITION SERIES: PAUL ROGERS, RDN

Trying to lose weight but not sure exactly where to start? Come learn from Registered Dietitian Nutritionists Paul Rogers as he educates you on the proper mindset, weight-loss tips and how to keep it off for good.

**Session I:** How to lose weight & keep it off:

Tuesday, June 20

**Session II:** Weight-Loss Mindset: It's not about the food: Tuesday, July 18

**Session III:** Lose your first 10 pounds: Tuesday, August 15

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

Fee: OL

Location: Multipurpose Room 3 & 2

Eligibility: ages 18+

Min 10 – Max 40

Register one week prior to session

as he educates on the proper nutrition fueling to help the high school athlete perform and their maximum potential!

Wednesday, July 26

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

Fee: OL

Min 10 – Max 30

Location: Multipurpose Room 2 & 3

Eligibility: ages 14+

Register one week prior to session

## FIRST 10—NUTRITION CHALLENGE (AUGUST 21—SEPTEMBER 11)

Trouble losing weight and KEEPING IT OFF? Too busy or stressed to try yet another over-complicated diet? Or are you just plain tired of dieting over and over and over again? This challenge was made for you! Mainstream diet culture simply gives you a long list of unrealistic do's and don'ts, only to leave you on your own to figure it out. In this 4 week program, we walk you through simple and sustainable life-changing habits that can help you on your way to losing your first 10 pounds and beyond! **The**

**Challenge Includes:** Kickoff Seminar, 1:1 Goals call with the Talon Nutrition Team, Fit3D Body Scan, Weekly Trainings and Q&A with Registered Dietitians, Facebook Community for Questions & Support, Chance to win a cash prize!

Weekly Meetings: Mondays

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

Fee: \$100

Location: Private Facebook Group

Eligibility: ages 18+

Min 10 - Max 20

Register by August 14

## TACTICAL FIT

Ditch your traditional workout for the day and train like your elite military, police, fire and rescue personal through a 60-minute circuit of pulling, dragging, crawling, flipping, climbing, and more led by Certified Strength and Conditioning Specialist Brandon Wolford.

Thursday, August 17

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

Fee: OL

Location: Gymnasium Court 1

Eligibility: ages 12+

Min 5 - Max 10

Register by August 10

## 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 Nutritionist Paul Rogers

# fit for life

## WELLNESS PROGRAMS



### SENIOR WELLNESS June 12—August 30

The Wytheville Recreation 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 most importantly fall prevention. Starting **June 12**, the Senior Wellness Program will feature two weekly exercise sessions on Monday and Wednesday at 10:00 a.m. and one bi-weekly nutrition session free to residents of Wythe & Bland County who are 65 years of age or older. A free, three-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 30 participants. 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 Recreation 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, Talon Nutrition and Wythe County Community Hospital. Application Meeting: Wednesday, May 10  
Time: 10:00 a.m.  
Fee: Free  
Location: Multipurpose Room 2 & 3  
Eligibility: ages 65+  
Min 10 – Max 30



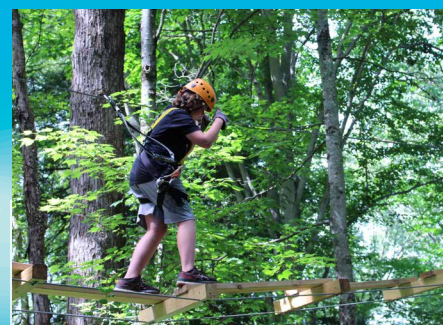
### FIT FOR LIFE June 12—August 30

Kickstart your Summer with the Wytheville Recreation Centers successful exercise, nutrition & weight loss program, "Fit for Life". Starting **June 12**, the Fit for Life program will feature two weekly exercise sessions on Monday & Wednesday at 5:30 p.m. and one bi-weekly nutrition session free to residents of Wythe & Bland County who have a BMI over 25. A free, three-month Family Gold Pass Plan will be provided if you do not currently have a pass plan. Enrollment is limited to 30 participants and Fit for Life Graduates can re-enlist back into the program after two years if space allows. To apply, you must register and attend the application meeting at the Wytheville Recreation 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, Talon Nutrition and Wythe County Community Hospital. Application Meeting: Wednesday, May 10  
Time: 6:00 p.m.  
Fee: Free  
Location: Multipurpose Room 2 & 3  
Eligibility: ages 18+  
Min 10 – Max 30

## UPCOMING PROGRAMS

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

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



### ULTIMATE FITNESS ADVENTURES (6TH-8TH GRADE) June 29—August 3

Get unplugged and outdoors with the Wytheville Community Centers outdoor adventure program "Ultimate Fitness Adventures." Starting **June 29**, 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 individual 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. Application Meeting: Thursday, June 15  
Time: 6:00 p.m.  
Fee: Free  
Location: Wytheville Recreation Center  
Eligibility: 6th-8th Grade  
Min 5-Max 10

# What's YOUR STORY



## Heather



I joined the Rec Center in 2018 in hopes of getting my energy back after cancer. I knew exercise could help me but lacked the discipline to do it on my own.

I signed up for Fit For Life and cursed it every single session. I couldn't do half of what they wanted me to, I couldn't get down on the floor and back up again. I didn't have the stamina. But I showed up every session and did what I could do. The blood work they did gave me information about my thyroid that I could take to my doctor and get treatment. The nutrition classes helped me learn to track what I ate. I met a couple of people that have become my friends. Most importantly, I was introduced to the pool! I could exercise in the pool and not get tired or feel defeated. I could move and enjoy the exercises. My feet didn't hurt! The more I did it, the more I loved it. Fit For Life gave me my life back.

I have diabetes and have played around with, but not really "doing what I should" for my health. I wasn't watching what I ate and was eating way too much sugar. The neuropathy in my feet and hands was getting worse. I got complacent with my water classes and wasn't challenging myself. I wasn't improving anymore. When my a1c got to 11 in July it was the turning point that I had to do something soon.

I signed up for the 30 Day No Sugar Challenge in September. The day of the 1st class was the last day I had a soda. The class wasn't about NO sugar, it was about no ADDED sugar and that opened a whole new world for me. I got recipes and ideas on what to eat that didn't have processed sugar in it. We could eat all the fruits and veggies we wanted. I've never been much of a veggie person, but love fruit. I've changed my eating and eat less than 25 grams of ADDED sugar a day.

Doing the sugar challenge got me fired up again and I started looking at other classes. I signed up for a 2 mile hike at Crystal Springs with a yoga class in nature. I used to love hiking, but was in no shape for a 2 mile hike. Becky and Irene were there with me every step of the way. They were patient and encouraging. It was a lovely day, nice hard hike, and awesome yoga in the woods. I'm walking laps to increase my stamina to do this hike/yoga again.

I started looking at other "land" classes that I might be able to take. I needed to challenge myself and get outside my comfort zone. I started taking Yoga Flow in November. At first, anything on the floor, I modified to do from a chair. I was really enjoying the class and within a month I was able to get down on the floor (and back up) by myself! It isn't pretty, but I can do it! My range of motion is so much better than it was. I added Functionally Fit - a perfect aerobics class for anyone! I'm in there with my chair and my cane and do what I can. I've even done the Ab Express class that is totally on the floor! Through all of this, every instructor and every class member has been kind, helpful, and encouraging. No judgement - do what you can and watch how you improve!

My energy is better. My flexibility is better. My balance is better. My mood is better. My feet and hands don't hurt as much as they did. My a1c went from 11 in July to 7 in December! That is the result I was looking for. I will keep going and keep surviving and thriving!



## Anne

It was July 15th when my world turned upside down. I weighed 250 pounds and was not active at all, I was on medication for tachycardia (a heart condition). On top of that, I had just ended a toxic relationship and needed to face my depression head on. I had enough and decided to reclaim my life.

I knew no one in Wytheville and decided to stop by the Rec Center. Alyssa the front desk receptionist was so kind and gave me a tour, speaking highly of the personal trainers and all the instructors at the gym. I was only able to walk one mile then and it was late August 2022. I joined the gym, and I would walk indoors on rainy days and walk around town on nice days.

I hired Becky Irvin as my personal trainer and looking back at my first session it was hard, but Becky was encouraging and made modifications for my ankle and heart issues. I worked out with her two days a week throughout the end of September, October, November, and December and cut back to one day a week in January. Becky is very knowledgeable and gave me copies of the work outs so I could do them on my own in the fitness area when I was working out alone. I also attended a few sessions on nutrition at the Rec Center and learned a lot. I tried to balance carbs, proteins, and fat so that I could feel my best.

In October I started a few group fitness classes and by December I was doing 9 classes a week plus working out with Becky. The Rec Center has great classes and excellent instructors. Everyone at the Rec Center has been so supportive during my six-month journey. I felt comfortable asking questions when I was working out on my own and wasn't sure about something. The Fit 3D Scanner that the gym offers is amazing and kept me motivated as I could literally see my progress. The proof is in the numbers, and mine are impressive.

It's been 6 months of working hard in the gym and out of the gym and I am down 76.2 pounds, 36 inches, my body fat has lowered 11.5 % and I am stronger in my body, mind and literally my heart. My tachycardia is under control now and my cardiologist couldn't be happier. My BMI went from 34.9 to 24.2, which means I am no longer overweight.

As a 57-year-old woman who didn't have surgery, I want you to know that it can be done. You just must put in the work and show up. I will forever be grateful to the staff at the Rec Center for their support!

# 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 August 1

## BUY 5, GET 1 FREE

## PERSONAL TRAINING JUNE 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 June 30

# group exercise classes

Exercising in a group environment is fun as well as motivational. We offer a wide variety of classes and workout styles on land and in the water. If your goals are cardiovascular improvement or building strength and endurance, we encourage you to try one of our many classes. Classes are open to Gold pass plan members or by purchasing an aerobic day pass. Please keep in mind that all classes are subject to adequate registration. If a class is cancelled by the 27th of each month, another popular class format will be put in the same time slot as the cancelled class. For specific question regarding classes, please contact Becky Irvin at 276-223-3526.

## AB EXPRESS

Ab Express is a fun packed 30 minutes used to tone, build, and strengthen the abdominal muscles. We will use a variety of exercises that will target your whole core, including floor work, balance moves and weighted exercises. Min 8-Max 20

### Session I:

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

### Session II:

May 5-26  
Day: Friday  
Time: 9:45-10:15 a.m.

### Session III:

July 7-21  
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 & Thursday  
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 14  
July 1-29  
Day: Saturday  
Time: 9:00-9:30 a.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: Thursday  
Time: 5:30-6:30 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 8-Max 11  
June 7-28  
Day: Wednesday  
Time: 6:30-7:15 p.m.

## CARDIO CREATIONS

This class will vary according to the instructor who is teaching and is geared to trigger your metabolism by constantly offering something new. Each week, it may be a cardio interval, cardio circuit, cardio kickboxing, cardio fusion or cardio Zumba®. This class can be a high intensity workout with low to moderate impact, offering modifications for various fitness levels. We guarantee you will work hard and have fun all at the same time. The walking track may be incorporated. Great for all fitness levels. Min 8-Max 20  
Day: Monday and Wednesday  
Time: 9:00-9:45 a.m.





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

*All classes are in aerobic room unless otherwise designated.*

*Eligibility: ages 12+*

### 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

### CHAIR STRETCH & RELAXATION

Let go of stress and worry, in this 30-minute class that begins with light stretching, done in a chair, followed by breathwork and meditation techniques that will have you feeling relaxed and refreshed. This class is perfect for any level of fitness. Min 8- Max- 20  
Day: Wednesday  
Time: 10:00-10:30 a.m.

### FUNCTIONALLY FIT

A fun class geared for seniors or anyone looking to increase range of motion, strength, flexibility and balance using balls, chairs, weights, mats and bands. Great for all ages and fitness levels. Min 8-Max 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  
Day: Tuesday  
Time: 5:30-6:00 p.m.

### INDOOR CYCLING

A low impact cardio workout on a stationary bike that has a weighted flywheel. Cycling includes seated and climbing positions. Cycling works the upper and lower legs and the core, as well as isolation exercises for other muscle groups. This workout is appropriate for all levels. Min 5-Max 9  
Day: Monday  
Time: 6:15-7:00 a.m.

### 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:**  
July 5-26  
Day: Wednesday  
Time: 6:30-7:00 p.m.

### PUMP IT UP!

If you are looking to get lean, tone and fit fast, then this class is for you. This is a strength class utilizing barbells and weight plates to challenge the entire body! This class involves isolation of one specific muscle group at a time, using light

to moderate weight and lots of repetitions. Min 8-Max 20

#### **Session I:**

Day: Tuesday

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

#### **Session II:**

Day: Friday

Time: 6:15-7:00 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. Min 8-Max 20

#### **Session I:**

May 6-27

Day: Saturday

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

#### **Session II:**

August 2-30

Day: Wednesday

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

### STRENGTH, CORE AND MORE

Boost metabolism by increasing lean body mass. This class is designed to strengthen major muscle groups using a variety of equipment and/or your own body resistance. Modifications are offered throughout the class. Great for all fitness levels. Min 8-Max 20  
Day: Monday and Wednesday  
Time: 11:00-11:45 a.m.

# group exercise classes

## SUNRISE YOGA

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: 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)

Are This low impact class is designed to tone and tighten your entire body. Standing seated and floor exercises will be performed, while utilizing a wide variety of exercise equipment. In this class we will target all of those problem areas, while building strength and endurance in your muscles. Min 8 – Max 20

### Session I:

Day: Tuesday and Thursday  
Time: 9:00-9:45 a.m.

### Session II:

May 3-31  
Day: Wednesday  
Time: 6:30-7:15 p.m.

### Session III:

June 3-24  
Day: Saturday  
Time: 9:00-9:45 a.m.

## TRX INTERVALS

Are you ready to feel and look your best? TRX Suspension Training® is a revolutionary method of leveraged body weight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. TRX training will change the way you view exercise and will take your workouts to a whole new level. This class will use a variety of equipment. \*You must be able to hold a plank for 1 minute with good form to take this class. Min 5- Max 10  
August 5-26  
Day: Saturday  
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:

June 7-28  
Day: Wednesday  
Time: 6:15-7:00 a.m.  
Time:

### Session II:

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

### Session III:

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 Matheney  
Misty Catron



# aqua fitness classes

All aqua classes are in the natatorium

## 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.

## 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 and Irene Daugherty

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FREE - open to the public



# other aerobic programs

## YOGA FLOW AT CRYSTAL SPRINGS

Looking to unwind? Join us for a short hike to a beautiful mossy area at Crystal Springs to enjoy a vinyasa yoga flow session. You will leave feeling refreshed and renewed.

Friday, June 9

Time: 2:00 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: ages 12 +

Min-8 - Max-12

Register by May 25

## TAI CHI FOR BEGINNERS

Want to learn Tai Chi but not sure where to start? In this month-long session, we will teach you some of the basic movements and begin learning the Tai Chi Fundamentals Form. This ancient art form is well within your reach, join us and we will show you how to move slowly and gracefully into a beautiful moving meditation.

June 1-29

Day: Thursday

Time: 11:00 a.m.

Fee: Free

Location: Aerobic Studio

Eligibility: 12 +

Min 8 – Max 20

## YOGA 101

Have you been taking yoga but want to make sure your form is correct? Are you someone who would love to try Yoga but are nervous to start? Either way this class is for you. Let us show you week by week the basic yoga poses and help you use props correctly to find the correct alignment for each pose. Leave this one-month session feeling more empowered in your yoga practice.

May 4-25

Day: Thursday

Time: 11:00 a.m.

Fee: Free

Location: Aerobic Studio

Eligibility: 12 +

Min 8 – Max 20

## RESISTANCE TRAINING 101

In this 5- week course you will take away the skills to begin using resistance training correctly. Let our experienced instructors take you week by week through different workouts that will challenge your body, but also teach you correct form, proper warm up, and stretches that will help you get started on your fitness journey. If you are new to working out, or just feel like you would like to learn more, then this class is for you.

August 3-31

Day: Thursday

Time: 11:00 a.m.

Fee: Free

Location: Aerobic Studio

Eligibility: 12+

Min 8 – Max 20

## CHAIR YOGA

Yoga has been shown to improve overall health when practiced regularly. As with many forms of exercise, it can be modified for people of varying abilities. Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include,

- improved flexibility
- better concentration
- increased strength
- boost to your mood.
- reduced stress and joint strain.

July 7-21

Day: Thursday

Time: 11:00 a.m.

Fee: Free

Location: Aerobic Studio

Eligibility: 12+

Min 8 – Max 20

## 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, May 16

Time: 7:00-8:00 p.m.

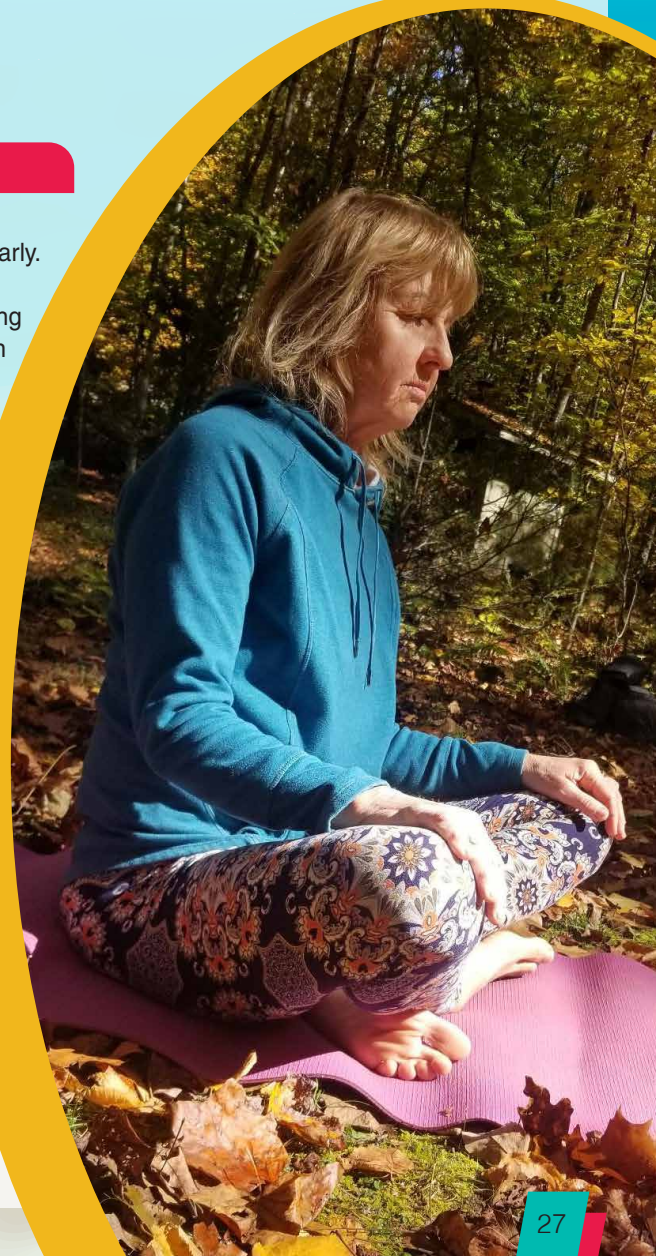
Fee: Free

Location: Multi-Purpose room 3

Eligibility: ages 12+

Min 8 – Max 20

Register by May 9





**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](http://www.kidsinparks.com) for more information.

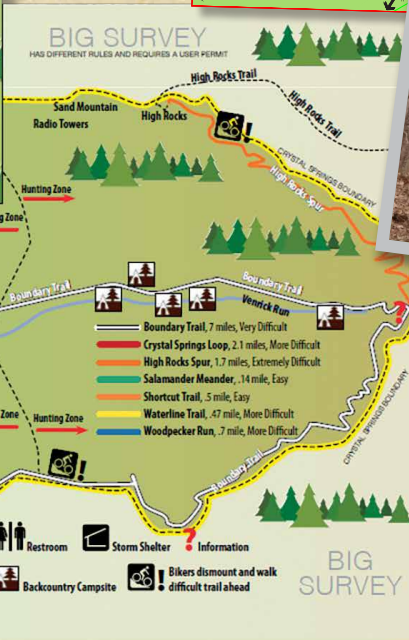
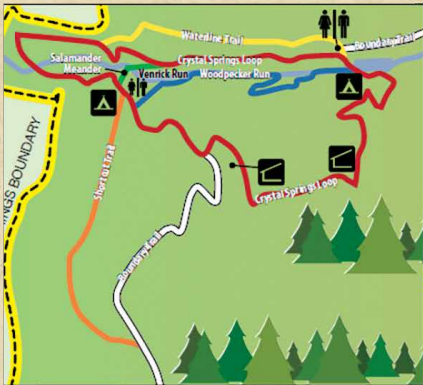
**Fees:** None

**Hours:** Dawn–Dusk

### Camping & Backpacking:

Must have a permit (obtained from the Department of Parks and Recreation)

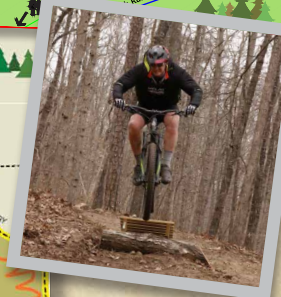
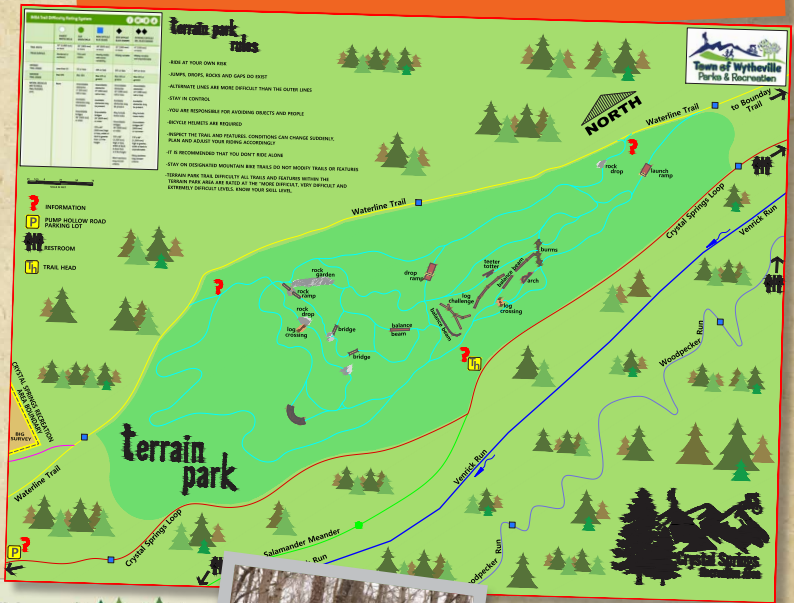
**Directions:** From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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 accordingly
- It is recommended that you don't ride alone
- Stay on designated mountain bike trails do not modify trails or features



**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 GROUP RIDES

Join a group of cyclists every Thursday for group mountain bike rides at Crystal Springs. Bikes will not be provided for this program, helmets are required, and please pack water!

Thursdays, March 2 – October 26, 2023

Time: 5:00 - 6:30 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

## MORNING HIKE

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

Wednesday, June 14

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

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5-Max 12

By June 7

## NIGHT HIKE

Join us for a nice walk beneath the stars. Along the way, we will listen and search for some of the many different critters that stir around after dark like the illusive salamander! Wear comfortable walking shoes, bring a jacket, bring a flashlight and be ready to have fun! The hike will be approximately two miles.

Saturday, May 20

Time: 7:30 - 8:30 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 6-16

Min 5 – Max 10

Register by May 13

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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. 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
<b>Elizabeth Brown Shelter</b>	\$17/hour	\$20/hour	N/A
<b>Elizabeth Brown Stage</b>	\$17/hour	\$20/hour	N/A
<b>Elizabeth Brown Shelter &amp; Stage</b>	\$20/hour	\$23/hour	\$30/hour
<b>McWane Shelter</b>	\$17/hour	\$20/hour	\$26/hour
<b>Withers Park</b>	\$20/hour	\$23/hour	\$30/hour

*\*Rentals with alcohol will be assessed additional fees*

## MCWANE POOL RENTALS

	2 HOURS	3 HOURS
Up to 50 people	\$110	\$145
More than 50 people	\$140	\$185

### 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.**

June 23rd



# FUN FRIDAYS!

## ADVENTURES ON THE GORGE

JOIN US FOR OUR FIRST EVER FUN FRIDAYS! WE WILL TRAVEL TOGETHER FOR FULL DAY OF ADVENTURE. THE FIRST PART OF THE DAY WE WILL BE WHITE WATER RAFTING. THIS HALF-DAY TRIP IS EIGHT MILES LONG, RUNS THROUGH 17 RAPIDS RANGING FROM CLASS II-V, AND IS FOCUSED ON THE WHITEWATER. AFTER THAT YOU CAN ENJOY YOUR PACKED LUNCH BY THE POOL. AFTER LUNCH WE'LL ENJOY THE TIMBER TREK ADVENTURE PARK. THIS PARK IS SUSPENDED OVER FOUR ACRES OF THE FOREST FLOOR, AND TIMBER TREK ADVENTURE PARK ENCOMPASSES SEVEN OBSTACLE COURSES IN THE TREE CANOPY. EACH COURSE OFFERS UP DIFFERENT PHYSICAL CHALLENGES THAT RANGE IN DIFFICULTY. AFTER A FUN FILLED DAY WE WILL STOP FOR DINNER (THIS IS NOT INCLUDED INTO PRICING) AND ENJOY A MEAL TOGETHER BEFORE TRAVELING HOME.

**REGISTER BY MAY 22**

 **Friday June 23**

### **COST:**

\$170 - TR

\$175 - NRPP

\$180 - NR

Ages 18+

Min. 8 - Max. 10

We will leave promptly at 6:00 a.m and be returning around 8:00 p.m.