



SUMMER

MAY-AUGUST 2024



BE ACTIVE WYTHER...

- 7** Wiffle Ball Tournament
- 11** Pre-School Playtime
- 16** McWane Pool
- 17** Cardboard Regatta
- 22** Pickleball
- 29** Adventure Dining





WELCOME



WYTHEVILLE COMMUNITY CENTER

333 Community Blvd · Wytheville, VA 24382

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RECREATION COMMISSION

Bobby Angles Brady Parks
James Cohen Glenda Salerno
Brittney Litton

STUDENT MEMBERS

Jessenia Cohen
Eden Miller

EX-OFFICIO MEMBERS

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

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.

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

CONVENIENT HOURS OF OPERATION

CENTER

Monday-Friday	5:30 AM-9:00 PM
Saturday	7:00 AM-8:00 PM
Sunday	1:00 PM-6:00 PM

POOL HOURS

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

WATER PARK

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

CLIMBING WALL & YOUTH/TEEN CENTER

Tuesday-Friday	3:00 PM-8:00 PM
Saturday	1:00 PM-8:00 PM
Sunday	1:00 PM-6:00 PM

HOLIDAYS

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

rec.wytheville.org
276.223.3378



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

PROGRAM REGISTRATION

HOW

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

PAYMENT

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

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

CONFIRMATION

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

IF PROGRAMS ARE FULL

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

REFUNDS

In the event Wytheville Parks and Recreation cancels the class, you will receive a refund within 30 days. If you withdraw from a class, your refund request must be in writing. Refunds will not be given after the deadline date.

CANCELLATION LINE

276.223.3599 – Please call our cancellation line for inclement weather cancellation of programs.

ACCESSIBLE SERVICES

The Town of Wytheville Department of Parks and Recreation recognizes that recreation is beneficial to all persons. To meet this need, the Department is committed to providing assistance and reasonable accommodations for qualified individuals with disabilities to access all services and programs offered by the Department. If accommodations are needed due to disability, please tell us at least two weeks before the event. Every reasonable effort will be made to provide adaptations and accommodations for qualified individuals with disabilities.

PROGRAM REGISTRATION FEES

For all program registrations, non-town residents will be charged the program fee+\$10.

Non-town residents with a gold or silver pass plan will be charged the program fee+\$5.

Town Residents will pay only the program fee.

Program registrations after the deadline will be accepted only if space permits and will be charged an additional charge.

PHOTO POLICY

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

WAYS TO REGISTER:

IN PERSON

Stop by our office in the Wytheville Community Center at 333 Community Blvd. during business hours.

BY PHONE

(276) 223-3378 only if paying by credit card.

BY MAIL

Send registration form along with check or money order to:

Wytheville Parks and Recreation
333 Community Blvd.
Wytheville, VA 24382

Registration forms available at
rec.wytheville.org

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

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PASS PLANS & ADMISSION

GOLD LEVEL

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

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

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

McWane Pool
included with
Gold Pass

TRY IT PASS

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

Category	Daily	6 Visit Pass*	12 Visit Pass**
Adult	\$8	\$45	\$90
Family	\$21	\$111	\$212
Senior/Teen/College	\$4.50	\$24	\$48
Youth (4-12)	\$3.50	\$18	\$36

*6 Visit Pass valid for 6 months

**12 Visit Pass valid for 1 year

SILVER LEVEL

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

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

GROUP RATE

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

Daily Admission

18+ years	\$7
Senior/Teen/College	\$4
Youth (4-12)	\$3

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

BRONZE LEVEL

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

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

PASS PLAN INFORMATION

Registration can be done at the Front Desk of the Wytheville Community Center. Payments are due upon registration. ID cards are required to come into the facility. Anyone without their ID card will be required to pay an administrative fee to enter.

Cancellation fee of six month or annual pass plans: \$50. Monthly and punch pass plans cannot be canceled but simply expire after term. Lost Card Fee: \$5

Additional Pass Plan information will be discussed upon registration.

Town citizens will be given a 10% discount on all gold, silver or bronze pass plans.

Adult +1: +1 defined as spouse or legal dependent under the age of 25. Family defined as head of household, spouse, and their legal dependent under the age of 25. Adults must be 18+ years of age. Legal dependents age 18-24 must be full time college students.

Senior Age: 65+

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

RENTALS

Wytheville Community Center offers three multipurpose rooms that can be rented individually or as one large room. These can be used for small meetings, parties, reunions, etc. The Youth/Teen Center, Gymnasium and Indoor Pool are also available for rent. **Additional security deposit is required per reservation. Reservations must be made at least two weeks in advance.**

There is a 2 hour minimum on all multipurpose room rentals

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

MULTIPURPOSE ROOMS

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

YOUTH/TEEN CENTER

\$45/hour	\$50/hour
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CLIMBING WALL

Groups up to 10	\$45/hour	\$50/hour
Groups 11-20	\$55/hour	\$60/hour

INDOOR POOL

Groups up to 50	\$180/2 hrs	\$185/2 hrs
51-75	\$220/2 hrs	\$225/2 hrs
76-100	\$260/2 hrs	\$265/2 hrs

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

Pool Rental Hours:
Call for availability

PARTY PACKAGES

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

Swimming
Climbing
Youth/Teen Center
Game Room
Gymnasium





youth sports

YOUTH VOLLEYBALL CLINIC

This clinic will be 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 9- 21

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

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

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

Location: Wytheville Community Center

Min 10-Max 30

Register by August 19

Late fee: additional \$5

FLAG FOOTBALL CLINIC

1st and 2nd Grade.

Flag Football Clinic will be instructional skill, teaching fundamentals, practice time and scrimmages with staff/coaches.

This Clinic will begin in late July to early August.

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

Min 10 - Max 30

Register by July 8

FOOTBALL

3rd & 4th and 5th & 6th grade

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 8

Late fee: additional \$5

CHEERLEADING CLINIC

1st & 2nd Grade

The clinic will be instructed by two previous college cheerleaders and they will be teaching fundamental cheer movements, dances and cheers.

This clinic will begin in late July to early August.

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

Min 10 - Max 30

Register by July 8

Late fee: additional \$5

CHEERLEADING

3rd & 4th and 5th & 6th grade

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 8

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.

adult sports

WIFFLE BALL TOURNAMENT

Saturday, July 13

Fee: \$90 per team

Eligibility: ages 18+ as of September 30, 2023, and out of high school

Location: Teeball Field

Min 4 – Max 6 players per team

Min 3 – Max 8 teams

Register by: June 10

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.

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

POTLUCK LUNCHEONS

Potluck luncheons are open to Wytheville and Wythe County citizens aged 40 and older. Participants are asked to bring a favorite dish to share or just stop by the store to pick up a favorite dish. The department will provide drinks, utensils, main dish, and paper products. Cooking is not required to participate. ***June, July, and August Potluck Luncheons will be a cookout/picnic at Elizabeth Brown Park.***

Session I: Tuesday, June 11

Session II: Tuesday, July 9

Session III: Tuesday, August 13

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

Location: Elizabeth Brown Park

Fee: Free

Eligibility: ages 40+

No registration required.

PICKLEBALL

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

Session I: May

Register by April 26

Session II: June

Register by May 24

Session III: July

Register by June 28

Session IV: August

Register by July 26

Day: Tuesday & Saturday

Time: 6:00 - 8:00 p.m. (Tuesday).; 8:00 am – 10:00 am (Saturday)

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

Location: Court 2

Eligibility: all ages

Min 4 - Max 12

Late Fee: additional \$5



ACTIVE ADULT TRIP: MUSEUM OF THE MIDDLE APPALACHIANS

Join us on a trip to Saltville, VA to visit the Museum of the Middle Appalachians. At the Museum of the Middle Appalachians, explore 3,000 years of history! From the Ice Age to the Space Age! Browse the seventeen natural and cultural salt related exhibits of Appalachian heritage and history taking you "From Mammoths to Moon Missions." We will stop for lunch at the Riverfront Restaurant in Chilhowie, VA. **Fee includes transportation and admission cost only. The meal cost is on your own.**

Tuesday, June 25

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 5 - 12

Register by June 18

Late fee: additional \$5

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FREE – open to the public

ACTIVE ADULT TRIP: MYSTERY DINING

Join us as we travel to a mystery location for lunch. Each location will be a moderately priced, non-chain restaurant in a town or location approximately thirty minutes to an hour from Wytheville. You'll have an opportunity to explore a new area and enjoy a great meal.

Fee includes transportation only. The meal cost is on your own.

Session I: Wednesday, May 8

Session II: Wednesday, July 17

Session III: Wednesday, August 21

Time: Depart at 11:00 a.m.

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

Eligibility: ages 40+

Min 5-Max 12

Register one week prior to each session.

Late fee: additional \$5

POKER WALK

Daily exercise and friendly competition all in one fun outing! No prior knowledge of poker is needed to participate. Neither skill nor speed is a factor; the winning objective is to have the best poker hand! People of all ability levels are encouraged to join in, get some exercise, and try their hand at a friendly game of poker. Each player will be given one card per lap walked while completing one mile on our indoor walking track. The first 5 laps will create a 5-card poker hand; during the last 3 laps, participants can improve their poker hand by discarding one card and receiving a new card in exchange for a card in their hand. Once their mile (and 5-card poker hand) is complete participants will compare their poker hands. Cash prizes will be awarded for the winning hand and the worst hand.

Session I: Monday, June 10

Register by June 3

Session II: Monday, July 15

Register by July 8

Time: 8:00 – 9:00 am

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

Location: Indoor Walking Track

Eligibility: ages 18+

Min 5- Max 20

Late Fee: additional \$5

AFTER HOURS SUMMER CONCERT SERIES 2024

We are so excited for this year's After Hours Summer Concert Series! The ACE Party Band will be on stage at Withers' Park on June 7. ACE Party Band is a diverse group of talented musicians whose versatile style is guaranteed to keep all guests entertained all night long. ACE Party Band performs for all generations and includes music from all genres spanning over the past 50 years, from Beach and Motown, to Top 40s, Pop, Rock, Hip Hop, R&B, Country, and Jazz Standards. For our August 2 concert, we are welcoming Too Much Sylvia. 2024 is the 34th year of TOO MUCH SYLVIA! They are approaching the 4000 shows mark, from DC to the Caribbean they were inducted into The Carolina Beach Music Hall (CBMA) of Fame in 2019. And one last fact that stands out - it's been the same 4 guys since 2000 . . . 24 years!

Show times are 6:30-9:30pm. The gates 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. Tickets will be \$7 at the gate and children 5 and under are free.

ACE Party Band - Friday, June 7 @ Withers Park

July 4th – more information coming soon!!

Too Much Sylvia - Friday, August 2 @ Withers Park

youth/teen center

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

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

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 10

Session II: Friday, June 7

Session III: Friday, July 12

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

*The Youth/Teen Center and Rock Wall will open at **1:00 p.m.** Tuesday–Friday while Wythe County Schools are out for the summer.*

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: June 3, 10, 17, 24

Session II: July 1, 8, 15, 22

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





PRE-SCHOOL PLAYTIME

Children will be encouraged to develop gross-motor movement, language skills, and engage in physical activity through songs, games, and independent play. A theme will be provided through books, songs, and structured play. Crafts and culinary activities will be introduced when appropriate for the theme. Free play will be allowed to foster independent learning and social interactions at the end of the class.

Session I: May 2, 9, 16, 23, 30

Session II: June 6, 13, 20, 27

Session III: July 11, 18, 25

Day: Thursday

Time: 10:00 am – 10:45 am

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

Eligibility: Ages 2 – 5

Min 5 – Max 10

Register one week prior to the session.

Late Fee: additional \$5

*Parent/Guardian Participation is Required.

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



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



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

POOL SUMMER HOURS

MAY 31-AUGUST 11

Monday-Friday	6:00 A.M.-8:00 P.M.
Saturday	10:00 A.M.-7:00 P.M.
Sunday	1:00 P.M.-5:30 P.M.

WATER PARK HOURS

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

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

In order to keep your visit to the Wytheville Community Center Natatorium safe and enjoyable, we ask that you follow these rules:

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

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

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. 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: May 16-19; Thursday, Friday, Saturday & Sunday
Register by May 9

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

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

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

Sunday: 12:30-7:00 p.m.

Session II: June 11-14; Tuesday, Wednesday, Thursday, Friday
Register by June 4

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

Fee: \$200 TR; \$205 NRPP; \$210 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 3 - Max 10

Late Fee: additional \$5

100% participation required

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 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 4 groups: Ripples, Bronze, Silver, and Gold. If you are unsure which group your child belongs in then you can set up a swim evaluation with Coach JT at jessie.boyd@wytheville.org or call 223-3525.**

Ripples: New swimmer. For ages 5 – 9. Ripples will focus on the foundation skills needed for the four competitive swim strokes such as streamline, body position, learning the correct kick for each stroke (Butterfly, Backstroke, Breaststroke, and Freestyle). This group will also learn how to dive. Must be able to tread water for 45 seconds, swim one full length of the lap pool on front, and be able to float on back.

Bronze: Novice swimmer. For ages 7 to 12. 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. For ages 10 to 18. 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. For ages 11 to 18. 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 6 – August 1

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 5-18

Fee: TR: \$70 for first child, \$55 for each additional child;
NRPP: \$75 for first child, \$60 for each additional child;
NR: \$80 for first child, \$65 for each additional child

Register by May 6
Late Fee: additional \$5

The POST-SEASON BANQUET will be held on Thursday, August 1 at McWane Pool from 6:00-8:00 p.m.

Practice Times:

May 6 – May 31 at the Wytheville Community Pool Center

Ripples: Monday\Wednesday\Friday 4:00-4:45 p.m.

Bronze: Monday\Wednesday\Friday 4:45-5:30 p.m.

Silver: Monday\Wednesday\Friday 5:30-6:30 p.m. Tuesday 4:30-6:00pm

Gold: Monday\Wednesday\Friday 6:30-8:00 p.m. Tuesday 6:00 -8:00pm

June 3 – August 1 at the McWane Outdoor Pool

Ripples: Monday 10:30-11:30 a.m.\ Wednesday 10:30-11:30 a.m.

Bronze: Wednesday 9:30-10:30 a.m. \ Friday 10:30-11:30 a.m.

Silver: Monday 9:00-10:30 a.m. \ Wednesday 8:30-9:30 a.m. \ Friday 9:00-10:30 a.m.

Gold: Monday 7:00-9:00 a.m. \ Wednesday 7:00-8:30 a.m. \ Friday 7:00-9:00 a.m.

June 3 – August 1 at the Wytheville Community Pool Center

Ripples: Tuesday 4:00-4:45 p.m.

Bronze: Tuesday 4:45-5:45 p.m.

Silver: Tuesday 5:45-7:00 p.m.

Gold: Tuesday 7:00-8:30 p.m.

WYTHEVILLE WAVES MASTERS SWIM CLUB

Wytheville Waves Masters Swim & Tri 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 6– August 2

May 6 – May 31 at the Wytheville Community Pool Center

Monday, Wednesday, Friday 6:30-7:30 a.m.

June 3 – August 2 at the McWane Outdoor Pool

Monday, Wednesday, Friday 6:00-7:00 A. M

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

Fee: \$120 TR; \$125 NRPP; \$130 NR

Location: Wytheville Community Center/McWane Pool

Eligibility: ages 18+

Min. 4

Register by May 6

Late Fee: additional \$5

waves learn to swim program

The Wytheville Community Center focuses on high quality training for our swim instructors to help ensure we deliver the best swim lessons in Wythe County. We keep our instructor to swimmer ratio small to give each swimmer more time with the instructor during lessons. Our lessons focus on helping your child develop the fundamental skills needed for swimming while encouraging them and helping them to build confidence. Our goal is to help develop your child into a safe, confident swimmer. We also focus on correct form for the four swimming strokes so your swimmer is more prepared to join swim team by the end of the Learn To Swim Program.

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

SWIM LESSON SCHEDULE

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.

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

Eligibility: ages 4-12

Level 1 - Min 2 - Max 4

Level 2 & 3 - Min 2 - Max 6

Register by one week prior to session

Late Fee: Additional \$5

SESSION I: April 30-May 23
Tuesday & Thursday
Register by April 25

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

SESSION II:
June 3-13
Register by May 27

SESSION III:
June 24-27 and July 8-11
Register by June 17

SESSION IV:
July 22-August 1
Register by July 15

MORNING: Monday - 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 - 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.
Level 1	Level 1	Level 2	Level 3



LESSON DESCRIPTIONS

LEARN-TO-SWIM LEVELS:

LEVEL 1

This class is for beginner swimmers. Participants learn to be comfortable in water and to enjoy the water safely. Basic skills are learned which will set the basis for skills learned in later levels. Skills taught include: water safety rules, entering water correctly, bobbing 3 times, floating (front and back), front and back glides, rolling over, arm and leg motions, and combined strokes with support.

LEVEL 2

Prerequisite: Level 1 or must be able to demonstrate requirements for level 1.

The objective is to give participants success with fundamental skills. Participants learn to float without support and recover to a vertical position. This level marks the beginning for true locomotion skills. Participants explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Skills taught include: front and back floating unsupported, front and back glides, combined stroke on front and back and roll from front to back.

LEVEL 3

Prerequisite: Level 2 or must be able to demonstrate requirements for level 2.

Participants will learn to coordinate the front crawl and back crawl. Elements of the butterfly and the fundamentals of treading water will be introduced at this level. Participants will also learn rules for diving and begin to dive from the side of the pool. Skills taught include: front crawl, back crawl, butterfly kick, beginning diving skills and rotary breathing.

PRIVATE SWIM LESSONS

Private individual and group lessons are now being offered through the Wytheville Community Center. Private lessons are open to all age groups and abilities. 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

FEES AND RATES

DAILY ADMISSION

Ages 4 and up..... \$4.00

Ages 3 and under Free

10 PUNCH PASS \$35

INDIVIDUAL SEASON PASS

(non-transferable) \$100

**McWane Pool included with a Wytheville
Community Center Gold Pass Plan**

OPEN MAY 25-27
AND MAY 31-AUGUST 11

.....
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 closed from May 28-30
and will close July 4 due to the fireworks celebration.



McWane Pool will be open late just for you. Enjoy the late night hours for the opportunity to enjoy the pool with the lights on and other fun activities. No advanced registration or extra fees: regular day admissions, punch passes, season pass or gold pass plan will get you in the same as any other day.

Friday, June 28

Friday, July 12

Friday, August 9

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

KICKOFF TO 
Summer

SATURDAY, JUNE 8

12:00 - 8:00 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!



TEEN EVENT

TRICK SHOT COMPETITION

This event is for teens 13-18 only. Come join us for some fun at the outdoor pool at McWane. We will have a basketball goal set up in the pool and will be hosting a trick shot competition. Everyone will get a chance to warm up before the competition starts. Once the event begins each teen will have 2 attempts at making their best trick shot. Points will be awarded for style and bonus points for making the basket. The highest score of the two attempts will be used for declaring the winner. Panel of 5 judges will be used. Pizza will be provided to participants.

Spectators will be allowed to watch.

Date: Friday, June 14

Time: 6:00 – 9:00 p.m.

2ND 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). No ROOFS allowed for boats. Boats must be open for easy evacuation. 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 20

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 6-10
- Open-Double Boat: ages 6+

AWARDS:

- 1st Place in Each Division - Fastest Boat
- Best Overall Boat Design
- Titanic Award for most Spectacular Sinking!



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: Fitness Area

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, Bronze Pass Plan or Try-It Pass \$5 Per Scan

Eligibility: Ages 12+

CHALLENGE SERIES: TEST YOUR VERT

Think you got hops? Come show off your lower body explosive power by testing your vertical and see how you stack up against your competition! We will use our Vertec, the same equipment seen on the 2024 NFL Scouting Combine.

Monday, June 3

Time: All Day

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

ATHLETE PERFORMANCE TESTING

Attention all athletes! The Wytheville Community Center is now offering standardized athlete testing, the essential components to build your athletic profile for college recruits. Certified Strength & Conditioning Specialist Brandon Wolford will first educate athletes on the proper fundamentals for a successful test and then will conduct athletic performance measurements using Zybek Sports testing lasers. Testing will include: 40 Yard Dash, Pro-Agility (5-10-5), L-Drill, Vertical Jump (Vertec), Broad Jump, Fit3D Body Scan and more. Let us take the guess work out of performance tracking to deliver the results you can trust!

May-June

Day: See Front Desk for Availability

Time: Varies Per Day

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

Location: Gymnasium

Eligibility: ages 12+



fit for life wellness programs

SENIOR WELLNESS (JUNE 10-AUGUST 28)

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 10, 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 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 8

Time: 10:00 a.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: ages 65+

Min 10 – Max 30

ULTIMATE FITNESS ADVENTURES (6TH-8TH GRADE) JUNE 20-AUGUST 1

Get unplugged and outdoors with the Wytheville Community Centers outdoor adventure program "Ultimate Fitness Adventures." Starting June 20, 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, 8:00 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, May 30

Time: 6:00 p.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: 6th-8th Grade

Min 5-Max 10



FIT FOR LIFE (JUNE 10-AUGUST 28)

Kickstart your Summer with the Wytheville Recreation Centers successful exercise, nutrition & weight loss program, "Fit for Life". Starting June 10, 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 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 8

Time: 6:00 p.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: ages 18+

Min 10 – Max 30

FIT FOR LIFE WELLNESS PROGRAMS

UPCOMING PROGRAMS:

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

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.

PICKLE BALL



**TWO
DAYS A
WEEK**

**TUESDAY – 6:00 – 8:00 PM
SATURDAY – 8:00 AM – 10:00 AM**

One month of
play for only

\$5 TR

\$10 NRPP

\$15 NR

See page 8
for more information



Come play the fastest growing sport in the US! Pickleball is a great game for all generations and can be played at all levels.

After School for Kids 2024-2025



**Registration begins:
July 1**



**Program operates
Monday-Friday
from 3:15-5:30pm
each school day.**

**Weekly
Fees:**

\$40 TR

\$45 NRPP

\$50 NR

An Additional fee of \$5 will be added for days that the After School Program operates on a full day due to early school dismissal, snow days and closed school days.

**IN PERSON
REGISTRATION
ONLY**

FOR MORE INFORMATION CALL 276-223-3378



FIT3D BODY SCANNER

3D body scanning technology that safely, privately and accurately compares and tracks your wellness progress over time!

- ✓ Weight-Loss
- ✓ Lean Mass
- ✓ Fat Mass
- ✓ Posture Analysis
- ✓ Balance Assessment
- ✓ Body Circumference Measurements



SPECIAL OFFER

GOLD PASS PLAN
(MINIMUM OF 10 SCANS)

**OTHER PASS
PLANS OR
TRY IT PASS**

4
SCANS PER YEAR

\$5
PER SCAN

Town of Wytheville
Parks & Recreation

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



It's a WAVE thing!

Join our Summer Swim Team Today!



- be more than an Athlete
- be more than a Sports Team
- Come be part of something more!
- Join the Waves' Family this Summer!

More information on page 13

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)



BUY 5, GET 1 FREE

PERSONAL TRAINING JUNE PROMO

The Deal of the Summer! Buy 5 Personal Training Sessions, Get 1 Free plus (1) complimentary Fit3D Body Scan! Let our Certified Personal Trainers start 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

BUDDY TRAINING JULY PROMO BUY 2, GET 1 FREE

Nobody likes to exercise alone! Buy 2 Buddy Training Sessions, Get 1 Free! You must schedule all 3 sessions when you register.

Day: Varies Per Trainer

Time: See Front Desk Staff for Certified Personal Trainer Availability

Fee: 2 Participants: \$90; 3 Participants: \$110; 4 Participants: \$130

Location: Fitness Center

Eligibility: ages 12+

Min 2

Register by July 31

group exercise classes

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

For specific question regarding classes, please contact Becky Irvin at 276-223-3526.

AB EXPRESS

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

Session I:

Day: Tuesday
Time: 6:30-7:00 pm

Session II:

May 3-31
Day: Friday
Time: 9:45-10:15 am

Session III:

August 2-30
Day: Friday
Time: 9:45-10:15 am

BASIC FITNESS & FALL PREVENTION

This class focuses on everyday functional movements to help improve the quality of life by providing low impact exercises to improve cardiovascular function, strength flexibility and balance and fall prevention. This class is great for Seniors or anyone new to fitness. (Beginner level)

Min 8-Max 20
Day: Tuesday
Time: 11:00-11:45 am

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 6 - Max 14
August 2-26
Day: Monday
6:30-7:00 pm

BARRE ABOVE®

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

Min 8-Max 20
Day: Wednesday
Time: 6:30-7:15 pm

SOULFUSION™

This class is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences and bodyweight and weighted strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment. Min 8 - Max 20

August 1-29
Day: Thursday
Time: 5:30 - 6:15 pm

NEW! BUILD & BURN

Let's build muscle and shred fat all in one 45-minute class. This class will include intervals of Cardio and

Strength training to give you ultimate results. We will meet you where you are, all fitness levels are welcome.

Min 8- Max 20
May 4-25
Day: Saturday
Time: 9:00-9:30 am

BODY FLEX

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

July 4-25
Day: Thursday
Time: 5:30-6:15 pm.

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 that will leave you feeling light on your feet and energized. Weight capacity for trampoline is 275 lbs. Min 6-Max 11

June 3-24
Day: Monday
Time: 6:30-7:00 pm





Funky Line Dance

Ever wish you could join in on the popular line dances at weddings? Now is the time to learn! Join us for a one hour funky line dance class with step by step instructions from the disco era to the current hits of today.

Saturdays in August
10:00-11:00 a.m.

Country Line Dance

Ever wish you could learn the dance steps to "The Cotton Eyed Joe" or "Copperhead Road?" Well the wait is over, join us every Monday in July at 6:30 p.m on Mondays for step by step instructions to these songs and more. Wear comfy clothes and tennis shoes. -Please no cowboy boots!

Mondays in July
6:30-7:30 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 am

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 am

NEW! DANCE CARDIO

Cardio dance puts traditional aerobic moves to the beat and rhythm of your favorite songs! This fitness class welcomes all levels of fitness, including modifications and inclusive moves for all. Get your groove on with pop, hip hop, latin, EDM, and more! No dance experience is required. Just have fun in this 50-60-minute class. Min 8- Max- 20

May 6-27

Day: Monday

Time: 6:30-7:30 pm

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 pm

GENTLE YOGA FLOW

In gentle yoga, the movement is slow, each movement is linked with breath, and we enter the postures gradually moving in and out of each pose first, and then finding a holding position. This preparation and fluid entry into postures protects and nurtures the joints, muscles, and connective tissue. Perfect for newer yogis or anyone wanting a gentler approach to their practice. Min 8-Max 20

July 6-27

Day: Saturday

Time: 9:00-10:00 am

INDOOR CYCLING

Indoor cycling is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session! Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles to make you super strong.

Min 5-Max 9

Day: Monday

Time: 6:15-7:00 am

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

All classes are in aerobic room unless otherwise designated.

Eligibility: ages 12+

group exercise classes

LOW IMPACT HIIT

Go hard (but stay soft on your joints). In this class we will spend 30 minutes doing high intensity interval training with low impact moves that are easy on your joints. Get ready to sweat and feel your muscles burn in this quick format that packs a powerful punch. Min 8- Max 20
Day: Friday
Time: 9:00-9:30 pm

LOWER BODY CHISEL

IT'S BACK! Trim, tone, and strengthen your entire lower body as you use barbells, free weights, resistance bands, and body weight to work the biggest muscles in your body! The class may feature strength-training circuits with short intervals of cardio and plyometrics. This class is for all levels of fitness. Min 8- Max 20
June 6-27
Day: Thursday
Time: 5:30-6:00 pm

NEW! MAT PILATES

Mat work Pilates is a form of exercise done on a mat placed on the floor. A mat class comprises a series of exercises you can do without using any additional equipment. In this class we will practice controlled breathing and movements as we help you develop core strength, balance, and flexibility. Min 8- Max 20
Session I: June 7-July 26
Day: Friday
Time: 9:45-10:15 am

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: Monday
Time: 5:30-6:15 pm
Session II:
Day: Friday
Time: 6:15-7:00 am

NEW! SIMPLY STRENGTH

This class is designed to help you get stronger. We will be lifting heavier weights with less repetitions to help you build lean muscle and get stronger at the same time. Each muscle group will be targeted so that you work your whole body in 45 minutes. All fitness levels are welcome. Min 8-Max 20
May 2-30
Day: Thursday
Time: 5:30-6:15 pm

STRENGTH, CORE AND MORE

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

SUNRISE YOGA

Start the day right with a fusion of (hatha style) yoga to help reduce stress, improve flexibility, concentration, circulation and breathing, while toning muscles to increase balance and posture for an all over mind and body experience. Gently flow through a variety of poses that will leave you refreshed and ready to start your day. This class involves standing, seated, or lying positions and is great for those just beginning yoga practice. Min 8-Max 20
Day: Tuesday and Thursday
Time: 8:00-8:45 a.m.

TAI CHI AND MINDFUL RELAXATION

A slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance, and stability. This class will focus on traditional Tai Chi forms as well as Qi Gong forms and movements. Meditation and relaxation will also be included in this class Great for all fitness levels and very helpful in improving balance. It is best to attend this class on a regular basis to learn the various forms.

Great for all ages and fitness levels. Min 8-Max 20

Day: Monday

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

TNT (TONE & TIGHTEN)

Shape and strengthen the entire body with dumbbells, barbells, bands, and other equipment in this 45-minute format. Each class will offer variety and focus on different muscle groups so that your body is challenged each time you show up. Keep in mind that High intensity interval training or Tabata-style moves may be incorporated into this workout. Great for all fitness levels. Modifications are offered throughout the class. Min 8-Max 20
Day: Tuesday and Thursday
Time: 9:00-9:45 a.m.

YIN YOGA

Yin Yin yoga is a style of yoga that includes specific passive poses (called yin poses) that are held for an extended time, usually 3 to 10 minutes. This practice allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels. Yin yoga also improves flexibility, boosts circulation, and reduces tension. Min 8- Max 20
June 6-20
Day: Thursday
Time: 6:15-6:45 p.m.

YOGA FLOW

In this class we will focus on the connection between breath, movement, and the mind. Based on the principles of hatha yoga, vinyasa yoga and ashtanga yoga. Together we will move from one pose to another in a continuous, smooth way. Min 8-Max 20
Session I:
Day: Monday and Wednesday
Time: 5:30-6:15 p.m.
Session II:
Day: Friday
Time: 11:00-11:45 a.m.

Land Fitness Instructors:

Becky Irvin (Fitness Coordinator) Thelma Surber, Irene Daugherty, Nick Patel, Neal Hawks, Garrie Ayers, Haley Morehead, Jennifer Matheny, Misty Catron, Dee Hopson, Karen Barton

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: 10:00-10:45 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), Kim Aker, Neal Hawks, Dana Christian, Thelma Surber and Irene Daugherty



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

SAMPLE SATURDAYS



**JUNE
1**

CARDIO CREATIONS

9 AM

TNT
9 AM

**JUNE
8**



**JUNE
15**

GENTLE YOGA

9 AM

PUMP IT UP
9 AM

**JUNE
22**



**JUNE
29**

CARDIO SPLASH

10 AM

HAVE YOU THOUGHT ABOUT TAKING GROUP FITNESS CLASSES BEFORE BUT ARE JUST NOT SURE IF IT'S FOR YOU? JOIN US FOR THE WHOLE MONTH OF JUNE ON SATURDAYS FOR A SAMPLE OF JUST SOME OF THE CLASSES WE OFFER. EACH SATURDAY IN JUNE WE WILL RUN A DIFFERENT CLASS FORMAT SO YOU CAN SEE FOR YOURSELF HOW FUN GROUP FITNESS CLASSES ARE. OUR HIGHLY TRAINED FITNESS INSTRUCTORS WILL BE THERE TO HELP WITH FORM AND MOTIVATION THROUGHOUT THE CLASS. THIS IS OPEN TO ALL; YOU JUST NEED A DAY PASS OR ANY OF OUR PASS PLANS. CHECK OUT THE LINEUP OF CLASSES.

LOCATION: AEROBIC STUDIO/ POOL ON THE 29TH

ELIGIBILITY: AGES 12+

MIN 8 - MAX 25

REGISTER BY ONE WEEK PRIOR TO CLASS DATE



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

Fees: None

Hours: Dawn–Dusk

Camping & Backpacking:

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

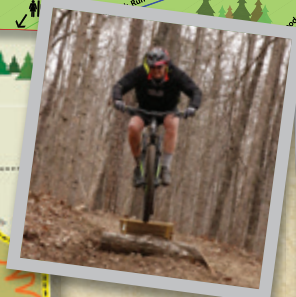
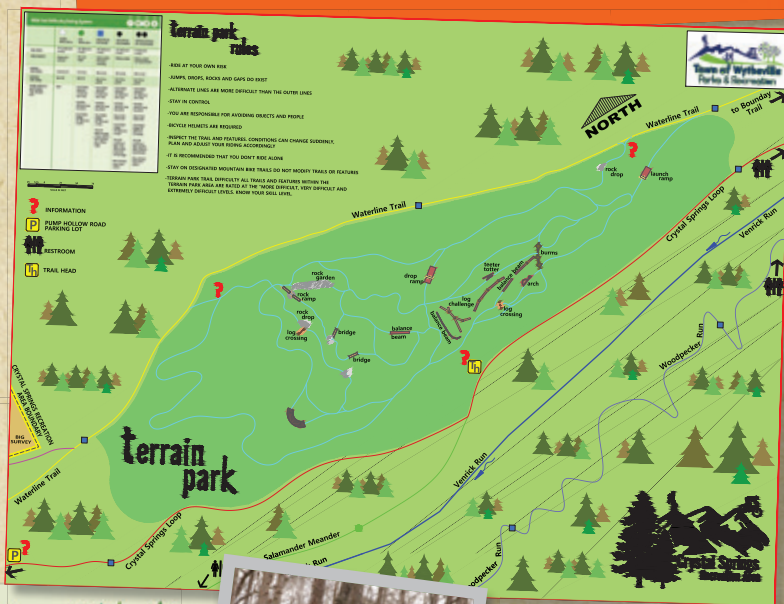
Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



OPEN DAWN TIL DUSK!

terrain park rules

- Ride at your own risk
- Jumps, drops, rocks and gaps do exist
- Alternate lines are more difficult than the outer lines
- Stay in control
- You are responsible for avoiding objects and people
- Bicycle helmets are required
- Inspect the trail and features. Conditions can change suddenly. Plan and adjust your riding



For more information call:

276-223-3378

Town of Wytheville's Crystal Springs Recreation Area
723 Pump Hollow Rd,
Wytheville, VA 24382

(Roads to trail head are state maintained and passable by small cars)

BEGINNER TO PRO: CLIMBING WORKSHOP

This workshop will aim to make you a better climber whether you are just starting your climbing journey or are an experienced climber. Each week we will aim to improve your climbing ability through a variety of lessons. The first two sessions will take place in the community center at the rockwall and the third session we will take a trip out to Crystal Springs to do some real outdoor climbing.

Session I: May 9, 16, 23

Session II: June 13, 20, 27

Thursdays

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

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

Location: Rockwall, Crystal Springs

Eligibility: ages 12+

Min 5-Max 5

Register by one week prior to session date.

ADVENTURE DINING

Join us on 3 separate trips as we float, bike, and hike our way to dinner. Each session offers a different trip. The float will be from Fries to Galax with shuttle provided and dinner at The Galax Smokehouse. The bike will be on the creeper trail with dinner at Wicked Chicken Wing house and Tavern. The hike will be at Grayson Highlands with dinner at Pie on the Mountain. Fee includes transportation only. Dinner is on your own.

Session I: June 22

Session II: July 13

Session III: August 3

Saturdays

Time: 2:30 - 6:30 p.m.

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

Location: Crystal Springs Recreation Area

Eligibility: ages 12+

Min 10-Max 10

Register by one week prior to session date.

FLY FISHING 101

Ever wanted to learn to fly fish? Look no further this class aims to teach you everything you need to go out fly fish on your own. You will get to learn the basics of fly fishing and then go out and test what you learn as we take a trip to Cripple Creek. Transportation included. Poles and flies included. You may bring your own as well.

Friday, August 9; 6:00 - 8:00 p.m.

Saturday, August 10; 10:00 a.m. - 6:00 p.m.

Fee: \$50 TR; \$55 NRPP; \$60 NR

Location: Wytheville

Community Center

Eligibility: ages 18+

Min 5-Max 10

Register by August 1

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

PARKS, SHELTERS & OUTDOOR POOL

Wytheville Parks & Recreation offers numerous facilities for rent, including Withers Park, Elizabeth Brown Park, McWane Shelter, McWane pool, and 4th Street Civic Center.

Additional security deposit is required per reservation.

Reservations must be made two weeks in advance, except for 4th Street Civic Center.

PARK/SHELTER RENTALS

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

Elizabeth Brown Shelter

\$22/hour

\$25/hour

N/A

Elizabeth Brown Stage

\$22/hour

\$25/hour

N/A

Elizabeth Brown Shelter & Stage

\$35/hour

\$40/hour

\$45/hour

McWane Shelter

\$22/hour

\$25/hour

\$31/hour

Withers Park

\$25/hour

\$28/hour

\$35/hour

**Rentals with alcohol will be assessed additional fees*

MCWANE POOL RENTALS

2 HOURS

3 HOURS

Up to 50 people

\$160

\$240

More than 50 people

\$190

\$270

Pool Rental Hours:

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

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

Only available during the summer pool season

4TH STREET CIVIC CENTER RENTALS

YOUTH

ADULTS

Only available for Sports Events & Practices

\$15/hour

\$20/hour

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

ACE Party Band



AFTER HOURS

Summer

CONCERT SERIES

See pages
8-9
for more
information

ACE Party Band

Friday, June 7 @ Withers Park

July 4th

More information coming soon!!

Too Much Sylvia

Friday, August 2 @ Withers Park



Show times are 6:30-9:30 p.m.

The gates will open at 5:30 p.m.

Food vendors on site.

Rain out shows will relocate to the Wytheville Meeting Center.

Advanced tickets are \$5 and can be purchased beginning May 1 at The Wytheville Community Center.

Tickets will be \$7 at the gate and children 5 and under are free.