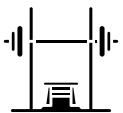




*It's  
here!*

# THE FIT ZONE

## FIT ZONE FEATURES



2 Half Racks



5-50lb  
Dumbbells



Glute Bridge



Accessories

18<sup>+</sup>

5 Person Limit

**SUMMER**  
MAY-AUGUST 2025



## WYTHEVILLE COMMUNITY CENTER

333 Community Blvd · Wytheville, VA 24382  
Phone: 276-223-3378  
Fax: 276-223-3364

**Joshua Sharitz**, Director  
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## RECREATION COMMISSION

Bobby Angles  
James Cohen  
Brittney Litton  
Brady Parks

Meredith Summers  
Student Member:  
Audrey Angles

# WELCOME

Welcome to our center. If you have not taken advantage of this wonderful facility, we invite you to come see it. Just let staff know you would like to take a tour when you arrive! The 70,900 square feet of recreation space has a water play park, 25 yard lap pool, therapy pool, hot tub, 1/8 mile walking/running track, two basketball courts, 4,000 square foot cardio and weight room, aerobic/dance room, two racquetball courts, a youth/teen center and café, indoor climbing wall, senior/adult lounge and rooms for meetings, parties and family reunions, etc.

To our current Pass Plan Holders, we would like to say thanks for your support by joining us. For those who have visited, we hope you will return and consider a yearly pass plan option. Please review the pass plans and daily admissions so you will be familiar with the different user fee options. We hope you will take advantage of the Wytheville Community Center for years to come! There are also numerous leagues, programs and activities offered. Please familiarize yourself with the following abbreviations for program fees:

TR-Town Resident, NRPP-Non Resident Pass Plan (with a Gold or Silver Pass Plan) NR-Non Resident, OL-Open Leisure (must have a current pass plan or purchase a day pass), Free-Open to the public.

*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

Monday-Saturday	3:00 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 register by 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

or 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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# PASSPLANS & 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	\$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.**

**Access to reserve the Fit Zone with a Gold Pass!**  
(based on availability)

## 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	\$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

## 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	\$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

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	\$8	\$45	\$90
Family	\$21	\$111	\$212
Senior/Teen/College	\$4.50	\$24	\$48
Youth (4-12)	\$3.50	\$18	\$36

\*6 Visit Pass valid for 6 months

\*\*12 Visit Pass valid for 1 year

## GROUP RATE

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

### Daily Admission

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

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

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

### YOUTH/TEEN CENTER

\$45/hour

\$50/hour

### CLIMBING WALL

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

\$50/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

**Pool Rental Hours:**  
Call for availability

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

## 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





## clinics

### YOUTH VOLLEYBALL CLINIC

Get ready to bump, set, and spike at our Youth Volleyball Clinic! This clinic will provide group instruction led by experienced coaches, focusing on teaching the fundamentals and introducing young participants to the essential skills of bumping, setting, and spiking in volleyball.

September

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

Uniform provided: t-shirt to keep

Equipment needed: knee pads

Eligibility: 3rd – 6th grade

Location: Wytheville Community Center

Min 10 - Max 30

Register by August 18

Late fee: additional \$5

### CHEERLEADING CLINIC

Join our exciting cheerleading clinic, where young athletes can learn fun routines and build their confidence. With energetic coaches and a supportive environment, kids will have a blast while developing their teamwork and coordination skills.

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

Uniform provided: t-shirt to keep

Eligibility: 1st & 2nd grade

Location: 4th Street Gym

Register by July 7

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.

Information on start dates and times will be sent out once registration ends.

## leagues

### FOOTBALL

Recreational football offers a fun and engaging way for kids to stay active and socialize with friends while emphasizing enjoyment and teamwork as well as competition, making it accessible to players with varying skill levels. Group practice dates will be announced once registration ends. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will begin in August and will involve play on Saturdays. Games will be played at Scott Middle School, Wythe County High Schools and Bland Sports Complex.

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

Uniform provided: helmet, jersey, pants, all padding - all to be returned at the end of the season; mouthpiece to keep

Equipment needed: tennis shoes / football cleats

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

Register by July 7

Late fee: additional \$5

### CHEERLEADING

Recreational cheerleading is a fun and inclusive activity that allows individuals to learn cheer routines, develop teamwork skills, and boost their confidence in a supportive environment while focusing on enjoyment and personal growth. Group practice dates will be announced once registration ends. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will begin in August and will involve play on Saturdays. Games will be played at Scott Middle School, Wythe County High Schools and Bland Sports Complex.

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

Uniform provided: cheer uniform and pom poms to be returned at the end of the season; accessories to keep

Equipment needed: tennis shoes

Register by July 7

Late fee: additional \$5



# GYM RULES AND REGULATIONS

## mini leagues

Our mini leagues feature a week of group practice with staff and coaches that will focus on fundamentals and skills. Following this initial practice week, staff & coaches will select teams. Afterwards, there will be another week dedicated to team practices before we start games. Each team will participate in games throughout the season. There will be no tournament in our mini leagues.

### FLAG FOOTBALL MINI-LEAGUE

Get ready to huddle up for the Flag Football Mini-League! The thrilling season is set to launch between late July and early August, with all the action happening at the WCC fields. Stay tuned for the scoop on exact dates and times, coming your way as soon as registration wraps up! Fee: \$40 TR; \$45 NRPP; \$50 NR  
Uniform provided: shirt and shorts to keep  
Eligibility: 1st-2nd grade.  
Register by July 7

- 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.

## Wytheville Athletics Band App

Stay up to date on registration information through messages on Band



Scan the QR Code below to join!



New and upcoming program information





### ACTIVE ADULT TRIP: Dan'l Boone Inn & Exploring Boone, NC

Join us on a trip to Boone, NC. Located in the heart of the Blue Ridge Mountains, Downtown Boone is full of charm and history. The highlight of the trip will be lunch at the Dan'l Boone Inn. For over 50 years, Dan'l Boone Inn has been serving Boone and the High Country delicious homecooked meals, just like you remember at grandma's house. **Fee includes transportation and meal cost.**

Friday, May 23

Time: Depart at 9:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 12

Register by May 16

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

### ACTIVE ADULT TRIP: A FEW GOOD MEN at the Barter Theatre & Lunch at Jack's 128 Pecan

Enjoy a day in Historic Abingdon, VA with lunch at a local favorite, Jack's 128 Pecan, and a play at the world-class Barter Theatre. Jack's 128 Pecan - Local, quirky, fun little restaurant with simple good food and friendly professional service. Enjoy eating out without breaking the bank.

*A Few Good Men* by Aaron Sorkin- "When a group of Navy lawyers is assigned to defend two Marines accused of murder, they uncover a high-level conspiracy that threatens the very definition of honor. This fast-paced, high-stakes play raises questions about the price of blind loyalty, as well as our own abilities to handle the truth!"

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

Thursday, June 26

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 12

Register by June 19

Late fee: additional \$5



## ACTIVE ADULT TRIP: Grandfather Mountain

Grandfather Mountain is the home to the Mile High Swinging Bridge, wildlife habitats, Wilson Center for Nature Discovery, and amazing views along the scenic drive to the top! The 2-mile winding, scenic road to the top of Grandfather Mountain is one of the most spectacular drives in the Blue Ridge Mountains, including the famous mountainous curve featured in the movie Forrest Gump as Forrest runs across America. All areas, including access to the Swimming Bridge, are handicapped accessible and can accommodate all physical abilities. Lunch will be at Mildred's Grille inside the Wilson Center.

**Fee includes transportation and admission cost only. Meal costs are on your own.**

Thursday, August 28

Time: Depart at 9:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 12

Register by August 21

Late fee: additional \$5

## 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 28

**Session II:** Wednesday, June 18

**Session III:** Wednesday, July 16

**Session IV:** Wednesday, August 20

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

## ACTIVE ADULT TRIP: Virginia Safari Park

Come along as we visit this 180-acre adventure featuring a drive-thru safari and walk-thru village filled with animals from all over the world! The 45-minute covered wagon tour through the safari includes a tour guide and animal feed. There is a snack bar and café available at the Safari Park. We will stop for dinner at Cracker Barrel on the way home.

**Fee includes transportation and admission cost only. The meal costs are on your own.**

Wednesday, July 23

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 12

Register by July 16

Late fee: additional \$5





We are so excited about this year's After-Hours Summer Series! **Ryan Perry** will be rocking the stage at Withers Park on June 6. Ryan Perry has cemented himself as one of THE hot country acts in the Southeast. Opening for Tracy Lawrence, Colt Ford, Toby Keith, Jamey Johnson, Ronnie Dunn, and more, Ryan is versatile and entertains country-loving crowds of all ages. With a unique



voice that you won't forget and charisma that is contagious, you will be eager to catch as many shows as you can!

On August 1, we will welcome **Rivermist**. Voted Best Local Band in Fayetteville/Ft Bragg for 9



years by Up & Coming Weekly. Nominated for CBMA Song of the Year 2024 and won Song of the Year from 94.9 The Surf and Surfside Radio. Nominated as "Rising Star" by CBMA in 2022, won in 2023, and nominated for "Best Video" in 2023. Voted CCMA Vocal Group of the Year in 2021. The band features many award-winning members, and their original songs are charting worldwide, making them one of the East Coast's best vocal bands!

Showtimes are 6:30-9:30 pm. The gates will open at 5:30 pm 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.

**Ryan Perry - Friday, June 6 @ Withers Park**

**July 4th - more information coming soon!!**

**Rivermist - Friday, August 1 @ Withers Park**

## 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 with be a cookout/ picnic at Elizabeth Brown Park.**

**Session I:** Tuesday, May 13 - Picnic Sandwiches  
Time: 11:30 a.m.-1:00 p.m.

Location: Wytheville Community Center MPR 1&2

**Session II:** Tuesday, June 10 - Hot Dogs

**Session III:** Tuesday, July 08 -- Hamburgers

**Session IV:** Tuesday, August 12 -- BBQ

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 29

**Session II:** June

Register by May 27

**Session III:** July

Register by June 24

**Session IV:** August

Register by July 29

Day: Tuesday 6:00-8:00 p.m.

& Saturday 8:00-10:00 a.m.

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

Location: Court 2

Eligibility: all ages

Min 4 - Max 12

Late Fee: additional \$5



# PERSONAL TRAINING

## 60-MINUTE SESSION

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

## PERSONAL TRAINERS



BECKY IRVIN



NICK PATEL



THELMA SURBER



NEAL HAWKS



BRANDON WOLFORD



MATT GRIMES

## 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

# youth/teen center & climbing wall

Get ready to unleash your competitive spirit at the Youth/Teen Center, where excitement and entertainment await. Dive into action-packed games of **ping pong**, **pool**, and **air hockey**, where you can challenge friends and refine your skills in a friendly rivalry. For those who prefer digital adventures, the gaming extravaganza features the latest consoles, including **Xbox X**, **PS5**, and **Nintendo Switch**, offering a diverse range of games to cater to every interest. Whether you're a sports enthusiast, a strategy mastermind, or a casual gamer, this center is designed to be a haven for fun, creativity, and connection. So, gather your friends, step into the vibrant atmosphere, and let the games begin!

The **indoor climbing wall** features six different challenges one including an overhang section that tests climbers' strength and technique. With its impressive design, the wall mimics natural rock formations, providing an exhilarating experience for both beginners and experienced climbers. Safety measures, such as padded flooring and expert supervision, ensure a secure environment for all participants.

**Monday–Saturday 3:00–8:00 p.m., Sunday 1:00–6:00 p.m.**

**During the Wythe County School summer break the youth/teen center and climbing wall will open at 1:00 p.m. Monday–Friday.**



## 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 9

**Session II:** Friday, June 13

**Session III:** Friday, July 11

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. Every Thursday in June this ninja warrior program will have a modified course to offer a different challenge for the participants.

June

Days: Thursdays

Time: 6:00 – 8:00 p.m.

Fee: OL

Location: Rockwall

Eligibility: ages 6+

No registration is necessary.

## GAGA BALL

Join us on the Teen Center patio for open gaga ball time. Bring your friends and family and enjoy a fun afternoon game.

**Session I:** Wednesday, May 14

**Session II:** Wednesday, June 11

**Session III:** Wednesday, July 9

Time: 6:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

No registration is necessary.





## COLLEGE FOOTBALL 25 TOURNAMENT

Join us in the Teen Center for a college football 2025 tournament where players will choose their team and then go head to head with the other competitors until a winner has been decided.

**Session I:** Tuesday, May 6

**Session II:** Tuesday, June 3

**Session III:** Tuesday, July 1

Time: 5:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

No registration is necessary.

## DRAWING AND DRINKS

Join us at the teen center patio for some fun and refreshments. You will have the opportunity to add some new artwork to the teen center patio with sidewalk chalk. We will also have refreshments available to cool you off from that hot summer sun! July

Days: Wednesdays

Time: 6:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

No registration is necessary.

## HEALTHY AFTERNOON SNACK

Swing by the teen center for delicious and healthy snack. Each session we will have a new fun snack for you to try! We'll provide all the ingredients you just have to make it and enjoy.

**Session I:** Thursday, May 15

**Session II:** Thursday, June 12

**Session III:** Thursday, July 17

Time: 4:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

No registration is necessary.

## THREE VS THREE SOCCER

Join us for some 3 v 3 games of soccer. These will be short 10 minute games so everyone has a chance to play. Sure to be fun for you and all your friends!

June

Days: Tuesdays

Time: 6:00 p.m.

Fee: OL

Location: Court 2

Eligibility: all ages

No registration is necessary.

## AFTERNOON CORN HOLE

Looking for some fun Saturday afternoon activity? Bring your friends and family out for a fun afternoon playing corn hole on the teen center patio.

**Session I:** Saturday, May 24

**Session II:** Saturday, June 21

**Session III:** Saturday, July 19

Time: 4:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

No registration is necessary.

## THE GAUNTLET

Ready to put your strength and skills to the test and take on "The Gauntlet". The Gauntlet is challenge where you will have to climb up and down every single wall without touching the ground. This is an intense challenge only a few have successfully accomplished so come back to the rock wall and show us what you got.

**Session I:** Friday, May 2

**Session II:** Friday, June 6

**Session III:** Friday, July 11

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

Fee: OL

Location: Climbing Wall

Eligibility: all ages

No registration is necessary.

## WALL 5 CHALLENGE

Climbing is a challenging activity however the most challenging aspect of climbing is having to climb upside down. This is exactly what the challenge wall five provides. Only the strongest and most skilled climbers have successfully completed wall five, so we're challenging you to put your skills to the test and make it to the top of the hardest wall we have to offer. If you really think you're up to the test we'll time you and the fastest climber will have their picture along with your time put up on our Facebook page for the month. If you want to keep the title of Wall 5 Champion you have to come back each month and prove you're still the fastest.

**Session I:** Saturday, May 3

**Session II:** Saturday, June 7

**Session III:** Saturday, July 5

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

Fee: OL

Location: Climbing Wall

Keep an eye on our Facebook page for pop-up events in our Rock Wall and Teen Center!



**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.

### 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 28-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.

May 15-18

Time: Thursday: 4:00-9:00 pm

Friday: 4:00-9:00 pm

Saturday: 9:00 am-7:00 pm

Sunday: 12:00-9:00 pm

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 4 - Max 10

Register by May 1

Late Fee: additional \$5

**100% participation required**

# GUARD

**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

### SUMMER HOURS May 30-August 10\*

*\*Dates are subject to change depending on the Wythe County Public School Schedule*

Monday-Friday

6:00 AM-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.*





# swim team

## JOIN THE EXCITING WORLD OF SWIMMING

Welcome to the Wytheville Waves Summer Swim Team, where the water's always exciting, and the fun never stops! Our team is part of the prestigious Blue Ridge Swim League, competing against top teams from Bluefield, Elkin, Carrol, Galax, Reeves, and Dobson. Whether you're just starting or looking to refine your skills, our program is designed for swimmers aged 5-18, ensuring every participant has the chance to shine.

## WHAT WE OFFER

### Registration Includes:

- **1 T-shirt and 1 Swim Cap:** Proudly wear our team colors!
- **12 Weeks of Practices:** Develop your skills with professional coaching.
- **7-9 Swim Meets & End of Summer Championships:** Experience the thrill of competition.
- **Social Events:** Build friendships and memories.
- **End of Season Banquet:** Celebrate your achievements.

## TAILORED PRACTICE GROUPS

Our practice sessions are thoughtfully divided into four groups, ensuring that each swimmer receives the appropriate level of training and support.

### Ripples: Beginners

- **Eligibility:** ages 5-9
- **Skills Focus:** Foundation skills for the four competitive strokes, diving basics.
- **Practice Time:** May – MWF 4:00-4:45pm / June & July – MWF 11:00-11:45am

### Bronze: Novices

- **Eligibility:** ages 7-12
- **Skills Focus:** Technique refinement, introduction to race strategies.
- **Practice Time:** May – MWF 4:45-5:45pm / June & July – MWF 10:00-11:00am

### Silver: Intermediate

- **Eligibility:** ages 10-18
- **Skills Focus:** Endurance, sprint, and race training, perfect for multi-sport athletes.
- **Practice Time:** May – MWF 5:45-7:00pm / June & July – MWF 8:30-10:00am

### Gold: Advanced

- **Eligibility:** ages 11-18
- **Skills Focus:** Competitive swimming skills, advanced techniques, and strength training.
- **Practice Time:** May – MWF 7:00-8:30pm / June & July – MWF 6:30-8:30am

## WHY CHOOSE WYTHEVILLE WAVES?

- **Expert Coaching:** Our experienced coaches are dedicated to helping every swimmer achieve their best.
- **Inclusive Environment:** We foster a welcoming atmosphere that promotes sportsmanship and personal growth.
- **Comprehensive Training:** From foundational skills to advanced techniques, our program covers it all.

## JOIN US!

Are you new to the team? Don't worry! Set up a swim evaluation with Coach JT by emailing [jessie.boyd@wytheville.org](mailto:jessie.boyd@wytheville.org) or calling **276-223-3525**. We can't wait to see you make a splash with us this summer!

## WYTHEVILLE WAVES: *Where Every Stroke Counts!*

Dive into an unforgettable summer experience with us, and let's make waves together!

May 5 – July 26

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 5

Late Fee: additional \$5

**PARENT INFORMATION MEETING MONDAY APRIL 28, 6:00 P.M.**

**END OF SUMMER CHAMPIONSHIPS WILL BE JULY 25 & 26**

**THE POST-SEASON BANQUET WILL BE HELD ON THURSDAY, AUGUST 7 AT MCWANE POOL FROM 6:00-8:00 P.M.**



# Wytheville Waves Swim School

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 Swim School.

**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

### 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: \$50 TR; \$55 NRPP; \$60 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 1:

June 9-19

### SESSION 2:

July 7-17

### SESSION 3:

July 28-August 7

MORNING	Monday-Thursday
Level 1	8:30-9:00 A.M.
Level 2	9:15-9:45 A.M.
Level 1	10:00-10:30 A.M.
Level 3	10:45-11:15 A.M.

EVENING	Monday-Thursday
Level 1	4:15-4.45 P.M.
Level 1	5:00-5:30 P.M.
Level 2	5:45-6:15 P.M.
Level 3	6:30-7:00 P.M.





## 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.**



## ADULT LEARN TO LAP SWIM

Dive into a New Skill!

Welcome all new swimmers and those in fitness looking to incorporate swimming into their workouts! Our Adult Learn to Lap Swim program is designed to help you exercise efficiently while developing essential swimming skills. Enhance your technique by focusing on the fundamentals of kicking, pulling, breathing, and understanding lap lane etiquette. Whether you're a beginner looking to get started or someone looking to refine their skills, we're here to support your swimming journey!

June 9 – July 30

Days: Monday and Wednesday

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

Location: McWane Outdoor Pool

Fee: \$70 TR; \$75 NRPP; \$80 NR

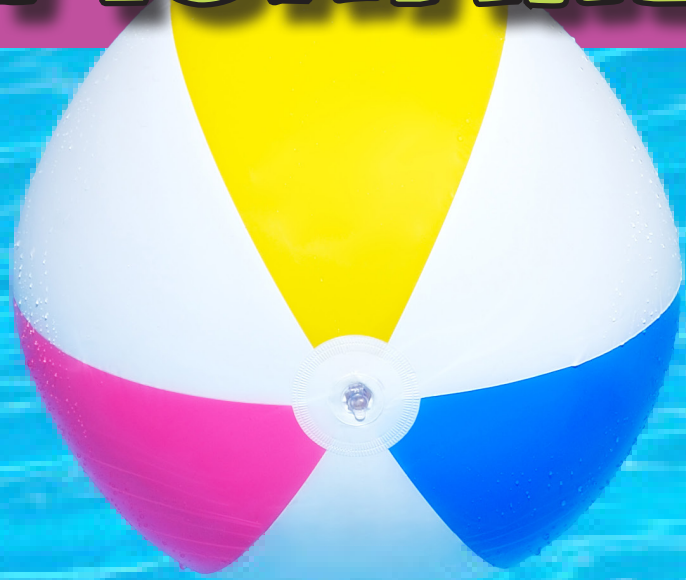
Eligibility: ages 18+

Min. 4

Register by June 2

Late Fee: additional \$5

# Summer Fun at McWANE POOL



## WHY CHOOSE MCWANE POOL?

- **Three Unique Pools:** With a wading pool for the little ones, an intermediate pool for casual swimmers, and a heated main pool for play and fitness, there's something for everyone. Sink your toes into depths ranging from 1 ft to 7 ft and enjoy our 6-lane, 25-meter main pool.
- **Perfect Location:** Adjacent to Withers Park and the McWane Shelter, you can create the perfect day out with a variety of rental combinations and picnic spots.
- **Exciting Swim Meets:** Be a part of the action and cheer on the Wytheville Waves at our exciting home swim meets. Support your community by volunteering for the swim meets!

## FLEXIBLE SCHEDULE TO SUIT YOU

Open from May 30 to August 10, our friendly staff welcomes you Monday to Saturday from 12:00 to 6:00 p.m., and Sundays from 1:00 to 5:30 p.m. Please note, we are closed on July 4 for festivities. Subject to change based on Wythe County Public School schedules.

## RENT THE POOL

Looking for a unique venue for your next gathering? McWane Pool offers private rentals for special events, birthday parties, and more. Call us at **276-223-3378** to book your spot today!

## AFFORDABLE FUN FOR ALL

- **Daily Admission:** Just \$4.00 for ages 4 and up, and free for children 3 and under
- **Pass Options:**
  - **10 PUNCH PASS:** \$35 for flexibility and savings
  - **INDIVIDUAL SEASON PASS:** \$100 for unlimited summer fun (non-transferable)
  - **COMMUNITY CENTER GOLD PASS:** Includes access to McWane Pool and more!
- **All transactions at McWane are CASH only.**

WYTHEVILLE  
**SPLASH**  
AND  
**DASH**  
Kid's Aquathon

## End Summer Break with a Splash!

Experience the thrill of Splash and Dash, a rapidly growing sport that challenges young athletes to swim and run through a dynamic course. Set in the picturesque backdrop of McWane Pool & Wither's Park, this exciting aquathon promises a fun-filled family weekend focused on multisport activities and fitness. Parents are encouraged to cheer on their kids as they race toward the big finish under the arch, creating unforgettable family memories.

**Saturday, August 2, 8:00 am • McWane Pool & Wither's Park**

**Age Groups: 6-10:** Swim 100m (4 lengths of pool) & Run 1km (approx. 2 laps around Withers track)

**11-14:** Swim 300m (12 lengths of pool) & Run 2km (approx. 5 laps around Withers track)

**15-18:** Swim 500m (20 lengths of pool) & Run 5km (approx. 12 laps around Withers track)

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

**Eligibility:** open to ages 6-18

**Min 20**

**Register by:** Saturday, July 5

**Late Fee:** additional \$5

Every child receives a finisher medal, t-shirt, and swim cap, making everyone a winner.



# COMMUNITY APPRECIATION Celebration

Join the biggest  
event of the  
Summer!

Come and be a part of the most exciting event of the summer as we celebrate our wonderful community! Join us at McWane Pool for a day full of fun, relaxation, and connection with fellow community members. This is our way of giving back and showing love to the incredible people that make our community special. With activities and entertainment for all ages, there's something for everyone to enjoy. Join in some silly fun competitions throughout the day to win some prizes. Plus, we will have a drawing for one McWane Individual Season Pass good for summer 2025!

**SATURDAY, JUNE 7 • 12:00-8:00 P.M. • MCWANE POOL**

## FREE SWIM ALL DAY

Enjoy complimentary access to McWane Pool during open hours. Whether you're looking to swim laps, splash around with friends, or just float and unwind, the pool is open to patrons of all ages.

## DELICIOUS FREE FOOD

Treat yourself to freshly grilled hotdogs, along with chips and drinks, available at no cost throughout the day. It's a perfect way to fuel your fun and share a meal with friends and family.

## PURCHASE ADDITIONAL TREATS

While you're enjoying the free offerings, don't forget that our concession stand will also be open with even more tasty snacks available for purchase.



## Fun Friday



## LATENIGHT EVENTS

AT MCWANE POOL

**8:30 – 10:30 P.M.**

Dive into an evening of excitement and entertainment at McWane Outdoor Pool with our special Fun Friday Late Night Events! Whether you're looking to relax under the stars or join in on one of our thrilling themed nights, there's something for everyone. Don't miss out on the chance to make a splash this summer!

**ADMISSION:** Enter with regular day admissions, punch passes, season pass, or gold pass plan.

**FRIDAY, JUNE 20:**

## GLOW IN THE DARK PARTY

Illuminate your night with our Glow in the Dark Party! Swim under the shimmer of neon lights and enjoy music, games, and surprises that will keep the energy high and the fun flowing.

**FRIDAY, JULY 18:**

## DIVE-IN MOVIE NIGHT WITH JAWS

Experience the thrill of watching the classic film Jaws while floating in the pool. Bring a pool noodle and relax while enjoying this unique cinematic experience under the stars.

*Pool noodles are okay, floats and inflatables are not allowed.*

**FRIDAY, AUGUST 8:**

## \*CARDBOARD REGATTA\*

Unleash your creativity and engineering skills in the Cardboard Regatta! Build your own boat out of cardboard and race against others in this fun and friendly competition. Prizes await the most innovative designs and most laps survived!

**Must pre-register by August 7 to enter the Regatta.** Boats must be built at home and brought to the pool, no roofs allowed.

Spectators gain admission like normal.

Open swim will begin at the conclusion of the Regatta Race.

## FEES:

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

# cardio/weight room

Get ready to supercharge your fitness journey at the Wytheville Community's state-of-the-art Fitness Facility! We offer over 4,000 square feet of Precor strength machines, treadmills, ellipticals, adaptive motion trainers, stair climbers, bikes and a variety of free weight equipment to help you reach your fitness goals! New to exercising or need a refresher? No sweat! Our expert team provides complimentary equipment orientations to kickstart your fitness journey. Call (276) 223-3527 or stop by the Fitness Desk to schedule your equipment orientation today!

**Fitness Area Age Requirement: ages 12+**

## ADVANCED YOUTH ORIENTATION (12+)

The Advanced Youth Orientation program permits participants aged 12 and older to utilize the free weight area without adult supervision. This orientation includes comprehensive instruction on proper form, technique, spotting, and safety precautions associated with free weight usage. Prior to enrolling in the Advanced Youth Orientation, each participant must complete a standard equipment orientation. To schedule your Advanced Youth Orientation, please contact Brandon Wolford at (276) 223-3538 today.

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

## THE CHALLENGE SERIES

Join our Challenge Series featuring three explosive tests: vertical jump, broad jump, and bench press! This high-energy competition invites athletes of all backgrounds to measure their strength and power against fellow competitors. Push your limits and see where you stand as you compete for top honors. Exciting prizes await the highest-performing male and female athletes in each age category.

Session I: Thursday, May 1: Vertical Jump

Session II: Thursday, May 8: Broad Jump

Session III: Thursday, May 15: Bench Press Repetition

225lb (Male Division); 95lb (Female Division)

Time: 5:30 a.m. – 8:00 p.m. just stop in and see someone at the Fitness Desk

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

## FIT3D BODY SCANNER

The FIT3D Body Scanner utilizes cutting-edge 3D scanning technology to precisely capture over 100 measurements and 1,000 images in just 35 seconds. Results are securely transmitted to your phone, tablet, or computer. Your scan will encompass a variety of metrics, including weight loss, body fat percentage, lean mass, fat mass, body circumference measurements, a 3D avatar, comparison overlays, posture analysis, balance assessment, body shape rating, and more. For additional information or to schedule your FIT3D Body Scan, please call (276) 223-3378.

Fee: Gold Pass Plan (Annual or Continual) 4 Scans Per Year; Silver, Bronze or Try-It Pass \$5 Per Scan

Location: Fitness Area

Eligibility: ages 12+





## FITNESS CONSULTATION

Are you unsure how to begin your fitness journey? Our experienced fitness professionals are here to guide you every step of the way! We'll work with you to assess your current health and fitness level, understand your goals and preferences, and help you set realistic and achievable fitness goals! 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+

## 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 – SENIOR WELLNESS

### SENIOR WELLNESS (JUNE 9-AUGUST 27)

The Wytheville Recreation Center is excited to announce the return of our highly successful "Senior Wellness" program starting June 9! This free 12-week program is designed specifically for Wythe & Bland County residents aged 65 and older who want to improve their quality of life. Senior Wellness focuses on everyday functional movements through low-impact exercises that enhance cardiovascular function, strength, flexibility, balance, and most importantly, fall prevention. Participants will enjoy two weekly exercise sessions on Mondays and Wednesdays at 10:00 a.m., plus bi-weekly health education class. A complimentary three-month Gold Pass Plan will be provided if you don't currently have one. Previous graduates may re-enlist after two years, space permitting. To join this life-changing program, you must register and attend the application meeting at the Wytheville

Recreation Center. Don't miss this opportunity to invest in your health! Call (276) 223-3378 today for more information and to secure your spot. 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 7

Time: 10:00 a.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: ages 65+

Min 10 – Max 30







Fit for Life

### 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.

### FIT FOR LIFE (JUNE 9-AUGUST 27)

Ready to transform your health this summer? The Wytheville Recreation Center's acclaimed "Fit for Life" program returns June 9, offering a comprehensive approach to wellness through exercise, nutrition, and weight loss support. This life-changing program features two invigorating weekly workout sessions (Mondays and Wednesdays at 5:30 p.m.) plus valuable bi-weekly nutrition guidance—all completely FREE for Wythe and Bland County residents with a BMI over 25. Participants receive a complementary three-month Gold Pass Plan, giving you full access to our premium facilities. With proven success stories and expert guidance, Fit for Life provides the structure, motivation, and community support you need to achieve lasting results. Space is limited to just 30 participants (former graduates can rejoin after two years if spots remain), so don't miss this opportunity to invest in your health! Call (276) 223-3378 today for more information and to register for a spot. 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 7

Time: 6:00 p.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: ages 18+

Min 10 – Max 30

### FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

OL – Open Leisure - must have a pass plan or purchase a day pass  
FREE – open to the public

### FIT FOR LIFE – ULTIMATE FITNESS ADVENTURES (6TH-8TH GRADE) JUNE 12–JULY 17

Get unplugged and outdoors with the Wytheville Community Centers outdoor adventure program "Ultimate Fitness Adventures." Starting June 12, 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, if space allows. To apply, you must register and attend the application meeting at the Wytheville Community 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 8

Time: 6:00 p.m.

Fee: Free

Location: Multipurpose Room 2 & 3

Eligibility: 6th-8th Grade

Min 5 - Max 10

### Ultimate Fitness Adventure





## CLASS LEVEL:

BEGINNER

MULTI-LEVEL

INTERMEDIATE

# 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 an engaging 30-minute session designed to tone, build, and strengthen the abdominal muscles. This program incorporates a diverse range of exercises that target the entire core, including floor routines, balance activities, and weighted movements. Min 8-Max 20

### Session I:

Day: Tuesday

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

### Session II:

May 2-30

Day: Friday

Time: 9:45-10:15 a.m.

### Session III:

July 4-25

Day: Friday

Time: 9:45-10:15 a.m.

your average barre class; it's a fabulous mashup of pilates, yoga, aerobics, and dancer-strengthening moves. With Barre Above®, you'll be sweating it out in a fun and energetic way while sculpting that fabulous bod and getting fit like a superstar! Min 8-Max 20

### Session I:

Day: Wednesday

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

### Session II:

June 6-27

Day: Friday

Time: 9:45-10:15 a.m. (Express Style 30 Minutes)

### Session III:

August 1-29

Day: Friday

Time: 9:45-10:15 a.m. (Express Style 30 Minutes)

## BOUNCE INTERVALS

Experience a heart-pounding cardio adventure on our Jump Sport Pro Fitness Trampolines. In this exhilarating class, you'll engage in an unceasing flow of dynamic cardio moves, mingled with restorative sculpting exercises. You'll emerge from this session buoyant and revitalized. The weight capacity for each trampoline is 275 lbs. Min 8-Max 11

August 4-25

Day: Monday

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

## CARDIO CREATIONS

Get ready for a workout party that keeps your metabolism on its toes! This class is a thrilling rollercoaster of high-energy moves with just the right splash of low to moderate impact. Whether you're a fitness newbie or a seasoned pro, we've got modifications galore! We promise you'll sweat buckets while grinning from ear to ear! Min 8-Max 20

Day: Wednesday

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

## BASIC FITNESS & FALL PREVENTION

This class emphasizes essential functional movements aimed at enhancing overall quality of life. It offers low-impact exercises designed to improve cardiovascular health, strength, flexibility, balance, and fall prevention. Min 8-Max 20

Day: Tuesday

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

## BODY FLEX

Body Flex is a resistance training class designed to enhance strength and endurance using barbells, dumbbells, resistance bands, and other tools. This engaging program aims to build muscle, elevate metabolism, and improve overall fitness levels. If you're looking to build lean muscle mass, get stronger and look better, this class is a great place to start. Min 8- Max 20

Day: Tuesday

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

## BATTLE ROPE INTERVALS

Ignite your fat-burning potential, sculpt your muscles, and fortify your core with this invigorating 30-minute powerhouse session. This class intertwines exhilarating battle rope drills with dyna.m.ic bodyweight exercises, delivering a comprehensive total body workout in a swift and spirited half-hour. Min 6 - Max 14

July 7-28

Day: Thursday

5:30-6:00 p.m.

## BARRE ABOVE®

Get ready to shake up your workout routine with Barre Above®! This isn't just





### CARDIO KICK

This vibrant fitness experience fuses the rhythm of cardio with the exhilarating art of martial techniques. Participants unleash powerful punches, dynamic kicks, and fierce knee strikes, all harmonized to an uplifting musical backdrop.

July 7-28

Day: Monday

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

### CHAIR STRETCH & RELAXATION

Release stress and anxiety in this 30-minute class, which begins with gentle chair-based stretching. This is followed by breathwork, and meditation techniques designed to leave you feeling relaxed and rejuvenated. Min 8- Max- 20

Day: Wednesday

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

### FUNCTIONALLY FIT

A joyous class designed for those embarking on their fitness journey or those eager to enhance their range of motion, strength, flexibility, and balance. Participants will utilize an array of tools, including balls, chairs, weights, mats, and bands. Most exercises are performed while standing or seated in a chair, ensuring accessibility for all.

Min 8-Max 20

Day: Monday and Wednesday

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

### GENTLE YOGA FLOW

Within the serene embrace of gentle yoga, movements unfold at a leisurely pace, each gesture harmoniously intertwined with the breath. We gracefully transition into postures, first exploring the poses in a flowing manner before settling into a nurturing hold. This tender preparation and fluidity safeguard and cherish the joints, muscles, and connective tissues. Ideal for novice yogis or those seeking a softer path in their practice. Min 8-Max 20

Day: Friday

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

### INDOOR CYCLING

This high-intensity workout takes place on a stationary bike, offering a 45-minute session that combines cardio and endurance for an impressive calorie burn! Not only does it provide fantastic cardiovascular benefits, but it also effectively tones muscles, helping you build remarkable strength. Min 5-Max 9

Day: Monday

Time: 6:15-7:00 a.m.

### KETTLE BELL FITNESS

A kettlebell workout is a dynamic, full-body exercise routine utilizing a cast-iron weight with a handle (a kettlebell) to perform ballistic movements that combine cardiovascular activity, strength training, and mobility, primarily targeting major muscle groups like the glutes, hamstrings, core, and shoulders through exercises like swings, cleans, presses, and snatches, often resulting in a high-intensity workout that improves both strength and endurance.

June 5-26

Day: Thursday

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

### LOW IMPACT HIIT

Push your limits while being gentle on your joints. In this class, we'll dedicate 30 minutes to high-intensity interval training featuring low-impact movements that are kind to your body. Prepare to sweat and experience a muscle burn in this fast-paced format that delivers an impressive workout. Min 8- Max 20

Day: Friday

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

### PUMP IT UP!

If your goal is to achieve a lean, toned physique quickly, this class is designed for you. It is a strength training session that incorporates barbells, dumbbells, resistance bands, and weight plates to effectively challenge the entire body. The class focuses on isolating individual muscle groups, ensuring that each group is thoroughly fatigued before progressing to the next. This approach guarantees a comprehensive total body workout. Min 8-Max 20

**Session I:**

Day: Friday

Time: 6:15-7:00 a.m.

**Session II:**

Day: Thursday

May 1-29

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

**Session III:**

Day: Thursday

August 4-25

Time: 5:30 -6:15 p.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+*

# group exercise classes

## SIT TO BE FIT

Non-Impact, chair- based workout that includes exercises to improve muscular strength, cardiovascular health and core conditioning. Some standing exercises will be introduced.

Day: Thursday

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

## STRENGTH, CORE AND MORE

Enhance your metabolism by increasing lean body mass. This class aims to strengthen major muscle groups using various equipment and body resistance exercises. Modifications will be provided throughout the session to accommodate participants who may be unable to perform floor exercises. Min 8-Max 20

Day: Monday and Wednesday

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

## STEP

This class will begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups. Step it up and down, over and around on the step platform, to the sound of your favorite beats in this fast-paced session. Light weighted work may be included in this workout. Min 8- Max 20

June 2-30

Day: Monday

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

## SUNRISE YOGA

Begin your day on a positive note with a fusion of Hatha-style yoga designed to reduce stress, enhance flexibility, improve concentration, and promote better circulation and breathing. This invigorating practice also tones muscles, contributing to improved balance and posture for a comprehensive mind and body experience. Participants will gently flow through a variety of poses that leave them feeling refreshed and

prepared to embrace the day ahead. This class includes standing, seated, and lying positions, making it an excellent choice for individuals new to yoga. Min 8-Max 20  
Day: Tuesday and Thursday  
Time: 8:00-8:45 a.m.

## SOUL FUSION

Formerly known as PiYo—is a vibrant tapestry woven from yoga-inspired flows, invigorating bursts of cardio, harmonious balance sequences, and a fusion of bodyweight and weighted strength training, all accompanied by exhilaratingly fun music. Min 8-Max 20

May 5-26

Day: Monday

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

## TAI CHI AND MINDFUL RELAXATION

Tai Chi and Mindful Relaxation is a slow and graceful Chinese exercise that promotes relaxation skills, mental focus, and physical alignment while simultaneously enhancing leg strength, endurance, and stability. This class will emphasize traditional Tai Chi forms alongside Qi Gong movements. Additionally, components of meditation and relaxation will be incorporated. Regular attendance is recommended to effectively learn and master the various forms. Min 8-Max 20

Day: Monday

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

## TNT (TONE & TIGHTEN)

Get ready to sculpt and power up your whole body with dumbbells, barbells, bands, and more in this 45-minute sweat fest! Monday is all about those legs, Tuesday we're pumping up the arms, and Thursday we'll tackle the entire body like a champ. This fabulous three-day split will push your limits while letting those muscles chill and bounce back. And remember, we might crank up the intensity to 11 in this class! Min 8-Max 20  
Day: Monday, Tuesday and Thursday  
Time: 9:00-9:45 a.m.

## YOGA FLOW

This class will emphasize the integration of breath, movement, and mindfulness. Drawing on the principles of Hatha, Vinyasa, and Ashtanga yoga, we will transition seamlessly between poses, creating a continuous and fluid practice. Min 8-Max 20

Day: Monday and Wednesday

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

### Land Fitness Instructors:

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

### CLASS LEVEL:

BEGINNER

MULTI-LEVEL

INTERMEDIATE



# aqua fitness classes

**CLASS LEVEL:**

**BEGINNER**

**MULTI-LEVEL**

**INTERMEDIATE**

## AI CHI

Ai Chi is a total body relaxation and strengthening exercise done in warm, shoulder-deep water, focusing on deep breathing. Benefits include decreased pain, improved oxygen supply, greater range of motion, increased core strength, reduced stress, joint stiffness, improved balance, and alleviation of anxiety, fatigue, and depression. Suitable for all ages and levels, it emphasizes relaxation during 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 stands out as one of the most effective forms of high-intensity interval training. By integrating this format with the unique properties of water through a range of straightforward yet intense exercises, each class effectively maximizes calorie burn and delivers noticeable results in a short duration. Whether your objectives are muscle toning, weight loss, or a combination of both, this class is designed to meet your needs. Min 8 - Max 20

Day: Tuesday

Time: 4:30- 5:00 p.m.

## CARDIO SPLASH

Dive into the splash-tastic world of cardio that'll leave you breathless (in a good way)! If you crave a heart-pumping workout in the water with a side of strength, this is your jam! We'll crank up the intensity with moderate to high-energy cardio bursts, followed by muscle-toning moves that'll sculpt you like a work of art. Get ready for a wild ride through interval training, circuit challenges, and Tabata madness—it's the "anything goes" class! And fear not, fitness newbies and pros alike, because we've got modifications for every move. Let the fun begin! Min 8 - Max 30

Day: Wednesday and Friday

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

## DEEPLY FIT

Athletes and beginners alike are encouraged to take the plunge into deep-water training. This program incorporates running, movement, and a variety of equipment, all designed to challenge your body, core muscles, and stamina. The exercises are conducted at depths that allow participants to maintain a vertical position without touching the pool floor. This class is suitable for those who are comfortable in deep water, with the option to participate in the 5-foot area of the pool rather than the 8-foot section.

Min 8 - Max 20

Day: Tuesday and Thursday

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

**Aqua Instructors:** Becky Irvin (Fitness Coordinator) Kim Aker, Neal Hawks, 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





## other fitness classes

### THE IMPORTANCE OF SKELETAL MUSCLE

In this class, we will explore the significance of skeletal muscle and its essential functions within the body. We will examine the necessity of muscle and its various roles. Subsequently, we will discuss the nutritional aspects crucial for maintaining and building muscle. Finally, we will provide workouts and recipes designed to help you embark on a journey toward healthier choices, ensuring the preservation of your muscle mass for years to come.

Monday, August 4

Time: 7:00 p.m.

Fee: OL

Location: Multi-Purpose Room 3

Eligibility: all ages

Min 8 – Max 20

Register by August 1

Register by July 28



### Outdoor YOGA AND MEDITATION

Immerse yourself in a serene yoga class, culminating with a soothing guided meditation amidst the enchanting surroundings of Elizabeth Brown Memorial Park. We shall gather behind the stage. Don't forget to bring your yoga mat and prepare for a tranquil hour of bliss.

Tuesday, June 3

Time: 12:00- 1:00 p.m.

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

FREE to Gold Members

Location: Elizabeth Brown Memorial Park

Eligibility: ages 12+

Min 5 - Max 12

Register by May 27

Late fee: additional \$5







**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)

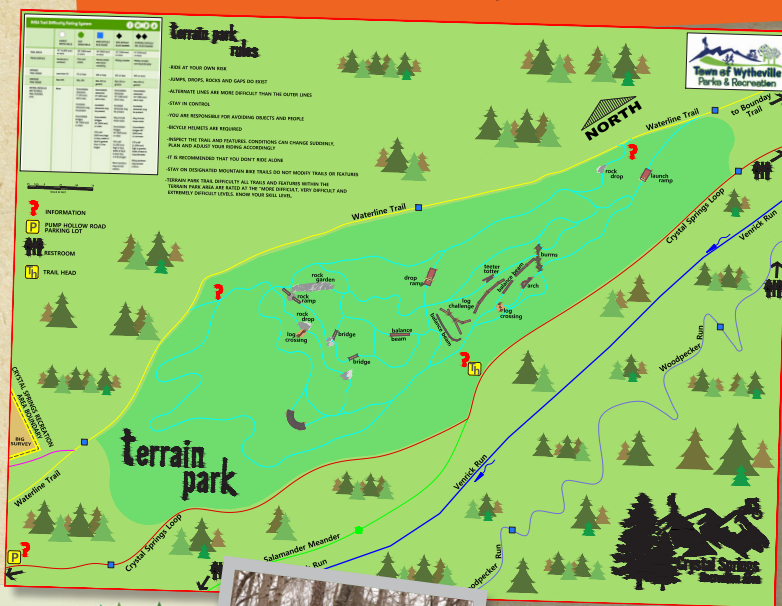
**Directions:** From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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



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)



## ADVENTURE TREK: SUMMER SERIES



### JUNE TREK:

Join us on our trek to find new and exciting adventures. Our first trek of the summer is to Adventures on the Gorge where we will enjoy a fun day of zip lining through the southwest Virginia mountains and high above the trees. Then we will head over to their high ropes course where you will be given harder and harder challenges to complete as you climb higher and higher. Fee will cover the cost of the activity and transportation but bring your own lunch or money to buy lunch.

Saturday, June 14

Time: 6:00 a.m. - 7:30 p.m. (Returning times are subject to change)

Fee: \$140 TR; \$145 NRPP; \$150 NR

Location: depart from Community Center

Eligibility: 6th - 12th grade

Weight: 100-260 lbs

Min 6 - Max 10

Register by May 31

Late fee: additional \$5

Closed toed shoes required



### JULY TREK:

On this trek will be going to ACE Adventure Resort for a fun day on a beautiful spring fed lake. We will get to experience 40' water slides, 25' tall inflatables and even zip lines into the lake! Be sure to bring a swim suit. Fee will cover the cost of the activity and transportation but bring your own lunch or money to buy lunch. The resort has a variety of lunch options.

Friday, July 25

Time: 7:30 a.m. - 6:00 p.m. (Returning times are subject to change)

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

Location: depart from Community Center

Eligibility: 6th - 12th grade

Min 6 - Max 10

Register by July 18

Late fee: additional \$5

## CRYSTAL SPRINGS SUMMER CELEBRATION

The weather is warm but don't worry we will have refreshing drinks for you to enjoy as well as hourly hikes to the reservoir to cool off and enjoy the scenic views of Crystal Springs at the best time of the year. Join us at Crystal Springs for some fresh lemonade while we fly kites, blow bubbles, throw water balloons and explore all the beautiful trails Crystal Springs has to offer all on a nice sunny afternoon. We will have a slackline and small zip line for you to enjoy.

Saturday, August 9

Time: 4:00 - 8:00 p.m.

Fee: Free

Location: Crystal Springs

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

Min 20

Register by August 2

## TUBING ON THE NEW RIVER

Join us for a fun day tubing down the river. This casual section of the New River is calm with some sections of small rapids. This fun relaxing float will be fun for the whole family. Join us for one last trip of the summer before the kids go back to school. Fee will cover the cost of the activity and transportation but bring your own lunch or money to buy lunch.

Friday, August 1

Time: 10:00 a.m. - 7:00 p.m. (Returning times are subject to change)

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

Location: depart from Community Center

Eligibility: ages 13+

Min 10 - Max 10

Register by July 25

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



Check our Facebook page regularly for outdoor pop up events!

BE ACTIVE WYTHE OUTDOORS



# 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 S 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

## 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*

## 4<sup>TH</sup> 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**.



AFTER HOURS

# SUMMER CONCERT SERIES

Withers Park, Wytheville, VA

**Showtimes:**

**6:30 - 9:30 pm**

**Gates open at 5:30 pm.**

Rain out location:

Wytheville Meeting Center

Advanced tickets - \$5.00 at the  
Wytheville Community Center.

Tickets are \$7.00 at the gate.  
Children 5 and under are free.

See page 10 for more details

**Friday, June 6**



**Friday, August 1**



## FIT ZONE FEATURES



2 Half Racks



5-50lb  
Dumbbells



Glute Bridge



Accessories

**18<sup>+</sup>**

5 Person Limit



**THE FIT ZONE**

Attention Gold Level Pass holders (18+)! Take your fitness to the next level in our brand-new Functional Training Area. The Fit Zone features premium equipment including (2) Half Racks, Dual Adjustable Cable Pulley, dedicated Glute Bridge Station, Smith Machine, and a complete dumbbell collection. This exclusive space is designed to maximize your results with everything you need for strength, functional fitness, and total-body workouts. Limited to just 5 members at a time for a truly private training experience. Your Gold membership just got even more valuable – experience The Fit Zone today!