



BE

ACTIVE

WYTHE

COMING SOON!

"THE FIT ZONE"

Advantage
Sports Fitness Inc.
WINTER
JANUARY-APRIL 2025



WELCOME



WYTHEVILLE COMMUNITY CENTER

333 Community Blvd · Wytheville, VA 24382
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RECREATION COMMISSION

Bobby Angles
James Cohen
Brittney Litton
Brady Parks
Glenda Salerno
Student Member:
Audrey Angles

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	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

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

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

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





clinics

SOCCER CLINIC

Attention aspiring soccer stars! If your child is in Pre-K (4 years old by September 30, 2024) or Kindergarten, we are excited to announce a dynamic soccer clinic tailored specifically for them! Participants can anticipate engaging skill drills, ample practice sessions, and friendly scrimmages, all overseen by our exceptional coaching staff. The clinic will commence in late March, and we will provide specific dates and times once registration is complete—so stay tuned for updates!

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

Uniform provided: shirt to keep

Eligibility: Pre-K (4 years old by September 30, 2024) & K

Register by February 24

Late Fee: additional \$5

TEE BALL CLINIC

Calling all kiddos, it's time to step up to the plate. We are pleased to announce the opening of our Tee Ball Clinic for eager Pre-K participants (4 years old by September 30, 2024) and talented Kindergarten players. This program promises an engaging and action-filled experience, featuring skill drills, ample practice opportunities, and exciting scrimmages, all under the guidance of our dedicated and exceptional coaches. The clinic will take place during mid-May. Further details regarding specific dates and times will be provided once registration is complete. Batter up!

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

Uniform provided: shirt and hat to keep

Eligibility: Pre-K (4 years old by September 30, 2024) & K

Register by March 31

Late Fee: additional \$5

CROSS COUNTY/TRACK CLINIC

1st – 5th grade

Get ready to hit the ground running! Our clinic is gearing up to kick off in mid-May. We'll be diving into cool stuff like structural skills, mastering those running and breathing techniques, and stretching like pros! Plus, we'll have fun non-competition, timed races at various lengths, led by our awesome staff and coaches. Stay tuned for the dates and times—coming your way right after registration wraps up!

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

Uniform provided: shirt to keep

Eligibility: 1st – 5th grade

Min 10 – Max 20

Register by April 14

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.

leagues

SOCCER

Two Divisions:

3rd & 4th grade.

5th, 6th, 7th grade.

Every age group will participate in a coed league. The league is set to begin in late March and will take place at WCC fields, Scott Memorial Middle School, or Ager Park. Details regarding dates and times will be sent out via mail once registration concludes.

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

Uniform provided: returnable jersey and shorts to keep

Register by February 24

Late Fee: additional \$5

SOFTBALL

The league is open to girls.

Two Divisions:

3rd, 4th, 5th grade

6th, 7th, 8th grade

We will be competing in the Southwest VA Softball League, featuring teams from Wythe and Bland County. Expect some travel to various locations within this league. Details regarding dates and times will be shared once registration concludes.

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

Uniform provided: returnable jersey

Register by March 10

Late Fee: additional \$5

BASEBALL

The league is open to boys.

Two Divisions:

3rd & 4th grade

5th, 6th, 7th grade

We will be competing in the Southwest VA Softball League, featuring teams from Wythe and Bland County. Expect some travel to various locations within this league. Details regarding dates and times will be shared once registration concludes.

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

Uniform provided: returnable jersey

Register by March 10

Late Fee: additional \$5

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.

SOCCER - MINI-LEAGUE

The upcoming season is expected to kick off in late March and will take place at WCC Fields. Details regarding specific dates and times will be shared once registration ends.

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

Uniform provided: shirt and shorts to keep

Eligibility: 1st - 2nd grade

Register by February 24

Late Fee: additional \$5

COACHES PITCH - MINI-LEAGUE

The upcoming season is expected to kick off between late April and early May. Games will take place at WCC fields. Details regarding the specific dates and times will be shared once registration concludes.

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

Uniform provided: shirt and hat to keep

Eligibility: 1st - 2nd grade

Register by March 31

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.

BE ACTIVE WYTHE

ATHLETICS

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



2025 POTLUCK LUNCHEON SCHEDULE

HOSTED BY:



Date	Main Dish
January 14	Soup or Stew
February 11	Pasta
March 11	Pizza and salad
April 08	Fried Chicken
May 13	Picnic Sandwiches
June 10	Hot dogs
July 08	Hamburgers
August 12	Barbecue
September 09	Grilled Chicken
October 14	Chili
November 11	Turkey
December 09	Ham

POTLUCK LUNCHEONS

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

Session I: Tuesday, January 14

Session II: Tuesday, February 11

Session III: Tuesday, March 11

Session IV: Tuesday, April 8

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

Fee: Free

Location: Multipurpose Room 1 & 2

Eligibility: ages 40+

No registration required.

PICKLEBALL

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

Session I: January

Session II: February

Session III: March

Session IV: April

Days: Tuesday

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

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

Location: Court 2

Eligibility: All Ages

Min 4 - Max 12

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

Late fee: additional \$5

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public

ACTIVE ADULT TRIP: Dollywood

As flowers begin to bloom, the sun begins to shine and the temperatures start to rise, the Smoky Mountains come to life in full color as springtime takes over the hills and valleys of Tennessee. At Dollywood Parks & Resorts, you are invited to experience this renewing season with exhilarating rides, show-stopping entertainment, fresh flavors and so much more. Fee includes transportation and ticket price only. Other expenses at the park are on your own.

Wednesday, March 20

Time: Depart at 7:00 am.

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

Eligibility: ages 40+

Min 5-Max 15

Register by March 6

Late fee: additional \$5

ACTIVE ADULT TRIP: Picnic at the New River Trail State Park – The Inn at Foster Falls

Join us for a day by the New River! We'll check out the Inn, explore the park, and soak in the beauty of nature all around us. Enjoy the refreshing outdoor atmosphere, and let's not forget the delicious picnic by the river, catered by the Inn at Foster Falls. Bring your sense of adventure and join the fun! Fee includes transportation and meal.

Wednesday, April 16

Time: Depart at 11:00 am.

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

Eligibility: ages 40+

Min 5-Max 15

Register by April 9

Late fee: additional \$5



ACTIVE ADULT TRIP: Mayberry Squad Car Tour & Exploring Main Street Mt. Airy

Take a nostalgic ride in Barney's car through the town of Mayberry. Cruise down Main Street, passing familiar spots like Floyd's Barber Shop and Snappy Lunch, evoking memories of laughter and camaraderie. You'll see landmarks such as The Andy Griffith Playhouse, The Old Jail, and the Visitors Center, home to the Andy Griffith Museum. Don't miss the world's largest open-faced granite quarry and the heartwarming statue of Andy and Opie heading to the fishin' hole. Your squad car ride will be the highlight of your visit, rekindling the magic of yesteryear. Afterward, explore Downtown Mt. Airy, where the past and present blend, inviting you to create new memories in this charming town. Fee includes transportation and tour only. Meal costs are on your own.

Thursday, February 20

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 6 -Max 18

Register one week prior.

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 30 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 extra.

Session I: Wednesday, January 16

Session II: Wednesday, March 5

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

FEBRUARY BINGO

Join us in multipurpose room 1 for bingo. This simple game is fun to enjoy with friends. Themed snacks, drinks, bingo cards and markers will be provided. Prizes will be awarded to all winners.

Session I: Wednesday, February 5 – Movie snack prizes

Session II: Wednesday, February 12 – Valentine prizes

Session III: Wednesday, February 19 – White Elephant prizes

Session IV: Wednesday, February 26 – Old Fashioned Soda Float prizes

Time: 10:00 – 11:00 a.m.

Fee: \$5 TR; \$10 NRPP; \$15 NR – per session

Location: Multipurpose Room 1

Eligibility: ages 40+

Min 10 - Max 25

Register one week prior to the session.

Late fee: additional \$5

LUNCH & LEARN

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning is young." – Henry Ford. Join us on the first Friday of each month for a speaker on a topic of general interest accompanied by a luncheon. Lunch begins at 11:45 am and the program starts at noon, lasting from 30 minutes to one hour at the discretion of the speaker and their program. Stay tuned for our upcoming Lunch & Learn topics!

Day: Friday

Session I: January 3

Session II: February 7

Session III: March 7

Session IV: April 4

Time: 11:45 am

Fee: \$10 TR; \$15 NRPP; \$20 NR – per session

Eligibility: ages 18+

Min 5 - Max 50

Register one week prior to the session.

ST. PATRICK'S DAY BINGO

Join us for a St. Patrick's Day Bingo Bash! Gather your friends for this festive event and get ready to win prizes that will make you feel like you've found the pot of gold at the end of the rainbow. Wear your green and favorite St. Patrick's Day attire for a chance to win the "Best Dressed Leprechaun" award.

Day: Monday, March 17

Time: 10:00 am -11:00 am

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

Location: Multipurpose Room 1

Eligibility: ages 40+

Min 10 - Max 25

Register by March 10 to ensure your spot at this lucky event.

Late fee: additional \$5

CPR CLASSES

Want to get certified in CPR? Now is your chance! Take advantage of this FREE session to become CPR, AED and Basic First Aid certified through the American Safety and Health Institute.

Day: Saturday, February 8

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

Fee: FREE

Eligibility: ages 18+

Min 5 - Max 20

Register by February 1

NRV SENIOR GAMES

Radford Recreation Department will be the host agency for the 2025 New River Valley Senior Games. The games will be held April 27- May 2 and are open to all New River Valley residents 50 years of age and older. Through a multitude of athletic and social events, participants can display their athletic ability, in addition to exchanging and sharing common ties and interests with other senior individuals. More information will become available in January 2025. To be added to the mailing list for information please Lora Gordon at 540-731-5517 or email lora.gordon@radfordva.gov.

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 JANUARY PROMO

The Deal of the Winter! 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 January 31

BUDDY TRAINING JANUARY 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 January 31

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 3:00–8:00 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, January 10

Session II: Friday, February 14

Time: 6:00 – 8:30 p.m.

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

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

Eligibility: ages 6-12

Min 5 – Max 20

Register 1 week prior to session

Late Fee: additional \$5

EASTER EGGSTRAVAGANZA AT WITHER'S PARK

Hop on over to the Bunny Trail at Wither's Park for a fun, non-competitive event that's a blast for kiddos aged 2 to 10—we promise all ages will have a hopping good time! Swing by our Bunny Trail stops for crafts, games, and picture-perfect poses, plus collect eggs bursting with candy and goodies, and of course, meet the one and only Easter Bunny!

Saturday, April 5

Time: 10:00 a.m. – 1:00 p.m.

Inclement Weather Date: April 12

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, February 12

Session II: Wednesday, March 12

Session III: Wednesday, April 9

Time: 3:00 – 5:30 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

Min 4 – Max 20

Register by 1 week prior to session.

BOARD GAME NIGHT

Join us in the Teen Center for open board game time. We will provide games like Monopoly, Clue, Sorry and many more! Bring your friends and family and enjoy a relaxing evening

playing your favorite game.

Session I: Tuesday, January 21

Session II: Tuesday, February 18

Session III: Tuesday, March 18

Time: 6:00 – 8:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

Min 4 – Max 20

Register by 1 week prior to session.

POOL TOURNAMENT

Bring your friends and family over to the teen center for some fun competition. Teams or individuals will play one game for a chance to move forward. The winner of the final game is the champion and earns bragging rights until then next tournament where you will have to defend your title!

Session I: Friday, January 17

Session II: Friday, February 21

Session III: Friday, March 21

Time: 6:00 – 8:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

Min 6 – Max 20

Register by 1 week prior to session.

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, January 9

Session II: Thursday, February 13

Session III: Thursday, March 20

Time: 4:00 – 6:00 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

Min – Max

Register by 1 week prior to session

SPRING BREAK KIDVENTURE

On the hunt for ways to keep your little ones entertained this spring break? Look no further! Get ready for a day filled with games, field trips, splish-splashing in the pool, and a whole lot of fun at the Wytheville Community Center!

Dates: March 24-28

Times: 7:45 am – 5:30 pm

Fee: \$20 TR; \$25 NRPP; \$30 NR – PER DAY

Location: Multipurpose Rooms

Eligibility: Grades K- 6 (must be 11 years or younger)

Min. 5 – Max. 20

Register by March 17

CRAFT NIGHT

Looking to spend some downtime this spring relaxing in the teen center while making a fun craft? Well we got you covered. Every Wednesday in February, we will have a fun new craft available for you try out. Bring your friends and family and join us in the teen center for a fun evening. February

Days: Wednesday
Time: 6:00 - 8:00 p.m.
Fee: OL
Location: Teen Center
Eligibility: all ages
Min 4 - Max 20
Register by January 29
Late Fee: additional \$5

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, February 22
Session II: Saturday, March 29
Session III: Saturday, April 26
Time: 4:00 - 6:00 p.m.
Fee: OL
Location: Teen Center
Eligibility: All ages
Min 4 - Max 8
Register by 1 week prior to session.

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, February 8
Session II: Saturday, March 29
Session III: Saturday, April 26
Time: 6:00 - 7:30 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: All ages
Min 4 - Max 20
Register by 1 week prior to session.

BELAY 101

Ever wanted to learn how to belay? This workshop will teach you everything you need to know. You'll learn about the equipment used to belay and all the safe practices used in belaying. This will not allow you to belay at the Wytheville Community Center however you can take all these skills learned with you to use on your next climbing adventure.

Session I: Tuesday, February 4
Session II: Tuesday, March 4
Session III: Tuesday, April 8
Time: 6:30 - 8:00 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: ages 14+
Min 2 - Max 10
Register by 1 week prior to session.

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, January 17
Session II: Friday, February 28
Session III: Friday, March 21
Time: 6:00 - 7:30 p.m.
Fee: OL
Location: Climbing Wall
Eligibility: All ages
Min 5 - Max 20
Register by 1 week prior to session.



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



KIDVENTURE SUMMER CAMP 2025

SUMMER FUN FOR KIDS GRADES K-6TH.

(Must have completed
Kindergarten and cannot turn
12 by June 1, 2025)

IN PERSON
REGISTRATION
ONLY

First weeks payment
is due upon registration
and is non-refundable.

Billed Once a Week.

Two Billing Options
Credit/Debit card or
Checking/Savings account

FULL TIME
(MON-FRI)
REGISTRATION
BEGINS

APRIL 1ST

Weekly Price

TR - \$100 for first child, \$80 for second child
NRPP - \$105 for first child, \$85 for second child
NR - \$110 for first child, \$90 for second child

For more information call:

276-223-3378

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.



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

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

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

POOL HOURS

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

WATER PARK HOURS

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

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

swim team

WYTHEVILLE WAVES SWIM TEAM



Emphasis will be placed on learning the four competitive strokes correctly, as well as diving. Swimmers will practice in a fun, safe environment. The program is great for swimmers wanting to improve their strokes, athletes trying to stay fit between seasons, as well as competitive swimmers. **Swim team practices are divided into 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 20 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 30 seconds, 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.

January 6 – April 16

Ripples:

Monday, Wednesday, Friday 4:00-4:45 p.m.
Min 7 – Max 24

Bronze:

Monday, Wednesday, Friday 4:00-4:45 p.m.
Min 7 – Max 24

Silver:

Monday, Wednesday, Friday 5:30-6:45 p.m.
Min 7 – Max 40

Gold:

Monday, Wednesday, Friday 6:45-8:15 p.m.
Min 7 – Max 40

Eligibility: ages 5-18

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

NRPP \$60 for first child, \$45 for each additional child;

NR \$65 for first child, \$50 for each additional child

Register by January 6

Late Fee: additional \$5

WYTHEVILLE WAVES MASTERS SWIM & TRI



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.

January 7 – April 17

Day: Tuesday & Thursday

Time: 6:30-7:30 a.m.

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

Location: Wytheville Community Center

Eligibility: ages 18+

Min. 4

Register by January 7

Late Fee: additional \$5



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 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: Tuesday/Thursday — February 4, 6, 11, 13, 18, 20

Register by January 30

4:20–5:00 p.m.	5:10–5:50 p.m.	6:00–6:40 p.m.	6:50–7:30 p.m.
Level 1	Level 1	Level 2	Level 3

SESSION 2: Tuesday/Thursday — March 4, 6, 11, 13, 18, 20

Register by February 27

4:20–5:00 p.m.	5:10–5:50 p.m.	6:00–6:40 p.m.	6:50–7:30 p.m.
Level 1	Level 1	Level 2	Level 3

SESSION 3: Tuesday/Thursday — April 1, 3, 8, 10, 15, 17

Register by March 27

4:20–5:00 p.m.	5:10–5:50 p.m.	6:00–6:40 p.m.	6:50–7:30 p.m.
Level 1	Level 1	Level 2	Level 3

SESSION 4: Tuesday/Thursday — April 29, May 1, 6, 8, 13, 15

Register by April 24

4:20–5:00 p.m.	5:10–5:50 p.m.	6:00–6:40 p.m.	6:50–7:30 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.

lifeguarding courses

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 30-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: Thursday, Friday, Saturday & Sunday;
February 20-23 - Register by February 6

Session II: Thursday, Friday, Saturday & Sunday;
March 27-30 - Register by March 13

Session III: Thursday, Friday, Saturday & Sunday;
May 15-18 - Register by May 1

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

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

Saturday: 9:00a.m.-7:00 p.m.

Sunday: 12:00-9:00 p.m.

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 4-Max 10

Late Fee: additional \$5

**100%
participation
required**

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION COURSE

This course gives individuals who have already completed the ARC Lifeguarding Course the opportunity to review the course content within a formal class setting. This is a two-day course. Prerequisites: Participants must possess a current American Red Cross Lifeguard certification, or the certification has not been expired for more than 30 days. Participants must present the current certification on the first day of class. 100% participation required.

Dates: April 12-13

Time: Saturday, 8:00 a.m. - 5:00 p.m.

Sunday, 1:00 - 5:00 p.m.

Fee: \$100 TR; \$105 NRPP; \$110 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet prerequisites

Min 5 - Max 10

Register by March 28

Late Fee: additional \$5



UNDERWATER Easter Egg HUNT

The Easter Bunny is in a hurry to place all his eggs before Easter. In his rush he accidentally dropped his eggs and they have spilled out all over the pool! Come help the Easter Bunny gather all his eggs so he doesn't miss his deadline for Easter! Bring your swim suit and swim around gathering eggs, once you have gathered 20 eggs you can turn them into the Easter Bunny for a goodie bag as a thank you for helping. Come join us for a family fun event in the pool! Children 4 and under must have an adult in the pool with them.

Friday, April 11

Time: 6 & under 5:30 – 6:30 p.m.

7-12 years old 7:00 – 8:00 p.m.

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

Eligibility: ages 12 & under (parents must be present)

Min 10 – Max 40

Register by March 15

Late Fee: additional \$5



SPLASH START PARENT & TOT AQUATIC ADVENTURE

Dive into a world of aquatic fun and safety with your little one! Our one-day swim lesson event is designed exclusively for babies and toddlers aged 6 months to 3 years old, and their parents or guardians.

Here's what to expect:

- **Water Safety:** We prioritize teaching parents essential water safety skills to ensure a secure and enjoyable experience for your child
- **Parent Education:** Learn how to create a positive and nurturing environment for your little swimmer in the water.
- **Bonding:** Strengthen the parent-child bond as you both explore the joys of swimming together.
- **Fun & Games:** Engage in exciting water-based activities that promote confidence and coordination in the water.
- **Expert Guidance:** Our certified instructors bring years of experience and knowledge to make this day memorable and safe.

Saturday, April 5

Time: 10:30 – 11:15 a.m.

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

Eligibility: ages 6 months to 3 years

Min 4 – Max 10

Register by March 22

Late Fee: additional \$5



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+

RESOLUTION ROADMAP: 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+

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 TREK

Whether you're a beginner or expert fitness enthusiast, Join Certified Strength & Conditioning Specialist-Brandon Wolford and staff as we discuss, demonstrate and educate the importance of adding the strength, cardio and free weight equipment into your everyday routine. The journey doesn't stop here, be prepared to join us for a short workout!

Session I: Wednesday, January 29: TRX Suspension Training

Session II: Wednesday, February 26: Battle Ropes

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

Fee: OL (Free to Fit for Life & Senior Wellness Graduates)

Location: Fitness Area

Eligibility: ages 18+

Min 2 - Max 10

Register one week prior to session

NEW YEAR CHALLENGE SERIES

Kickoff the New Year with our exhilarating fitness challenge! Showcase your skills and see how you stack up against the competition on the vertical jump, broad jump and bench press! Prizes awarded to the top male and female finishers!

Session I: Wednesday, January 8: Vertical Jump

Session II: Wednesday, January 15: Broad Jump

Session III: Wednesday, January 22: 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+



FIT FOR LIFE (Exercise, Nutrition & Weight-Loss Program)

Kickstart your journey to a healthier YOU with the Wytheville Community Center's Fit for Life Program! This free exercise, nutrition and weight-loss initiative is perfect for Wythe and Bland County Residents who are looking to shed a couple extra pounds and embrace a healthier lifestyle. Starting **February 3**, the Fit for Life Program will feature two weekly exercise sessions and one bi-weekly nutrition session on Monday & Wednesday mornings and is free to residents of Wythe & Bland County who have a BMI over 25. Enrollment is limited to 30 participants and Fit for Life Graduates can re-enlist back into the program after one year 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, Wythe County Community Hospital and Talon Nutrition.

Application Meeting:

Wednesday, January 8
Time: 10:00 a.m.

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+

Min 10 - Max 30

Register by January 7

FAST TWITCH: Small Group Performance Training

Ignite your athletic potential with our 60-Minute Fast Twitch-Small Group Performance Training series designed to maximize your athletic performance. Certified Strength & Conditioning Specialist & USA Weightlifting Sports Performance Coach-Brandon Wolford will guide you through exercises that will enhance your power output, speed and agility. Whether you're an aspiring athlete or a seasoned competitor, this course will elevate your overall sports performance.

February 6-27

Day: Thursday

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

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

Location: The Fit Zone

Eligibility: ages 15+

Min 4 - Max 6

Register by January 30

Late fee: additional \$5

GET BACK TO FIT: Small Group Training

Calling all former fitness enthusiasts! Get Back to Fit is the small group training class designed to help you rekindle your passion for an active lifestyle! Led by Certified Personal Trainer Matt Grimes, this small group class is designed for those who have experience with fitness (group classes, weightlifting, cardio machines, etc.), but haven't been as active as they'd like to be. Ready to reignite that fitness fire? Join us for 60 minutes of sweat fueled transformation!

January 15-February 19

Day: Wednesday

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

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

Location: The Fit Zone

Eligibility: ages 15+

Min 4 - Max 6

Register by January 8

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.



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

YOUTH FITNESS CHALLENGE (2ND-5TH GRADE)

Fuel up and get active for 60 minutes with our fun and interactive after school "Youth Fitness Challenge" Program that is free for residents of Wythe & Bland County. Starting **March 10**, the six-week Youth Fitness Challenge will inspire our youth to get moving through our series of exciting activities such as ninja warrior courses, kayaking, rock climbing, sports and various other recreational activities. Eligible participants will receive a free two-month family silver pass plan for the duration of the program. Enrollment is limited to 20 participants and previous Youth Fitness Challenge participants can re-enlist back 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 and Wythe County Community Hospital.

Application Meeting:

Wednesday, February 19

Time: 6:00 p.m.

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: 2nd–5th grade

Min 10 – Max 20

Register by Tuesday, February 18

BUILDING FUTURE ATHLETES (3RD–6TH GRADE)

Calling all future superstars! It's time to learn the basics of building a solid foundation for strength training! Certified Strength & Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford will focus on proper dynamic warm-ups, proper form and technique for future strength training, injury prevention and more for tomorrows future athletes!

Thursday, March 20

Time: 4:00 – 5:00 p.m.

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

Location: The Fit Zone

Eligibility: 3rd – 6th grade

Min 4 – Max 10

Register by March 13

Late fee: additional \$5

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

It's never too early too soon to turn your little superstar into a sprinting sensation! Certified Strength & Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford will focus on proper dynamic warm-up, sport specific speed & agility drills, reaction drills, sprint mechanics, starting, stopping, cutting, jumping, injury prevention and much more! Get ready to unleash the athlete within!

April 3 – 17

Day: Thursday

Time: 4:00 – 5:00 p.m.

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

Location: Gymnasium Court 1

Eligibility: 2nd – 6th grade

Min 4 – Max 10

Register by March 27

Late fee: additional \$5

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!

March 1-31

Day: See Front Desk for Availability

Time: Varies Per Day

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

Location: Gymnasium

Eligibility: ages 12+

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:

January 3-31

Day: Friday

Time: 9:45-10:15 am

Session III:

March 7-28

Day: Friday

Time: 9:45-10:15 am

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 am

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 dynamic bodyweight exercises, delivering a comprehensive total body workout in a swift and spirited half-hour. Min 6 - Max 14

March 3-31

Day: Monday

6:30-7:00 pm

BARRE ABOVE®

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

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 pm

Session II:

February 7-28

Day: Friday

Time: 9:45-10:15 am (Express Style 30

Minutes)

Session III:

April 4-25

Day: Friday

Time: 9:45-10:15 am (Express Style 30

Minutes)

BODY FLEX

Body Flex is an accessible 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. Min 8- Max 20

January 2-30

Day: Thursday

Time: 5:30-6:15 pm

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

March 6-27

Day: Thursday

Time: 5:30-6:15 pm

BUILD & BURN

Join us for a 45-minute class designed to build muscle while burning fat simultaneously. This session will feature intervals of cardio and strength training to deliver optimal results. Min 8- Max 20

April 3-24

Day: Thursday

Time: 5:30-6:15 pm





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

Session I:

Day: Wednesday
Time: 9:00-9:45 am

Session II:

February 3-24
Day: Monday
Time: 6:30-7:15 pm

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 am

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 pm

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

Session I:

Day: Friday
Time: 11:00-11:45 am

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 am

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

Session I:

Day: Friday
Time: 9:00-9:30 pm

Session II:

January 6-27
Day: Monday
Time: 6:30-7:00 pm

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. Min 8-Max 20

Session I:

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

Session II:

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

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 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

STRENGTH, CORE AND MORE

Enhance your metabolism by increasing lean body mass. This class aims to strengthen major muscle groups through the use of 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

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
April 7-28
Day: Monday
Time: 6:30-7:15 pm

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

Session I:

January 4
Day: Saturday
Time: 9:00-9:45 am

Session II:

February 1
Day: Saturday
Time: 9:00-9:45 am

Session III:

March 1
Day: Saturday
Time: 9:00-9:45 am

Session IIII:

April 5
Day: Saturday
Time: 9:00-9:45 am

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.

Now offering 3 days a week!

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.

TOTAL BODY CIRCUIT

This class is designed to engage all major muscle groups in a concise yet demanding session. It seamlessly integrates the most challenging and effective elements of timed and High-Intensity Interval Training (HIIT) circuits into one comprehensive, muscle-burning workout. Min 8- Max 20
February 6-27
Day: Thursday
Time: 5:30-6:15 pm

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.

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.

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

Session I:

Day: Friday

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

Session II:

Day: Wednesday

Time: 9:00-9:45 a.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

All aqua classes are in the natatorium



other fitness classes

OUTDOOR YOGA & 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, April 29

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

Fee: \$5 TR; \$10 NRPP; \$15 NR
FREE to Gold Members

Location: Crystal Springs

Eligibility: ages 12+

Min 5 - Max 12

Register by April 22

Late fee: additional \$5

HEALTHY FOOD SWAPS

Small Changes, Big Results

Discover how simple and nutritious food substitutions can elevate your meals without compromising on flavor or satisfaction. This engaging class will present straightforward alternatives to decrease sugar, unhealthy fats, and empty calories while enhancing nutritional value and energy levels. It is ideal for individuals seeking to make healthier dietary choices. Participants will leave with practical tips and ideas to seamlessly integrate into their daily routines.

Monday, January 13

Time: 7:00 p.m.

Fee: OL

Location: Multi- Purpose room 3

Eligibility: all ages

Min 8 - Max 20

Register by January 6

THE IMPORTANCE OF SKELETAL MUSCLE

In this class we will learn the importance of skeletal muscle. We will dive into why we need muscle and its function in our body. Next, we will launch into nutrition involved in keeping and building muscle. Lastly, we will share workouts and recipes to give you a jump start on the road to healthier choices to maintain your muscle mass for years to come.

Monday, February 3

Time: 7:00 pm

Fee: OL

Location: Multipurpose Room 3

Eligibility: all ages

Min 8 - Max 20

Register by January 31

Teen Girl FITNESS

Have you wanted to start exercising but you're not sure where to begin? Have you been exercising but aren't sure if you are doing the right things or are even doing it correctly? Are you just looking for a fun space with other girls your age to workout with? Join us in this 4- week program to learn the basics about lifting weights correctly, while getting in a great workout, with other girls your age. Space is limited so registration is required.

February 3-24

Day: Monday

Time: 4:15- 5:00 pm

Fee: OL

Location: Aerobic Studio

Eligibility: ages 12-17

Min 8 - Max 20

Register by January 31

BE ACTIVE WYTHE
FITNESS



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)

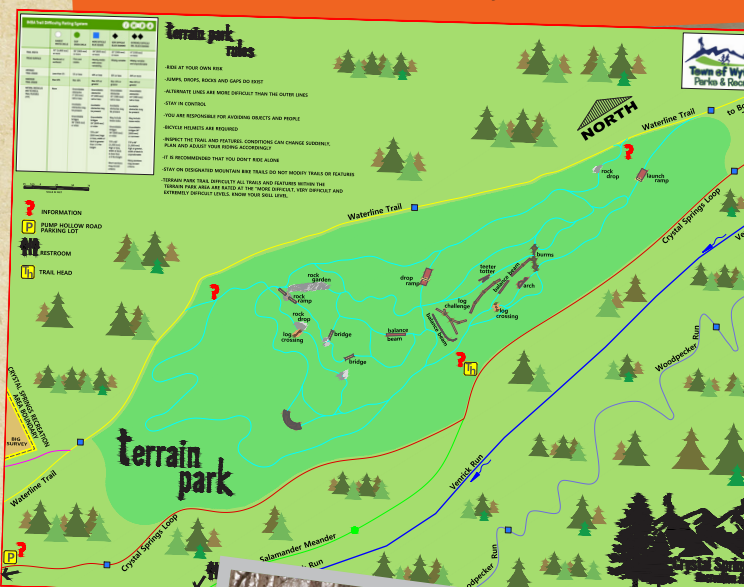
Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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)



ICE SKATING AT THE NATIONAL WHITE WATER CENTER

Join us on this school half day as we travel down to the National White Water Center for a fun day ice skating. The ice skating rink at the whitewater center is 24,000 sqft and offers four

distinct skating areas with two ice trails and two free skate rinks. Fee will cover the cost of transportation and the activity pass which includes skate rentals. Wear weather appropriate clothes and be sure to bring some socks. Lunch will be on your own with a variety of options from smaller snack and drink options to a full service restaurant.

Tuesday, February 18

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

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

Location: Depart from community center

Eligibility: ages 12+

Min 6 - Max 10

Register by February 11

CRYSTAL SPRINGS SPRING CELEBRATION

The weather is warming up and the flowers are beginning to bloom and all the little critters are starting to emerge from their homes. 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 as well as burgers and hotdogs for you to enjoy.

Saturday, April 26

Time: 1:00 - 5:00 p.m.

Fee: Free

Location: Crystal Springs

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

Min 20

Register by April 19

CRYSTAL SPRINGS HIKE & HUNT

Come out to Crystal Springs and experience the unique Easter Hike & Hunt. Check-in will be located at the entrance of Crystal springs where maps of the hunt will be handed out and where you just might run into the Easter Bunny. Remember to bring your own Easter Basket as well! **Registration is required!**

Address: 723 Pump Hollow Rd, Wytheville, VA 24382

Sunday, April 6

Session I: 1:00 - 2:00 p.m.

Session II: 2:00 - 3:00 p.m.

Session III: 3:00 - 4:00 p.m.

Session IIII: 4:00 - 5:00 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 4-16

Register by March 30



ADVENTURE TREK: WINTER SERIES

FEBRUARY TREK:

Join us on our trek to find new and exciting adventures. Our first trek of the year is to the Sugar Mountain Ski Resort where we will enjoy a fun day of tubing in the Appalachian Mountains of western North Carolina. Then we will take a trip across the street for a fun ride down an alpine coaster. Feel the cool mountain air as we glide down the slopes taking in the incredible views. Fee will cover the cost of the activity and transportation but bring your own lunch.

Saturday, February 8

Time: 9:30 a.m. - 7:30 p.m. (Returning times are subject to change)

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

Location: depart from Community Center

Eligibility: ages 13-17

Min 6 - Max 10

Register by February 1

Late fee: additional \$5

APRIL TREK:

On this trek will be going to Buffalo Mountain for a fun day of zip lining. We will get to experience all the amazing views Buffalo Mountain has to offer all while experiencing the speed and adrenaline of flying through the trees on a zip line! Be sure to bring weather appropriate clothes and wear closed toed shoes. Fee will cover the cost of the activity and transportation but bring your own lunch.

Friday, April 18

Time: 9:30 a.m. - 3:00 p.m. (Returning times are subject to change)

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

Location: depart from Community Center

Eligibility: ages 13-17

Max weight: 275 lbs

Min 6 - Max 8

Register by April 11

Late fee: additional \$5

FEE ABBREVIATIONS

TR - Town Resident

NRPP - Non Resident with a Gold or Silver Pass Plan

NR - Non Resident

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

FREE - open to the public



Check our Facebook page regularly for outdoor pop up events!

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

**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

Only available for Sports Events & Practices

YOUTH

\$15/hour

ADULTS

\$20/hour

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



EASTER

EGGSTRAVAGANZA

at Wither's Park

SATURDAY, APRIL 5

10:30 A.M. – 1:00 P.M.
AGES 10 AND UNDER

JOIN US AT WITHER'S PARK FOR A HOP DOWN THE BUNNY TRAIL, A FUN, NON-COMPETITIVE EVENT. ENJOY CRAFTS, GAMES, PHOTO OPPORTUNITIES, COLLECT CANDY-FILLED EGGS, AND MEET THE EASTER BUNNY!

- **BRING YOUR OWN BASKET.**
- **WEATHER DATE – APRIL 12**

