

**WINTER/SPRING**  
JANUARY - APRIL 2023



## BE ACTIVE WYTHE...

- 9** Pickleball
- 11** Indoor Soccer
- 14** Swim Lessons
- 24** Lower Body Chisel
- 29** Morning Hike







# WELCOME

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

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

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

## CONVENIENT HOURS OF OPERATION

### CENTER

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

### POOL HOURS

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

### WATER PARK

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

### CLIMBING WALL & YOUTH/TEEN CENTER

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

### HOLIDAYS

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

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



### Wytheville Community Center

333 Community Blvd  
Wytheville, VA 24382  
Phone: 276-223-3378  
Fax: 276-223-33640

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Swim Team Coach/Program Development**  
jessie.boyd@wytheville.org

### RECREATION COMMISSION

Bobby Angles  
Glenda Salerno  
Michael Mitchell  
Brittney Litton

### STUDENT MEMBERS

Maggie Minton  
McKenzie Tate

### EX-OFFICIO MEMBERS

Brian Freeman, Town Manager  
Gary Gillman, Town Council Member

rec.wytheville.org  
276.223.3378



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



# PROGRAM REGISTRATION

## HOW

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

## PAYMENT

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

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

## CONFIRMATION

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

## IF PROGRAMS ARE FULL

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

## REFUNDS

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

## CANCELLATION LINE

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

## ACCESSIBLE SERVICES

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

## PROGRAM REGISTRATION FEES

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

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

Town Residents will pay only the program fee.

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

## PHOTO POLICY

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

## WAYS TO REGISTER:

### IN PERSON

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

### BY PHONE

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

### BY MAIL

Send registration form along with check or money order to:

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

Registration forms available at  
[rec.wytheville.org](http://rec.wytheville.org)

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

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# PASS PLANS & ADMISSION FEES

## GOLD LEVEL

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

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

**McWane Pool  
included with  
Gold Pass**



## SILVER LEVEL

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

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

## TRY IT PASS

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

Category	Daily	6 Visit Pass*	12 Visit Pass**
Adult	\$6.50	\$36	\$72
Family	\$17.50	\$90	\$180
Senior/Teen/College	\$4.50	\$24	\$48
Youth (4-12)	\$3.50	\$18	\$36

\*6 Visit Pass valid for 6 months

\*\*12 Visit Pass valid for 1 year

## GROUP RATE

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

### Daily Admission

18+ years	\$5.50
Senior/Teen/College	\$4.00
Youth (4-12)	\$3.00

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

## BRONZE LEVEL

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

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

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

### YOUTH/TEEN CENTER

\$40/hour      \$45/hour

### CLIMBING WALL

Groups up to 10	\$40/hour	\$45/hour
Groups 11-20	\$50/hour	\$55/hour

### GYMNASIUM

1 Court	\$25/hour	\$30/hour	\$35/hour
2 Courts	\$45/hour	\$55/hour	\$65/hour

*Limited Availability*

### INDOOR POOL

Groups up to 50	\$135/2 hrs	\$145/2 hrs
51-75	\$175/2 hrs	\$185/2 hrs
76-100	\$215/2 hrs	\$225/2 hrs

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

Pool Rental Hours:  
**Call for availability**

## PARTY PACKAGES

Swimming  
Climbing  
Youth/Teen Center  
Game Room  
Gymnasium

The Wytheville Community Youth/Teen Center is a great place for your next birthday party! Bring up to 20 participants for hours of climbing, swimming, gym time or Youth/Teen Center (game room). You may choose up to three activities. If you would like to eat with your party, this must be done in the Youth/Teen Center. We provide staff supervision for the Youth/Teen Center (game room) and climbing wall for your group's exclusive enjoyment. Swimming time will be during public swim. Party is responsible for bringing food, drinks and eating utensils. Game options available for gym time.

**Saturdays 11:00 am-2:30 pm**

**Up to 10 participants-\$100 | Up to 20 participants-\$125**







## youth sports

### SOCCER CLINIC

Open to boys and girls.  
PreK (Must have turned 4 before September 30, 2022) and Kindergarten  
Soccer clinic will be instructional skills, practice time and scrimmages with staff/coaches.  
The clinic will begin in early to late March.  
Fee: \$25 TR; \$30 NRPP; \$35 NR  
Register by February 27  
Late Fee: additional \$5

### YOUTH SOCCER LEAGUES

This league is open to boys and girls.  
Three Divisions:  
Boys and Girls: 1st & 2nd grade  
Boys and Girls: 3rd & 4th grade  
Boys and Girls: 5th, 6th, 7th grade  
Each age division will play in a coed league.  
The league will open in late March and will be played at WCC fields, Scott Memorial Middle School or Ager Park.  
Fee: \$25 TR; \$30 NRPP; \$35 NR  
Register by February 27  
Late Fee: additional \$5

### SOFTBALL

The league is open to girls.  
Two Divisions:  
3rd, 4th, 5th grade  
6th, 7th, 8th grade - not eligible if player has turned 14 before September 30, 2022  
We will be playing in the Southwest VA Softball League. Teams participating are Wythe County and Galax. There will be travel to the areas in this league.  
Fee: \$30 TR; \$35 NRPP; \$40 NR  
Register by March 13  
Late Fee: additional \$5

### BASEBALL

The league is open to boys.  
Two Divisions:  
3rd & 4th grade  
5th, 6th, 7th – not eligible if the player has turned 13 before September 30, 2022  
We will be playing in the Southwest VA Baseball League. Teams participating are Wythe County and Galax. There will be travel to the areas in this league.  
Fees: \$30 TR; \$35 NRPP; \$40 NR  
Register by March 13  
Late Fee: additional \$5

### TEE BALL CLINIC

The league is open to boys and girls.  
Pre-K (Must have turned 4 by September 30, 2022) and Kindergarten  
Season will begin in late April to early May.  
Tee Ball clinic will include instructional skills, practice time and scrimmages with staff/coaches.  
Fee: \$30 TR; \$35 NRPP; \$40 NR  
Register by April 10  
Late Fee: additional \$5

### PITCHING MACHINE

The league is open to boys and girls.  
1st & 2nd Grade  
Season will begin in late April to early May.  
Fee: \$30 TR; \$35 NRPP; \$40 NR  
Register by April 10  
Late Fee: additional \$5



# adult sports

## ADULT MEN'S 3 ON 3 BASKETBALL LEAGUE

The season will open in early March.

Min 3 – Max 8 players per team.

Fee: \$180 per team

Eligibility: ages 18+ as of September 30, 2022, and out of high school

Min 4 - Max 12 teams

Register by February 17

Late Fee: additional \$5

## GYM RULES AND REGULATIONS

- Only non-marking tennis shoes may be worn in the gymnasium. Appropriate shirts must be worn.
- No food or drinks will be allowed in the gym.
- Chewing gum is prohibited in the gym.
- Threatening or indecent conduct is prohibited.
- Abusive, profane, threatening or indecent language is strictly prohibited.
- Dunking, rim hanging and net climbing will not be permitted.
- Alcoholic beverages, drugs or any person under the influence of alcohol or drugs will not be permitted on the premises.
- No skateboards, roller skates, in-line skates or skate shoes will be allowed in the gym.
- During busy times, only half court games will be allowed. Games are to 15 by 1's. Winning team can only stay on the court 2 games if players are waiting.
- Fighting is strictly prohibited.
- All basketballs must be left in the gym and returned to rack when finished using.
- All scheduled programs and leagues will be honored. All other times not scheduled will be for open gym. Please see monthly schedule.

## REGISTRATION INFORMATION

To register for Youth Athletics with the Town of Wytheville Parks and Recreation Department, you must either live in the Town of Wytheville and/or attend a school that is within the Town of Wytheville. No releases will be given unless the particular sport is not offered in your area during the same season.

Late registrations accepted only if space permits. All others will be put on the waiting list.





Potluck Luncheon

## CPR CLASS

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

Saturday, February 11

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

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

Location: Multipurpose Room 2 & 3

Eligibility: ages 18+

Min 5 - Max 20

Register by February 18

Late Fee: additional \$5

## 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, meat, and paper products.

**Session I:** Tuesday, January 10

**Session II:** Tuesday, March 14

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

Fee: Free

Location: Multipurpose Room 1 & 2

Eligibility: ages 40+

No registration required

## 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



## SENIOR TRIP: BECKLEY, WV

Join us on a trip to Beckley, West Virginia to tour their historic underground mines, coal camp and beautiful landscapes. Take time to shop around the gift shops and enjoy homemade fudge, local crafts and books before we head to Golden Corral for lunch. Please note the price will include the cost of the mine tour ticket however, lunch is not included.

Tuesday, April 4

Time: Depart at 10:00 a.m.

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

Eligibility: ages 40+

Min 5-Max 10

Register by March 28

Late fee: additional \$5

## BINGO

Join us for bingo. This simple game is fun to enjoy with friends. Snacks, drinks, bingo cards and markers will be provided. Prizes for all the winners will be given out at the end.

February 1- February 22

Day: Wednesdays

Time: 10:00 - 11:00 a.m.

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

Location: Multipurpose Room 1

Eligibility: ages 40+

Min 10 - Max 25

Register by January 25

Late fee: additional \$5

## PICKLEBALL

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

January-April

Days: Tuesday

Time: 9:00 - 11:00 a.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



Beckley, WV





## youth/teen center

If you are looking for fun and excitement, look no further. Plenty of activities to choose from, including billiards, ping pong, air hockey, shuffleboard, and the latest games for Nintendo Switch, Play Station 4, and Xbox X! Stop by and check it out!

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



### 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, February 10

**Session II:** Friday, March 17

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 20

Register 1 week prior to session.

Late Fee: additional \$5

### WYTHEVILLE NINJA WARRIOR

Are you built tough? Come show off your strength and agility at the Wytheville Ninja Warrior competition. This ninja warrior program will have a modified course each week to offer a different challenge for the participants. At the end of the program, total times will be calculated, and the overall winners per each age category will be announced.

**Session I:** February 13 and February 20

**Session II:** March 13 and March 20

Days: Monday

Time: 5:30 – 7:30 p.m.

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

Location: Rockwall

Eligibility: ages 7+

Min 5 – Max 15

Register 1 week prior to session

Late fee: additional \$5





## EASTER EXTRAVAGANZA

Join us along with the Easter bunny for a fun Saturday in Withers Park for an egg hunt everyone is sure to enjoy! Parents may not pick up eggs and you must supply your own basket.

Saturday, March 25

Time: 10:30 a.m. for ages 6-9

11:00 a.m. for ages 5 and under

Inclement Weather Date: April 1

### FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public

## INDOOR SOCCER

Join us on Fridays for indoor soccer games in the gym. Bring closed toe shoes and water. Participants will be separated into teams of 4 – 6 people. Each team will play 2 games and each game will last 24 minutes with two 10-minute halves and a 4-minute half time.

**Session I:** Friday, January 6

**Session II:** Friday, January 13

**Session III:** Friday, January 20

**Session IV:** Friday, January 27

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

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

Location: Court 2

Eligibility: ages 12+

Min 6 – Max 18

Register 1 week prior to session

Late fee: additional \$5

## FAMILY TRIVIA NIGHT

Join us in the teen center for a family fun night of trivia. Bring the whole family for pizza, drinks, and snacks and test your trivia skills for a chance to win a prize!

Friday, April 14

Time: 5:00 - 7:00 p.m.

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

Location: Youth/Teen Center

Eligibility: ages 6+

Min 10-Max 20

Register by April 7

Late fee: additional \$5

KIDVENTURE 2023

see page 17





**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.

## 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.*



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



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

## WYTHEVILLE WAVES YOUTH SWIM

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

**Bronze:** Novice swimmer. Bronze will focus mostly on technique and learning the four competitive strokes of swim team. The Freestyle, Backstroke, Breaststroke and Butterfly races. This group will also introduce Streamlines/Turns/Starts for all four strokes as well. The minimum skill level required to join the Bronze group is to: Tread water for 1 minute, swim 25 yards (one full pool length) of freestyle or front crawl and swim 25 yards of backstroke.

**Silver:** Intermediate swimmer. This swimmer should be able to demonstrate the basic idea of all four competitive strokes. The Silver group will also start endurance training, sprint training and race training. The minimum skill level required to join the Silver group is to be able to demonstrate a basic understanding of all four strokes, turns and dives.

**Gold:** Advanced swimmer. This swimmer knows how to swim all four competitive strokes and is looking to swim more competitively. Gold will learn advance swim skills, and will train on technique, endurance, strength, speed, sprinting, race and more. Must have the Coach's recommendation to join Gold.

### January 9 – March 31

**Bronze:** Monday, Wednesday, Friday 4:15-5:15 p.m.

**Silver:** Monday, Wednesday, Friday 5:15-6:30 p.m. & Thursday 6:00-7:00 p.m.

**Gold:** Monday, Wednesday, Friday 6:30-8:00 p.m. & Thursday 7:00-8:00 p.m.

Eligibility: ages 4-18

Fee: TR \$40 for first child, \$25 for each additional child;

NRPP \$45 for first child, \$30 for each additional child;

NR \$50 for first child, \$35 for each additional child  
Min 7

Register by January 9

Late Fee: additional \$5



## COMPETITIVE SWIMMING TECHNIQUE CLINIC

The competitive swimming technique clinic will focus on the individual parts of competitive swimming. Each day will focus on one or two major things to work on to improve technique. The clinic is divided into two focuses, one for novice swimmers still building foundation and one for advance swimmers who need to make more fine-tuned improvement to their strokes. The topics will be Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medal and the crossover turn, Flip Turns, Dives and Relay Dives. This is great for the new swimmers looking to join a summer league team to the advance swimmers looking to improve their technique.

- April 11-Freestyle
- April 13-Backstroke
- April 14-Flip Turns
- April 18-Breaststroke
- April 20-Breaststroke
- April 21-Dives & Relay Dives
- April 25-Butterfly
- April 27-Butterfly
- April 28-Individual Medley and Crossover Turn

Times: Novice Clinic 4:15-5:30 p.m. / Advanced Clinic 5:45-7:45 p.m.

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

Eligibility: ages 4-18

Min 7 per group

Register by April 6

Late Fee: additional \$5

# swim lessons

The Wytheville Community Center utilizes American Red Cross certified water safety instructors who are specifically trained in swimming instruction. Currently we offer Red Cross Lessons up through level 4. The American Red Cross swim curriculum focuses on teaching foundational skills and building on those skills throughout all the levels, while adding fun and important water safety skills and safety around the water information mixed into the lessons.

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

## SWIM LESSON SCHEDULE

### SESSION 1: February 6 – March 1 Monday & Wednesday

*Register by February 2*

5:30–6:00 p.m.	6:15–6:45 p.m.	7:00–7:30 p.m.
Level 1	Level 1	Level 2

### SESSION 2: March 6 – 29 Monday & Wednesday

*Register by March 2*

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

### SESSION 3: April 3 – 26 Monday & Wednesday

*Register by March 30*

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

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

**Eligibility: ages 4–18**

**Min 2–Max 6**

**Late Fee: additional \$5**

### MAKE-UP DAYS

We do have scheduled make up days for instances such as thunderstorms or the pool closing for any reason. We do not make up lessons that are missed due to illness or other personal reasons our participants might have.

### WAITING LIST

If a class is full and you would like to be notified of any openings, we do have a waiting list available.

### CANCELLATIONS

We require a minimum of 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 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







## 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.

#### LEVEL 4

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

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

### PRIVATE SWIM LESSONS

Private individual and group lessons are now being offered through the Wytheville Community Center. Private lessons are open to all age groups and ability. Limited time and space is available for these lessons. Please call 223-3378 for more information.

**Call for days and times as they vary per instructor**

Rates: *Per half hour:*

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

*Per hour:*

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

**Requires two-week advance registration.**

## american red cross 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 25-hour course. 100% participation required. After passing the Lifeguard Certification course, one would be eligible for employment at the Wytheville Community Center and our outdoor pool, McWane Pool.

**Session I:** Friday, Saturday & Sunday;  
February 17, 18, 19

*Register by February 7*

**Session II:** Friday, Saturday & Sunday;  
March 17, 18, 19

*Register by March 7*

**Session III:** Friday, Saturday & Sunday;  
April 28, 29, 30

*Register by April 18*

Time: Friday: 4:30-9:00 p.m.

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

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

Fee: \$150 TR; \$155 NRPP; \$160 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 3 - Max 10

Late Fee: additional \$5

100% participation required



### BABYSITTING CERTIFICATION COURSE with Pediatric First Aid and CPR Certification

Babysitter's Training and Pediatric First Aid/CPR provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe and help children behave; and learn about basic child care. The course also includes first aid and Pediatric CPR.

**Session I:** Saturday, January 21; 8:00 a.m. - 5:00 p.m.  
(Bring a lunch)

Sunday, January 22; 1:00 p.m. - 6:00 p.m.

*Register by January 13*

**Session II:** Saturday, February 11; 8:00 a.m. - 5:00 p.m.  
(Bring a Lunch)

Sunday, February 12; 1:00 p.m. - 6:00 p.m.

*Register by February 3*

**Session III:** Monday-Thursday; March 13-16;  
12:00 p.m. - 4:00 p.m.

(If Monday and Tuesday are used for snow make up days then class will be Wednesday & Thursday 12:00 - 4:00 p.m. and Saturday 8:00 a.m. - 5:00 p.m.)

*Register by March 3*

Fee: \$110 TR; \$115 NRPP; \$120 NR

Location: Wytheville Community Center

Eligibility: ages 11-18

Min 4 - Max 10

Late Fee: additional \$5

100% participation required

### 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.

Date: Friday, March 31

Time: ages 6 & under: 5:30 - 6:30 p.m.

ages 7-12: 7:00 - 8:00 p.m.

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

Eligibility: ages 12 & under

Min 10 - Max 30

Register by March 30

Late fee: additional \$5





# KIDVENTURE 2023

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

## K - 6TH GRADE

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

### Weekly Price

**JUNE 5 - AUGUST 11**

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

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

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

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



**REGISTRATION BEGINS APRIL 1**

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

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

**IN PERSON**

**REGISTRATION ONLY!**

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

**Billed Once a Week.**

**Two Billing Options**

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



# cardio/weight room

The Fitness Staff welcomes you to the Wytheville Community Center's state-of-the-art Fitness Facility. We offer 4,000+ square feet of Precor Strength Machines, Treadmills, Ellipticals, Adaptive Motion Trainers, Stairmasters, Recumbent/Upright Bikes and a variety of Free Weight Equipment to help you reach your fitness goals. New to exercising or need a refresher on how to safely use the equipment? We got you covered with a complimentary equipment orientation. Call (276) 223-3527 or stop by the Fitness Desk to schedule your equipment orientation today! **Fitness Area Age Requirement: 12+**

## ADVANCED YOUTH ORIENTATION (12+)

The Advanced Youth Orientation allows participants 12 years of age and older to exercise in the free weight area without adult supervision. The orientation will cover detailed instruction on proper form, technique, spotting and safety precautions while utilizing the free weight area. Each participant must receive a regular equipment orientation prior to registering for the Advanced Youth Orientation. Call Brandon Wolford at (276) 223-3538 to schedule your Advanced Youth Orientation today!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

## FITNESS CONSULTATION & WELLNESS ASSESSMENT

Don't know how or where to get started on your fitness goals? Our fitness professionals are here to help YOU reach your maximum potential! Call the fitness experts, Brandon Wolford (276) 223-3538 or Becky Irvin (276) 223-3526, to start your complimentary Fitness Consultation today!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

## FIT3D BODY SCANNER

The FIT3D Body Scanner provides state-of-the-art 3D body scanning technology that accurately captures over 100 measurements, 1,000 images over the course of 35 seconds with results privately sent to your phone, tablet or computer! Your scan will include Weight-Loss, Body Fat Percentage, Lean Mass, Fat Mass, Body Circumference Measurements, 3D Avatar, Comparison Overlay, Posture Analysis, Balance Assessment, Body Shape Rating and more! For more information or to register for your FIT3D Body Scan today, call (276) 223-3378!

Fee: Gold Pass Plan (Annual or Continual) 4 Scans Per Year; Silver Pass Plan (Annual or Continual) 1 Scan Per Year; Other Pass Plans or Additional Scans: \$15 Per Scan; Try-It Pass: \$20 Per Scan.

Location: Fitness Area

Eligibility: Ages 12+

## BLUE RIDGE PARKWAY CHALLENGE (JANUARY 1-MAY 1)

Be active WYTHE us by Hiking, Running or Biking the total distance of 469 miles of the Blue Ridge Parkway at your own pace and your exercise preference! Whether your preference is to be outside in nature or inside the Recreation Center with a pass plan, the options are endless! Form walking buddies or compete against community participants to see who can complete the Blue Ridge Parkway First!

**Eligible Equipment:** Hike, Walk or Run: Outside, Indoor Track, Treadmill or Elliptical; Bike: Outside, Spin Class or Recumbent Bikes

January 1-May 1

Fee: Free

Eligibility: ages 12+

Register by: January 30

## THE FIRST 10-NUTRITION CHALLENGE

Trouble losing weight and KEEPING IT OFF? Trying to lose weight but not sure exactly where to start? Too busy or stressed to try yet another over-complicated diet? Or are you just plain tired of dieting over and over and over again? This challenge was made for you! Mainstream diet culture simply gives you a long list of unrealistic do's and don'ts, only to leave you on your own to figure it out. In this 4 week program, we walk you through simple and sustainable life-changing habits that can help you on your way to losing your first 10 pounds and beyond! The Challenge Includes: Kickoff Seminar, 1:1 Goals call with the Talon Nutrition Team, Fit3D Body Scan, Weekly Trainings and Q&A with Registered Dietitians, Facebook Community for Questions & Support, Chance to win a cash prize!



Day: January 16–February 13  
Time: 6:00-7:00 p.m.  
Fee: \$100 TR; \$105 NRPP; \$110 NR  
Location: Private Facebook Group  
Eligibility: ages 18+  
Min 10 - Max 20  
Register by January 9  
Late fee: additional \$5

## WALK & TALK WITH MAYOR TAYLOR

Join us for a leisurely stroll on the indoor walking track for our winter series of "Walk & Talk" with Mayor Beth Taylor, where guests can engage in lively conversation and learn more about what's going on in the Town of Wytheville. Thursdays in January  
Time: 10:00am  
Fee: OL  
Location: Indoor Walking Track

## REP OFF

Join us for a friendly competitive rep off competition of who can bench press 225lb (Male Division) and 95lb (Female Division) the most consecutive times. Prizes will be awarded to the top finishers! Age Categories: 12-17 Years of Age; 18+ Years of Age.  
Wednesday, February 15  
Time: 6:00-7:00 p.m.  
Fee: \$5 TR; \$10 NRPP; \$15 NR  
Min: 5  
Location: Fitness Area  
Eligibility: ages 12+  
Register by February 8  
Late fee: additional \$5

## MAX OUT CHALLENGE

Step up to the challenge and compete against other Community Center members throughout the month of February to see who can Bench Press, Squat and Deadlift the most weight and to claim your spot on the leaderboard! Fitness Staff must be present to ensure the lift was performed correctly. Top 3 Male Performers & Top 3 Female Performers. Prizes will be awarded to the top performers.  
Month of February  
Fee: Day Pass, Silver Pass Plan or Gold Pass Plan  
Location: Fitness Area  
Eligibility: ages 12+



## TACTICAL FIT

Ditch your traditional workout for the day and train like your elite military, police, fire and rescue personal through a 60-minute circuit of pulling, dragging, crawling, flipping, climbing, and more led by Certified Strength and Conditioning Specialist Brandon Wolford.  
Date: Thursday, March 2  
Time: 4:00-5:00 p.m.  
Fee: OL  
Location: Gymnasium Court 1  
Eligibility: ages 12+  
Min 5 - Max 10  
Register by February 23

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

It's never too early to get your future athlete learning the basics of sprint mechanics! Certified Strength & Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford will focus on proper dynamic warm-up, sport specific speed & agility drills, reaction drills, sprint mechanics, starting, stopping, cutting, jumping, injury prevention and much more!  
April 6 - 27  
Day: Thursday  
Time: 4:00 - 5:00 p.m.  
Fee: \$40 TR; \$45 NRPP; \$50 NR  
Location: Gymnasium Court 1  
Eligibility: grades 2-6  
Min 2 - Max 10  
Register by March 30  
Late fee: additional \$5

# fit for life

## WELLNESS PROGRAMS



### FIT FOR LIFE

#### Exercise, Nutrition & Weight-Loss Program

Starting Start the New Year off right with the Wytheville Community Center's successful exercise, nutrition & weight-loss program "Fit for Life." Starting **February 6**, the Fit for Life Program will feature two weekly exercise sessions and one bi-weekly nutrition session on Monday & Wednesday mornings free to residents of Wythe & Bland County who have a BMI over 25. Eligible participants will receive a free three-month family gold pass plan for the duration of the program. 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 and Wythe County Community Hospital.

Application Meeting: Wednesday, January 18, 10:00 a.m.  
Location: Multipurpose Room 2 & 3  
Fee: Free  
Eligibility: ages 18+  
Min 10 - Max 30

## UPCOMING PROGRAMS

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

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

## YOUTH FITNESS CHALLENGE

### 2<sup>nd</sup>-5<sup>th</sup> GRADE

Fuel up and get active for 60 minutes with our fun and interactive after school "Youth Fitness Challenge" Program free for residents of Wythe & Bland County. Starting **March 20**, 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, March 8 at 6:00 p.m.  
Location: Multipurpose Room 2 & 3  
Fee: Free  
Eligibility: Grades 2nd–5th





# FIT3D

## BODY SCANNER



STATE-OF-THE-ART 3D BODY SCANNING  
TECHNOLOGY THAT COMPARES AND  
TRACKS PROGRESS OVER TIME!



**GOLD PASS PLAN**  
(ANNUAL OR CONTINUAL)

**4**  
SCANS PER YEAR

**SILVER PASS PLAN**  
(ANNUAL OR CONTINUAL)

**1**  
SCAN PER YEAR

**OTHER PASS PLANS  
OR ADDITIONAL SCANS**

**\$15**  
PER SCAN

**TRY IT PASS**

**\$20**  
PER SCAN



SCAN THIS CODE  
TO PRE-REGISTER!

**GET YOUR SCAN TODAY!**

**100 MEASUREMENTS, 1,000 IMAGES OVER THE COURSE OF 35 SECONDS!**

WEIGHT-LOSS, BODY FAT PERCENTAGE, LEAN MASS, FAT MASS, BODY CIRCUMFERENCE MEASUREMENTS, 3D AVATAR, COMPARISON OVERLAY, POSTURE ANALYSIS, BALANCE ASSESSMENT, BODY SHAPE RATING AND MORE!

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

# PERSONAL TRAINING

## 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)

## 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

# BUY 5, GET 1 FREE

## PERSONAL TRAINING JANUARY PROMO

You don't want to miss out on this October deal!  
Buy 5 Personal Training Sessions, get 1 free, plus  
(1) complimentary Fit3D Body Scan! Let our Certified  
Personal Trainers start the transformation process today! You  
must schedule all 6 sessions when you register.

Day: Varies Per Trainer

Time: See Front Desk Staff for Certified Personal Trainer  
Availability

Fee: \$165

Location: Fitness Center

Eligibility: ages 12+

Min 1

Register by January 31



# group exercise classes

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

## AB EXPRESS

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

### Session I:

Day: Tuesday  
Time: 6:30 p.m.

### Session II:

January 6-27  
Day: Friday  
Time: 9:45-10:15 a.m.

### Session III:

March 3-31  
Day: Friday  
Time: 9:45-10:15 a.m.

## NEW! BATTLE ROPE INTERVALS

Blast fat, tone muscles and strengthen your core in this 30- minute kick butt workout. This class will include intervals of battle rope drills combined with body weight work. Get a complete total body workout in a quick 30-minute format. Min 5 - Max 10

### Session I:

January 7-28  
Day: Saturday  
Time: 9:00-9:30 a.m.

### Session II:

February 1-22  
Day: Wednesday  
Time: 6:30-7:00 p.m.

### Session III:

March 4-25  
Day: Saturday  
Time: 9:00-9:30 a.m.

## BARRE ABOVE®

Barre Above® is a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-

driven workout that is not only fun and dynamic, but it will sculpt your body and get you into amazing shape. Min 8-Max 20

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

## BOOT CAMP BLAST

Get ready to get up and go! This class will focus on a combination of strength and cardio training, using body weight and/or equipment, plus the highly effective Tabata method – alternating high intensity cardio with periods of rest. The workouts end with core and flexibility training. Appropriate for all levels. Low impact options always offered. We meet inside the aerobic studio but may take it outdoors. Min 8-Max 20

April 1-29  
Day: Saturday  
Time: 9:00-9:45 a.m.

## BOUNCE INTERVALS

A heart pounding cardio class on our Jump Sport Pro Fitness Trampolines. In this class, you'll be doing non-stop cardio moves interspersed with slower sculpting moves. You'll leave this class light on your feet and feeling energized. Weight capacity for trampoline is 275 lbs.

Min 8-Max 11  
March 1-29  
Day: Wednesday  
Time: 6:30-7:15 p.m.

## BREATHWORK & MEDITATION

Meditation practice develops concentration, which allows us to calm and steady the mind. In this 12 week class we will learn how to practice together with guided meditations and beginner breathwork, learn about the research behind mindfulness and its benefits and explore other mindfulness practices like mindful eating, mindful movement, walking meditation, mindful self-compassion and loving-kindness. The aspiration is to learn to live authentically in the world with kindness, to be at ease and more present, feel more comfortable in our own skin and to awaken our hearts.

February 3- April 20  
Day: Thursday  
Time: 6:45-7:15 p.m.

## 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





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

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

*Eligibility: ages 12+*

### CARDIO CREATIONS

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

#### Session I:

Day: Monday and Wednesday  
Time: 9:00-9:45 a.m.

#### Session II:

February 1-22  
Day: Wednesday  
Time: 6:30-7:15 p.m.

### CHAIR STRETCH & RELAXATION

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

### FUNCTIONALLY FIT

A fun class geared for seniors or anyone looking to increase range of motion, strength, flexibility, and balance using balls, chairs, weights, mats and bands. Great for all ages and fitness levels. Min 8 - Max 20  
Day: Monday and Wednesday  
Time: 8:00-8:45 a.m.

### HIIT 30

Only have 30 minutes to get your sweat on? HIIT (High Intensity Interval Training) is the class for you. HIIT incorporates short bursts of high intensity work followed by active recovery periods. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Min 8 - Max 20  
Day: Monday  
Time: 6:30-7:00 p.m.

### INDOOR CYCLING

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

### LOW IMPACT HIIT

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

#### Session I:

Day: Friday  
Time: 9:00-9:30 a.m.

#### Session II:

January 4-25  
Day: Wednesday  
Time: 6:30-7:00 p.m.

### NEW! LOWER BODY CHISEL

Trim, tone, and strengthen your entire lower body as you use barbells, free weights, resistance bands, and body weight to work the biggest muscles in your body! The class may feature strength-training circuits with short intervals of cardio and plyometrics. This class is for all levels of fitness. Min 8-Max 20  
April 5-26  
Day: Wednesday  
Time: 6:30-7:00 p.m.

### PUMP IT UP!

If you are looking to get lean, tone and fit fast, then this class is for you. This is a strength class utilizing barbells and weight plates to challenge the entire body! This class involves isolation of one specific muscle group at a time, using light to moderate weight and lots of repetitions. Min 8 - Max 20  
**Session I:**  
Day: Tuesday  
Time: 5:30-6:15 p.m.  
**Session II:**  
Day: Friday  
Time: 6:15-7:00 a.m.



# group exercise classes

## SENIOR FITNESS & FALL PREVENTION

This class focuses on everyday functional movements to help improve the quality of life by providing low impact exercises to improve cardiovascular function, strength flexibility, balance and fall prevention. (Beginner level) Min 8 - Max 20

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

## STRENGTH, CORE AND MORE

Boost metabolism by increasing lean body mass. This class is designed to strengthen major muscle groups using a variety of equipment and/or your own body resistance. Modifications are offered throughout the class. Great for all fitness levels.

Min 8 - Max 20

Day: Monday and Wednesday  
Time: 11:00-11:45 a.m.

## SUNRISE YOGA

Start the day right with a slow -paced yoga flow that will help you reduce stress, improve flexibility, concentration, circulation and breathing, while toning muscles to increase balance and posture for an all over mind and body experience. You will leave feeling refreshed and ready to start your day! This class involves standing, seated and lying positions with some balance poses. Great for all fitness levels. Modifications are offered throughout the class. Min 8 - Max 20

Day: Tuesday and Thursday  
Time: 8:00-8:45 a.m.

## TAI CHI AND MINDFUL RELAXATION

A slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance, and stability. This class will focus on traditional Tai Chi forms as well as Qi Gong forms and movements. Meditation and

relaxation will also be included in this class. Great for all fitness levels and very helpful in improving balance. It is best to attend this class on a regular basis to learn the various forms. Great for all ages and fitness levels. Min 8-Max 20  
Day: Monday  
Time: 10:00-10:45 a.m.

## TNT (TONE & TIGHTEN)

Shape and strengthen the body, tighten abdominal and core muscles and shape the arms and shoulders with weights, bars, TRX, bands or own body resistance. Tone thighs and glutes and improve your mobility and flexibility. High intensity interval training or Tabata-style moves may be incorporated into this workout. Great for all fitness levels. Modifications are offered throughout the class. Min 8 - Max 20

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

**Session II:**  
February 4-18  
Day: Saturday  
Time: 9:00-9:45 a.m.

## YOGA FLOW

Yoga Flow can be done by anyone. It is a type of yoga that focuses on the connection between breath, movement and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow'

because it moves from one pose to another in a continuous, smooth way. Join us for a true mind-body connection. Min 8 - Max 20

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

**Session II:**  
Day: Friday  
Time: 11:00-11:45 a.m.

**Session III:**  
January 7-28  
Day: Saturday  
Time: 10:00-10:45 a.m.

## ZUMBA®

This class is a fusion of Latin and International music/dance themes that is based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Min 5 - Max 20

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

### Land Fitness Instructors:

Becky Irvin (Fitness Coordinator),  
Brandon Wolford (Fit for Life Coordinator),  
Thelma Surber, Irene Daugherty, Neal Hawks, Garrie Ayers, Haley Morehead, Jennifer Matheney, Misty Catron, Nick Patel



# aqua fitness classes

## AI CHI

Ai Chi is a total body relaxation and strengthening progression performed in a slow, focused, graceful manner and accompanied by deep breathing. It is performed in the therapy pool, standing in shoulder-depth WARM water. The benefits of an Ai Chi exercise program are: Decreased levels of pain; Improved oxygen supplies to the body; Greater range of motion; Increased core & muscle strength; Lowered sensations of stress; Reduced joint stiffness; Improved balance; Minimized problems with anxiety, fatigue, and depression. This class is suitable for people of all ages and levels who simply need to relax.

**Please respect this QUIET TIME.** Min 4 - Max 6

### Session I:

Day: Monday and Wednesday

Time: 4:15-5:00 p.m.

### Session II:

Day: Friday

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

## AQUA TABATA

Tabata interval training is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time.

Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. Min 8 - Max 20

Day: Tuesday

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

## CARDIO SPLASH

Are you looking for a cardio intense workout in the water, with small segments of strength? If so, this is your class! Moderate to high intensity cardio segments are then followed by strength moves to condition all your muscles. We will use various formats of interval training, circuit training and Tabata in this "anything goes" class.

Modifications will be given for all cardio and strength moves making this a fun class for all fitness levels. Min 8 - Max 30

Day: Friday

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

## DEEPLY FIT

Athletes and beginners - take the plunge. Deep-water work using running, traveling and a variety of equipment, guaranteed to challenge your body, your core muscles, and your stamina. Performed at water depths so body remains in vertical position and not touching the pool floor. Appropriate for those who are comfortable in deep water. Individuals may take this class in the 5 ft. area of the pool versus the 8 ft. Min 8 - Max 20

Day: Tuesday and Thursday

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

## DEEP WATER FITNESS

Total body fitness using water weights, pool noodles and aqua belts. Combination of low to medium intensity in a fun social setting. Performed at water depths so body remains in vertical position and not touching the pool floor. Appropriate for those who are comfortable in deep water.

Min 8 - Max 20

Day: Monday

Time: 6:00-6:45 p.m.

**Aqua Instructors:** Becky Irvin (Fitness Coordinator), Suzanne Molloy, 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





# other aerobic programs



## YOGA & EXPLORATION

Let the natural harmony of the outdoors expand and deepen your yoga practice. This all-level hike offers the ideal combination of spectacular sights and soul-soothing rejuvenation as we hike the woodpecker trail at beautiful crystal springs, followed by a mixed-level yoga class out in nature, and a picnic lunch.

### Included:

- 45 minute all level yoga class
- 30-40 minute on the beautiful woodpecker trail at crystal springs  
(this is a 2 mile hike/ hiking experience recommended)

### What to bring:

- a yoga mat
- any blanket or towel you wish to lay under your mat for extra comfort (optional).
- yoga mat strap (we will be hiking with our mats)
- please be mindful and dress weather appropriate layers are best.
- please wear suitable hiking shoes or sneakers. We do encounter some rocky terrain.
- pack a lunch and stay after yoga for a picnic

Date: April 28

Time: 11:00 a.m.-2:00 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

Min 5 - Max 12

Register by April 21

## LOVE YOURSELF EVENT

Take some time for YOU! Join us for our 3rd annual Love Yourself Event. The morning will start with a very special Keynote Speaker, from there you will choose to attend a movement, relaxation or nutrition session. Lunch will follow, where you can socialize and visit our vendors. We will finish up with a group goal setting session and guided breathwork. You won't want to miss this amazing day!

Date: February 25

Time: 10:00 a.m.-2:00 p.m.

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

Location: Recreation Center

Eligibility: ages 12+

Min 20 – Max 80

Register by February 10

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.

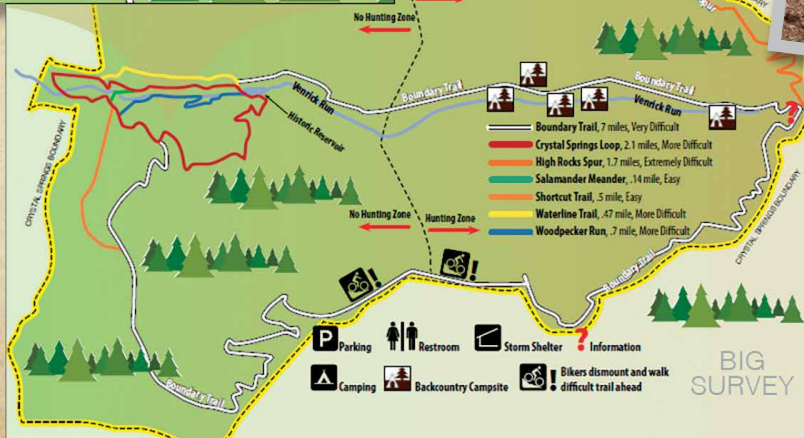
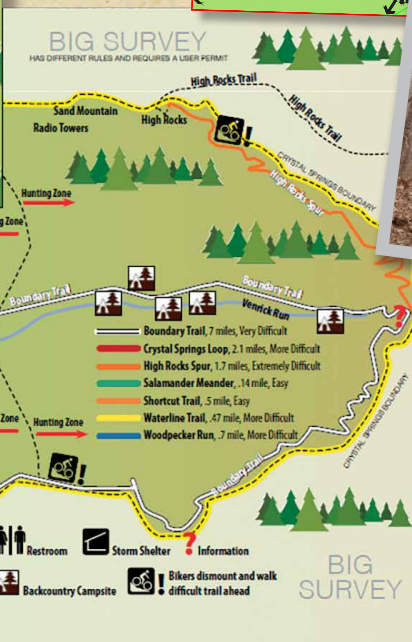
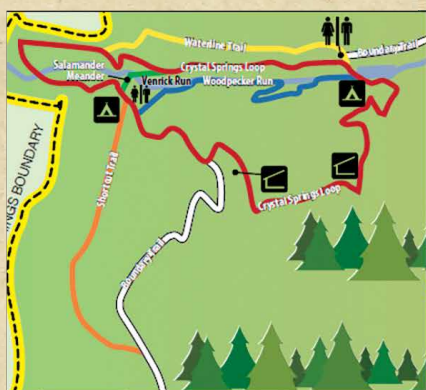
**Fees:** None

**Hours:** Dawn–Dusk

### Camping & Backpacking:

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

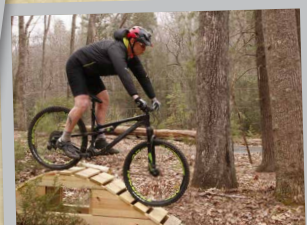
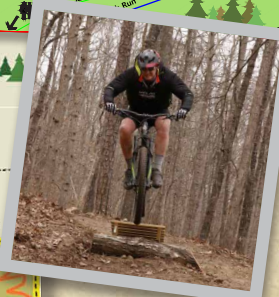
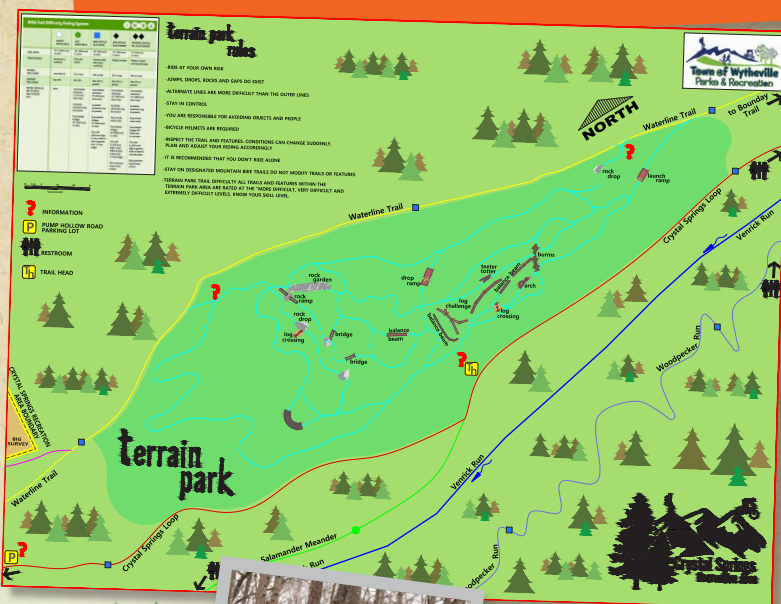
**Directions:** From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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



For more information call:  
**276-223-3378**

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

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





## CRYSTAL SPRINGS GROUP RIDES

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

Thursdays, March 2 – October 26

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

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

## MORNING HIKE

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

Day: Wednesday, April 19

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

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5 - Max 12

Register by April 12

## FEE ABBREVIATIONS

TR – Town Resident

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NR – Non Resident

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

FREE – open to the public

## 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 2

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

Max 20 per session

Register by March 26





# PARKS, SHELTERS & OUTDOOR POOL

All parks and shelters are available for rental. Please call 223-3378 for more information or to schedule an event.

## ELIZABETH BROWN MEMORIAL PARK



The Elizabeth Brown Memorial Park is located at 250 South Fourth Street. The variety of open space and trees provide a beautiful setting for any event. Amenities include a shelter, a stage, gazebos, restroom facilities, electricity, water and easy accessibility for special needs.

## MCWANE SHELTER



McWane Shelter is a quiet setting for birthday parties, family reunions or any social gathering. The picnic shelter is located just behind McWane Pool and is adjacent to Withers Park. There are 12 large picnic tables and two outdoor grills.

## MCWANE POOL



Located on Monroe St. and open during the summer only. The facility has three pools: wading, intermediate and the main pool with depths varying from 1 ft. to 7 ft. The main pool is heated and has 6 lanes – 25 meters long. This outdoor pool facility is available for public swim, private rental and is used for swim meets.

## WITHERS PARK



Withers Park has become a central area for fellowship and exercise with its walking trail, playground, restroom facilities and shelter. The variety of trees and well-manicured landscape in the park gives way to the park's beauty. The Wall of Honor pays tribute to those from Wythe County who gave their lives in wars or military actions, civic leaders and members of the Wythe County Sports Hall of Fame. Withers Park provides citizens with an informal recreation area and is the site for special events, industrial and business picnics and socials.

## 4TH STREET CIVIC CENTER



The 4th St Civic Center is located at 250 N. 4th St. The gymnasium can be utilized by travel and local teams for sports events and practices. There are also options for special event rentals. The 4th St Civic Center is located adjacent to Elizabeth Brown Park.



# 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	\$17/hour	\$20/hour	N/A
Elizabeth Brown Stage	\$17/hour	\$20/hour	N/A
Elizabeth Brown Shelter & Stage	\$20/hour	\$23/hour	\$30/hour
McWane Shelter	\$17/hour	\$20/hour	\$26/hour
Withers Park	\$20/hour	\$23/hour	\$30/hour

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

## MCWANE POOL RENTALS

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

### Pool Rental Hours:

Friday, Saturday, and Sunday  
5:30–8:30 p.m.

*All rentals must begin at 5:30 p.m.*

*Only available during the summer pool season*

## 4th STREET CIVIC CENTER RENTALS

	YOUTH	ADULTS
Only available for Sports Events & Practices	\$15/hour	\$20/hour

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



# Easter EGG STRAVAGANZA

Come  
out and see  
the Easter  
Bunny and  
have a great  
time!!!

Saturday  
March 25

Withers Park

10:30 AM  
6-9 years of age

11:00 AM  
5 years and  
under

See page 11 for additional information