



WINTER 2022
JANUARY – APRIL

BE ACTIVE WYTHE...

- **Ski/Snowboard Trip** pg. 8
- **Senior Games** pg. 9
- **March Madness** pg. 10
- **Swim Lessons** pg. 14
- **Love Yourself** pg. 25
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WELCOME

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

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

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

Wytheville Community Center

333 Community Blvd
Wytheville, VA 24382
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RECREATION COMMISSION

Mary Katherine Claypool
Glenda Salerno
Michael Mitchell
Brittney Litton

STUDENT MEMBERS

Dylan Jones

EX-OFFICIO MEMBERS

Brian Freeman, Assistant Town Manager
Rick Showalter, Director P&R
Gary Gillman, Town Council Member

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-7:00 PM
Saturday 10:00 AM-7:00 PM
Sunday 1:00 PM-5:00 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-5:00 PM

CLIMBING WALL & YOUTH/TEEN CENTER

Tuesday-Saturday 3:00 PM-8:00 PM
Sunday 4:00 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.



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 first session of the class or after the deadline date for trips, tours and special events, unless your place can be filled.

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 FEES

GOLD LEVEL

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

**McWane Pool
included with
Gold Pass**



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

SILVER LEVEL

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

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

BRONZE LEVEL

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

Category	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

TRY IT PASS

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

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

*6 Visit Pass valid for 6 months

**12 Visit Pass valid for 1 year

GROUP RATE

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

Daily Admission

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

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

PASS PLAN INFORMATION

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

Cancellation fee of six month or annual pass plans: \$50. Monthly and punch pass plans cannot be canceled but simply expire after term. Lost Card Fee: \$5
Additional Pass Plan information will be discussed upon registration.

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.**

Covid-19 guidelines may affect certain hours, programming, rules and availability.

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

MULTIPURPOSE ROOMS

Room	RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
1 Room	\$10/hour	\$13/hour	\$16/hour
2 Rooms	\$15/hour	\$18/hour	\$21/hour
3 Rooms	\$20/hour	\$23/hour	\$25/hour
1 Room w/Kitchen	\$20/hour	\$23/hour	\$26/hour
2 Rooms w/Kitchen	\$25/hour	\$28/hour	\$31/hour
3 Rooms w/Kitchen	\$30/hour	\$33/hour	\$35/hour

YOUTH/TEEN CENTER

RESIDENT/PASS PLAN HOLDER: \$35/hour
NON-RESIDENT: \$40/hour

CLIMBING WALL

Group Size	RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
Groups up to 10	\$35/hour	\$40/hour	\$50/hour
Groups 11–20	\$45/hour	\$50/hour	

GYMNASIUM

Courts	RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
1 Court	\$20/hour	\$25/hour	\$30/hour
2 Courts	\$40/hour	\$50/hour	\$60/hour

Limited Availability

INDOOR POOL

Group Size	RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS
Groups up to 50	\$130/2 hrs	\$140/2 hrs	\$180/2 hrs
51-75	\$170/2 hrs	\$180/2 hrs	\$220/2 hrs
76-100	\$210/2 hrs	\$220/2 hrs	

Youth/Teen Center & Climbing Wall Available for Rentals:
Sunday
1:30–3:30 PM

Pool Rental Hours:
Saturday
5:30–7:30 PM

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 | Sundays 1:30 pm–5:00 pm
Up to 10 participants–\$75 | Up to 20 participants–\$95





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.

YOUTH SPORTS

SOCCER CLINIC

Open to boys and girls.
PreK (Must have turned 4 before September 30, 2021) and Kindergarten
Soccer clinic will be instructional skills, practice time and scrimmages with coaches.
The clinic will begin in early to late March.
Fee: \$20 TR; \$25 NRPP; \$30 NR
Register by February 28
Late Fee: additional \$5

YOUTH SOCCER LEAGUES

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: \$20 TR; \$25 NRPP; \$30 NR
Register by February 28
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 July 15, 2021
We will be playing in the Southwest VA Softball League. Teams participating are Wythe County, Carroll, Floyd, Grayson and Galax. There will be travel to the areas in this league.
Fee: \$20 TR; \$25 NRPP; \$30 NR
Register by March 14
Late Fee: additional \$5

BASEBALL

The league is open to boys.
Two Divisions:
3rd, 4th, 5th grade
6th & 7th – not eligible if the player has turned 13 before July 15, 2021
We will be playing in the Southwest VA Baseball League. Teams participating are Wythe County, Carroll, Floyd, Grayson and Galax. There will be travel to the areas in this league.
Fees: \$20 TR; \$25 NRPP; \$30 NR
Register by March 14
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.
- 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.

TEE BALL CLINIC

The league is open to boys and girls.
 Pre-K (Must have turned 4 by September 30, 2021) and Kindergarten
 Season will begin in late April to early May.
 Tee Ball clinic will include instructional skills, practice time and scrimmages with coaches.
 Fee: \$21 TR; \$26 NRPP; \$31 NR
 Register by April 11
 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: \$21 TR; \$26 NRPP; \$31 NR
 Register by April 11
 Late Fee: additional \$5

ADULT SPORTS

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, 2021, and out of high school
 Min 4 - Max 12 teams
 Register by February 17
 Late Fee: additional \$5

SKI/SNOWBOARD TRIP TO BEECH MOUNTAIN RESORT

For this trip, we will travel to Beech Mountain Resort located in western North Carolina in the heart of the Blue Ridge Mountains. Food and drink are not included in the price, however there are plenty of food options located at the resort. This package deal will include your ticket, ski/snowboard rentals, transportation, and a one-hour lesson. We will arrive at the resort at 9:15 am which will allow us 45 minutes to get our tickets from the group sales office and get fitted for rental equipment. The one-hour lesson will start roughly at 10:00 am. to begin the lesson. After the lesson is over you will be free to explore the resort on your own. Our day will conclude at roughly 5:30 to head home.

Session I: Saturday, January 29

Session II: Sunday, February 6

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

Fee: \$105 TR; \$110 NRPP; \$115 NR

Location: Depart from Recreation Center at 6:30 a.m.

Eligibility: ages 6+

Min 15 – Max 22

Register 1 week prior to session

Late Fee: additional \$5

SENIOR TRIP: CREEPER TRAIL BIKE RIDE (WHITETOP MOUNTAIN TO DAMASCUS)

For this trip, we will travel to Damascus, Virginia to enjoy a nice afternoon cycling on the Damascus Creeper Trail from the top of Whitetop Mountain.

This small vibrant community is home to some amazing landscapes and cultures. Damascus is one of the original towns opened to settlement by Daniel Boone when he blazed his famous trail through the Appalachian Mountains in 1759. This town is full of history, interesting stories and new adventures to explore. For more information about the trail visit <https://www.vacreepertail.org/the-trail-experience/> . Lunch is not included in the price, however at the end of the ride there are plenty of options to pick from within Damascus.

Saturday, May 14

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

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

Location: Depart from Community Center at 9:30 a.m.

Eligibility: ages 50+

Min 5 – Max 23

Register 1 week prior to session

Late Fee: additional \$5

MARCH MADNESS BRACKET PARTY

Join us in multipurpose room 3 on Monday, March 14 to fill out your March Madness Bracket. Then, join us again on Tuesday, April 5 where we will reveal the top 3 closest brackets to a perfect bracket. There will be snacks and drinks for all to enjoy. The first-place winner will receive 50% percent of the cash pool, second place will receive 30% of the cash pool and third place will receive 20% of the cash pool.

Monday, March 14

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

Fee: \$10 (Onetime fee)

Location: Multipurpose 3

Eligibility: ages 6+

Min 15 – Max 100

Register by March 11

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: MILL MOUNTAIN ZOO

Join us as we travel to Roanoke to Mill Mountain Zoo. We will be spending time at the zoo from 10am-1pm and then loading the bus to head to Olive Garden for lunch! Please note your admission to the zoo is covered however, lunch is not included in the price.

Wednesday, May 4

Time: Depart from the Community Center at 8:30am

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

Eligibility: Ages 50+

Min 8 -- Max 24

Register by April 27

Late Fee: additional \$5

NRV SENIOR GAMES PRACTICE

The New River Senior Games are right around the corner and now is the time to get your practice in! Call or stop by the front desk to register for a practice time for whichever event you are participating in. Please let the front desk know what events you are registered to practice so we can have the proper equipment set out.

Session I: Monday, March 28 Corn Hole & Wii Bowling

Session II: Monday, April 4 Badminton

Session III: Monday, April 11 Frisbee & Golf

Session IIII: Monday, April 18 Softball Hit & Throw

Time: 10:00-11:30

Location: Rec Center

Fee: OL

Eligibility: Ages 50+

Min 1 - Max 25

CPR CLASSES

Want to get certified in CPR? Now is your chance! Take advantage of this opportunity to become CPR, AED and Basic First Aid certified.

Day: Saturday, May 21

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

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

Eligibility: ages 18+

Min 5 - Max 20

Register by May 14

Late Fee: additional \$5



BADMINTON

Come out and play badminton with your friends, all while exercising!

February – April

Day: Tuesday

Time: 9:30 - 11:30 a.m.

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

Location: Court 2

Eligibility: all ages

Min 6 - Max 12

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

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.

April and May

Days: Thursdays

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

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

Location: Court 2

Eligibility: all ages

Min 6 - Max 12

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

Late Fee: additional \$5

YOUTH/TEEN CENTER

If you are looking for fun and excitement, look no further. We have billiards, ping pong, air hockey, arcade games, shuffleboard, foosball, Xbox One, PlayStation 4, and Nintendo Switch! Stop by and check it out!

Tuesday—Saturday 3:00—8:00 pm | Sunday 4:00—6:00 pm

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 11

Session II: Friday, March 18

Time: 6:00 - 8:45 p.m.

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

Eligibility: ages 7–18

Min 4 – Max 16

Register by January 10

INDOOR SOCCER

Join us every Friday of February at 6:00 for indoor soccer games in the gym. Bring closed toe shoes and a ball. 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, February 4

Session II: Friday, February 11

Session III: Friday, February 18

Session IV: Friday, February 25

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

Fee: OL

Location: Court 2

Eligibility: ages 12+

Min 6 – Max 18

Register 1 week prior to session

KAYAK TUG OF WAR

As an extension of Youth/ Teen Center services, our staff is excited to offer a fun and competitive afternoon of Kayak Tug of War. Join us in the pool exploring two fun and competitive activities combined into one, kayaking and tug of war! Remember to bring a towel and a swimsuit.

Tuesday, January 18

Time: 4:30 - 6:30 p.m.

Fee: OL

Location:

Indoor Pool

MARCH MADNESS BRACKET PARTY

Join us in multipurpose room 3 on Monday, March 14 to fill out your March Madness Bracket. Then join us again on Tuesday, April 5 where we will reveal the top 3 closest brackets to a perfect bracket. There will be snacks and drinks for all to enjoy. The first-place winner will receive 50% percent of the cash pool, second place will receive 30% of the cash pool and third place will receive 20% of the cash pool.

Monday, March 14

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

Fee: \$10 (One time fee)

Location: Multipurpose Room 3

Eligibility: ages 6+

Min 15 – Max 100

Register by March 11

Late fee: additional \$5

FEE ABBREVIATIONS

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

FREE – open to the public





MINECRAFT BUILD OFF

Children will compete in a Minecraft build-off. Use creative thinking to build something unique and original. Join us in the Teen Center for an afternoon of fun and games. The top three best creations will receive a prize. Snacks and drinks will be provided to everyone.

Wednesday, January 26

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

Fee: OL

Location: Youth/Teen Center

Eligibility: ages 6-12

Min 4 – Max 12

Register by January 17

EASTER EGGSTRAVAGANZA

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. The 6 to 9 year old hunt will start at 10:30 followed up by 5 years old hunt at 11:00am.

Saturday, April 9

Time: 10:30 a.m. for ages 6–9

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

Inclement Weather Date: April 16

CLIMBING BASICS

This intro level 2-day course is designed for individuals interested in climbing to give them a better understand of not only how equipment is properly used but how to improve your climbing technique and strength.

January 24 & 25

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

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

Location: Rockwall

Eligibility: ages 7+

Min 4 – Max 10

Register by January 17

Late fee: additional \$5

RAPPELLING BASICS

Join us one of these afternoons to rappel off our Rockwall. We will walk you through the necessary steps to ensure your trip from the top of the wall to the ground is as safe and pleasant as possible.

Session I: Wednesday, March 16

Session II: Wednesday, April 6

Time: 5:00 p.m.

Fee: OL

Location: Rockwall

Eligibility: ages 12+

Min 4 – Max 10

Register 1 week prior to session.

WYTHEVILLE NINJA WARRIOR

Are you built tough? Come show off your strength and agility at the Wytheville Ninja Warrior competition. This month-long ninja warrior program will have a modified course each week to offer a different challenge for the participants. This program will operate every Monday within March and has two different time opportunities to fit your schedule. At the end of the month, total times will be calculated, and the overall winners per each age category will be announced. (Each participant will receive a t-shirt)

March 7-28

Days: Monday

Session I: 5:00 – 6:30 p.m.

Session II: 6:30 – 8:00 p.m.

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

Location: Rockwall & Court 2

Eligibility: ages 7+

Min 5 – Max 15

Register by February 28

Late fee: additional \$5



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

- All youth under 12 must be attended by an adult or person older than 16, with the exception of aquatic programs.
- Everyone is required to shower before entering pool.
- No running or horse-play.
- Diving will be permitted from the 8 ft. 6 in. wall ONLY.
- No food or gum. Beverages must be in plastic containers.
- Proper swimsuits are required.
- 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–7:00 PM
Saturday	10:00 AM–7:00 PM
Sunday	1:00 PM–5:00 PM

WATER PARK HOURS

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



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

WYTHEVILLE WAVES WINTER 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. Opportunities to compete in meets will, hopefully, be offered during the season. Participants need to be able to swim one pool length, unassisted, before signing up.

Our practice times are divided based upon skill level (Novice or Experience). Coaches will determine which practice swimmers should attend each time based on a skill evaluation. Please note that a swimmer's practice time could change based on improvements in swimming ability.

Days: January 17 – April 13

Monday, Wednesday, Friday

Time: 4:15-5:15 p.m.—Novice Swimmers

5:15-6:15 p.m.—Experienced Swimmers

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 10

Register by January 17

Late Fee: additional \$5

AMERICAN RED CROSS LIFEGUARDING COURSE

Are you 15 or older and looking for a great summer 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 20-25 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.

If one CANNOT make the Friday night class due to sports or extracurricular school activities, please contact the Aquatics Coordinator with questions.

Session I: Friday, Saturday & Sunday;
February 11, 12, 13
Register by January 28

Session II: Friday, Saturday & Sunday;
March 11, 12, 13
Register by February 25

Session III: Friday, Saturday and Sunday;
April 22, 23, 24
Register by April 8

Time: Friday: 4:30-8:30 p.m.

Saturday: 9:00 a.m.-5:00 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 2 - Max 10

Late Fee: additional \$5

100% participation required

swim lessons

The Wytheville Community Center utilizes American Red Cross certified water safety instructors who are specifically trained in swimming instruction.

SWIM LESSON SCHEDULE

TIMES:

Level 1: 5:00–5:30 p.m.

Level 2: 5:45–6:15 p.m.

Level 3: 6:30–7:00 p.m.

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

Late Fee: Additional \$5

Eligibility: ages 4+

Min 2–Max 6

*Swim lesson levels 1-3 will be on Tuesday and Thursday evenings.

SESSION 1 – February 1, 3, 8, 10, 15, 17

Register by January 25

SESSION 2 – March 1, 3, 8, 10, 15, 17

Register by February 22

SESSION 3 – March 29, 31, April 5, 7, 12, 14

Register by March 22

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 two 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





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 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.

KIDVENTURE 2022

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

For grades kindergarten through 6th

REGISTRATION STARTS APRIL 1

Weekly Price

TR - \$70 for first child, \$55 for second child

NRPP- \$75 for first child, \$60 for second child

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

Monday - Friday from 7:30 - 5:30



FIRST DAY OF CAMP IS MAY 31

FOR MORE INFO OR TO REGISTER

(276)223-3378

**FIRST WEEK'S FEES WILL
BE DUE UPON
REGISTRATION**

**FIRST PAYMENT IS NON-
REFUNDABLE**

BILLED ONCE A WEEK

**MUST PUT A CREDIT CARD
ON FILE**

**LAST DAY OF CAMP
AUGUST 5TH**




Town of Wytheville
Parks & Recreation



Find us on

Facebook

@wythevilleparksrec

<https://www.wytheville.org/recreation/>



walking track

Monday-Friday:
6:00 am – 9:00 pm

Saturday: 7:00 am – 8:00 pm

Sunday: 1:00 – 6:00 pm

Want to exercise but not sure where to start? Walking is one of the best forms of exercise. Did you know that walking is a form of weight bearing exercise? Weight bearing exercise helps increase bone density which then helps prevent osteoporosis. The Centers for Disease Control and Prevention/American College of Sports Medicine recommend 30 minutes of moderate-intensity activities 5 or more days a week. Regular physical activity significantly reduces the risk of cardiovascular disease and risk factors such as high blood pressure, diabetes and obesity. So, find a friend and start walking! Please adhere to our designated lanes for walkers and runners as well as the designated direction for that day. Monday, Wednesday, Friday and Sunday-Clockwise/Tuesday, Thursday and Saturday-Counter Clockwise. If you need some help keeping track of the laps you've walked, stop by the front desk and purchase a tally counter to log your laps and miles. Children under 12 must be accompanied by an adult at all times. Stroller times are limited to Monday-Friday 8:00 am – 3:00 pm, Saturday and Sunday 1:00-3:00 pm.



racquetball

The Wytheville Community Center offers two full-size racquetball courts located on the second floor adjacent to the climbing wall for your fun and entertainment. Please adhere to the policies and rules for availability and reservations. Children under age 12 may not use the racquetball courts unless playing with an adult or person older than 16. Goggles are strongly recommended for all participants to protect from eye injuries. Check at the Front Desk to make reservations as well as availability for goggles, balls and racquets. Gold level pass plans have unlimited access to the racquetball courts. Silver level pass plans include two hours per week of racquetball court time.

cardio/weight room

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

Fitness Area Age Requirement: 12+

ADVANCED YOUTH ORIENTATION (12+)

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

Fee: OL

Location: Cardio/Weight Room

Eligibility: ages 12+

FITNESS CONSULTATION & 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! Together we'll set realistic health and fitness goals by developing a plan of action to make your dreams become a reality! We'll hold you accountable by tracking your monthly weight, blood pressure, body fat percentage, body mass index (BMI), body circumference measurements and more to ensure you are on your journey to becoming the best version yourself! 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! Our facility wants to provide users of all ages the world's most proficient and scalable assessment technology to ensure we are not simply promising, but proving results! 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+

BATTLE ROPES 101

Ditch the iron for a day and enjoy fat busting, cardiovascular, explosive full-body workout, led by Certified Strength and Conditioning Specialist Brandon Wolford as he takes you through proper form, technique, and ways to incorporate the battling ropes into your everyday routine.

Date: Thursday, February 3

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

Fee: OL

Location: Fitness Center

Eligibility: ages 12+

Min 2-Max 5

Register one week prior to session

BARBELL 101

Whether you're a novice or expert fitness enthusiast, come work along Certified Strength and Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through proper form, biomechanics and progressions on how to safely execute the squat, deadlift, power clean and bench press.

Session I: Squat: Thursday, February 10

Session II: Deadlift: Thursday, February 17

Session III: Power Clean: Thursday, February 24

Session: IIII: Bench Press: Thursday, March 3

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

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

Min 2 - Max 5

Register one week prior to session

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.

excellence
conquer power change attitude
dedication
transformation



FIT FOR LIFE

Interested in shedding that winter weight and starting the New Year off on the right foot? Starting February 7, the Wytheville Community Center will offer its successful weight loss program Fit for Life. Fit for Life is a 12-week exercise and nutrition program that will be held on Monday and Wednesday mornings for residents of Wythe and Bland County who have a BMI over 25. Fit for Life features two weekly workouts and one weekly nutrition lecture. A free three-month family gold pass plan will be provided, if you don't currently have a gold pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited to 30 participants. Fit for Life graduates can re-enlist into the program after two years if space allows. To apply, you must register and attend one of the application meetings 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 12, 10:00 a.m.

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+

Min 10 - Max 30

YOUTH FITNESS CHALLENGE

Are you up to the challenge? The Youth Fitness Challenge is a fun and interactive after school six-week fitness and nutrition challenge starting March 21, on Mondays and Wednesdays. Our goal is to expand our ideas of different ways to challenge our youth to become more physically active and provide health and nutrition education. We plan to present many exciting activities such as rock climbing, weight lifting, relay races, hiking outdoors, sports, kayaking and a variety of other recreational activities. A free two-month family gold pass plan will be provided if you do not currently have a gold pass plan. Participants will be randomly selected for the Youth Fitness Challenge and enrollment is limited to 20 participants. Previous Youth Fitness Challenge participants can re-enlist into the program, if space allows. To apply, you must register and attend the application meetings 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 2 at 6:00 p.m.

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: Grades 2nd–5th



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

F.A.S.T: FUTURE ATHLETE SPEED TRAINING [2ND-5TH 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 7 - 28

Day: Thursday

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

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

Location:

Gymnasium Court 1

Eligibility:

grades 2-5

Min 2 - Max 10

Register by

March 31

BUY 5, GET 1 FREE

PERSONAL TRAINING JANUARY PROMO

You don't want to miss out on this January 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 5-Max 20

Session I:

January 7-28
Day: Friday
Time: 10:00-10:30 a.m.

Session II:

March 4-25
Day: Friday
Time: 10:00-10:30 a.m.

BARRE

Barre is a complete body workout fusing ballet barre conditioning, yoga and Pilates. Exercises may be performed standing, seated or lying down. Min 8-Max 20
Day: Thursday
Time: 5:30-6:15 p.m.

BOUNCE BLAST INTERVALS

A heart pounding cardio class on our Jump Sport Pro Fitness Trampolines. In this class, you'll be doing intervals of cardio blasts that will be interspersed with slower sculpting exercises. You'll leave this class light on your feet, feeling energized and strong. Weight capacity for trampoline is 275 lbs. Min 5-Max 11

Session I:

January 8-29
Day: Saturday
Time: 9:00-9:45 a.m.

Session II:

February 2-23
Day: Wednesday
Time: 6:30-7:15 p.m.

CARDIO CREATIONS

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

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

DANCE & FLOW

Have fun and get a great workout in at the same time. This class is infused with barefoot dance moves and interspersed with bodyweight conditioning. Tone and shape your entire body in this 45-minute class format. Min 8-Max-20
March 2-30
Day: Wednesday
Time: 6:30-7:15 p.m.

FUNCTIONALLY FIT

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





HIIT 30

Only have 30 minutes to get your sweat on? HIIT (High Intensity Interval Training) is the class for you. HIIT incorporates short bursts of high intensity work followed by active recovery periods. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance. Min 8-Max 20
Day: Tuesday
Time: 5:30-6:00 p.m.

INDOOR CYCLING

A low impact cardio workout on a stationary bike that has a weighted flywheel. Cycling includes seated and climbing positions. Cycling works the upper and lower legs and the core, as well as isolation exercises for other muscle groups. This workout is appropriate for all levels. Min 5-Max 9
Session I
Day: Monday
Time: 6:15-7:00 a.m.
Session II
April 6-27
Day: Wednesday
Time: 6:30-7:15 p.m.

KICK-IT

Blast fat and have fun through rounds of kicks, jabs, hooks and uppercuts in a session that sculpts muscle and results in an intense cardio session as well. This class includes an additional focus on bag work drills and strength training intervals, promising a total-body workout. Weightlifting gloves or knuckle wraps are suggested. Min 6-Max 12
March 5-26
Day: Saturday
Time: 9:00-9:45 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
Day: Friday
Time: 9:00-9:30 a.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: 6:15-7:15 p.m.
Session II:
Day: Friday
Time: 6:15-7:00 a.m.

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 and balance and fall prevention. (Beginner level)
Min 8-Max 20
Day: Tuesday & Thursday
Time: 11:00-11:45 a.m.

STEP

An excellent fat burning class that includes combinations on the step followed by a challenging resistance segment for upper body and core. Modifications are offered. Some step experience is helpful but not required. (Intermediate level) Min 8-Max 20
Day: Monday
Time: 6:30-7:15 p.m.

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

All classes are in aerobic room unless otherwise designated.

Eligibility:
ages 12+

group exercise classes

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 YOGALATES

Start the day right with a fusion of (hatha style) yoga and Pilates to help reduce stress, improve flexibility, concentration, circulation and breathing, while toning muscles to increase balance and posture for an all over mind and body experience. You will leave feeling refreshed and ready to start your day! This class involves standing, seated and lying positions with some balance poses using bands or balls. 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.

T'AI 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. Ideal for stamina, flexibility and coordination. Warm up with meditation and chairs may be used. After the warm up, the first half of the class will entail standing in traditional or nontraditional T'ai Chi forms and the second half of the class will be geared towards seated stretches and end with relaxation on the mat (seated or lying down). It is helpful 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
Day: Tuesday and Thursday
Time: 9:00-9:45 a.m.

TOTAL BODY CIRCUIT

Are you ready to feel and look your best? Total Body Circuit will sculpt your entire body. Move from one exercise to the next in a circuit style format, working on cardiovascular health, muscular strength, flexibility and muscular endurance. Options for all fitness levels will be offered. Min 8- Max 20
Day: Wednesday
Time: 6:30-7:15 p.m.

NEW! UPPER XPRESS

We know your time is limited so this Xpress class will spend 30 minutes focusing on specific exercises to tone arms, shoulders, core & upper back all while having a great time. Min 8-Max 20
Day: Thursday
Time: 6:30-7:00 p.m.

YOGA FLOW

This class is a series of flowing postures with rhythmic breathing for an intense body-mind workout (vinyasa-style yoga). This type of yoga, with its flowing movement and fast pace, builds heat in the

body and stretches the muscles of the body, practicing Ujjayi-style breathing. This class is more for those who have some experience with yoga. Think outside of the mat! Min 8-Max 20

Session I:

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

Session II:

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

Session III:

Day: Saturday
Time: 9:00-9:45 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 12

Session I:

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

Session II:

February 5-2

Land Fitness Instructors:

Becky Irvin (Fitness Coordinator), Brandon Wolford (Fit for Life Coordinator), Thelma Surber, Irene Daugherty, Nick Patel, Neal Hawks, Garrie Ayers, Haley Morehead, Jennifer Matheny, Andrea Cadle, Forrest Carter, Sigrid Rogers and Jessica Grubb

Misty Catron,
Sara Harding
(Volunteers)



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. Min 4-Max 6

Session I:

Day: Monday and Wednesday
Time: 4:15-5:00 p.m.

Session II:

Day: Friday
Time: 10:15-11:00 a.m.

AQUA MIX

A combination of cardio (water aerobics in shallow water-waist to chest deep), strength (with noodles, buoys or paddles) and mind/body (yoga focus) for total exercise experience. Ability to swim not required. Great for all fitness levels. Enjoy a fun, social group setting! Min 8- Max 20
Day: Tuesday and Thursday
Time: 6:30-7:15 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 20
Day: Friday
Time: 9:00-9:45 a.m.

DEEP WATER

Performed at water depths so body remains in vertical position and not touching the pool floor. Buoyancy belts may be used to maintain correct alignment. No-impact workout. Ability to swim not required. A great workout in a social setting! 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

Session I:

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

Session II:

Day: Monday and Wednesday
Time: 6:00-6:45 p.m.

Aqua Instructors: *Becky Irvin (Fitness Coordinator), Suzanne Molloy, Kim Aker, Neal Hawks, Dana Christian, Haley Morehead and Irene Daugherty, Andrea Cadle, Jennifer Matheny*

All aqua classes are in the natatorium

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



February 18th
5-9 p.m.

2ND ANNUAL LOVE YOURSELF EVENT

Take an evening to refill your cup. Join us for our second annual Love Yourself Event. The evening will start with your choice of movement, relaxation or coaching sessions, followed by some amazing vendors and yummy snacks, all ending with an inspiring motivational speaker. Mark your calendars for this uplifting event.

Call 223-3378
To Register

FEE:
TR: \$20
NRPP: \$25
NR: \$30

ELIGIBILITY:
AGES 12+
MIN 20 - MAX 100

REGISTER BY:
FEBRUARY 10

LATE FEE:
ADDITIONAL \$5



WINTER EDITION

WALK & TALK

WITH MAYOR TAYLOR

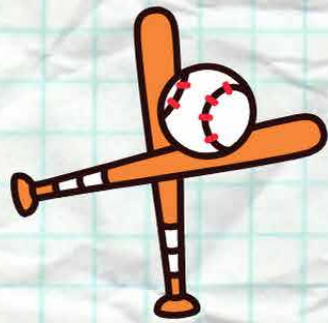


JANUARY & FEBRUARY

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.

**WALKS START AT
10:00 A.M.**

WEDNESDAY & THURSDAY



2021-2022 AFTERSCHOOL PROGRAM



Monday - Friday
3:00-5:30pm

Grades K-5
Min:10 Max:40

Maximum number may change due to guidelines



Weekly Fee's

\$40 TR

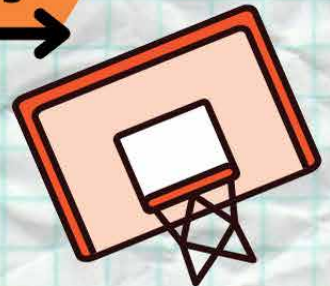
\$45 NRPP

\$50 NR

An additional fee of \$5 per day will be added for early school dismissal or snow days



For More Information:
(276)223-3378



Find us on:
facebook®





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

CRYSTAL SPRINGS GROUP RIDES

Join us every on every Thursday starting March 3 through April 28 at 5:00 p.m. for our group mountain bike rides at Crystal Springs. Bikes will not be provided for this program, helmets are required, and please pack water! Please call and register prior to each week!

Thursdays, March 3 – April 28, 2022

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

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

Register 1 week prior to session

KIDS IN THE PARK GUIDED HIKE

Take on three different hikes with Wytheville Parks & Rec at Crystal Springs, Hungry Mother, and Claytor Lake State Park. Throughout this program there will be numerous opportunities to earn cool prizes by logging the hikes through <https://www.kidsinparcs.com> and just attending the event! Transportation and lunch will be provided! Please wear weather appropriate clothes and bring a small bookbag and water!

Session I: Saturday, April 23; Crystal Springs

Session II: Saturday, April 30; Hungry Mother

Session III: Saturday, May 7; Claytor Lake State Park

Time: 9:00 a.m. - 3:00 p.m.

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

Eligibility: ages 6-12

Register 1 week prior to session

Late fee: additional \$5

MORNING RELAXATION

Get an early relaxing start to your day with us at Crystal Springs Recreation Area. We will start off with some early morning yoga to get nice and limber before we take off on 1 mile hike on Woodpecker Run and Crystal Spring's loop. Finally, we will wrap up the whole event with some meditation.

Tuesday, April 19

Time: 9:30 - 11:30 a.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5 - Max 15

Register by April 12

CRYSTAL SPRINGS HIKE & HUNT

Come out to Crystal Springs and experience the unique Easter Hike & Hunt with your family. 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 10

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

Register by April 6



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)

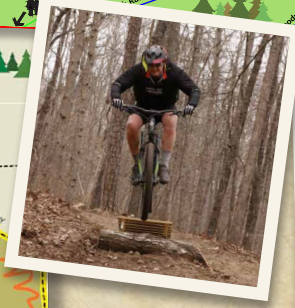
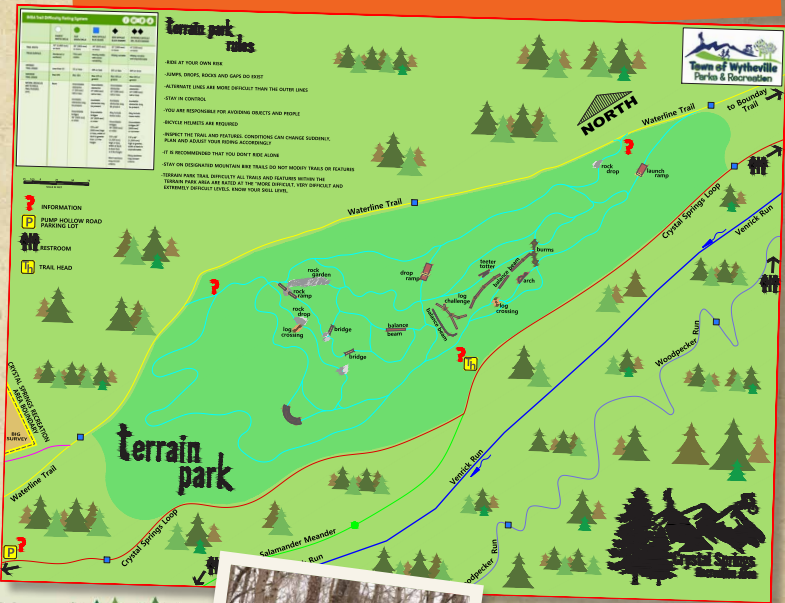
Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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 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 Hike & Hunt

WHEN: SUNDAY, APRIL 10

WHERE: CRYSTAL SPRINGS RECREATION AREA

COST: FREE

PRE-REGISTRATION IS REQUIRED

CALL: (276)223-3378

AVAILABLE TIME SLOTS

1:00 P.M.-2:00 P.M.

2:00 P.M.-3:00 P.M.

3:00 P.M.-4:00 P.M.

4:00 P.M.-5:00 P.M.



Find us on

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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.

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.

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.

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.

RENTALS

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	\$12/hour	\$15/hour	N/A
Elizabeth Brown Stage	\$12/hour	\$15/hour	N/A
Elizabeth Brown Park	\$15/hour	\$18/hour	\$25/hour
McWane Shelter	\$12/hour	\$15/hour	\$21/hour
Withers Park	\$15/hour	\$18/hour	\$25/hour

**Rentals with alcohol will be accessed additional fees*

MCWANE POOL RENTALS

2 HOURS

3 HOURS

Up to 50 people	\$100	\$135
More than 50 people	\$130	\$165

Pool Rental Hours:

Friday, Saturday, and Sunday
6:30–9:30 p.m.

All rentals must begin at 6:30 p.m.

Only available during the summer pool season

4th STREET CIVIC CENTER RENTALS

YOUTH

ADULTS

Only available for Sports Events & Practices	\$10/hour	\$15/hour
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For inquiry or to book your next event, please call us at 276-223-3378.



Easter Eggstravaganza

SATURDAY, APRIL 9
WITHERS PARK
300 N 4TH ST,
WYTHEVILLE VA 24382

AGES 6-9 10:30 A.M.
AGES 5 & UNDER 11:00 A.M.

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.

INCLEMENT WEATHER DATE

APRIL 16, SAME TIMES

FOR MORE INFORMATION CALL: (276)223-3378



Find us on Facebook
[@wythevilleparksrec](https://www.facebook.com/wythevilleparksrec)