



FALL 2022
SEPTEMBER – DECEMBER

BE ACTIVE WYTHE...

- 8** Pickleball
- 13** Swim Team
- 19** Pace Yourself Triathlon
- 27** Halloween Glow Yoga
- 29** Corn Hole Tournament



Wytheville Community Center

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Wytheville, VA 24382
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RECREATION COMMISSION

Bobby Angles
Mary Katherine Claypool
Glenda Salerno
Michael Mitchell
Brittney Litton

STUDENT MEMBERS

McKenzie Tate

EX-OFFICIO MEMBERS

Brian Freeman, Town Manager
Gary Gillman, Town Council Member

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.

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.



rec.wytheville.org
276.223.3378



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

PROGRAM REGISTRATION

HOW

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

PAYMENT

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

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

CONFIRMATION

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

IF PROGRAMS ARE FULL

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

REFUNDS

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

CANCELLATION LINE

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

ACCESSIBLE SERVICES

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

PROGRAM REGISTRATION FEES

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

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

Town Residents will pay only the program fee.

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

PHOTO POLICY

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

WAYS TO REGISTER:

IN PERSON

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

BY PHONE

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

BY MAIL

Send registration form along with check or money order to:

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

Registration forms available at
rec.wytheville.org

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

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PASS PLANS & ADMISSION 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 VALUE 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

SILVER LEVEL

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

Category	BEST VALUE Continual per month*	Annual	Monthly (advance payment)
Adult	\$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	BEST VALUE 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

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

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

Senior Age: 65+

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

TRY IT PASS

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

Category	Daily	6 Visit Pass*	12 Visit Pass**
Adult	\$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.

RENTALS

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

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.

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

MULTIPURPOSE ROOMS

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

\$35/hour \$40/hour

CLIMBING WALL

Groups up to 10	\$35/hour	\$40/hour
Groups 11-20	\$45/hour	\$50/hour

GYMNASIUM

1 Court	\$20/hour	\$25/hour	\$30/hour
2 Courts	\$40/hour	\$50/hour	\$60/hour

Limited Availability

INDOOR POOL

Groups up to 50	\$130/2 hrs	\$140/2 hrs
51-75	\$170/2 hrs	\$180/2 hrs
76-100	\$210/2 hrs	\$220/2 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-\$95 | Up to 20 participants-\$120





youth sports

FALL BASKETBALL LEAGUE

Girls – 2nd & 3rd grade

Girls – 4th & 5th grade

Boys – 4th & 5th grade

The season will open in late October/early November.

Games are typically, but not limited to, Tuesdays and Saturdays with practices on Mondays and Thursdays.

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

Register by October 3

Late fee: additional \$5

BASKETBALL CLINIC (K-1ST)

The clinic will be open to boys and girls that are in Kindergarten and 1st grade.

Clinic will begin in early to mid-October and will be on Mondays and Wednesdays for 4 weeks.

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

Register by September 19

Late Fee: additional \$5

WINTER BASKETBALL LEAGUE

Boys – 2nd & 3rd grade

Girls – 6th & 7th grade

Boys – 6th & 7th grade

This season will open in early January

Games are typically, but not limited to, Tuesdays and Saturdays with practices on Mondays and Thursdays.

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

Register by December 12

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.

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 this class to become CPR, AED and Basic First Aid certified.

Saturday, October 8

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 October 1

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: Friday, November 18

Session II: Friday, December 9

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

Fee: Free

Location: Multipurpose Room 1 & 2

Eligibility: ages 40+

No registration required

Pickleball



PICKLEBALL

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

September

Day: Tuesdays

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

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

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

SENIOR TRIP: CHATEAU MORRISETTE WINE TOUR

Join us as we travel the famous Chateau Morrisette in Floyd Virginia. During our visit, we will have a tour of the Chateau Morrisette property. A 4-flight wine testing and meat/cheese tray are covered in the trip cost. Our Lunch destination will be the Floyd Country Store Café where you will have a variety of soups, salads, and sandwiches to pick from. Lunch is not included in the price.

Friday, October 14

Time: Depart at 10:30 a.m.

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

Eligibility: ages 40+

Min 5 - Max 13

Register by October 7

Late fee: additional \$5

SENIOR TRIP: 128 PECAN AND ANTIQUE SHOP

Join us as we travel to shop at the antique shops of Abingdon and Chilhowie. Our lunch destination is the 128 Pecan restaurant located in Abingdon. Lunch is not included in the price of the trip, and we hope to return to the community center by 4:00 pm.

Thursday, November 3

Time: Depart at 8:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 12

Register by October 27

Late fee: additional \$5



Chateau Morrisette

BASIC HUNTER EDUCATION COURSE

The Basic Hunter Education Course covers material on hunting safety, principles of conservation and sportsmanship. Students are required to complete the self-study prior to class and will have to turn in the chapter review exercises from the self-study to the instructor at the beginning of class or they may be turned away if the chapter review exercises are not completed.

Monday, October 17 & Tuesday, October 18

Time: 5:30 - 9:00 p.m.

Fee: Free

Location: Multipurpose Room

Eligibility: ages 12+

Min 5 - Max 25

Register on <https://register-ed.com/events/view/177462>

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public

youth/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—Friday 3:00—8:00 pm | Saturday 1:00—8:00 pm | Sunday 1:00—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, September 16

Session II: Friday, November 11

Time: 6:00 - 8:30 p.m.

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

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

Eligibility: ages 6-12

Min 5 - Max 20

Register 1 week prior to session.

Late Fee: additional \$5

INDOOR SOCCER

Join us on Fridays 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, September 9

Session II: Friday, September 16

Session III: Friday, September 23

Session IV: Friday, September 30

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

BRISTOL SPEEDWAY AND LIGHTS

As an extension of Youth/ Teen Center services, our staff is excited to offer a fun and exciting trip to the Bristol Speedway in Bristol, Tennessee. Join us as we travel to the Bristol Speedway to enjoy the lightshow. This trip will include pizza and drinks for the kid's dinner!

Wednesday, December 14

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

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

Depart from Community Center 4:30 p.m.

Eligibility: ages 8-12

Min 9 – Max 12

Register by December 7

Late Fee: additional \$5

MAYHEM ON MAINSTREET KIDS ZOMBIE DASH FUN RUN

Join us in downtown Wytheville for a 5k and kid's fun run. The fun run will consist of various stations, obstacles, and challenges to test your physical fitness. The \$5 registration fee covers the costume contest and fun run. Prizes will be given out to best costumes and top finishers in each age category. Day of registrations will be accepted. Please be on the lookout for additional information on social media!

Day: Saturday, October 22

Fee: \$5

Location: Downtown Wytheville

Eligibility: ages 3-16



VISIT WITH SANTA & GINGERBREAD HOUSE COMPETITION

Santa is coming to visit the children of Wytheville at Withers Park on December 3! Come enjoy snacks, refreshments, ornament making, a gingerbread house contest, & memories that will last a lifetime! Must Register for the Gingerbread House Competition! Please be on the watch for additional information on social media!

RAPPELLING BASICS

Join us to learn the basics of rappelling. During this program we walk through everything you need to know and the safe practices of rappelling.

Session I: Friday, November 4

Session II: Friday, November 18

Time: 5:30 - 7:00 p.m.

Fee: OL

Location: Court 2

Eligibility: ages 12+

Min 5 – Max 10

Register 1 week prior to session

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FREE – open to the public



BE ACTIVE WYTHE

YOUTH/TEEN



CLIMBING SPOOKTACULAR

Join us at the Rock Wall for an evening of spooktacular climbing. This party will include, climbing games, candy, climbing challenges and even costume contests!

Friday, October 21

Time: 5:30-7:30 p.m.

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

Location: Climbing Wall & Teen Center

Eligibility: ages 6-16

Register by October 14

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. 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.

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 YOUTH SWIM STROKE AND TECHNIQUE CLINIC

Wytheville Waves swim team is a Park and Recreation swim team that swims year round. We are part of the Blue Ridge Swim League in the Summer and we are working to become a USA swim team. We have Three Seasons. The Fall/Winter season from September – December, the Winter/Spring season from January – March, and the Summer Season May – July.

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

Bronze: This group is for the Novice swim team swimmer. Bronze will focus mostly on technique and learning the four competitive strokes of swim team. The Freestyle, Backstroke, Breaststroke and Butterfly races. Bronze will practice drills and start building a strong foundation in all four strokes. 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: This group is for the Intermediate swim team swimmer. This swimmer should be able to demonstrate the basic idea of all four competitive strokes. The Silver group will continue to build upon the foundation of the four strokes and start learning more advance skills. 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: This group is for the advanced swim team swimmer. This swimmer knows how to swim all four competitive strokes and is looking to swim more competitively. This group will also do technique work, but majority of the practice will be spent on developing speed and endurance. Gold will learn advance swim skills, and will train endurance, strength, speed, sprinting, race and more. The minimum skill level required to join Gold is by Coach's recommendation only.

September 12 - December 30

Practice Times:

Bronze: Monday, Wednesday, Friday 5:15-6:00 p.m.

Silver: Monday, Wednesday, Thursday, Friday 6:00-7:00 p.m.

Gold: Monday, Wednesday, Thursday, Friday 7:00-8:00 p.m.

Location: Wytheville Community Center

Min: 7 per level

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

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

Register by September 6

Late Fee: additional \$5

AMERICAN RED CROSS LIFEGUARDING COURSE

Are you 15 years or older and looking for a great part time 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. This course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. This is a 30-hour course. 100% participation required. After passing the lifeguard certification course, one would be eligible for employment at the Wytheville Community Center and McWane Outdoor Pool.

Session I: September 30, October 1, 2
Register by September 15

Session II: October 28, 29, 30
Register by October 15

Session III: November 18, 19, 20
Register by November 3

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

Swim lesson levels 1-4 will be on **Monday** and **Wednesday** evenings.

SESSION 1: Sept. 12–Oct. 5

Register by Sept. 6

SESSION 2: Oct. 10–Nov. 2

Register by Oct. 4

SESSION 3: Nov. 7–30

Register by Nov. 1

Monday and Wednesdays

Level 1 4:15–4:45 p.m.

Level 1 5:00–5:30 p.m.

Level 2 5:45–6:15 p.m.

Level 3 6:30–7:00 p.m.

Level 4 7:15–7:45 p.m.

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

Eligibility: ages 4+

Late Fee: additional \$5

Min 2–Max 6

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

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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.

Thank You!!!

Premier Sponsors

Edward Jones

Mary Ann Bennett
Curtis Miller
Josh Pennington



**SWVA
MEDIA LLC**
WYTHEVILLE, VA

WYTHEVILLE **ENTERPRISE**



COMMUNITY of Southwest Virginia
NEWSPAERS

Badcock & more Since 1904
HOME FURNITURE

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Gold Sponsor





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

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? 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! 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+

HALF OFF SCAN DAY PROMO:

Monday, October 3

Fee: Other Pass Plans or Additional Scans: \$7.50 Per Scan; Try-It Pass: \$10

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NR – Non Resident

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FREE – open to the public





PACE YOURSELF TRIATHALON

Not interested in completing a triathlon all in one day? Join us for the Wytheville Community Center's first annual "Pace Yourself Triathlon" starting October 1-31. Participants will run or walk 26.2 miles, bike 112 miles and swim 2.4 miles at your own pace throughout the month of October. Prizes will be awarded to finishers! Eligible Equipment: Run: Outside, Indoor Track, Treadmill or Elliptical; Bike: Outside, Spin Class or Recumbent Bikes; Swim: Indoor Pool, Aerobic Class or Rowing Machine
Month of October
Fee: Day Pass, Silver Pass Plan or Gold Pass Plan
Eligibility: ages 12+
Register by September 30

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, October 6

Session II: Deadlift: Thursday, October 13

Session III: Power Clean: Thursday, October 20

Session IIII: Bench Press: Thursday, October 27

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

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.

Monday, November 7

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

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

Min: 5

Location: Fitness Area

Eligibility: ages 12+

MAX OUT CHALLENGE

Step up to the challenge and compete against other Community Center members throughout the month of November 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 November

Fee: Day Pass, Silver Pass Plan or Gold Pass Plan

Location: Fitness Area

Eligibility: ages 12+

DOWNTOWN WYTHEVILLE
MAYHEM
ON MAIN STREET

KIDS FUN RUN

HOSTED BY:



Town of Wytheville
Parks & Recreation

ENTRY
\$5

FUN RUN &
COSTUME CONTEST

ELIGIBILITY 16 YEARS
OF AGE AND UNDER

SATURDAY, OCTOBER 22

BACK BY POPULAR DEMAND IS THE MAYHEM ON MAIN STREET KIDS FUN RUN! THE KIDS FUN RUN WILL CONSIST OF VARIOUS STATIONS, OBSTACLES, AND CHALLENGES, TO TEST YOUR MENTAL AND PHYSICAL FITNESS! AWARDS WILL BE GIVEN FOR THE BEST COSTUME AND TOP FINISHERS IN EACH AGE CATEGORY.

LOCATION: DOWNTOWN WYTHEVILLE



TIME: 3:00 PM

PARTICIPANTS MUST PRE-REGISTER BY OCTOBER 19

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

FIT3D

BODY SCANNER



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



GOLD PASS PLAN
(ANNUAL OR CONTINUAL)



SILVER PASS PLAN
(ANNUAL OR CONTINUAL)



**OTHER PASS PLANS
OR ADDITIONAL SCANS**



TRY IT PASS



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 OCTOBER 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 October

group exercise classes

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

AB EXPRESS

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

Session I:

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

Session II:

September 2-30
Day: Friday
Time: 9:45-10:15 a.m.

Session III:

November 4-25
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 and dumbbell and body weight work. Get a complete total body workout in a quick 30-minute format. Min 5 - Max 10

Session I:

September 3-24
Day: Saturday
Time: 8:00-8:30 a.m.

Session II:

December 7-28
Day: Wednesday
Time: 6:30-7:00 p.m.

BARRE ABOVE® NOW 1 HOUR LONG

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.

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

Session I:

September 7-28
Day: Wednesday
Time: 6:30-7:15 p.m.

Session II:

November 5-26
Day: Saturday
Time: 9:00-9:45 a.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

Session I:

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

Session II:

October 1-29
Day: Saturday
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: 10:00-10:30 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.





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

All classes are in aerobic room unless otherwise designated.

Eligibility: ages 12+

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FREE – open to the public

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

Session I:

Day: Monday

Time: 6:15–7:00 a.m.

Session II:

November 2–30

Day: Wednesday

Time: 6:30–7:15 p.m.

NEED FOR SPEED

Want to get faster? What is faster to you? How fast do you want to run? Have you always wanted to run a 5K but thought “where do I begin”? In this group yet individualized class we will address all of this and more. Let us help you reach your goals of running faster or just beginning to run. This 30-minute class will help you reach your goals with weekly drills designed to help you get faster.

(You must be committed to show up weekly to see results)

Min 8–Max 20

September 1– November 17

Day: Thursday

Time: 6:45–7:15 p.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: 5:30–6:15 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

Time: 11:00–11:45 a.m.

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 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
Day: Tuesday and Thursday
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:
September 3-24
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 20

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

Session II:
October 5-26
Day: Wednesday
Time: 6:30-7:15 p.m.

Session III:
December 3-17
Day: Saturday
Time: 9:00-9:45 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 and Irene Daugherty

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FREE - open to the public



other aerobic programs

30 DAY NO SUGAR CHALLENGE (SEPTEMBER 12-OCTOBER 11)

Has sugar become a problem? Join us for this 30 day NO SUGAR challenge and see impressive results. Show up for the kickoff meeting and receive a Fit 3D scan before and after the challenge to see the results of having no sugar can have on our bodies. We will have an online support group for the entire challenge to help keep each other accountable.

The main goal is to **cut out all sources of added sugar for 30 days**. Instead, you focus on consuming nutrient-dense, whole foods that don't contain added sugars. Natural sugars, which are found in foods like vegetables, fruits, and dairy products, are OK to eat. Join us for the kick-off meeting to receive information on the benefits of cutting out sugar.

Friday, September 9

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

Fee: Free

Location: Multi-Purpose Room 2 & 3

Min 8- Max 100

Register by September 1

WHAT'S A MACRO?

Join Becky Irvin in this informative class, that will explain what your body needs to feel its best. In this class Becky will breakdown what carbs, proteins, and fats are and how they work to make you work at your best. Take the time to learn what you should be eating to look and feel your best.

Tuesday November 8

Time: 6:00 p.m.

Fee: Free

Location: Multi-Purpose Room 3

Eligibility: ages 12+

Min 8 – Max 20

Register by October 28

FITNESS GOALS VISION BOARD CRAFT SESSION

Join us for a fun, uplifting and bonding experience as we create vision boards mapping out our goals for the upcoming 2023! We will provide all the materials for the vision board, you just bring your fitness goals and vision for the next year.

Friday, December 2

Time: 6:30 p.m.

Fee: Free

Location: Multi-Purpose Room 1 & 2

Eligibility: ages 12+

Min 8 – Max 40

Register by November 22

HALLOWEEN GLOW YOGA

Practice your Yoga Flow in the Glow of Black Lights for HALLOWEEN!! Enjoy an all-levels vinyasa flow in the dark set to fun, Halloween themed music! Bring a friend or come alone. New to yoga and shy about it? No better time to start than in the dark! Wear something white or neon to maximize your glow under the black lights! Feel free to dress up in costume! Mats and equipment provided!

Friday, October 28

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

Fee: Free to Gold Members

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

Location: Aerobic Studio

Min 8- Max 20

Register by October 21

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 for more information.

Fees: None

Hours: Dawn–Dusk

Camping & Backpacking:

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

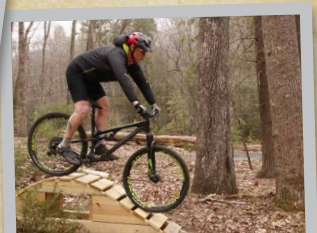
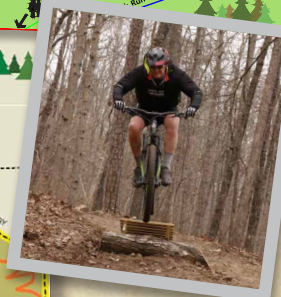
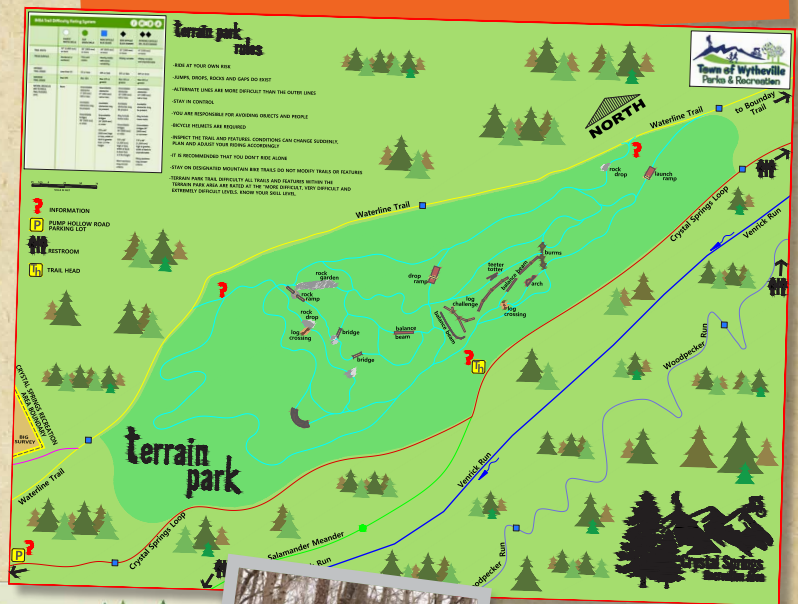
Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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)



CORN HOLE TOURNAMENT

Enter your team for the Fall Fest Corn Hole Tournament. Top 3 places will receive cash prizes from the cash pool. First place receives 45%, second place 25%, and third place 15% of the cash pool!
Saturday, October 15

Time: 3:00 - 7:30 p.m.

Fee: \$20 per team

Location: Crystal Springs

Eligibility: ages 18+

Min 5 - Max 20

Register 1 week prior to session

Late fee: additional \$5

CRYSTAL SPRINGS GROUP RIDES

Join us every Thursday through October 27 at 6:00 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!

Present – October 27, 2022

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

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

Register 1 week prior

CRYSTAL SPRINGS OUTDOOR COOKING

Join us for lunch out at Crystal Springs where we will have a short hike to our open fire cooking location. The lunch menu will be customized fire toasted sandwiches along with a dessert of customizable dough boys. Within this lunch period, we will also be talking about fire/food safety and techniques to effectively get a fire started.

Wednesday, October 19

Time: 10:30 a.m. - 3:00 p.m.

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

Eligibility: ages 7-12

Min 5 - Max 15

Register by October 12

Late fee: additional \$5

CRYSTAL SPRINGS FALL FEST

Join us at Crystal Springs for a fun filled day for the whole family. There will be s'mores making, caramel apples, fun festive fall games, family photoshoot, and even a small zip line and slackline for the kids. All youth must be accompanied by a parent or guardian.

Saturday, October 15

Time: 3:00 - 7:30 p.m.

Fee: Free

Location: Crystal Springs

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public



PARKS, SHELTERS & OUTDOOR POOL

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

ELIZABETH BROWN MEMORIAL PARK



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

MCWANE SHELTER



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

MCWANE POOL



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

WITHERS PARK



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

4TH STREET CIVIC CENTER



The 4th St Civic Center is located at 250 N. 4th St. The gymnasium can be utilized by travel and local teams for sports events and practices. 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	\$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 assessed 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
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	\$10/hour	\$15/hour

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

COME WORK WYTHE US!



Visit our website
www.wytheville.org/employment
for current openings that may include:

**FLEXIBLE
WORK
SCHEDULE**

- ▶ **FRONT DESK**
- ▶ **LIFEGUARDS**
- ▶ **ASSISTANT SUPERVISORS**
- ▶ **AFTER SCHOOL, ETC.**

**DISCOUNT
ON
PASS PLAN**