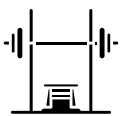




Be active Wythe...

THE FIT ZONE

FIT ZONE FEATURES



2 Half Racks



5-50lb
Dumbbells



Glute Bridge



Accessories



5 Person Limit

FALL
SEPTEMBER-DECEMBER 2025



WYTHEVILLE COMMUNITY CENTER

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

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RECREATION COMMISSION

Bobby Angles
James Cohen
Brittney Litton
Meredith Summers
JT Thomas

Student Member:
Audrey Angles

WELCOME

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

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

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

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

CONVENIENT HOURS OF OPERATION

CENTER

Monday-Friday	5:30 AM-9:00 PM
Saturday	7:00 AM-8:00 PM
Sunday	1:00 PM-6:00 PM

POOL HOURS

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

WATER PARK

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

CLIMBING WALL & YOUTH/TEEN CENTER

Monday-Saturday	3:00 PM-8:00 PM
Sunday	1:00 PM-6:00 PM

HOLIDAYS

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

rec.wytheville.org
276.223.3378



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

PROGRAM REGISTRATION

HOW

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

PAYMENT

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

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

CONFIRMATION

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

IF PROGRAMS ARE FULL

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

REFUNDS

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

CANCELLATION LINE

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

ACCESSIBLE SERVICES

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

PROGRAM REGISTRATION FEES

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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PASSPLANS & ADMISSION FEES

GOLD LEVEL

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

McWane Pool included with Gold Pass!

Category	BEST VALUE Continual per month*	Annual	Monthly (advance payment)
Adult	\$39	\$515	\$57
Adult +1	\$61	\$805	\$79
Family	\$66	\$871	\$84
Senior/Teen/College	\$34	\$449	\$52
Senior Couple	\$56	\$739	\$73

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

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

SILVER LEVEL

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

Category	BEST VALUE Continual per month*	Annual	Monthly (advance payment)
Adult	\$28	\$370	\$44
Adult +1	\$45	\$594	\$62
Family	\$53	\$700	\$71
Senior/Teen/College	\$24	\$317	\$41
Senior Couple	\$40	\$528	\$58
Youth (4-12)	\$19	\$251	\$36

BRONZE LEVEL

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

Category	BEST VALUE Continual per month*	Annual	Monthly (advance payment)
Adult	\$7	\$92	\$25
Adult +1	\$12	\$158	\$29
Family	\$21	\$277	\$38
Senior/Teen/College	\$7	\$92	\$24
Senior Couple	\$11	\$145	\$28
Youth (4-12)	\$5	\$66	\$23

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

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

Senior Age: 65+

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

TRY IT PASS

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

Category	Daily	6 Visit Pass*	12 Visit Pass**
Adult	\$8	\$45	\$90
Family	\$21	\$111	\$212
Senior/Teen/College	\$4.50	\$24	\$48
Youth (4-12)	\$3.50	\$18	\$36

*6 Visit Pass valid for 6 months

**12 Visit Pass valid for 1 year

GROUP RATE

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

Daily Admission

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

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

PASS PLAN INFORMATION

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

Cancellation fee of six month or annual pass plans: \$50. Monthly and punch pass plans cannot be canceled but simply expire after term. Lost Card Fee: \$5

Additional Pass Plan information will be discussed upon registration.

RENTALS

Wytheville Community Center offers three multipurpose rooms that can be rented individually or as one large room. These can be used for small meetings, parties, reunions, etc. The Youth/Teen Center, Gymnasium and Indoor Pool are also available for rent. **Additional security deposit is required per reservation. Reservations must be made at least two weeks in advance.**

There is a 2 hour minimum on all multipurpose room rentals

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

MULTIPURPOSE ROOMS

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

YOUTH/TEEN CENTER

\$45/hour

\$50/hour

CLIMBING WALL

Groups up to 10	\$45/hour	\$50/hour
Groups 11-20	\$55/hour	\$60/hour

INDOOR POOL

Groups up to 50	\$180/2 hrs	\$185/2 hrs
51-75	\$220/2 hrs	\$225/2 hrs
76-100	\$260/2 hrs	\$265/2 hrs

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

Pool Rental Hours:
Call for availability

PARTY PACKAGES

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

Saturdays 11:00 am—2:30 pm

Up to 10 participants—\$100

Up to 20 participants—\$125

Swimming
Climbing
Youth/Teen Center
Game Room
Gymnasium



clinics

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.
Fee: \$35 TR; \$40 NRPP; \$45 NR
Register by September 15
Late Fee: additional \$5

KEEPER CLINIC

This fun, hands-on clinic is led by experienced soccer players and focuses on the basics of goalkeeping—like positioning, catching, diving, and communication. It's perfect for beginners or kids looking to boost their skills and confidence in goal.
Saturday, September 20
Time: 9:00 -11:00 a.m.
Fee: \$25 TR; 30 NRPP; \$35 NR
Location: WCC Field
Eligibility: 3rd-7th grade
Minimum 5 - Maximum 10
Register by September 1
Late Fee: additional \$5

PITCHERS/CATCHERS CLINIC

This clinic is led by experienced coaches. This fun hands-on clinic teaches kids the fundamentals of pitching for both softball and baseball and catching. Players will work on mechanics, footwork, and communication in a supportive environment—perfect for beginners or those looking to sharpen their skills.
Saturday, October 11
Time: 9:00 - 11:00 a.m.
Fee: \$25 TR; 30 NRPP; \$35 NR
Location: WCC Field
Eligibility: 3rd-7th grade
Minimum 5- Maximum 10
Register by September 16
Late Fee: additional \$5

REGISTRATION INFORMATION

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

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

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



leagues

FALL BASKETBALL

Girls – 2nd & 3rd grade

Girls – 4th & 5th grade

Boys – 4th & 5th grade

The season will open in late October/early November.

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

Register by September 30

Late fee: additional \$5

WINTER BASKETBALL

Boys – 2nd & 3rd grade

Girls – 6th & 7th grade

Boys – 6th & 7th grade

This season will open in early January

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

Register by December 9

Late Fee: additional \$5

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a
Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public

GYM RULES AND REGULATIONS

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

Wytheville Athletics Band App

Stay up to date on
registration
information
through messages
on Band



Scan the
QR Code
below to
join!



New and upcoming
program
information





ACTIVE ADULT TRIP: Virginia Dare Wildlife Lunch Cruise – Smith Mountain Lake

Join us and a Park Ranger from the Smith Mountain Lake State Park, while the Ranger discusses all about the beautiful wildlife on and around Smith Mountain Lake. The Virginia Dare has been an icon on SML for the last 33 years. There is no easier laid-back affordable way to see the lake. Great views, food and drinks!

Lunch is included in the fee.

Wednesday, September 17

Time: Depart at 9:30 a.m.

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

Eligibility: ages 40+

Min 5 - Max 15

Register by September 10

Late fee: additional \$5

ACTIVE ADULT TRIP: Discover the Wonders of the New River Gorge National Park

As the newest addition to the U.S. National Park system, New River Gorge National Park & Preserve offers dramatic vistas, rich Appalachian history, and exhilarating outdoor experiences. Experience the breathtaking beauty of New River Gorge National Park with the scenic Grandview & Canyon Rim Tour. This immersive, full-day excursion is perfect for travelers seeking a guided, stress-free way to explore one of West Virginia's most iconic natural treasures. **Lunch is included in the fee.**

Day: Thursday, October 23

Time: Depart at 9:00 a.m.

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

Eligibility: ages 40+

Min 5 - Max 15

Register by October 16

Late fee: additional \$5

ACTIVE ADULT TRIP: Draper Blooms Tea Garden at The Draper Village – *Thankful for Tea*

Relax in the charming Tea Garden and savor lovingly prepared offerings such as traditional teas, handcrafted herbal infusions, locally baked pastries, petit sandwiches and tempting snacks. Each offering is crafted to reflect the fall season and autumn harvest. Following the afternoon tea, you can visit the Curious Quill Gift Shop and The Market at Draper Mercantile. **Lunch is included in the fee.**

Thursday, November 13

Time: Depart at 11:00 a.m.

Fee: \$65 TR; \$70 NRPP; \$75 NR

Eligibility: ages 40+

Min 5 - Max 15

Register by November 6

Late fee: additional \$5

FEE ABBREVIATIONS

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Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public

ACTIVE ADULT TRIP: Mystery Dining Series

Join us as we travel to a mystery location for lunch. Each location will be a moderately priced, non-chain restaurant in a town or location approximately 30 minutes to an hour from Wytheville. You'll have an opportunity to explore a new area and enjoy a great meal.

Fee includes transportation only - meal cost is on your own.

Session I: Thursday, September 25

Session II: Thursday, October 9 – Know before you go: we are having dinner! Depart at 4 p.m. Return: 8 p.m.

Session III: Thursday, November 20

Session IV: Thursday, December 18

Time: Depart at 11:00 a.m.

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

Eligibility: ages 40+

Min 5-Max 12

Register one week prior to each session.

Late fee: additional \$5

ACTIVE ADULT TRIP: Illuminights Winter Walk of Lights, Roanoke, VA

Explore Park's Winter Walk of Lights. Brighten your night and explore your holiday spirit through a dazzling world of over 650,000 lights at Illuminights Winter Walk of Lights. Travel down our half-mile wooded path while taking in the sights and sounds of the season. Visitors will experience new displays, trail enhancements and family-friendly activities. While there, shop for artisan crafts, roast marshmallows around the campfire, and enjoy additional activities. We will stop for dinner on the way. **Meal costs are not included in fees.**

Friday, December 12

Time: Depart at 4:00 p.m.

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

Eligibility: ages 40+

Min 5 - Max 15

Register by December 5

Late fee: additional \$5



POTLUCK LUNCHEONS

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

Session I: Tuesday, September 9

Session II: Tuesday, October 14

Session III: Tuesday, November 11

Session IV: Tuesday, December 9

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

Fee: Free

Location: Multipurpose Room 1 & 2

Eligibility: ages 40+

No registration required.

BINGO

This simple game is fun to enjoy with friends. Themed snacks, drinks, bingo cards and markers will be provided. Prizes will be awarded to all winners.

Session I: Wednesday, October 8 – Fall prizes

Session II: Wednesday, October 15 – White Elephant prizes

Session III: Wednesday, October 22 – Self Care & Spa Day prizes

Session IV: Wednesday, October 29 - Halloween prizes

Time: 10:00 – 11:00 a.m.

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

Location: Multipurpose Room 1

Eligibility: ages 40+

Min 10 - Max 25

Register one week prior to each session.

Late fee: additional \$5

PICKLEBALL

Come out and play Pickleball with your friends and community.

Session I: September

Day: Tuesday

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

Session II: October

Day: Tuesday

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

Session III: November

Day: Tuesday

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

Session IV: December

Day: Tuesday

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

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

Location: Court 2

Eligibility: All Ages

Min 4 - Max 12

Register by the 25th of each month for the following month's session.

Late Fee: additional \$5



DOWNTOWN WYTHEVILLE
MAYHEM
ON MAIN STREET

KIDS FUN RUN

HOSTED BY:



SATURDAY, OCTOBER 25

ARE YOU READY FOR A SPOOKTACULAR TIME? JOIN US IN DOWNTOWN WYTHEVILLE FOR THE ANNUAL TRICK OR TREATING, KIDS FUN RUN AND COSTUME CONTEST! THE KIDS FUN RUN WILL CONSIST OF VARIOUS STATIONS, OBSTACLES, AND CHALLENGES THROUGHOUT MAIN STREET. PRIZES WILL BE GIVEN FOR THE BEST COSTUME AND TOP FINISHERS IN EACH AGE CATEGORY!

LOCATION: DOWNTOWN WYTHEVILLE

FOLLOW US ON
FACEBOOK
FOR TIMES AND ALL
OTHER UPDATES!

ENTRY
FUN RUN &
COSTUME CONTEST

\$5

REGISTER BY OCTOBER 23
\$10 DAY OF RUN
AGES 16 & UNDER



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

youth/teen center & climbing wall

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

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

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

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



AFTERSCHOOL FOR KIDS (ASK) PROGRAM

ASK offers safe and structured activities for kids in grades K- 5th after their school day. Activities include gym games, swimming, rock climbing, and use of the teen center with video games. ASK operates Monday – Friday from 3:15 – 5:30 p.m. An additional fee of \$5 per day will be added for early school dismissals, snow days, and closed school days.
 Fee: \$40 TR; \$45 NRPP; \$50 NR – per week.
 Min. 10 – Max. 50

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, snacks and drinks.

Session I: Friday, September 26

Session II: Friday, November 21

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

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

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

Eligibility: ages 6-12

Min 5 - Max 25

Register by 1 week prior to session.

Late Fee: additional \$5

CLIMBING SPOOKTACULAR

Join us at the Rock Wall for an evening of spooktacular climbing and Halloween Fun! This party will include climbing games, candy, climbing challenges and a costume contest!

Friday, October 24

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

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

Location: Climbing Wall & Teen Center

Eligibility: ages 6-14

Min 10 – Max 25

Register by October 17

Late Fee: additional \$5



MAYHEM ON MAIN-KIDS FUN RUN

Are you ready for a spooktacular time? Join us in Downtown Wytheville for the annual Trick or Treating Kids Fun Run and Costume Contest! The Kids Fun Run will consist of various obstacles, stations and challenges throughout main street. Prizes will be given out to best costume and top finishers in each age category. Skip the line and pre-register! Please be on the watch for additional information on social media!

Day: Saturday, October 25

Fee: \$5 pre-register by October 23, day of registration \$10

Location: Downtown Wytheville

Eligibility: ages 3-17

WINTER WONDERLAND AT THE WYTHEVILLE COMMUNITY CENTER

Santa Clause is coming to Town on December 6! Come enjoy a wonderful winter wonderland with children's activities, refreshments, ornament making, bounce houses, and making memories with Santa! Please be on the watch for additional information on social media!

WYTHEVILLE NINJA WARRIOR

Are you built tough? Come show off your strength and agility at the Wytheville Ninja Warrior competition. Every Thursday in September this ninja warrior program will have a modified course to offer a different challenge for the participants.

Thursdays in September

Time: 6:00 – 8:00 p.m.

Fee: OL

Location: Rockwall

Eligibility: ages 6+

No Registration Required

GAGA BALL

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

Session I: Wednesday, September 17

Session II: Wednesday, October 15

Session III: Wednesday, November 12

Time: 3:00 - 5:30 p.m.

Fee: OL

Location: Teen Center

Eligibility: all ages

No Registration Required

BOARD GAME NIGHT

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

Session I: Tuesday, September 2

Session II: Tuesday, October 14

Session III: Tuesday, November 18

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

Fee: OL

Location: Teen Center

Eligibility: all ages

No Registration Required

POOL TOURNAMENT

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

Session I: Friday, September 12

Session II: Friday, October 10

Session III: Friday, November 14

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

Fee: OL

Location: Teen Center

Eligibility: all ages

No Registration Required

HEALTHY AFTERNOON SNACK

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

Session I: Thursday, September 4

Session II: Thursday, October 2

Session III: Thursday, November 6

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

Fee: OL

Location: Teen Center

Eligibility: all ages

No Registration Required



CRAFT NIGHT

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

November

Days: Wednesday, October 22

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

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

Location: Teen Center

Eligibility: all ages

Min 4 - Max 20

Register by October 15

Late Fee: additional \$5

AFTERNOON CORN HOLE

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

Session I: Saturday, September 27

Session II: Saturday, October 25

Session III: Saturday, November 29

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

Fee: OL

Location: Teen Center

Eligibility: All ages

No Registration Required

THE GAUNTLET

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

Session I: Friday, September 12

Session II: Friday, October 10

Session III: Friday, November 14

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

Fee: OL

Location: Climbing Wall

Eligibility: All ages

No Registration Required

WALL 5 CHALLENGE

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

Session I: Saturday, September 13

Session II: Saturday, October 11

Session III: Saturday, November 15

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

Fee: OL

Location: Climbing Wall

Eligibility: All ages

No Registration Required



We're celebrating New Year's Eve at a kid friendly time!!

DECEMBER 31
10:30 AM- 12:30 PM
WYTHEVILLE COMMUNITY CENTER

grades K-5
\$20 TR; \$25 NRPP; \$30 NR
\$10 ACCOMPANYING ADULT
Adult participation is not required by is encouraged.

BUILD YOUR OWN SUNDAE BAR
CREATE PARTY FAVORS
GAMES

DANCE PARTY WITH DJ
2025 COUNTDOWN
BALLOON DROP AT NOON

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.



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.

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.-10 a.m.

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

lifeguarding courses

**contingent on corresponding lifeguard class making*

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 to apply for employment at the Wytheville Community Center and McWane Outdoor Pool.

Session I: September 25-29

Register By: September 11

Session II: November 20-24

Register By: November 6

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

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

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

Sunday: 12:00-7:00 p.m.

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

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 5 - Max 10

Late Fee: additional \$5

100% participation required

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION COURSE

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

Dates: October 18-19

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

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

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet prerequisites

Min 5 - Max 10

Register by October 2

Late Fee: additional \$5

AMERICAN RED CROSS LIFEGUARD INSTRUCTOR COURSE

This course is for individuals who wish to become certified as instructors to teach the courses and modules in the American Red Cross Lifeguarding Program.

Instructor candidates must:

Be at least 17 years old on or before the final scheduled session of the Lifeguarding Instructor course.

Possess a current basic-level certification in American Red Cross Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid.

Obtain all the required instructor and participant course materials before starting the course.

Successfully complete the online session of the Lifeguarding Instructor course prior to the pre-course session.

Successfully complete the prerequisite skill assessment scenario to continue in the course.

100% participation required

December 12-14

Time: December 12: 4:00-8:00 p.m.

December 13: 8:00 a.m. -5:00 p.m.

December 14: 1:00-6:00 p.m.

Fee: \$300 TR; \$305 NRPP; \$310 NR

Location: Wytheville Community Center Pool

Eligibility: ages 17+

Min 3 - Max 6

Register by November 29

Late Fee: additional \$5



swim team



Train Smart. Swim Strong. Have Fun.

The Wytheville Waves is more than just a swim team—it's a place where kids build confidence, sharpen skills, and become stronger athletes, in and out of the water. Whether your child is new to swim team or already seasoned, fall with the Waves is the perfect time to improve technique, learn new skills, and build a strong foundation for future performance. Our focus is on stroke development, racing skills, and athletic fundamentals—not just competition.

We welcome all athletes, especially multi-sport athletes. The coordination, endurance, breathing control and injury prevention benefits of swimming translate directly to sports like soccer, basketball, football, and track. Swimming builds total-body fitness and mental discipline while offering a refreshing break from high-impact sports.

FALL PRACTICE GROUPS

RIPPLES (Beginner | Ages ~5-9)

- Learning the basics of freestyle and backstroke while building confidence and safety in the water.
- Practice: MW 4:00-4:45 p.m.

BRONZE (Novice | Ages ~7-12)

- Developing techniques in all four strokes with fun skill-building activities and intro to basic training sets.
- Practice: MW 4:45-5:45 p.m.



SILVER

(Intermediate |

Ages ~9-18)

- Refining stroke technique, starts, turns and endurance with more structured sets and dryland elements.
- Practice: MW 5:45-7:00 p.m. and F 4:00-5:00 p.m. (Combined with Gold)

GOLD (Advanced | Ages ~11-18)

- High-level technique and training with an emphasis on individual improvement, goal setting, and team leadership.
- Practice: MW 7:00-8:30 p.m. Friday 4:00-5:00 p.m. (Combined with Silver)

September 8 - December 17

FEE: TR \$45 for 1st child; \$30 for each additional child

NRPP \$50 for 1st child; \$35 for each additional child

NR \$55 for 1st child; \$40 for each additional child

Register by September 8



Wytheville Waves Swim School

Building Confident Swimmers – One Stroke at a Time

At the Wytheville Community Center, we believe swim lessons should be more than just splashing around. That's why we invest in high-quality training for our instructors, maintain low instructor-to-swimmer ratios, and focus on each child's safety, skill development and confidence in the water.

Our goal is to help your child become a safe and confident swimmer while laying the foundation for the correct technique in all four competitive strokes. Whether your child is new to the water or preparing for swim team, our program will help them grow into strong, capable swimmers.

Not sure which level to choose? Contact JT Boyd at jessie.boyd@wytheville.org or call (276) 223-3525 to schedule a free swim evaluation.



SWIM LESSON SCHEDULE

MAKE-UP DAYS

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

WAITING LIST

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

CANCELLATIONS

We require a minimum of 2 participants for a class to be held. If we do not reach that number, we will cancel the class. Calls will be made to those already signed up to inform them of the cancellation.

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

Eligibility: ages 4-12

Level 1 - Min 2 - Max 4

Level 2 & 3 - Min 2 - Max 6

Register by one week prior to session

Late Fee: Additional \$5

SESSION 1: Tuesday/Thursday – September 9, 11, 16, 18, 23, 25

Register by September 4

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

SESSION 2: Tuesday/Thursday – October 7, 9, 14, 16, 21, 23

Register by October 2

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

SESSION 3: Tuesday/Thursday – November 4, 6, 11, 13, 18, 20

Register by October 30

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

LESSON DESCRIPTIONS

LEARN-TO-SWIM LEVELS:

LEVEL 1

This class is for beginner swimmers. Participants learn to be comfortable in water and to enjoy the water safely. Basic skills are learned which will set the basis for skills learned in later levels. Skills taught include: water safety rules, entering water correctly, bobbing 3 times, floating (front and back), front and back glides, rolling over, arm and leg motions, and combined strokes with support.

LEVEL 2

Prerequisite: Level 1 or must be able to demonstrate requirements for level 1.

The objective is to give participants success with fundamental skills. Participants learn to float without support and recover to a vertical position. This level marks the beginning for true locomotion skills. Participants explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes. Skills taught include: front and back floating unsupported, front and back glides, combined stroke on front and back and roll from front to back.

LEVEL 3

Prerequisite: Level 2 or must be able to demonstrate requirements for level 2.

Participants will learn to coordinate the front crawl and back crawl. Elements of the butterfly and the fundamentals of treading water will be introduced at this level. Participants will also learn rules for diving and begin to dive from the side of the pool. Skills taught include: front crawl, back crawl, butterfly kick, beginning diving skills and rotary breathing.

PRIVATE SWIM LESSONS

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

Call for days and times as they vary per instructor

Rates: *Per half hour:*

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

Per hour:

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

Requires two-week advance registration.

4TH ANNUAL FLOATING PUMPKIN PATCH

Don't miss the 4th Annual Floating Pumpkin where the pool will be filled with pumpkins that will create a unique "patch" for the kids to swim in and search for their perfect pumpkin. Once they find their pumpkin, they can take it to the decoration station where the kids can make their pumpkins unique with a variety of decorations. There will also be games set up on the pool deck for the kids to play. Come join us for a fun filled fall event in the pool!

Saturday, October 11

Time: 10:00 a.m. – 12:00 p.m.

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

Location: Rec Center Pool

Eligibility: ages 12 and under (Kids 4 and under must have someone 16+ in pool with them)

Min 15 – Max 60

Register by October 4

Late Fee: additional \$5

cardio/weight room

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

Fitness Area Age Requirement: ages 12+

ADVANCED YOUTH ORIENTATION (12+)

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

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

FITNESS CONSULTATION

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

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

FIT3D BODY SCANNER

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

Fee: Gold Pass Plan (Annual or Continual) 4 Scans Per Year; Silver Pass Plan, Bronze Pass Plan or Try-It Pass \$5 Per Scan
Eligibility: Ages 12+

MAYHEM ON MAIN-KIDS FUN RUN

Are you ready for a spooktacular time? Join us in Downtown Wytheville for the annual Trick or Treating Kids Fun Run and Costume Contest! The Kids Fun Run will consist of various obstacles, stations and challenges throughout main street. Prizes will be given out to best costume and top finishers in each age category. Skip the line and pre-register! Please be on the watch for additional information on social media!

Day: Saturday, October 25

Fee: \$5 pre-register by October 23, day of registration \$10

Location: Downtown Wytheville

Eligibility: ages 3-17



CHALLENGE SERIES

Come showcase your skill and see how you stack up against the competition on the vertical jump and the bench press! Prizes award to the top male and female finishers!

Session I: Tuesday, September 30: Vertical Jump

Session II: Tuesday, November 4: 225lb Bench Press Repetition

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

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

FITNESS TREK

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

Session I: Thursday, September 18: Precor Machines

Session II: Thursday, October 16: Free Weight Equipment

Session III: Thursday, November 13: Unconventional Training

Time: 4:00 – 5:00 p.m.

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

Location: Fitness Area

Eligibility: ages 18+

Register one week prior to session

ATHLETE PERFORMANCE TESTING

Attention all athletes! The Wytheville Community Center is now offering standardized athlete testing, the essential components to build your athletic profile for college recruits. Certified Strength & Conditioning Specialist Brandon Wolford will first educate athletes on the proper fundamentals for a successful test and then will conduct athletic performance measurements using Zybek Sports testing lasers. Testing will include: 40 Yard Dash, Pro-Agility (5-10-5), L-Drill, Vertical Jump (Vertec), Broad Jump, Fit3D Body Scan and more. Let us take the guess work out of performance tracking to deliver the results you can trust!

September-November

Day: See Front Desk for Availability

Time: Varies Per Day

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

Location: Gymnasium

Eligibility: ages 12+

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



BUILDING EXPLOSIVE ATHLETES (3RD-6TH GRADE)

Now is the time to get your future athlete to learn the basics of explosive power! This series will focus on a combination of both Speed & Agility and an intro into building a solid foundation for strength training! Certified Strength & Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford will focus on proper dynamic warm-up, sport specific speed & agility drills, sprint mechanics, reaction time, proper form and technique for future strength training, injury prevention and more!

Day: Thursday, December 4 & 11

Time: 4:00 – 5:00 p.m.

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

Location: Gymnasium Court 1

Eligibility: grades 3-6

Min 2 – Max 10

Register by November 26

Late Fee: additional \$5

FIT FOR LIFE WELLNESS PROGRAMS

UPCOMING PROGRAMS:

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

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

PERSONAL TRAINING

60-MINUTE SESSION

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

PERSONAL TRAINERS



BECKY IRVIN



NICK PATEL



THELMA SURBER



NEAL HAWKS



BRANDON WOLFORD



MATT GRIMES

BUDDY TRAINING 60 MINUTE SESSION

2 Participants-\$45
(\$22.50 per person)
3 Participants-\$55
(\$18.33 per person)
4 Participants-\$65
(\$16.25 per person)



BUY 5, GET 1 FREE PERSONAL TRAINING OCTOBER PROMO

The Deal of the Fall! 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 30

BUDDY TRAINING SEPTEMBER PROMO BUY 2, GET 1 FREE

Nobody likes to exercise alone! Buy 2 Buddy Training Sessions, Get 1 Free! You must schedule all 3 sessions when you register.

Day: Varies Per Trainer

Time: See Front Desk Staff for Certified Personal Trainer Availability

Fee: 2 Participants: \$90;

3 Participants: \$110; 4 Participants: \$130

Location: Fitness Center

Eligibility: ages 12+

Min 2

Register by September 30

CLASS LEVEL:

BEGINNER

MULTI-LEVEL

INTERMEDIATE

group exercise classes

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

AB EXPRESS

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

Session I:

Day: Tuesday

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

Session II:

Day: Friday

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

BASIC FITNESS & FALL PREVENTION

This class emphasizes essential functional movements aimed at enhancing overall quality of life. It offers low-impact exercises designed to improve cardiovascular health, strength, flexibility, balance, and fall prevention. Min 8-Max 20
Day: Tuesday
Time: 11:00-11:45 a.m.

BARRE ABOVE®

Get ready to shake up your workout routine with Barre Above®! This isn't just your average barre class; it's a fabulous mashup of pilates, yoga, aerobics, and dancer-strengthening moves. With Barre Above®, you'll be sweating it out in a fun and energetic way while sculpting that fabulous bod and getting fit like a superstar! Min 8-Max 20
Day: Wednesday
Time: 6:30-7:15 p.m.

BODY FLEX

Body Flex is a resistance training class designed to enhance strength and endurance using barbells, dumbbells, resistance bands, and other tools. This engaging program aims to build muscle, elevate metabolism, and improve overall

fitness levels. If you're looking to build lean muscle mass, get stronger and look better, this class is a great place to start. Min 8-Max 20

Day: Tuesday

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

BOUNCE INTERVALS

Experience a heart-pounding cardio adventure on our Jump Sport Pro Fitness Trampolines. In this exhilarating class, you'll engage in an unceasing flow of dynamic cardio moves, mingled with restorative sculpting exercises. You'll emerge from this session buoyant and revitalized. The weight capacity for each trampoline is 275 lbs. Min 8-Max 11
November 3-24

Day: Monday

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

CARDIO CREATIONS

Get ready for a workout party that keeps your metabolism on its toes! This class is a thrilling rollercoaster of high-energy moves with just the right splash of low to moderate impact. Whether you're a fitness newbie or a seasoned pro, we've got modifications galore! We promise you'll sweat buckets while grinning from ear to ear! Min 8-Max 20
Day: Wednesday
Time: 9:00-9:45 a.m.

CARDIO KICK

This vibrant fitness experience fuses the rhythm of cardio with the exhilarating art of martial techniques. Participants unleash powerful punches, dynamic kicks, and fierce knee strikes, all harmonized to an uplifting musical backdrop. Min 8-Max 20
Dec 1-29

Day: Monday

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

CHAIR STRETCH & RELAXATION

Release stress and anxiety in this 30-minute class, which begins with gentle chair-based stretching. This is followed by breathwork, and meditation techniques designed to leave you feeling relaxed and rejuvenated. Min 8-Max 20
Day: Wednesday
Time: 10:00-10:30 a.m.

FEE ABBREVIATIONS

TR – Town Resident

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NR – Non Resident

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

FREE – open to the public





FUNCTIONALLY FIT

A joyous class designed for those embarking on their fitness journey or those eager to enhance their range of motion, strength, flexibility, and balance. Participants will utilize an array of tools, including balls, chairs, weights, mats, and bands. Most exercises are performed while standing or seated in a chair, ensuring accessibility for all. Min 8–Max 20
Day: Monday and Wednesday
Time: 8:00–8:45 a.m.

GENTLE YOGA FLOW

Within the serene embrace of gentle yoga, movements unfold at a leisurely pace, each gesture harmoniously intertwined with the breath. We gracefully transition into postures, first exploring the poses in a flowing manner before settling into a nurturing hold. This tender preparation and fluidity safeguard and cherish the joints, muscles, and connective tissues. Ideal for novice yogis or those seeking a softer path in their practice. Min 8–Max 20
Day: Friday
Time: 11:00–11:45 a.m.

H.I.I.T 30

In this class, we will switch between short intervals of high-intensity exercise and quick recovery periods. These workouts aim to raise your heart rate and push your body, resulting in enhanced cardiovascular health, increased calorie expenditure, and possible gains in strength and muscle endurance. Prepare for 30 minutes of invigorating exercise! Min 8–Max 20
October 6–27
Day: Monday
Time: 6:30–7:30 p.m.

INDOOR CYCLING

This high-intensity workout takes place on a stationary bike, offering a 45-minute session that combines cardio and endurance for an impressive calorie burn! Not only does it provide fantastic cardiovascular benefits, but it also effectively tones muscles, helping you build remarkable strength. Min 5–Max 9
Day: Monday
Time: 6:15–7:00 a.m.

KETTLE BELL FITNESS

A kettlebell workout is a dynamic, full-body exercise routine utilizing a cast-iron weight with a handle (a kettlebell) to perform ballistic movements that combine cardiovascular activity, strength training, and mobility, primarily targeting major muscle groups like the glutes, hamstrings, core, and shoulders through exercises like swings, cleans, presses, and snatches, often resulting in a high-intensity workout that improves both strength and endurance. Min 5–Max 12
October 2–30
Day: Thursday
Time: 5:30–6:15 p.m.

LOWER BODY CHISEL

IT'S BACK! Trim, tone, and strengthen your entire lower body as you use barbells, free weights, resistance bands, and body weight to work the biggest muscles in your body! The class may feature strength-training circuits with short intervals of cardio and plyometrics. This class is for all levels of fitness. Min 8–Max 20
November 6–27
Day: Thursday
Time: 5:30–6:15 pm

LOW IMPACT HIIT

Push your limits while being gentle on your joints. In this class, we'll dedicate 30 minutes to high-intensity interval training featuring low-impact movements that are kind to your body. Prepare to sweat and experience a muscle burn in this fast-paced format that delivers an impressive workout. Min 8–Max 20
Day: Friday
Time: 9:00–9:30 a.m.

NEW! MAT PILATES

Mat work Pilates is a form of exercise done on a mat placed on the floor. A mat class comprises a series of exercises you can do without using any additional equipment. In this class we will practice controlled breathing and movements as we help you develop core strength, balance, and flexibility. Min 8–Max 20

Session I:
October 2–30
Day: Thursday
Time: 10:00–10:45 a.m.

Session II:
December 4–18
Day: Thursday
Time: 10:00–10:45 a.m.

SIT TO BE FIT

Non-Impact, chair-based workout that includes exercises to improve muscular strength, cardiovascular health and core conditioning. Some standing exercises will be introduced. Min 8–Max 20
Day: Thursday
Time: 11:00–11:45 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+

group exercise classes

PUMP IT UP!

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

Session I:

Day: Friday

Time: 6:15–7:00 a.m.

Session II:

September 4–25

Day: Thursday

Time: 5:30–6:15 p.m.

Session III:

December 4–25

Day: Thursday

Time: 5:30–6:15 p.m.

STRENGTH, CORE AND MORE

Enhance your metabolism by increasing lean body mass. This class aims to strengthen major muscle groups using various equipment and body resistance exercises. Modifications will be provided throughout the session to accommodate participants who may be unable to perform floor exercises. Min 8–Max 20
Day: Monday and Wednesday
Time: 11:00–11:45 a.m.

STEP INTERVALS

This class will begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups, spaced with intervals of resistance training. Workout to great music, get an awesome workout in, all while having fun, in this beginner friendly class. Min 8–Max 20
September 1–29
Day: Monday
Time: 6:30–7:15 p.m.

SUNRISE YOGA

Begin your day on a positive note with a fusion of Hatha-style yoga designed to reduce stress, enhance flexibility, improve concentration, and promote better circulation and breathing. This invigorating practice also tones muscles, contributing to improved balance and posture for a comprehensive mind and body experience. Participants will gently flow through a variety of poses that leave them feeling refreshed and prepared to embrace the day ahead. This class includes standing, seated, and lying positions, making it an excellent choice for individuals new to yoga. Min 8–Max 20
Day: Tuesday and Thursday
Time: 8:00–8:45 a.m.

SOUL FUSION

Formerly known as PiYo, is a vibrant tapestry woven from yoga-inspired flows, invigorating bursts of cardio, harmonious balance sequences, and a fusion of bodyweight and weighted strength training, all accompanied by exhilaratingly fun music. Min 8–Max 20
September 6–27
Day: Saturday
Time: 9:00–9:45 a.m.

TAI CHI AND MINDFUL RELAXATION

Tai Chi and Mindful Relaxation is a slow and graceful Chinese exercise that promotes relaxation skills, mental focus, and physical alignment while simultaneously enhancing leg strength, endurance, and stability. This class will emphasize traditional Tai Chi forms alongside Qi Gong movements. Additionally, components of meditation and relaxation will be incorporated. Regular attendance is recommended to effectively learn and master the various forms. Min 8–Max 20
Day: Monday
Time: 10:00–10:45 a.m.

TNT (TONE & TIGHTEN)

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

YOGA FLOW

This class will emphasize the integration of breath, movement, and mindfulness. Drawing on the principles of Hatha, Vinyasa, and Ashtanga yoga, we will transition seamlessly between poses, creating a continuous and fluid practice. Min 8–Max 20
Day: Monday and Wednesday
Time: 5:30–6:15 p.m.

Land Fitness Instructors:

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

CLASS LEVEL:

BEGINNER

MULTI-LEVEL

INTERMEDIATE



aqua fitness classes

CLASS LEVEL:

BEGINNER

MULTI-LEVEL

INTERMEDIATE

AI CHI

Ai Chi is a total body relaxation and strengthening exercise done in warm, shoulder-deep water, focusing on deep breathing. Benefits include decreased pain, improved oxygen supply, greater range of motion, increased core strength, reduced stress, joint stiffness, improved balance, and alleviation of anxiety, fatigue, and depression. Suitable for all ages and levels, it emphasizes relaxation during quiet time. Min 4 - Max 6

Session I:

Day: Monday and Wednesday

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

Session II:

Day: Friday

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

CARDIO SPLASH

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

Day: Wednesday and Friday

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

DEEPLY FIT

Athletes and beginners alike are encouraged to take the plunge into deep-water training. This program incorporates running, movement, and a variety of equipment, all designed to challenge your body, core muscles, and stamina. The exercises are conducted at depths that allow participants to maintain a vertical position without touching the pool floor. This class is suitable for those who are comfortable in deep water, with the option to participate in the 5-foot area of the pool rather than the 8-foot section. Min 8 - Max 20

Day: Tuesday and Thursday

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

Aqua Instructors: Becky Irvin (Fitness Coordinator) Kim Aker, Neal Hawks, Thelma Surber and Irene Daugherty

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



other fitness classes

YOGA & EXPLORATION

Let the natural harmony of the outdoors expand and deepen your yoga practice. This 2-mile hike offers the ideal combination of spectacular sights and soul-soothing rejuvenation as we hike the Woodpecker Trail at beautiful Crystal Springs (hiking experience recommended), followed by a 45 minute mixed-level yoga class out in nature. Pack a lunch and stay after yoga for a picnic.

Things to bring or plan for:

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

October 17

Time: 11:00 a.m.

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

FREE to Gold Members

Location: Crystal Springs

Eligibility: ages 12+

Min 4 - Max 10

Register by October 13

Late fee: additional \$5

How to track your macros

Have you ever considered how to effectively monitor your macros and why it's essential for your health and fitness journey? In this comprehensive class, Becky will thoroughly explore everything you need to know about tracking your macros, delving into the science and strategy behind it. She will discuss why keeping a close eye on your macronutrient intake is crucial for achieving the specific results you desire, whether you're aiming to lose weight, build muscle, or simply maintain a balanced diet. By the end of the session, you'll have a clear understanding of how to apply this knowledge to your daily routine, ensuring you reach your health and wellness goals efficiently and effectively.

Time: 7:00 p.m.

Fee: OL

Location: Multi-Purpose Room 3

Eligibility: all ages

Min 8 - Max 20

Register by October 27

Outdoor YOGA AND MEDITATION

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

Tuesday, September 9

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

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

FREE to Gold Members

Location: Elizabeth Brown Memorial Park

Eligibility: ages 12+

Min 5 - Max 12

Register by September 2

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)

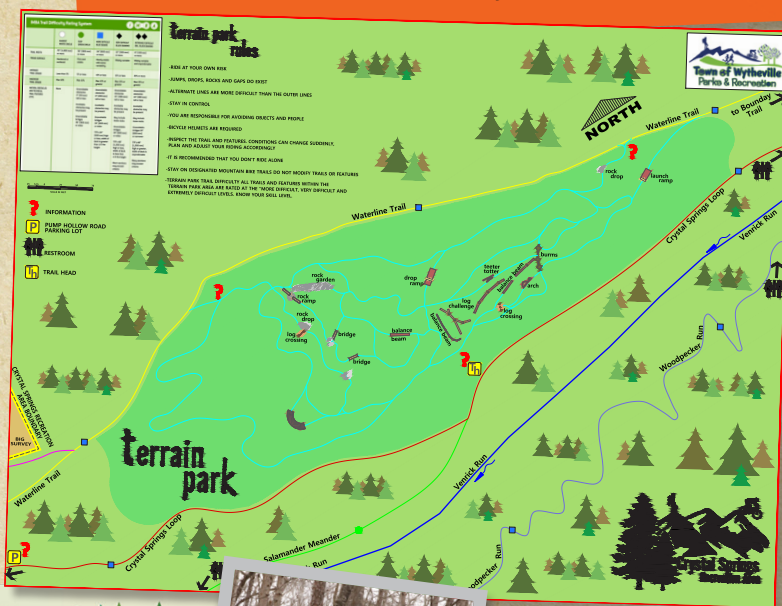
Directions: From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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



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)



Fall Adventure Trek



**Saturday,
October 18**

Grandfather Mountain® *Hiking*

We will explore Grandfather Mountain taking in incredible fall views of the Appalachian Mountains. We will tour the Wilson Center for Nature Discovery to see wildlife habitats with bears, elk, river otters, and more, before hiking to the mile high swinging bridge.

Fee: \$60 TR; \$65 NRPP; \$70 NR
fee includes transportation and
cost of activity - bring a packed
lunch or money to purchase
lunch

Time: 7:30 a.m. - 5:30 p.m.
(return time is subject to change)

Eligibility: Ages 13-17

Min 6 - Max 10

Register by October 4

Late fee: additional \$5

BE ACTIVE WYTHE

OUTDOORS



Check our Facebook page regularly for outdoor pop up events!

PARKS, SHELTERS & OUTDOOR POOL

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

ELIZABETH BROWN MEMORIAL PARK



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

MCWANE SHELTER



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

MCWANE POOL



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

WITHERS PARK



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

4TH STREET CIVIC CENTER



The 4th St Civic Center is located at 250 S 4th St. The gymnasium can be utilized by travel and local teams for sports events and practices. The 4th St Civic Center is located adjacent to Elizabeth Brown Park.

PARKS, SHELTERS & OUTDOOR POOL

Wytheville Parks & Recreation offers numerous facilities for rent, including Withers Park, Elizabeth Brown Park, McWane Shelter, McWane pool, and 4th Street Civic Center.

Additional security deposit is required per reservation.

Reservations must be made two weeks in advance, except for 4th Street Civic Center.

PARK/SHELTER RENTALS

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

Elizabeth Brown Shelter	\$22/hour	\$25/hour	N/A
Elizabeth Brown Stage	\$22/hour	\$25/hour	N/A
Elizabeth Brown Shelter & Stage	\$35/hour	\$40/hour	\$45/hour
McWane Shelter	\$22/hour	\$25/hour	\$31/hour
Withers Park	\$25/hour	\$28/hour	\$35/hour

**Rentals with alcohol will be assessed additional fees*

MCWANE POOL RENTALS

2 HOURS

3 HOURS

Up to 50 people	\$160	\$240
More than 50 people	\$190	\$270

Pool Rental Hours:

Saturday
6:30 - 9:30 p.m.

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

*Only available
during the summer
pool season*

4TH STREET CIVIC CENTER RENTALS

YOUTH

ADULTS

Only available for Sports Events & Practices	\$15/hour	\$20/hour
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For inquiry or to book your next event,
please call us at **276-223-3378**.



VISIT WITH

SANTA

AT THE WYTHEVILLE COMMUNITY CENTER

DECEMBER 7

2:00 - 5:00 PM

*** FREE ENTRY**
PROFESSIONAL PHOTO PACKAGES
AVAILABLE FOR PURCHASE OR TAKE
YOUR OWN.

*** Join us for a festive event with
holiday music, crafts,
refreshments, and more! It's a
joyful experience for all ages to
create cherished memories and
celebrate the holiday season!**

