



**SUMMER 2022**

MAY – AUGUST

## BE ACTIVE WYTHE...

**8** Senior Trips

**10** Home School P.E.

**16** McWane Pool

**19** Rep Off

**27** Mindful Hike & Yoga

**29** Outdoor Cooking



# WELCOME

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

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

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

## Wytheville Community Center

333 Community Blvd  
Wytheville, VA 24382  
Phone: 276-223-3378  
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jessie.boyd@wytheville.org

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chad.wright@wytheville.org

## RECREATION COMMISSION

Mary Katherine Claypool  
Glenda Salerno  
Michael Mitchell  
Brittney Litton

## STUDENT MEMBERS

Dylan Jones  
McKenzie Tate

## EX-OFFICIO MEMBERS

**Brian Freeman**, Town Manager  
**Gary Gillman**, Town Council Member

## CONVENIENT HOURS OF OPERATION

### CENTER

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

### POOL HOURS

Monday–Friday 6:00 AM–12:00 PM  
4:00 PM–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–5:00 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](http://rec.wytheville.org)

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

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# PASS PLANS & ADMISSION FEES

## GOLD LEVEL

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

**McWane Pool included with Gold Pass**



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

## SILVER LEVEL

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

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

## BRONZE LEVEL

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

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

## TRY IT PASS

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

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

\*6 Visit Pass valid for 6 months \*\*12 Visit Pass valid for 1 year

## GROUP RATE

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

### Daily Admission

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

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

## PASS PLAN INFORMATION

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

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

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

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

Senior Age: 65+

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





# youth sports

## YOUTH VOLLEYBALL CLINIC

This clinic will be 5 weeks of group instruction by experienced staff and will aim to teach the basics and introduce youth to the bump, set and spike game of volleyball.

September 10 – October 10

Times: 3rd & 4th grade - Mondays 5:30-6:30 p.m.

/ Saturdays 9:00-10:00 a.m.

5th & 6th grade - Mondays 6:45-7:45 p.m. /

Saturdays 10:15-11:15 a.m.

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

Location: Wytheville Community Center

Min 10-Max 30

Register by August 22

Late fee: additional \$5

## FLAG FOOTBALL

This is a Co-Ed league that is open to 1st and 2nd grade. Group practice dates will be announced upon registration. Tentatively the season will be played on Thursday nights beginning in late August. Exact team practice starting dates will be announced after registration deadline and you will be contacted directly by your coach for these.

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

Location: Games are played at Scott Middle School

Register by July 25

Late fee: additional \$5

## FOOTBALL

This league is open to 3rd & 4th and 5th & 6th grade. Group practice dates will be announced upon registration. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will start mid to late August and are typically scheduled for Tuesdays and Saturdays. Travel will be involved.

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

Location: Games are played at Scott Middle School and all County High Schools.

Register by July 5

Late fee: additional \$5

## CHEERLEADING

This league is open to 3rd & 4th and 5th & 6th grade. Group practice dates will be announced upon registration. Exact team practice starting dates will be announced after group practices and you will be contacted directly by your coach for these. Games will start mid to late August and are typically scheduled for Tuesdays and Saturdays. Travel will be involved.

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

Location: Games are played at Scott Middle School and all County High Schools.

Register by July 5

Late fee: additional \$5

# GYM RULES AND REGULATIONS



## YOUTH DODGEBALL

Be among the first to participate in a brand-new sport offering. This Co-Ed league is open to 3rd - 5th & 6th - 8th grade and will consist of 5 on 5 games. Games will start early July and will conclude by first week of August.

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

Location: Wytheville Community Center

Register by June 21

Late fee: additional \$5

## adult sports

### ADULT DODGEBALL

This Co-Ed league is open to adults ages 18+ as of September 30, 2021 and are out of high school. Adult dodgeball will consist of 5 on 5 games. Minimum 5 players and a maximum of 7 players per team. Games will tentatively start early July.

Fee: \$150 per team

Location: Wytheville Community Center

Eligibility: Ages 18+ and must be out of high school

Register by June 21

Min 4 - Max 8 teams

Late Fee: additional \$5

- 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.

## MEXICAN TRAIN — DOMINO'S

Join us in the multipurpose room 1 for some friendly games of Mexican Train Dominos. This simple but strategic game is fun and easy to catch on to. Rules will be explained thoroughly for all participants to understand.

August 2- August 30

Day: Tuesdays

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

Fee: OL

Location: Multipurpose Room 1

Eligibility: ages 40+

Min 10-Max 50

Register by July 26

## SENIOR TRIP: BARTER THEATER — 9 TO 5 (DOLLY PARTON)

Join us as we travel to the Barter Theatre in Abingdon to watch 9 to 5. Violet, Judy and Doralee think they have nothing in common, but when the Boss makes life unbearable, these three ladies join forces to live out their wildest fantasy – and change the world! (Music and lyrics by Dolly Parton) We will be stopping in Chilhowie to eat lunch at the Riverfront Restaurant. Price of the ticket is included; however, lunch is on your own. Additionally, the Barter is requiring proof of vaccination, ID, and a face mask to attend shows. This policy may change before attending.

Tuesday, June 7

Time: Depart at 11:00 a.m.

Fee: \$45 TR; \$50 NRPP; \$55 NR

Eligibility: ages 40+

Min 5 - Max 10

Register by May 31

Late fee: additional \$5

## SENIOR TRIP: SHATLEY SPRINGS

Enjoy this car ride to Crumpler North Carolina, to enjoy a delicious lunch. Shatley Springs has served as a landmark destination for many decades, and this is a trip you do not want to miss out on. Participants are responsible for paying for their own lunch.

Friday, August 19

Time: Depart at 10:00 a.m. – 4:00 p.m.

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

Eligibility: ages 40+

Min 5 - Max 10

Register by August 11

Late fee: additional \$5

## SENIOR TRIP: TAMARACK, WEST VIRGINIA

Join us as we make the quick trip to the Tamarack Marketplace in West Virginia. This facility features a shopping center, variety of art exhibits, and food. Participants are responsible for paying for their own lunch.

Friday July 15

Time: Depart at 9:45 a.m. 4:00 p.m.

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

Eligibility: ages 40+

Min 5 - Max 10

Register by July 8

Late fee: additional \$5

## ADULT 5 ON 5 FLAG FOOTBALL TOURNAMENT

Come out to the Al Jennings Sports Fields to compete in this double elimination 5 on 5 flag football tournament (up to 7 players). Games will consist of two 12 minute halves and brackets will be generated randomly.

Rules will be supplied upon registration.

Saturday, June 25

Time: 9:30 a.m.

Fee: \$150 (Per Team)

Location: Al

Jennings Field

Min 4 - Max 6

Teams

Register by

June 18







Shatley Springs



## AFTER HOURS SUMMER CONCERT SERIES 2022

We are so excited for this year's up and coming After Hours Summer Series! We have been fortunate to have booked two very talented groups. We will have the young talented vocalist Lauren Light showing up at Withers Park on June 3rd. Lauren and her group have come together to offer a good variety of music and have been featured within Nike, Hyundai, and Marvel clips. Lauren and her group have proven themselves in over 800 shows and are sure to bring the party to Wytheville on June 3rd! As for our August 5th band, we are welcoming back The Entertainers. This beach group has landed themselves several Carolina Beach Music Awards and are sure to get you up and out of your seat dancing. Show times are 6:30-9:30pm. Withers Park will open at 5:30pm with food vendors on site. Rain out shows will relocate to Wytheville Meeting Center. Advanced tickets are \$5 and can be purchased at The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Three Rivers Media, and Wythe Produce. Tickets will be \$7 at the gate and children 5 and under are free.

**Lauren Light - Friday, June 3 @ Withers Park**

**The Entertainers - Friday, August 5 @ Withers Park**



## JULY 4TH CELEBRATION

Join the Town of Wytheville Parks and Rec and Downtown Wytheville, Inc. for the Annual July 4th Celebration on Main Street! We are teaming up to offer a day full of activities, leisure and excitement. Enjoy the cruise in, kid's games, vendors, kids' parade and more! Food vendors and alcoholic beverages will also be available in multiple locations. You can expect a plethora of live music from local acoustic acts to rising country music stars like Ryan Perry! We are looking forward to a slammed packed day full of enjoyment and memories. The festivities will kick off approximately at 3:00 p.m. and will be followed up by the annual fireworks show at 10:00 p.m. This is an event you don't want to miss out on. More details come!

**Ryan Perry - Monday, July 4 @ Main Street**

## POTLUCK LUNCHEONS

These luncheons are open to Wythe County citizens aged 40 and older. The department will provide drinks, utensils, meat, and paper products. Cooking is not required to participate, just stop by the store. We will be cooking out for both the July and August Potluck and serving hamburgers and hotdogs with all the condiments. Please bring a side dish.

**Session II:** Tuesday, July 12

**Session III:** Tuesday, August 9

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

Fee: Free

Location: Elizabeth Brown Memorial Park

Eligibility: ages 40+

No registration required

## PICKLEBALL

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

June and July

Days: Tuesday

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

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

Location: Court 2

Eligibility: all ages

Min 6 - Max 12

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

Late Fee: additional \$5

# youth/teen center

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

**Tuesday—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, June 10

**Session II:** Friday, July 22

**Session III:** Friday, August 12

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

## WHITE WATER RAFTING AND ZIP LINING

As an extension of Youth/ Teen Center services, our staff is excited to offer a fun and exciting trip to the National White Water Center in Charlotte, North Carolina. We will be going on a white water rafting trip down fast paced, continuous class III-IV rapids on the Wilderness and Competition Channels. Followed by a zip lining tour through the trees.

Remember to bring a towel, swimsuit, change of clothes, closed toed shoes, and money for Lunch.

Wednesday, June 29

Time: 7:30 a.m. - 8:30 p.m.

Fee: \$75 TR, \$80 NRPP, \$85 NR

Depart from Community Center 7:30 a.m.

Eligibility: ages 12-18

Min 6 – Max 12

Register by June 15

## 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, June 17

**Session II:** Friday, June 24

**Session III:** Friday, July 1

**Session IV:** Friday, July 8

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

## HOMESCHOOL P.E.

Join us at the community center every Wednesday for an educational and fun way to stay active and be healthy with activities like rock climbing, hiking, kayaking, and many more.

When: August 10 - September 28

Time: 10:30 a.m. - 11:30 a.m.

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

Location: Community Center

Eligibility: ages 6-12

Min 10 – Max 50

Register by July 27

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





### PIPESTEM PARK WATER PARK

Join us on a trip to Pipestem State Park for a fun day at the adventure lake and splash park. Inflatable mountains to climb, trampolines to jump off and slides to glide down! There's fun to be had for everyone! When you're tired take a break on the beach and enjoy the sun. Remember to bring a towel, sunscreen, and a change of clothes.

Friday, July 29

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

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

Depart from Community Center 9:00 a.m.

Eligibility: ages 7-14

Min 6 – Max 12

Register by July 22

Late Fee: additional \$5

### WYTHEVILLE NINJA WARRIOR

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

July 11 - August 1

Days: Monday

Time: 5:30 p.m. – 7:30p.m.

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

Location: Rockwall & Court 2

Eligibility: ages 7+

Min 5 – Max 15

Register by July 4

Snacks

Gym Games

Swimming

Climbing

Game Room

2022-2023

## AFTERSCHOOL PROGRAM

The Town of Wytheville Parks & Rec AfterSchool Program operates Monday through Friday from 3:15-5:30p.m. An additional fee of \$5 per day will be added for early dismissal, snow days and closed school days. ( K - 5 Grade )

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

For More Information:  
(276)223-3378

Registration Starts July 1





**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.*



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

## WYTHEVILLE WAVES WINTER SWIM TEAM

Wytheville Waves swim team is part of The Blue Ridge Swim League. The Blue Ridge Swim League is a recreational summer swim league made up of 6 teams. Meets will begin in June and will go thru the beginning of August. While in school, all swim practices will be held at the indoor pool. Once school is out for the summer, practices will switch to the outdoor pool. All swim meets (except for Conference) will be held on Tuesday or Thursday evenings, or Saturday mornings.

Wytheville Waves will be hosting the BRSL Conference Meet at McWane Pool on Saturday, July 30. Ages 11 and up will swim in the morning. Ages 10 and under will swim in the afternoon. The make-up date for the Conference Meet will be Sunday, July 31.

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

**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.

Dates: May 2-August 4

Location: Wytheville Community Center/McWane Pool

Min: 10 per level

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

Eligibility: ages 4-18

Fee: TR: \$50 for first child, \$35 for each additional child;

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

NR: \$60 for first child, \$45 for each additional child

Register by May 11

Late Fee: additional \$5

The POST-SEASON BANQUET will be held on Thursday, August 4 at McWane Pool from 6:00-8:00 p.m.

### **PRACTICE TIMES:**

#### **May 2-June 2 at Wytheville Community Center**

Bronze: Monday-Thursday 4:15-5:15 p.m.

Silver: Monday-Thursday 5:15-6:30 p.m.

Gold: Monday-Thursday 6:30-8:00 p.m.

#### **June 6-Aug 4 at McWane Outdoor Pool**

Bronze: Monday/Wednesday 10:00-11:00 a.m. & Tuesday/Thursday 4:15-5:15 p.m.

Silver: Monday/Wednesday/Friday 8:45-10:00 a.m. & Tuesday/Thursday 5:15-6:30 p.m.

Gold: Monday/Wednesday/Friday 7:15-8:45 a.m. & Tuesday/Thursday 6:30-8:00 p.m.

# swim lessons

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

## SWIM LESSON SCHEDULE

### SESSION 1: May 3 – 26

Tuesday & Thursday

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.

### SESSION 2: June 6 – 16

### SESSION 3: June 20 – 30

### SESSION 4: July 11 – 21

### SESSION 5: August 1 – 11

**MORNING** Monday–Thursday

Level 1	8:30–9:00 a.m.
Level 2	9:15–9:45 a.m.
Parent Child	10:00–10:30 a.m.
Level 3	10:45–11:15 a.m.

**EVENING** Monday–Thursday

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

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

**Late Fee: Additional \$5**

**Eligibility: ages 4–18 for Levels 1–4  
ages 6 mo–3 yr for Parent/Child**

**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

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public





## LESSON DESCRIPTIONS

### PARENT/CHILD

*(Parent participation required)*

The goals of Parent/Child lessons are to provide experiences and activities for parents and children to learn how to enter and exit the water safely, feel comfortable in the water, submerge in a rhythmic pattern, blow bubbles, explore buoyancy, perform combined strokes on front and back, change body position in the water and learn about choosing and using life jackets.

### 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

*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.**

# MCWANE POOL

**OPEN  
JUNE 1!**

**OPEN WEDNESDAY, JUNE 1  
THROUGH SUNDAY, AUGUST 14**

## FEES AND RATES

### DAILY ADMISSION

Ages 4 and up .....\$3.00

Ages 3 and under..... Free

**10 PUNCH PASS** ..... \$25

**SEASON PASS (non-transferable)** .....\$80

**FAMILY PASS** ..... \$275

*Family defined as head of household, spouse, and their legal dependents under the age of 25. Legal dependents under age 25 must be full time college students.*

**MONDAY-SATURDAY:**

**11:00 AM-5:00 PM**

**SUNDAY: 1:00 PM-5:00 PM**

**\*McWane Pool will close July 4 due to the fireworks celebration and July 30 due to the BRSL Conference Swim Meet. July 31 will be a make-up date for the swim meet if necessary.**



## NIGHT SWIM

McWane Pool will be open late just for you. Enjoy the extended hours for the opportunity to enjoy the pool with the lights on. No advanced registration or extra fees: regular day admissions, punch passes, or your season pass will get you in the same as any other day. Each night will have something special to offer that night only.

**Friday, June 10: Beach Party**

**Friday, July 1: Red, White & Blue Celebration**

**Friday, August 12: End of Summer Celebration**

**Time: Open until 8:00 p.m.**

KICKOFF TO   
**Summer**

**SATURDAY, JUNE 4**

**11:00 AM - 5:00 PM**

**Come hang out with us as we KICK OFF the SUMMER. We will have FREE swim during open hours for all patrons of any age. There will also be FREE food and drinks!**





## 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, May 9**

## 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





## 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, July 25

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 August 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 August

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

## COMBINE TEST DAY

Attention all local athletes! Come showcase your talent in the first annual combine testing day to help prepare you for college recruitment or professional athletic career. Certified Strength & Conditioning Specialist Brandon Wolford and staff will educate athletes on the proper fundamentals and techniques of the 40 Yard Dash, Pro-Agility (5-10-5), Broad Jump, L-Drill and more to help them perform at maximum potential. All athletes will be timed and provided an official score sheet. Cleats required.

Wednesday, August 10

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

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

Location: Al Jennings Field

Eligibility: ages 12+

Min 5

## FUNCTIONAL MOVEMENT 101

Come work along with Certified Strength & Conditioning Specialist Brandon Wolford and staff, as they demonstrate functional training exercises utilizing kettlebells, dumbbells, barbells, sandbags and more to help you function better in everyday life.

Monday, August 15

Fee: OL

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

Location: Fitness Area

Eligibility: ages 12+

# fit for life

## WELLNESS PROGRAMS

### UPCOMING PROGRAMS

- **Fit for Life** (Morning Class)
- **Youth Fitness Challenge** (2<sup>nd</sup>–5<sup>th</sup> Grade)

Call (276) 223-3538 regarding additional information and to be added to the registration reminder list for upcoming Fit for Life Programs.



### SENIOR WELLNESS June 13—August 31

Starting June 13, the Wytheville Community Center will offer its successful exercise, nutrition and fall prevention program, “Senior Wellness” for Wythe & Bland County Residents. The 12-week Senior Wellness program focuses on everyday functional movements to help improve quality of life by providing low impact exercises to improve cardiovascular function, strength, flexibility, balance and fall prevention. The program features two weekly exercise sessions on Monday and Wednesday from 10:00-11:00 a.m. and one weekly nutrition lecture. A free, 3-month family Gold Pass Plan will be provided if you do not currently have a pass plan. Participants will be randomly selected for the program and enrollment is limited. Senior Wellness graduates can re-enlist into the program after two years, if space allows. To apply, you must register and attend the application meeting at the Wytheville Meeting Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Town of Wytheville Parks & Recreation, Wythe-Bland Foundation & Wythe County Community Hospital. Application Meeting: Wednesday, May 4 Time: 10:00 a.m. Location: Wytheville Meeting Center Eligibility: ages 65+ Fee: Free Min 10



### FIT FOR LIFE June 13—August 31

Starting June 13, the Wytheville Community Center will offer its successful exercise, nutrition & weight loss program, Fit for Life. Fit for Life is a 12-week exercise and nutrition program that will be held on Monday and Wednesday evenings for residents of Wythe and Bland County who have a BMI over 25. Fit for Life features two weekly workouts on Monday & Wednesday from 5:30-6:30 p.m. and one weekly nutrition lecture. A free three-month family Gold Pass Plan will be provided, if you don't currently have a pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited. Fit for Life graduates can re-enlist into the program after two years, if space allows. To apply, you must register and attend the application meetings at the Wytheville Meeting Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Town of Wytheville Parks & Recreation, Wythe-Bland Foundation & Wythe County Community Hospital Application Meeting: Wednesday, May 4 Time: 6:00 p.m. Location: Wytheville Meeting Center Fee: Free Eligibility: ages 18+ Min 10



### ULTIMATE FITNESS ADVENTURES (6TH-8TH GRADE) June 30—August 4

Get unplugged and outdoors with the Wytheville Community Centers outdoor adventure program “Ultimate Fitness Adventures.” Starting June 30, participants will experience the thrill of hiking, caving, ziplining, high ropes course, mountain biking, paddle boarding, kayaking and much more. This 6-week outdoor adventure program will be held every Thursday 9:00 a.m.- 4:00 p.m. (departure/ arrival times subject to change depending on weekly activity), with lunch provided. A free two-month Silver Pass Plan will be provided, if you don't currently have one. Limited spots available. Previous Ultimate Fitness Adventure Participants can re-enroll into the program after two years, if space allows. To apply, you must register and attend the application meeting at the Wytheville Meeting Center. Call (276) 223-3378, for more information and to register. This program is made possible by the Wythe-Bland Foundation & Town of Wytheville Parks & Recreation. Application Meeting: Wednesday, May 11 Time: 7:00 p.m. Location: Wytheville Meeting Center Fee: Free Eligibility: 6th-8th Grade Min 5-Max 10

# FIT3D

## BODY SCANNER



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



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

**4**  
SCANS PER YEAR

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

**1**  
SCAN PER YEAR

**OTHER PASS PLANS  
OR ADDITIONAL SCANS**

**\$15**  
PER SCAN

**TRY IT PASS**

**\$20**  
PER SCAN



SCAN THIS CODE  
TO PRE-REGISTER!

**GET YOUR SCAN TODAY!**

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

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

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

# PERSONAL TRAINING



## BUDDY TRAINING 60 MINUTE SESSION

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

## 60-MINUTE SESSION

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

## PERSONAL TRAINERS



BECKY IRVIN



NICK PATEL



THELMA SURBER



NEAL HAWKS



BRANDON WOLFORD

## F.A.S.T: FUTURE ATHLETE SPEED TRAINING [2ND-5TH GRADE]

It's never too early to get your future athlete learning the basics of sprint mechanics! Certified Strength & Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford will focus on proper dynamic warm-up, sport specific speed & agility drills, reaction drills, sprint mechanics, starting, stopping, cutting, jumping, injury prevention and much more!

August 11 - September 1

Day: Thursday

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

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

\$50 NR

Location:

Gymnasium Court 1

Eligibility:

grades 2-5

Min 2 - Max 10

Register by

August 4

## BUY 5, GET 1 FREE

### PERSONAL TRAINING MAY PROMO

You don't want to miss out on this May 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 May 31

# group exercise classes

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

## AB EXPRESS

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

### Session I:

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

### Session II:

July 1-29  
Day: Friday  
Time: 9:45-10:15 a.m.

## NEW! AMRAP GO!

You will work it all in this 30 minute As-Many-Rounds/Reps-As-Possible format. In this class you will perform a variety of exercises for cardio, strength, and endurance with minimum to no rest. Build muscle and stamina in this fun 30-minute total body workout. Min 8-Max 20

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

## BARRE

Barre is a complete body workout fusing ballet barre conditioning, yoga and Pilates. Exercises may be performed standing, seated or lying down. Min 8-Max 20

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

## BOUNCE BLAST

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:

June 1-29  
Day: Wednesday  
Time: 6:30-7:15 p.m.

### Session II:

August 6-27  
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  
Day: Monday and Wednesday  
Time: 9:00-9:45 a.m.

## CHAIR STRETCH & RELAXATION

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

### HIIT 30

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

### INDOOR CYCLING

A low impact cardio workout on a stationary bike that has a weighted flywheel. Cycling includes seated and climbing positions. Cycling works the upper and lower legs and the core, as well as isolation exercises for other muscle groups. This workout is appropriate for all levels. Min 5-Max 9  
**Session I:**  
Day: Monday  
Time: 6:15-7:00 a.m.  
**Session II:**  
August 3-31  
Day: Wednesday  
Time: 6:30-7:15 p.m.

### KICK-IT

Blast fat and have fun through rounds of kicks, jabs, hooks, and uppercuts in a session that sculpts muscle and results in an intense cardio session as well. This class includes an additional focus on bag work drills and strength training intervals, promising a total-body workout. Weightlifting gloves or knuckle wraps are suggested.  
Min 8-Max 20  
**Session I:**  
May 7-28  
Day: Saturday  
Time: 9:00-9:45 a.m.  
**Session II:**  
July 6-27  
Day: Wednesday  
Time: 6:30-7:15 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: 6:15-7:15 p.m.  
**Session II:**  
Day: Friday  
Time: 6:15-7:00 a.m.

### SENIOR FITNESS & FALL PREVENTION

This class focuses on everyday functional movements to help improve the quality of life by providing low impact exercises to improve cardiovascular function, strength flexibility and balance and fall prevention. (Beginner level)  
Min 8-Max 20  
Day: Tuesday  
Time: 11:00-11:45 a.m.

### STEP

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



# group exercise classes

## STRENGTH, CORE AND MORE

Boost metabolism by increasing lean body mass. This class is designed to strengthen major muscle groups using a variety of equipment and/or your own body resistance. Modifications are offered throughout the class. Great for all fitness levels. Min 8-Max 20  
Day: Monday and Wednesday  
Time: 11:00-11:45 a.m.

## SUNRISE YOGALATES

Start the day right with a fusion of (hatha style) yoga and Pilates to help reduce stress, improve flexibility, concentration, circulation and breathing, while toning muscles to increase balance and posture for an all over mind and body experience. You will leave feeling refreshed and ready to start your day! This class involves standing, seated, and lying positions with some balance poses using bands or balls. Great for all fitness levels. Modifications are offered throughout the class. Min 8-Max 20  
Day: Tuesday and Thursday  
Time: 8:00-8:45 a.m.

## 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. 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.

## TRX CIRCUIT

Are you ready to feel and look your best? TRX Suspension Training® is a revolutionary method of leveraged body weight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. TRX training will change the way you view exercise and will take your workouts to a whole new level. This class will use a variety of equipment. \* You must be able to hold a plank for 1 minute with good form to take this class. Min 5- Max 10  
August 1-29  
Day: Monday  
Time: 5:30-6:15 p.m.

## YOGA FLOW

This class is a series of flowing postures with rhythmic breathing for an intense body-mind workout (vinyasa-style yoga). This type of yoga, with its flowing movement and fast pace, builds heat in the body and stretches the muscles of the body, practicing Ujjayi-style breathing. This class is more for those who have some experience with yoga. Think outside of the mat! Min 8-Max 20

### Session I:

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

### Session II:

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

## 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:

July 2-30  
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  
Nick Patel  
Neal Hawks  
Garrie Ayers  
Haley Morehead  
Jennifer Matheney  
Misty Catron (Volunteer)



BE ACTIVE WYTHE

FITNESS

# aqua fitness classes

All aqua classes are in the natatorium

## 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 MOBILITY

This warm water workout will gently wake you up with water therapy exercises that consist of gentle movements aimed to free tension, stress, and pain brought on by daily activities or injuries. Using a variety of water equipment, you will leave this class ready to take on the day. Min 4 - Max 6

Day: Thursday

Time: 6:30-7:00 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



# other aerobic programs

## MINDFUL HIKE & YOGA

Looking to unwind? Join us for a short hike at Crystal Springs and end with a relaxing meditative yoga session. You will leave feeling refreshed and renewed and ready to take on the weekend.

Friday, June 3

Time: 2:00 p.m.

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

Min 8 – Max 15

Register by May 25

## OLDER ADULT ASSESSMENT TESTING

Join us to assess your balance, flexibility, gait speed and more. Assessments won't take long, and are a great tool to keep up with your progress. REGISTRATION IS REQUIRED!! Sign up today.

Wednesday, June 8

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

Fee: Free

Location: Gymnasium

Eligibility: ages 50+

Min 10 – Max 50

Register by June 1

# Success Story Spotlight

**YES**  
you can!

**In 2010 Cathy had been thrown off of a horse, leading to some significant problems with her balance. Add 10 years to this and her balance and core strength had gotten so bad that Cathy had a hard time just getting out of the bed due to this lack of strength. Everything started to change when Cathy decided to start taking Senior Fitness & Fall Prevention class just a couple of years ago. With steady consistency Cathy was getting stronger. She went on to tell this amazing story.**



**CATHY BROWN**

***"This year we had a snow storm and with cold weather on top of that, the snow turned to ice. I was walking my dog and fell and was able to get up without using anything to help me. It was such a blessing that I had the strength to do this. Becky and all the instructors at the Recreation Center are really concentrating on helping us improve our balance and core strength, it is so greatly appreciated."***



**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.kidsinparcs.com](http://www.kidsinparcs.com) for more information.

**Fees:** None

**Hours:** Dawn–Dusk

**Camping & Backpacking:** Must have a permit (obtained from the Department of Parks and Recreation)

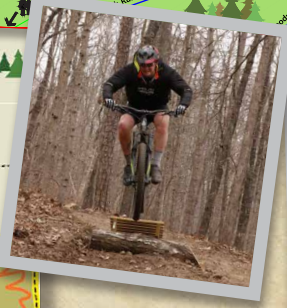
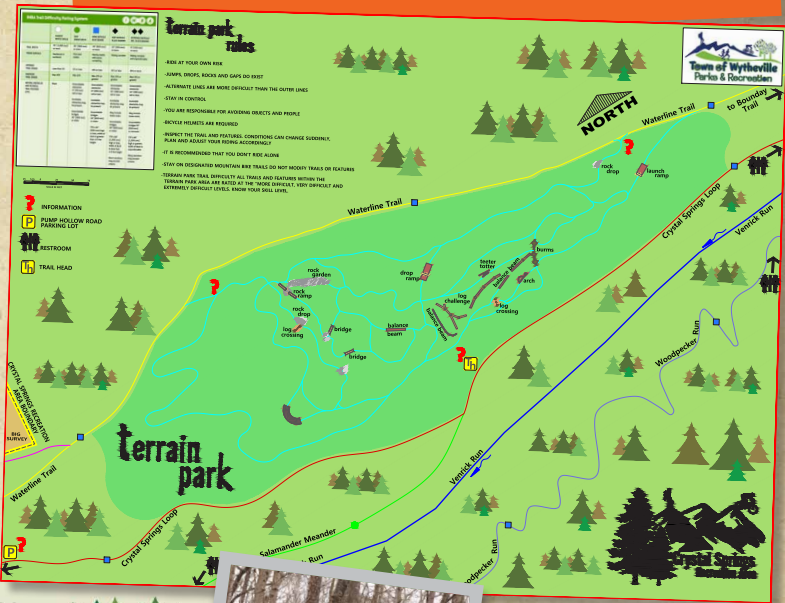
**Directions:** From Main Street, follow Route 21 South approximately 3 miles. Turn left on Pump Hollow Road. Follow Pump Hollow Road 1 mile. Parking area on left.



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)



## 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.

Saturday, June 18

Time: 11:00 a.m. - 12:45 p.m.

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

Location: Crystal Springs

Eligibility: ages 7-12

Min 5 - Max 15

Register by June 11

Late fee: additional \$5

## OUTDOOR TOP ROPE ROCK CLIMBING

Spend the day with us climbing and enjoying the scenery. During this trip we will have a light mile hike to our climbing destination. Please be sure to bring a backpack, packed lunch, plenty of water, and wear weather appropriate clothes. All climbing gear will be supplied.

Day: Saturday, August 27

Time: 8:00 a.m. - 1:00 p.m.

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

Location: Crystal Springs Parking Lot

Eligibility: ages 12+

Min 5 - Max 12

Register by August 20

Late Fee: additional \$5

## GROUP RIDES

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

Day: Thursdays

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

Fee: Free

Location: Crystal Springs

Eligibility: ages 12+

Min 5 - Max 20

Register 1 week prior to session.

## 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

## OVERNIGHT BACKPACKING TRIP

Interested in getting into overnight backpacking and don't know where to start? Sign up for this entry level overnight guided backpacking trip to Crystal Springs. In the course we will discuss preparation plans, tip/tricks, and what equipment is necessary at the pre-trip meeting. Participants must provide their own food, sleeping bag, tent and bookbag.

Saturday, August 13 (Pre-trip meeting)

Time: 10:00 - 11:30 a.m.

Saturday, August 20-21

(Crystal Springs Overnight Trip)

Time: 10:00 a.m. - 9:00 a.m.

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

Eligibility: ages 16+

Min 5 - Max 10

Register by August 6

Late fee: additional \$5



# PARKS, SHELTERS & OUTDOOR POOL

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

## ELIZABETH BROWN MEMORIAL PARK



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

## WITHERS PARK



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

## MCWANE SHELTER



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

## MCWANE POOL



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

## 4TH STREET CIVIC CENTER



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

# 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 accessed additional fees*

## MCWANE POOL RENTALS

	2 HOURS	3 HOURS
Up to 50 people	\$100	\$135
More than 50 people	\$130	\$165

**Pool Rental Hours:**  
 Friday, Saturday, and Sunday  
 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.

# 2022 AFTER HOURS CONCERT SERIES

Show times are 6:30-9:30pm. Withers Park will open at 5:30pm with food vendors on site. Rain out shows will relocate to Wytheville Meeting Center. Advanced tickets are \$5 and can be purchased at The Wytheville Community Center, Wytheville-Wythe-Bland Chamber of Commerce, Three Rivers Media, and Wythe Produce. Tickets will be \$7 at the gate and children 5 and under are free.

*Lauren Light*  
June 3rd



*The Entertainers*  
August 5th



*Withers Park*

*Advance Ticket Price - \$5*

*Gate Price - \$7*



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