

Master Plan COMING SOON!





We want to hear from you!





SURVEY COMING SOON!







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.

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
Lucas Mabry
Lucas Mabry

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

PROGRAMREGISTRATION

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 Recreati0on 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.

INSIDE...

Pass Plans & Admission Fees	4
Rentals & Party Packages	5
Athletics	6-8
Active Adult	9-11
Youth/Teen/Climb	12-14
Aquatics	15-19
Fitness	20-22
Aerobics	23-27
Outdoors	28-29
Parks Shelters & Outdoor Pool	30-31

PASSPLANS & ADMISSIONFEES

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

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 Continual per month*	Annual	Monthly (advance payment)
Adult	\$28	\$370	\$44
Adult +1	\$45	\$594	\$62
Family	\$53	\$700	\$71
Senior/Teen/Colleg	e \$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 Continual per month*	Annual	Monthly (advance payment)
Adult	\$7	\$92	\$25
Adult +1	\$12	\$158	\$29
Family	\$21	\$277	\$38
Senior/Teen/Colleg	ge \$7	\$92	\$24
Senior Couple	\$11	\$145	\$28
Youth (4-12)	\$5	\$66	\$23

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

reserve the Fit Zone with a Gold Pass!



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.

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

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

Senior Age: 65+

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

RENTALS

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

There is a 2 hour minimum on all multipurpose room rentals

RESIDENT/PASS PLAN HOLDER	NON-RESIDENT	FOR PROFIT ORGANIZATIONS

\$50/hour

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

CLIMBING WALL

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

\$45/hour

Youth/Teen **Center & Climbing Wall Available** for Rentals:

Saturday 11 AM-1 PM

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

Pool Rental Hours:

Call for availability



Youth/Teen Center Game Room

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





SOCCER CLINIC (Pre-K & K)

Calling all future soccer stars, boys and girls! If your little one is PreK (4 years old by September 30, 2025) or in Kindergarten, we've got a fun-filled soccer clinic just for them! Get ready for skill drills, practice galore, and friendly scrimmages led by our amazing coaching crew. The fun will kick off in March-April. We'll spill the beans on dates and times once registration wraps up - so stay tuned!

Fee: \$35 TR; \$40 NRPP; \$45 NR Uniform provided: shirt to keep

Eligibility: Pre-K (4 years old by Sept. 20, 2025) & K

Register by February 16 Late Fee: additional \$5

TEE BALL CLINIC (Pre-K & K)

Calling all kiddos, boys and girls alike! It's time to step up to the plate! Our Tee Ball clinic is open for Pre-K (just make sure you've hit the big 4 by September 30, 2025) and Kindergarten stars. Get ready for a fun-filled adventure with skill drills, practice galore, and scrimmages led by our amazing coaches! The fun kicks off sometime in April-May. Stay tuned for the scoop on dates and times after registration wraps up. Batter up! Fee: \$45 TR; \$50 NRPP; \$55 NR

Uniform provided: shirt and hat to keep

Register by April 7 Late Fee: additional \$5

CROSS COUNTY/TRACK CLINIC (1st-5th)

Get ready to hit the ground running! Our clinic is gearing up to kick off in mid-May. We'll be diving into cool stuff like structural skills, mastering those running and breathing techniques, and stretching like pros! Plus, we'll have fun non-competition timed races at various lengths, led by our awesome staff and coaches. Stay tuned for the dates and times—coming your way right after registration wraps up! Time: 6:30-7:30 pm

Fee: \$35 TR; \$40 NRPP; \$45 NR Uniform provided: shirt to keep

Min 10 – Max 20 Register by April 14 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.

mini leagues

Our mini leagues feature a week of group practice with staff and coaches that will focus on fundamentals and skills. Following this initial practice week, staff & coaches will select teams. Afterwards, there will be another week dedicated to team practices before we start games. Each team will participate in games throughout the season. There will be no tournament in our mini leagues

SOCCER - MINI LEAGUE (1st & 2nd grade)

The upcoming season is expected to kick off in late March and will take place at WCC fields. Details regarding specific dates and times will be shared once registration ends.

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

Uniform provided: for 1st & 2nd Grade: shirts to keep Register by February 16 Late Fee: additional \$5

COACHES PITCH - MINI-LEAGUE (1st & 2nd grade)

The upcoming season is expected to kick off between late April and early May. Games will take place at WCC fields. Details regarding the specific dates and times will be shared once registration concludes.

once registration concludes.
Fee: \$45 TR; \$50 NRPP; \$55 NR
Uniform provided: shirt and hat to keep
Register by April 7
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

M

GYM RULES AND REGULATIONS



leagues

YOUTH SOCCER LEAGUES

Two Divisions:
3rd & 4th grade
5th, 6th, 7th grade
Every age group will participate in a coed league. The league
is set to begin in March and will take place at Scott Memorial
Middle School or Ager Park. Details regarding dates and times
will be sent out via mail once registration concludes.
Fee: \$35 TR; \$40 NRPP; \$45 NR
Uniform provided for 3rd – 7th Grade: returnable jersey
Register by February 16
Late Fee: additional \$5

leagues continue on page 8

- 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



 \square

M

leagues



You asked for it and we listened! This coming season we have elected to join Diamond Baseball and Dixie Softball Leagues. This means that the season will begin earlier than prior seasons. This also means that practice for Baseball and Softball seasons will overlap slightly with soccer season. While we are excited about the opportunities that Diamond and Dixie will present to our program, we want to make all involved aware that the season will look different than it was in the past. Participating in this league will require travel to other areas such as Bland, Galax, Grayson and Carroll County. Post season play will also be an option with Diamond and Dixie that may require travel and additional cost associated with the post season tournament. We will share those details when they are provided. Good luck to all those involved in the upcoming season!! Thank you for your patience and understanding while we navigate new waters in this program.



SEASON TIMELINE:

We expect practices to begin in early April and games to begin in late April/early May. The regular season may conclude in early June with post season tournament beginning in mid-June and possibly lasting through July/August. Because of the game requirements associated with the league, make-up games may be played on any day including Sunday afternoons.

DIXIE SOFTBALL

Two Divisions:

10U League – see age chart for eligibility; age as of January 1, 2026 12U League - see age chart for eligibility; age as of January 1, 2026 Details regarding dates and times will be shared once registration concludes. Fee: \$35 TR; \$40 NRPP; \$45 NR

Uniform provided: returnable jersey Register by March 23 Late Fee: additional \$5



	SOFTBA	LL AGE (CHART -	- match	month	and bo	x with	year of	birth fo	r leagu	e age at	tright
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	League
2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	2016	10U
2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	2015	10U
2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	2014	12U
2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	2013	12U

DIAMOND BASEBALL

Two Divisions:

10U League - see age chart for eligibility; age as of April 30, 2026

12U League – see age chart for eligibility; age as of April 30, 2026

Details regarding dates and times will be shared once registration concludes.

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

Uniform provided: returnable jersey and hat to keep

Register by March 23 Late Fee: additional \$5



	BASEBA	LL AGE (CHART -	- match	month	and bo	x with	year of	birth fo	r leagu	e age at	right
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	League
2017	2017	2017	2017	2016	2016	2016	2016	2016	2016	2016	2016	10U
2016	2016	2016	2016	2015	2015	2015	2015	2015	2015	2015	2015	10U
2015	2015	2015	2015	2014	2014	2014	2014	2014	2014	2014	2014	12U
2014	2014	2014	2014	2013	2013	2013	2013	2013	2013	2013	2013	12U

PICKLEBALL

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

Session I: January Session II: February Session III: March Session IV: April Days: Tuesday

Time: 10:00 am - 12:00 pm Fee: \$5 TR; \$10 NRPP; \$15 NR

Location: Court 2 Eligibility: All Ages Min 4 - Max 12

Register by the 25th of each month for the

following month.
Late fee: additional \$5

FEBRUARY BINGO

Join us in multipurpose room 1 for 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, February 4 - Movie snack prizes

Session II:

Wednesday, February 11 – Valentine prizes

Session III:

Wednesday, February 18 – White Elephant prizes

Session IV:

Wednesday, February 25 -Home & garden prizes

Time: 10:00 – 11:00 am Fee: \$5 TR; \$10 NRPP; \$15 NR Location: Multipurpose Room 1

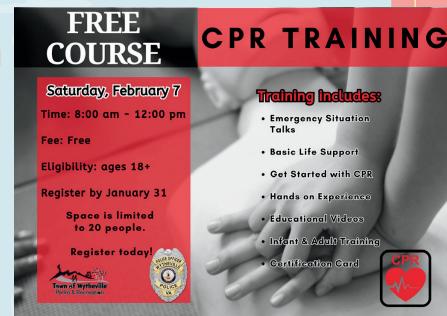
Eligibility: ages 40+ Min 10 - Max 25

Register one week prior to the session.

Late fee: additional \$5

ST. PATRICK'S DAY BINGO

Join us for a St. Patrick's Day Bingo Bash! Gather your friends for this festive event and get ready to win prizes that will make you feel like you've found the pot of gold at the end of the rainbow. Wear your green and favorite St. Patrick's Day



attire for a chance to win the "Best Dressed Leprechaun" award.

Tuesday, March 17 Time: 10:00 – 11:00 am

Fee: \$5 TR; \$10 NRPP; \$15 NR Location: Multipurpose Room 1

Eligibility: ages 40+ Min 10 - Max 25 Register by March 10 Late fee: additional \$5

BUNCO!

BUNCO started as a parlor game in the late 1800's and was eventually declared illegal as it was considered a 'game of chance'. Bunco is a social, luck-based dice game where players roll three dice over six rounds, trying to score points by rolling the number that corresponds to the current round. It is entirely random and super fun; there is no skill involved. If you can roll some dice, you can do it! There are prizes, snacks, and good times to be had! Bunco is easy to learn, making it accessible for everyone.

Session I: Wednesday, March 11 **Session II:** Wednesday, March 25

Time: 10:00 am - 12:00 pm

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

Location: Multipurpose Room 1

Eligibility: ages 40+ Min 12 - Max 20

Register one week prior to the session.

Late fee: additional \$5



Date	Main Dish
January 13	Meat Loaf
February 10	Grilled Chicken
March 10	Pot Roast
April 14	Fried Chicken

BRING A FAUORITE DISH TO SHARE OR JUST STOP BY THE STORE TO PURCHASE A SHARABLE SIDE. DRINKS, UTENSILS, PAPER PRODUCES, AND MAIN DISH ARE PROVIDED.

TIME: II:30 AM - I:00 PM LOCATION: MULTIPURPOSE ROOM I & 2 AGES 40+ NO REGISTRATION REQUIRED



ACTIVE ADULT TRIP: Exploration of Downtown Roanoke featuring The Virginia Museum of Transportation & Roanoke Pinball

The Virginia Museum of Transportation – The history of transportation is a fascinating journey through time and innovation, from the first gasoline-powered vehicles to today's cuttingedge technologies; from the steam engine to the electric car, transportation shapes our world. The museum offers both historical and cultural context that allows us to be enlightened and educated about the various concepts that have been pivotal in shaping transportation over time within the Commonwealth and beyond. Roanoke Pinball Museum - The Roanoke Pinball Museum is a unique collection of fascinating pinball and related amusement machines spanning nearly a century of American history... and you can play them all! No quarters necessary. They feature more than 70 well-maintained playable machines. Your admission ticket is all you need to play all day!

Lunch is not included in the fee and will be on your own at the Historic Roanoke City Market.

Thursday, January 22 Time: Depart at 9:00 am Fee: \$45 TR; \$50 NRPP; \$55 NR Eligibility: ages 40+

Min 5 - Max 20

Register by January 15 Late fee: additional \$5

ACTIVE ADULT TRIP:

The Birthplace of County Music & exploring State Street, Bristol, TN/VA

The Birthplace of Country Music Museum explores how evolving sound technology shaped the success of the 1927 Bristol Sessions and highlights how this rich musical heritage still thrives in the Appalachian region and beyond. Through multiple theater experiences, interactive and stationary displays - along with a variety of educational programs, music performances, and community events - the exciting story of these recording sessions and their far-reaching influence comes alive. Rotating exhibitions from guest curators and other institutions, including the Smithsonian, are featured throughout the year in the Special Exhibits Gallery. The museum also houses a collection of related objects, photographs, ephemera, and a digital archive. We will have lunch at Cootie Brown's before

visiting the museum and exploring State Street.

Lunch is not included in the fee.

Thursday, February 19 Time: Depart at 10:00 am Fee: \$20 TR; \$25 NRPP; \$30 NR

Eligibility: ages 40+ Min 5 - Max 15

Register by February 12 Late fee: additional \$5

ACTIVE ADULT TRIP:

Natural Bridge State Park & Caverns

The Natural Bridge is a 215-foot tall, 90-foot wide natural limestone arch in Virginia's Natural Bridge State Park, carved by Cedar Creek and listed on the National Register of Historic Places. Visitors can access the bridge via a scenic trail from the visitor center, which leads past Lace Falls. The site was once owned by Thomas Jefferson, and it was a significant location for the Native American Monacan tribe. This trip will include walking on uneven and rocky terrain.

Lunch is not included in the fee.

Thursday, March 12 Time: Depart at 9:00 am. Fee: \$20 TR; \$25 NRPP; \$30 NR

Eligibility: ages 40+ Min 5 - Max 15 Register by March 5 Late fee: additional \$5

ACTIVE ADULT TRIP: Mrs. Hane's Moravian Cookies factory tour & visiting Old Salem Museum's and Gardens, Winston-Salem, NC

Mrs. Hane's Moravian Cookies was named the #5 cookie shop in America by USA Today readers. Here, "Artists in Aprons" hand roll, hand cut and hand package more than 110,000 pounds of dough each year. The public tours of this family-owned business provide visitors with an inside peek of the cookie company in action. They bake six flavors: sugar, lemon (Mr. Hane's favorite), black walnut, chocolate, butterscotch and traditional Moravian ginger. Oprah Winfrey named this delicacy one of her "favorites" in 2010.

We will also be visiting Old Salem Museum & Gardens in Downtown Winston-Salem to learn more about the Moravian heritage and history of Winston-Salem, North Carolina.

Lunch is not included in the fee and will be on your own at Cin Cin Burger Bar.

Thursday, April 16

Time: Depart at 11:00 am Fee: \$40 TR; \$45 NRPP; \$50 NR

Eligibility: ages 40+ Min 5 - Max 15 Register by April 9 Late fee: additional \$5

ACTIVE ADULT TRIP: Mystery Dining

Hop on board for a lunchtime adventure to a top-secret spot! We're hitting up charming, moderately priced, non-chain eateries in a town just 30 minutes to an hour from Wytheville. Get ready to discover a new gem while savoring a delicious meal!

Fee includes transportation only. The meal cost is extra.

Session I: Wednesday, January 28

Session II: Wednesday, February 18 – this is a

dinner outing! Depart at 4:00 pm **Session III:** Wednesday, March 18 **Session IV:** Wednesday, April 29

Time: Depart at 11:00 am 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



Register for the 2026 games! April 26 - May 1, 2026

> FOR AGES 50+ BEGINNERS WELCOME

5K WALK/RUN • BOCCE BALL • BOWLING • BRIDGE • CAPTAIN'S CHOICE GOLF • CORNHOLE • CROQUET • DISC GOLF • FREE THROWS • FRISBEE • HORSE BASKETBALL • HORSESHOES • MINI GOLF • PICKLEBALL • RIFLERY • SHUFFLEBOARD • SOFTBALL HIT & THROW • SWIMMING • TRACK & FIELD

Registration packets are available at the Wytheville Community Center.

Athlete Registration Fee

One Event: \$10 Two Events: \$15 Unlimited Events: \$20

Registration Deadline: March 27, 2026

Questions: 276-223-3520 or erin.stafford@wytheville.org

Where athletes are forever young.

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public

youth/teen center & 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.





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, January 16 **Session II:** Friday, February 13

Time: 6:00 - 8:30 pm 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

SPRING BREAK KIDVENTURE

On the hunt for ways to keep your little ones entertained this spring break? Look no further! Get ready for a day filled with games, field trips, splish-splashing in the pool, and a whole lot of fun at the Wytheville Community Center!

Dates: April 6 - 10

Times: 7:45 am - 5:30 pm

Fee: \$20 TR; \$25 NRPP; \$30 NR - PER DAY

Location: Multipurpose Rooms

Eligibility: Grades K- 6 (must be 11 years or younger)

Min 5 - Max 20 Register by March 17

> Keep an eye on our Facebook page for pop-up events in our Rock Wall and Teen Center!







BELAY 101

Interested in learning to belay? This workshop covers equipment and safe practices for belaying. While it won't permit belaying at the Wytheville Community Center, you'll gain skills applicable to your next climbing adventure.

strongest climbers have conquered it, and now you are invited to test your skills on this challenging wall.

SWING BY THE CLIMBING WALL FOR MORE INFORMATION!





EGGSTRAVAGANZA

at Wither's Park

SATURDAY, MARCH 21

10:30 A.M. - 1:00 PM **AGES 10 AND UNDER**

JOIN US AT WITHER'S PARK FOR A FUN, **NON-COMPETITIVE BUNNY TRAIL** EVENT FEATURING CRAFTS, GAMES, PHOTO OPPORTUNITIES, CANDY-FILLED EGGS, AND A CHANCE TO MEET THE **EASTER BUNNY!**

WHO: Kiddos aged 10 and under.

WHAT: A leisurely, egg-citing hop down the bunny trail-no races, just fun! Little ones will gather Easter eggs at various activity stops

WHEN: Hop on over ANYTIME between 10:30 a.m. and 1:00 p.m. on Saturday, March 21.

WHERE: Wither's Park, Wytheville, Va.

HOW: Families can stroll around at their own speed, soaking up the charm without the hustle! Once kids have explored all the activities, they can crack open their eggs to hunt for a prize certificate. Lucky finders get to swap it for an Easter Basket brimming with sweet goodies and surprises!

This hoppin' event is free and open to all. No need to RSVP-just bring your sense of adventure and your Easter basket!



MONDAY - FRIDAY

7:30 AM - 5:30 PM

SUMMER FUN FOR KIDS ENTERING 1ST TO 6TH

JUNE I - AUGUST 8

DATES WILL BE UPDATED BASED ON THE WYTHE COUNTY SCHOOL CALENDAR

GRADE

(Must have completed Kindergarten and cannot turn 12 before June 1, 2026)

IN PERSON
REGISTRATION
ONLY

FULL TIME (MON-FRI) REGISTRATION BEGINS



APRIL 1ST

REGISTRATION (IF SPACES ARE AVAILABLE)

First weeks payment is due upon registration and is non-refundable.

Billed Weekly.

Two Billing Options
Credit/Debit card or
Checking/Savings account

Weekly Price

TR – \$100 for first child, \$80 for second child NRPP– \$105 for first child, \$85 for second child NR – \$110 for first child, \$90 for second child

For more information call:

276-223-3378

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.



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

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: February 5-9 Register by January 22 Session II: April 23-27 Register by April 9 Session III: May 14-18 Register by April 29

Time: Thursday: 4:00 – 9:00 pm Friday: 4:00 – 9:00 pm Saturday: 9:00 am – 7:00 pm Sunday: 12:00 – 7:00 pm Monday: 4:00 – 8:00 pm 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.

first day of class. 100% participation required.

Session I: March 14-15 Register by February 26 Session II: April 18-19 Register by April 2

Time: Saturday, 8:00 am - 5:00 pm Sunday, 1:00 - 5:00 pm Fee: \$100 TR; \$105 NRPP; \$110 NR

Location: Wytheville Community Center Pool Eligibility: ages 15+ and meet prerequisites

Min 5 - Max 10 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. 100% participation required. 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.

March 20-22

Time: Friday, 4:00 – 8:00 pm Saturday, 8:00 am – 5:00 pm Sunday, 1:00 – 6:00 pm

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

Location: Wytheville Community Center Pool

Eligibility: ages 17+ Min 3 - Max 6 Register by March 16 Late Fee: additional \$5

VIHEULLE WAUES 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, signing up with the Waves today 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.

WINTER & SPRING PRACTICE GROUPS

RIPPLES (Beginner | Ages ~5-9)

- Learning the basics of freesyle 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 skillbuilding activities and intro to basic training sets.
- Practice: MW 4:45-5:45 p.m.

swim team



- 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)

LOCATION: Rec Center Pool

January 5 - April 15

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 January 5 Late fee: additional \$5



UNDERWATER Easter Egg HUNT

The Easter Bunny is in a hurry to place all his eggs before Easter. In his rush he accidently dropped his eggs and they have spilled out all over the pool! Come help the Easter Bunny gather all his eggs so he doesn't miss his deadline for Easter! Bring your swim suit and swim around gathering eggs, once you have gathered 20 eggs you can turn them into the Easter Bunny for a goodie bag as a thank you for helping. Come join us for a family fun event in the pool!

Children 4 and under must have an adult in the pool with them. Friday, March 27
Time: 6 & under 5:30 — 6:30 p.m.
7-12 years old 7:00 — 8:00 p.m.
Fee: \$5 TR; \$10 NRPP; \$15 NR
Eligibility: ages 12 & under (parents must be present)



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.

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

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.

SESSION 1: Tuesday/Thursday — February 3, 5, 10, 12, 17, 19

Register by January 29

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 — March 3, 5, 10, 12, 17, 19

Register by February 26

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 — April 7, 9, 14, 16, 21, 23

Register by April 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

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:*

Requires two-week advance registration.

SPLASH START: PARENT & TOT AQUATIC ADVENTURE

Dive into a world of aquatic fun and safety with your little one! Our one-day swim lesson event is designed exclusively for babies and toddlers aged 6 month to 3 years old, and their parents or guardians. Here's what to expect:

- **Water Safety:** We prioritize teaching parents essential water safety skills to ensure a secure and enjoyable experience for your child
- Parent Education: Learn how to create a positive and nurturing environment for your little swimmer in the water.
- **Bonding:** Strengthen the parent-child bond as you both explore the joys of swimming together.
- Fun & Games: Engage in exciting waterbased activities that promote confidence and coordination in the water.
- **Expert Guidance:** Our certified instructors bring years of experience and knowledge to make this day memorable and safe.

Saturday, April 11 Time: 10:15 – 11:00 am Fee: \$20 TR; \$25 NRPP; \$30 NR Eligibility: ages 6 months to 3 years Min 4 - Max 10 Register by March 30 Late Fee: additional \$5

WATER CONFIDENCE FOR ADULTS

Discover a welcoming space to build comfort and confidence in the water. This free, two-class series is designed for adults who want to learn or relearn the basics at their own pace. Held in a quiet, private setting while the pool is closed to the public, participants receive gentle guidance and support as they explore water safety, body awareness and foundational swimming skills.

Session I: Saturday, January 17 & January 24 Register by January 10

Session II: Saturday, May 2 & May 9

Register by April 25 Time: 9:00 – 9:45 am Fee: Free

Eligibility: ages 18+ Min 1 - Max 10

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 ages 12 and older to independently access the free weight area upon completion of the program. This orientation provides in-depth instruction on proper lifting form, technique, spotting, and essential safety practices related to free weight training. Participants must first complete the Standard Equipment Orientation before enrolling. To schedule your Advanced Youth Orientation, please contact Brandon Wolford at (276) 223-3538.

Fee: OL

Location: Fitness Area Eligibility: ages 12+

RESOLUTION ROADMAP: Fitness Consultation

Are you unsure how to begin your fitness journey? Our experienced fitness professionals are here to guide you every step of the way! We'll work with you to assess your current health and fitness level, understand your goals and preferences, and help you set realistic and achievable fitness goals!! 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 utilizes cutting-edge 3D scanning technology to precisely capture over 100 measurements and 1,000 images in just 35 seconds. Results are securely transmitted to your phone, tablet or computer. Your scan will encompass a variety of metrics, including weight loss, body fat percentage, lean mass, fat mass, body circumference measurements, a 3D avatar, comparison overlays, posture analysis, balance assessment, body shape rating, and more. For additional information or to schedule your FIT3D Body Scan, please call (276) 223-3378.

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

Location: Fitness Area Eligibility: ages 12+

NEW YEAR CHALLENGE SERIES

Kickoff the New Year with our exhilarating fitness challenge! Showcase your skills and see how you stack up against the competition on the vertical jump, broad jump and bench press! Prizes award to the top male and female finishers!

Session I: Thursday, January 22: Vertical Jump

Session II: Thursday, January 29: Bench Press Repetition 225lb (Male Division); 95lb (Female Division)

Time: 5:30 am - 8:00 pm just stop in and see someone at the

Fitness Desk

Fee: OL

Location: Fitness Area Eligibility: ages 12+



IGNITE - SPORTS PERFORMANCE ACADEMY (5TH-8TH GRADE)

Spark your athlete's potential with our Ignite Sports
Performance Academy! This dynamic training series is designed
to fuel speed, agility, and strength while focusing on sportspecific performance. Whether on the field, court, or track,
Ignite helps athletes sharpen their skills, build explosive power,
and gain the competitive edge they need to excel. Get ready to
train with intensity, push limits, and ignite the fire that drives
champions!

Session I: Thursday, February 19 (Soccer)

Session II: Thursday, February 26 (Baseball/Softball)

Time: 4:00 - 5:00 pm

Fee: \$10 TR; \$15 NRPP; \$20 NR Location: Court 1 & The Fit Zone Eligibility: 5th – 8th grade

Min 4 - Max 10

Register one week prior to session

Late fee: additional \$5

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! March 1-31

Day: See Front Desk for Availability

Time: Varies Per Day

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

Location: Gymnasium Eligibility: ages 12+

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.

FIT FOR LIFE

(EXERCISE, NUTRITION & WEIGHT-LOSS PROGRAM)

Ready to kickstart a healthier lifestyle? Join the Wytheville Community Center's Fit for Life Program, a free exercise, nutrition, and weight-loss program for Wythe and Bland County residents! Starting February 2, get moving with two fun weekly exercise sessions and fuel your success with bi-weekly nutrition classes every Monday and Wednesday morning. Designed for residents with a BMI over 25, this program is limited to 30 participants, so don't wait! Transform your body, boost your energy, and take charge of your health in 2026! Fit for Life graduates can re-enroll after a year if space allows. To apply, you must register and attend the application meeting at the Wytheville Community Center. Call (276) 223-3378, for more information and to register. This program is made possible by the Wythe-Bland Foundation, Town of Wytheville Parks & Recreation, Wythe County Community Hospital and Talon Nutrition.

Application Meeting:

Wednesday, January 7 Time: 10:00 am

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+ Min 10 - Max 30 Register by January 6

YOUTH FITNESS CHALLENGE (2ND-5TH GRADE)

Fuel up and get active for 60 minutes with our fun and interactive after school "Youth Fitness Challenge" Program that is free for residents of Wythe & Bland County. Starting March 2, the six-week Youth Fitness Challenge will inspire our youth to get moving through our series of exciting activities such as ninja warrior courses, kayaking, rock climbing, sports and various other recreational activities. Eligible participants will receive a free two-month family silver pass plan for the duration of the program. Enrollment is limited to 20 participants and previous Youth Fitness Challenge participants can re-enlist back into the program if space allows. To apply, you must register and attend the application meeting at the Wytheville Community Center. Call (276) 223-3378, for more information and to register. This program is made possible by the Wythe-Bland Foundation, Town of Wytheville Parks & Recreation and Wythe County Community Hospital.

Application Meeting:

Wednesday, February 18

Time: 6:00 pm

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: 2nd-5th grade

Min 10 - Max 20

Register by February 17

PERSONAL TRAINING

60-MINUTE SESSION

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

PERSONAL TRAINERS



BECKY IRVIN



THELMA SURBER



BRANDON WOLFORD



NICK PATEL



NEAL HAWKS



MATT GRIMES

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

JANUARY 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 January 31

POSITIVE CHARGE SMALL GROUP TRAINING

Amp up your energy with **Positive Charge**, a small group circuit training program that's as fun as it is effective. Focus on proper form and technique while powering through dynamic, full-body circuits designed to challenge every level. This program meets 1 day per week for 6 weeks, leaving you feeling stronger, more confident, and positively charged after every workout! Day: Varies Per Trainer Time: See Front Desk Staff for Certified Personal Trainer Availability Fee: \$90 Per Person Location: The Fit Zone Eligibility: ages 12+ Min 3 - Max 5 Register by January 31

BUDDY TRAINING JANUARY 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+

Register by January 31

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 ancelled 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

BODY FLEX

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

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.

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

Session I:

Day: Wednesday Time: 9:00-9:45 am

Session II:

February 2-23 Day: Monday Time: 6:30-715 pm

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.

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.

CARDIO KICK



BE ACTIVE WYTHE -

 \square



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 January 5-26

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 8 – Max 20 March 5-26 Day: Thursday Time: 5:30-6:15 pm

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 February 5-26

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.

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 1: February 5-26 Day: Thursday Time: 10:00-10:45 am Session 11: April 2-30

Day: Thursday Time: 10:00-10:45 am

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

Day: Friday Time: 6:15-7:00 am

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 am

All classes are in aerobic room unless otherwise designated.

Eligibility: ages 12+

group exercise classes

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 April 6-27

Day: Monday Time: 6:30-7:15 pm

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 February 7-28 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 Dav: 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.

TOTAL BODY CIRCUIT

Join us for a 45-minute circuit workout that targets your entire body with a mix of strength and cardiovascular exercises. Each station focuses on different muscle groups to boost endurance, strength, and flexibility. Our skilled trainers will provide guidance and motivation, offering modifications for all fitness levels. Come ready to sweat, enjoy, and progress

towards your fitness goals in a supportive environment. Min 8- Max 20

Session I:

Jan1-29 Day: Thursday Time: 5:30-6:15 pm

Session II:

April 2-30 Day: Thursday Time: 5:30-6:15 pm

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, Garrie Ayers, Jennifer Matheny, Dee Hopson, Karen Barton, Matt Grimes

CLASS LEVEL:
BEGINNER
MULTI-LEVEL
INTERMEDIATE



25

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aqua fitness classes



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.

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.

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

Session I:

Day: Wednesday & Friday Time: 9:00-9:45 am

Session II:

Day: Wednesday Time: 5:30-6:15 pm

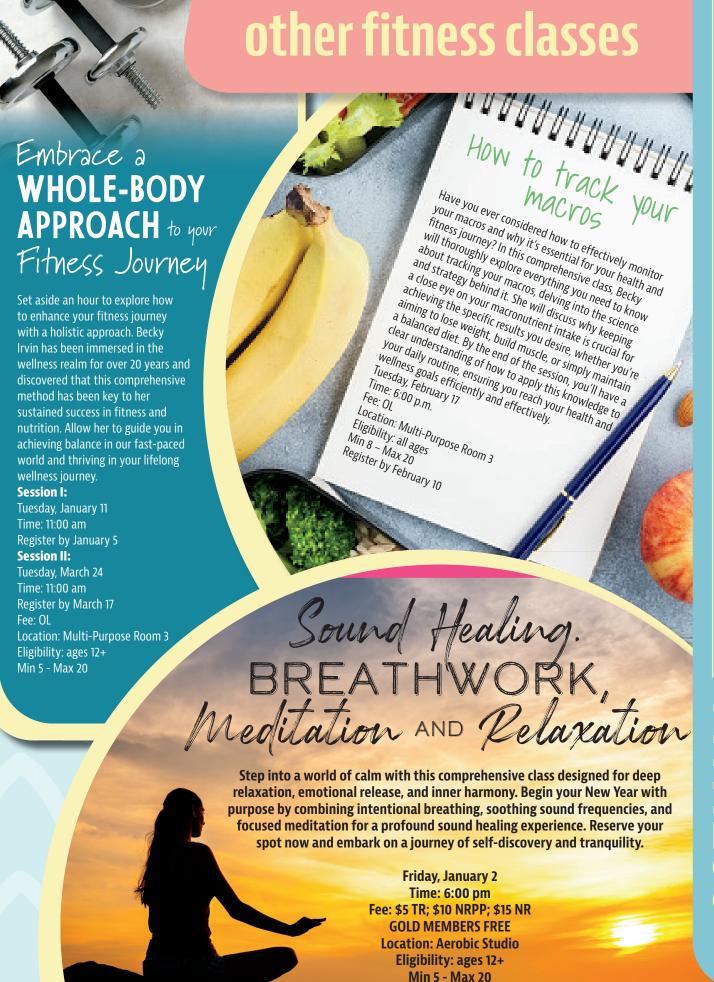
Aqua Instructors: Becky Irvin (Fitness Coordinator), Thelma Surber and Irene Daugherty, Karen Barton

All aqua classes are in the natatorium

FEE ABBREVIATIONS







Register by December 22

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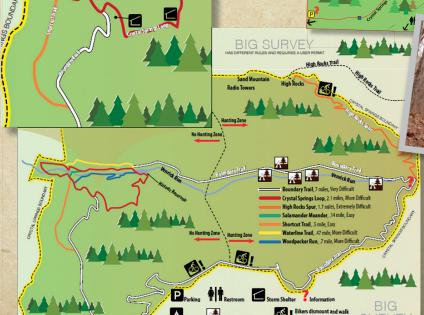
TRACK Trails: A Blue Ridge Parkway Foundation (BRPF) initiative to get kids "unplugged" and outside enjoying nature. Provides signs and brochures that go along with the TRACK Trail activities. Cooperative initiative by BRPF, Wythe-Bland Foundation and Town of Wytheville. Visit www.kidsinparks.com for more information.

Fees: None

Hours: Dawn-Dusk No camping allowed.

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. からの





- Ride at your own risk
- Jumps, drops, rocks and gaps do exist
- Alternate lines are more difficult than the outer
- · Stay in control

OPEN DAWN TIL DUSK!

terrain park rules

- 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



ADVENTURE TREK: WINTER SERIES

School is Out. ADVENTURE IS ON

SNOWTUBING AT WINTERPLACE

Why stay at home on your day off from school when you can join us for an unforgettable snow-filled adventure? Snowtubing is a blast—so come on out, let loose, and enjoy the hill you always dreamed of as a kid, complete with awesome whoop-de-doos! The best part? Two Super Carpet Lifts whisk you back up the mountain so you can keep the thrills going again and again. Snowtubes are provided, laughter is required, and lunch is included—just bring your sense of fun!

Monday, January 19* Time: 10:30 am - 4:30 pm

Fee: \$65 TR; \$70 NRPP; \$75 NR (Tickets, Lunch & Transportation

Included)

Location: Winter Place Ski Resort

Eligibility: 6th-12th grade

Min 6 - Max 10

Register by January 5

MOUNTAIN BIKING AT VIRGINIA CREEPER TRAIL



Don't spend your day off at home—come ride with us on the scenic Virginia Creeper Trail! We'll bike 17 miles from Abingdon to Damascus, crossing the trail's longest bridge with breathtaking views of the South Fork Holston River and the Holston Mountain range. Along the way, watch for bald eagles, otters, deer, and other wildlife. Lunch and transportation are included. Helmets are provided (and required). Participants must be able to ride a bicycle.

Monday, April 6*

Time: 9:00 am - 4:00 pm

Fee: \$65 TR; \$70 NRPP; \$75 NR (Lunch, Transportation & Bike Rental

Included)

Location: Virginia Creeper Trail Eligibility: 6th-12th grade

Min 6 - Max 10

Register by March 23

*If schools change their calendar and school is not out these days, we will look at a different date.

THE "OOPS, I MEANT TO DO THAT" KAYAK ROLL CLASS

Experience Ready to level up your kayaking game? Our Kayaking Roll Class is where confidence meets adrenaline! Whether you're a total beginner or looking to sharpen your technique, this dynamic session will teach you the smooth, controlled roll every paddler dreams of. Expect laughter, splashes, encouragement, and a supportive crew cheering you on with every attempt.

Saturday, February 21 Time: 8:00 - 9:00 am

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

Location: Wytheville Community Center

Pool

Eligibility: ages 12+ Min 2 - Max 6 Register by February 7

Late fee: additional \$5

FISHING TRIP Cedar Springs Trout Farm

Experience the thrill of reeling in trophy trout at Cedar Springs Trout Farm! Nestled along a breathtaking 2-mile stretch of Cripple Creek, this adventure promises stunning scenery, fresh mountain air, and plenty of excitement as the waters are stocked daily with rainbow, brook, brown, and golden trout weighing 2 lbs and up. Enjoy a delicious lunch, relax in nature, and take home up to 6 fish per person (no catch & release!). Participants must have a Virginia freshwater license, along with their own rod and tackle. Limited transportation is available with reservation—secure your spot for this unforgettable fishing getaway! Thursday, April 9

Time: 6:00 am - 4:00 pm Fee: \$80 (Lunch Provided)

Location: Cedar Springs Trout Farm Eligibility: ages 6+ (participants under the age of 16 must be accompanied by an adult also registered for the program)

Min 5 - Max 10

Min 5 - Max 10 Register by March 26



PARKS, SHELTERS & OUTDOOR POOL

All parks and shelters are available for rental.

Please call 223-3378 for more information or to schedule an event.

ELIZABETH BROWN MEMORIAL PARK



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

MCWANE SHELTER



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

MCWANE POOL



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

WITHERS PARK



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

4TH STREET CIVIC CENTER



The 4th St Civic Center is located at 250 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/SHELT	ER
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 accessed additional fees

MCWANE DOO

RENTALS	2 HOURS	
Up to 50 people	\$160	

3 HOURS		
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Saturday
6:30 - 9:30 p.m.
Sunday
6:00 - 9:00 p.m.
Only available
during the summer
pool season

Pool Rental

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CEI	NTE	R RE	NTA	LS

YOUTH

\$190

ADULTS

\$240

\$270

Only available for Sports Events & Practices

More than 50 people

\$15/hour

\$20/hour

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



EGGSTRAVAGANZA

at Wither's Park

SATURDAY, MARCH 21

10:30 A.M. - 1:00 PM AGES 10 AND UNDER

- BRING YOUR OWN BASKET.
- INCLEMENT WEATHER LOCATION: WYTHEVILLE COMMUNITY CENTER

JOIN US AT WITHER'S PARK FOR A HOP DOWN THE BUNNY TRAIL, A FUN, NON-COMPETITIVE EVENT. ENJOY CRAFTS, GAMES, PHOTO OPPORTUNITIES, COLLECT CANDY-FILLED EGGS, AND MEET THE EASTER BUNNY!

