

WINTER/SPRING 2020

JANUARY – APRIL



strengthen

inspire succeed

motivati

challenge

excellence

focus conquer

power

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BE ACTIVE WYTHE...

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- Kidventure pg. 13
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- Fit for Life pg. 23
- Couch to 5K pg. 9 & 33
- Easter Eggstravaganza pg. 36



WELCOME

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

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

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

Wytheville Community Center

333 Community Blvd
Wytheville, VA 24382
Phone: 276-223-3378
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RECREATION COMMISSION

Ben Caudill Glenda Salerno
Mary Katherine Claypool Kenny Sayers
Michael Mitchell

STUDENT MEMBERS

Brynne Mabry
Rosie Tomiak

EX-OFFICIO MEMBERS

Jacqueline King, Vice-Mayor
Steve Moore, Assistant Town Manager
Rick Showalter, Director P&R

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–5:00 PM
Sunday 1:00 PM–5:00 PM

WATER PARK

Monday–Friday 10:00 AM–12:00 PM
4:00 PM–8:00 PM
Saturday 10:00 AM–5:00 PM
Sunday 1:00 PM–5:00 PM

CLIMBING WALL & YOUTH/TEEN CENTER

Tuesday–Saturday 3:00 PM–7:00 PM
Sunday 4:00 PM–6:00 PM

HOLIDAYS

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

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

rec.wytheville.org
276.223.3378



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

PROGRAM REGISTRATION

HOW

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

PAYMENT

Payment of fees is due when you register. Phone registrations must be paid by credit card. Please make checks payable to: Town of Wytheville.
Note: \$25 service fee on all returned checks or NSF for auto deductions.

CONFIRMATION

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

IF PROGRAMS ARE FULL

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

REFUNDS

In the event Wytheville Parks and Recreation cancels the class, you will receive a refund within 30 days. If you withdraw from a class, your refund request must be in writing. Refunds will not be given after the first session of the class or after the deadline date for trips, tours and special events, unless your place can be filled.

CANCELLATION LINE

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

ACCESSIBLE SERVICES

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

PROGRAM REGISTRATION FEES

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

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

Town Residents will pay only the program fee.

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

PHOTO POLICY

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

All program schedules are subject to change.

WAYS TO REGISTER:

IN PERSON

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

BY PHONE

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

BY MAIL

Send registration form along with check or money order to:

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

Registration forms available at
rec.wytheville.org



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

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PASS PLANS & ADMISSION FEES

GOLD LEVEL

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

Category	Annual (advance payment)	Continual per month*	6-Month (advance payment)	Monthly (advance payment)
Adult	\$388	\$32.33	\$216	\$42
Adult +1	\$614	\$51.17	\$329	\$61
Family	\$664	\$55.33	\$354	\$65
Senior/Teen/College	\$338	\$28.17	\$190	\$38
Senior Couple	\$563	\$46.92	\$304	\$56

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	Annual (advance payment)	Continual per month*	6-Month (advance payment)	Monthly (advance payment)
Adult	\$275	\$22.92	\$160	\$34
Adult +1	\$450	\$37.50	\$248	\$50
Family	\$531	\$44.25	\$287	\$54
Senior/Teen/College	\$237	\$19.75	\$141	\$30
Senior Couple	\$396	\$33.00	\$220	\$45
Youth (4-12)	\$188	\$15.67	\$116	\$25

BRONZE LEVEL

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

Category	Annual (advance payment)	Continual per month*	Monthly (advance payment)
Adult	\$73	\$6.08	\$17
Adult +1	\$118	\$9.83	\$20
Family	\$212	\$17.67	\$28
Senior/Teen/College	\$67	\$5.58	\$15
Senior Couple	\$107	\$8.92	\$19
Youth (4-12)	\$51	\$4.25	\$14

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 18-25 must be full time college students.

Senior Age: 65+

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



TRY IT PASS

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

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

*6 Visit Pass valid for 6 months

**12 Visit Pass valid for 1 year

GROUP RATE

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

Daily Admission

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

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

PASS PLAN INFORMATION

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

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

Additional Pass Plan information will be discussed upon registration.



YOUTH SPORTS

SOCCER CLINIC

Open to boys and girls.
 PreK (Must have turned 4 before September 30, 2019) and Kindergarten
 Soccer clinic will be instructional skills, practice time and scrimmages with coaches.
 The clinic will begin in early April.
 Fee: \$20 TR; \$25 NRPP; \$30 NR
 Register by March 2
 Late Fee: additional \$5

YOUTH SOCCER LEAGUES

Open to boys and girls.
 Three Divisions:
 1st & 2nd grade
 3rd & 4th grade
 5th, 6th, 7th grade
 Each age division will play in a coed league.
 The league will open in late March and will be played at WCC fields, Scott Memorial Middle School or Ager Park.
 Fee: \$20 TR; \$25 NRPP; \$30 NR
 Register by March 2
 Late Fee: additional \$5

MIDDLE SCHOOL & HIGH SCHOOL SOCCER

Pick-up games open to boys and girls
 Age: Middle School – 6th – 8th Grade &
 High School – 9th-12th Grade
 Games will be played 4th St. Rec Center on Saturdays in January & February for 6 weeks beginning January 25
 Times: High School Girls – 11:00-12:15, High School Boys – 12:30-1:45, Middle School Coed – 2:00-3:15
 Min 10–Max 30
 Fee: \$5 TR; \$10 NRPP; \$15 NR
 Register by January 17
 Late Fee: Additional \$5

TEE BALL

The league is open to boys and girls.
 Age: Pre-K (Must have turned 4 by September 30, 2019) and Kindergarten
 Season will begin in May.
 Games will be played at the Tee Ball Park.
 Games will be played during the week.
 Fee: \$21 TR; \$26 NRPP; \$31 NR
 Register by April 20
 Late Fee: additional \$5

PITCHING MACHINE

The league is open to boys and girls.
 Age: 1st & 2nd Grade
 Season will begin in May.
 All games will be played at the Tee Ball Park.
 Games will be played during the week.
 Fee: \$21 TR; \$26 NRPP; \$31 NR
 Register by April 20
 Late Fee: additional \$5

BASEBALL

The league is open to boys.
 Two Divisions:
 3rd, 4th, 5th grade
 6th & 7th – not eligible if the player has turned 13 before July 15, 2020
 We will be playing in the Southwest VA Baseball League.
 Teams participating are Wythe County, Carroll, Floyd, Grayson and Galax.
 Games will be played during the week within Wythe County and travel will be involved on some weekends.
 Fees: \$20 TR; \$25 NRPP; \$30 NR
 Register by March 16
 Late Fee: additional \$5

SOFTBALL

The league is open to girls.
 Two Divisions:
 3rd, 4th, 5th grade
 6th, 7th, 8th grade - not eligible if player has turned 14 before July 15, 2020
 We will be playing in the Southwest VA Softball League.
 Teams participating are Wythe County, Carroll, Floyd, Grayson and Galax.
 Games will be played during the week within Wythe County and travel will be involved on some weekends.
 Fee: \$20 TR; \$25 NRPP; \$30 NR
 Register by March 16
 Late Fee: additional \$5



GYM RULES AND REGULATIONS

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

ADULT SPORTS

ADULT VOLLEYBALL LEAGUE

This will be a coed league. The season will open in early June.
 Fee: \$145 per team
 Eligibility: ages 18+ as of September 30, 2019, and out of high school
 Min 4-Max 12 teams
 Register by May 11
 Late Fee: additional \$5

ADULT MEN'S 3 ON 3 BASKETBALL LEAGUE

The season will open in early March. Min 3 – Max 8 players per team.
 Fee: \$180 per team
 Eligibility: ages 18+ as of September 30, 2019, and out of high school
 Min 4-Max 12 teams
 Register by February 17
 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.

ADULT AND SENIOR LOUNGE

Located just outside of the multipurpose room kitchen area, the lounge features a cozy space to relax, read the paper or watch television. Also, take advantage of the card table and games provided. Coffee will be provided Monday-Friday, 6:00 a.m.-12:00 p.m. Open during all regular operational hours.

MONTHLY POTLUCK LUNCHEONS

These luncheons are open to Wythe County citizens ages 50 and older. Participants are asked to bring a favorite dish to share. The department will provide drinks, utensils and paper products. Cooking is not required to participate, just stop by the store. Second Tuesday of each month.

- January 14- Guest Speaker
- February 11- Valentine's Theme
- March 10- Easter Theme
- April 14- Guest Speaker
- Time: 11:30 a.m.-1:00 p.m.
- Fee: Free
- Location: Multipurpose Room
- Eligibility: ages 50+
- No registration required

COLLEGE STUDENT/ADULT TIME

Are you tired of studying all of the time? We all need a little break sometimes. We invite adults and college students to come on over and enjoy all the Teen Center has to offer. We have computer and internet access for all your homework needs, as well as wireless internet access to accommodate your personal laptops. Come check out our new gaming center which includes Xbox One, Nintendo Switch and PS4.

- January-April
- Day: Monday-Friday
- Time: 8:00 a.m.-2:30 p.m.
- Fee: OL
- Location: Teen Center
- Eligibility: ages 18+
- No registration required

SENIOR TIME

Seniors, don't miss out on this opportunity to relive the old days! Come enjoy all the Teen Center has to offer: billiards, air hockey, ping pong, foosball, computer access or test your skills in the latest video games. There are endless opportunities awaiting you!!

- January-April
- Day: Monday-Friday
- Time: 8:00 a.m.-2:30 p.m.
- Fee: OL
- Location: Teen Center
- Eligibility: ages 50+
- No registration required

CPR CLASSES

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

- Session I:** Saturday, January 18
- Session II:** Saturday, February 1
- Session III:** Saturday, March 14
- Session IV:** Saturday, April 25
- Time: 8:00 a.m.-12:00 p.m.
- Fee: \$20 TR; \$25 NRPP; \$30 NR
- Eligibility: ages 18+
- Min 4-Max 16
- Register two weeks prior to each session
- Late Fee: additional \$5

ADULT TENNIS LESSONS

The Town of Wytheville Parks and Recreation is pleased to offer a fun and exciting tennis series. This series is for adults with little to no playing experience and intermediate players. This program offers participants a way to learn about the historic game of tennis in a fun and friendly environment. Each session will help you gain knowledge about the sport and teach you fundamental skills, such as forehand, backhand, serve, volley and scorekeeping with an experienced coach. If you do not have a racquet, that's no problem, we have several that you can use! In case of inclement weather during one of our sessions, we will reschedule. Come out and join the fun!

- March 24-April 14
- Day: Tuesday
- Time: 7:00-8:00 p.m.
- Fee: \$30 TR; \$35 NRPP; \$40 NR
- Location: Wytheville Community College Tennis Courts
- Eligibility: ages 18+
- Min 3-Max 6
- Register by March 10
- Late Fee: additional \$5

ADULT CRAFT NIGHT-BUNNY PLANTER

Need some decoration for your door this Spring? Join us as we make a bunny planter and fill it with flowers to grow! This is guaranteed to catch people's eye! All supplies included.

- Monday, March 30
- Time: 5:30 p.m.
- Fee: \$5 TR; \$10 NRPP; \$15 NR
- Location: Multipurpose Room 1
- Eligibility: ages 18+
- Min 4-Max 12
- Register by March 16
- Late Fee: additional \$5

BADMINTON

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

Day: Tuesday and Thursday

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

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

Location: Court 1

Eligibility: all ages

Min 6-Max 12

Register by the first of the month for the following months

Late Fee: additional \$5

Town Residents may register at any time. Non-Resident registrations will be accepted after the 15th of each month for the following month.

SOCIAL BRIDGE

This group is for anyone who has taken a beginner's course. Come out and play bridge, improve your game and do not be afraid to ask questions.

January 13-April 13

Day: Monday

Time: 1:00-4:00 p.m.

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

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 10-Max 50

Register by January 13

Late fee: additional \$5

DUPLICATE BRIDGE

January 16-April 23

Day: Thursday

Time: 1:00-4:00 pm

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

Location: Multipurpose Room 1

Eligibility: ages 50+

Min 10-Max 50

Register by January 16

Late Fee: additional \$5

COUCH TO 5K

Have you ever wanted to run a 5K, but just don't know where to start? Let Neal Hawks and Haley Morehead teach you what you need to know, in this month-long program. This program will meet 2 days a week and assign running homework for you to complete before you meet again. By the end of April, you will be prepared to run your first 5K. So, what are you waiting for? Sign up today!

April 1-April 30

Days: Monday & Thursday

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

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

Location: Wytheville Community Center Lobby

Eligibility: ages 12+

Min 4-Max 15

Register by March 25

2020 NEW RIVER VALLEY SENIOR GAMES

Come out and enjoy some fun, fellowship and friendly competition at the 2020 New River Valley Senior Games. The games will be held April 26- May 1 and include: Corn hole, Softball, 5K Walk, Basketball, Badminton, Tennis and so many more! As the host of the games, most of them will be held in Wytheville! Be on the lookout for registration packets. This is an event you don't want to miss!

SENIOR WALKERS' BREAKFAST

We will be honoring you once again for all of the walking you have put in over the winter months. We want to thank you for all that you do and for keeping a healthy lifestyle. A FREE breakfast will be provided to you including bacon, eggs, gravy and biscuits. So, come celebrate with us as we give back to you for being so dedicated!

Thursday, April 9

Time: 8:00-10:00 a.m.

Fee: OL

Location: Multipurpose Room

Eligibility: ages 50+

No registration required

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident with a Gold or Silver Pass Plan

NR – Non Resident

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

FREE – open to the public





SENIOR TRIPS

PIPESTEM STATE PARK

Join us as we travel to Pipestem State Park to ride the tram down the mountain to enjoy lunch by the river at the Mountain Creek Dining Room. Before departing we will stop at Tramway Sweets & Treats, a 50's theme soda shop and ice cream parlor! This is a trip you don't want to miss!

Tuesday, March 31

Time: Depart at 10:00 a.m.

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

Lunch is not included in the price

Min 8-Max 24

Register by March 17

Late fee: additional \$5

SHATLEY SPRINGS

Join us as we travel to Shatley Springs to enjoy a delicious family style meal!

Monday, April 20

Time: Depart Community Center at 10:00 a.m.

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

Lunch is not included in the price.

Eligibility: ages 50+

Min 10-Max 12

Register by April 13

Late fee: additional \$5

RECREATIONAL TENNIS

Join us on Saturday mornings to practice your tennis swing! Our lobster ball machine will shoot the balls to you, all you have to do is send them back over the net!

March 21-April 25

Day: Saturday

Time: 8:00-9:00 a.m.

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

Location: Court 1

Eligibility: ages 5+

Min 3-Max 6

Register by March 12

Late Fee: additional \$5





New River Valley

Senior Games

PRACTICE



The Wytheville Community Center will be hosting the 2020 Senior Games April 26- May 1! Come out and get some practice in so you will bring your best game in the 2020 Senior Games! Each week we will be practicing a different sport! Registration packets for the games will be available February 1!

- DATES:** EVERY THURSDAY IN MARCH AND APRIL
- TIME:** 10:00-11:00 A.M.
- FEE:** OL AND REGISTERED FOR SENIOR GAMES
- LOCATION:** WYTHEVILLE COMMUNITY CENTER COURT 2
- REGISTER BY:** FEBRUARY 27

- March 5- Basketball Free Throws
- March 12- Badminton
- March 19- 5k Walk
- March 26- Wii Bowling

- April 2- Spongeball Tennis
- April 9- Softball Hit & Throw
- April 16- Horse Basketball
- April 23- Frisbee



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 CLIMBING CLUB

We will introduce you to the climbing wall area, other climbers your age and to the fundamentals of rock climbing. Topics covered include basic climbing terminology, gym etiquette, importance of foot placement, bouldering safety and how to tie the essential climbing knots. Participants that attend every meeting will receive a certificate of completion.

Session I: Thursday, February 6

Session II: Thursday, March 5

Session III: Thursday, April 2

Time: 5:00–6:00 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: ages 10-18

Min 5-Max 10

Register two weeks prior to session.

SPEED CLIMBING COMPETITION

Join us for a fun climbing competition for all ages at the climbing wall. Each climber will have four chances to climb a designated wall. The fastest climb at the end of the competition in each category wins. Categories are: Male - ages 15+, Female - ages 15+, Male - ages 7-14, Female - ages 7-14, Tots - boys and girls under age 6. Prizes will be awarded for the first-place winner of each category.

Date: Saturday, February 22

Time: 3:00–5:30 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: all ages

No registration required.

BELAY CERTIFICATION COURSE

The climbing wall is bringing back its certification program. If you've ever wondered what the workers are doing with the ropes or are an avid climber that just wants to be able to belay your friends, then join AMGA Certified climbing wall instructor, Lucas Carter, and learn what it means to be a belayer. The course will cover tube-style belay devices, harnesses, knots, commands, and much more that is required to properly and safely belay a climber. All necessary gear will be provided but feel free to bring your own. Participants who pass this course will be awarded a belay certification card for the climbing wall, which is good for one year.

Session I: Monday, March 9

Session II: Monday, April 13

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

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

Location: Climbing Wall

Eligibility: ages 16+

Min 2-Max 6

Register two weeks prior to session

Late Fee: additional \$5

INTRO TO BOULDERING AND ROUTE SETTING

For the first time, we will be offering a crash course on bouldering and what all that tape on the wall is for. Challenge yourself in completely different ways and open up a whole new world of climbing. Whether you're new to climbing, wanting to take the next step, or are an avid climber and think you have something to offer, these will be a fun-filled night for all!

Session I: Thursday, January 30

Session II: Thursday, February 27

Session III: Thursday, March 26

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

Fee: OL

Location: Climbing Wall

Eligibility: ages 12+

Min 3-Max 12

Register two weeks prior to session

ROCK THE WALL CLIMBING COMPETITION

Join us for a fun climbing competition for all ages at the Wytheville Climbing Wall! We have categories for all skill and age levels. So, come out and have some fun, meet new climbers and improve your climbing skills!

Date: Saturday, April 18

Time: 3:00–7:00 p.m.

Fee: OL

Location: Climbing Wall

Eligibility: 3+

No pre-registration required.



CLIMBING WALL

Our indoor climbing wall offers a little bit of something for every climber, regardless of skill level.

Whether you are an expert or simply a beginner, we have routes set that will accommodate your needs. Come out and test your boundaries, overcome your fear and build self-confidence. For those of you looking to change up your workout routine, be sure you check out the peg board, TRX suspension training, pull up bar and wooden gymnastic rings!

Open Climbing Hours:

Tuesday–Saturday
3:00–7:00 p.m.

Sunday 4:00–6:00 p.m.

BE ACTIVE WYTHE
CLIMBING



KIDVENTURES 2020 SUMMER DAY CAMP

June-August

It's never too early to start making those summer plans. We are now accepting registration for our 2020 Kidventure Summer Day Camp. We had a great time last year and can't wait for the upcoming year. This camp will provide your child with an opportunity to participate in a variety of activities: cultural, social, physical and educational. Small, local trips will be taken on a regular basis and lunch and a snack will be provided daily. Don't miss out on what we have in store for your child this year!

All Kidventure payments will be auto-drafted from a credit card weekly. When you register your child, you will be required to submit your credit card information for processing. You will be responsible for payment for the days you select for the entire summer whether your child is in attendance or not.

Day: Monday-Friday

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

Eligibility: Ages 11 and under as of June 1, 2020-must have completed Kindergarten

Space is limited!

Weekly Fees:

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

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

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

Daily Fees:

\$16 for first child, \$12 for second child TR;

\$17 for first child, \$13 for second child NRPP;

\$18 for first child, \$14 for second child NR.

Min 20-Max 90

Cancellation fee is \$100.



YOUTH/TEEN CENTER

If you are looking for fun and excitement, look no further. Plenty of activities to choose from, including billiards, ping pong, air hockey, shuffleboard, and the latest games for Nintendo Switch, Play Station 4, and Xbox One! Stop by and check it out!
Tuesday—Saturday 3:00—7:00 pm | Sunday 4:00—6:00 pm

HOME SCHOOL PHYSICAL EDUCATION

Wytheville Community Center is proud to offer Home School Days, a program incorporating physical education, art/craft activities and outdoor education.
Dates: February 5, February 19, March 4, March 18, April 1, April 15
Time: 12:00 p.m. -1:00 p.m. Ages 4-7
1:00 p.m.-2:30 p.m. Ages 8-13
Fee: \$5 TR; \$10 NRPP; \$15 NR
Location: gymnasium, climbing wall, indoor pool and/or Crystal Springs Recreation Area
Eligibility: ages 4-18
Min 5-Max 25
Register by January 29
Late fee: additional \$5

PANCAKES AND PRINCESSES

Bring your princess in her own dress to enjoy a pancake breakfast with some of our favorite princesses! We will have pancakes with syrup, color pictures of your favorite princess, and take pictures. This is one event you don't want to miss!
Date: Saturday, March 21
Time: 10:00-11:00a.m.
Fee: \$1 TR, \$6 NRPP, \$11 NR
Location: Multipurpose Room 1
Eligibility: Ages 12 and under
Min 5-Max 25
Register by March 11
Late Fee: additional \$5

SUPERHEROS AND SYRUP

Bring your little one dressed as their favorite superhero to a pancake breakfast cooked by your very own superheroes. We will be coloring, playing games and having a super time! This is an event you don't want to miss!
Date: Saturday, March 28
Time: 10:00-11:00 a.m.
Fee: \$1 TR; \$6 NRPP; \$11 NR
Location: Multipurpose Room 1
Eligibility: ages 12 and under
Min 5-Max 25
Register by March 18
Late Fee: additional \$5

YOUTH TENNIS LESSONS

The Town of Wytheville Parks and Recreation is excited to bring you a fun and exciting tennis series. This series is for children with little or no playing experience and intermediate players. Instructions will include forehand, backhand, serve, volley, court etiquette and scoring. This program is the perfect way to learn about a historic sport which helps attain agility, coordination, fitness and social skills. Registration is limited to ensure that each participant is getting adequate training with one of our

experienced coaches! In the case of inclement weather during one of our sessions, we will reschedule that session. So come out and learn the game of tennis in a fun and friendly environment.

March 24-April 14
Day: Tuesday
Time: 6:00-7:00 p.m.
Fee: \$30 TR; \$35 NRPP; \$40 NR
Location: Wytheville Community College Tennis Courts
Eligibility: ages 17 and under
Min 3-Max 6
Register by March 10
Late fee: additional \$5

VIDEO GAME TOURNAMENT

Are you a competitive gamer or just want a chance to come play against your friends? We will now be offering tournaments for some of your favorite games! Controllers will be provided but feel free to bring your own. Get your practice in and come try to win some of our awesome prizes for 1st, 2nd and 3rd place in each game!

Tekken7 for PS4: Saturday, March 28
Super Smash Bros for Nintendo Switch: Saturday, April 25
Time: 3:00 p.m.
Fee: \$1 TR, \$6 NRPP, \$11 NR
Location: Teen Center
Eligibility: ages 12+
Min 6-Max 30
Register two weeks prior to tournament
Late Fee: additional \$5

TEEN TRIVIA NIGHT

Come test your knowledge of pop culture in 2019 with this trivia night specially made for teens. By simply answering questions revolving around video games, memes, sports and celebrity gossip, you could be crowned Trivia Champion and take home a fantastic prize! If nothing else, come for the included snacks and drinks!

Session I: Thursday, February 6
Session II: Thursday, March 5
Time: 6:00-8:00 p.m.
Fee: OL
Location: Teen Center
Eligibility: Ages 17 and under
Min 6-Max 20
Register two weeks prior to session

CREATIVE WRITING WORKSHOP

Bring in your latest draft of less than 10 pages to be critiqued by some of your fellow aspiring writers. For the first time, we will be offering a workshop for works of fiction,

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

nonfiction or even poetry. This is not a lecture, but a group of people that want to see your piece get better. We will send out all submissions a week prior to the workshop date in order to give everyone time to edit. By signing up, you agree to no judgement and mutual respect between you and your peers. Must have an email on file to receive drafts.

Wednesday, March 25

Time: 4:00-6:30 p.m.

Fee: OL

Location: Multipurpose Room 3

Eligibility: ages 13+

Min 4-Max 10

Register and Submit Work by February 25

KIDS NIGHT OUT

Children will play games, enjoy arts and crafts and play sports all while their parents enjoy their own free time out on the town! All activities will be supervised during the evening and children will be provided with pizza for dinner, as well as snacks and drinks.

Session I: Friday, February 14

Session II: Friday, March 13

Session III: Friday, April 10

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

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

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

Eligibility: ages 6-12

Min 5-Max 25

Register two weeks prior to session

Late Fee: additional \$5

GAGA BALL

Enter the arena and face off against your friends in an intense game of Gaga Ball! Want to break a sweat? Or do you simply want to know what “Gaga Ball” is? Register today, grab a pair of tennis shoes and come find out!

Session I: Friday, February 21

Session II: Friday, March 20

Time: 4:00-5:30 p.m.

Fee: OL

Location: Racquetball Courts

Eligibility: ages 5-16

Min 8-Max 16

Register two weeks prior to session

OPEN KAYAK PLAYTIME

As an extension of our Youth/Teen Center services, our staff is excited to offer Open Kayak Playtime. Come out and discover some of the basic skills associated with kayaking and have loads of fun!

Session I: Friday, January 17

Session II: Friday, February 7

Session III: Friday, March 6

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



Fee:

OL

Location:

Indoor Pool

Eligibility: ages 6+

Min 1-Max 6

Register two weeks prior to session

PRESCHOOL CRAFT NIGHT

Bring your tiny tot out to preschool craft night to make a lifetime treasure! We will place their hand in the clay, bake the clay, and then they can paint it whatever color they like! Beware this could get messy so please be sure to wear older clothes! This is a night you don't want to miss! Please note: parents are required to stay with their child.

Monday, March 23

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

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

Location: Multipurpose Room 1

Eligibility: ages 5 and under

Min 4-Max 10

Register by March 9

Late fee: additional \$5

EASTER EGGSTRAVAGANZA

See back cover

YOUNG GROWERS CLUB

Ready, Set, GROW! With this new program, you can learn what is needed to plant, nurture, and harvest a number of different fruits and vegetables! On the start date, we will begin to turn over the soil, fertilize, and plant what will hopefully be our bountiful harvest! From then on, every Wednesday, the members are invited to come see their progress, water the plants, and weed the soil. Over the course of the season, we'll be able to see the fruits of our labor as our plants grow and thrive until we eventually harvest them in the fall. Sign up today and join us on this journey!

First Meeting: Saturday, April 18

April 22–October 21

Day: Wednesday

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

Fee: Free

Location: Youth/Teen Center

Eligibility: Ages 6-18

Min 4-Max 16

Register by April 11



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

- **All youth under 12 must be attended by an adult or person older than 16, with the exception of aquatic programs.**
- **Everyone is required to shower before entering pool.**
- **No running or horse-play.**
- **Diving will be permitted from the 8 ft. 6 in. wall ONLY.**
- **No food or gum. Beverages must be in plastic containers.**
- **Proper swimsuits are required.**
- **Children who are not toilet trained must wear a swim diaper.**
- **Inflatable flotation devices are NOT permitted. U.S. Coastguard approved lifejackets will be permitted.**
- **Equipment is for class use only and may not be used as toys or flotation devices.**
- **You must be at least 14 years old to use whirlpool/spa.**
- **Persons under 14 years old must have adult supervision to enter therapy pool.**
- **Swim tests may be required for pool/slide use.**
- **Persons under the age of 18 may not enter the therapy pool Monday-Friday from 8 a.m.-12 p.m. unless permission is given. This time is used for therapy use only.**

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

POOL HOURS

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

WATER PARK HOURS

Monday–Friday	10:00 AM–12:00 PM
Monday–Friday	4:00 PM–8:00 PM
Saturday	10:00 AM–5:00 PM
Sunday	1:00 PM–5:00 PM

SWIM CHALLENGE, SWIM AROUND VIRGINIA

Wytheville Parks and Recreation is excited to offer a twist to the Claytor Lake Swim Challenge. The Swim Around Virginia Challenge will allow patrons a chance to challenge themselves by attempting to swim the length of various lakes in Virginia. The choices for the challenge are: Smith Mountain Lake (40 Miles), Claytor Lake (21 Miles), Lake Anna (17 Miles) and Philpott Lake (10 Miles). In order to win a t-shirt at the end of the challenge, the minimum distance to be swam is 21 miles. The miles may be completed by swimming laps to total miles, do water aerobics (1 hour = 1 mile) or a combination of the two. Whichever work-out you choose will need to be completed between the dates of March 1 to April 18. There will be a form to complete following each swim to record how far you swam. There will also be a chart that will allow you to track your progress. Both of these items will be located outside the office on the pool deck. **Must have a silver or gold pass plan.**

Date: March 1-April 18
 1 mile=72 lengths
 Register by February 24

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

WYTHEVILLE WAVES WINTER SWIM TEAM

Emphasis will be placed on learning the four competitive strokes correctly, as well as diving. Swimmers will practice in a fun, safe environment. The program is great for swimmers wanting to improve their strokes, athletes trying to stay fit between seasons, as well as competitive swimmers. Opportunities to compete in meets may be offered during the season. Participants need to be able to swim one pool length, unassisted, before signing up.

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

Days: January 20–April 9

Monday, Tuesday, Thursday

Time: 4:15-5:15 p.m.—Novice Swimmers

5:15-6:15 p.m.—Experienced Swimmers

Eligibility: ages 4-18

Fee: \$40 TR for first child, \$25 for each additional child;

\$45 NRPP for first child, \$30 for each additional child;

\$50 NR for first child, \$35 for each additional child

Min 10

Register by January 14

Late Fee: additional \$5

AMERICAN RED CROSS LIFEGUARDING COURSE

Are you 15 or older and looking for a great summer job or a challenging career? American Red Cross Lifeguarding is the best place to start! Lifeguarding puts you in an exciting position working as part of a team to help people safely enjoy the water. This course teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. This is a 20-25 hour course. 100% participation required. After passing the Lifeguard Certification course, one would be eligible for employment at the Wytheville Community Center and our outdoor pool, McWane Pool.

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

Session I: Friday, Saturday & Sunday; March 6,7,8
Register by February 21

Session II: Friday, Saturday & Sunday; April 3,4,5
Register by March 20

Session III: Friday, Saturday and Sunday; May 1,2,3
Register by April 17

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

Saturday: 9:00 a.m.-5:00 p.m.

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

Fee: \$150 TR; \$155 NRPP; \$160 NR

Location: Wytheville Community Center Pool

Eligibility: ages 15+

Min 2-Max 10

Late Fee: additional \$5

100% participation required

AMERICAN RED CROSS REVIEW COURSE: LIFEGUARDING/FIRST AID/ CPR FOR THE PROFESSIONAL RESCUER

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. If your certificate has expired, participants can enroll in the full lifeguarding course. Participants must have cards with them on the first day of class.

Session I: Saturday and Sunday; February 22, 23
Register by February 14

Session 2: Saturday and Sunday May 2, 3
Register by April 17

Time: Saturday, 9:00 a.m.-5:00 p.m.

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

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

Location: Wytheville Community Center Pool

Eligibility: ages 15+ and meet prerequisites

Min 5-Max 10

Late Fee: additional \$5

swim lessons

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

SWIM LESSON SCHEDULE

All Monday/Wednesday classes will be on the following dates:

Session 1 – February 3, 5, 10, 12, 17, 19
Register by January 27

Session 2 – March 2, 4, 9, 11, 16, 18
Register by February 24

Session 3 – April 6, 8, 13, 15, 20, 22
Register by March 30

SENIOR SWIM LESSONS

Days: Monday/Wednesday
Time: 12:15 p.m. – 1:00 p.m.
Fee: \$30 TR; \$35 NRPP; \$40 NR
Eligibility: Ages 50+
Min 4 – Max 6

LEVEL 1 SWIM LESSONS

Days: Monday/Wednesday
Time: 2:00 p.m. – 2:30 p.m.
Fee: \$25 TR; \$30 NRPP; \$35 NR
Min 4 – Max 6

LEVEL 1-3 SWIM LESSONS

Days: Monday/Wednesday
Time: Level 1: 5:30 p.m. – 6:00 p.m.
Level 2: 6:15 p.m. – 6:45 p.m.
Level 3: 7:00 p.m. – 7:30 p.m.
Fee: \$25 TR; \$30 NRPP; \$35 NR
Min 2 – Max 6

All Tuesday/Thursday classes will be on the following dates:

Session 1 – February 4, 6, 11, 13, 18, 20
Register by January 27

Session 2 – March 3, 5, 10, 12, 17, 19
Register by February 24

Session 3 – April 7, 9, 14, 16, 21, 23
Register by March 30

PARENT/CHILD SWIM CLASSES

Days: Tuesday/Thursday
Time: Water Babies: 2:00 p.m. – 2:30 p.m.
Water Bugs: 2:30 p.m. – 3:00 p.m.
Fee: \$25 TR; \$30 NRPP; \$35 NR
Min 4 – Max 6

SWIMMING FOR FITNESS – HOMESCHOOL

Days: Tuesday/Thursday
Time: 3:00 p.m. – 3:45 p.m.
Fee: \$30 TR; \$35 NRPP; \$40 NR
Eligibility: Ages 4-18
Min 4 – Max 6

PARENT/CHILD SWIM CLASSES

Days: Tuesday/Thursday
Time: Water Babies: 5:30 p.m. – 6:00 p.m.
Water Bugs: 6:15 p.m. – 6:45 p.m.
Fee: \$25 TR; \$30 NRPP; \$35 NR
Min 4 – Max 6

Late Fee: Additional \$5

MAKE-UP DAYS

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

WAITING LIST

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

CANCELLATIONS

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

FEE ABBREVIATIONS

TR – Town Resident

NRPP – Non Resident
with a Gold or Silver
Pass Plan

NR – Non Resident

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

FREE – open to the
public



PARENT & CHILD LEVELS

WATER BABIES (12-24 months)

(Parent participation is required)

The goals of Water Babies 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, explore buoyancy, change body position in the water and learn about choosing and using life jackets.

PRESCHOOL LEVELS

WATER BUGS (24 - 48 months)

(Parent participation is required)

The goals of Water Bugs 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.

SENIOR SWIM LESSONS

The goal of Senior Swim Lessons is to provide an opportunity for patrons to become more comfortable and familiar in and around the water. Whether you are looking to refine your swimming technique or overall comfort level in the water, lessons will be geared to address the needs of each participant in order to improve their skill level.

SWIMMING FOR FITNESS

This class is for homeschooled children looking for a mid-day break from school work. Participants will improve their swimming abilities and physical fitness through lessons designed to simulate swim team practice. The skills covered during these lessons include learning the four competitive strokes, diving and flip turns. Participants must be able to swim one length of the pool unassisted.

LEVELS 1-3

LEVEL 1

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

LEVEL 2

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

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

LEVEL 3

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

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

PRIVATE SWIM LESSONS

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

Call for days and times as they vary per instructor.

Rates: *Per half hour*

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

Per hour

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

Requires two-week advance registration.

cardio/weight room

The Fitness Staff welcomes you to the Wytheville Community Center state of the art Fitness Facility. We offer 4,000 square feet of new Precor Machines, Treadmills, ellipticals, adaptive motion trainers, stairmasters, recumbent bikes and a variety of free weight equipment to meet your fitness goals. New to exercising? We've got you covered with complementary equipment orientation. Call 276-223-3527 or stop by the fitness desk to schedule your orientation today!

ADVANCED YOUTH ORIENTATION

The two-day Advanced Youth Orientation allows youth 12 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 orientation of equipment prior to registering for the Advanced Youth Orientation. Call (276) 223-3538 to schedule your Advanced Youth Orientation today!

Fee: OL

Location: Cardio/Weight Room

Eligibility: ages 12+

15 MINUTE CONSULTATION & FITNESS ASSESSMENT

Ready to take your fitness journey seriously? Take advantage of the complimentary 15 minute quarterly consultation with the fitness experts. Call Becky Irvin at 223-3526 or Brandon Wolford at 223-3538 to schedule your consultation today!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

WOW (WORKOUT OF THE WEEK)

Need some extra motivation for your New Year fitness goals? Stop by the Fitness Desk each week throughout the month of January and February to receive the workout of the week to help keep your routine mixed up!

Fee: OL

Location: Fitness Area

Eligibility: ages 12+

SPEED & AGILITY CLINIC

Whether you are a serious athlete looking to improve sports performance or just wanting to have fun, come work along Certified Strength and Conditioning Specialist and USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through a proper sport specific dynamic warm-up, sport specific training, speed and agility drills, sprint mechanics and various other activities to take your training to the next level.

Session I: Thursday, January 30

Session II: Thursday, February 27

Session III: Thursday, March 26

Time: 4:00-5:30 p.m.

Fee: OL

Location: Gymnasium Court 1

Eligibility: 1st Grade +

Min 2-Max 20

Register one week prior to session

MEDICINE BALL 101

Ready to try something new? Come work along with Certified Strength & Conditioning Specialist Brandon Wolford as he demonstrates the proper techniques to add the medicine ball to your workout routine!

Thursday, March 12

Time: 4:00-5:30 p.m.

Fee: OL

Location: Gymnasium

Eligibility: ages 12+

Min 2-Max 10

Register by March 5





OLYMPIC LIFT CLINIC

Whether you are a beginner or expert fitness enthusiast, seeking to improve sports performance or you just want to try something new, come work along with Certified Strength and Conditioning Specialist & USA Weightlifting Sports Performance Coach Brandon Wolford and staff as they take you through proper biomechanics and progressions on how to safely execute the power clean.

Thursday, April 2

Time: 4:00-5:30 p.m.

Fee: OL

Location: Multipurpose Room 2 & 3

Eligibility: ages 12+

Min 2-Max 10

Register by March 26

FIT FOR LIFE MONTHLY SUPPORT GROUP

Come reunite with Fit for Life and Senior Wellness graduates as we discuss various health, nutrition and fitness topics on the first Tuesday of every month!

Session I: Tuesday, February 4

Session II: Tuesday, March 3

Session III: Tuesday, April 7

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

Fee: OL

Location: Multipurpose Room 3

Min 10-Max 30

Register one week prior to session

UPCOMING PROGRAMS: FIT FOR LIFE (EVENING CLASS) SENIOR WELLNESS, ULTIMATE FITNESS ADVENTURES (6TH-8TH GRADE) & PROGRAMS

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

See page 23 for **Fit For Life (Morning)** starting in February and **Youth Fitness Challenge** starting in March.

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FREE – open to the public

PERSONAL TRAINING



60-MINUTE SESSION

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

PERSONAL TRAINERS



BECKY IRVIN



NICK PATEL



THELMA SURBER



NEAL HAWKS

TRANSFORMATIONX

Let our Certified Personal Trainers TRANSFORM you today with our 10-week transformation fitness challenge! Whether you want to work out alone or with a buddy, our Certified Personal Trainers help you blast through your plateaus to create the new YOU in only 10 weeks! TransformX will provide two, 60 minute weekly exercise sessions with a Certified Personal Trainer of choice! Stop by the front desk today to schedule your session! Limited spots available.

January 1-March 31

(All sessions must be completed by March 31, 2020)

Day: Varies Per Trainer (20 Sessions)

Time: Check with front desk for availability
Certified Personal Trainer

Individual Fee: \$25 Per Session (\$500)

Buddy (2 Participants) Fee: \$35 (\$17.50 Per Person)

Location: Fitness Center

Eligibility: ages 12+

Min 1-Max 2

Register by January 31



BUDDY TRAINING

- 2 Participants: \$45 (\$22.50 Per Person)
- 3 Participants: \$55 (\$18.33 Per Person)
- 4 Participants: \$65 (\$16.25 Per Person)

FIT FOR LIFE

Interested in shedding that winter weight and starting the New Year off on the right foot?

Starting February 3, the Wytheville Community Center will offer its successful weight loss program Fit for Life. Fit for Life is a 12-week exercise and nutrition program that will be held on Monday and Wednesday mornings for residents of Wythe and Bland County who have a BMI over 25. Fit for Life features two weekly workouts and one weekly nutrition lecture. A free three-month family gold pass plan will be provided, if you don't currently have a gold pass plan. Participants will be randomly selected for the Fit for Life program and enrollment is limited to 30 participants. Fit for Life graduates can re-enlist into the program after two years if space allows. To apply, you must register and attend one of the application meetings at the Wytheville Community Center. Call (276) 223-3378 for more information and to register. This program is made possible by the Wythe-Bland Foundation, Town of Wytheville Parks & Recreation, Wythe County Community Hospital & Mount Rogers Health District.

Application Meeting I: Wednesday, January 15, 10:00 a.m.

Application Meeting II: Saturday, January 18, 10:00 a.m.

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: ages 18+

Min 10-Max 30



YOUTH FITNESS CHALLENGE

The Youth Fitness Challenge is a fun and interactive after school six-week fitness and nutrition challenge starting March 16, on Mondays and Wednesdays. Our goal is to expand our ideas of different ways to challenge our youth to become more physically active and provide health and nutrition education. We plan to present many exciting activities such as rock climbing, weight lifting, relay races, hiking outdoors, sports, kayaking and a variety of other recreational activities. A free two-month family silver pass plan will be provided if you do not currently have a silver pass plan. Participants will be randomly selected for the Youth Fitness Challenge and enrollment is limited to 20 participants. Previous Youth Fitness Challenge participants can re-enlist into the program, if space allows. To apply, you must register and attend the application meetings at the Wytheville Community Center. Call (276) 223-3378, for more information and to register. This program is made possible by the Wythe-Bland Foundation, Town of Wytheville Parks & Recreation and Wythe County Community Hospital.

Application Meeting I: Wednesday, March 4 at 6:00 p.m.

Location: Multipurpose Room 2 & 3

Fee: Free

Eligibility: Grades 2nd-5th

Min 10-Max 20

**ARE YOU
UP TO THE
CHALLENGE?**





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

All classes are in aerobic room unless otherwise designated.

Eligibility: ages 12+

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 25

Session I:

January 3-31

Day: Friday

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

Session II:

February 1-29

Day: Saturday

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

Session III:

March 6-27

Day: Friday

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

Barre – Barre is a complete body workout fusing ballet barre conditioning, yoga and Pilates. Exercises may be performed standing, seated or lying down. Min 8-Max 25

Day: Thursday

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

Bootcamp Blast – Get ready to get up and go! This class will focus on a combination of strength and cardio training, using body weight and/or equipment, plus the highly effective Tabata method – alternating high intensity cardio with periods of rest. The workouts end with core and flexibility training. Appropriate for all levels. Low impact options always offered. We meet inside the aerobic studio but may take it outdoors. Min 8-Max 30

April 4-25

Day: Saturday

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

Session I:

January 4-25

Day: Saturday

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

Session II:

February 4-25

Day: Tuesday

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

Session III:

April 7-28

Day: Tuesday

Time: 10:00-10:30 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 30

Day: Monday and Wednesday

Time: 9:00-9:45 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 30

Day: Monday and Wednesday

Time: 8:00-8:45 a.m.

HIIT 30 – Only have 30 minutes to get your sweat on? HIIT (High Intensity Interval Training) is the class for you. HIIT incorporates short bursts of high intensity work followed by active recovery periods. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Session I:

Day: Tuesday

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

Session II:

Day: Thursday

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

Indoor Cycling – A low impact cardio workout on a stationary bike that has a weighted flywheel. Cycling includes seated and climbing positions. Cycling works the upper and lower legs and the core, as well as isolation exercises for other muscle groups. This workout is appropriate for all levels. Min 6-Max 10

Session I:

Day: Monday

Time: 6:15-7:00 a.m.

Session II:

February 5-26

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 25

January 4-29

Day: Wednesday

Time: 6:30-7:15 p.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 18

Session I:

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.

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 30

Day: Tuesday & Thursday
Time: 11:00-11:45 a.m.

Step – An excellent fat burning class that includes combinations on the step followed by a challenging resistance segment for upper body and core. Modifications are offered. Some step experience is helpful but not required. (Intermediate level) Min 8–Max 25

Session I:

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

Session II:

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

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 25

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 30
Day: Tuesday and Thursday
Time: 8:00-8:45 a.m.

T'ai Chi and Mindful Relaxation

– A slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Ideal for stamina, flexibility and coordination. Warm up with meditation and chairs may be used. After the warm up, the first half of the class will entail standing in traditional or nontraditional T'ai Chi forms and the second half of the class will be geared towards seated stretches and end with relaxation on the mat (seated or lying down). It is helpful to attend this class on a regular basis to learn the various

forms.

Great for all ages and fitness levels. Min 8-Max 30

Day: Monday and Wednesday
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.

SAVE THE DATE

THE 2ND ANNUAL LOVE YOURSELF EVENT

February 22
9 am – 2 pm

BIGGER & BETTER THIS YEAR!

LOOK FORWARD TO:
Inspirational Speakers
and a variety of
Movement, Nutrition & Mindfulness
Sessions to choose from.

Register
by
February 8

group exercise classes cont'd

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 30

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 bodyweight 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 workout will use a variety of equipment in a Circuit style to challenge your whole body.

*You must be able to hold a plank for 1 minute with good form to take this class.

Min 5–Max 10

February 3-24

Day: Monday

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

Location: Rock Wall

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 25

Session I:

Day: Monday and Wednesday

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

Session II:

Day: Friday

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

Yoga 101 – Join us for 4 weeks and learn the basics of Yoga. Irene will be teaching poses, correct form and breathwork, so that by the end of the 4 weeks you will be confident to try some of our other Yoga classes.

Min 5–Max 20

February 4-28

Day: Tuesday

Time: 12:00-1:00 p.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 8–Max 30

Session I:

Day: Thursday

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

Session II:

March 4- April 29

Day: Wednesday

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

Session III:

March 7-28

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, Sigrid Rogers, Neal Hawks, Carla Eanes, Forrest Carter, Garrie Ayers, Jessica Grubb, Toblias Artison, Marshall Kimrey, Trisha Gatson.

Mike Honaker, Sara Harding (Volunteers).

Classes are subject to change or be cancelled at any time. Classes may be substituted or cancelled last minute due to instructor absence.



LET'S GET FLEXIBLE WYTHE

YOGA 101

New to Yoga? Let Irene teach you some of the basic poses and correct form. This 4 week class will have you confident and ready to take some of our other Yoga classes when completed.

**FEBRUARY 4-25
12:00-1:00 P.M.**

**FOR MORE INFORMATION OR TO
REGISTER CALL:**

223-3378



aqua fitness classes

Ai Chi - Ai Chi is a total body relaxation and strengthening progression performed in a slow, focused, graceful manner and accompanied by deep breathing. It is performed in the therapy pool, standing in shoulder-depth WARM water. The benefits of an Ai Chi exercise program are: Decreased levels of pain; Improved oxygen supplies to the body; Greater range of motion; Increased core & muscle strength; Lowered sensations of stress; Reduced joint stiffness; Improved balance; Minimized problems with anxiety, fatigue, and depression. This class is suitable for people of all ages and levels who simply need to relax. **Please respect this QUIET TIME.**

Min 8-Max 15

Session I:

Day: Monday and Wednesday

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

Session II:

Day: Friday

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

Aqua Mix - A combination of cardio (water aerobics in shallow water-waist to chest deep), strength (with noodles, buoys or paddles) and mind/body (yoga focus) for total exercise experience. Ability to swim not required. Great for all fitness levels. Enjoy a fun, social group setting! Min 8-Max 40

Day: Tuesday and Thursday

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

NEW! 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.

Deep Water - Performed at water depths so body remains in vertical position and not touching the pool floor. Buoyancy belts may be used to maintain correct alignment. No-impact workout. Ability to swim not required. A great workout in a social setting! Appropriate for those who are comfortable in deep water. Individuals may take this class in the 5 ft. area of the pool versus the 8 ft. Min 8-Max 40

Session I:

Day: Tuesday and Thursday

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

Session II:

Day: Monday and Wednesday

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

Aqua Instructors: Becky Irvin (Fitness Coordinator), Sigrid Rogers, Suzanne Molloy, Kim Aker, Carla Eanes, Neal Hawks, Jessica Grubb, Dana Christian, Irene Daugherty, Garrie Ayers, and Trisha Gatson. Cornelia Northrop (volunteer).

All aqua classes are in the natatorium

Cardio Splash

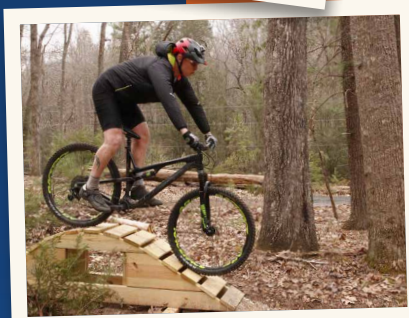




OPEN DAWN TIL DUSK!

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



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- STAY ON DESIGNATED MOUNTAIN BIKE TRAILS DO NOT MODIFY TRAILS OR FEATURES
- TERRAIN PARK TRAIL DIFFICULTY ALL TRAILS AND FEATURES WITHIN THE TERRAIN PARK AREA ARE RATED AT THE "MORE DIFFICULT, VERY DIFFICULT AND EXTREMELY DIFFICULT LEVELS. KNOW YOUR SKILL LEVEL."

? INFORMATION

P PUMP HOLLOW ROAD PARKING LOT

RESTROOM

Trail Head





FREE!

MOUNTAIN BIKE CLINIC

SATURDAYS

March 28

April 4

April 11

April 18

5:30-7:30 p.m.

**Crystal Springs
Recreation Area**

Learn about safety equipment, pre-ride checks, practice riding on single track trails, balance on trails, how to overcome features and so much more!

*See page 31
for full article
and details*



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 for more information.

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)

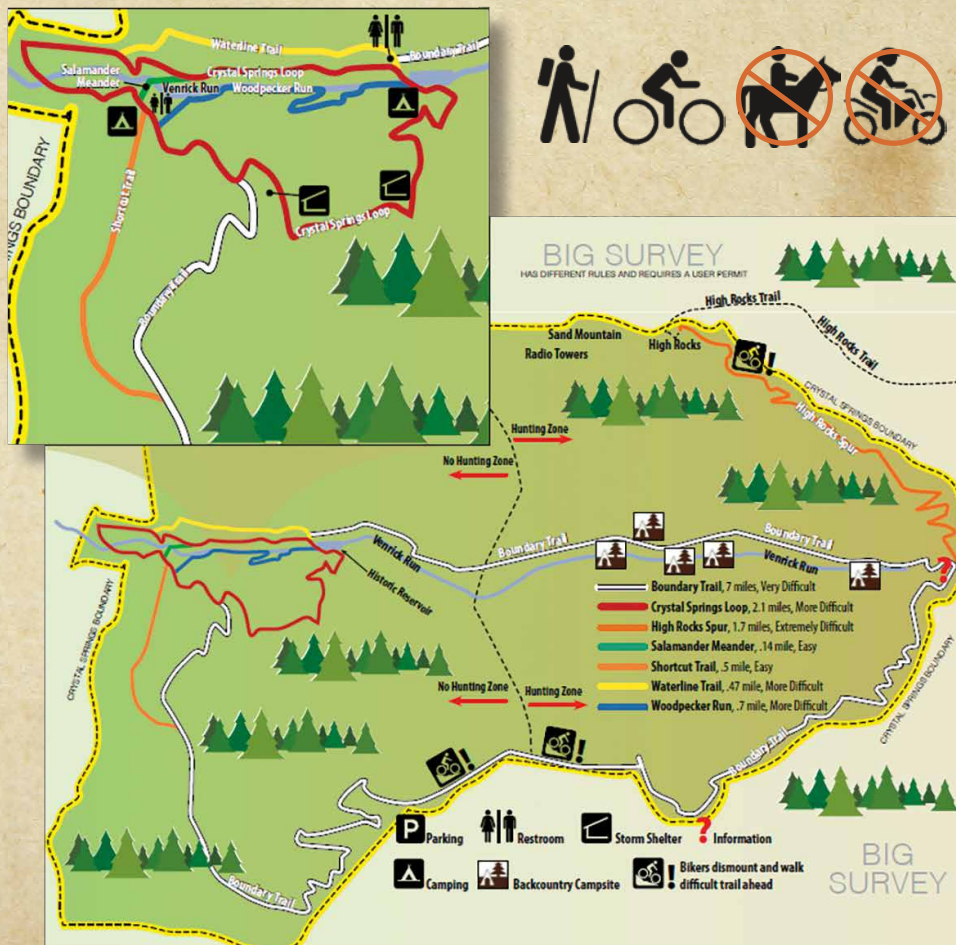
Fees: None

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.





CRYSTAL SPRINGS HIKE

Join staff for a brisk hike around Crystal Springs. We'll be sure to break a sweat as we enjoy all the beautiful scenery the Recreation Area has to offer! Wear comfortable walking shoes, bring a jacket, and be ready to have fun! The hike will be approximately two miles.

Session I: Saturday, March 14

Session II: Saturday, April 11

Time: 12:30 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: all ages (under 16 must be accompanied by an adult or guardian)

Min 5-Max 25

Register two weeks prior to session

EARTH DAY CHALLENGE

Come out and join us at Crystal Springs Recreation Area to help clean up and create environmentally friendly crafts! This day will not only be to preserve our area, but the earth as well. Every person and act of kindness helps to make sure our planet stays clean.

Wednesday, April 22

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

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: all ages

Min 5-No Max

Register by April 6

SPRING BLOSSOMS HIKE

Longer days, warmer weather and eye-catching blooms like dogwoods, azaleas and spring beauty are a sure sign of spring. This guided hike will take place on the Crystal Springs Loop Trail - a moderate trail, 2 miles in length. Feel free to bring along your camera and wildflower field guide and help identify the flowers. Wear comfortable walking shoes, bring water and dress appropriately for the weather conditions. (The hike will be approximately 2 miles)

Sunday, April 26

Time: 2:00 p.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: all ages (under 16 must be accompanied by an adult or guardian)

Register by March 30

Min 5-Max 25

MORNING RELAXATION

Join us at Crystal Springs Recreation Area for a morning of relaxation! We will be starting the morning with a 30-minute yoga session, followed by a guided hike under the beautiful trees as they begin to bloom! This is definitely a class you will not want to miss this Spring! Please bring a water bottle along for the day.

Thursday, April 23

Time: 9:30-11:00 a.m.

Fee: Free

Location: Crystal Springs Recreation Area

Eligibility: ages 18+

Min 5

Register by April 9

MOUNTAIN BIKE CLINIC

During these clinics, the instructors will be teaching riders about safety equipment, pre-ride checks, practice riding on single track trails, balance on trails, how to overcome features and so much more. You must have a bike and helmet to participate. It is recommended that you also wear gloves, glasses, elbow and knee pads.

Day: Saturday

Dates: March 28, April 4, 11, & 18

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

Fee: Free

Eligibility: ages 7 to 15

Location: Crystal Springs Recreation Area

Min 3-Max 8

Register by March 14



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 the 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.

COUCH



TO

5K

EVERY MONDAY & THURSDAY IN APRIL

6:00-6:45 P.M.

FEE: \$25 TR \$30 NRPP \$35 NR

Have you wanted to run a 5K but just don't know where to start?

Let Neal Hawks & Haley Morehead teach you what you need to know in this month long program. This program will meet 2 days a week and assign running homework for you to complete before you meet again. By the end of April you will be prepared to run your first 5K. So what are you waiting for? Sign up today!

*See page 9
for more
information*

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.

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.

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.

RENTALS

Wytheville Parks & Recreation offers numerous facilities for rent, including Withers Park, Elizabeth Brown Park, McWane Shelter, McWane pool, and 4th Street Civic Center. **Additional security deposit is required per reservation. Reservations must be made two weeks in advance, except for 4th Street Civic Center.**

PARK/SHELTER RENTALS

RESIDENT/PASS PLAN HOLDER

NON-RESIDENT

FOR PROFIT ORGANIZATIONS

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

**Rentals with alcohol will be accessed additional fees*

MCWANE POOL RENTALS

2 HOURS

3 HOURS

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

Pool Rental Hours:

Friday, Saturday, and Sunday

6:30–9:30 p.m.

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

Only available during the summer pool season

4th STREET CIVIC CENTER RENTALS

YOUTH

ADULTS

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

Easter EGG STRAVAGANZA

Come
out and see
the Easter
Bunny and
have a great
time!!!



**Saturday, April 4
Withers Park**

**11:00 AM - 6-9 years of age
11:30 AM - 5 years and under**



We will be playing various Easter related games and giving away prizes. All children 9 years of age and under are invited to participate. Each child should be accompanied by an adult or guardian. "Parents may not pick up eggs." You will be responsible for your own basket to carry your eggs home. Each egg will contain a small toy, candy or coupon and special prizes will be hidden in various eggs. So, come out and see the Easter bunny and have a great time!!!

*In the result of inclement weather, the Easter Egg hunt will be held the following Saturday, April 11 at the same time and location.