

PROGRAM GUIDE

December
2015



RECREATION RESOLUTION!

Free admission to the
Waynesville Recreation
Center Jan 1 – 3!



WAYNESVILLE
North Carolina

Progress with Vision

1871

Waynesville Recreation Center

(828) 456-2030

550 VANCE STREET • WAYNESVILLE, NC

Old Armory Recreation Center

(828) 456-9207

44 BOUNDARY STREET • WAYNESVILLE, NC

DAY CAMPS

MINI CAMPS IN DECEMBER

Two Offerings

- 1) December 21st, 2015– December 23rd, 2015
- 2) December 28th, 2015– December 30th 2015

Time: 7:30am—5:30pm

Cost: \$65 Members per Mini Camp, \$80 Non-Members per Mini Camp

Age: Current Pre-K– 7th Grade



WAYNESVILLE – The Waynesville Parks and Recreation Department will offer a mini camp in December during winter break. Two camps will be offered at the Waynesville Recreation Center for ages current pre K to seventh grade.

The first camp will be offered from December 21 to 23 and the second camp will be offered from December 28 to 30. The times each day will be from 7:30 am to 5:30 pm.

Winter activities will include environmental education with a focus on seasonal natural happenings, hopefully playing in the snow, hiking and as always swimming fun in the Waynesville Recreation Center. The cost is \$65 per person per camp for members of the Waynesville Recreation Center or \$80 for non members.

For more information please call the Waynesville Parks and Recreation Department at 456-2030 or email tpetrea@waynesvillenc.gov

BASE CAMP WAYNESVILLE AND HAYWOOD COUNTY EXTENSION 4-H PRESENTS

FAR CHALLENGE

(FAMILY ADVENTURE RECREATION)

We would like to encourage the families in and around Waynesville to get outdoors together. The benefits are far reaching!

In this challenge families will record their outings and gather points over the year. We will celebrate the point leaders in May at our Kiwanis family fun day. Winning families will receive prizes, recognition and good memories.

Families will compete in the following categories:

- Single Person
- Single with child
- Married
- Married with children
- Seniors 50+ with no children

You are hereby challenged to get out and enjoy the wonders of our little area of Western North Carolina. It's not just for the tourists. They get to enjoy it some of the time while we can enjoy it all of the time!



How to register for the FAR Challenge

- Pick a team name
- Email tpetrea@waynesvillenc.gov the team name with the names and ages of the team participants
- Email all weekly outings that your family does together
- Send pics (team selfies!) of your team

Pick up your FAR Challenge book and get your family geared up for this Fall/Winter/Spring

Hiking
Rafting
Kayaking
Tubing
Disc Golf

Rock Climbing
Cultural and Historical Tours
Outdoor Cooking
Camping
And so much more

SENIOR MOMENTS



Upcoming December Events

Local Christmas Light with early dinner | This will be an opportunity to enjoy the lights of the season in and around the Asheville area. Dutch treat Supper at Fatz Café.

12/2

4:30 PM

\$5

\$7



Dinner and a Movie (Dutch Treat) | Our Destination will be the Biltmore Park theatre in Asheville. We will purchase our movie tickets and then we will choose our dinner destinations. (All participants will be allowed to choose among several movie choices.)

12/16

3:30 PM

\$5

\$7



SILVER SNEAKERS

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.



Members can enjoy the use of the Waynesville Recreation Center which includes the swimming pool, weight lifting, cardio machines, rubberized walking track, gymnasium and racquetball courts.

Classes such as SilverSneakers Yoga, Cardio, Splash, Classic, Stretch and Walk, Deep Water Aerobics, Zumba Gold, Zumba and Fitness with Lewis would cost \$20 to \$30 per month but you would get it FREE with SilverSneakers!

The Waynesville Parks and Recreation Department also offers a very active social calendar with van and bus trips. The trips are very reasonably priced and the fun of seeing and doing new things together is priceless!

WAYNESVILLE RECREATION CENTER CLASSES

550 Vance St. Waynesville
(828) 456-2030

Time	Program	Day	Age	Instructor	Location
5:00-5:30 am	F.I.T. 25	M, W, F	16+	Melissa	Aerobic Room
6,7,8 am	Fitness & Nutrition	M-F	16+	Lewis	Aerobic Room
9-9:30 am	Stretch & Walk	M,W,F	60+	Tim	Aerobic Room
9-9:45 am	Aqua Zumba	Tu,Th	16+	Diana	Pool
9-9:45 am	Deep Water Aerobics	M,W,F	60+	Sandy	Pool
9-10 am	Silver Sneaker Circuit	Tu,Th	60+	Sandy/Kay	Aerobic Room
9:30-10:00 am	Stretch & Walk Advanced	M,W,F	60+	Tim	Aerobic Room
10-10:45 am	Aqua Motion	M,W	16+	Sandy	Pool
10-10:45 am	Silver Sneakers Splash	Tu,Th	60+	Karen	Pool
10-11 am	Silver Sneakers Yoga	M,W	60+	Karen	Aerobic Room
10-11 am	Flexible Fitness	Tu,Th	16+	Diana	Aerobic Room
10-11 am	Zumba	Sat.	16+	Brandy/Monica	Aerobic Room
10-11 am	Silver Sneakers Orientation	2nd Wednes.	60+	Tim	Multi Purpose Rm
10-11 am	Silver Sneakers Yoga	F	16+	Kay	Aerobic Room
11 am-12 pm	Zumba Gold	M,W,F	60+	Sandy	Aerobic Room
11 am - 12 pm	Silver Sneaker Classic	Tu,Th	60+	Karen	Aerobic Room
11 am - 12 pm	Zumba	Sat.	16+	Chris	Aerobic Room
12-1 pm	Fitness & Nutrition	M,W,F	16+	Lewis	Aerobic Room
1-2 pm	Yoga Basic	M, W	16+	Patty	Aerobic Room
2-3 pm	Zumba Gold	M,W	16+	Diana	Aerobic Room
4-5:15 pm	WVL Kodokan Judo Club	Tu	5+	Jimmy	Aerobic Room
4:00-6:15 pm	WVL Kodokan Judo Club	Th	5+	Jimmy	Aerobic Room
5:30-6:30 pm	Aqua Motion	M,Tu, Th	16+	Michelle	Pool
5:30-6:30 pm	Zumba	M,W,F	16+	Taylor/Brandy	Aerobic Room
6:45-7:30 pm	H ₂ O Beats	Th	16+	Michelle	Pool
7:30-8:45 pm	Dance Class	M	16+	Herb/Sally	Multi Purpose Rm
7:00-8:45 pm	Dance	Th	16+	Herb/Sally	Multi Purpose Rm

OLD ARMORY RECREATION CENTER CLASSES

44 Boundary St. Waynesville
(828) 456-9207

Time	Program	Day	Age	Instructor	Location
7 am-10 am	Lap Walking	M-S	60+	self	Free
7 am-2 pm	Flea Market	3rd Sat.	16+	Reservation	\$10/booth
9 am-11 am	Shuffleboard	M,W,F	60+	self	Free
9 am-12 pm	Sr. Nutrition	M-F	60+	Debbie	\$1
9 am-12 pm	Pickle Ball (beginners)	M, W	18+	Barbara	\$1
9 am - 12 pm	Pickle Ball (seasoned)	Tu,Th,Fri, Sat.	18+	Barbara	\$1
9 am-2 pm	Quilting	Th	60+	Georgia	\$15/2 month
12-4 pm	Duplicate Bridge	M,W,F	60+	Mary	\$5
12-7 pm	Kids Cooking Class	Tu & Th	Teen	Greg	Grant
1-4 pm	Pottery Studio	M,Tu	16+	self	\$20 / 4 visits
3-8 pm	Pottery Studio	Th	16+	self	\$20 / 4 visits
5-8 pm	Pickle Ball (beg. & seas.)	W	18+	Barbara	\$1
6-7:30 pm	Karate	Tu,Th,Fri	8+	Margaret Williams	\$50/ Month
6-8:45 pm	Dixie Darlin Cloggers	M	18	Ms. Finger	Club Dues
6-9 pm	Square Dancing	2nd & 4th Sat.	all	Joe	\$5 Donation



**INDOOR
FLEA MARKET**
every 3rd Saturday
7am - 2pm

\$10 per booth

Call for more information

828-456-9207

AQUATICS



Pool Hours:

Water Park

Monday - Friday: 1 p.m. - 7 p.m.

Saturday: 11 am to 6 p.m.

Sunday: 1 p.m. to 6 p.m.

Large Pool

Monday - Friday: 5:30 a.m. - 8 p.m.

Saturday: 7 a.m. to 6 p.m.

Sunday: 1 p.m. to 6 p.m.

AQUA ZUMBA - 9:00 am and 6:45 pm on Thursdays and 9:00 am on Tuesdays only at Waynesville Recreation Center. This class combines the practice of Zumba with the resistance of the water while performing the movements giving you a great workout. You will be able to feel the muscles contracting against the water throughout class. It will be a great class for all age groups that will be a "pool party" workout. This class is 45 minutes.

AQUA MOTION AM - 10:00 am on Mondays and Wednesdays at Waynesville Recreation Center. This class is a cardio based workout class. Fast paced focusing on raising the heart rate for the duration of the class. The key to practice of the class is constant movement. Very exciting class for all ages to participate in. This class lasts 45 minutes.

AQUA MOTION PM - 5:30 pm on Mondays, Tuesdays and Thursdays at Waynesville Recreation Center. This class is a cardio based workout class. Fast paced focusing on raising the heart rate for the duration of the class. The key to practice of the class is constant movement. A variety of equipment is used to change up the workouts. Very exciting class for all ages to participate in. The duration of this class is 1 hour.

SILVER SNEAKERS WATER AEROBICS - 10:00 am on Tuesdays



and Thursdays at Waynesville Recreation Center. This class focuses on range of motion and low impact aerobic exercise. Muscular strength, balance and gait, and joint health are also benefits of the class. The class is 45 minutes.

DEEP WATER AEROBICS - 9:00 am on Mondays, Wednesdays and Fridays at Waynesville Recreation Center. This class is based in the deep end of our pool where the participants can not touch the pool bottom while performing exercises. The aquatic dumbbells are used to provide extra resistance while providing some buoyancy. Wearing of an aquatic belt is optional. This class is 45 minutes.

PRIVATE SWIM LESSONS - Scheduled Appointment; Monday through Friday at Waynesville Recreation Center. \$11 per session. We offer private swim lessons for ages 3 and up. These lessons are for any level. The duration of lessons is 30 minutes and they are scheduled around your schedule. After the first lesson you and the instructor can set up more lessons based on the instructors' schedule.

**For more information please call 456-2030 or
email lkinsland@waynesvillenc.gov**

SMAC MASTERS - Coached practices will happen Monday, Wednesday from 1:45-3pm and Saturday from 7-8:30am. Waynesville Recreation Center Lap Pool. With a main set, these practices will be mainly drill, and technique oriented. Participants will be offered the option of 1 or 3 coached workouts a week. A coached workout is a practice session where the coach is present on deck. The remainder of the weeks workout will be published on the SMAC website. For more information contact Coach Charlie McCanless at coachmccanless@gmail.com.

AMERICAN RED CROSS COURSES

We offer American Red Cross courses for CPR/AED, Lifeguarding, and First Aid. Check in to see when the courses are available.



American Red Cross

AMERICAN RED CROSS RECERTIFICATION

We offer recertification courses for current American Red Cross card holders. These are set up as needed and the cost varies depending on the course.

S.M.A.C.

SMOKY MOUNTAIN AQUATIC CLUB IS LOOKING TO CONTINUE TO HELP YOU ADVANCE YOUR TECHNIQUE IN THE POOL WITH THE SMAC MASTERS WORKOUT GROUP!



THE PROGRAM: Everyone has different goals with swimming. Many are looking to learn the basics, some are looking to stay in shape, others may be looking to swim at meets and possibly swim as fast as they ever have in the past 5 years, while nearly everyone just enjoys being in the pool. It's the goal of the SMAC Masters workout group to offer the expertise needed to achieve your goals. The team also looks to offer the flexibility needed to meet the demands of your busy schedule.

HOW IT WORKS: Participants will be offered the option of 1 or 3 coached workouts a week. A coached workout is a practice session where a coach is present on deck. The remainder of the weeks workout will be published on the SMAC website.

If you have any questions, feel free to contact me at coachmccanless@gmail.com. Looking forward to helping you reach your goals in the pool, whatever they may be!

KAYAK ROLL SESSIONS

Every Other Wednesday at 7:30 - 8:45 PM

In the large pool

These sessions are not instructor led. They are to get paddling and rolling time during the cold winter months. You must provide your own equipment.



SPECIAL OLYMPICS

WANTED: Coaches and volunteers for Adult Special Olympics Basketball Teams

These teams will begin practice and begin preparation for the local tournament on March 12. Adult Team Basketball Practice schedule to be announced. Contact tpetrea@waynesvillenc.gov

WANTED: Volunteer Coordinator

This person will also be a volunteer. They work under the direction of the Local Program Coordinator. They will assist by helping recruit volunteers and lining up Special Olympic volunteers at local events. This person must submit to a background screening and go through the needed steps to be a Class A volunteer with Special Olympics North Carolina.

This is a needed volunteer position to help Special Olympics Haywood County prepare for the 2016 season.

WANTED: Interested athletes for Alpine Skiing/Snowboarding

This is a great program for our area. Practices are held at Ski Cataloochee. Winter games are held Jan 3 and 4 in Boone, NC. Contact tpetrea@waynesvillenc.gov

SPRING GAMES ORGANIZATIONAL MEETING

All coaches and volunteers should be at this meeting on March 7 at 6 pm. This meeting will be held at the Waynesville Recreation Center.

Cheer/ Basketball Tournament (Unified)

March 12 at Tuscola High School/Waynesville Recreation Center
Contact Person – Dawn Jones at rjones@haywood.k12.nc.us

SUMMER GAMES RECRUITMENT MEETING ON FEBRUARY 8 AT 5:30 PM

For all persons interested in coaching a sport for the Summer Games. The current sports that could be offered are as follows:

Track and Field

Bowling

Cycling

Powerlifting

Volleyball

Aquatics

Cheerleading

Gymnastics

Softball

All persons interested in coaching or helping to start these programs in our county can feel free to email tpetrea@waynesvillenc.gov prior to this meeting date. All of these sports can be offered in Haywood County for Special Olympics if we have the coaches interested in running these programs.

UPCOMING IMPORTANT DATES TO REMEMBER...

Adult Spring Games Practice Begins March 29 at the Waynesville Recreation Center. These practices will be held on Wednesdays from 3:30 – 4:30 for 6 weeks.

April 12, 2016 – Local program submits Training rosters and other forms to state. Quota request form open to begin requesting spots for Summer Games.

April 29, 2016 – SONC confirms quota for local program

May 6, 2016 – Local Spring Games at Waynesville Recreation Center

May 10, 2016 – Registration Due to State for Summer Games

LAST SESSIONS OF DANCE LESSONS FOR THE YEAR OFFERED

WAYNESVILLE – Great time at the end of the year to learn the Texas 2-step, Tango, Swing and Cha Cha. The Waynesville Parks and Recreation Department will offer these lessons in two sessions.

Each session will be for only three weeks and the cost is \$30 per person for a three week session. The classes are offered at 7 pm at the Waynesville Recreation Center and are taught by Herb and Sally Roach.

The first session will consist of three dances that will be offered at level

1: Cha Cha on December 7. The second session will consist of the East Coast Swing at level 2 and it will be offered on November 19, December 3 and December 10.

Also, the Christmas Dance will take place on December 12 at 7 pm at the Waynesville Recreation Center. For more information please call the Waynesville Recreation Center at 456-2030 or email tplowman@waynesvillenc.gov

For More Info Contact:

Tim Plowman, Fitness Supervisor
Waynesville Parks and Recreation Department
456-2030
tplowman@waynesvillenc.gov

