

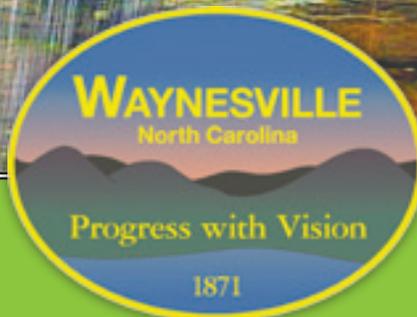
PROGRAM GUIDE

February
2016

**Hikes / Day
Camps!**
More Info
on Pg 3



Waynesville Recreation Center
(828) 456-2030
550 VANCE STREET • WAYNESVILLE, NC



Old Armory Recreation Center
(828) 456-9207
44 BOUNDARY STREET • WAYNESVILLE, NC

BASE CAMP WAYNESVILLE

(OUTDOOR RECREATION) For All Ages!

Open House for Base Camp Day Camp Programs on Feb. 23 2016.

First Presentation – 5:30 pm

Second Presentation – 6:30 pm

During this open house we will have two presentations that will allow the parents/caregiver to make an informed decision about our day camp program. These presentations will allow time for questions and answers. Parents will have the opportunity to view our schedule and curriculum plans. This open house will be hosted at the Waynesville Recreation Center.



Day Camps

Spring Break Camp 2016

April 4th – 8th

Current Grades Pre-K thru 7th

Price - \$95 for the entire week

Camp Hours 7:30 am to 5:30 pm

Registration opens on March 23rd and closes on March 30th

Space limited to 35 students

Activities include: water safety, hiking, outdoor skills training, open gym play, team building, and much more...

Explore Day Camps

Registration begins March 3rd

Session one - June 20th – July 15th

Weekly activities include- hiking, biking, kayaking, paddle boarding, swimming, environmental education, drama, music exploration, field trips, and much more...

Session Two - July 18th – August 12th

Weekly activities include- hiking, biking, kayaking, paddle boarding, swimming, environmental education, drama, music exploration, field trips, and much more...

Environmental Stewardship Camps

Camp Price – \$80 Per Camper

Week One – May 31 – June 3rd

Week Two – June 6th – 10th

Camp Hours - 8am to 5pm

Goes on Sale April 1st



Sportsmanship and Play Matters Camp

Redefining sportsmanship and stressing healthy outdoor play.

Camp Price – Free

June 13 – 17th

8 Am – 12:30

Registration goes on Sale April 1st

After Care from 12:30 -5:30pm

(limited space)

After Care Price - \$40 per child

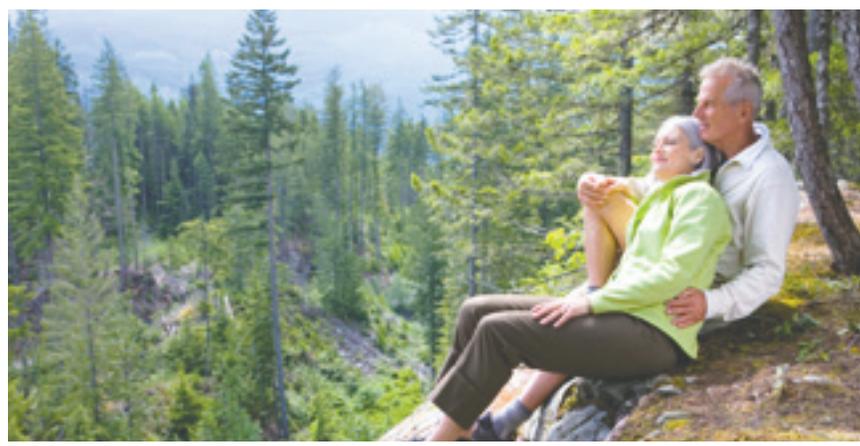
Base Camp Explore goes on sale on March 3rd with the following fee schedule:

Fee Schedule	March 3-31	April 1st - May 1	May 2 – May 27
Session 1 Members	\$375	\$400	\$425
Session 1 Non Members	\$400	\$425	\$450
Session 2 Members	\$375	\$400	\$425
Session 2 Non Members	\$400	\$425	\$450
Both Camps Members	\$675	\$725	\$775
Both Camps Non Members	\$700	\$750	\$800

These camps will focus on small groups and assist the camper in discovering themselves through outdoor experiences.

BASE CAMP WAYNESVILLE

(OUTDOOR RECREATION) For All Ages!



Hiking Trips

On all hikes, the trip participants should bring the following:

Comfortable Hiking shoes (they should probably be waterproof)

Snacks and lunch (packed in a day pack)

Water

Rain Gear (just in case)

Walking Stick (this helps with the elevation hikes)

Any medication and information about allergies to be provided to the trip Leader.



John Rock Loop Hike

March 4th

Depart Time - 9:00 am

Return Time - 5:30 pm

Depart from/return to Rec Center

Members - \$5 activity fee

Non Members - \$7 activity fee

Craggy Gardens Hike

March 22

Depart time - 9:00 am

Return Time - 5:30 pm

Depart from/return to Rec Center

Members - \$5 activity fee

Non Members - \$7 activity fee



Moore Cove Falls Hike

March 10th

Depart time - 9:00 am

Return Time - 4:30 pm

Depart from/return to Rec Center

Members - \$5 activity fee

Non Members - \$7 activity fee

Looking Glass Rock Hike

March 29th

Depart time - 8:00 am

Return Time - 5:30 pm

Depart from/return to Rec Center

Members - \$8 activity fee

Non Members - \$10 activity fee



Community

Bike Safety Workshop

March 19th

in the parking lot of the Old Armory

10 am - 12 pm

Free to the Public



WAYNESVILLE RECREATION CENTER CLASSES

550 Vance St. Waynesville
(828) 456-2030

Time	Program	Day	Age	Instructor	Location
5-5:30am	F.I.T. 25	M,W,F	16+	Melissa	Aerobic Rm
NEW! 5-5:30am	Stretch & Strength	Tu,Th	16+	Melissa	Aerobic Rm
6,7,8am	Fitness & Nutrition	M-F	16+	Lewis	Aerobic Rm
9-9:30am	Stretch & Walk	M,W,F	60+	Tim	Aerobic Rm
9-9:45am	Aqua Zumba	Tu,Th	16+	Diana	Pool
9-9:45am	Deep Water Aerobics	M,W,F	60+	Sandy	Pool
9-10am	Silver Sneaker Circuit	Tu,Th	60+	Sandy/Kay	Aerobic Rm
9:30-10am	Stretch Advanced	M,W,F	60+	Tim	Aerobic Rm
10-10:45am	Aqua Motion	M,W	16+	Sandy	Pool
10-10:45am	Silver Sneaker Splash	Tu,Th	60+	Karen	Pool
10-11am	Silver Sneakers Yoga	M,W	60+	Karen	Aerobic Rm
10-11am	Zumba	Sat	16+	Brandy	Aerobic Rm
10-11am	Silver Sneakers Oreientation	2nd Wed	60+	Tim	Multi Purpose Rm
10-11am	Silver Sneakers Yoga	Fri	60+	Kay	Aerobic Rm
NEW! 11am-12pm	Senior & Fit (Pre reg required)	M,W,F	60+ (mem. Only)	Tim	Cardio Wing
11am-12pm	Zumba Gold	M,W,F	60+	Sandy	Aerobic Rm
11am-12pm	Silver Sneakers Classic	Tu,Th	60+	Karen	Aerobic Rm
11am-12pm	Zumba	Sat	16+	Chris	Aerobic Rm
12-1pm	Fitness & Nutrition	M,W,F,	16+	Lewis	Aerobic Rm
NEW! 12-1pm	Cardio Lunch	Tu,Th	16+	Melissa	Aerobic Rm
1-2pm	Yoga Basic	M	16+	Patty	Aerobic Rm
1-2pm	Hatha Yoga	W,F	16+	Sara	Aerobic Rm
2-3pm	Zumba	M,W	16+	Diana	Aerobic Rm
4-5:15pm	WVL Kodokan Judo Club	Tu	5+	Jimmy	Aerobic Rm
4-6:15pm	WVL Kodokan Judo Club	Th	5+	Jimmy	Aerobic Rm
4:30-5:30	Zumba	Fri	16+	Marzena	Aerobic Rm
NEW! 4:30-5:15pm	Flexible fitness	M,W	16+	Diana	Aerobic Rm
5:30-6:30pm	Aqua Motion	M,Tu,Th	16+	Michelle	Pool
5:30-6:30pm	Zumba	M,W,F	16+	Taylor/ Brandy	Aerobic Rm
6:45-7:30pm	H2O Beats	Th	16+	Michelle	Pool
7:30-8:45pm	Dance Class (starts Feb)	M	16+	Herb/Sally	Aerobic Rm
7:00-8:45pm	Dance Class (starts Feb)	Tu	16+	Herb/Sally	Aerobic Rm
7:00-8:45pm	Dance Class (starts Feb)	Th	16+	Herb/Sally	Aerobic Rm
NEW! 6-8pm	Fats: The Good, The Bad & The Healthy	2nd Mon	16+	Sara	Call 550-1640
By appt.	Massage	Appt	16+	Cassie	Massage Rm.

SENIOR MOMENTS



Upcoming Events

			MEMBER	NON-MEMBER	
Bowling - Country Side Lanes in Sylva	3/2	11:00 am / Return: 5:00 pm	\$5	\$7	
Participants will be responsible for paying for their bowling, lunch and any other cost.					
Economic Impact tour of Haywood County	3/9	9:30 am / Return: 5:00 pm	\$5	\$7	
We will tour places in Haywood County that currently make a difference in the economy. Exact places will be posted before Feb 1st. Trip participants will be responsible for their own lunch.					
Tour Historic Morganton	3/16	9:00 am / Return: 6:00 pm	\$5	\$7	
We will travel to Historic Morganton NC and learn more about the history of this great area. Trip participants will be responsible for their own meal.					
Tour the Allison-Deaver House	3/31	9:30 am / Return: 5:00 pm	\$5	\$7	
We will tour the Allison-Deaver house in the morning and then enjoy a late lunch in Brevard. Participants will be responsible for their own lunch.					

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!

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 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.

PADDLEBOARD SESSIONS (SUP) - 7:30-8:45 pm, in the large pool every other Wednesday. Call to register. Cost is admission to the center. Free to members. Sign ups are for each individual session. If you are a non-member, you must show proof of receipt for each session.

These sessions are designed to expose you to a new sport and teach you the proper technique to excel in Stand Up Paddling, (SUP). basic paddling skills and safety will be introduced along with other skills. This is also a leisure activity to enjoy the up and coming new sport of SUP. This class is intended for ages 8 and up however children up to age 12 are encouraged to have a parent with them. Ten spots are available with two instructors and all equipment will be provided.

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.



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

Tennis Pro to Head New Programs!



The Waynesville Parks and Recreation Department will offer a variety of tennis programs instructed by Ron Eddy of Candler. Some of the programs will be classes for children age 10 and under, group clinics, private lessons, adult boot camp for 3.0 to 3.5 players, and matchmaking play.

Ron is a certified teaching professional with the United States Professional Tennis Association with 15 years experience. For lessons or more information please call Ron Eddy at 828-458-3593 or email acetennis45@yahoo.com

INDOOR FLEA MARKET

every 3rd Saturday
7am - 2pm

\$10 per booth

Call for more information
828-456-9207

REC CENTER'S DANCE CLASSES February and March, 2016



THERE WILL BE NO DANCE CLASSES IN JANUARY. The next sessions will begin the week of February 8. The cost of six classes in a specific session is \$60 per person to be paid at the first class. Each class is one hour in duration and will be at either 7pm or 7:30pm. If you are a new student, you will need to come 15 minutes early the night of your first class to register.

Foxtrot (Level 1)	7:30 pm	Mon. February 8, 15, 22, and March 7, 14, and 21 **No class on Feb. 29
LINE DANCING NO PARTNERS NEEDED!!	7:00 pm	Tue. February 9, 16, 23, and March 8, 22, and 29 **No classes on March 1 or March 15
Tango (Level 2)	7:00 pm	Thurs. February 11, 18, 25, and March 10, 17, and 24 **No class on March 3