

PROGRAM GUIDE

January
2016

Keep Your
**RECREATION
RESOLUTION!**

COMING SOON...

New Weights

New Weight Machines

New Classes!

It's a New Year at the
Waynesville Recreation Center



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

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

Smart Start Sports Development Program Offered for 4 and 5 Year Olds



Parents in our area have a special opportunity to help their children develop sports skills through a unique national sports program that's available right here at the Waynesville Recreation Center. Smart Start Sports Development is open to children ages four and five with age as of February 1, 2016. Parents or another adult must be able to attend one parent meeting on February 2 at 5:30 pm and six one-hour sessions with all players. A variety of innovative baseball and soccer products will be utilized to enhance the child's skill development and fun.

There are 20 spots available for participants that will be filled on a first come, first serve basis.

Deadline to register is Tuesday, January 19, at 5:30 pm.

The cost is \$65 registration which includes: ball & bat set, glove, two koosh balls, tesson soccer ball, boingo ball, mesh equipment bag and sports development participant manual. Smart Start Sports Development will begin February 9 at the Waynesville Recreation Center and will be held from 5:30 to 6:30 pm every Tuesday night for six weeks.

For additional information please call Donald Hummel at 456-2030 or email dhummel@waynesvillenc.gov or you may register at the Waynesville Recreation Center located at 550 Vance Street in Waynesville.

Tennis Pro to Head New Programs at Waynesville Parks and Recreation

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



Winter Adult Coed Volleyball League Offered

The Waynesville Parks and Recreation Department will offer a winter adult coed volleyball league. The organizational meeting will take place on Wednesday, January 20 at 6:30 pm at the Waynesville Recreation Center.

The league is open to all players 18 years or older as of January 1. The season will take place on Wednesdays from February 3 through April 6.

Teams will be limited to 12 players with a minimum of six players. The fee is based on the number of teams at the organizational meeting. The payment is due on Wednesday, January 27 at 9 pm.

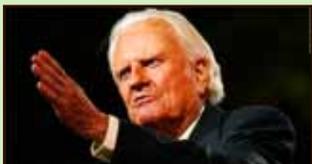
For more information please call 456-2030 or email dhummel@waynesvillenc.gov



SENIOR MOMENTS



Upcoming Events

			MEMBER	NON-MEMBER	
Lunch in Asheville	2/1	10:30 am / Return: 4:30 pm	\$5	\$7	
Brunch and Chocolate in Asheville	2/16	9:30 am / Return: 5 pm	\$5	\$7	
Billy Graham Library History and Heritage Tour - Charlotte, NC	2/24	7:30 am / Return: 7 pm	\$8	\$10 (bring extra \$11 for guided tour)	
Western Carolina University basketball game - Cullowhee, NC	2/27	12:30 pm	\$5	\$7 (plus \$5 for ticket)	

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
5-5:30am	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
NEW! 10-11am	Silver Sneakers Cardio Fit	Tu Th	60+	Kay	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
NEW! 6:30-7:30pm	Pump It Up	M,W	16+	Dustin	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	Sugar Blues	2nd Mon	16+	Sara	Aerobic Rm
By appt.	Massage	Appt	16+	Cassie	Massage Rm.

New Classes for 2016

STRETCH & STRENGTH:

5-5:30am, Tuesday and Thursday

Thirty minutes of gentle stretching exercises mixed with muscle strengthening exercises that will help improve overall flexibility, muscle tone and balance.

SILVER SNEAKERS CARDIO FIT:

10-11am Tuesday & Thursday

Cardio Fit is Heathway's' advanced group exercise class and the first to remove the chair from the class format. The class includes standing low-impact cardiovascular work and a variety of strength training options for muscular strength and endurance conditioning. Seniors must have the ability to stand for 30-45 minutes (no chair nearby).

SENIOR & FIT:

11am-12pm Monday Wednesday and Friday (preregistration required)

This is a twelve week course that is only open to members. Its focus is to teach how to train with free weights, selectorized weight machines and cardio machines. You will learn the proper use of all pieces of equipment and know when and how to change your training routine. You will also have two personal training sessions in which you will discuss your personal training goal. In addition we will discuss nutrition, body fat and body mass index and how they play a part in your quality of life. Each participant should bring a small spiral bound note book.

SILVER & FIT:

We are thrilled to become part of the Silver&Fit national facility network. At the Waynesville Recreation Center, we're dedicated to helping people of all ages and health levels improve their fitness. By offering classes through the Silver&Fit program that are specially designed for older adults, we can better help our maturing members maintain a regular schedule of exercise that can improve their overall quality of life.

CARDIO LUNCH:

12-1pm, Tuesday and Thursday

Meets for 45 minutes combining weighted cardio moves with traditional metabolic training intervals to keep the heart rate soaring.

PUMP IT UP:

6:30-7:30pm, Monday and Thursday

If you love fast paced, high intensity with few breaks, this class is for you. Sixty minutes of interval training to stimulate the heart, mind and muscles. You will leave exhausted and exhilarated at the same time.

YOGA FOR EVERYONE!

Hatha Yoga: 1-2pm Wednesday and Friday

Yoga benefits your physical and mental capacity through better posture, more flexibility, strength and better concentration. Hatha Vinyasa (flow) yoga synchronizes the movements of breath with a challenging, dynamic sequence of connected postures. The practice will energize you, but at the same time help release deeply stored tensions leaving you completely relaxed and transformed. We are pleased to welcome Sara Lewis to our staff as our newest certified yoga instructor.

ARE YOU SUFFERING FROM SUGAR BLUES?

Sugar Blues: 6-8pm Monday January 11, 2016

You're not alone! Sugar comes in many forms--the average American consumes 32 teaspoons of the sweet stuff every day -- without even realizing it! Sugar can pack on the pounds, zap your energy, run down your immune system, make you moody and more. Wouldn't you love to kick the sugar habit once and for all? Come learn simple steps and proven strategies to help you understand why you crave sugar and how you can break sugar's hold on you. This is a fun, interactive and informative workshop with handouts. Healthy snack will be provided.

Join Sara Lewis, Holistic Health and Nutrition Coach For this Beat the Sugar Blues workshop
\$15 members/\$20 non-members
RSVP 828-550-1640 saralewis27@gmail.com

Get your TRIFECTA in 2016...

ALL AVAILABLE AT THE WAYNESVILLE RECREATION CENTER!

1) Personal Training 2) Massage 3) Nutrition Classes

All Available Now!

Call for more info

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.



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

Free Community and Team Building Workshops for Potential Summer Camp Counselors

The Waynesville Parks and Recreation Department will host two workshops that are free to potential summer camp counselors.

The workshop on January 19 is called "Community Building Through Innovative Game Time." It will take place from 6 to 8 pm at the Waynesville Recreation Center. This workshop teaches short activities that help break up the day. Participants will learn to get kids to feel more like they are part of a community by interacting with each other, transition between larger activities and to gain control or focus in a class that is starting to stray. Also, participants will learn innovative ways to help bring groups of people together through self awareness, breaking down barriers, laughing together and building on your own presentation skills.

The workshop on January 25 is called "Team Building Facilitator Training." It will also take place from 6 to 8 pm at the

Waynesville Recreation Center. This workshop teaches participants how to explore the world of team building in a small setting, how to become a team building facilitator, how to strengthen your group through initiative techniques, experience team building from our unlimited adventure box, build on your own presentation skills and just simply broaden your resume by participating in this workshop.

These workshops can also be useful for anyone that works with children in a afterschool setting or working with youth or children in any type of setting. Participants are encouraged to wear tennis shoes. These classes are participatory classes. Everyone that attends will receive a letter of participation.

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

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

\$10 per booth

Call for more information

828-456-9207