

PROGRAM GUIDE

July
2015



**Get Ready for
the British
Invasion
Soccer Camp**

Pg 8

**We're
Having
Fun...**

Come Join Us!



Waynesville Recreation Center
828.456.2030
550 Vance Street, Waynesville, NC

Old Armory Recreation Center
828.456.9207
44 Boundary Street, Waynesville, NC

AQUATICS

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

- **WHAT: Aqua Zumba**
- **WHEN:** 9:00 am and 6:45 pm on Thursdays and 9:00 am on Tuesdays only
- **WHERE:** Waynesville Recreation Center
- **COST:** Admission to the Waynesville Recreation Center
- **DESCRIPTION:** 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.

- **WHAT: Aqua Motion AM**
- **WHEN:** 10:00 am on Mondays and Wednesdays
- **WHERE:** Waynesville Recreation Center
- **COST:** Admission to the Waynesville Recreation Center
- **DESCRIPTION:** 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.

- **WHAT: Aqua Motion PM**
- **WHEN:** 5:30 pm on Mondays, Tuesdays and Thursdays
- **WHERE:** Waynesville Recreation Center
- **COST:** Admission to the Waynesville Recreation Center
- **DESCRIPTION:** 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.

- **WHAT: Silver Sneakers Water Aerobics**
- **WHEN:** 10:00 am on Tuesdays and Thursdays
- **WHERE:** Waynesville Recreation Center
- **COST:** Admission to the Waynesville Recreation Center
- **DESCRIPTION:** 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.

- **WHAT: Deep Water Aerobics**
- **WHEN:** 9:00 am on Mondays, Wednesdays and Fridays
- **WHERE:** Waynesville Recreation Center
- **COST:** Admission to the Waynesville Recreation Center
- **DESCRIPTION:** 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.



Pool Hours

Opens at
10 A.M. M-F
while SCHOOL
is OUT

Water Park
Monday - Friday: 10 a.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.

- **WHAT: Level 1 Swim Lessons**
- **WHEN:** 9:00-9:30 pm on Mondays - Wednesdays, Starting July 13.
- **WHERE:** Waynesville Recreation Center
- **COST:** \$30 for members; \$35 for non-members
- **DESCRIPTION:** In group lessons you receive 8 lessons. Level 1 focuses on familiarity of swimming strokes. Being comfortable in the water on your back and submerging. Building the key fundamentals of swimming.

- **WHAT: Level 2 Swim Lessons**
- **WHEN:** 9:30-10:00 am, Mondays - Wednesdays, Starting July 13.
- **WHERE:** Waynesville Recreation Center
- **COST:** \$30 for members; \$35 for non-members
- **DESCRIPTION:** In group lessons you receive 8 lessons. Level 2 focuses on stroke mechanics. Back stroke and freestyle are solidified. Breast stroke and diving are introduced. Also retrieving submerged objects is introduced.

- **WHAT: Private Swim Lessons**
- **WHEN:** Scheduled Appointment; Monday through Friday
- **WHERE:** Waynesville Recreation Center
- **COST:** \$11 per session
- **DESCRIPTION:** 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.

- **WHAT: Waynesville Swim Team**
- **WHEN:** Season will begin June 15th and finish July 26th. Practices will be Monday, Wednesday, and Friday from 5-6:30pm. there are 5 meets throughout the 6-week season.
- **WHERE:** Waynesville Recreation Center Lap Pool
- **COST:** \$125 for first swimmer. \$100 for each additional member. \$100 for SMAC members.
- **DESCRIPTION:** Waynesville Swim Team is the summer swim league branch of Smoky Mountain Aquatic Club. The team is focused on an introduction to learning all 4 strokes, finding out what it takes to participate on a team, and having fun! The team is open to EVERYONE ages 6-17 of all abilities, from the complete novice to the experienced veteran.



- **WHAT: SMAC Masters**
- **WHEN:** Monday, Wednesday from 1:45-3pm and Saturday from 7-8:30am. Coached practices will happen Monday, Wednesday from 1:45-3pm and Saturday from 7-8:30am.
- **WHERE:** Waynesville Recreation Center Lap Pool
- **DESCRIPTION:** 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.

SENIOR MOMENTS

July Events

| | | | | | |
|---|-----------|----------|------|------|---|
| Farmers Market and Lunch in Asheville Asheville, NC We will eat lunch at the Farmers market and enjoy the Summer fun of the market. | July 8th | 10:30 AM | \$6 | \$8 |  |
| Asheville Tourist Price include Ticket. The meal is Dutch treat We Typically stay for the Entire Game. | July 23rd | 5:00 PM | \$12 | \$14 |  |

Upcoming August Events

| | | | | | |
|---|-------------|----------|------|------|---|
| Breakfast at the Pisgah Inn Brevard, NC This will be a morning drive to enjoy Dutch treat breakfast and a leisurely drive back to Waynesville after enjoying the morning view and food of the Pisgah inn. We will return to Waynesville by 1:00 PM | August 5th | 7:30 AM | \$5 | \$7 |  |
| Sunday Drive/Mystery This will be a drive to enjoy the beauty of the Western Carolina Region. We will enjoy a Dutch Treat afternoon Ice Cream stop at some point on the drive. | August 16th | 12:30 PM | \$5 | \$7 |  |
| Senior Picnic Great Smokey's This will be the return of our picnic to the Chimneys picnic area. We provide the meat and participants will be encouraged to bring salads/fixins/and desserts. We will enjoy game time around the picnic area. | August 19th | 8:00 AM | \$5 | \$7 |  |
| Asheville Tourist Game Asheville, NC Price include Ticket. The meal is Dutch treat We Typically stay for the Entire Game. | August 27th | 5:00 PM | \$12 | \$14 |  |

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!

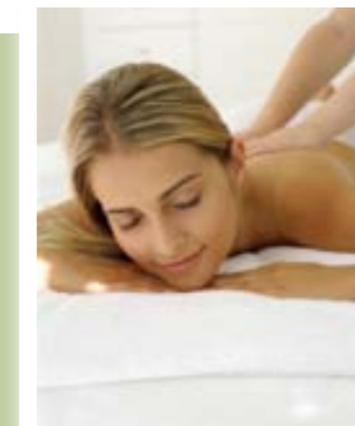
Find out if your health plan or Medicare Supplement carrier offers SilverSneakers. For more information visit www.silversneakers.com or call the Waynesville Recreation Center at 456-2030.



CASSIE PUTNAM
(828) 550-6874

MASSAGE THERAPY

| | | | | |
|---------------------|---|---------|---|------|
| Massage-Relaxation | • | 1 hour | • | \$56 |
| Massage-Relaxation | • | 90 min. | • | \$75 |
| Deep Tissue | • | 1 hour | • | \$65 |
| Deep Tissue | • | 90 min. | • | \$85 |
| Massage-Reflexology | • | 1 hour | • | \$56 |
| Massage-Reki | • | 1 hour | • | \$56 |
| Raindrop Therapy | • | 1 hour | • | \$65 |



WAYNESVILLE RECREATION CENTER CLASSES

550 Vance St. Waynesville
(828) 456-2030

* Cost is free to members / daily admission

| 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/Kathryn | 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 |
| 11 am - 12 pm | Silver Sneaker Classic | Tu,Th | 60+ | Karen/Kaye | 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 |
| 12-1 pm | Lunch Break Fit Challenge | Tu, Th | 16+ | Melissa | Aerobic Room |
| 1-2 pm | Yoga Basic | M | 16+ | Patty | Aerobic Room |
| 1-2 pm | Flexible Fitness | W,F | 16+ | Diana | Aerobic Room |
| 2-3 pm | Zumba Gold | M,W,F | 16+ | Kathryn/Thomas | 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 |
| 4:30-5:30 pm | Piyo | M, W | 16+ | Melissa | Aerobic Room |
| 4:30-5:30 pm | Zumba Toning | F | 16+ | Thomas | 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 |
| 6:30-7:30 pm | Pump it up | M,W,F | 16+ | Dustin | Aerobic Room |
| 6:45-7:30 pm | Aqua Zumba | Th | 16+ | Kathryn | Pool |
| 7:00-8:45 pm | Dance | Aug. 8 | 16+ | Herb/Sally | Multi Purpose Rm |

OLD ARMORY RECREATION CENTER CLASSES

44 Boundary St. Waynesville
(828) 456-9207

| Time | Program | Day | Age | Instructor | Cost |
|--------------|-----------------------|----------------|------|-------------------|-----------------|
| 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 | M | 18+ | Barbara | \$1 |
| 9 am-2 pm | Quilting | Th | 60+ | Georgia | \$15/2 month |
| 10 am - 1 pm | Pickle Ball | Tu,Th,Sat. | 18+ | Barbara | \$1 |
| 12-4 pm | Duplicate Bridge | M,W,F | 60+ | Mary | \$5 |
| 12-6 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 |
| 5:30-8 pm | Pickle Ball | 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

Soccer



BRITISH SOCCER CAMP

July 20 to 24 at the Waynesville Recreation Center.

The camp will be offered for ages 3 to 14. The following age groups and times will be offered:

First Kicks for ages 3 to 4 from 9 to 10 am;

Mini Soccer for ages 4 and 5 from 10 to 11:30 am;

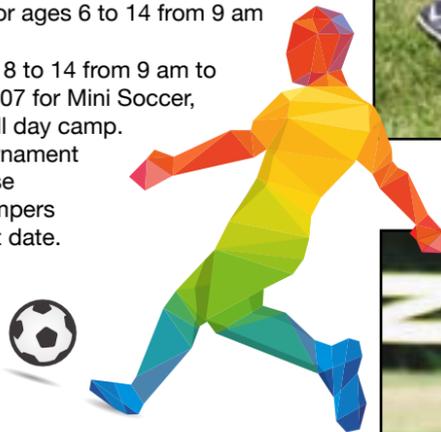
Half day camp for ages 6 to 14 from 9 am to 12 noon;

Full day camps for ages 8 to 14 from 9 am to 4 pm. The prices are \$84 for First Kicks, \$107 for Mini Soccer, \$136 for half day camp and \$190 for the full day camp.

Campers may also sign up for a 3 vs 3 tournament for \$52. All prices are for each player. Please note that there will be a \$10 late fee for campers registering within 10 days of the camp start date.

Many camps will fill up and be closed prior to this date – please register early to avoid disappointment.

Register at www.challengerports.com



Tennis

TENNIS PROGRAMS

All programs will take place at the Donnie Pankiw Tennis Center at Recreation Park. | Rumi Kakareka is a certified tennis teaching pro (PTR) with more than 25 years in the fitness industry. Private and semi-private lessons available. Contact: 703-966-7138 or e-mail rkakareka@me.com



MASTERS TENNIS

Open Masters Clinic– Weekly, time and dates TBA \$10/hour session

Great for new players, senior players, players recovering from injury, experienced players looking for a new challenge, or anyone who wants to learn and continue to play a racket sport. Just as in junior tennis, we use a smaller court, softer balls, and shorter rackets. Masters tennis is easy to learn, easy on the body, is highly social, and can be played for an entire lifetime. Masters League Play – currently in development -- local teams, town vs. town, TBA

Waynesville Local League and Tournament - Bill Meyers Doubles Challenge, Sept league play followed by Oct 3rd tournament.



KIDS TENNIS CLUB

(ages 5 - 12)

Saturdays from 11:30 am to 1 pm

COST: \$60 for six 45 minute sessions.

Building basic agility, coordination, and racket skills through fun games and challenges. Age-appropriate rackets, balls and court-size will be used for early success and to progress toward more advanced play.

TEEN TENNIS CAMP (ages 13 – 18)

August 3 – 7; 3:30 to 5 pm

COST: \$50 | Covering beginner to advanced tennis skills. Fitness, stroke production and basic strategy will be covered. Ideal as preparation for, or continuation of, high-school tennis play. Individual attention, group drills, and round-robin play.

ADULT BOOTCAMP

(for 3.0 to 3.5 NTRP players)

Ongoing every Tuesday, Thursday and

Saturday 10 – 11 am COST: \$10 per session | Combination of instruction, drills, and live-ball play.

TENNIS PROGRAM OFFERED FOR AGES 55+

Monday, Wednesday, Friday Senior Tennis for ages 55 and older May 4 - October 30 from 8:30 to 11:30 am.

The tennis courts are located at the Donnie Pankiw Tennis Center in Recreation Park at 128 W. Marshall Street in Waynesville. The skill level for this tennis program is intermediate players and above. The cost is one dollar per player per day. For more information please call the Waynesville Parks and Recreation Department at 456-2030 or email dhummel@waynesvillenc.gov

Basketball

INNOVATIVE BASKETBALL TRAINING SUMMER CAMP



- **WHAT:** 2015 Innovative Basketball Training Summer Camp for boys and girls ages 6-12.
- **WHEN:** July 6 – 9, 9:00 am to 12 noon daily.
- **WHERE:** Waynesville Recreation Center
- **COST:** \$100 Full payment can be made or a \$50 deposit can be made to reserve a spot. The balance is due at registration. The registration will take place from 8 to 9 am at the Waynesville Recreation Center on July 6. Space is limited.
- **DESCRIPTION:** The camp will be taught by Coach Derek Thomas. He is a 32 year head coach, 2 year college coach, 6 time coach of the year, won 425 games, 35 different types of championships and has been named to the Hall of Fame at his high school and college alma mater.
For more information please call Coach Thomas at 246.2129.

SHOOTING & DRIBBLING BASKETBALL CAMP

- **WHAT:** Shooting & Dribbling Basketball Camp for boys and girls in 4th - 11th grade
- **WHEN:** July 27 through July 30 from 9 am- 1 pm.
- **WHERE:** Waynesville Recreation Center
- **COST:** \$100. A deposit of \$25 is required.
- **DESCRIPTION:** The director of the camp will be Kevin Cantwell. He is the former head coach at Appalachian State University and Associate Head Coach at Georgia Tech. This camp will be a highly focused camp teaching dribbling and shooting which are the two basic fundamentals of the game. The camp will combine both technical instruction and competition in a fun atmosphere.



BASKETBALL CAMP FOR BOYS AND GIRLS

- **WHAT:** Basketball Camp for boys and girls from 3rd to 9th grade.
- **WHEN:** Monday, June 29 through Thursday, July 2.
- **WHERE:** Waynesville Recreation Center
- **COST:** \$135 per camper for full day camp or \$90 per camper for half day camp. A deposit of \$25 is required.
- **DESCRIPTION:** A full or half day camp will be offered. The full day camp will take place from 9 am to 4 pm and the half day camp from 9 am to noon. Kevin Cantwell will direct and instruct. The camp focuses on individual skill sets, performing a variety of drills teaching the basics of dribbling, shooting, passing, defense and footwork. Campers will participate in competitions that focus on layups, free throws, shooting, dribbling, 3 on 3 and 5 on 5. You may register at the Waynesville Recreation Center or for more information please email Kevin Cantwell at acad-emy7@live.com

Swimming

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 reply to this email or contact me at coachmccanless@gmail.com. Looking forward to helping you reach your goals in the pool, whatever they may be!



There is no bench in Swimming... Everyone swims!

Join Smoky Mountain Aquatic Club and be a part of the best swimming program in the country, under 100 swimmers



SMAC Building Blocks of Success: Contact Information:

- Teamwork
- Health & Fitness
- Education in Life and Swimming
- Goal Setting
- FUN!!!

Coach Charlie McCanless
www.smacswimming.com
coachmccanless@gmail.com
704-737-2333

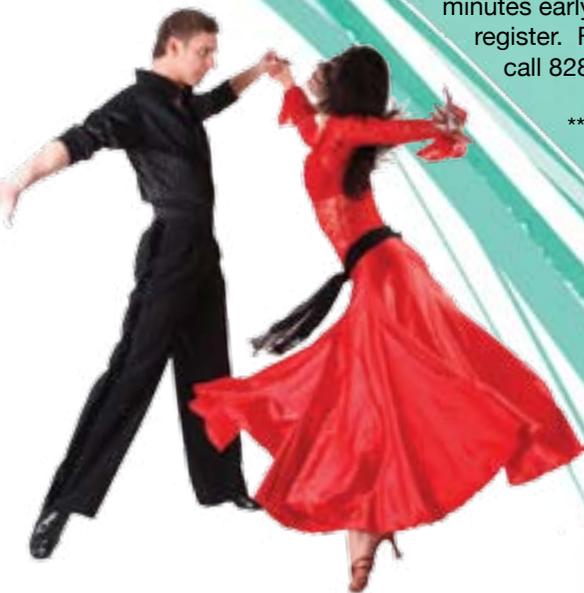


RECREATION CENTER'S DANCE CLASSES FOR JULY AND AUGUST, 2015

NEXT SESSION

Our next session (July and August) will be for six weeks. The cost of the six classes is \$60 per person. Each class will be one hour in duration. If you are a new student, please come 10 minutes early the night of your first class to register. For questions, call 828-356-7060 or 316-1412.

***No new classes at the beginning of July. We will be completing the last classes in the Waltz and the Bolero. The next session will begin the last week of July.



Mon. July 27, and August 3, 10, 17, 24, and 31
7:00 Beginning Carolina Shag

Wed. July 29, and August 5, 12, 19, 26, and September 2
7:00 Bolero (Level 1): Refresher & New Steps
(no new students unless you know the basics of this dance already)

***OUR NEXT DANCE SOCIAL WILL BE AUGUST 8.