

PROGRAM GUIDE

July
2016

**British
Soccer
Camp!**
See PG 2



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



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





CHALLENGER SPORTS

British SOCCER CAMPS July 25-29, 2016



Sign up at
challengersports.com

BRITISH SOCCER CAMP	AGES	TIMES	COST
FIRST KICKS	3-4	9:00-10:00AM	\$85
MINI SOCCER	4-5	10:15-11:45AM	\$108
HALF DAY	6-14	9:00-12:00 PM	\$138
FULL DAY	6-14	9:00-4:00 PM	\$192



ATOWN Volleyball Academy

Register Now!



The Waynesville Parks and Recreation Department will host the ATOWN Volleyball Academy

July 11 – 14 at the Waynesville Recreation Center. This is for 4th through 12th grade.

- Fourth through 7th grade will take place from 9:45 am to 12 noon
- Eighth through 10th graders will take place from 2:15 to 4:30 pm
- Eleventh and 12th graders will take place 5:30 to 7:30 pm
- Leadership training for 11th and 12th graders from 2:30 to 4:30 pm

*The cost is \$150 and this includes swim time in the pool and lunch from 12:30 to 2 pm
The fee for just the clinic without the lunch and pool is \$100. All campers will receive a t-shirt.*

Registration forms are available at the Waynesville Recreation Center.
For more information please contact Angela Freeze at atownvb@yahoo.com

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
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 Aerobics	Tu, Th	16+	TBD	Pool
9-9:45am	Deep Water Aerobics	M,W,F	60+	Sandy/Kay	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	Cardio Fit	Tu, Th	16+	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
11am-12pm	Zumba Gold	M,W,F	60+	Sandy/Kay	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
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	TBD	M,W	16+	Kay	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
NEW! 4:30-5:30pm	Hatha	M,W	16+	Sara	Aerobic Rm
4:30-5:30	Zumba	Fri	16+	Marzena	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
6:30-7:30pm	Line Dancing for Beginners	Tu	16+	Sally	Aerobic Rm
6:45-7:30pm	H2O Beats	Th	16+	Michelle	Pool
7:30-8:45pm	Dance Class	M	16+	Herb/Sally	Aerobic Rm
7:30-8:45pm	Dance Class	Th	16+	Herb/Sally	Aerobic Rm
7:00-9pm	Dance	June 4th	20+	Herb/Sally	Aerobic Rm
7:40-8:40	Line Dancing for Intermediate Dancers	Tu	16+	Sally	Aerobic Rm
6:30-7:30pm	Pump It Up	M,W	16+	Justin	Aerobic Rm
By appt.	Massage	Appt	16+	Cassie	Massage 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
8 am- 5pm	Seed Trays	M-Sat	16+	self	\$5 per tray (limit 5)
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 - 1 pm	Pottery Studio	Sat	16+	self	\$5 per visit
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 pm	Corn Hole	M	18+	self	Free
6-8:45 pm	Dixie Darlin Cloggers	M	18	Ms. Finger	Club Dues

INDOOR FLEA MARKET

every
3rd Saturday
7am - 2pm

\$10 *per booth*

Call for more information
828-456-9207

PICKLE BALL

Beginners:

9 am to 12 noon on
Mondays & Wednesdays

Seasoned:

9 am to 12 noon on Tuesdays,
Thursdays, Fridays & Saturdays



\$1
per visit



POTTERY

1 to 4 pm on Mondays
& Tuesdays

3 to 8 pm on Thursdays

\$20
for 4 visits

AQUATICS

Pool Hours:

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.

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.

LEVEL 1 SWIM LESSONS

9:00-9:45 am

Small Pool

Monday and Wednesday. Starting July 5th. (just for that Tuesday only)

\$30 for members \$35 for non-members

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.

LEVEL 2 SWIM LESSONS

9:00-9:45 am

Large Pool

Tuesday and Thursday. Starting July 5th.

\$30 for members \$35 for non-members

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.

PRIVATE SWIM LESSONS

Scheduled Appointment

Aquatics Area

Monday through Friday

\$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. 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.

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!

SENIOR MOMENTS

UPCOMING EVENTS

	DATE	TIME	MEMBER	NON-MEMBER
Asheville Tourist Sunday Game We will leave the Recreation Center and travel to watch the Tourists in action in the evening. Price includes tickets.	7/24	Departure: 12:30 pm Return: 2:00 pm	\$12	\$15
Asheville Tourist Game We will leave the Recreation Center and travel to watch the Tourists in action during the day. Price includes tickets.	8/21	Departure: 5:15 pm Return: 11:00 pm	\$12	\$15



Photo courtesy of <http://www.milb.com>

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 Now Accepts Silver and Fit Memberships

The Waynesville Parks & Recreation Department will now accept memberships through Silver & Fit beginning Monday, February 1. If you were a previous Silver Sneakers member and have received a letter saying you are eligible for membership with Silver and Fit please present your letter at the Waynesville Recreation Center.

Or, if you have moved here and have previously canceled your membership with another facility you can join the Waynesville Recreation Center. The process is easy and just takes a few minutes. If you have questions call or come by.

As a member you have access to the following services:

- *Cardio or fitness training equipment
- *Non-fee based or instructor led classes
- *Free membership orientation (2nd Wednesday monthly)
- *Free access for member's caregiver
- *Free access to sauna
- *free personal training
- *Free child care (were applicable)
- *Free access to amenities (unless instructor required) such as pool, racquetball, gym
- *Reduced rates for trips and massage
- *Free access to old armory recreation center

For more information please call the Waynesville Recreation Center at 456-2030 or email tplowman@waynesvillenc.gov



Waynesville Recreation Center to Host Summer Shoot & Dribble Camp



Shooting and Dribbling Summer Camp

The Waynesville Parks and Recreation Department will host a shooting and dribbling camp at the Waynesville Recreation Center. The camp will take place from July 18 to 21 from 9 am to 1 pm.

Kevin Cantwell, former head coach at Appalachian State University and Associate Head Coach at Georgia Tech University, will direct a highly focused specialty camp teaching dribbling and shooting. This is a unique camp utilizing training drills to assist in improving ball handling and shooting skills.

The camp will combine both technical instruction and competition in a fun atmosphere. The cost is \$140 per person. A deposit of \$25 is required. Campers are also asked to bring a snack.

For more information please call 456-2030 or email academy7@live.com

DANCE CLASSES - JULY and August, 2016



Viennese Waltz

The cost of the six classes is \$60 per person to be paid at the first class. 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.



SCHEDULE

LINE DANCING, Beginner NO PARTNERS NEEDED!!	6:30 pm	July 5, 12, 19, and 26
LINE DANCING, Intermediate NO PARTNERS NEEDED!!	7:40 pm	Tue. June 21, 28 and July 5, 12, 19, and 26
VIENNESE WALTZ (Level 2) This is the second session at the Intermediate level. The steps will be taught to the regular Waltz rhythm and the Viennese rhythm.	7:00 pm	Thurs. July 7, 14, 21, 28, and August 25, and Sept. 1
Texas 2-Step NO PARTNERS NEEDED!!	7:30 pm	Mon. July 11, 18, 25, and August 1, 22, and 29

BASE CAMP WAYNESVILLE

Hike Hawks Bill @ Linville Gorge

August 23rd

Depart time - 7:30 AM

Return Time - 6:00 PM

Depart from and return to Rec Center

Members - \$8 activity fee

Non Members - \$10 activity fee



Hike Dupont Forest

August 30th

Depart time - 9:00 AM

Return Time 5:30 PM

Depart from and return to Rec Center

Members - \$5 activity fee

Non Members - \$7 activity fee

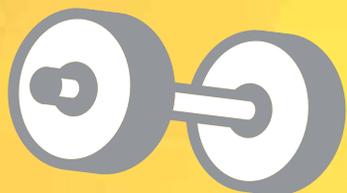
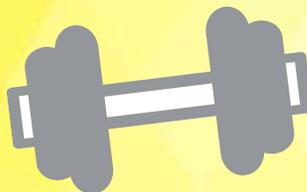
*Anyone interested in becoming a
Certified American Canoe Association Instructor
Please Contact: Tim Petrea tpetrea@waynesvillenc.gov*



SEE THE NEW EXERCISE EQUIPMENT AT THE WAYNESVILLE RECREATION CENTER!

To learn how to use the machines was much easier than I thought. We have such good instructors. You can get a complete workout on the six new kinesis machines only!

– Jean Bourassa, Ironduff



The weight adjustments are so much easier to use. I like the separate machines for the leg curl and leg extension.

– Arlie Hughes, Clyde



I like the range of motion that the new machines give. They are so smooth and give so much stretch. They work well for any age group.

– Mary Ford, Waynesville