PROGRAM GUIDE

November 2016

Introducing: Summer on The Fly Program

See PG 11

WAYNESVILLE
North Carolina
Progress with Vision
1871

THE MOUNTAINEER RCA READERS' CHOICE AWARDS
Voted Best Fitness Center For Five Years Running!

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

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

Dance Classes

Viennese Waltz

Come dance with us!

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.

The only NEW CLASSES beginning in Nov. will be on Mondays, Tuesdays, and Wednesdays. For questions, call 828-356-7060 or 316-1412.

SCHEDULE		
EAST COAST SWING	MONDAYS @ 7:30 pm	October 10, 17, 24 & 31
LINE DANCING	TUESDAYS @ 7:40 pm	October 4, 11 November 1, 8
COMPLETE CLASSES FOR NOVEMBER		
BEGINNING WALTZ 3 Classes @ $30 Per Person	MONDAYS @ 7:30 pm	November 7, 14 & 21
LINE DANCING, HIGH BEGINNER & INTERMEDIATE 4 Classes @ $40 Per Person	TUESDAYS @ 7:40 pm	November 1, 8, 15 & 22
NEW!! INTRODUCTION TO LINE DANCING 4 Classes @ $40 Per Person	WEDNESDAY @ 7:30 pm	November 2, 9, 16 & 23

CHRISTMAS SOCIAL DANCE ON DECEMBER 10 AT 7:00
CLASSES WILL RESUME ON THE WEEK OF FEBRUARY 6

Help us craft our...
MASTER PLAN

The Waynesville Parks and Recreation Department will be conducting a 10 year comprehensive master plan. The plan should be complete by early 2017.

There will be one last final opportunity for you to provide your input of what you would like to see the town of Waynesville offer in the parks and recreation system.

The final meeting will take place on November 3 at the Waynesville Recreation Center from 4 to 7 pm. This will be a drop-in format and will only take a few minutes of your time.

If you have any questions please call 456-2030 or email rlangston@waynesvillenc.gov

WAYNESVILLE RECREATION CENTER CLASSES

550 Vance St. Waynesville
(828) 456-2030

Time	Program	Day	Age	Instructor	Location
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+	Karen	Pool
9-9:45am	Deep Water Aerobics	M,W,F	60+	Kym/Kay	Pool
9-10am	Silver Sneaker Circuit	Tu, Th	60+	Kym/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	Cardio Fit	Tu, Th	16+	Kay	Aerobic Rm
10-11am	Zumba	Sat	16+	Brandy	Aerobic 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 Core 3x3	Tu, Th	16+	Kym	Aerobic Rm
1-2pm	Yoga Basic	M	16+	Patty	Aerobic Rm
1-2pm	Hatha Yoga	W,F	16+	Sara	Aerobic Rm
2-3	Zumba	M,W,F	16+	Kym	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
4:15-5:15pm	Hatha Yoga	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	H20 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
7:40-8:40	Line Dancing for Intermediate Dancers	Tu	16+	Sally	Aerobic 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
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: 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
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
Lunch in Asheville and New Belgium Brewery Tour Depart Recreation Center at 10:00 AM to enjoy lunch at a destination in Asheville. Afterwards We will make our way over to New Belgium for a 90 minute Brewery tour. Everyone should have their ID card for this tour, it involves tasting. Afterwards, we will enjoy fellowship in their tap room. Every one is responsible for paying for their lunch and anything extra for the day.	11/2	Departure: 10:00 am	$10	$15
Downtown Greenville SC Ramble We will leave at 8:00 Am to enjoy the sights and sounds of downtown Greenville. Plan on enjoying a dutch treat lunch, snacks, and certainly and Ice Cream stop.	11/9	Departure: 8:00 am	$10	$15
Drive to see the lights at Bristol Motor Speedway We will at 2 PM to enjoy an early Dutch treat Supper in the Bristol area. We will leave our supper venue to head to the Bristol Motor Speedway to enjoy their Holiday Light Show. Each trip participant will need to bring $5 cash per person for the entrance to the light show.	12/6	Departure: 2:00 pm	$10	$15
Dollywood We will leave the Recreation center at 10:00 AM. On the way to Dolly Wood, we will stop and eat in Pigeon Forge. We Plan on staying for the Parade. We should be back at the Recreation Center by 11:30 PM. All Participants will need to pay for their own ticket in to the Park.	12/13	Departure: 10:00 am Return: 11:30 pm	$10 + Ticket	$15

SILVERSNEAKERS

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

Silver&Fit®

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

BASE CAMP WAYNESVILLE

CALL NOW - Fills up fast!!

Hike Watershed

November 1st

Depart time – 8:00 AM

Depart from and return to Rec Center

Members - $8 activity fee

Non Members - $10 activity fee

This will be a guided Hike. We will meet at the Waynesville Recreation Center at 8AM and ride our bus to the Waynesville Watershed. This hike will be a more difficult hike to the higher sections of this area. Please Plan on Cold weather and be prepared to layer down as the hike gets going.

Base Camp Hike Planning Meeting

November 7th

Time – 5:30 PM

We will meet in the Base Camp room and plan our winter Hikes as well as our hikes through Fall 2017. Your input is needed to help make this another great year of hiking for our Base Camp Program Pizza will be served at this meeting.

Base Camp Paddle Club Planning Meeting

November 14th

Time – 5:30 PM

We will meet in the Base Camp room to plan our Paddle Trips for the winter and for 2017. This will include white water rafting opportunities. Pizza will be served at this meeting.

Base Camp Winter Break Camp

December 27-30th, Tuesday through Friday

Space is limited. *Goes on sale Nov. 1 and registration ends December 20th. For more information contact tpetrea@waynesvillenc.gov*

Members - $85 activity fee

Non Members - $95 activity fee

TROUT UNLIMITED

Summer on the Fly

Coming Soon

Base Camp Waynesville will partner with Trout Unlimited to implement the **Summer on The Fly Program**

This will program, that is targeted toward towards engaging children in a meaningful sport, will also be offered to our adults here at the Waynesville Recreation Center.

Stay tuned to our program guide for more information or contact: tpetrea@waynesvillenc.gov

www.tu.org/summer-on-the-fly

"Summer on the Fly...

...has presented fly fishing to our camp community in a new light. Not only does the program demonstrate our connection to the environment and the importance of preservation, but it provides our instructors with a practical and fluid curriculum."

— JIM GOODRUM
Staffing Director of Falling Creek Camp in NC

... provides a great opportunity for young people to experience the joy of fly fishing in a safe and fun camp environment… and the campers never forget the first time they land that once elusive fish!"

— CATHERINE SCHENCK
Fly Fishing Activity Coordinator at Green River Preserve in NC

What is Summer on the Fly?

TU Summer on the Fly makes implementing a fly fishing program simple, affordable, and fun for your camp.

Why Summer on the Fly?

With TU Summer on the Fly, any camp with access to fishable water can engage their campers in this meaningful sport that builds a lifelong connection to nature.

Participating camps will receive

- Deeply discounted custom fly rods, reels, & lines
- Easy-to-use curriculum, videos, & safety guidelines
- Assistance in locating & training fly fishing staff
- Stickers that your campers will love
- Pro deals on rods & reels for camp staff & counselors
- National recognition in TROUT magazine & on tu.org

Our Mission

To promote quality recreation opportunities for all citizens of the greater Waynesville area by providing indoor and outdoor facilities and activities and to be a resource for those who seek to improve their quality of life through recreation.

PARK DIRECTIONS

PEPSI DOG PARK

From Asheville: Take I-40 and then take Exit 27 (no turns). Follow highway 23/74 West to Exit 102. Take Exit 102, turn right on Russ Ave. (276 South). Go under bridge to 2nd red light. At light, turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance Street. Stay straight and turn right just before railroad tracks. Park at horse arena. Dog park is located in the chain link fence.

From Sylva: Follow 23/74 East to exit 102A. Turn right on Russ Ave. (276 South). Go to 2nd red light. Turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance Street. Stay straight and turn right just before railroad tracks. Park at horse arena. Dog park is located in the chain link fence.

HAZELWOOD PARK

Dutch Fisher Park (beside Richland Creek) consists of a ball field, picnic shelter and playground. The park also has public restrooms. From Asheville: Take I-40 and take exit 27. Follow Highway 23/74 West to Exit 100/ Hazelwood Avenue. Take a left at stop sign. Go through traffic light to stop sign. Take a left then a quick left on Westwood Circle. Stay straight on Westwood Circle to park

From Sylva: Follow 23/74 East to Exit 100/Hazelwood Avenue. Take a right at stop sign. Stay straight then take a left on Westwood Circle. Stay straight on Westwood Circle to park. *Park contains one softball field, picnic shelter, and restrooms*

EAST STREET PARK

East Street is a passive neighborhood park with a picnic shelter. From Asheville: Take I-40 and take exit 27. Follow Highway 23/74 West. Take exit 102 and turn right on to Russ Avenue (276 South). Go through five traffic lights. Stay in the left lane. Take a left at the sixth traffic light. Take a right on to Howell Street. Stay straight. Park is on the right.

From Sylva: Follow 23/74 East to Exit 102A. Turn right on to Russ Avenue (276 South). Go through five traffic lights. Stay in the left lane. Take a left at the sixth traffic light. Take a right on to Howell Street. Stay straight. Park is on the right.

OLD ARMORY RECREATION CENTER

From Asheville: Take I-40 and then take Exit 27 (no turns). Follow highway 23/74 West to Exit 102. Take Exit 102, turn right on Russ Ave. (276 South). Go under bridge to 2nd red light. At light, turn right on Howell Mill Rd. Cross railroad tracks. Turn left on to Boundary Street. See Old Armory Recreation Center on the right.

From Sylva: Follow 23/74 East to exit 102A. Turn right on Russ Ave. (276 South). Go to 2nd red light. Turn right on Howell Mill Rd. Cross railroad tracks. Turn left on to Boundary Street. See Old Armory Recreation Center on the right.

RECREATION PARK

Marshall Street, consists of a multi-use trail, six tennis courts, two softball fields, two outdoor basketball courts, two covered shelters. The park has picnic tables and public restrooms. From Asheville: Take I-40 and then take Exit 27 (no turns). Follow highway 23/74 West to Exit 102. Take Exit 102, turn right on Russ Ave. (276 South). Go under bridge to 2nd red light. At light, turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance St. Follow Vance Street until the end and turn right. Take an immediate right on Marshall Street. See park on right.

From Sylva: Follow 23/74 East to exit 102A. Turn right on Russ Ave. (276 South). Go to 2nd red light. Turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance St. Turn left just after passing softball field on the left. Follow Vance Street until the end and turn right. Take an immediate right on Marshall Street. See park on right.

VANCE STREET PARK & DISC GOLF

A 64,000 square foot multi-purpose recreation center, indoor pool and youth water play park. Located on 20 acres with a multi-use trail, a handicapped accessible fishing pier on a state supported trout stream, softball field, sand pit volleyball court, quarter mile paved running track, two soccer fields and a picnic shelter. Restrooms are located there as well. From Asheville: Take I-40 and then take Exit 27 (no turns). Follow highway 23/74 West to Exit 102. Take Exit 102, turn right on Russ Ave. (276 South). Go under bridge to 2nd red light. At light, turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance St. Turn left just after passing softball field on the left.

From Sylva: Follow 23/74 East to exit 102A. Turn right on Russ Ave. (276 South). Go to 2nd red light. Turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance St. Turn left just after passing softball field on the left.

WAYNESVILLE RECREATION CENTER

From Asheville: Take I-40 and then take Exit 27 (no turns). Follow highway 23/74 West to Exit 102. Take Exit 102, turn right on Russ Ave. (276 South). Go under bridge to 2nd red light. At light, turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance St.

From Sylva: Follow 23/74 East to exit 102A. Turn right on Russ Ave. (276 South). Go to 2nd red light. Turn left on Howell Mill Rd. (next to Rite Aid). Go ½ mile and turn right on Vance St.

SULFUR SPRINGS PARK

This park is a passive landmark for the sulphur water which was thought to have medicinal qualities. From Asheville: Take I-40 and take exit 27. Follow Highway 23/74 West to Exit 100 / Hazelwood Avenue. Take a left at stop sign. Go to traffic light and take a left on to Sulfur Springs Road. Take a left on to Sloans Drive then right on to Timothy Lane. Park is on the left.

From Sylva: Follow 23/74 East to Exit 100/Hazelwood Avenue. Take a right at stop sign. Take a left on to Sulfur Springs Road. Go through traffic light. Take a left on to Sloan Drive. Take a right on to Timothy Lane. Park is on the left.

WAYNESVILLE SKATE PARK

From Asheville, NC Take I-40 West and take Exit 27 Follow Highway 23/74 West to Exit 102 and turn right on to Russ Avenue (276 South) Go under bridge to second red light and at light turn left on to Howell Mill Road Go 1/2 mile and turn right on to Vance Street and see the Center on the left Keep going down Vance Street - see Waynesville Skate Park on right

From Sylva, NC Follow 23/74 East to Exit 102A Turn right on to Russ Avenue (276 South) and go to second red light Turn left on to Howell Mill Road and go 1/2 mile and turn right on Vance Street See the Center on the left Keep going down Vance Street - see Waynesville Skate Park on right

ENGRAVED BRICKS AT THE WAYNESVILLE SKATE PARK OR TENNIS COURTS

Have an engraved brick displayed permanently at your choice of the Waynesville Skate Park or the tennis courts at Recreation Park. You get three lines of text with 20 characters per line. $50 for one brick or $75 for two. For more information please call 456-2030

ENGRAVED BRICKS NOW OFFERED AT WAYNESVILLE DOG PARK

The Waynesville Parks and Recreation Department will offer the opportunity to purchase an engraved brick for a pet at the Waynesville Dog Park. The cost is $50 for one brick or $75 for two bricks. Bricks may also be purchased for the Waynesville Skate Park or the Donnie Pankiw Tennis Center in Recreation Park. For more information or an order form please call 456-2030 or email rlangston@waynesvillenc.gov