

# PROGRAM GUIDE

November  
2015



## INDOOR FLEA MARKET

Every 3rd Saturday  
At the Old Armory  
7am - 2pm

**\$10 PER BOOTH**

CALL FOR MORE INFORMATION  
**(828) 456-9207**



WAYNESVILLE  
North Carolina

Progress with Vision

1871

Waynesville Recreation Center  
(828) 456-2030

550 VANCE STREET • WAYNESVILLE, NC

Old Armory Recreation Center  
(828) 456-9207

44 BOUNDARY STREET • WAYNESVILLE, NC

# 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.

**LEVEL 1 SWIM LESSONS** - 5:00-5:30 pm on Mondays - Wednesdays at Waynesville Recreation Center. \$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.

**For more information please call 456-2030 or  
email [lkinsland@waynesvillenc.gov](mailto:lkinsland@waynesvillenc.gov)**

**LEVEL 2 SWIM LESSONS** - 5:00-5:30 pm, Tuesdays & Thursdays at Waynesville Recreation Center. \$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; 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.

**SMAC MASTERS** - 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. 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.

# 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](mailto:coachmccanless@gmail.com). Looking forward to helping you reach your goals in the pool, whatever they may be!**

### 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.



**American Red Cross**

### 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.

# WAYNESVILLE RECREATION CENTER CLASSES

550 Vance St. Waynesville  
(828) 456-2030

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	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
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
1-2 pm	Yoga Basic	M, W	16+	Patty	Aerobic Room
2-3 pm	Zumba Gold	M,W	16+	Diana	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
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
6:45-7:30 pm	H <sub>2</sub> O Beats	Th	16+	Michelle	Pool
7:30-8:45 pm	Dance Class	M	16+	Herb/Sally	Multi Purpose Rm
7:00-8:45 pm	Dance	Th	16+	Herb/Sally	Multi Purpose 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
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
6-9 pm	Square Dancing	2nd & 4th Sat.	all	Joe	\$5 Donation

## RECREATION CENTER'S DANCE CLASSES FOR NOVEMBER-DECEMBER, 2015



**Mon. 7:30 Rumba (Level 1)** November 2 & 9

**Tues. 7:00 Carolina Shag (Level 2)**

Nov. 3, 10

**Thurs. 7:00 Mambo (Level 1)**

November 5 & 12

### COMPLETING FOR THE YEAR

**Mon. 7:30 Introductory steps in Texas 2-Step, Tango, and Cha Cha**

November 16, 30, and Dec. 7 (\$30 per person for the three-week session)

**Thurs. 7:00 East Coast Swing (Level 2): All new steps**

November 19, December 3 & 10

# SENIOR MOMENTS



## Upcoming November Events

**Dinner and a Movie (Dutch Treat)** | Biltmore Park Our destination will be the theatre in Asheville that has numerous restaurant choices (Biltmore Park). We will purchase our movie tickets and then we will choose our dinner destinations. (All participants will be allowed to choose among several movie choices.)

11/11 3:30 PM

\$5

\$7



**Mystery Trip** | TBA This mystery will include a Dutch treat lunch and participants are encouraged to bring \$20 cash for other possible opportunities that may come on the way.

11/18 9:30 AM

\$5

\$7



## 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!



# BASE CAMP WAYNESVILLE

Outdoor Recreation For All Ages!

**HIKING TRIPS** \$5 members/ \$7 non-members



**Nov. 10th – Water Shed Winter Hike** | 9:00 AM | 8 miles. This is a Lower Elevation Hike in the Watershed and will be a great Hike for beginner and moderate Hikers. This will be a slow paced exploration and educational hike. Eric Romaniszyn from Haywood Waterways will be our guest presenter on the hike

**Nov. 17th – Water Shed Winter Hike** | 10:30 AM | 3 miles. This is a Lower Elevation Hike in the Watershed and will be a great Hike for beginner and moderate Hikers. This will be a slow paced exploration and educational hike. Eric Romaniszyn from Haywood Waterways will be our guest presenter on the hike

*Hikers will Meet at Allens Creek Park and be transported to the Watershed. All Participants must preregister in person at Waynesville Parks and Recreation*

BASE CAMP WAYNESVILLE AND HAYWOOD COUNTY EXTENSION 4-H PRESENTS

## FAR CHALLENGE

(FAMILY ADVENTURE RECREATION)

We would like to encourage the families in and around Waynesville to get outdoors together. The benefits are far reaching!

In this challenge families will record their outings and gather points over the year. We will celebrate the point leaders in May at our Kiwanis family fun day. Winning families will receive prizes, recognition and good memories.

**Families will compete in the following categories:**

- Single Person
- Single with child
- Married
- Married with children
- Seniors 50+ with no children

You are hereby challenged to get out and enjoy the wonders of our little area of Western North Carolina. It's not just for the tourists. They get to enjoy it some of the time while we can enjoy it all of the time!



### How to register for the FAR Challenge

- Pick a team name
- Email [tpetrea@waynesvillenc.gov](mailto:tpetrea@waynesvillenc.gov) the team name with the names and ages of the team participants
- Email all weekly outings that your family does together
- Send pics (team selfies!) of your team

Pick up your FAR Challenge book and get your family geared up for this Fall/Winter/Spring

**Hiking**  
**Rafting**  
**Kayaking**  
**Tubing**  
**Disc Golf**

**Rock Climbing**  
**Cultural and Historical Tours**  
**Outdoor Cooking**  
**Camping**  
**And so much more**

# SPECIAL OLYMPICS

## WANTED: Coaches and volunteers for Adult Special Olympics Basketball Teams

Contact [tpetrea@waynesvillenc.gov](mailto:tpetrea@waynesvillenc.gov)

These teams will begin practice and begin preparation for the local tournament on March 12.

Adult Team Basketball Practice schedule to be announced

## SUMMER GAMES RECRUITMENT MEETING ON FEBRUARY 8 AT 5:30 PM

For all persons interested in coaching a sport for the Summer Games. The current sports that could be offered are as follows:

**Track and Field**  
**Bowling**  
**Cycling**  
**Powerlifting**  
**Volleyball**

**Aquatics**  
**Cheerleading**  
**Gymnastics**  
**Softball**

All persons interested in coaching or helping to start these programs in our county can feel free to email [tpetrea@waynesvillenc.gov](mailto:tpetrea@waynesvillenc.gov) prior to this meeting date. All of these sports can be offered in Haywood County for Special Olympics if we have the coaches interested in running these programs.

## SPRING GAMES ORGANIZATIONAL MEETING

All coaches and volunteers should be at this meeting on March 7 at 6 pm .

This meeting will be held at the Waynesville Recreation Center.

### Cheer/ Basketball Tournament (Unified)

March 12 at Tuscola High School/Waynesville Recreation Center

Contact Person – Dawn Jones at [rjones@haywood.k12.nc.us](mailto:rjones@haywood.k12.nc.us)

### Upcoming Important Dates to Remember...

**Adult Spring Games Practice Begins March 29** at the Waynesville Recreation Center. These Practice will be held on Wednesdays from 3:30 – 4:30 for 6 weeks.

**April 12, 2016** – Local program submits Training rosters and other forms to state. Quota request form open to begin requesting spots for Summer Games.

**April 29, 2016** – SONC confirms quota for local program

**May 6, 2016** – Local Spring Games at Waynesville Recreation Center

**May 10, 2016** – Registration Due to State for Summer Games

# DAY CAMPS

## MINI CAMPS IN DECEMBER

Two Offerings

1) December 21st, 2015– December 23rd, 2015

2) December 28th, 2015– December 30th 2015

Time: 7:30am—5:30pm

Cost: \$65 Members per Mini Camp, \$80 Non-Members per Mini Camp

Age: Current Pre-K– 7th Grade

Winter activities will include environmental education with a focus on seasonal natural happenings, hiking and as always swimming fun in our indoor swimming facility.