

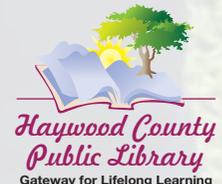
# PROGRAM GUIDE

October  
2015

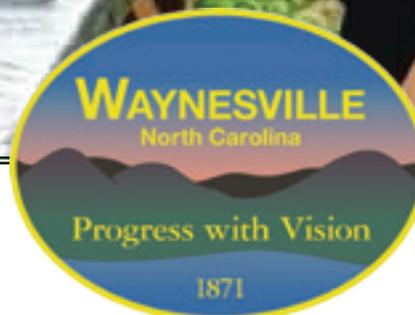
We're Having Fun...  
Come Join Us!



**New "Little Library" Coming  
to Vance Street Park**



**see back cover**



**Waynesville Recreation Center**  
828.456.2030  
550 Vance Street, Waynesville, NC

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

# BASE CAMP WAYNESVILLE

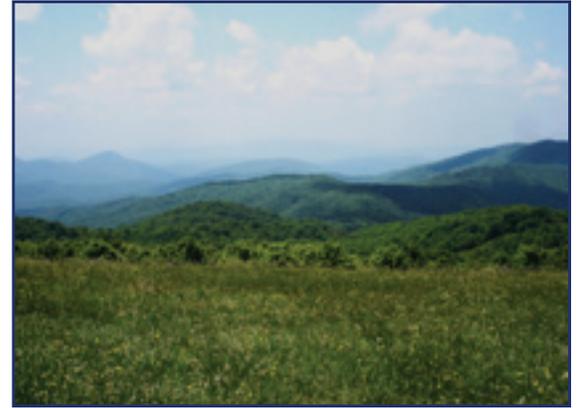
## (OUTDOOR RECREATION) For All Ages!

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

Oct. 14th – Flat Laurel Creek to Little Sam’s Knob and Big Sam’s Loop – Black Balsam area | 9:00 AM | 7 miles. This hike will start at 5,600 feet and should never get below 5,000 feet

Oct. 25th – From Water Rock Knob to Fisher Creek | 12:00 PM | 6.2 miles | Moderate to Difficult | \$10 per person (Limited space available.)

This is a great hike for couples, singles, and families with children 8 and above that are looking for a challenge. We will shuttle from one of the lower parking lots. Be prepared for this hike by layering up and wearing good hiking boots. Poles are suggested.



Oct. 26th – Wagon Train Trail – Young Harris, Ga. | 9:00 AM | 6.6 miles. This trip includes a hike from Young Harris, Ga. to Brass Town Bald. It is a 6.6 mile hike and also includes a walk up the summit of Brass Town Bald (the highest peak in Ga.) Lunch should be packed and plan on stopping for a meal in Franklin on the return trip.

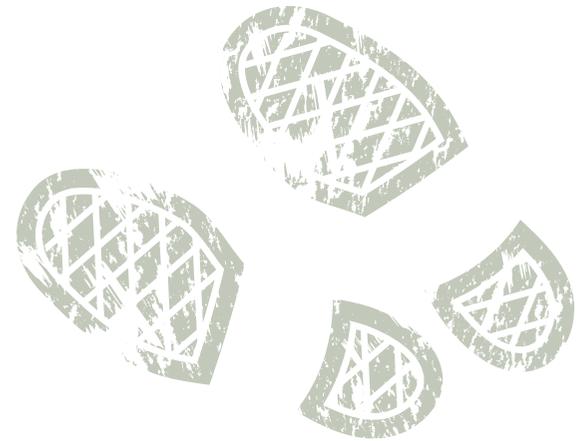
### PADDLE SESSIONS

#### Lake Junaluska

Thursdays thru October from 9:30 to 11:30 AM

\$8 members/ \$12 non-members

We will meet at the boat ramp at Lake Junaluska (next to the highway and across from the Lake J. Campgroundleaf change.) Participants must register by Wednesday of the day before each session.



#### Bear Lake

Friday, October 18 at 12:30 PM

Wednesday, October 21 at 8:30 AM

\$25 members/ \$30 non-members

Bear Lake is located just between Sylva and Highlands and is a beautiful opportunity for leaf watching while in the kayak. We will picnic near a hidden waterfall. All participants are expected to pack a lunch in a backpack.

# 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 am and 6:45 pm on Thursdays and 9:00 am on Tuesdays only at the 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 am on Mondays and Wednesdays at the 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. This class lasts 45 minutes.

**AQUA MOTION PM** - 5:30 pm on Mondays, Tuesdays and Thursdays at the 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 the class is constant movement. A variety of equipment is used to change up the workouts. Very exciting class for all age. The duration of this class is 1 hour.

## SMOKY MOUNTAIN AQUATIC CLUB IS LOOKING TO HELP YOU ADVANCE YOUR TECHNIQUE IN THE POOL WITH THE SMAC MASTERS WORKOUT GROUP!

**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. If you have any questions, feel free to reply to this email or contact me at [coachmccanless@gmail.com](mailto:coachmccanless@gmail.com).

**SILVER SNEAKERS WATER AEROBICS** - 10 am on Tuesdays and Thursdays at the 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 am on Mondays, Wednesdays and Fridays at the 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 the 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.



## 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 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

\* 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	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	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 (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



## INDOOR FLEA MARKET

every 3rd Saturday  
7am - 2pm

**\$10 per booth**

Call for more information

**828-456-9207**

# SENIOR MOMENTS



## October Events

<p><b>Elk Trip   Cataloochee</b> We will return to the valley to watch elk fighting/while learning the history. Participants will be encouraged to bring picnic baskets and folding chairs.</p>	10/6	2 PM	\$5	\$7	
<p><b>Fall Foilage</b> Our Fall foliage destinations will be chosen on the day of the trip. This gives us the best opportunity to enjoy some of the best scenery. The lunch meal will be Dutch treat.</p>	10/13	8:30 AM	\$7	\$9	
<p><b>Elk Trip   Cataloochee</b> We will return to the valley to watch elk fighting while learning the history. Participants will be encouraged to bring picnic baskets and folding chairs.treat.</p>	10/20	2 PM	\$5	\$7	
<p><b>Fall Foilage</b> Our Fall foliage destinations will be chosen on the day of the trip. This gives us the best opportunity to enjoy some of the best scenery. The lunch meal will be Dutch treat.</p>	10/27	8:30 AM	\$7	\$9	

## Upcoming November Events

<p><b>Dinner and a Movie (Dutch Treat)   Biltmore Park</b> 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.)</p>	11/11	3:30 PM	\$5	\$7	
<p><b>Mystery Trip   TBA</b> 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.</p>	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!

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

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

The next sessions will begin on October 5:

- Mon. 7:30 Rumba (Level 1)  
October 5, 12, 19, 26, and November 2 & 9
- Tues. 7:00 Carolina Shag (Level 2)  
October 6, 13, 20, 27, and Nov. 3, 10
- Thurs. 7:00 Mambo (Level 1)  
October 8, 15, 22, 29, and 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 and 10



## 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 complete 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

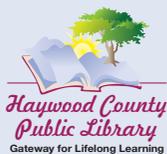
- Pick a team name
- Email [tpetrea@waynesvillenc.gov](mailto:tpetrea@waynesvillenc.gov) the team name with the names and ages of the team participants
- Email all weekly outings that your family does together
- Send pics (team selfies!) of your team

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

## Little Libraries/Bibliotequitas coming to Waynesville



Haywood County Public Library (HCPL) will be installing two Little Libraries in two different locations in Waynesville this

October. The Bibliotequitas (Little Libraries in Spanish) will be filled with books for children, teens, and adults in both Spanish and English that anyone may borrow. Similar to how Little Free Libraries work, where people are encouraged to "take a book and return a book," the Bibliotequitas will operate on the honor system, where borrowers will be entrusted to bring back any books

they borrow from the Bibliotequitas for someone else to enjoy. This project was made possible by the Friends of the Library.

One of the Bibliotequitas will be placed near the soccer field at Vance Street Park. The other Bibliotequita will be located in front of the store La Mexicanita in Hazelwood. Everyone is invited to celebrate the installation of the Bibliotequitas on Monday, Oct. 5. There will be a brief ribbon-cutting event at Vance Street Park starting at 4 p.m., followed by a brief ribbon-cutting event at La Mexicanita at 4:45 p.m. (828) 648-2924.

