

PROGRAM GUIDE

April
2016

**MAKE YOUR
SUMMER
PLANS
NOW!**

**SEE THE NEW EXERCISE EQUIPMENT AT
THE WAYNESVILLE RECREATION CENTER!**

**“Comfortable. Easy to use.
The new machines are awesome!”**

See more on pages 10 & 11



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!



Day Camps



Spring Break Camp 2016

April 4th – 8th

Current Grades Pre-K thru 7th

Price - \$95 for the entire week

Camp Hours 7:30 am to 5:30 pm

Registration opens on March 23rd and closes on March 30th

Space limited to 35 students

Activities include: water safety, hiking, outdoor skills training, open gym play, team building, and much more...

FULL

Explore Day Camps

Registration begins March 3rd

Session one - June 20th – July 15th

Weekly activities include- hiking, biking, kayaking, paddle boarding, swimming, environmental education, drama, music exploration, field trips, and much more...

Session Two - July 18th – August 12th

Weekly activities include- hiking, biking, kayaking, paddle boarding, swimming, environmental education, drama, music exploration, field trips, and much more...

FULL

Environmental Stewardship Camps

Camp Price – \$80 Per Camper

Week One – May 31 – June 3rd

Week Two – June 6th – 10th

Camp Hours - 8am to 5pm

Goes on Sale April 1st



Sportsmanship and Play Matters Camp

Redefining sportsmanship and stressing healthy outdoor play.

Camp Price – Free

June 13 – 17th

8 Am – 12:30

Registration goes on Sale April 1st

After Care from 12:30 -5:30pm

(limited space)

After Care Price - \$40 per child

Wilderness Stargaurd

April 23-24th

The Wilderness StarGuard® is a cutting edge course designed to meet the needs of wilderness trip leaders with a focus on prevention. This remote application to aquatic rescue courses can be taken alone as a primary training, as an add-on module to the StarGuard® course, or as a module for current lifeguards.

Wilderness First Aid is a Prerequisite for Star Guard

Wilderness First Aid

April 16-17th

If you plan to spend time in the backcountry you need to be prepared. Fast paced and hands-on, this two or three-day course covers a wide range of wilderness medicine topics for people who travel and work in the outdoors. This course is pre-approved by such organizations as the American Camping Association, the United States Forest Service, and other governmental agencies.

For more information call Tim Petrea at 828-456-2030.

BASE CAMP WAYNESVILLE

(OUTDOOR RECREATION) For All Ages!

Hiking Trips

On all hikes, the trip participants should bring the following:

Comfortable Hiking shoes (they should probably be waterproof)

Snacks and lunch (packed in a day pack)

Water

Rain Gear (just in case)

Walking Stick (this helps with the elevation hikes)

Any medication and information about allergies to be provided to the trip Leader.



White Water Rafting NOC

May 13th

Depart Time - 8:00 am

Return Time - 5:00 pm

Depart from/return to Rec Center

Members - \$10 activity fee

Non Members - \$12 activity fee

All Members need to bring \$50 Cash on the Day of the Trip (This covers Raft Trip Cost and Tips.) We will enjoy a morning fully guided rafting trip on the scenic Nantahala River. Bring a snack and plan on enjoying a Dutch Treat lunch at the NOC Outdoor Center.

Hike Charlies Bunion

May 26th

Depart time - 7:30 am

Return Time - 5:00 pm

Depart from/return to Rec Center

Members - \$10 activity fee

Non Members - \$12 activity fee



Perhaps the oddest-named mountain peak in the Great Smoky Mountains National Park offers the most amazing views! Hike the Appalachian Trail to the stone outcrop called Charlies Bunion. The rocky, treeless summit affords wonderful panoramic views of the Great Smoky Mountains, definitely one of the best in the entire park. It's a 4-mile moderate hike (8 miles roundtrip) from Newfound Gap on the North Carolina/Tennessee state line, hiking north away from Clingman's Dome. While you climb more than 1,600 feet in elevation, it's a gradual gain. From Newfound Gap (elevation 5,049), you'll climb to 6,222 feet and then descend to 5,565 feet at Charlies Bunion. Pack a lunch for an amazing picnic spot!



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 Zumba	Tu, Th	16+	Diana	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	Zumba	M,W	16+	Diana	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	2nd Sat.	16+	Herb/Sally	Aerobic Rm
7:40-8:40	Line Dancing for Intermediate Dancers	Tu	16+	Sally	Aerobic Rm
By appt.	Massage	Appt	16+	Cassie	Massage Rm.

SENIOR MOMENTS

UPCOMING EVENTS

Mike Super - Magic & Illusion

Participants will be asked to bring \$15 cash (this will be gathered at the beginning of the trip) This will take care of the ticket price at the door

DATE	TIME	MEMBER	NON-MEMBER
5/1	Departure: 1:30 pm Return: 6:00 pm	\$5	\$7

Innovations History at Oak Ridge Tenn.

Only 17 Spots are available. Participants will need to bring a sack lunch and \$3 Cash to cover the cost of the Museum tour.

5/11	Departure: 7:30 am Return: 7:30 pm	\$10	\$12
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Mike Super

5/19	Departure: 10:00 am Return: 10:00 pm	\$10	\$12
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5/25	Departure: 9:30 am Return: 5:30 pm	\$12	\$15
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5/24	Departure: 8:00 am	\$10	\$12
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Dollywood Trip

Each participant will be responsible for paying their own admission at Dollywood. The Senior Rate at Dollywood is \$64 with tax included.

Asheville Tourist Day Game

We will leave the Recreation Center and travel to watch the Tourists in action during the day. Price includes tickets.

Senior Picnic Bryson City

Limited Spots available. Join us as we enjoy the beauty and fellowship of Deep Creek. All Participants will be asked to bring a covered dish to enjoy. Hot Dogs, Hamburgers, and Drinks will be provided.

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



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; 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.

**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!



CHALLENGER SPORTS SOCCER CAMPS 2016

BRITISH SOCCER CAMP 2016

7/25/2016 - 7/29/2016

Waynesville Recreation Center Soccer Fields
550 Vance St, Waynesville, NC 28786

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country based upon one of the most innovative approaches to coaching youth soccer in the US and Canada. Our experienced staff study the game at all levels and will help players improve their core techniques and become more confident on the ball. With programs for each age, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided

games and coached scrimmages.

World Cup style games are held each day where campers compete for their adopted country and are encouraged to learn about different customs and cultures, and our core values of respect, responsibility, integrity, sportsmanship and leadership.

British camps will include a free soccer ball, t-shirt, poster and skills evaluation.



TETRA BRAZIL SOCCER CAMP 2016

6/20/2016 - 6/24/2016

Waynesville Recreation Center Soccer Fields
550 Vance St, Waynesville, NC 28786

The TetraBrazil Camp combines traditional Brazilian technical practices with the flair, passion, and creativity of South American soccer.

The TetraBrazil curriculum has been designed by an organization of professional soccer educators in Brazil to provide teams, coaches and players in North America with the same expert level of training received by the Professional Brazilian Clubs.

Campers will warm up to

samba music, learn Portuguese phrases and discover what it is like to grow up and play soccer in a country where the game is treated like a religion.



Sign up at
challengersports.com

FREE JERSEY

Free with online registration at least 45 days prior to camp.
Register at www.challengersports.com
S&H Fees Apply

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

TETRA BRAZIL SOCCER CAMP	AGES	TIMES	COST
<i>Free Gifts</i>	7-14	9:00-12:00 PM	\$160
Camp T-shirt, Soccer Ball, Player Evaluation Form, International, Soccer Player, Online Coaching Resources	8-14	1:00-4:00 PM	\$160
	8-14	9:00-4:00 PM	\$214

TENNIS CAMP



The Waynesville Parks and Recreation Department will offer a variety of tennis programs instructed by Ron Eddy of Candler. Some of the programs will be classes for children age 10 and under, group clinics, private lessons, adult boot camp for 3.0 to 3.5 players, and matchmaking play.

Ron is a certified teaching professional with the United States Professional Tennis Association with 15 years experience. For lessons or more information please call Ron Eddy at 828-458-3593 or email acetennis45@yahoo.com

Grades 6, 7 and 8
 \$10 per week or \$60 for all 6 weeks
 Tuesdays and Thursdays from 5 to 6 pm
 May 3 - June 9
 Located here at the WRC!

To register call:
 Ron Eddy at 828-458-3593
 or email acetennis45@yahoo.com



DANCE CLASSES



The next sessions will begin the week of April 18. The cost of six classes in a specific session is \$60 per person to be paid at the first class. Each class is one hour in duration and will be at either 7pm or 7:30pm. If you are a new student, you will need to come 10 minutes early the night of your first class to register.

CHA CHA (Level 1)	7:30 pm	Mon. April 18, 25, and May 2, 9, 16, and 23
LINE DANCING NO PARTNERS NEEDED!!	7:00 pm	Tue. April 19, 26, and May 3, 10, 17, and 24
NEW!! VIENNESE WALTZ (Level 2) This dance begins at the Intermediate level. The steps will be taught to the regular Waltz rhythm and the Viennese rhythm.	7:00 pm	Thurs. April 21, 28, and May 5, 12, 19, and 26

SPECIAL OLYMPICS



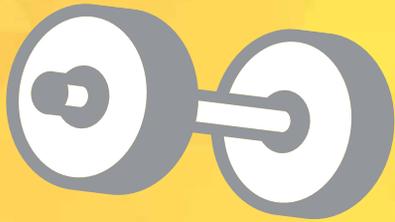
May 6, 2016
Local Spring Games at
Waynesville Recreation Center

Adult Spring Games Practice Begins March 30 at the Waynesville Recreation Center. These Practice will be held on Wednesdays from 3:30 – 4:45 for 6 weeks @ the Waynesville Recreation Center

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



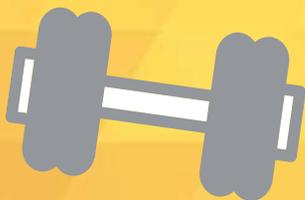
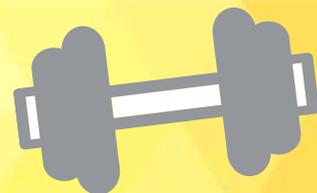
The new machines are so modern and so well designed. They have very few settings. You can just hop on and go to work. My favorites are the chest press and the vertical traction.

– Bobby Suttles, Waynesville



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

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