

PROGRAM GUIDE

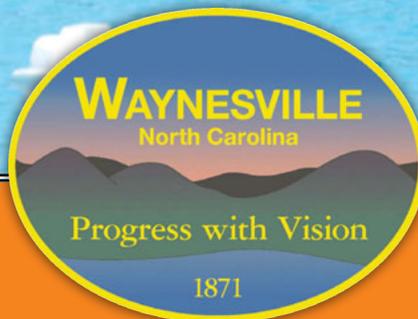
June
2016

**Come Join
the greatest
Summer Swim
Team in the
Smokies!**
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

SUMMER SMAC!

Join the greatest Summer Swim Team in the Smokies!



About Summer SMAC:

Summer SMAC, formerly known as Waynesville Swim Team, is the Summer Swim League Branch of Smoky Mountain Aquatic Club. The team is focused on an introduction to learning all 4 strokes, finding out what it takes to participate on a team, and having fun! The team is open to EVERYONE ages 6-17 of all abilities, from the

complete novice to the experienced veteran. **Our season will begin June 8th and finish July 29th.** Practices will be Monday, Wednesday, and Friday from 5-6:30 at the Waynesville Rec Center. There are 5 meets throughout the 8-week season.



Summer SMAC is a Summer League Swim Team designed for athletes ages 6-17 of all abilities. The team provides an opportunity for new swimmers to experience swim practice, low pressure meets and all the team spirit and fun that comes with being on a team! Summer SMAC is all about summer fun while giving team members the chance to learn and develop as swimmers and teammates. Each athlete will learn to be comfortable in the water, be introduced to all 4 strokes, and learn skills in the pool that they can carry with them for a lifetime. All ages and abilities will work on stroke mechanics, strength and endurance. With a positive, supportive environment, Summer SMAC is the BEST introduction to the sport of swimming in Waynesville. Learning and summer fun are the priority!

Important Dates

Online Registration	Register at smacswimming.com
Open Registration	Register in person at the Rec Center 6/4 from 10-11AM and 6/6 from 5:45-6:45pm
Olympic Trials	Watch Party at the Rec! Monday 6/27 during
July 4 th	There will be no practice Monday, July 4 th .
Practice Schedule	M/W/F from 5-6:30



Visit us online at:

www.smacswimming.com

Frequently asked questions...

We're very interested! How much is Summer SMAC?

For swimmers currently enrolled in our year-round program, Summer SMAC is \$75. For all other athletes, Summer SMAC will be \$100. Members will also need to pay for either a 2 month pass from the Rec Center (Ages 5-11 are \$62 and ages 12-17 are \$70) or two 12 Visit passes (ages 5-11 are \$44 and ages 12-17 are \$64).

My athlete has guitar lessons on Wednesday nights and will not be able to attend. Can they still participate on the team?

Absolutely! We understand that athletes have other obligations outside of the pool and encourage our members to excel in everything! At the beginning of the season, we'll release our curriculum so you know what you'll be missing should you need to miss a few days. Shred on bro!

What will we need to bring to practice?

All athletes will need three things at every practice. A *SUIT*. Boys should wear a jammer. Girls should wear a one piece suit, without dangly, frilly, or shiny things. *GOGGLES*. Athletes will need goggles that cover the eyes only. Please no diving masks that cover the nose. A *SWIM CAP*. Caps are provided and come with the cost of membership.

Everything sounds awesome! How do I sign up?

We are expecting a VERY packed house this summer and we'll be on a first come, first serve basis. You can sign up online at www.smacswimming.com starting Wed 5/4 or do an in person registration at the Rec Center 6/4 from 10-11am and 6/6 from 5:45-7pm. Again, we're expecting a VERY FULL team; sign up to reserve your space!



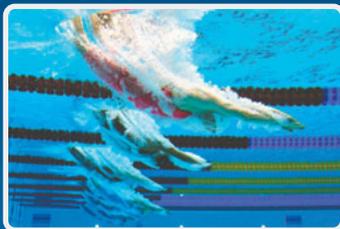
What we do at Summer SMAC

- Learn and develop the 4 competitive strokes.
- Learn and develop racing dives.
- Become more comfortable in the water with games!
- Review and learn basic swim safety rules.
- Participate in fun meets and emphasize personal improvement
- HAVE FUN!!!
- Become stronger and more confident swimmers!

It's an Olympic year. Be inspired to get in the pool!

This Summer, the Olympics are going to feature the sport of swimming like never before. Summer SMACers will be swimming some of the same events as Olympians! To celebrate, the Summer SMAC team will be having a "Watch Party" at the Rec on Monday 6/27 where we'll watch the US Olympic Trials!

SMAC's Head Coach Charlie McCanless believes in teaching the fundamentals, proper technique, and mechanics in a safe, fun environment. With a huge team, and an energetic and positive attitude, this summer promises to be an incredible one!!



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

SENIOR MOMENTS

UPCOMING EVENTS

	DATE	TIME	MEMBER	NON-MEMBER
Water Rock Desert fellowship All participants should bring some type of desert. Sweet tea and soft drinks will be provided.	6/09	Departure: 6:00 pm Return: 10:00 pm	\$5	\$7
Asheville Tourist Game We will leave the Recreation Center and travel to watch the Tourists in action during the day. Price includes tickets.	6/16	Departure: 5:15 pm Return: 11:00 pm	\$12	\$15
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: 7:00 pm	\$12	\$15



Water Rock



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



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



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 - Camp T-shirt, Soccer Ball, Player Evaluation Form, International, Soccer Player, Online Coaching Resources</i>	7-14	9:00-12:00 PM	\$160
	8-14	1:00-4:00 PM	\$160
	8-14	9:00-4:00 PM	\$214



Summer Basketball Camp



The Waynesville Parks and Recreation Department will offer a basketball camp from June 27 to 30 for boys and girls in grades 3 to 10. The camp will take place from 9 am to 1 pm at the Waynesville Recreation Center.

The camp goal is to provide every camper with the best opportunity to improve their game and experience with personalized attention in a fun environment. The camp is designed to bring out the best in children: increased respect for sportsmanship, enhanced fundamental abilities, and a deeper understanding of teamwork.

The camp focuses on individual skill sets, performing a variety of drills teaching the basics of dribbling, shooting, passing, defense and footwork. Campers will participate in competitions that focuses on lay-ups, free throws, shooting, dribbling, 3 on 3 and 5 on 5.

The instructor will be Kevin Cantwell.

The cost for the camp is \$140 per camper. For more information please call 456-2030 or email academy7@live.com

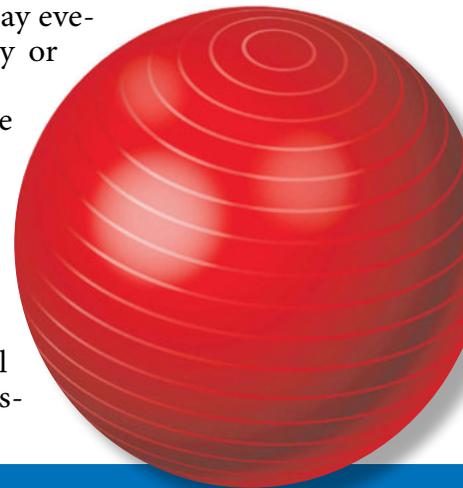
New! Summer Adult Coed Kickball League!



The Waynesville Parks and Recreation Department will hold an organizational meeting for the Summer Adult Coed Kickball League on Thursday, May 26. It will take place at 6:30 pm at the Waynesville Recreation Center.

The league is open to all kickball players 18 years or older with the age as of July 1, 2016. The season will take place on Tuesday and/or Thursday evenings in June, July or August.

The entry fee is based on the number of teams at the organizational meeting. For more information please call 456-2030 or email dhummel@waynesvillenc.gov



Summer Adult Coed Volleyball League

The Waynesville Parks & Recreation Department will hold an organizational meeting for our Summer Adult Coed Volleyball League on Wednesday, May 25, 2016 at 6:30 PM at the Waynesville Recreation Center located at 550 Vance Street. The Adult Coed Volleyball League is open to all volleyball players eighteen (18) years or older with age as of July 1, 2016. Summer season: Wednesday's, June 8 thru August 10, 2016.

Information: Waynesville Parks & Recreation Department at 456-2030.

E-mail: dhummel@waynesvillenc.gov

What: Summer Adult Coed Volleyball League

When: Organizational meeting, Wednesday, May 25, 2016 at 6:30pm.

Who: All players eighteen (18) years or older. Age as of July 1, 2016.

Teams: Twelve player's maximum, six player's minimum per team.

Season: Wednesday's, June 8 thru August 10, 2016.

Entry fee: Based on number of teams at organizational meeting.

Due: Wednesday, June 1 at 9:00pm.



Good Sportsmanship, Good Citizenship, Good FUN!!!

Public Art Commission Unveils Newest Project

The Waynesville Public Art Commission is pleased to announce the dedication of the latest public art piece entitled “Waynesville – Always Ready” which will be located in front of the Old Armory building, on Boundary Street in Frog Level. The dedication ceremony will be on **Saturday, June 4 at Noon** at the art piece’s location, in front of the Old Armory building, and a BBQ lunch from Bogart’s will be served. The public is invited to attend and donations for the lunch will be accepted.

“Waynesville – Always Ready” was sculpted by **Stefan Bonitz**, an artist who is very familiar to citizens and visitors to Waynesville as another of his pieces, “Old Time

Music” has become one of the most recognizable images of the town. Mr. Bonitz is a metal sculptor who uses found objects and traditional fabrication for his large assemblages. This newest artwork was crafted as a bench to allow for a more interactive yet functional piece. With its strong ties to the military and the National Guard, the old Armory is the perfect location to allow the public to come, sit, enjoy and reflect on the dedication of those who serve.

For more information regarding the Waynesville Public Art Commission, please contact Chairman Nick DePaolo at 456-9918.



DANCE CLASSES



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.

June Dance Party at the WRC	7:00-8:50 pm	Sat. June 4
LINE DANCING, Beginner NO PARTNERS NEEDED!!	6:30 pm	Tue. June 21, 28 and July 5, 12, 19, and 26
LINE DANCING, Higher Level NO PARTNERS NEEDED!!	7:40 pm	Tue. June 21, 28 and July 5, 12, 19, and 26
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. 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

SPECIAL OLYMPICS



FALL SPORTS GAME ORGANIZATIONAL MEETING:

**TUESDAY, JUNE 7TH
6:00PM**

AT THE WAYNESVILLE RECREATION CENTER



ALL people that are interested in coaching, starting up a local sport for our special olympics or assisting athletics in attending the Fall State Tournament will need to be in attendance at the meeting.

The sports that are available for State Competition in the fall are as follows:

- **Basketball**
- **Bocce**
- **Golf**
- **Roller Skating**
- **Soccer**
- **Tennis**



All of these sports are made possible by volunteers!

BASE CAMP WAYNESVILLE



Hike the Cataloochee Divide Trail

June 10th

Depart Time - 7:30 am

Return Time - late afternoon

Depart from/return to Rec Center

Members - \$8 activity fee

Non Members - \$10 activity fee

This will be a shuttle hike. We will start at one end and be picked up at the other end.

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