

PROGRAM GUIDE

March
2016

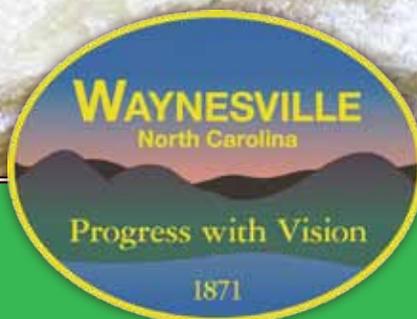
**Summer Camp
Registration
begins March 3!**
More camp
info inside.



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!

Open House for Base Camp Day Camp Programs on March 2, 8 & 15 2016.

First Presentation – 5:30 pm

Second Presentation – 6:30 pm

During this open house we will have two presentations that will allow the parents/caregiver to make an informed decision about our day camp program. These presentations will allow time for questions and answers. Parents will have the opportunity to view our schedule and curriculum plans. This open house will be hosted at the Waynesville Recreation Center.



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...

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...

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



Base Camp Explore goes on sale on March 3rd with the following fee schedule:

Fee Schedule	March 3-31	April 1st - May 1	May 2 – May 27
Session 1 Members	\$375	\$400	\$425
Session 1 Non Members	\$400	\$425	\$450
Session 2 Members	\$375	\$400	\$425
Session 2 Non Members	\$400	\$425	\$450
Both Camps Members	\$675	\$725	\$775
Both Camps Non Members	\$700	\$750	\$800

These camps will focus on small groups and assist the camper in discovering themselves through outdoor experiences.

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.

Grandfather's Profile Hike

April 15th

Depart Time - 8:00 am

Return Time - 5:30 pm

Depart from/return to Rec Center

Members - \$8 activity fee

Non Members - \$10 activity fee



Max Patch to Lemon Gap and back

April 25th

Depart time - 9:00 am

Return Time - 5:30 pm

Depart from/return to Rec Center

Members - \$8 activity fee

Non Members - \$10 activity fee



Hickory Nut Falls

April 19th

Depart time - 9:00 am

Return Time - 5:30 pm

1.5mi, Moderate

Depart from/return to Rec Center

Members - \$5 activity fee

Non Members - \$7 activity fee



Paddle Trip

April 17th

Depart time - 9:00 am

Return Time - 5:30 pm

Depart from/return to Rec Center

Members - \$15 activity fee

Non Members - \$20 activity fee

This trip will paddle through the channel at Fontana and venture deep in to Hazel Creek to discover the old village of Proctor.



Community

Bike Safety Workshop

March 19th

in the parking lot of the Old Armory

10 am - 12 pm

Free to the Public



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	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	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
NEW! 6-8pm	Healthy Bones	M	16"	Sara	Aerobic Rm
6:45-7:30pm	H2O Beats	Th	16+	Michelle	Pool
7:30-8:45pm	Dance Class (starts Feb)	M	16+	Herb/Sally	Aerobic Rm
7:00-8:45pm	Dance Class (starts Feb)	Tu	16+	Herb/Sally	Aerobic Rm
7:00-8:45pm	Dance Class (starts Feb)	Th	16+	Herb/Sally	Aerobic Rm
6-8pm	Fats: The Good, The Bad & The Healthy	2nd Mon	16+	Sara	Call 550-1640
By appt.	Massage	Appt	16+	Cassie	Massage 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

MASSAGE THERAPY



CASSIE PUTNAM
(828) 550-6874
LIC # 12653



Massage-Relaxation	• 1 hour	• \$56
Massage-Relaxation	• 90 min.	• \$75
Deep Tissue	• 1 hour	• \$65
Deep Tissue	• 90 min.	• \$85
Massage-Reflexology	• 1 hour	• \$56
Massage-Reki	• 1 hour	• \$56
Raindrop Therapy	• 1 hour	• \$65

INDOOR FLEA MARKET

every
3rd Saturday
7am - 2pm

\$10 per booth

Call for more information
828-456-9207

Bone Health for Life Monday March 7, 2016, 6-8 pm Waynesville Fitness Center Community Room

You may already know that getting enough calcium and Vitamin D is good for your bones. But did you know that dairy is not the best food for this? When we hit "middle age" the bone renewal process slows down so our bones tend to get thinner. BUT no matter what your age, there are still many ways to build healthier bones.



You will learn:

- what bones are made of
- how bones regenerate
- risk factors and warning signs of osteoporosis
- how to build strong bones through dietary and lifestyle changes

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.

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!**

KAYAK ROLL SESSIONS

Every Other Wednesday at 7:30 - 8:45 PM

In the large pool

These sessions are not instructor led. They are to get paddling and rolling time during the cold winter months. You must provide your own equipment.



PADDLEBOARD SESSIONS (SUP) - 7:30-8:45 pm, in the large

pool every other Wednesday. Call to register. Cost is admission to the center. Free to members. Sign ups are for each individual session. If you are a non-member, you must show proof of receipt for each session.

These sessions are designed to expose you to a new sport and teach you the proper technique to excel in Stand Up Paddling, (SUP). Basic paddling skills and safety will be introduced along with other skills. This is also a leisure activity to enjoy the up and coming new sport of SUP. This class is intended for ages 8 and up however children up to age 12 are encouraged to have a parent with them. Ten spots are available with two instructors and all equipment will be provided.

SENIOR MOMENTS

Upcoming Events

			MEMBER	NON-MEMBER	
Asheville Tourist vs Rome Braves	4/14	5:15 pm / Return: 11:00 pm	\$12	\$15	

We will leave the Recreation Center and travel to watch the opening game of the season

Price includes Tickets

Bristol Motor Speedway tour and lunch in Bristol	4/26	7:30 am / Return: 6:00 pm	\$10	\$12	
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We will tour the Speedway and other areas of this fantastic venue.

Lunch is Dutch treat.

Please bring an additional \$5 for the tour.

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



Smart Start Baseball



Smart Start Baseball is open to baseball players ages (4) four & (5) five w/age as of April 1, 2016. Parents or another adult must be able to attend one parent meeting (April 12 @ 5:30pm) and six, one-hour sessions with ALL players. A variety of innovative baseball products will be utilized to enhance the player's skill development and FUN!

There are 20 spots available for participants that will be filled on a first come, first serve basis. **Deadline to register is Tuesday, March 29, 2016 @ 5:30pm.**

Each participant will be charged a \$45 registration fee which includes: ball & bat set, glove, two koosh balls and participant manual. This age specific equipment will be utilized to enhance the child's skill development and fun!

Smart Start Baseball will begin April 12, 2016 with a parent meeting at the Waynesville Recreation Center. **Smart Start Baseball** instruction will begin on Tuesday, April 19 from 5:30-6:30pm and last for the next six weeks.

"We are excited about being chosen to be part of this National Alliance for Youth Sports program," said Donald Hummel, Athletic Program Supervisor. We are always looking for innovative ways to help improve youth sports and this program certainly helps."

Smart Start Baseball targets children who need to develop basic motor skills such as hitting/batting, throwing/catching and running/agility that are needed to participant in organized youth baseball/softball leagues.

Smart Start Baseball will teach children how to develop those skills while building their confidence which will enable them to enjoy participation in all youth sports leagues. The program offers exercises that become increasingly more difficult as the class progresses and the player's show improvement.

The program is being administered by the Youth Development branch of the nonprofit National Alliance for Youth Sports (NAYS) and the Waynesville Parks & Recreation Department.

For additional **Smart Start Baseball** information call Donald Hummel @ 456-2030 ext. 2511 or Email: dhummel@waynesvillenc.gov or stop by The Waynesville Recreation Center, 550 Vance Street, Waynesville, NC.

Deadline to register is Tuesday, March 29, 2016 @ 5:30pm.

Good Sportsmanship, Good Citizenship and Good FUN!

REC CENTER'S DANCE CLASSES - April and May, 2016



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 **No classes on March 1 or March 15
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 **No class on March 3