

# PROGRAM GUIDE

September  
**2016**

**SEE OUR  
BASE CAMP  
TRIPS**  
See Pgs  
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

# 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.

There will be no Saturday social dance in August. The next dance will be the Halloween dance on October 8th.



## SCHEDULE

<b>VIENNESE WALTZ (Level 2)</b> This is the second session at the Intermediate level. The steps will be taught to the regular Waltz rhythm and the Viennese rhythm.	7:00 pm	August 25, and Sept. 1
<b>LINE DANCING</b> NO PARTNERS NEEDED!! Beginner & Intermediate combined class	7:40 pm	September 6 & 13 October 4 & 11
<b>EAST COAST SWING</b>	7:30 pm	September 12 & 19; October 10, 17, 24 & 31

# Smart Start Basketball for Ages 4 & 5

Parents in our area have a special opportunity to help their children develop sports skills through a unique national sports program that's available right here at the Waynesville Recreation Center!

Smart Start Basketball is open to players ages (4) four and (5) five with age as of October 1, 2016. Parents or another adult must be able to attend one parent meeting on October 11 at 5:30 pm and the eight, one-hour sessions with all players.

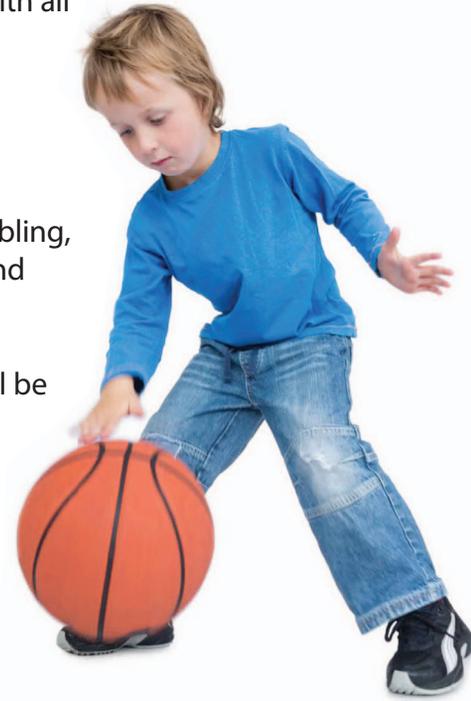
There are 20 spots available for participants that will be filled on a first come, first serve basis. Deadline to register is Tuesday, October 4, 2016 at 5:30 pm.

Each participant will be charged a \$50 registration fee which includes: mini basketball-for dribbling, teslon basketball-for passing/catching & shooting, practice cones, t-shirt, equipment bag and participant manual.

Smart Start Basketball will begin October 18, 2016 at the Waynesville Recreation Center and will be held from 5:30 to 6:30 pm every Tuesday for eight weeks.

Smart Start Basketball targets children who need to develop basic motor skills such as dribbling/ball handling, shooting, passing/catching, and running/agility that are needed to participant in organized youth basketball leagues.

For more information or to register please call the Waynesville Parks and Recreation Department at 456-2030 or email [dhummel@waynesvillenc.gov](mailto:dhummel@waynesvillenc.gov)



## Fall Adult Coed Volleyball League Offered

The Waynesville Parks and Recreation Department will offer a fall adult coed volleyball league. The organizational meeting will take place on Wednesday, September 7 at 6:30 pm at the Waynesville Recreation Center.

The league is open to all players 18 years or older as of October 1. The season will take on Wednesdays from October 5 through December 14.

Teams will be limited to 12 players with a minimum of six players. The fee is based on the number of teams at the organizational meeting. The payment is due on Wednesday, September 21 at 9 pm.

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



# WAYNESVILLE RECREATION CENTER CLASSES

550 Vance St. Waynesville  
(828) 456-2030

Time	Program	Day	Age	Instructor	Location
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+	Karen	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
10-11am	Cardio Fit	Tu, Th	16+	Kay	Aerobic Rm
10-11am	Zumba	Sat	16+	Brandy	Aerobic 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
4-5:15pm	WVL Kodokan Judo Club	Tu	5+	Jimmy	Aerobic Rm
4-6:15pm	WVL Kodokan Judo Club	Th	5+	Jimmy	Aerobic Rm
4:15-5:15pm	Hatha Yoga	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
7:40-8:40	Line Dancing for Intermediate Dancers	Tu	16+	Sally	Aerobic Rm
6:30-7:30pm	Pump It Up	M,W	16+	Justin	Aerobic Rm

# 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*

# 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

9:00-9:45 am

Small Pool

Monday and Wednesday. Starting July 5th. (just for that Tuesday only)

\$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.

## LEVEL 2 SWIM LESSONS

9:00-9:45 am

Large Pool

Tuesday and Thursday. Starting July 5th.

\$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

Aquatics Area

Monday through Friday

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

# SENIOR MOMENTS

## UPCOMING EVENTS

	DATE	TIME	MEMBER	NON-MEMBER
<b>Trip to the Knoxville Zoo</b>	9/7	Departure: 7:30 am Return:	\$10+ Ticket	\$12
Activity Fee takes care of your transportation. All Trip Participants will be responsible for paying their tickets and their Lunch. The Senior Ticket price at the Knoxville zoo is \$16.95. You will be responsible for paying this price at the Gate on the day of the trip.				
<b>Elk Trip</b>	9/13	Departure: 3:30 pm Return: 9:30 pm	\$10	\$12
Come join us in Cataloochee valley for a history/elk viewing tour.				
<b>Elk Trip</b>	9/20	Departure: 3:30 pm Return: 9:30 pm	\$10	\$12
Come join us in Cataloochee valley for a history/elk viewing tour.				
<b>Sunday Afternoon Drive</b>	9/25	Departure: 1:00 pm	\$10	\$12
Join us for a mystery drive around our beautiful area.				



**ZOO**  
knoxville

## UPCOMING EVENTS

	DATE	TIME	MEMBER	NON-MEMBER
<b>Elk Trip</b>	10/4	Departure: 2:30 pm Return: 9:30 pm	\$10	\$12
Come join us in Cataloochee valley for a history/elk viewing tour.				
<b>Elk Trip</b>	10/11	Departure: 2:30 pm Return: 9:30 pm	\$10	\$12
Come join us in Cataloochee valley for a history/elk viewing tour.				
<b>Fall Foliage Excursion 1</b>	10/18	Departure: 8:00 am Return: 5:00 pm	\$18	\$22
Join us as we enjoy the colors of fall in these beautiful Western North Carolina mountains. This will be a bus trip. We will stop for lunch at a sit down restaurant (Dutch Treat.) There will be a few stops for pictures and mini hikes for better viewing. Space is limited. Each trip will be to different locations				
<b>Fall Foliage Excursion 2</b>	10/27	Departure: 8:00 am Return: 5:00 pm	\$18	\$22
Join us as we enjoy the colors of fall in these beautiful Western North Carolina mountains. This will be a bus trip. We will stop for lunch at a sit down restaurant (Dutch Treat.) There will be a few stops for pictures and mini hikes for better viewing. Space is limited. Each trip will be to different locations				



# 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](mailto:tplowman@waynesvillenc.gov)*

# BASE CAMP WAYNESVILLE



## Little Tenn. River Paddle Trip

September 11th

Depart time – 12:15 PM

Depart from and return to Rec Center

Members - \$30 activity fee

Non Members - \$35 activity fee

*Anyone under the age of 16 must be accompanied by a parent. Kayak the Beauty of this river in the Franklin North Carolina area. Class 1 and 2 rapids will meander through the farmlands and woodlands of section A to Lost Bridge. All participants will need to bring snacks and water.*



## Andrews Bald @ Clingman's Dome

September 14th

Depart time – 8:30 AM

Return Time – 5:00 PM

Depart from and return to Rec Center

Members - \$14 activity fee

Non Members - \$16 activity fee

*3.5 Miles, 899 Elevation gain, Trail difficulty rated at 5.3 (moderate)*



## Rainbow Falls

September 21th

Depart time – 7:30 AM

Return Time – 6:00 PM

**Advanced Hike.** Depart from and return to Rec Center.

Members - \$14 activity fee

Non Members - \$16 activity fee



## Hickory Nut Falls

October 5th

Depart time – 8:30 AM

**Easy Hike!** Depart from and return to Rec Center. Pack a lunch and Water & plan for an ice cream stop!

Members - \$10 activity fee

Non Members - \$14 activity fee

# BASE CAMP WAYNESVILLE



## **Bear Lake Kayak Excursion**

October 12th

Depart time – 8:30 AM

Depart from and return to Rec Center. Pack a lunch, snacks and water. Bring bathing suit, water shoes and change of clothes. Space is limited. Plan for an Ice Cream stop.

Members - \$20 activity fee

Non Members - \$25 activity fee



## **Hike Boogerman Trail Loop**

October 31st

Depart time – 8:30 AM

**Advanced hike, 7.4 miles.** Depart from and return to Rec Center. Pack a lunch, snacks and Water.

Members - \$14 activity fee

Non Members - \$16 activity fee



## **Joyce Kilmer Hike**

October 19th

Depart time – 8:30 AM

Depart from and return to Rec Center. Pack a lunch and Water & plan for an ice cream stop!

Members - \$10 activity fee

Non Members - \$14 activity fee



**Anyone interested in becoming a  
Certified American Canoe Association  
Instructor**

**Please Contact: Tim Petrea  
tpetrea@waynesvillenc.gov**

## ENGRAVED BRICKS AT THE WAYNESVILLE SKATE PARK OR TENNIS COURTS

Have an engraved brick displayed permanently at your choice of the Waynesville Skate Park or the tennis courts at Recreation Park. You get three lines of text with 20 characters per line. \$50 for one brick or \$75 for two. For more information please call 456-2030



## ENGRAVED BRICKS NOW OFFERED AT WAYNESVILLE DOG PARK

The Waynesville Parks and Recreation Department will offer the opportunity to purchase an engraved brick for a pet at the Waynesville Dog Park. The cost is \$50 for one brick or \$75 for two bricks. Bricks may also be purchased for the Waynesville Skate Park or the Donnie Pankiw Tennis Center in Recreation Park. For more information or an order form please call 456-2030 or email [rlangston@waynesvillenc.gov](mailto:rlangston@waynesvillenc.gov)