

# Waynesville Parks & Recreation Dept. Programs, Trips & Classes

# October - December

<u>Program</u>	<u>For ages...</u>	<u>Date of Program</u>	<u>Time of Program</u>	<u>Cost of Program</u>	<u>Deadline to Register</u>	<u>Contact Person</u>	<u>Email</u>
CPR/First Aid/AED Certification Course (blended learning)	15 and up	As needed	varies	\$110	Contact to set up	Luke Kinsland	<a href="mailto:lkinsland@waynesvillenc.gov">lkinsland@waynesvillenc.gov</a>
Lifeguard Certification Course (blended learning)	15 and up	As needed	varies	\$300	Contact to set up	Luke Kinsland	<a href="mailto:lkinsland@waynesvillenc.gov">lkinsland@waynesvillenc.gov</a>
Base Camp On the Go Outreaches	2 to 15	Tue and Thur	3 - 5 pm	Free	N/A	Colt Miller	<a href="mailto:cmiller@waynesvillenc.gov">cmiller@waynesvillenc.gov</a>
Hikes	All ages	Wed	All day	Free	N/A	Colt Miller	<a href="mailto:cmiller@waynesvillenc.gov">cmiller@waynesvillenc.gov</a>
Fall Book Club	All ages	Mon	6-7pm	Free	N/A	Colt Miller	<a href="mailto:cmiller@waynesvillenc.gov">cmiller@waynesvillenc.gov</a>
Fitness with Laura	All ages	Tue and Thur	8 - 9 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Stretch and Walk	55 and above	Mon, Wed, Fri	9 - 9:30 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Deep Water Aerobics	55 and above	Mon, Wed, Fri	9 - 9:45 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Aqua Tabata Aerobics	55 and above	Tue and Thur	9 - 9:45 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Silver Sneaker Circuit	65 and above	Tue and Thur	9 - 10 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Stretch and Walk Advanced	55 and above	Mon, Wed, Fri	9:30 - 10 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Silver Sneaker Yoga	65 and above	Mon, Wed, Fri	10 - 11 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Zumba Basic	55 and above	Tue and Thur	10 - 11 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Aqua Motion	55 and above	Mon and Wed	10 - 10:45 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Silver Sneaker Splash	65 and above	Tue and Thur	10 - 10:45 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Zumba Gold	55 and above	Mon, Wed, Fri	11 - 12 noon	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Silver Sneaker Classis	65 and above	Tue and Thur	11 - 12 noon	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Fitness with Lesley	All ages	Mon and Fri	8 - 9 am	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Zumba	15 and above	Friday	4:30 - 5:30 pm	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Zumba	15 and above	Mon and Wed	5:30 - 6:30 pm	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Pottery (Old Armory)	15 and up	Mon, Tues, Thur	10 am - 5 pm	OA admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Personal Training	All ages	As needed	By appt.	WRC admission	N/A	Tim Plowman	<a href="mailto:tplowman@waynesvillenc.gov">tplowman@waynesvillenc.gov</a>
Pickleball (Waynesville Recreation Center)	16 and up	Mon - Sat	7 am to 12 pm	WRC admission	N/A	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>
Pickleball (Old Armory)	18 and up	Mon - Fri	8 am to 12 pm	OA admission	N/A	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>
Volleyball (also 7 am - 5 pm on Saturday)	All ages	Mon - Fri	7 am - 7 pm	WRC admission	N/A	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>
Racquetball (also 7 am - 5 pm on Saturday)	16 and up	Mon - Fri	7 am - 7 pm	WRC admission	N/A	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>
Senior Tennis	55 and above	Mon, Wed, Fri	8 - 11 am	\$1	N/A	Donald Hummel	<a href="mailto:dhummel@waynesvillenc.gov">dhummel@waynesvillenc.gov</a>

**Phone: 828.456.2030**