



PROGRAMS START WEEK OF September 14, 2015

YOUTH PROGRAMS

WELLSBORO AREA YOUTH SOCCER (WAYS): A soccer program "Just for Fun." Learn the basics of youth soccer and have a blast. Practices and small-sided games Ages 5 -18, Practices after school with game schedule at the Little League Fields on the weekend. **Program is underway. Games held Saturday's beginning 9/5 at the Charleston Street Fields. Spectators Welcome!**

SMALL FRY FOOTBALL: Learn the fundamentals of football in a "Fun" atmosphere of competition. Contact with full equipment. Home games are 9/6, 10/11, 10/18 games start at 11:15 a.m. and run through the afternoon **Program is underway. Games held Sunday's Wellsboro High School Field. Spectators Encouraged and Welcome! Bring your own lawn chair.**

CHEERLEADING - LIL STINGERS: Open to children grades 1 - 6. Little Stingers cheer at Small Fry Football games (Saturdays and Sundays). **Program is underway. Wellsboro High School Field. Spectators Encouraged and Welcome! Bring your own lawn chair. 9/6, 10/11, 10/18 games start at 11:15 a.m. and run through the afternoon**

KIDS KARATE: Venture into martial arts & learn self-discipline, lifetime fitness & self-defense techniques. Mondays at Don Gill Gym beginning Monday August 31, 2015 6:00 - 8:00 pm Ages 6 through 10 **Instructor:** Bill Shumway, 4th degree Black belt **Fee: \$25** for fall session. **Register online** at www.wellsbororecreation.org

STEPS OF EXPRESSION: Ages 4 – Adult Students grouped according to ability. Classes held at Don Gill on **TUESDAY NIGHTS**. Our recreational dance program is offered in two sessions, Fall & Winter. The second session will begin in January. Class placement **Sept. 8, 2015** at Don Gill Cafeteria. Classes start **Sept. 15, 2015** and continue through Dec. 15, 2015 \$65.00 for 45-minute class for 11 to 12 session, 3 or more classes are ½ price per student. Classes **MUST BE** paid in full before session begins. Class Times: **TUESDAY'S** between the hours of 3:30 – 8:30 pm. Classes offering instruction in Ballet, Hip Hop, Pointe', Tap, Jazz, Twirling (Baton), Tumbling, Modern or Lyrical, **NEW CLASS** mom & tots (18-36 months old) **Coordinator:** Judi Kennedy 570-439-6097 **Register online** at www.wellsbororecreation.org

PLACEMENT TESTING/CLASS PLACEMENT FOR STEPS SEPTEMBER 8, 2015

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|-----------------------------------|------------------------------------|--------------------------------------|-----------------------------------|
| Tumble Age 5-6 6:00 – 6:30 | Tumble Ages 7 - 8 4:00-4:30 | Tumble Age 9 - 11 4:30 – 5:00 | Tumble 12 & up 6:30 – 7:00 |
| Ballet Age 5-6 5:30 – 6:00 | Ballet Ages 7 – 8 3:30-4:00 | Ballet Age 9 - 11 5:00 – 5:30 | Ballet 12 & up 7:00 – 7:30 |

Schedule is made after testing; Judi will call with class times.

DANCE RUSH COMPETITIVE DANCE TEAM: An invitational competitive dance team, Ballet, Lyrical, Jazz, and Hip Hop. First Semester: Solos \$143.00 each, Duets: \$110.00 each, Group \$99.00 each. Extra costs for costumes and entry fees FMI contact Judi Kennedy 570-439-6097

USTA TENNIS PLAYDAY: Tennis for ages 11 and under, Packer Park Tennis Courts, no charge to participants, rackets and balls will be provided Contact Marge Hoffman at 410-474-0843 or margery.hoffman1@gmail.com Saturday September 12, 2015 9:00 am – 10:30 Rain Date September 19, 2015

TENNIS LESSONS: Private and small group tennis lessons. Children ages 10 and under, 11 and older and adults, beginner and Intermediate lessons available \$15.00 per 30 minutes. Contact Marge Hoffman at 410-474-0843 or margery.hoffman1@gmail.com

WRESTLING: for "Little Hornet Wrestling" Open to kids in Kindergarten to sixth grade. Online Registration opens Nov. 1, 2015 www.wellsbororecreation.org

PRE-SCHOOL

TODDLER SONG PROGRAM: Morning Song (18 months - 3 years). Start your day off right by sharing some special time with your child! Through music, exercise, and use of specialized play equipment such as a parachute, ribbon sticks, and play scarves, your child will benefit from improved coordination and fitness. Toddlers will also benefit from organized play in a safe environment. **Please note:** Children must be walking to take this class. 10:00 am to 11:00 am **Classes start:** Thursday's October 1, 2015 to November 5, 2015. Old High School Gym **Register online** at www.wellsbororecreation.org Coordinator: Sarah Rice Duterte Fee: \$29.00

ARTS & LEISURE

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| Watercolor-Intermediate | T | 2:00 – 4:30pm | Sr. Center | Fee | |
| China Painting | T | 2:00 – 4:30pm | Sr. Center | Fee | M. Copley |
| Square Dancing | W | 7:00 - 9:00pm | MS Cafeteria | FREE! | |
| Amateur Radio | Th | 7:30 - 9:30pm | Sr. Center | FREE! | |
| Tennis/Basketball Courts | Lights available - | At your leisure | Packer Park | \$1.50/hr. | |
| Gardening Club | Last Monday of the month | 6:30-8:30 pm | Sr. Center | Free | FMI Bonnie Rogers 724-1617 |
| Trout Unlimited | 1 st Monday of the month | 6:30-9:00 pm | Sr. Center | Free | |

SKI PROGRAMS

SKI CLUB: Wellsboro High School and Middle School Ski Clubs. Registration will open up online November 1, 2015. More information to follow....

SKI/SNOW BOARD SWAP: Unbelievable deals on new & used ski & snow board equipment! The largest swap in the area November 14, 2015 8:00am - 2:00pm at the Don Gill Gym. Then register for the Wellsboro Community Ski Club. Swap supports Ski Club transportation. **Check in** Friday 5:00 – 8:00pm ****NO EQUIPMENT WILL BE ACCEPTED ON SATURDAY****

PAVILION RESERVATIONS: Reservations are now being accepted for the pavilions in Packer Park, Woodland Park, and Nessmuk Lake for the **2016** season. All pavilions are reserved on a first come first serve basis. Phone 570-724-0300 for availability. Call Early they Book Fast!!

COMMUNITY CENTER RESERVATIONS: The Wellsboro Community Center is available for meetings. For further information contact Teresa at 724-3186

PAVILION RESERVATIONS
WOODLAND PARK, PACKER PARK, AND NESSMUK LAKE
 USE OUR ONLINE REGISTRATION AT www.wellsbororecreation.org

Wellsboro Parks & Recreation

www.wellsbororecreation.org

570.724.0300

ADULT EXERCISE AND FITNESS

ZUMBA with KELLY: A Latin inspired dance-fitness class that incorporates pop and international music and dance movements, creating a dynamic, exciting and effective workout. Zumba known as "Zumba Fitness Party" combines fast and slow rhythms that tone and sculpt the body using and aerobic/ fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba is easy to follow and the most fun workout ever! If you enjoy moving and shaking to motivating music with a group of friends while you melt inches as well as stress, then Zumba is for you! Come and join the party! Please bring water. All Fitness Levels Welcome

Starts Monday September 14, 2015 5:30-6:30 pm Charlotte Lappla **Instructor:** Kelly Reed **Fee:** \$39.00

TUESDAY / THURSDAY PIYO LIVE: PIYO combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. We crank up the music, the speed, and the fun to give you an intense, low impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, beautiful physique. PIYO is designed to build strength & gain flexibility and will improve your balance and core power. The moves are fun and the music is inspiring. All fitness levels welcome!! Please bring a yoga mat & water. ****Take both (Tues. & Thurs. Class @ \$59.00) ****

Starts: Tuesday September 15, 2015 5:30-6:30 pm Charlotte Lappla **Instructor:** Donna Emmick **Fee:** \$39.00 (1 class)

INSANITY LIVE: A revolutionary cardio based, total body conditioning program! This 30 minute calorie torching, shirt soaking workout is based on the principals of max interval training, and you'll be ripping through the most heart pumping, muscle shredding, sweat dripping, high intensity cardio workout ever. It's designed to provide you a safe, challenging and result driven workout with zero equipment. Are you ready for the challenge ☺ 6 weeks

Starts: Wednesday September 16, 2015 5:30-6:00 pm Charlotte Lappla **Instructor:** Stacey Broughton **Fee:** \$27.00

SCULPT CLASS: A specialized workout that focuses on toning, strengthening and sculpting your body. This challenging class combines using your own bodyweight and free weights to shape your entire body using strength and stabilization exercises. A conditioning and toning class that focuses on Legs, Bums and Tums. A great fun, fat burning workout, suitable for all. Bring your weights and a mat and let the sculpting begin! ☺ Wednesdays 6 weeks

Starts: Wednesday September 16, 2015 6:05-6:45 pm Charlotte Lappla **Instructor:** Donna Emmick **Fee:** \$27.00

BEGINNER VINYASA YOGA: Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Each class will build upon the previous one, beginning with basic postures and flowing through sun salutations. No need to have previous yoga experience. Just bring a mat, a bottle of water and an open mind. Thursday evenings 6 weeks

Starts: Thursday September 17, 2015 6:45-7:45 pm Charlotte Lappla **Instructor:** Gena Rasmussen **Fee:** \$39.00

BASIC BARBELL TRAINING: If you want to reduce your body, fat build lean body mass, look and feel your absolute best, sign up for our strength and conditioning program. You will learn basic barbell movements that have been used not only to develop strength and build lean body mass but improve your overall health and performance. Each day we will spend time learning and perfecting basic weightlifting movements. By the end of the session you will have perfected the three major lifts and have a good understanding of basic strength training programming. Monday, Wednesday, Friday 6 weeks

Starts: Monday Sept. 14, 2015 5:30-6:40 pm Weight Room Old HS **Instructor:** Zach Osborn **Fee:** \$125 or \$8.00 drop in

AGILITY & CORE: Agility and Core is a fast paced cardio class using agility ladders, cone drills and many other fun innovative drills. This class is designed to improve your agility and core strength as well as balance, foot speed and over all fitness. Each class will start with an assortment of agility drills followed by a period of core work. Sign up and start getting fit today! Monday, Wednesday 6 weeks

Starts: Monday Sept. 14, 2015 7:05- 8:05 pm Charlotte Lappla Gym **Instructor:** Zach Osborn **Fee:** \$60.00 or \$7.00 drop in

STEP OUTDOORS www.stepoutdoors.org

TYOGA RUNNING CLUB: Green Monster Trail Challenge designed for both runners and hikers of all ages, show casing the mountains of the Tioga State Forest located in Wellsboro, PA. Before August 23, 2015 50k Start Time: 7:30 am \$75.00 25k Start Time: 9:00 am \$55.00
Location: 176 Straight Run Road, Wellsboro, PA Bag/Race Bib pick-up ends half hour before race start!
Register online: <http://www.valleyrunningclub.org> October 11, 2015

8th ANNUAL STEP OUTDOORS TRYATHLON & 5 K RUN/WALK: The Department of Conservation and Natural Resources and Step Outdoor announce the eighth annual Step Outdoors Triathlon at Hills Creek State Park. This year there will be no categories as all finishers will be recognized. The 5K Run/Walk can be done as a standalone option. To register, visit www.stepoutdoors.org or call 570-723-0520 for more information
Saturday, September 19, 2015, 10:00 am start time

4th ANNUAL TRAIL CHALLENGE ANNOUNCED: The US Army Corps of Engineers and Step Outdoors announce the fourth annual Trail Challenge at Ives Run Recreation Area on Sunday October 10, 2015, check-in 12:30 **Pre-register by September 19, 2015 \$15.00 p/p**
To register go to www.stepoutdoors.org

STEP OUTDOORS CALENDAR OF EVENTS

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| Pine Creek Challenge | Rail Trail @ USGS Lab | September 12/13 | Forestry Dept. |
| Laurel Classic Bike Race | Asaph @ USGS Lab | September 12 | Forestry Dept. |
| Step Outdoors TRY Athlon | Hills Creek State Park | September 19 | http:// stepoutdoors.org |
| TRYathalon & 5K Run/Walk | Hills Creek State Park | September 19 | Step Outdoors Network |
| Annual Ives Run Trail Challenge | Ives Run Recreation Area | October 10 | family trail walk/run www.stepoutdoors.org |
| Green Monster | Asaph @ USGS Lab | October 11 | Tyoga Running Club |

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| MARTIAL ARTS | M, W | 6:00 - 8:30pm | DG Gym | \$40 | Bill Shumway |
| VOLLEYBALL Adult Co-Ed Open | TH | 7:00 - 9:00pm | MS OLD Gym | FREE! | |
| TABLE TENNIS | TH | 7:30 - 9:00pm | Old HS | FREE! | |
| OUTDOOR MENS SOCCER | Th., Sun | 6:00pm | HS Baseball Field | FREE! | |
| ADULT FUTSOL | Sun. | 6:00-8:00pm | Old HS Gym | FREE! | (Begins November 10, 2015) |
| BASKETBALL | | | | | |
| Men's Open | M, W | 7:00 - 9:00pm | Old HS Gym | FREE! | |
| Sunday Adult Pick-Up | Sun. | 11:00am | Old HS Gym | FREE! | |

WEIGHT ROOM: M, W, F. 5:30 - 8:00 a.m. M, W 5:00 - 8:30 p.m.
T, Thurs 6:00 - 7:00 a.m. T, Thurs. 5:00 - 7:30 p.m. Fri. 5:00 - 6:00 p.m. Saturday 9:00 - 11:30 a.m.
Wellsboro Area School District Student Hours are from 2:30 - 5:00 p. m. Mon. - Fri. FREE to WASD students only
OLD WELLSBORO HIGH SCHOOL \$25.00 fee for 1 year Jan. to Dec. OR \$15.00 fee for Jul - Dec FMI please call 724-0319 during open hours

MARY LOU PUTMAN FITNESS CENTER AT WELLSBORO HIGH SCHOOL: Memberships available

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| Individual: 3 mths - \$87.00 | Family: 3 mths - \$120.00 |
| 6 mths - \$125.00 | 6 mths - \$175.00 |
| 12 mths - \$175.00 | 12 mths - \$250.00 |

For more information go to www.wellsborosd.org Fitness Center Tab Drop in Fee \$5.00 Check out this great facility Call 570-724-0320 FMI