



**MOST PROGRAMS START WEEK OF September 12, 2016**

**Please register for all programs online at [www.wellsbororecreation.org](http://www.wellsbororecreation.org)**

### **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 K-6<sup>th</sup> grade, 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 9/11, 9/25, 10/16 games start at 11:00 a.m. and run through the afternoon **Program is underway. Games held Sunday's Mansfield University Football Field. Spectators Encouraged and Welcome!**

**CHEERLEADING - LIL STINGERS:** Open to children grades 1 - 6. Little Stingers cheer at Small Fry Football games (Saturdays and Sundays). **Program is underway. Mansfield University. Spectators Encouraged and Welcome!** 9/11, 9/25, 10/16, games start at 11:00 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 Sept. 12, 2016 6:00 - 8:00 pm Ages 6 through 10 **Instructor:** Bill Shumway, 4<sup>th</sup> degree Black belt **Fee: \$30** for fall session.

**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. 13, 2016** at Don Gill Cafeteria. Classes start **Sept. 20, 2016** and continue through Dec. 13, 2016 \$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

### **PLACEMENT TESTING/CLASS PLACEMENT FOR STEPS SEPTEMBER 13, 2016**

<b>Tumble</b> Age 5-6 6:00 – 6:30	<b>Tumble</b> Ages 7 - 8 4:30-5:00	<b>Tumble</b> Age 9 - 10 4:00 – 4:30	<b>Tumble</b> 11 & up 6:30 – 7:00
<b>Ballet</b> Age 5-6 5:30 – 6:00	<b>Ballet</b> Ages 7 – 8 5:00-5:30	<b>Ballet</b> Age 9 - 10 3:30 – 4:00	<b>Ballet</b> 11 & 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. Students must be enrolled in Steps of Expression. 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 Mondays, Sept. 26 to Dec. 5.

**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](mailto:margery.hoffman1@gmail.com) Register at [https://www.usta.com/Youth-Tennis/play\\_days/](https://www.usta.com/Youth-Tennis/play_days/) Saturday September 10, 2016 9:00 am – 10:00 Rain Date September 11, 2016 3:00-4:00

**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](mailto:margery.hoffman1@gmail.com)

**WRESTLING:** for "Little Hornet Wrestling" Open to kids in Kindergarten to sixth grade. Fee: \$30.00 Practices Tues. Thurs. 5:30 -7:30 Online Registration opens Aug. 15, 2016 [www.wellsbororecreation.org](http://www.wellsbororecreation.org) Volunteer coaches needed. Must have proper clearances.

**WINTER SWIM:** Competitive Winter Swim program open to K through 12<sup>th</sup> grade. More information to come

**PLAYING WITH SCIENCE:** An after school STEM (Science Technology Engineering Math) enrichment program designed specifically for elementary age students (grades 1-4). Students will be introduced to a variety of science and engineering concepts through fun, hands-on, problem solving activities. 6-week session meeting 1 day a week FMI: Please contact Rachel or Melina at [playingwithsciencewellsboro@gmail.com](mailto:playingwithsciencewellsboro@gmail.com) **Class size limited.** **Program starts:** Wednesday September 14, 2016 3:30-5:00 Charlotte Lappla Art Room Fee: \$45.00

**HALLOWEEN PARADE:** Saturday October 29, 2016 Parade will leave Packer Park at 5:30 and Trick or Treat will be held directly after ending at 8:00 p.m.

### **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. Thursday Classes Classes as follows **First session:** Sept. 15 – Oct. 6, 9 am session & 10:00 am session **Second session:** Oct. 13-Oct. 27 9:00 am session & 10:00 am session. **Program starts: Thursday September 15, 2016 to October 6, 2016.** 2<sup>nd</sup> session starts October 13<sup>th</sup> to October 27<sup>th</sup> Old High School Gym **Coordinator:** Sarah Rice Duterte **Fee:** \$29.00

**"GROWING A SCIENTIST"** - Science enrichment program designed for pre-school age children (2-4) and their care-takers. Young children are natural scientists, always exploring and asking questions. This 6-week program will provide a safe and creative environment for children to explore basic science and engineering concepts through fun, hands-on experiments. Tuesday mornings 10am to 11am Old High School Gym **Fee:** \$39.00 **Program Starts: Tuesday October 11th - November 15th.** 6-week session.

### **ARTS & LEISURE**

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

**PAVILION RESERVATIONS:** Reservations are now being accepted for the pavilions in Packer Park, Woodland Park, and Nessmuk Lake for the **2017** 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

# Wellsboro Parks & Recreation

www.wellsbororecreation.org

570.724.0300

## ADULT EXERCISE AND FITNESS

**Another 6-week session will immediately follow this session**

**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 an 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.

**Starts: Monday September 12, 2016** 5:30-6:30 pm Charlotte Lappla **Instructor:** Kelly Reed **Fee:** \$39.00

**VINYASA YOGA:** A flowing class that focuses on basic postures and alignment, building strength, and calming the busy mind. This class is suitable for all levels. No need to have previous yoga experience. Just bring a mat, towel, bottle of water and an open mind. Monday evenings 6 weeks

**Starts: Monday September 12, 2016** 6:40-7:40 pm Charlotte Lappla **Instructor:** Gena Rasmussen **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 6, 2016** 5:30-6:30 pm Charlotte Lappla **Instructor:** Donna Emmick **Fee:** \$39.00 (1 class)

**WEDNESDAY NIGHT ZUMBA** Zumba® Fitness is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "Fun and Easy to Do" allowing Zumba® Fitness participants to stick to the program and achieve long-term health benefits in both body and mind. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. Come and join the party. Grab one more great work out before summer gets here.

**Starts: Wednesday September 7, 2016** 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Stacey Broughton **Fee:** \$39.00

**KETTLEBELL** ~ A workout combination of cardio/strength/resistance using the kettle bell. A full body workout incorporating moves to burn fat, strengthen your core, and muscle toning. It's a great full body sculpting routine moving from one area of the body to the next to tone and strengthen, plus a bit of cardio to mix things up! The best of both worlds~ Strength Training & Cardio! Please bring water and towel.

**Starts: Wednesday September 7, 2016** 6:40 - 7:40 Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39.00

**WALK WORKS:** Coming to your community – safe walking routes for pedestrians! Our coordinator Chelsea Martin will be moving throughout Tioga County working hand in hand with local residents and municipal officials to establish walking routes to promote fitness and a healthy lifestyle. Funding has been secured through a Dept. of Health grant in conjunction with the Tioga County Partnership for Community Health. Stay tuned for more details.

**WRITING COURSE WITH GLENNA McLEAN M.S.E.D:** Classes will cover all aspects of fiction writing. Class will include Discussions, Editing, Formatting, Structure, Characterizations, Handling External and Internal Wars; Practice Problems; Settings, Climaxes; Themes; Theses; Hidden Agenda; Profit\$ Factor\$; Cosmic Agenda and will include handouts. Wellsboro Senior Center, Queen St., Thursday's 2:30 Fee: \$10.00 per session

**Starts: Thursday Sept. 15, 2016** FMI contact Glenna at [glennamclean@gmail.com](mailto:glennamclean@gmail.com)

## STEP OUTDOORS [www.stepoutdoors.org](http://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, 2016 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 9, 2016

**STEP OUTDOORS ANNUAL 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](http://www.stepoutdoors.org) or call 570-723-0520 for more information  
**Saturday, September 17, 2016, 10:00 am start time**

**ANNUAL IVES RUN TRAIL CHALLENGE:** The US Army Corps of Engineers and Step Outdoors announce the fourth annual Trail Challenge at Ives Run Recreation Area on Sunday October 8, 2016, check-in 12:30 **Pre-register by September 11, 2016 \$15.00 p/p**  
To register go to [www.stepoutdoors.org](http://www.stepoutdoors.org)

## SKI PROGRAMS

**SKI CLUB:** Wellsboro High School and Middle School Ski Clubs. Registration will open online November 1, 2016. More information to follow....

## STEP OUTDOORS CALENDAR OF EVENTS

Pine Creek Challenge	Rail Trail @ USGS Lab	September 10/11	Forestry Dept. <a href="http://www.pinecreekchallenge.com">www.pinecreekchallenge.com</a>
Laurel Classic Bike Race	Asaph @ USGS Lab	September 10	Forestry Dept.
TRYathlon & 5K Run/Walk	Hills Creek State Park	September 17	Step Outdoors Network <a href="http://www.stepoutdoors.org">www.stepoutdoors.org</a>
Annual Ives Run Trail Challenge	Ives Run Recreation Area	October 8	Family trail walk/run <a href="http://www.stepoutdoors.org">www.stepoutdoors.org</a>
Green Monster	Asaph @ USGS Lab	October 9	Tyoga Running Club

## MARTIAL ARTS

M, W 6:00 - 8:30pm DG Gym **\$40** Bill Shumway

## TABLE TENNIS

TH 7:30 - 9:00pm Old HS **FREE!**

## OUTDOOR MENS SOCCER

Wed. 6:30 p.m. Sun 6:00pm Charleston St. Fields **FREE!**

## ADULT FUTSOL

Sun. 6:00-8:00pm Old HS Gym **FREE!** (Begins November 13, 2016)

## 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!**

## Mt. MODELAIRES

Thurs. 6:45 - 8:00 Charlotte Lappla Gym **FREE!** FMI Jim Bockus 570-439-7759  
Begins Nov. 10, 2016

## WEIGHT ROOM:

M, W, F. 5:30 - 8:00 a.m. M, W 5:00 - 8:30 p.m.

T, Thurs 5:30 - 6:30 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

1 year Jan. 1 to Dec.31, \$48.00 9 month April 1, to Dec. 31 \$36.00

6 month July 1 to Dec. 1 \$24.00 3 month Oct. 1 to Dec. 31 \$12.00 Monthly Fee of \$4.00

FMI please call 724-0319 during open hours

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

**Individual:** 3 mths - \$87.00

6 mths - \$125.00

12 mths - \$175.00

**Family:** 3 mths - \$120.00

6 mths - \$175.00

12 mths - \$250.00

For more information, go to [www.wellsborosd.org](http://www.wellsborosd.org)

Fitness Center Tab Drop in Fee \$5.00 Check out this great facility Call 570-724-0320 FMI