

Wellsboro Parks & Recreation

Winter Programs



www.wellsbororecreation.org

Register at 570.724.0300

DOWNHILL SKIING

WELLSBORO SKI & SNOW BOARD CLUB: Boys & Girls Grades K -12. Join the fun of downhill skiing at Ski Sawmill. Beginning **January 6, 2017** our club will ski each Friday evening, leaving the Old High School Parking Lot at 4:15 p.m. and returning to the Old High School Parking Lot at 9:45 p.m. With rates this low, everyone can afford to ski. 4 Weeks of skiing **\$68** (lift only) Rentals Available **ONLINE REGISTRATION AVAILABLE**
PARENT & GUEST RATES: Guest lift tickets are available for **\$68** (4 lift tickets) OR **\$17** one-time lift. Parents, brothers and sisters can join!!

WRESTLING PROGRAM

LITTLE HORNET WRESTLING: GRADES K - 6. Instructional & competitive format. Wellsboro elementary wrestlers compete in the Endless Mountains Elementary Wrestling League. Practices will be held on Tuesday & Thursday at the Old High School Gym from 5:30 – 7:00 p.m. Wrestlers will be skill grouped according to ability & experience. Scrimmages with neighboring community clubs & tournaments will comprise the schedule.
Please pay and register online. Fee: \$30 Practices begin November 15, 2016 **Coach: Matt Greene (accepting new members)**

BASKETBALL PROGRAM(S)

“BIDDY BASKETBALL” GRADE 1 & 2: Boys (1st grade Tuesday, 2nd grade Thursday) Girls (1st grade Monday, 2nd grade Wednesday) Calling all first and second grade boys & girls. A basketball program created just for you with tons of fun and excitement. Learn ball-handling skills, team concepts and set your sights on the hoop! 3:15 - 4:30 p.m. beginning **February 27, 2017** at the Charlotte Lappla and continues for 4 weeks. Every participant will receive a program T-Shirt. **Fee: \$25**

“BOYS & GIRLS BASKETBALL” GRADES 3-6: Program begins the week of January 9, 2017 (**Exception – Boys & Girls 5 & 6 is underway**).

Instructional format with intra-squad scrimmages. Emphasis is placed upon learning the fundamentals of basketball and skill development. **Fee: \$30**

Grades 3 & 4	Girls: Tuesday, Thursday	Charlotte Lappla Gym	3:00– 4:30 p.m.	Patti Mitchell
	Boys: Monday, Wednesday	Middle School New Gym	5:30 –7:00 p.m.	Doug Keck
Grades 5 & 6	Girls: Tuesday, Thursday	Middle School New Gym	3:30 – 5:00 p.m.	
	Boys: Monday, Wednesday	Admin. Gym (Mon 5:30 – 7pm) & New MS Gym (Wed 5:00 – 6:30 pm)		Maureen Poirier

MARTIAL ARTS

KARATE KID: Venture into the martial arts & learn self-discipline, lifetime fitness, & self-defense techniques. Please register and pay online. Mondays, Don Gill Gym begins **January 9, 2017** 6:15 - 7:30 p.m. Ages 6 through 10 **Fee: \$30** for 10 weeks Instructor: Bill Shumway, Black belt.

STEM: SCIENCE ENRICHMENT

PLAYING WITH SCIENCE: Grades 1-4. An after school STEM (Science Technology Engineering Math) enrichment program designed specifically for elementary age students. Students will be introduced to a variety of science and engineering concepts through fun, hands-on, problem solving activities. 6-week session 1 day a week (Wed. or Thurs.) Class size limited FMI: Please contact Rachel or Melina at playingwithsciencewellsboro@gmail.com

Registration opens Dec. 20, 2016 Class size limited to 16 each day

Program starts: Wed. January 11, 2017 OR Thursday January 12, 2017 3:30 – 5:00 pm Don Gill Art Room **Fee: \$55.00**

PRE SCHOOL

GROWING A SCIENTIST: Pre-school. Science enrichment program designed for pre-school age children (2-4 years old) and their care takers. Young children are natural scientists, always exploring and asking questions. Harness some of that natural curiosity now and help your child develop a lifelong love of science and engineering. 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. FMI contact Rachel or Melina at playingwithsciencewellsboro@gmail.com

Program starts Tuesday January 24, 2017 10:00 to 11:00 am Old High School Gym **Fee: \$40.00**

TODDLER SONG PROGRAM: Morning Song (12 months - 4 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. **THURSDAY, 9 – 10am First Session** January 12, 2017 (4 weeks) **Second Session** February 9, 2017 (4 weeks). **Coordinator: Sarah Rice Duterte Fee: \$29** (2nd sibling \$19) Children under 12 months with a sibling- free. Please note: Children must be walking to take this class.

DANCE

STEPS OF EXPRESSION: Ages 4 - Adult. Students grouped according to ability. Classes held at Don Gill on Tuesday Nights. Classes start Tuesday January 10, 2017 \$65 for 45-minute 3 or more classes are ½ price per student Class times: Tuesday between the hours of 3:30 – 8:30 p.m. Classes offering instruction in Ballet, Pointe, Jazz, Hip Hop, Twirling (Baton), Tumbling, Lyrical, and Tap. **PLEASE REGISTER & PAY ONLINE** Judi Kennedy 570-439-6097

DANCE RUSH: Invitational Competitive Dance Group, Monday’s starting January 9, 2017, Don Gill Cafeteria 3:30pm – 8pm FMI Judi Kennedy 439-6097

BASEBALL & SOFTBALL

WELLSBORO LITTLE LEAGUE REGISTRATION: Online Registration will open December 1, 2016 and Close February 28, 2017.

<http://www.leaguelineup.com/wellsborolittleleague> Fee: \$40 first \$30 sibling rate \$30 T-Ball

FUTSAL

Futsal 2016-17: WAYS will once again be sponsoring a travel program for players looking for increased competition this winter. There will be a U10 division coached by Kyle Smith & a U12 division coached by Eric Barlett. Players must be committed to attend 1 or 2 practices per week and 1 weekly game played on Sundays after 12pm in Williamsport at either the YMCA or the new Liberty Arena (formerly the Pickelner Arena. Games are scheduled to begin on December 3, 2016 with a 10-week game schedule. Player cost will range from \$75-\$100 include a uniform jersey. Interested players should respond to ways16901@gmail.com. **Program Underway**

ADULT LEISURE

RADIO CONTROLLED MODEL AIRCRAFT: Members of the Mountain Modelaires RC Club meet every Thursday evening at the Charlotte Lappla Gym from 6:45pm-8:00pm. Various types of airplanes, helicopters and quad copters are flown. Open to the public. For club membership, inquiries, general questions, flight instructions and spectating contact Jim Bockus 570-439-7759.

TROUT UNLIMITED: 1st Monday of every month 7:00– 9:00 Comm. Ctr. (New members welcome!!) Free

WELLSBORO COMMUNITY GARDENING CLUB

Come join in the fun and share your love for gardening with others! Future events: Wildflower walks, guest speakers, Visits to community gardens, plant Swap and more! Meets last Monday of every month 6:30 – 8:30 p.m. at the Wellsboro Community Center. Call Bonnie Rogers, Master Gardener 70.724.1617.

Pavilion Reservations 2017:

Packer Park - Woodland Park - Nessmuk Lake 570.724.0300

Online Program Registration available at www.wellsbororecreation.org

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STEP OUTDOORS

WINTER FEST:

January 21, 2017 Winter fun for the family! Hills Creek State Park 10:00 am - 3:00 pm FREE!
Ice Skating, Ice Fishing, Cross Country Skiing, and Snowshoeing, Sledding, Refreshments and more! Hills Creek State Park.

2017 Winter Outings: GET OUT and get active this winter with free, healthy outings each weekend starting Jan. 1st through the end of February. Bring your own gear or borrow ours while supplies last! Trail conditions and other updates at www.stepoutdoors.org every Wednesday. "Like" the Step Outdoors Facebook Page!

<p>Sunday January 1, 2017 – First Day Hike / Snowshoe Hike / 5 K Fun Run 1-2:30 pm at Hills Creek State Park - Beach Parking Area</p> <p>Saturday January 7, 2017 – Sand Run Falls Xi/Hike/Snowshoe 9am – 12 noon Tioga State Forest, Sand Run Falls Trailhead</p> <p>Sunday January 8, 2017 – Snowman Building / Snow Art 1-3:00 pm Ives Run Recreation Area – Stephen House Shelter</p> <p>Saturday January 14, 2017 – Family Climbing Day 10-3:00 pm Mansfield University – Kelchner Fitness Center</p> <p>Sunday January 15, 2017- Eagle Talk and Watch 1-3:00 pm Ives Run Visitor Information Center Ives Run Recreation Area</p> <p>Saturday January 21, 2017- Ice Fishing Derby 7:00 am- 1:00 pm Hills Creek State Park Beaver Hut Boat Launch</p> <p>Saturday January 28, 2017- Winter Fest at Lyman Run 11:00 am – 2:00 pm Lyman Run State Park Day Use Area</p> <p>Sunday January 29, 2017- Snowshoe/Hike/Sledding Hill 1:00 pm – 3:00 pm. Nessmuk Recreation Area – Parking Area</p>	<p>Sunday January 29, 2017 - Kayak Club Open House 6:00-8:00 pm Mansfield University - Decker Pool</p> <p>Saturday February 4, 2017 - Winter Hike 1: pm – 3:00 pm Hills Creek State Park – Beach Parking Area</p> <p>Saturday February 4, 2017- XC Ski & Skate Afternoon 11 – 3PM Ives Run Recreation Center, Visitor Information</p> <p>Sunday February 11, 2017- Snowshoe Hike 9:00 am-10:30 am Ives Run Recreation Area Visitor Information Center</p> <p>Saturday February 18, 2017 -Wellsboro Winter Celebration 12:00 -3pm Family Fun on the Green, Wellsboro</p> <p>Sunday February 19, 2017 Mt. Tom Winter Challenge 9am- noon Mt. Tom Trails – Darling Run Parking Area</p> <p>Friday February 24, 2017 Planetarium Open House 7:00 pm – 8:30 pm Strait Planetarium – Mansfield University</p> <p>Saturday February 25, 2017 - XC Ski / Snowshoe 9-Noon. Mill Cove Main Pavilion</p>
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TYOGA RUNNING CLUB: Thursday Night Run Start at 6pm year-round from in front of the Community Center at Packer Park. Come on out for a group run. Multiple pace groups for almost any ability level. Yes – it's dark, so bring a headlamp/lights. Yes, the group runs in almost any conditions. Distances vary. Look up the club on Facebook for more info. Leader(s): Tyoga Running Club members

WALK WORKS: Our latest initiative of Step Outdoors. Safe, PennDot approved walking routes are being developed in numerous communities throughout the county. Look for one coming to your community – VERY SOON!

COMMUNITY SKI CLUB: Friday is Club night @ Ski Sawmill 4 pack of **Adult/Guest** lift tickets \$68 (4 pack) or \$17 Daily club lift

FITNESS & SPORTS (2nd winter session of Fitness classes – begins Feb. 20 tentative)

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 January 9, 2017 5:15-6:15 pm Charlotte Lappla Gym **Instructor:** Kelly Reed **Fee:** \$39

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 January 9, 2017 6:30-7:30 pm Charlotte Lappla Gym **Instructor:** Gena Rasmussen **Fee:** \$39

PIYO LIVE: A unique blend of Pilates, Yoga and Strength Moves. A strength training and core conditioning format for people who like to sweat! Short bursts of cardiovascular work and strength incorporating dynamic balance, dance conditioning, plyometrics, rhythmic movement and power strengthening moves that burns calories & tones. The moves are fun and the music is inspiring. All fitness levels welcome!! Please bring a yoga mat & water. *Special Pricing – take both Tuesday and Thursday PIYO Live for only \$59*

Starts Tuesday January 10, 2017 5:00 - 6:00 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39
Thursday January 12, 2017 5:00 - 6:00 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39

BUTTS & GUTS: A butt kicking, gut wrenching and booty toning class that will hit it hard below the belt with exercises to tone and strengthen. Concentrated toning class focuses on the abs, glutes, legs and lower back using light weights and body resistance. Be ready to work & feel the burn! All fitness levels welcome! Please bring water, mat and weights.

Starts Wednesday January 11, 2017 4:45pm- 5:30 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39.00

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

Starts Wednesday January 11, 2017 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Stacey Broughton **Fee:** \$39

Senior INDOOR PICKLE BALL: If you like to play tennis or ping pong, you'll love the game of pickle ball. Come to the Admin gym on Monday & Friday, 8:30 – 10am. Wear sneakers and sweat pants and get ready to HAVE SOME FUN! Free. Coordinator: Marge Hoffman

INDOOR WALKING	M, W, TH 5:30 - 7:00 pm	Old HS weight room entrance	Free	Begins Jan. 9, 2017
MARTIAL ARTS	M, W 6:00 - 8:30 pm	DG Gym		\$45 Bill Shumway
TABLE TENNIS	TH 7:30 - 9:00 pm	Admin Gym		Free Gary Kennedy
ADULT FUTSAL	T, Sun 7:00 - 9:00 pm Sun 6-8 pm	Admin Gym		Free Sam Mitchell
INDOOR TENNIS/Pickleball	M, F 8:30 -10:30 am	Admin Gym		Free Bruce Bilder/Marge Hoffman
BASKETBALL MEN'S OPEN	M, W 7:00 - 9:00 pm	Admin Gym		Free Geoff Coffee
BASKETBALL MEN'S PICK UP	Sun. 11:00 -1:00 pm	Admin Gym		Free Geoff Coffee
MEN'S RECREATIONAL BASKETBALL	T 7:00 - 9:00 pm	MS Old Gym		Free Todd Coolidge

WEIGHT ROOM: **Morning Hours:** M, W, F. 5:30 – 8:00 a.m. T, Thurs 5:30 - 6:30 am Saturday 9:00 – 11:30 a.m.

Evening Hours: M, W 5:00 – 8:30 p.m. T, Thurs. 5:00 – 7:30 p.m. Fri. 5:00 – 6:00 p.m.

WASD Students M – F 2:30 – 5:00 p.m. (Students are admitted free)

FEE: (1 year \$48.00) (9 months \$36.00) (6 months \$24.00) (3 months \$12.00) (Monthly Fee of \$4.00) Admin Bldg. FMI 570. 724.0319 during open hours

MARY LOU PUTMAN FITNESS CENTER: Family Membership: 12 months \$250 6 months \$175 3 months \$120 **Senior's 62+ always half price!**
Indiv. Membership: 12 months. \$175 6 months. \$125 3 months \$ 87 **Daily Drop in Fee: \$5.00**

ARTS & LEISURE

WATERCOLOR: Beginner -Intermediate: Learn the basic techniques of watercolor as you create your own masterpiece.

Tuesday afternoons 2:00 – 4:30 p.m. Wellsboro Community Center. Fee: \$15/session.

PHOTOGRAPHY

READY AIM SHOOT: ENJOY YOUR CAMERA: Learn how to have fun with your new digital camera, a non-technical approach. You will learn basic photography skills, subjects, compositions and lighting. Please bring your camera and instruction manual to learn how to have your own "Photographic journey."

Tuesday: Wellsboro Community Center, 6:30 – 8:00 pm January 3, 10, 17, February 7, 14, 21 **Instructor:** Tim McBride **Fee:** \$39

SQUARE DANCING

SQUARE DANCING W/CANYON SQUARES: Are you looking for a fun filled, square dance opportunity? Here it is! A full dance schedule awaits you.

Our group meets every Wednesday evening from 7:00 – 9:00 pm at the Wellsboro Middle School Cafeteria. Starts January 4, 2017 – June 2017.