



FALL PROGRAMS 2018

Wellsboro Parks & Recreation is accepting registrations for the upcoming series of Fall Recreational programs. Openings exist in all areas of programming and are available on a first come, first serve basis. Some programs have limited space available, so register now! Online registration and payment can be completed by going to www.wellsbororecreation.org and clicking on the program registration tab.

YOUTH PROGRAMS

WELLSBORO AREA YOUTH SOCCER (WAYS): A soccer program "Just for Fun." Ages K-6th grade. Learn the basics of youth soccer and have a blast. Practices and small-sided games with lots of running and fun drills. Practices after school with game schedule at the Little League Fields on the weekend. **Program is underway. Games held Saturday's beginning 9/1 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 9/16, 9/30, 10/7 and 10/14. Games start at 11:00 a.m. and run through the afternoon **Program is underway. Games held Saturday & Sunday's with home games at the Wellsboro Stadium Complex. Spectators Encouraged and Welcome!**

CHEERLEADING - LIL STINGERS: Open to children grades 1 - 6. Little Stingers cheer at Small Fry Football games (Saturdays and Sundays). Home game are held on 9/16, 9/30, 10/7 and 10/14, games start at 11:00 a.m. and run through the afternoon. **Program is underway. Wellsboro Stadium Complex. Spectators Encouraged and Welcome**

WINTER COMPETITIVE SWIM: Wellsboro Parks & Recreation is again offering a competitive winter swim program. Swimmers of all abilities (beginner, intermediate, or advanced) are welcomed. The Wellsboro Winter Swim Program is open to all youth between the ages 5 – 18. Each swimmer must be capable of swimming continuously for 25 yards (one pool length). Swimmers will work on conditioning, stroke development, starts and turns, and all other aspects of competitive swimming. Practices held at the Decker Pool on the Campus of Mansfield University. Program starts in November and finishes in March. For More Information - Check out the Program Website: www.wellsborowinter.swimtopia.com or call P&R at (570) 724-0300

DANCE PROGRAMS

STEPS OF EXPRESSION: Ages 4 – HIGH SCHOOL. 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. 11, 2018** at Don Gill Cafeteria. Classes start **Sept. 18, 2018** and continue through Dec. 18, 2018. \$65.00 for 45-minute class for 11 to 12 week 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, Combo, Hip Hop, Pointe', Tap, Jazz, Tumbling, Modern or Lyrical
Coordinator: Judi Kennedy 570-439-6097

PLACEMENT TESTING/CLASS PLACEMENT FOR STEPS SEPTEMBER 11, 2018

Tumble Age 5-6 6:00	Tumble Ages 7 - 8 5:00	Tumble Age 9 - 10 5:30	Tumble 11 & up 6:30
Ballet Age 5-6 5:00	Ballet Ages 7 - 8 6:30	Ballet Age 9 - 10 6:00	Ballet 11 & up 5:30
Hip Hop Age 5-6 5:30	Hip Hop Ages 7 - 8 6:00	Hip Hop Age 9 - 10 6:30	Hip Hop 11 & up 5:00

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 \$110.00 each, Duets: \$90.00 each, Trios \$80.00, and Group \$70.00 each. Extra costs for costumes and entry fees. For further information contact Judi Kennedy 570-439-6097

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. Online Registration opens Sept. 15, 2018
Fee: \$30 Practices begin November 13, 2018 **Coach: Matt Greene (accepting new members)**

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 and Melina at playingwithsciencewellsboro@gmail.com
Program starts: Wed Oct 10th OR Thurs Oct 11th 3:20-5:00 Don Gill Library Fee: \$60

HALLOWEEN PARADE

HALLOWEEN PARADE: Pull that costume out of the closet or bring out the creative genius in yourself! Wellsboro's "Halloween Parade" is just around the corner Saturday October 31, 2018. Parade will leave Packer Park at 6:00 p.m. and Trick or Treat will be held directly following the parade ending at 9:00 p.m.

ARTS & 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. Begins Thursday November 15, 2018

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.

ADULT ART CLASS w/ SARAH: ROCK ART Enjoy a unique method of bringing nature into art by utilizing various stones to create a minimalist depiction. The manipulation of assorted rocks serves, as the primary medium however need not be exclusive. The primitive appearance is appealing for display as well as a conversation piece. Come explore the hidden treasures that can be assembled to tell your story or one of their own. 6 weeks of creating Tuesday evenings.
Starts Tuesday September 11, 6:00-7:30 p.m. Don Gill Art Room Instructor: Sarah Wagaman Fee: \$59.

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:** Wednesday September 12, 2018

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.

China Painting	T	2:00 – 4:30pm	Sr. Center	Fee	M. Copley
Amateur Radio	Th	7:30 - 9:30pm	Sr. Center	FREE!	
Tennis/Basketball Courts	at your leisure	Lights available -	Packer Park	\$1.50/hr.	

COMMUNITY CENTER RESERVATIONS: The Wellsboro Community Center is available for meetings. For further information, contact Teresa at 724-3183

PAVILION RESERVATIONS: Reservations are now being accepted for the pavilions in Packer Park, Woodland Park (April –May), and Nessmuk Lake for the 2019 season. All pavilions are reserved on a first come first serve basis. Phone 570-724-0300 for availability. Call Early- they book fast!

Online Program Registration: www.wellsbororecreation.org

STEP OUTDOORS: Where Health Meets Adventure

Our award winning series of outdoor activities throughout Tioga County. Check out our website or like us on FACEBOOK to stay up to date on all of our program offerings. www.stepoutdoors.org



Tiadaghton Audubon Society: Meets third Wednesday of each month at 5:30 – 9:30 pm. Wellsboro Administration Building, Old Music Room. Presentation usually follows the Business Meeting at 7:00 p.m. and both are open to the public. Please join us! FMI like us on Facebook: Tiadaghton Audubon Society or on the web at www.tiadaghtonaudubon.blogspot.com or contact us at tasmember@yahoo.com

Tiadaghton Audubon Society: Sept. 19, 2018. Business Meeting 5:30 pm Wellsboro High School LGI Room
Presentation 6:30 pm Steve Kress "Saving Seabirds: Lesson learned from Puffins"

Tiadaghton Audubon Society: Oct. 17, 2018. Business Meeting 6:00 pm Administration Building Old Music Room
Presentation 7:00 p.m. Linda Ordiway PhD "Bird Banding"

THURSDAY NIGHT RUN: TYOGA RUNNING CLUB: 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. Time to get off the couch and out of the house. Safe Walking routes have been developed in Wellsboro, Blossburg, and Mansfield. Families are encouraged to walk together and instill a lifelong fitness activity in your daily routine. For walking maps go to <http://tiogapartnership.org/walkworks/>

STEP OUTDOORS ANNUAL TRYATHLON & 5 K RUN/WALK: The Department of Conservation and Natural Resources and Step Outdoor announce the eighth annual Step Outdoors Tryathlon 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 570-724-8561 for more information. Check in 8:30-9:30 am Pre-race 9:45 am **Saturday, September 15, 2018, 10:00 am start time**

ANNUAL IVES RUN TRAIL CHALLENGE: The US Army Corps of Engineers, Friends of The lakes and Step Outdoors announce the 11th annual Trail Challenge at Ives Run Recreation Area on Sunday October 13, 2018, check-in 8:30 – 9:30am Start Tim 10am **Pre-register by September 21, 2018 \$18.00 p/p, \$25 after 9.21 Shirt not guaranteed**
To register go to www.stepoutdoors.org

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.
50k Start Time: 7:30 am 25k Start Time: 9:00 am 15k Start time 11:15 Online Registration closes September 30, 2018
Location: 176 Straight Run Road, Wellsboro, PA Bag/Race Bib pick-up ends half hour before race start!
Register online: <https://sites.google.com/site/greenmonstertrailchallengepa/registration> October 7, 2018

HIKING W/Daryll Warren: Weekly hikes, various locations and start times (10am approximate). FMI Register for e-mail blast rindercella@epix.net 570.724.7721

2018 HOMETOWN SCIENCE FESTIVAL: Interactive family oriented fun. Sat. September 29, 10am – 2pm on the GREEN FMI: <https://www.facebook.com/hometownscience/>
NUTRITION/COOKING

COOKING w/ JEN: Are you tired of cooking the same old thing? Join me for four evenings in October to start your plant-based cooking adventure!
Starts: Tuesday October 2, 9, 16, 23, 6:00-7:15 p.m Middle School Home Economics Room **Instructor:** Jen Davis, Registered Dietitian **Fee:** \$99.00 Limited Space

ADULT FITNESS AND SPORTS

For Some Classes another 6-week session will immediately follow this session

BEGINNER YOGA: The beginner class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Class is slower paced, but still suitable for the seasoned yogi, too. Come learn, play and discover something new. The pose is not the point~all you need to be able to do is breathe.

Beginner yoga – 4 weeks (September 10, 17, 24 and October 1) \$39.00 Drop in \$10
Starts: Monday Sept. 10, 2018 6:30-7:30 Charlotte Lappla **Instructor:** Gena Rasmussen **Fee:** \$39.00

VINYASA FLOW YOGA: This class is an energetic, creative and innovative approach to vinyasa yoga. Classes will explore variations of basic postures in an uptempo and fun flow in combination with Tabata intervals for increased aerobic and anaerobic endurance, fat burning and improved focus. You will become stronger inside and out! 6 weeks (September 5, 12, 19, 26, October 3 and 10) \$49.00 Drop in \$10
Starts: Wednesday September 5, 2018 6:30-7:30 pm Charlotte Lappla **Instructor:** Gena Rasmussen **Fee:** \$49.00

BUTTS & GUTS: This class focuses on the core and lower body. Hit it hard below the belt exercises to tone & strengthen. This concentrated toning class focuses on the abs, glutes, legs and lower back using weights and body resistance. Working on all regions of the lower body & core. For all fitness levels! Please bring mat, weights and water! Tuesdays- 5:00-5:45 pm
Starts: Tuesday September 4, 2018 5:00-5:45 pm Charlotte Lappla **Instructor:** Donna Emmick **Fee:** \$39.00

STRENGTH & STRETCH A class utilizing weight training and concentrated stretching to get strong and lean. Interval training with weights & body weight moves and stretching to lengthen muscles. We hit it all! Get lean, toned and fit in one class! A great class to feel strong, motivated & confident! Please bring weights, mat & water. All fitness levels welcome. Thursdays- 5:00-5:45 pm
Starts: Thursday September 6, 2018 5:00-5:45 pm Charlotte Lappla **Instructor:** Donna Emmick **Fee:** \$39.00

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 5-8 pm	Admin Gym	Free	Sam Mitchell
BASKETBALL MENS OPEN	M, W	7:00 - 9:00 pm	Admin Gym	Free	Geoff Coffee
BASKETBALL MENS PICK UP	Sun.	11:00 -1:00 pm	Admin Gym	Free	Geoff Coffee
MENS 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

MARY LOU PUTMAN FITNESS CENTER: WELLSBORO HIGH SCHOOL. Want a Free Family Membership? Volunteer hours' available call 724-0320 FMI
Family Membership: **12 months**\$250 **6 months** \$175 **3 months** \$120
Individual Membership: **12 months**\$175 **6 months** \$125 **3 months** \$87
\$5.00 Drop in Fee Golden Age (60 +) half price Individual memberships with a Gold Club Card FMI www.wellsborosd.org Fitness Center Tab

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. Beginning in November.

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 margery.hoffman1@gmail.com

DOWNHILL SKI PROGRAM – Winter 2019

WELLSBORO SKI CLUB: High School, Middle School, and Elementary Students Welcome! Parents too!!
That's right, winter is just around the corner and the Farmers' Almanac is calling for temperatures below normal with above average precipitation. This is going to be a great ski season! Plan on becoming a weekly skier as our club rates are very affordable for a great family activity. Club forms in November. Check back for updates.

SKI SWAP

SKI/SNOW BOARD SWAP: November 17, 2017, Wellsboro PA. Our annual ski and snowboard swap is back by popular demand. Co-sponsored by CS Sports, our swap will put you on the snow at a fraction of cost. Equipment check in will be held on Friday, November 16th from 6 – 8 pm. Bring your slightly used skis, boots, poles, snowboards, racks, etc. to our swap. Ski Swap staff will be on hand to assist you in pricing your items for sale. All goods will go on sale on Saturday, November 18th beginning at 8am – 2pm. ****NO EQUIPMENT WILL BE ACCEPTED ON SATURDAY**** Proceeds benefit the Wellsboro Ski Club. Check www.wellsbororecreation.org for swap location.