



## FALL PROGRAMS 2019

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](http://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-6<sup>th</sup> 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 August 24<sup>th</sup> through October 5<sup>th</sup> 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 9/8, 9/15, 10/20. 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 9/8, 9/15, 10/20 games start at 11:00 a.m. and run through the afternoon. **Program is underway. Wellsboro Stadium Complex. Spectators Encouraged and Welcome**

**KARATE KIDS:** Ages 6 through 10. Venture into martial arts & learn self-discipline, lifetime fitness & self-defense techniques. Mondays at Don Gill Gym beginning Monday Aug. 26, 2019 from 6:00 - 8:00 pm **Instructor:** Bill Shumway, 4<sup>th</sup> degree Black belt **Fee: \$30** for fall session

**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](http://www.wellsborowinter.swimtopia.com) or call P&R at (570) 724-0300 **Registration** Friday October 4, 5-7pm Wellsboro Community Center.

### 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. 03, 2019** at Don Gill Cafeteria. Classes start **Sept. 17, 2019** and continue through Dec., 2019. \$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

**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. 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 October 28, 2019 **Fee:** \$30 Practices begin November 12, 2019

### STEM: SCIENCE ENRICHMENT

**HOMETOWN SCIENCE FESTIVAL:** Saturday, September 21, noon-4pm. Hands-on science activities on the Green in Wellsboro. Free and open to the public.

### 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 Thursday October 31, 2019. 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 14, 2019

**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 570.724.1617.

**BECOME A PENN STATE MASTER GARDNER:** Classes start Sept. 12, 2019 Cost: \$200.00 includes class materials.

Tokishi Training center Thursdays 6:30-8:30 pm

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



# 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](http://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](http://www.tiadaghtonaudubon.blogspot.com) or contact us at [tasmember@yahoo.com](mailto:tasmember@yahoo.com)

**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](http://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 21, 2019, 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 11<sup>th</sup> annual Trail Challenge at Ives Run Recreation Area on Sunday October 5, 2019, check-in 8:30 – 9:30am Start Tim 10am **Pre-register** [www.stepoutdoors.org](http://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 13, 2019  
Location: 176 Straight Run Road, Wellsboro, PA Bag/Race Bib pick-up ends half hour before race start!  
Register online: <https://ultrasignup.com/register.aspx?did=64400> October 13, 2019

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

**2019 HOMETOWN SCIENCE FESTIVAL:** Interactive family oriented fun. Sat. September 21, 12:00 – 4:00pm on the GREEN FMI: <https://www.facebook.com/hometownscience/>

## ADULT FITNESS AND SPORTS

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

**BEGINNER VINAYASA:** A *yoga class* for those newer to *yoga*, wanting a basic flow *class*. This *class* introduces foundational *yoga* postures, teaches you how to breath and helps you feel more comfortable in the *yoga* practice.. 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. 6 week program \$10.00 drop in fee  
**Starts: Monday Sept. 9, 2019 6:30-7:30 Charlotte Lappla Instructor: Gena Rasmussen Fee: \$39.00 or \$59.00 for both**

**SHRED:** A metabolism boosting combination of yoga and HIIT that promotes total body transformation in less time. It’s so fun and energizing! Each 4-minute Shred is built from yoga poses in great alignment to cross-train and strengthen you for all other activities. So, within the 4 minutes, we will do the activity for 20 seconds and rest for 10 seconds, 8 times! **BENEFITS:** \*FAT BURNER \*INCREASE AEROBIC/ANAEROBIC ENDURANCE \*EFFICIENT WORKOUT \*INCREASE INSULIN SENSITIVITY AND GLUCOSE TOLERANCE \*INCREASE VO2 MAX \*ELEVATED METABOLISM UP TO 48 HOURS POST SHRED \*Yogis will be offered modifications. 6-week program  
**Starts: Wednesday Sept. 11, 2019 6:30-7:15 pm Charlotte Lappla Instructor: Gena Rasmussen Fee: \$39.00 or \$59.00 for both**

<b>MARTIAL ARTS</b>	M, W	6:00 - 8:30 pm	DG Gym	\$45	Bill Shumway
<b>TABLE TENNIS</b>	TH	7:30 - 9:00 pm	Admin Gym	Free	Gary Kennedy
<b>ADULT FUTSAL</b>	T, Sun	7:00 - 9:00 pm Sun 5-8 pm	Admin Gym	Free	Sam Mitchell
<b>BASKETBALL MENS OPEN</b>	M, W	7:00 - 9:00 pm	Admin Gym	Free	Geoff Coffee
<b>BASKETBALL MENS PICK UP</b>	Sun.	11:00 - 1:00 pm	Admin Gym	Free	Geoff Coffee
<b>MENS RECREATIONAL BASKETBALL</b>	T.	7:00 - 9:00 pm	MS Old Gym	Free	Jamie Morral

**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](http://www.wellsborosd.org) Fitness Center Tab

**SENIOR INDOOR PICKEL BALL:** If you like to play tennis or ping pong, you’ll love the game of pickle ball. Come to the Admin gym on Tuesday, Thursday, 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 for all ages, beginner and intermediate lessons available \$30.00 per 60 minutes. Contact Marge Hoffman at [margery.hoffman1@gmail.com](mailto:margery.hoffman1@gmail.com)

**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 11, 2019

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

**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.

## 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 16, 2019, Wellsboro Area School District Administration Building, 227 Nichols St. Back Entrance, 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 15<sup>th</sup> 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 16<sup>th</sup> beginning at 8am – 2pm. **\*\*NO EQUIPMENT WILL BE ACCEPTED ON SATURDAY\*\*** Proceeds benefit the Wellsboro Ski Club. Check [www.wellsbororecreation.org](http://www.wellsbororecreation.org) for swap location.

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

**PAVILION RESERVATIONS:** Reservations are now being accepted for the pavilions in Packer Park, and Nessmuk Lake for the **2020** season. All pavilions are reserved on a first come first serve basis. Phone 570-724-0300 for availability. Call Early- they book fast!