



## FALL PROGRAMS 2017

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 may 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 9/2 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 9/10, 9/24, 10/22. 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 9/10, 9/24, 10/22, 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 Sept. 11, 2017 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 are 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

### 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. 12, 2017** at Don Gill Cafeteria. Classes start **Sept. 19, 2017** and continue through Dec. 13, 2016. \$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, 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 12, 2017

<b>Tumble</b> Age 5-6 5:30 - 6:00	<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 6:00 - 6:30	<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 \$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 Begins Mondays, Sept. 25.

### 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, 2017 **Fee: \$30** Practices begin November 14, 2017 **Coach: Matt Greene (accepting new members)**

### STEM: SCIENCE ENRICHMENT

**STEM Jr.: K - 1<sup>st</sup> Grade.** After-school STEM exploration program for students in kindergarten and first grade. The students will be introduced to a variety of STEM topics in a free-form creative environment. They will invent, design, build, and have fun! Class will be held at Don Gill on Wednesdays from 3:30 to 4:30pm for (6) weeks beginning October 11th. Students will be dismissed from Charlotte Lappla and will be walked up to Don Gill. Cost is \$50. Any questions, please email Rachel and Melina at [playingwithsciencewellsboro@gmail.com](mailto:playingwithsciencewellsboro@gmail.com)

**STEM+: Grades 2 - 3.** After-school STEM enrichment program for students in second and third grade. The students will explore various science and engineering concepts through project-based, hands-on activities. The program is designed to build teamwork, creativity, critical thinking, and problem solving skills. Class will be held at Don Gill on Thursdays from 3:30 to 5:00 pm for (6) weeks beginning October 12th. Cost is \$55. Any questions, please email Rachel and Melina at [playingwithsciencewellsboro@gmail.com](mailto:playingwithsciencewellsboro@gmail.com)

**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 28, 2017. Parade will leave Packer Park at 5:30pm and Trick or Treat will be held directly following the parade ending at 8:00 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 9, 2017

**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.

**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 13, 2017

**TROUT UNLIMITED:** 1<sup>st</sup> 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	<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.	

**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, Woodland Park, and Nessmuk Lake for the 2018 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](http://www.wellsbororecreation.org)

# Wellsboro Parks & Recreation

www.wellsbororecreation.org

570.724.0300

## ADULT FITNESS AND SPORTS

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

**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 11, 2017** 6:30-7:30 pm Charlotte Lappia **Instructor:** Gena Rasmussen **Fee:** \$39.00

**BOOTCAMP:** Combines the best of cardiovascular and strength training. Expect to challenge your mind & body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training & balance work. You get EVERYTHING you need in a team environment. We mix it up and keep you pushing! Expect the unexpected! All fitness levels welcome! Please bring weights & water

**Starts: Tuesday September 12, 2017** 5:00-6:00 pm Charlotte Lappia **Instructor:** Donna Emmick **Fee:** \$39.00

**FULL STRENGTH:** For anyone looking to get lean, toned, fit and strong. Using light, moderate or heavy weights to build strength in every major muscle group. We cycle through challenging moves to burn some serious calories and sculpt! No cardio here... just using free weights to challenge you every class with compound and isolation movements from circuits to floor work. You will leave each class feeling stronger and motivated! Please bring weights & water

**Starts: Wednesday September 13, 2017** 5:15-6:00 pm Charlotte Lappia **Instructor:** Donna Emmick **Fee:** \$39.00

**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.

**Starts: Thursday September 14, 2017** 5:00-6:00 pm Charlotte Lappia **Instructor:** Donna Emmick **Fee:** \$39.00

<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 6-8 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	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](http://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](mailto:margery.hoffman1@gmail.com)

## STEP OUTDOORS

**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)**

**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 16, 2017, 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 14, 2017, check-in 12:30 **Pre-register by September 22, 2017 \$18.00 p/p**  
To register go to [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 \$75.00 25k Start Time: 9:00 am \$55.00 15k \$45.00 before August 23, 2017  
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 8, 2017

## STEP OUTDOORS CALENDAR OF EVENTS

Pine Creek Challenge	Rail Trail @ USGS Lab	September 9/10	Forestry Dept. <a href="http://www.pinecreekchallenge.com">www.pinecreekchallenge.com</a>
Laurel Classic Bike Race	Asaph @ USGS Lab	September 9	Forestry Dept.
TRYathlon & 5K Run/Walk	Hills Creek State Park	September 16	Step Outdoors Network <a href="http://www.stepoutdoors.org">www.stepoutdoors.org</a>
Annual Ives Run Trail Challenge	Ives Run Recreation Area	October 14	Family trail walk/run <a href="http://www.stepoutdoors.org">www.stepoutdoors.org</a>
Green Monster	Asaph @ USGS Lab	October 8	Tyoga Running Club

## DOWNHILL SKI PROGRAMS 2018

**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. Our club will ski at Ski Sawmill on Friday evenings, from 4:30 – 9pm with bus transportation provided. Beginning in January, 2018.

## SKI SWAP IS BACK!

**SKI/SNOW BOARD SWAP:** **November 18, 2017, 17 Crafton Street, Wellsboro PA.** Our annual ski and snowboard swap is back by popular demand. We skipped a year as our partner in the swap (Country Ski & Sports) transitioned through an owners' retirement and came back re-branded as CS Sports. Equipment check in will be held on Friday, November 17th from 6 – 8 pm. Bring your slightly used skis, boots, poles, snowboards, racks, etc. to our "New Swap Location" at 17 Crafton Street, Wellsboro. 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

Online Program Registration: [www.wellsbororecreation.org](http://www.wellsbororecreation.org)