



### SPRING PROGRAMS 2016

The Wellsboro Parks & Recreation is accepting registrations for the upcoming mini-series of Spring 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.



**Packer Pool Family Season Pass: \$99. During the Month of April, 2016. Great Family Fun "All Season Long!"**

**POOL MEMBERSHIP DRIVE:** We are making every attempt to make it affordable for every area family to swim in the heated waters of Packer Community Pool. Purchase your season pass prior to April 30, 2016 and take advantage of the early bird pricing! Pool opens for the season **May 31, 2016**. Tickets go on sale beginning **April 1, 2016**. **May 1- 31, 2016 Family \$132 Individual \$69 Rates after June 1, 2016 – Family \$149 Individual \$84**  
Daily Rates: Adults: \$3.75 Students: \$3.50 Baby Pool: \$2.50 HOURS WILL BE: MONDAY – FRIDAY 1-7pm SATURDAY & SUNDAY 1-6pm

**LEARN TO SWIM:** Everyone should "Learn to Swim!" Register for one or both sessions of swimming lessons. Classes held M, W, F  
**Session I:** June 20 to July 8, 2016 **Session II** July 11 to July 29, 2016  
**Beginner** 10 -10:30, 11 - 11:30 & 11:30 - Noon **Intermediate** 9:30 - 10:00am **Advanced Stroke** 9:00 - 9:30 am  
Online Registration opens April 15, 2016 Fee: \$37/session

**LIFEGUARD COURSE:** June 6-13, 2016 9:00am – 1:00pm daily. Packer Pool (Classroom sessions conducted at the Old High School)

Course Pre-Requisites: 15 years old

- MUST BE ABLE to Swim 300 yards continuously demonstrating breath control and rhythmic breathing.
- Tread water for 2 minutes using only the legs.
- Complete a timed swimming event within 1 minute, 40 seconds, exit the water without using a ladder or steps. **New Certification \$195**

**Re-certification:** June 11, 12, 13 2016 \$75 Call 724-0300 to register or go online to [www.wellsbororecreation.org](http://www.wellsbororecreation.org) and go to program registration tab

### SPECIAL EVENTS

**EASTER EGG HUNT:** Don Gill School, Saturday March 26, 2016 Prizes, Prizes, Prizes! Egg hunt beginning at 11:00 am. Areas will be designated for 3 yrs. and under, 4-6 yrs., 7-9 yrs. and 10-12 yrs. As a special feature, the Easter Bunny has been invited and will be available for photos. FREE!!

**LITTLE LEAGUE OPENING DAY:** April 23, 2016 10:00 am at Packer Park. Join us for our 65<sup>th</sup> year, so bring your cameras for the grand parade down Main Street in Wellsboro. Join in the fun and come watch the games. Games start

**MENTORED YOUTH TROUT DAY:** April 9, 2016, 8 am – 7:30 pm. Hamilton Lake, Wellsboro PA. Operated by PA Fish and Boat Commission.

To Participate: Adult anglers (16 years of age or older) must possess a valid PA Fishing license and a current trout/salmon permit and be accompanied by a youth angler (less than 16 years of age) who has a Mentored Youth Fishing Permit or a Voluntary Youth Fishing License. **FMI [www.GONEFISHINGPA.com](http://www.GONEFISHINGPA.com)**

**WELLSBORO SPRING BASH 12U BASEBALL TOURNAMENT:** May 7, 8, 2016 Starts 9:00 am Charleston Recreation Field Spectator Only

### STEP OUTDOORS

**SPRING BIRDING SERIES:** Hills Creek State Park, every Saturday in April and May led by the Tiadaghton Audubon. April walks will begin at 8:30 a.m. and May walks will begin at 8:00 a.m. Beginners welcome, bring hiking attire and binoculars if you have them. 570-724-4246.

**SPRINGFEST:** Hills Creek State Park 10:00 am to 3:00 pm Saturday May 21, 2016. Highlights include: kayaking, SUP, canoeing, hiking, kids' crafts, and kids' fishing, fly tying, and casting activities, hikes and more planned. All activities are FREE and open to all ages! More info: [www.stepoutdoors.org](http://www.stepoutdoors.org) or 570.724.4246

**MID-WEEK HIKING SERIES:** Dates, times distance and locations vary. Contact Daryl Warren [rindercella@epix.net](mailto:rindercella@epix.net)

### YOUTH PROGRAMMING

**STEPS OF EXPRESSION:** After school dance program with emphasis on production in the spring of 2016. Classes continue as previously scheduled.

Dance recital – May 7, 2016 5:00 pm @ Wellsboro High School Auditorium. Recital is Free and open to the public. **Instructor:** Judi Kennedy 570.439.6097

**WELLSBORO AREA YOUTH SOCCER (WAYS): FALL SEASON REGISTRATION: Thursday April 21, 2016 4:00 to 6:00 pm**

**Online Registration opens April 1, 2016** Wellsboro Community Center, Queen St. Wellsboro Registration Fee: \$33/player with a \$5 discount if you sign up by the 21<sup>st</sup> and sibling discount. **Registration deadline** June 3, 2016. After June 3, 2016 Registration goes to \$48.00 NO sibling discount. Grades K-6. Registration also available online at [www.wellsbororecreation.org](http://www.wellsbororecreation.org) go to program registration tab.

**SUMMER COMPETITIVE SWIM TEAM: REGISTRATION: Friday April 29, 2016 5:00 pm to 8:00 pm Wellsboro Community Center, Queen Street Registration Fee:** \$35 1st swimmer, \$30 per siblings **PLUS** pool usage/membership fee. This is a community sponsored swim team available to swimmers of all ability levels in our area. Team format offers training and competition for all Male and Female youth ages 5-18 divided into five male and five female competitive age groups. Minimum Ability Requirement: Must be able to swim continuously for 25 yards (One length of the Pool). Greater Susquehanna Valley Swim League Competition. Family friendly flexible option of day or evening practices offered to fit busy summer schedules. Practice begins the last day of school. Team suit sizing and suit ordering procedure will be available at registration. Competitive Dual Meet schedule begins in late June and finishes by the end of July with an entire League Championship Meet. For additional team information, please visit our team's website [www.wellsboro.swimtopia.com](http://www.wellsboro.swimtopia.com)  
**Early Bird \$5 registration discount per swimmer, only if registered on or before evening of April 29<sup>th</sup>.**

**SMALL FRY FOOTBALL: FALL SEASON Registration will open online April 1, 2016**

**Registration Fee: \$40, \$35 for each additional family member**

Small Fry Football/Flag Football: Grades K-6. Join the /NTL Small Fry League! We will be playing Cowanesque Valley, Southern Tioga, Troy, Canton, Sayre, Towanda, and Wyalusing. There will be home and away games on the weekends. Grades 1-6 are tackle formatted league. Kindergarten will be flag football format. All equipment is furnished (except shoes). Practices are after school and begin in August. Travel is required.

**Copy of birth certificate required to register.**

**LITTLE STINGERS CHEERLEADING: FALL SEASON Registration will open online April 1, 2016 (Volunteer Coaches Needed. Give Mona a call!)**

**OR Print application from [www.wellsbororecreation.org](http://www.wellsbororecreation.org) and send by mail**

**Registration Fee: \$30** Learn the basics of cheerleading. Cheers and dance routines with uniforms provided (except shoes, shirt). Cheerleading camp to be held in August, more information to follow. The Lil' Stingers will perform for all Small Fry Football home games on Sunday afternoons. Program is open to Wellsboro area residents entering 1-6 grades. **Copy of birth certificate required to register.**

**KARATE: AGES 6-10.** Venture into the martial arts and build self esteem, learn discipline, lifetime fitness, and self defense techniques.

Monday Evenings Don Gill Gym 6:00 – 7:30 pm **Instructor:** Bill Shumway, 4<sup>th</sup> degree Black Belt **Fee:** \$25

### ADULT FITNESS

<b>MENS OPEN BASKETBALL:</b>	M & W	7:00 – 9:00 pm	MS Old Gym	Free	Geoff Coffee
<b>WELLSBORO PICK UP BASKETBALL</b>	Sunday	11:00 am	Old HS Gym	Free	Geoff Coffee
<b>INDOOR TENNIS</b>	M, Th, F	9:00 – 10:30 am	Old HS Gym	Free	Bruce Bilder
<b>TABLE TENNIS:</b>	Fri	7:30 – 9:30 pm	Old HS Gym	Free	Gary Kennedy
<b>ADULT FUTSOL</b>	Tues	8:00 – 10:00 pm	Old HS Gym	Free	Sam Mitchell
<b>WEIGHT ROOM:</b>	Mon & Wed	5:30 -7:45 am & 3:00 – 8:30 pm	Old HS Weight Room	FEE	John DeLeonardis
	Tues & Thurs	5:30 - 6:30 am & 3:00 – 7:30 pm			
	Friday	5:30 -7:45 am & 3:00 – 6:00 pm			

WEIGHT ROOM CONTAINS BARBELLS & FREE WEIGHTS AND IS LOCATED IN THE OLD HIGH SCHOOL. PHONE 724-0319

### PERSONAL FITNESS

**MONDAY NIGHT ZUMBA w. KELLY** 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: Monday April 11, 2016** 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Kelly Reed **Fee:** \$39

**BUTTS & GUTS** – This creative class focuses on the core and lower body~ Hit it hard below the belt exercises to tone and 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 and core. For everyone from the beginner to the highly experienced exerciser. Please bring water, mat and weights. 6 week session

**Starts: Monday April 4, 2016** 6:40 -7:30pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39

**WHOLE30 PROGRAM:** Eat real food. Eat meat, seafood, eggs, tons of vegetables, some fruit and plenty of good fats from fruits, oils, nuts and seeds. This program is designed to help you overcome your food phobias/addictions/misconceptions. It teaches you to eat without guilt or shame, and in the process, pounds are lost medication use diminishes and an abundance or energy results. 4 week program

**Starts: Monday April 4, 2016** 4:00-5:00 pm Old High School Music Room Gena Rasmussen MS, RD, LDN **Fee:** \$39

**PIYO LIVE:** PIYO combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll even improve your balance and core power. 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. The moves are fun and the music is inspiring. All fitness levels welcome!! Please bring a yoga mat & water. Tuesday & Thursday 6 weeks

**Starts: Tuesday April 5, 2016** 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39 (1), \$59 (2 days)

**VINYASA FLOW YOGA:** Vinyasa means "breath-synchronized movement," and Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. Each class will build upon the previous one, beginning with basic postures and flowing through sun salutations. No need to have previous yoga experience. Just bring a mat, a bottle of water and an open mind. Tuesday evenings 6 weeks

**Starts: Tuesday April 5, 2016** 6:45-7:45 pm Charlotte Lappla Gym **Instructor:** Gena Rasmussen **Fee:** \$39

**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 April 6, 2016** 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Stacey Broughton **Fee:** \$39

**TONE AND TEASE:** is a fusion fitness of concepts with easy to follow dance and sex appeal. This class is basic fitness and dance moves with a sexy edge and easy to follow format. No matter what your participants fitness level, the goal is to successfully guide your Divas through movements from the beginning to end so they can leave feeling empowered and confident like the "Sassy Souls" we know they are. I want our participants to release their inhibitions in a safe environment while not realizing they are working out! 6 week session

**Starts: Wednesday April 13, 2016** 6:40-7:30 pm Charlotte Lappla Gym **Instructor:** Kelly Reed **Fee:** \$39

**TYOGA RUNNING CLUB Thursday Night Runs** start at 6pm year-round from in front of the Community Center at Packer Park. Join one of two different pace groups for between 30 and 60 minutes of easy to moderate running covering between 3 and 6 miles typically. Occasionally, the group runs from a different location. Check the club's Facebook page for updates. [www.facebook.com/tyogarunningclub](http://www.facebook.com/tyogarunningclub) No registration required. Bring a Friend!!

### MARTIAL ARTS

**KARATE:** Instruction in the martial arts. Monday and Wednesday, 6:00 – 8:30 p.m. Don Gill Gym

**Instructor:** Bill Shumway, 4<sup>th</sup> Degree Black Belt. Fee: \$40. New session begins.

### ADULT SUMMER LEAGUES

**CO-ED ADULT SOFTBALL LEAGUE:** Let's Play Ball!!! Wellsboro Parks and Recreation announces registration is open for the 2016 Adult Coed Softball League from now until April 1<sup>st</sup> or until all spots are filled. Registration fee is \$395. Website contains more information [www.wellsboroleague.com](http://www.wellsboroleague.com) or our Facebook Page: Wellsboro Adult Coed Softball League. To register or if you have questions contact Angie LaCoe at (607) 426-1368.

**CO-ED SOFTBALL "ALL NIGHTER" TOURNAMENT:** More information to come. Play will begin on Saturday morning and go straight through until we finish on Sunday. The entry fee is \$200/team. Meade Recreation Area, Wellsboro. Angie LaCoe, 607.426.1368 or [angielacoe@hotmail.com](mailto:angielacoe@hotmail.com)

### LEISURE

**TROUT UNLIMITED:** 1<sup>st</sup> Monday of every month 7:00 – 9:00 pm Wellsboro Community Center Free

**SQUARE DANCING:** Come dance with the Canyon Squares, Wednesday evenings 7:00-9:00 p.m. at the Wellsboro Middle School Cafeteria. Public is encouraged to participate.

**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 swaps and more! Meet last Monday of every month 6:30 – 8:30 p.m. at the Wellsboro Community Center. Coordinator: Bonnie Rogers, Master Gardener 570.724.1617

**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

RESERVE YOUR PICNIC PAVILION AT WOODLAND PARK, PACKER PARK, NESSMUK LAKE

[www.wellsbororecreation.org](http://www.wellsbororecreation.org) 570.724.0300

