



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 and clicking on the program registration tab.



Packer Pool Family Season Pass: \$99. During the Month of April, 2015. 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, 2015 and take advantage of the early bird pricing! Pool opens for the season June 2, 2015. Tickets go on sale beginning April 1, 2015.

• May 1- 31, 2015 Family \$132 Individual \$69 Rates after June 1, 2015 – 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 22 to July 10, 2015

Session II: July 13 to July 31, 2015

Beginner 10 -10:30, 11 - 11:30 & 11:30 - Noon

Intermediate 9:30 - 10:00am **Advanced Stroke** 9:00 - 9:30 am

Registration opens April 15, 2015 Fee: \$37/session

LIFEGUARD COURSE: June 3 - 9, 2015 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 10, 11, 12 2015 \$75 Call 724-0300 to register or go online to www.wellsbororecreation.org and go to program registration tab

SPECIAL EVENTS

EASTER EGG HUNT: Don Gill School, Saturday April 4, 2015 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 25, 2015 10:00 am at Packer Park. Bring your cameras for the grand parade down Main Street in Wellsboro.

MENTORED YOUTH TROUT DAY: April 11, 2015, 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

STEP OUTDOORS

SPRING BIRDING SERIES: Hills Creek State Park, led by the Tiadaghton Audubon every Saturday in April and May

Meet 8:00 am at the park office. 570-724-4246 Starts Saturday April 11, 2015.

SPRINGFEST: Hills Creek State Park 10:00 am to 3:00 pm Saturday May 16, 2015. Highlights include: kayaking, canoeing, hiking, kids' crafts, and kids' fishing. All activities are FREE and open to all ages! More info: www.stepoutdoors.org or 570.723.0520.

YOUTH PROGRAMMING

STEPS OF EXPRESSION: After school dance program with emphasis on production in the spring of 2015. Classes continue as previously scheduled.

Dance recital – May 22, 2015 7:00pm @ Wellsboro High School Auditorium. Recital is open to the public. **Instructor:** Judi Kennedy 570.439.6097

WELLSBORO AREA YOUTH SOCCER (WAYS): FALL SEASON REGISTRATION: Tuesday April 21, 2015 5:30 to 7:30 pm

Wellsboro Community Center, Queen St. Wellsboro Registration Fee: \$30/player with a \$5 discount if you sign up the 21st and sibling discount.

Registration deadline June 5, 2015, Grades K-6. Registration also available online at www.wellsbororecreation.org go to program registration tab.

SUMMER COMPETITIVE SWIM TEAM: REGISTRATION: Thursday April 30, 2015 5:00 pm to 8:00 pm Wellsboro Community Center, Queen Street

Registration Fee: \$35 2nd sibling \$30 **PLUS** pool usage/membership fee. This is the ONLY community sponsored swim team available to swimmers of all ability levels in our county. 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 available at registration. Competitive Dual Meet schedule begins in early July and finishes by the end of July with an entire League Championship Meet. For additional team information, please visit our teams' website www.wellsboro.swimtopia.com
Early Bird \$5 registration discount per swimmer, only if registered on or before evening of April 30th.

SMALL FRY FOOTBALL: FALL SEASON Registration will open online April 1, 2015

Walk in Registration April 25, 2015 at the Charleston Street Little League Field, Noon – 3pm. Registration Fee: \$30, \$25 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, 2015 (Volunteer Coaches Needed. Give Mona a call!)

OR Print Form from www.wellsbororecreation.org and send by mail

Registration Fee: \$25 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 **New Session starts Monday April 20, 2015**

Instructor: Bill Shumway, 4th degree Black Belt **Fee:** \$25

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

www.wellsbororecreation.org 570.724.0300

ADULT FITNESS

MENS OPEN BASKETBALL:	M & W	7:00 – 9:00 pm	Old HS Gym	Free	Geoff Coffee
WELLSBORO PICK UP BASKETBALL	Sunday	11:00 am	Old HS Gym	Free	Geoff Coffee
INDOOR TENNIS	M, T, F	9:30 – 11:00 am	Old HS Gym	Free	Bruce Belder
TABLE TENNIS:	Thurs	7:30 – 9:30 pm	Old HS Gym	Free	Gary Kennedy
ADULT FUTSOL	Tues	8:00 – 10:00 pm	Old HS Gym	Free	Eric Barlett
WEIGHT ROOM:	Mon & Wed	5:30 -7:45 am & 3:00 – 8:30 pm	Old HS Weight Room	\$25	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

BASIC BARBELL TRAINING: If you want to reduce your body, fat build lean body mass, look and feel your absolute best, sign up for our strength and conditioning program. You will learn basic barbell movements that have been used not only to develop strength and build lean body mass but improve your overall health and performance. Each day we will spend time learning and perfecting basic weightlifting movements. By the end of the session you will have perfected the three major lifts and have a good understanding of basic strength training programming. Monday, Wednesday, Friday 6 weeks

Starts: Monday April 20, 2015 5:30 - 6:30pm Weight Room Old HS **Instructor:** Zach Osborne **Fee:** \$125 or \$8 drop in

AGILITY & CORE: Agility and Core is a fast paced cardio class using agility ladders cone drills and many other fun innovative drills. This class is designed to improve your agility and core strength as well as balance foot speed and over all fitness. Each class will start with an assortment of agility drills followed by a period of core work. Sign up and start getting fit today! Monday, Wednesday 6 weeks

Starts: Monday April 20, 2015 6:45 - 7:45pm Charlotte Lappla Gym **Instructor:** Zach Osborne **Fee:** \$60 or \$7 drop in

MONDAY 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: Monday April 20, 2015 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Stacey Broughton **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. 6 weeks Tuesday & Thursday.

Starts: Tuesday April 21, 2015 5:30 - 6:30 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39 (1), \$59 (2 days)

KETTLE BELL: A workout combination of cardio/strength/resistance using the kettle bell. A full body workout incorporating moves to burn fat, strengthen your core, and muscle toning. It's a great full body sculpting routine moving from one area of the body to the next to tone and strengthen, plus a bit of cardio to mix things up! One of the best ways to get fit! All fitness levels welcome! Please bring water & mat. 6 weeks.

Starts: Wednesday April 22, 2015 5:30 - 6:30pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39

ZUMBA with KELLY®: "Ditch the Workout and Join the Party!" Zumba is a Latin inspired dance party that gets your heart rate going! Join Donna as she helps you Meringue, Salsa and Belly dance your way to fitness. The class is open to all levels and participants are encouraged to workout at their own level. Zumba is not your average aerobics class! The music is loud, the instructor cueing is verbal and the energy is amazing! This is a must try class if you've set a weight loss goal for this year! Tuesday and Thursday 2 times a week for 6 weeks.

Starts: TUESDAY APRIL 21, 2015 6:30 -7:30 pm Charlotte Lappla Gym **Instructor:** Kelly Reed **Fee:** \$39

MARTIAL ARTS

KARATE: Instruction in the martial arts. Monday and Wednesday, 6:00 – 8:30 p.m. Don Gill Gym, **Instructor:** Bill Shumway, 4th Degree Black Belt. Fee: \$40. New session begins Monday April 20, 2015.

ADULT SUMMER LEAGUES

ADULT SUMMER BASKETBALL: All teams comprised of 5 to 7 players. Call your own fouls. Games played Monday and Wednesday at Packer Park, 7 – 9 pm. Playoffs at the end of the season. Games will be 11 minutes or 11 points depending on the number of teams. Fee: \$125/team. League play begins **June 22, 2015**. League coordinator Geoff Coffee 570.724.9092 (Steak House).

CO-ED ADULT SOFTBALL LEAGUE: Let's Play Ball!! Last call for new teams to play in a "Recreational Level" co-ed league, Games played Monday through Thursday evenings; 6:00 to 9:00 pm, make up games on weekends. Spectators Welcome. Meade Street Field beginning mid-May.

CO-ED SOFTBALL "ALL NIGHTER" TOURNAMENT: June 6, 7 2015. 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

LEISURE

TROUT UNLIMITED: 1ST 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 Fitness Center Tab

UPCOMING EVENTS "AT THE DEANE" FMI: Call 570-724-6220 or visit <http://deanecenter.com>.

APRIL 15, 2015: Emerald Ash Borer – An informative presentation by Tioga State Forestry. Learn what the impending insect infestation will do to the ash trees in your backyard and why you need to take action. 7pm in the Grand Ballroom. Sponsored by: Wellsboro Shade Tree Commission. FREE!!

APRIL 21 AND MAY 19 GOLDEN AFTERNOONS:

Golden Afternoons programs at the Deane Center in Wellsboro include Mike Detweiler with 50s and 60s Trivia Tuesday, April 21, at 1 p.m. and a performance by Michelle's Studio of Tap dancers Tuesday, May 19, at 1 p.m. Both programs are free for senior citizens. Refreshments will be provided.

MAY 16 CONTRA DANCING:

Contra dancing for people of all ages will be in the Deane Center's Coolidge Theatre in Wellsboro on Saturday, May 16. New dancers will learn the steps in 30 minutes starting at 7 p.m. Dancing with a caller and live music will begin at 7:30 p.m. Admission is \$5 and free for children under 12. Bring a snack and water and wear comfy clothes. FMI: Call 570-724-6220 or visit <http://deanecenter.com>.

MAY 1 FIRST FRIDAY CONCERT:

The X-Ray Big Band will perform jazz and swing selections from the 1940s to the 1960s on First Friday May 1 at 7:30 p.m. in the Deane Center's Coolidge Theatre. This is a BYOB beverage and snack event with cabaret-style table and chair seating. Admission is \$10. For tickets or information, call 570-724-6220 or visit <http://deanecenter.com>.

CALL 570.724.0300 TO RESERVE PICNIC PAVILIONS: WOODLAND PARK, PACKER PARK, NESSMUK LAKE