



www.wellsbororecreation.org

Register at 570.724.0300

DOWNHILL SKIING

\$15 LEARN TO SKI – SPECIAL EVENT! LIFT/LESSON/RENTAL for only \$15. That's a \$75 value for only \$15! Ski Sawmill and Wellsboro Parks & Recreation have a special offer for children - ADULT (Ages 7 and up). Here is your chance to get the whole family out of the house and on the slopes. Two dates to pick from: Thursday, December 27, 2018 and/or Jan 3, 2019. Pre-Registration required by December 20th. Lesson Time: Dec 27 (11am), Jan 3 (5:30pm). PLUS – A FREE BUS which departs from the Administration building: Dec 27 departs 10am, returning at 3pm, Jan 3 departs 4:15 pm, returning at 9pm. **GREAT CHRISTMAS GIFT!**

WELLSBORO SKI & SNOW BOARD CLUB: Boys & Girls Grades K -12. Join the fun of downhill skiing at Ski Sawmill. Beginning **THURSDAY January 10, 2018** our club will ski each Thursday evening, leaving the Old High School Parking Lot at 4:15 p.m. and returning to the Old High School Parking Lot at 9:00 p.m. 4 Wks. of skiing **\$68** (lift only) Rentals Available. **PARENT & GUEST RATES: \$68** (4 lift tickets) OR **\$17** one-time lift. Parents, brothers and sisters can join!! **ONLINE REGISTRATION AVAILABLE**

STUDENT SPINNING PROGRAM

MOUNTAIN LIFE CYCLING STUDIO: January 7 – 30th Spinning is a fun, non-impact cardiovascular workout on a stationary bike...great for all fitness levels. Wellsboro Parks & Recreation in conjunction with Mountain Life Cycling is offering a program geared for students age 13-17, and minimum of 4'11" tall. Monday & Wednesday, 3:45 – 4:30 pm, Deane Center 3rd floor, 104 Main St. Fee: \$60 for 4 weeks (8 classes). Register: Sue Webster 267.446.4452 or sasspinn@gmail.com Class size is limited to 15.

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, Wed, & Thursday at the Old High School Gym from 5:30 – 7:00 pm Wrestlers will be skill grouped according to ability & experience. Club tournaments will comprise the schedule. **Fee:** \$30 Practices begin November 6, 2018 **Coach: Matt Greene (accepting new members)**

BASKETBALL PROGRAM(S)

"BIDDY BASKETBALL" GRADE 1 & 2: Calling all first and second grade boys & girls. A basketball program created just for you with tons of fun and excitement. Learn ball-handling skills, team concepts and set your sights on the hoop! **Boys: (1st grade Tuesday, 2nd grade Wednesday) Girls (Monday) 3:15 - 4:30 pm** Program starts week of **February 25, 2019** at the Charlotte Lappla and continues for 4 weeks. Every participant will receive a program T-Shirt. **Fee:** \$25

"BOYS & GIRLS BASKETBALL" GRADES 3-4: Program begins the week of **January 7, 2019** Instructional format with intra-squad scrimmages. Some Saturday games **Fee:** \$30 **Grades 3 & 4**
Girls: Thursday 1/10 (*Some Saturdays*) Charlotte Lappla Gym 3:15 – 4:45 pm Brigette Largey
Boys: Monday 1/7, Wednesday 1/9 (*6wks*) Charlotte Lappla Gym 3:15 – 4:45 pm Ron Doughtie

"BOYS & GIRLS BASKETBALL" GRADES 5-6: Instructional format with intra-squad scrimmages. **Fee:** \$30
Grades 5 & 6
Girls: Tuesday, Thursday **Program Begins Nov. 20th, 2018** Middle School New Gym 3:30 – 5:00 pm Tom Mitchell
Boys: Monday, Wednesday **Program Begins Dec. 3, 2018** Middle School New Gym 3:30 – 5:30 pm Doug Keck

MARTIAL ARTS

KARATE KID: Venture into the martial arts & learn self-discipline, lifetime fitness, & self-defense techniques. Please register and pay online. Mondays, Don Gill Gym Program starts January 7, 2019 6:15 - 7:30 pm Ages 6 through 10 **Fee:** \$30 Instructor: Bill Shumway, Black belt.

STEM: "SCIENCE, TECHNOLOGY, ENGINEERING, MATH" SCIENCE ENRICHMENT

PLAYING WITH SCIENCE: *Fun with Coding! (Grades 2-4)* After-school STEM enrichment program for elementary students. The students will be introduced to Robotics and Computer Coding through fun, hands-on projects. The program is designed to build teamwork, creativity, critical thinking, and problem-solving skills. 6-week session 1 day a week (Wed or Thurs) from 3:20-5:00 held in the Don Gil Library. FMI: playingwithsciencewellsboro@gmail.com
Program starts: Wed Jan 23 OR Thurs Jan 24 **Fee:** \$60 online registration opens Dec. 10, 2018 7:00pm Class size limited.

PRE SCHOOL

TODDLER SONG PROGRAM: Morning Song (12 months - 4 years) Start your day off right by sharing some special time with your child! Through music, exercise, and use of specialized play equipment such as a parachute, ribbon sticks, and play scarves, your child will benefit from improved coordination and fitness. Toddlers will also benefit from organized play in a safe environment. **THURSDAY, 9 – 10am First Session** January 10, 2019 (4 wks.) **Second Session** February 7, 2019 (4 wks.). Children must be walking to take this class. Admin. Gym **Coordinator: Sarah Rice Duterte Fee:** \$29 (2nd sibling \$19) Children under 12 months with a sibling- free.

DANCE

STEPS OF EXPRESSION: Ages 4 - Adult. Students grouped according to ability. Classes held at Don Gill on Tuesday Nights. Classes start Tuesday January 15, 2019 \$65 for 45-minute, 3 or more classes are ½ price per student. Class times: Tuesday between the hours of 3:30 – 8:30 pm. Classes offering instruction in Ballet, Pointe', Jazz, Hip Hop, Tumbling, Lyrical, and Tap. **PLEASE REGISTER & PAY ONLINE** Judi Kennedy 570-439-6097

DANCE RUSH: Invitational Competitive Dance Group, Monday's starting January 14, 2019, Don Gill Cafeteria 3:30 pm – 8 pm FMI Judi Kennedy 439-6097

BASEBALL & SOFTBALL

WELLSBORO LITTLE LEAGUE REGISTRATION: Online registration from 11/19-1/31 will be \$40 per player with \$5 discount for siblings. Registration closes Jan. 31, 2019

FUTSAL

WAYS FUTSAL: WAYS will hold a local, indoor soccer program this winter. During the months of January and February, Futsal will be held on Tuesday evenings from 6:00-8:00pm for those in 3rd and 4th grade and on Thursday evenings from 6:00-8:00pm for those in 5th and 6th grade MS New Gym. The cost is \$10 per player. Sign up no later than December 14, 2018. Online Registration is open.

ADULT ARTS/LEISURE

READY AIM SHOOT: ENJOY YOUR CAMERA: Learn how to have fun with your new digital camera, a non-technical approach. You will learn basic photography skills, subjects, compositions and lighting. Please bring your camera and instruction manual to learn how to have your own "Photographic journey."
WEDNESDAY EVENINGS Wellsboro Community Center, 6:30 – 8:00 pm **January 2, 9, 16, 23, 30 February 6, 13 2019 Instructor:** Tim McBride **Fee:** \$39

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 January 2, 2019 – June 2019.

RADIO CONTROLLED MODEL AIRCRAFT: Members of the Mountain Modelaires RC Club meet every Thursday evening starting November 8, 2018 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.

WATERCOLOR: Beginner -Intermediate: Learn the basic techniques of watercolor as you create your own masterpiece.
Tuesday afternoons 2:00 – 4:30 pm Wellsboro Community Center. Please call Marci Borden for more information 570-724-1394

WELLSBORO GARDEN CLUB: Come join in the fun and share your love for gardening with others! Wildflower walks, guest speakers, visits to area gardens, plant swap and 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. FMI Contact Bonnie Rogers, Master Gardener at 570.724.1617

Pavilion Reservations 2019 570.724.0300 Packer Park - Nessmuk Lake (Woodland Park under construction)

Online Program Registration available at www.wellsbororecreation.org

Wellsboro Parks & Recreation

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570.724.0300

STEP OUTDOORS – Now Serving Tioga & Potter Counties

WINTER FEST: January 19, 2019 Winter fun for the family! Hills Creek State Park 10:00 am - 3:00 pm FREE!
Ice Skating, Ice Fishing, Cross Country Skiing, and Snowshoeing, Sledding, Refreshments and more! Hills Creek State Park.

2019 WINTER OUTINGS: GET OUT and get active this winter with free, healthy outings each weekend starting Jan. 1st through the end of February. Bring your own gear or borrow ours while supplies last! Trail conditions and other updates at www.stepoutdoors.org every Wednesday. "Like" the Step Outdoors Facebook Page!

Tuesday January 1, 2019 – First Day Hike / Snowshoe Hike / 5 K Fun Run
1-2:30 pm at Hills Creek State Park - Beach Parking Area
Tuesday January 1- First Day Hike/Snowshoe
12Noon – 2:00 pm Lyman Run State Park – Various locations
Tuesday January 1, 2019 – First Day Hike/Snowshoe
12Noon – 2:00 pm Sinnemahoning State Park-Park Office & Wildlife Center
Saturday January 5, 2019 – Coffee with the Birds
9 am – 10 am Sinnemahoning State Park – Park Office & Wildlife Center
Saturday January 5, 2019 – Eagle Watch
1-2 pm Ives Run Mixing Channel, Recreation Area
Sunday January 20, 2019 Full Lunar Eclipse
9:00 pm - 1:00 am PA Lumber Museum
Saturday January 26, 2019- Winter in the Lumber Camp
10 am -3:00 pm PA Lumber Museum, Main Parking Area
Sunday January 27, 2019- Snowshoe/Hike/Sledding Hill
1:00 pm – 3:00 pm. Nessmuk Recreation Area – Parking Area
Sunday January 27, 2019 - Kayak Club Open House
6:00-8:00 pm Mansfield University - Decker Pool
Friday February 1, 2019 - Planetarium Open House
7:00 pm – 8:30 pm Strait Planetarium - Mansfield University

Saturday February 2, 2019 Groundhog Day Snowshoe Hike
9:00 am – 10:30 am Ives Run Recreation Area – Visitor Information Center
February 8 -10, 2019 Women in the Wilds
Sinnemahoning State Park Register Early!
Saturday, February 9, 2019 Family Climbing Day
10:00 am – 3:00 pm Mansfield University – Kelchner Fitness Center
Saturday February 16, 2019 -Wellsboro Winter Celebration
12:00 -3 pm Family Fun on The Green, Wellsboro
Sunday February 17, 2019 Mt. Tom Winter Challenge
9 am- noon Mt. Tom Trails – Darling Run Parking Area
Saturday February 23, 2019 Canyon Sled Dog Challenge
9-Noon - Pine Creek Trail - Darling Run Parking Area
Saturday March 2, 2019 Introduction to XC Skiing & Snowshoeing
12 noon- 2:00 pm Sinnemahoning State Park – Park Office
Saturday March 9, 2019 Walk with a Prof.
10:00 am – 11:30 am Mill Cove – Main Pavilion
Sunday March 10, 2019 Charter Day
9:00 am – 5:00 pm PA Lumber Museum Free Admission
Saturday & Sunday March 16 -17, 2019 Maple Open House Weekend
See www.pamaple.com for times and locations.



TIADAGHTON AUDUBON SOCIETY: Business Meeting: Meets third Wednesday of each month at 6 pm at the Wellsboro Administration Building, Old Music Room. Presentations are listed below and both are open to the public. www.tiadaghtonaudubon.blogspot.com or contact us at tasmember@yahoo.com.

TIADAGHTON AUDUBON SOCIETY: January 12, 2019 @ 2pm, Wellsboro Administration Building in the Wellsboro Area High School Auditorium. Presentation by Scott Weidensaul- "Caught in the SNOWstorm" a presentation of the migration of Snowy Owl. Meet and greet along with book signing to follow presentation.

TIADAGHTON AUDUBON SOCIETY: February 1, 2019 @ 7pm, Mansfield University Planetarium. Presentation by Tim Morey from the Department of Conservation and Natural Resources-"Dark Skies". If weather permit, telescopes will be setup outside afterwards.

TIADAGHTON AUDUBON SOCIETY: March 20, 2019 @ 7 pm, Wellsboro Administration Building in the Old Music Room following the Business Meeting. Presentation by Dr. Sean Murphy from Conservation Insight on the endangered Cape Sable Seaside sparrow in the Florida Everglades

Weekly Step Outdoor Events:

SUNDAY FUNDAY, SNOW-BIKING SERIES: SUNDAY ALL WINTER 9AM-varies – Asaph – US Geological Survey Parking (sometimes varies) Sponsor(s): Oswald Cycle Works Weekly mountain or snow-bike riding series usually starting at the lab in Asaph with updates weekly at <https://www.facebook.com/OswaldCycleWorks/>

YOGA RUNNING CLUB THURSDAY NIGHT RUN: THURSDAY ALL WINTER 6 - 7PM – Wellsboro – Packer Park Lot 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.

WALK WORKS: Safe PennDot approved walking routes. Time to get off the couch and out of the house. 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>

FITNESS & SPORTS (2nd winter session of Fitness classes to follow)

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 January 7, 14, 28, Feb. 4, 2019

Starts Monday January 7, 2019 6:30-7:30 pm Charlotte Lappla Gym **Instructor:** Gena Rasmussen **Fee:** \$39 or + Shred for \$60

YOGA SHRED: Wanna obliterate those holiday cookies? Did you make a New Years' Resolution? The "Yoga Shred" is just the thing to warm, energize and inspire you! "Yoga Shred", a Tabata inspired approach to yoga, boosts metabolism (for 24-48 hours!), increases VO2 max, improves glycemic control and more. AND it's super fun! Oh and by the way, it's for everyone and anyone, as many modifications will be offered to accommodate all fitness levels. January 9, 16, 23, 30

Starts Wed. January 9, 2019 6:30-7:30pm Charlotte Lappla Gym **Instructor:** Gena Rasmussen **Fee:** \$39 or + Vinyasa class for \$60

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. Feel stronger and motivated! All fitness levels welcome! You choose the intensity!!!! Please bring weights & water. 6 WK sessions

Starts Tues January 8, 2019 5:00-5:45 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39

FULL STRENGTH-CORE! - Same fun as the Tuesday class but more emphasis on your core! You will be working out every part of your body with weights (you choose the intensity) plus hit that core hard! This class will run through a variety of exercises that will strengthen the abdomen and back muscles and increase flexibility. Working all your major muscles in an inspiring, motivating group environment!! All fitness levels welcome! Please bring weights, mats & water.

Starts Thurs. January 10, 2019 5:00 – 5:45 pm Charlotte Lappla Gym **Instructor:** Donna Emmick **Fee:** \$39

MOVIN' TOGETHER: Tool Up! Come join Deb Fitch and Sara Vogt in the New Year as we implement tools of wellness in Movin' Together! In this low impact class we'll focus on posture, strength, flexibility, education, cardio and humor! Laughter brings healing too! Bring your mats, weights and water and join us as we move together for a healthier and happier 2019! Sara Vogt, American Council on Exercise.

Starts Wed, January 9, 2019 5:15 – 6:15 pm Charlotte Lappla Gym **Instructor(s):** Sara Vogt & Deb Fitch **Fee:** FREE – Introductory special!

INDOOR WALKING	M, W, TH	5:30 - 7:00 pm	Old HS weight room entrance	Free	<u>Begins Jan. 7, 2019</u>
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 6-8 pm	Admin Gym	Free	Sam Mitchell
INDOOR TENNIS/Pickle ball	M, T, F	8:30 -10:00 am	Admin Gym	Free	Marge Hoffman
BASKETBALL MEN'S OPEN	M, W	7:00 - 9:00 pm	Admin Gym	Free	Tom Mitchell
BASKETBALL MEN'S PICK UP	Sun.	11:00 -1:00 pm	MS Old Gym	Free	Tom Mitchell
SENIOR INDOOR PICKLE BALL	M, T, F	8:30 – 10:00am	Admin Gym	Free	Marge Hoffman
MEN'S OLD MAN BASKETBALL	T	7:00 – 9:00PM	MS Old Gym	Free	Jamie Morral
ADMIN WEIGHT ROOM: Morning Hours:	M, W, F	5:30 – 8:00 am	T, Thurs. 5:30 - 6:30 am	Sat.9:00 – 11:30 am	
Evening Hours:	M, W	5:00 – 8:30 pm	T, Thurs. 5:00 – 7:30 pm	Fri. 5:00 – 6:00 pm	
WASD Students	M – F	2:30 – 5:00 pm	<i>(Students are admitted free)</i>		
FEE: (1 year \$48.) (9 months \$36.) (6 months \$24) (3 months \$12.) (Monthly Fee of \$4.)	Admin Bldg. FMI 570. 724.0319 During open hours				
MARY LOU PUTMAN FITNESS CENTER:	Family Membership:	12 months \$250	6 months \$175	3 months \$120	Senior's 62+ always half price!
	Indiv. Membership:	12 months. \$175	6 months. \$125	3 months \$ 87	Daily Drop in Fee: \$5.00