

# Adult Programs...

Exercise releases a natural body drug : Endorphins!

## Early High-Energy Workout Training

Learn to lift weights and calibrate a personal weight training program for a better, healthier lifestyle. Participants will become familiar and comfortable with the weight room atmosphere along with being energized all day long. Instruction will be available to guide participants through weight training.

**DATES:** January 3 – 26  
February 2 – 28  
**DAYS:** Tuesdays & Thursdays  
**TIME:** 6:15 – 7:00 a.m.  
**FEE:** \$18.00 per month / \$ 9.00 per month for members or drop-in fee of \$5.00

**INSTRUCTOR:** Annette Bishop



## “Step-Up” Your Health & Tone Up with Bev

This evening exercise class with Bev is a fun way to obtain overall body fitness. She includes light weights in the routines for strength and toning, targeting all major muscle groups. Great music helps get the spirit and heart pumping! Join this friendly atmosphere and feel great as you see the results. This class is for every level of fitness with a strong focus on warm up and cool down.

**DATES:** January 2 – 30  
February 1 – 29  
**DAYS:** Mondays & Wednesdays  
**TIME:** 5:00 – 6:00 p.m.  
**FEE:** \$18.00 per month / \$9.00 per month for members or drop-in fee of \$5.00

**INSTRUCTOR:** Bev Shafer

## A.M. Water Aerobics

Come and join us in the mornings for a great workout in the water! This class promotes muscle tone and balance and it improves cardiovascular strength and endurance. Water Aerobics is low impact, effective, easy to learn and enjoyable. This class accommodates all levels of fitness. You **do not need** to know how to swim to participate.

**DATES:** January 2 – 30  
February 1 – 29  
**DAYS:** Mondays, Wednesdays & Fridays  
**TIME:** 7:00 – 7:45 a.m.  
**FEE:** \$21.00 per month / \$10.00 per month for members or drop-in fee of \$5.00

**INSTRUCTORS:** Donna Peterson / Annette Bishop

## Cardio Yoga

This program focuses on building a stronger, healthier you. Cardio Yoga provides both muscular strength and heart rate stimulation. A series of Yoga poses to tone and relax will round out the class. Penny's instruction is very clear and appropriate for all fitness levels.

**DATES:** January 3 – 31 (no class January 10 & 12)  
February 2 – 28 (no class February 7 & 9)  
March 1 – 29 (no class March 6 & 8) at Town Hall  
April 10 – 26 at Town Hall  
May 8 – 24 at Town Hall  
**DAYS:** Tuesdays & Thursdays  
**TIME:** 8:15 – 9:15 a.m.  
**FEE:** \$14.00 per month / \$7.00 per month for members or drop-in fee of \$5.00

**INSTRUCTOR:** Penny Twomey



## Evening Yoga

Join Penny for Yoga at our new, additional time slot. The series will help you build strength and tone your entire body while focusing on stretching and relaxation. It's a perfect way to end your day!

**DATES:** January 3 – 31 (no class January 10 & 12)  
February 2 – 28 (no class February 7 & 9)  
**DAYS:** Tuesdays & Thursdays  
**TIME:** 7:00 – 8:00 p.m.  
**FEE:** \$14.00 per month / \$7.00 per month for members or drop-in fee of \$5.00

**INSTRUCTOR:** Penny Twomey

## Cycling

This class is a great way to get into shape at your own pace. Our trained cycling instructors will motivate you through a fun, safe ride that simulates various terrains. This class is for all fitness levels. Bring a water bottle and be ready for a workout!! Heart rate monitors are recommended. Class size limited to 10 pre-paid students. A waiting list will be taken once class is filled.

**DATES:** January 3 – 31 (no class January 12)  
February 2 – 28 (no class February 7)  
**DAYS:** Tuesdays & Thursdays  
**TIME:** 5:30 – 6:30 p.m.  
**FEE:** \$18.00 per month / \$9.00 per month for members or drop-in fee of \$5.00

**INSTRUCTORS:** Penny Twomey / Meghan Ferguson



## Adult Volleyball

We are now offering "Adult Drop-In Volleyball" every Monday evening. This is your chance to enjoy playing volleyball with a group of adult friends. For more information call 464-0198.

**DATES:** January 9 - February 27  
**DAYS:** Mondays  
**TIME:** 6:30 – 8:30 p.m.  
**FEE:** General Admission



## Softball League Packets

Please contact the Wright Recreation Center if you are interested in forming a Men's or Co-ed Softball League. Rules, team fees and schedules are available upon request.

## Karate

AKAI RYU DOJO – (AGES 4 YEARS TO ADULT)

This is a traditional Japanese Karate class focusing on self-defense techniques. The values stressed during training are respect, discipline, obedience, hard work and self esteem. A variety of stimulating drills and skills keep the training challenging and exciting to children, yet applicable to their improvement in the art of Japanese Karate. This class will teach the fundamentals of sparring, breaking and weapons. The Martial Arts are family-oriented and parents are encouraged to participate with their children.

**DATES:** Jan. Session = Dec. 27, 29 & Jan 3, 5,  
Jan (2) Session = Jan. 24, 26, 31 & Feb. 2  
Feb. Session = Feb. 21, 23, 28 & Mar. 1  
**TIME:** Beginner Classes 4:30 p.m. – 5:30 p.m.  
Advanced Classes 5:30 p.m. – 6:30 p.m.  
**FEE:** \$25.00 single  
\$40.00 for two family members  
\$50.00 for three family members  
\$60.00 for four or more family members  
\$8.00 drop-in fee for class (No membership discounts)

**INSTRUCTOR:** John Gunnels



## Free Weight Room Policies...

- Children 6th grade and under are NOT allowed to use or to be in the Cardio/Free Weight Room.
- Children in the 7th grade through 15 years of age MUST BE accompanied by their parent or guardian to use the Cardio/Free Weight Room. It is suggested that a weight room orientation be completed.
- It is recommended that everyone lift with a partner. Lifting alone is strongly discouraged.
- No blue jeans or similar clothing are to be worn for workouts. Clean workout clothes (including a shirt) and proper gym shoes are required.
- Bench press, incline press, decline press and squats should only be attempted with spotters.
- Do not drop weights after completing a lift. **ALL WEIGHTS MUST BE PUT AWAY BEFORE LEAVING WEIGHT ROOM.**
- Anyone violating the Cardio/Free Weight Room policies will no longer be allowed to use the free weights.
- Children are **NOT** allowed to sit in the Cardio/Free Weight Room and watch television.

## Cardio Equipment Policies...

The Wright Recreation Center offers ARC Trainer, Recumbent Bike, Stairmaster, Elliptical Trainer, and two Treadmills.

- Patrons are asked to adhere to a one hour time limit on all equipment.
- Please wipe down equipment before and after use with provided sanitizer.
- Misuse of any machine may result in suspension or an indefinite dismissal from use of the facility.
- ALL EQUIPMENT IS AVAILABLE ON A FIRST COME, FIRST SERVE BASIS.

## Refund Policy...

Refunds will be issued as a credit unless the individual requests a refund in the form of a check. Refund checks will be mailed every Friday.

### FULL REFUNDS:

CCPRD will issue a **full refund** for the following:

- A class, program, or trip is cancelled by the department due to insufficient enrollment.
- A medical reason/note is provided by a doctor prior to the start of the class, program, trip or pass.
- A request by the parent or participant at least one day prior to the start of the program, class, or trip.

### PARTIAL REFUNDS:

CCPRD will issue **partial refunds** for the following:

- A medical note is provided by a doctor during the class, program, or pass (Passes include the punch pass).
- A request is made after the first meeting of the class or program and prior to the second meeting.
- No refunds will be issued after the completion of a full session, program, trip or a pass that has expired.
- No refunds on 15% Pass Sales.

**Note:** Partial refunds will be pro-rated by the amount of time remaining for the class, program, pass or punch pass. Punch passes expire one year from the date of issue. All refunds are subject to a \$2 administrative fee.

## Lower Your Health Care Costs:

buy a pass

	Adult 19 & Up	College	Jr/Sr High	Elementary & Under	Family*	Couple**	Seniors 62 & Up
<b>Daily</b>	\$4.00	\$4.00	\$3.00	\$2.50	\$10.25	N/A	Free
<b>20 Punch Card</b>	75.00	N/A	55.00	45.00	N/A	N/A	Free
<b>1 Month</b>	46.00	33.00	33.00	25.00	92.00	69.00	Free
<b>3 Month</b>	124.00	90.00	90.00	69.00	248.00	186.00	Free
<b>6 Month</b>	212.00	153.00	153.00	117.00	422.00	316.00	Free
<b>12 Month</b>	338.00	N/A	245.00	187.00	675.00	506.00	Free

Youth under 3 years of age – FREE

\*A family is defined as one or two adults living in the same household including children 18 years old and under and/or full-time college student(s) through age 21. Guardianship of children 18 years old and younger are also included. Aunts, uncles, grandparents, etc. are not included.

\*\*A couple is defined as two adults living in the same household.

# Wright Recreation Center

health fitness & friends  
recreation... the center for life!

CCPR

Campbell County  
Parks & Recreation

# 2012 WINTER ~ SPRING GUIDE

## Step-up to Health Active Minds, Healthy Nation!

## Center Hours

Monday – Friday..... 6:00 a.m. – 9:00 p.m.  
(Facility doors locked at 8:45 p.m.)  
Saturday & Sunday..... 1:00 p.m. – 5:00 p.m.  
(Facility doors locked at 4:45 p.m.)

## Holiday Hours

NEW YEAR'S DAY: January 1 ..... 1:00 p.m. – 5:00 p.m.

225 Wright Blvd. • Wright, WY 82732  
(307)464-0198 • www.ccprd.com

# Youth Program: Build Teamwork Skills

Class and Program Registrations must be turned in and payment made before a child is placed on a roster.

## Learn To Swim Program (3 Years & Older)

There will be a Pre-School class and Advanced (Levels) class offered at the Wright Recreation Center. Registration will begin one week prior to start date. Class sizes are limited and payment is required for enrollment.

**DATES:** January 4 – 26  
February 1 – 23  
**DAYS:** Wednesdays & Thursdays  
**TIMES:** 3:30 – 4:00 p.m. Guppy  
4:00 – 4:30 p.m. Polliwog & Tadpole  
4:30 – 5:00 p.m. Advanced Levels  
**FEE:** \$26.00 per session



## Play for Pre-K and K

Every Thursday morning there will be fun, creative projects, games and physical activity available for your tots ages 3 – 5. Activities will give parents and youth much needed play time. Join now and make new friends. This is a perfect time for your kids to burn off energy.

**DATES:** January 9 – 30  
February 6 – 27  
**DAYS:** Mondays  
**TIME:** 11:00 – 11:30 a.m.  
**FEE:** \$10.00 per month  
\$4.00 drop-in fee  
**INSTRUCTOR:** Annette Bishop



## Dance

These classes are a great opportunity to stay active and have fun while learning to dance. Student participation throughout the entire season is a must. September through November students learn basics and sequent movements. January through May is preparation for the dance recital. May's recital will be the season finale with lights, costumes and stage. Costumes will be ordered before December. Class sizes are limited and students must be pre-paid to enroll.

### BEGINNING BALLET (ages: 3 – 5 years):

**DATES:** January 3 - 24  
February 7 - 28  
March 6 - 27 at Town Hall  
April 3 - 24 at Town Hall  
May 1 - 22 at Town Hall with Recital on May 30  
**DAYS:** Tuesdays  
**TIME:** 3:30 – 4:00 p.m.  
**FEE:** \$25.00 per month



### INTERMEDIATE I BALLET (ages: 6 – 9 years):

**DATES:** January 4 - 25  
February 8 - 29  
March 7 - 28 at Town Hall  
April 4 - 25 at Town Hall  
May 2 - 23 at Town Hall  
with Recital on May 30  
**DAYS:** Wednesdays  
**TIME:** 3:15 – 4:00 p.m.

### JAZZ DANCE: (ages: 6 years & up)

**DATES / DAYS:** same as Intermediate I  
**TIME:** 4:00 – 5:00 p.m.

### INTERMEDIATE II BALLET (ages: 9 years & up)

**DATES/DAYS:** same as intermediate I  
**TIME:** 5:00 – 6:00 p.m.  
**FEE:** \$30.00 each for classes held on Wednesday's  
**INSTRUCTOR:** Jenny Merchant

## Indoor Nerf Flag Football

Boys and girls in 1st through 6th grade can join this program. Nerf Flag Football will be played on Tuesdays after school. This program is a fun way to work off energy during the winter months.

**REGISTRATION:** January 16 - February 17  
**LEAGUE BEGINS:** February 21 – March 20  
**DAYS:** Tuesdays (at the Recreation Center / Multipurpose Building)  
**TIME:** After school  
**FEE:** \$15.00 (no T-shirt for this activity)



## Mini Volleyball

Mini Volleyball is an instructional volleyball program for girls in grades 1 – 6. It teaches all the important skills such as serving, passing, receiving and volleying. These are all taught in an elementary form suitable for children. Each division is limited to 24 participants. Sign up early.

**REGISTRATION:** December 5 – January 2  
**LEAGUE BEGINS:** January 3 – February 9  
**DAYS:** Tuesdays & Thursdays  
**TIME:** 3:15 – 4:15 p.m. for Grades 1-3  
4:30 – 5:30 p.m. for Grades 4-6  
**FEE:** \$26.00  
**COACHES:** Robyn Trandahl / Shelly Edwards



## Outdoor Youth Soccer

All boys and girls in 1st through 6th grade are eligible to join this program. Players will learn the soccer basics like passing, dribbling, shooting goals and team play. Each child must have his or her own shin guards and appropriate clothing for all types of weather conditions. Bring your own water bottle to soccer games and practices.

**REGISTRATION:** March 5 – April 2  
**LEAGUE BEGINS:** April 10 – May 21 at the Ballfield Complex  
**DAYS:** Mondays for Grades 1-3  
Tuesdays for Grades 4-6 (THURSDAYS WILL BE USED FOR MAKE-UP GAMES)  
**TIME:** After school  
**FEE:** \$22.00



# Staff...

Annette Bishop ..... Recreation Program Supervisor  
Joey Mullins ..... Recreation Desk Supervisor  
Coretta Mills ..... Custodian  
Ina Driskell ..... Receptionist  
Betty Nolte ..... Receptionist  
Donna Peterson ..... Receptionist  
Sherry Morgan ..... Receptionist  
Vicki Mills ..... Receptionist  
Kay Bennett ..... Gym Supervisor

**LIFEGUARDS:** Jonna Banks, Matt Ott, Michaela Gonzales, Chambrie Lawrence, Jenna Sneed, Andrew Apodaca

**INSTRUCTORS:** Penny Twomey, Annette Bishop, John Gunnels, Bev Shafer, Holly Rexroat, Meghan Ferguson, Jenny Merchant

# Special Events...

## "YELLOW FELLOW" FLOAT DAY

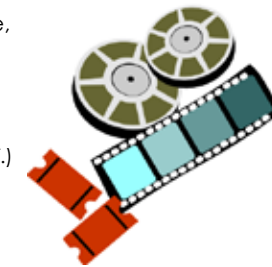
Spend the day away from school swimming with "Yellow Fellow". The giant inflatable submarine will be in the pool for your enjoyment from 3:00 - 4:00 p.m.  
**DATE:** Monday, January 16  
**TIME:** 1:00 - 4:00 p.m.  
**SUBMARINE:** 3:00 - 4:00 p.m.  
**FEE:** General Admission



## Dive-In Movie (grades 1 – 6)

Kids are out early...come to the Wright Recreation Center and enjoy the pool and watch a movie on the big screen. The Wright Recreation staff will turn the pool lights down low. The title of the movie will be announced the week of the Dive-In. The fee includes the movie, pool use and a bag of popcorn.

**DATE:** Wednesday, February 15  
**TIME:** 1:30 – 3:30 p.m.  
**FEE:** \$4.00  
(MEMBERSHIP AND PASSES CANNOT BE USED FOR THIS EVENT.)



## Youth Boys and Girls Basketball Jamboree

Join us for an afternoon of basketball fun! Boys and girls in grades 1 - 6 will enjoy basic basketball skills, drills, and games.

**DATE:** Friday, February 24  
**TIME:** 1:00 - 2:00 p.m. for grades 1-3  
2:00 - 3:00 p.m. for grades 4-6  
**FEE:** General Admission



# Aquatic Programs...

## January & February 2012

**Lap Swim:** Designed for all ages as long as the swimmer can swim the length of the pool.  
Monday – Friday:  
6:00 a.m. – 7:45 a.m.  
Monday – Thursday:  
5:00 p.m. – 8:00 p.m.  
**A lap lane will be put in the pool for lap swimmers during open swim hours!**



**Open Swimming:** An unstructured swim for all ages. Children under 42 inches tall must be accompanied in the water by someone at least 12 years of age. Parents MUST accompany children 5 years and younger in the pool.  
Monday – Thursday:  
6:00 p.m. – 8:00 p.m.  
Saturday & Sunday:  
1:00 p.m. – 4:00 p.m.

## Special Open Swim Hours: 1:00 – 4:00 P.M.

Monday, January 2  
Monday, February 20

# Enrichment Classes...

## Lunch Box Bonanza

If you find yourself running out of ideas when it comes to putting variety in a lunch box; this is the class for you. Let our instructor, Holly Rexroat, demonstrate the many solutions for the adult and child lunch box.

**DATE:** Tuesday, January 10  
**SESSION 1:** 9:00 a.m. – 10:00 a.m. at Town Hall  
**SESSION 2:** 6:30 p.m. – 7:30 p.m. at the Multipurpose Building  
**FEE:** \$15.00 each session

## Learn To Cook --Italian

An excellent Alfredo Sauce and a Red Sauce are the basics of good Italian food. Learn how to prepare and use both sauces in a variety of recipes. Holly will also teach participants how to make noodles best suited for each type of sauce.

**DATE:** Tuesday, February 7  
**SESSION I:** 9:00 – 10:00 a.m. at Town Hall  
6:30 - 7:30 p.m. at the Multipurpose Building  
**SESSION II:** at the Multipurpose Building  
**FEE:** \$15.00 each session



## Bread Made Easy

Our instructor will teach participants the tricks to making Cibatta, No-Knead Artisan, American or Multi-Grain bread. Nothing beats the aroma of homemade bread baking in the oven.

**DATE:** Tuesday, March 6  
**SESSION I:** 9:00 – 10:00 a.m. at Town Hall  
**SESSION II:** 6:30 – 7:30 p.m. at the Multipurpose Building  
**FEE:** \$15.00 each session

## Scrapbooking with Photos

This is a perfect opportunity to learn tips on how to take photos with the intent to scrapbook. Holly will also give instruction on creating a scrapbook page using basic art rules to accent your photography.

**DATE:** Tuesday, April 17  
**TIME:** 9:00 a.m. - 10:00 a.m. at Town Hall  
**FEE:** \$15.00

