

ADULT PROGRAMS: “Exercise releases a natural body drug: Endorphins!”

MORNING WATER EXERCISE

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

DATES: January 3 – 31	DAYS: Monday & Wednesday
February 5 – 28	TIME: 6:00 - 6:45 a.m.
March 5 – 28	INSTRUCTOR: Jennifer Johnson
April 9 – 30	FEE: No charge for patrons with passes.
May 2 – 25	\$5.00 for patrons without a pass.

YOGA

Yoga focuses on building a stronger, healthier you by providing both muscular strength and heart rate stimulation. A series of poses to stretch and relax the body will round out the class allowing you proper cool down post workout. Penny’s instruction is very clear and appropriate for all fitness levels.

DATES: January 3 – 31	DAYS: Monday & Wednesday
February 5 – 28	TIME: 8:15 - 9:15 a.m.
March 5 – 28	INSTRUCTOR: Penny Twomey
April 2 – 30	FEE: No charge for patrons with passes.
May 2 – 23	\$5.00 for patrons without a pass.

HIIT

High Intensity Interval Training (HIIT) is a type of workout that alternates short bursts of intense exercise with low intensity or rest periods. This class is a surefire way to get your heart rate up while torching calories, burning fat and toning muscle. Classes are typically less than 30 minutes long and can burn more calories than an hour in the cardio room.

DATES: January 3 – 31	DAYS: Monday, Wednesday & Thursday
February 1 – 28	TIME: 10:00 - 10:30 a.m.
March 1 – 29	INSTRUCTOR: Jamye Worman
April 9 – 30	FEE: No charge for patrons with passes.
May 2 – 31	\$5.00 for patrons without a pass.



ZUMBA

This Latin-inspired dance workout redefines cardio in an energetic, safe and fun way. Certified instructor, Janeen, provides a total body workout while keeping you engaged, challenged, having fun and wanting to come back!

DATES: January 3 – 31	DAYS: Monday & Wednesday
February 5 – 28	TIME: 4:00 - 5:00 p.m.
March 5 – 28	INSTRUCTOR: Janeen Bissey
April 2 – 30	FEE: No charge for patrons with passes.
May 2 – 16	\$5.00 for patrons without a pass.
(5:30 - 6:30 p.m.)	

CYCLING

This 30 minute cycling class is a great way to get in shape or take your fitness to another level. Our certified instructor will take you through a fat burning warm up, cardio workout and full cool down to prevent injuries and relieve soreness. Be ready for a great workout!

DATES: January 3 – 31	DAYS: Monday & Wednesday
February 5 – 28	TIME: 5:15 - 5:45 p.m.
March 5 – 28	INSTRUCTOR: Penny Twomey
April 2 – 30	FEE: No charge for patrons with passes.
May 2 – 23	\$5.00 for patrons without a pass.

PIYO LIVE

PiYo is a strength based format, inspired by Yoga and Pilates, which can be modified to any fitness level. You will feel great as you see the results of a fit and strong body. Workouts include: warm-up/heat building, strength, flow & balance, core focus and flexibility.

DATES: January 2 – 30	DAYS: Tuesday & Thursday
February 1 – 27	TIME: 8:15 – 9:15 a.m.
March 1 – 29	INSTRUCTOR: Penny Twomey
April 2 – 26	FEE: No charge for patrons with passes.
May 1 – 24	\$5.00 for patrons without a pass.

P90X

P90X will take you through a total body workout that will keep your body guessing with a variety of strength training moves, cardio conditioning and core work. The perfect combination for a 50 minute class.

DATES: January 2 – 30	DAYS: Tuesday
February 6 – 27	TIME: 9:30 - 10:30 a.m.
March 6 – 27	INSTRUCTOR: Robie Kimball
April 3 – 24	FEE: No charge for patrons with passes.
May 1 – 29	\$5.00 for patrons without a pass.

DEFINE AND ALIGN

This class will combine the use of a weighted bar and dumbbells to develop muscle tone, core strength, stability and overall body fitness. Janeen will guide you with proper lifting technique to tone and tighten and before you know it you’ll be getting fit and your energy level will be soaring!

DATES: January 2 – 30	DAYS: Tuesday & Thursday
February 1 – 27	TIME: 4:00 – 5:00 p.m.
March 1 – 29	INSTRUCTOR: Janeen Bissey
April 2 – 26	FEE: No charge for patrons with passes.
May 1 – 17	\$5.00 for patrons without a pass.
(5:30 - 6:30 p.m.)	

EVENING YOGA

Penny will lead you through an evening yoga workout that will get your heart rate up and muscles burning, all while destressing from the day. The class will wrap up with a cool down to stretch your muscles and allow your body to relax. Evening yoga is a great class for any fitness level.

DATES: January 2 – 30	DAYS: Tuesday & Thursday
February 1 – 27	TIME: 5:15 - 5:45 p.m.
March 1 – 29	INSTRUCTOR: Penny Twomey
April 9 – 26	FEE: No charge for patrons with passes.
May 1 – 24	\$5.00 for patrons without a pass.
(6:45 - 7:15 p.m.)	

CIRCUIT TRAINING

This high intensity class mixes traditional calisthenics and body weight exercise with interval training and strengthening. Jen will lead you through this exercise class for total body fitness. All fitness levels are encouraged to participate.

DATES: January 2 – 30	DAYS: Tuesday & Thursday
February 1 – 27	TIME: 5:45 - 6:45 p.m.
March 1 – 29	INSTRUCTOR: Jennifer Johnson
April 10 – 26	FEE: No charge for patrons with passes.
May 1 – 24	\$5.00 for patrons without a pass.

CORE DE FORCE

This is more than a typical cardio class, it’s an empowering core forced workout, inspired by the highest-octane sport in the world... mixed martial arts and kickboxing.

DATES: January 5 – 26	DAYS: Friday
February 2 – 23	TIME: 9:00 - 10:00 a.m.
March 2 – 30	INSTRUCTOR: Robie Kimball
April 6 – 27	FEE: No charge for patrons with passes.
May 4 – 25	\$5.00 for patrons without a pass.

COUNTRY HEAT

Country dance inspired workout that’s unlike any other workout you’ve tried. Every class is packed with your favorite country hits and simple steps for a fun filled, calorie scorching, good time.

DATES: January 6 – 27	DAYS: Saturday
February 3 – 24	TIME: 1:00 - 2:00 p.m.
March 3 – 31	INSTRUCTOR: Robie Kimball
April 7 – 28	FEE: No charge for patrons with passes.
May 5 – 26	\$5.00 for patrons without a pass.

ADULT VOLLEYBALL

This is your chance to enjoy playing volleyball with your **adult** friends. For more information call 464-0580.

DATES: January 2 – May 29	DAY: Tuesday
TIME: 6:30 - 8:30 p.m.	FEE: General Admission

Personal Training

Personal training is individual, specialized training with our certified trainer. People work with trainers for many reasons ranging from injury recovery or health ailments, to fat loss and muscle gain. Sessions with a trainer are designed specifically with your fitness goals in mind. Sessions are typically no longer than an hour and scheduled around your availability.

Everyone can benefit from a personal trainer regardless of age, gender, exercise history or level of fitness. Jen safely challenges and motivates participants to reach all levels of fitness goals by providing a well-rounded, functional exercise program.

PERSONAL TRAINER: Jennifer Johnson	NCSF, CPT
SESSION FEES: 4 Sessions	\$120
8 Sessions	\$240

* NO refunds will be issued for Personal Training
 ** All personal training sessions EXPIRE 6 months after 1st session is completed

Free Weight and Cardio Room Policies

1. Anyone 16 years of age or older may use the Free Weight and Cardio rooms unsupervised.
2. Youth in 7th grade through age 15 must be accompanied by a parent or guardian to use the Free Weight and Cardio rooms.
3. It is recommended that everyone lift with a partner. Lifting alone is strongly discouraged.
4. No blue jeans or similar clothing are to be worn for workouts. Clean workout clothes and proper gym shoes are required. A shirt must be worn at all times while in the gymnasium, free weight, cardio and fitness rooms.
5. Bench press, incline press, decline press and squats should only be attempted with spotters.
6. Do not drop weights after completing a lift. **ALL WEIGHTS MUST BE PUT AWAY BEFORE LEAVING WEIGHT ROOM AREA.**
7. It is strongly recommended that you wipe down equipment before and after each use with provided sanitizer.
8. Anyone violating the Cardio/Weight Room policies will no longer be allowed to use the Free Weight and Cardio rooms.
9. Children are NOT allowed in Weight Room, and NOT allowed to sit and watch television in the Cardio Room.

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:

- CCPR 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:

- CCPR will issue **partial refunds** for the following:
- A medical note is provided by a doctor during the class program or pass (including 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 completion of a full session, program, trip or pass that has expired.
 - No Refunds on 15% Pass Sale.

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. Refunds are subject to a \$2 administrative fee.

Facility Use Rules

1. Everyone must check in at the control desk.
2. The facility doors will be locked 15 minutes prior to closing.
3. Boots or muddy shoes are not allowed in the facility. Clean shoes must be worn at all times.
4. Smoking and tobacco products, including e-cigarettes, are not allowed in or near the facility.
5. Hanging on rims or nets is strictly prohibited.
6. Youth under 8 years must be under constant supervision by someone 12 years old or older.
7. The facility is considered family oriented. Obscene language, gestures, clothing and participants under the influence of alcohol or drugs will NOT be tolerated.
8. Consumption of food and drinks will be allowed in designated areas only. Only beverages in an enclosed, screw cap container are allowed. Glass containers of any kind are prohibited.
9. Only employees of CCPR are authorized to provide training, instruction or lessons on premises owned by CCPR.
10. Campbell County Parks and Recreation (CCPR) reserves the right to use photographs, videotaped images, quotes/comments and names for publicity and educational purposes in any and all publications and media without limit or reservation.
11. Bicycles, roller blades, skateboards, scooters or pets (trained assist animals excluded) are not permitted inside the facility. Softballs, baseballs and footballs are not permitted in the gymnasium.
12. The use of Wright Recreation Center facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely.
13. No scooters or skateboarding on Recreation Center entrances, stairs or parking lots.



WRIGHT RECREATION CENTER

2018 WINTER/SPRING *Guide*

CENTER HOURS

Monday - Friday 6:00 a.m. - 9:00 p.m.
Facility doors locked at 8:45 p.m.

Saturday 12:00 p.m. - 5:00 p.m.
Facility doors locked at 4:45 p.m.

Sunday 1:00 p.m. - 5:00 p.m.
Facility doors locked at 4:45 p.m.

HOLIDAY HOURS

New Year’s Eve, Sunday, December 31 1:00 p.m. - 5:00 p.m.

New Year’s Day, Monday, January 1 1:00 p.m. - 5:00 p.m.

Easter, Sunday, April 1 CLOSED

Memorial Day, Monday, May 28 1:00 p.m. - 5:00 p.m.

LAP SWIM / WATER WALK ONLY

Designed for all ages, provided the swimmer can swim the length of the pool.

Monday - Friday 6:00 a.m. – 7:45 a.m.

Monday - Friday 12:00 p.m. – 1:00 p.m.

OPEN POOL HOURS

An unstructured swim for all ages.

Monday – Thursday 4:00 p.m. – 8:00 p.m.

Saturday & Sunday 1:00 p.m. – 4:00 p.m.



225 WRIGHT BLVD. • WRIGHT, WY 82732

307- 464 - 0580

www.ccgov.net/337/Parks-Recreation

YOUTH PROGRAMS: Build Teamwork Skills

CLASS AND PROGRAM REGISTRATIONS MUST BE TURNED IN AND PAYMENT MADE BEFORE A CHILD IS PLACED ON A ROSTER.

DANCE

Miss Jenny's classes are a great opportunity to stay active and have fun while learning to dance. January through May is preparation for the dance recital so student participation throughout the entire season is required. The recital will be the season finale on stage with lights and costumes on April 28. Costumes will be ordered in January with payment due to Miss Jenny the first class in January. Monthly dance payments are due before the 15th of each month.

MOMMY & ME BALLET: (Ages: under 3)

DATES: January 9 – 30
February 6 – 27
March 6 – 27
April 10 – 24
Recital on April 28 (extra rehearsals the week of Recital)

DAY: Tuesday

TIME: 5:15 – 5:45 p.m.

FEE: \$30.00 per month

BEGINNING BALLET: (Ages: 3 - 5 years)

DATES: January 9 – 30
February 6 – 27
March 6 – 27
April 10 – 24
Recital on April 28 (extra rehearsals the week of Recital)

DAY: Tuesday

TIME: 3:15 – 3:45 p.m.

FEE: \$30.00 per month

INTERMEDIATE I CLASSES: (Ages: 5 - 7 years)

DATES: January 9 – 30
February 6 – 27
March 6 – 27
April 10 – 24
Recital on April 28 (extra rehearsals the week of Recital)

DAY: Tuesday

BALLET: 3:45 – 4:30 p.m.

JAZZ: 4:30 – 5:15 p.m.

INTERMEDIATE II CLASSES: (Ages: 8 years & up)

DATES: January 10 – 31
February 7 – 28
March 7 – 28
April 11 – 25
Recital on April 28 (extra rehearsals the week of Recital)

DAY: Wednesday

BALLET: 3:30 – 4:30 p.m.

JAZZ: 4:30 – 5:30 p.m.

FEE: \$35.00 per month for all Intermediate classes
\$15.00 per month for the same individual to join a 2nd class

INSTRUCTOR: Jenny Merchant

*NOTE: Wednesday Dance classes will be held at the normal times on the Monday before each early release day.
Class dates: February 5th (instead of 7th) & March 5th (instead of 7th).



JUNIOR ZUMBA

Come get moving after school! Janeen welcomes youth ages 3 - 16 to a modified Zumba class just for them. They will have a blast dancing and moving to great music...not even realizing they had a workout!

DATES: January 1 – 29
February 5 – 26

DAY: Monday

TIME: 3:30 - 4:00 p.m.

INSTRUCTOR: Janeen Bissey

FEE: No charge for patrons with passes
Drop-in fee for patrons without a pass

MINI VOLLEYBALL* (1ST - 6TH GRADE)

Mini Volleyball is an instructional volleyball program for girls 1st through 6th grade. It teaches important skills such as serving, passing, receiving and volleying. These skills are taught in an elementary form by well qualified coaches and players. Each age division is limited to 20 participants. Sign up early!

REGISTRATION: December 4, 2017 - January 5, 2018

PRACTICE BEGINS: January 9 - February 15

DAYS: Tuesday & Thursday

TIMES: 3:30 – 4:15 p.m. (Grades 1st-3rd)
4:30 – 5:30 p.m. (Grades 4th-6th)

FEE: \$28.00

INSTRUCTOR: Sarah Seamands & Robyn Trandahl

INDOOR NERF FOOTBALL* (1ST - 6TH GRADE)

Nerf football is a great way to utilize the offseason to improve your fundamentals and skills for fall football, all while having fun in a team setting. Boys and girls in 1st through 6th grade are encouraged to register for this program.

REGISTRATION: January 22 - February 19

LEAGUE BEGINS: February 27 - March 27

DAYS: Tuesday

TIME: 3:15 – 4:15 p.m.

FEE: \$24.00

OUTDOOR YOUTH SOCCER* (1ST - 6TH GRADE)

Players will learn soccer basics including 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 games and practices.

REGISTRATION: February 26 - March 26

LEAGUE BEGINS: April 9 - May 8 at the Ballfield Complex

DAYS: Monday for Grades 1st-3rd (No soccer on April 23; this make-up day will be Thursday, April 26)
Tuesday for Grades 4th-6th

TIME: 3:15 – 4:15 p.m.

FEE: \$24.00

EASTER EGG HUNT - SATURDAY, MARCH 24

The Wright Recreation Center and the Wright Branch Library will join together for the annual Easter Egg Hunt. It will be held at **10:00 A.M. SHARP** at Gibson Memorial Park next to the Library.

Ages 2 – 9 are welcome. Dress for inclement weather. Admission is free and don't forget your camera!

WRIGHT BASKETBALL SKILLS CAMP

This skills camp provides an opportunity to improve individual fundamentals in the game of basketball. Boys and girls will learn drills, skills and the philosophy of basketball; all taught by Coach Neely and his experienced staff.

GRADES: K – 5th

WHEN: May 23 (K-2nd: 3:30- 5:30 p.m.)
3rd-5th: 6:00-8:00 p.m.)
May 24 & 25 (K-2nd: 8:15-10:15 a.m.)
(3rd-5th: 10:30 a.m.-12:30 p.m.)

WHERE: Wright Recreation Center Gymnasium

GRADES: 6th – 12th

WHEN: May 29-31 (Grades 6th-8th: 8:30-11:30 a.m.)
(Grades 9th-12th: 12:30-3:30 p.m.)

WHERE: Wright Jr/Sr High School

TUITION: \$10.00 per person includes shirt
(All monies are paid at WJSHS)

*These activities are available for online registration

ONLINE REGISTRATION FOR ACTIVITIES

The Wright Recreation Center offers online registration for select activities. You must have a username and password to access WebTrac. To obtain a username or password please visit the control desk or call 464-0580.



You can access online registration by visiting our website at www.ccgov.net/337/Parks-Recreation or directly at <https://webtrac.ccgov.net>.

Be sure to choose activities that begin with Wright. Registration begins on the listed date at 6:00 a.m.

Patrons will not be able to complete purchases over the phone.

AQUATICS

LEARN TO SWIM PROGRAM* (4 YEARS OR OLDER)

There will be a Pre-School (4 or 5 years old) and Levels (6 or older) classes offered at the Wright Recreation Center. **Registration will begin one week prior to start date. Phone registrations will NOT be accepted.**

Class sizes are limited and payment is required for enrollment.

SESSION 1: January 8 – 31 (registration begins Jan. 2 @ 6:00 a.m.)

NO class on Jan. 15. This will be held Thursday, Jan. 18 at normal times.

- 3:15 – 3:45 p.m. Guppy
- 3:45 – 4:15 p.m. Polliwog
- 4:15 – 4:45 p.m. Tadpole

DAYS: Monday & Wednesday

SESSION 2: February 5 – 22 (registration begins Jan. 29 @ 6:00 a.m.)

NO class on Feb. 19. This will be held Thursday, Feb. 22 at normal times.

- 3:15 – 3:45 p.m. Parent & Child
- 3:45 – 4:15 p.m. Levels 1 & 2
- 4:15 – 4:45 p.m. Levels 3 & 4

DAYS: Monday, Wednesday & Thursday

SESSION 3: March 5 – 28 (registration begins Feb. 26 @ 6:00 a.m.)

- 3:15 – 3:45 p.m. Guppy
- 3:45 – 4:15 p.m. Polliwog
- 4:15 – 4:45 p.m. Tadpole

DAYS: Monday & Wednesday

FEE: \$38.00 per session

WATER-PARK LIFEGUARD TRAINING

Looking for a job? American Red Cross Lifeguard training at the Wright Recreation Center is the perfect place to start. Lifeguarding is a great opportunity to work as part of a team and help patrons enjoy the water. You may even save a life!

Prerequisites: Swim 300 yards continuously using front crawl with rhythmic breathing and breast stroke, 2 minute tread using no hands, 20 yard swim with your face out of water using front crawl or breast stroke, surface dive 7-10 feet to retrieve a 10 pound brick and swim 20 yards to the starting point and exit the water with the brick.

The prerequisites must be done by appointment with Jason.

Continuation of the class requires successful completion of the prerequisites and full attendance to the class.

DATES: TBA • **PLACE:** Wright Recreation Center • **FEE:** \$135.00

PARENT AND CHILD SWIM

Come enjoy the zero depth area of our pool with your little one. This dedicated pool time is for children 5 years old and younger with their parents. This is a perfect opportunity to socialize with other families while having fun. Parents must accompany their children in the water and stay in the zero depth area.

DATES: January 6 - April 27 • **DAY:** Friday • **TIME:** 9:00 - 10:00 a.m.
FEE: General Admission

Lower Your Healthcare Costs

	BUY A PASS						
	Adult 19 & Up	College	Jr./Sr. High	Elementary & Under	Family*	Couple**	Seniors 62 & Up
DAILY	\$5.00	\$5.00	\$3.50	\$3.00	\$11.00	N/A	FREE
20 Punch Card	\$86.00	N/A	\$61.00	\$50.00	N/A	N/A	FREE
1 Month	\$53.00	\$38.00	\$38.00	\$29.00	\$106.00	\$79.00	FREE
3 Months	\$143.00	\$104.00	\$104.00	\$79.00	\$285.00	\$214.00	FREE
6 Months	\$244.00	\$176.00	\$176.00	\$135.00	\$485.00	\$363.00	FREE
12 Months	\$389.00	N/A	\$282.00	\$215.00	\$776.00	\$582.00	FREE

YOUTH AGES 1 & 2 ARE 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 23. 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.

*** 20 punch cards will expire 1 year from the date of purchase.

POOL AREA RULES

1. Children under the age of 5 must be accompanied in the water by an adult at all times.
2. Children 5, 6 & 7 years old must have an adult on the pool deck at all times. If a child 5 years or older has a life jacket on, they can be in the zero depth up to the third line with a parent on deck. If a child 5 years or older has a life jacket on and they go into the current channel, lily pads or lap pool, they must have someone 12 years or older within arm's length away at all times.
3. Proper swimming attire must be worn at all times.
4. All participants must shower prior to entering the pool or hot tub.
5. All hot tub users must be 16 years of age or older. **NO exceptions** and you may be asked to show proof of age.

LAP SWIM / WATER WALK ONLY

Monday - Friday6:00 a.m. – 7:45 a.m.
Monday - Friday12:00 p.m. – 1:00 p.m.

OPEN POOL HOURS

Monday – Thursday.....4:00 p.m. – 8:00 p.m.
Saturday & Sunday1:00 p.m. – 4:00 p.m.

SPECIAL OPEN POOL HOURS: 1:30 - 4:00 P.M.

January: 1-2 & 15
February: 7 & 19
March: 7
April: 2-6 & 23
May: 2 & 23-31



BIRTHDAY PARTIES

Have your child's next Birthday Party at the Wright Recreation Center for a fun filled afternoon of swimming. The Party Room is available on Saturday and Sunday from 1-4 p.m. and weeknights from 5-8 p.m. Reservations **MUST** be made one week in advance.

Parties are limited to 15 children with a total attendance of 30.

FEE: \$80.00

Administrative/Supervisory Staff

Jason LembkeRecreation Program Supervisor
Katie Pearson Recreation Desk Supervisor
Jori Banks Recreation Desk Assistant II
Coretta Mills.Custodian
Laice RohrerCustodian
Jennifer GibbsReceptionist
Andrea HowlettReceptionist
Jennifer Johnson.....Receptionist
Michaela KelloughReceptionist
Ginger King.....Receptionist
Kylee KnightReceptionist
Betty Nolte.....Receptionist
Heather NolteReceptionist
Melissa SeegerReceptionist
Debora SmithReceptionist
Diana TretoReceptionist

Lifeguards

Shelby Apodaca
Preston Beck
Grace Gregory
Sydney Harlow
Riley Langston
Grace Roth
Kate Roth
Cody Thompson

Instructors

Janeen Bissey
Jennifer Johnson
Robie Kimball
Jenny Merchant
Penny Twomey
Jamye Worman