AM Water Aerobics
Tighten and tone your muscles with little to no impact on your joints. Colette will take you through a blend of cardio and resistance training in the pool. This workout is great for all ages and you do not have to know how to swim to join.

Dates: January 6 – 29
February 3 – 26
March 2 – 30
April 1 – 29
May 4 – 20

Time: Monday & Wednesday
Day: 6 – 6:40 a.m.
Fee: No charge for patrons with passes
$5.00 for patrons without a pass

Instructor: Colette Bertrand

Yoga
Build a stronger, healthier you. Yoga provides both muscular strength and heart rate stimulation. Each month you have the option to weigh in, which will measure body mass and age, fat and muscular percentages, visceral fat and resting metabolism. Penny's instruction is very clear and appropriate for all fitness levels.

Dates: January 6 – 30
February 3 – 26
March 2 – 30
April 1 – 29
May 4 – 27

Time: Monday & Wednesday
Day: 7:45 - 9:45 a.m.
Fee: No charge for patrons with passes
$5.00 for patrons without a pass

Instructor: Penny Twomey

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 6 – 29
February 3 – 26
March 2 – 30
April 1 – 29

Time: Monday - Thursday
Day: 6 – 6:30 p.m (Mon. & Wed.)
Fee: No charge for patrons with passes
$5.00 for patrons without a pass

Instructor: Jamye Worman

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

Dates: January 6 – 29
February 3 – 26
March 2 – 30
April 1 – 29

Time: Monday & Wednesday
Day: 10 – 10:30 a.m. (Tues. & Thur.)
Fee: No charge for patrons with passes
$3.50 for patrons without a pass

Instructor: Janene Bissey

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 6 – 29
February 3 – 26
March 2 – 30
April 1 – 29

Time: Monday & Wednesday
Day: 5:30 – 6 p.m.
Fee: No charge for patrons with passes
$3.00 for patrons without a pass

Instructor: Penny Twomey

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Administered/Supervisory Staff

Jason Lemke .......... Recreation Program Supervisor
Katie Pearson .......... Recreation Desk Supervisor
Andrea Losley .......... Recreation Desk Assistant II
Coreta Mills .......... Custodian
Deb Dryer .......... Receptionist
Carrie Gueller .......... Receptionist
Jennifer Johnson .......... Receptionist
Ginger King .......... Receptionist
Riley Langston .......... Receptionist
Heather Nolle .......... Receptionist
Debra Smith .......... Receptionist
Kayla Strickland .......... Receptionist
Robyn Tandahl .......... Receptionist
Taylor Woolsey .......... Receptionist

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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. Jon sadly challenges and motivates participants to reach all levels of fitness goals by providing a well-rounded, functional exercise program.

Personal Trainer: Jennifer Johnson

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Lifeguards

Perry Benedict
Hunter Ferguson
Jacob Goodrich
Riley Langston
Ethan Mack
Braxton Quiroz

Roland Schofield
Hannah Strobl
Joslyn Strohschein
Kaden Tescher
Cody Thompson
Heidi Thompson
Levi Thompson

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Guide

Lower Your Healthcare Costs

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<th>E-Grade $/Up</th>
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Dates:

January 6 – May 26

* A family is defined as one or two adults living in the same household including children 18 years old and younger and full-time college student(s) through age 23. Guardianship of children 18 years old and younger are also included. Senior citizens, grandparents, etc. are not included.

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

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Wright Recreation Center
2020 Winter/Spring Guide

Facility Hours

Monday – Friday ..... 6 a.m. – 9 p.m.
Facility doors locked at 8:45 p.m.
Saturday ...... 12 p.m. – 5 p.m.
Facility doors locked at 8:45 p.m.
Sunday .... 1 p.m. – 5 p.m.
Facility doors locked at 4:45 p.m.

Holiday Hours

New Year’s Eve, Tuesday, December 31 ..... 6 a.m. – 5 p.m.
New Year’s Day, Wednesday, January 1 ..... 1 p.m. – 5 p.m.
Easter, Sunday, April 12 ..... Closed
Memorial Day, Monday, May 25 ..... 1 p.m. – 5 p.m.

Open Pool Hours

An unstructured swim for all ages
Monday – Friday ..... .6 a.m. – 7:30 a.m.
Monday – Friday ..... 12 p.m. – 1 p.m.

Lap Swim / Water Walk only

Designed for all ages, provided the swimmer can swim the length of the pool
Monday – Friday ..... 6 a.m. – 7:30 a.m.
Monday – Friday ..... 12 p.m. – 1 p.m.

225 Wright Blvd. - Wright, WY 82732
307 - 464 - 0580
www.ccgov.net/337/Parks-Recreation


Aquatics

Wright Recreation Center Swim lessons are not currently being offered. We apologize for any inconvenience.

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: Be able to swim 50 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 completed by appointment with Jason. Call 464-0580 for more information and to make an appointment. 

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

Dates: TBA

Place: Wright Recreation Center

Fee: $140.00

Tol Splash

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

Dates: January 3 - May 15

Day: Friday

Time: 11:00 a.m. - 12:00 p.m.

Fee: $3.00 drop for both

Pool Area Rules

• Children under the age of 5 must be accompanied by an adult in the water at all times

• Children 5, 6 or 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 on 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, lappy pad or lap pool, they must have someone swimming 20 years old or within arm's length away at all times

• Proper swimming attire must be worn at all times.

• All participants must shower prior to entering the pool or hot tub

• All hot tubs must be 16 years of age or older. No exceptions and you may be asked to disrobe if proof of age.

Online Registration For Activities

The Wright Recreation Center offers online registration for select activities. You must have an account to register and must be in the form of a check or to the credit card used. All refunds for cash or check transaction will be refunded by the C.T. Treasurer’s office and will be mailed the following Friday. 

“I do not attend classes for which I am registered, but I do not want to be on the Pre-K roster now. If there is not a complete Wright team, I would like to be placed on a roster. I am willing to participate if I am placed.”

Drop ins will not receive t-shirt and are not available for online registration

Tuition: $10.00 per person includes shirt

*These activities are available for online registration

Special Events

Easter Egg Hunt - Saturday, April 4

Join the Wright Recreation Center and Wright Branch Library for the annual Easter Egg Hunt. This free event will be held at 10:00 A.M. sharp at Gibson Memorial Park next to the Library. Children 9 years and younger will be divided into 4 age groups to hunt plastic eggs and candy. The Easter Bunny will make a special visit, be sure to bring your cameras and dress for inclement weather.

Birthday Parties

Have your child’s next birthday party at the Wright Recreation Center for a fun filled day of swimming and recreation. The party room is available on Friday, Saturday and Sunday from 1 - 4 p.m. and Monday through Thursday from 4 - 5 p.m. 

Reservations must be made 2 weeks in advance. Parties are limited to 15 children with a total attendance of 30. 

Fee: $200.00

Facility Use Rules

1. Entrance must check in at the control desk.

2. The facility will be locked 15 minutes prior to closing.

3. Boys and girls' showers are not allowed in the facility. Check showers 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 sets is strictly prohibited.

6. Youth under 8 years must be under constant supervision by someone 12 years or older.

7. The facility is considered family oriented. Obscene language, gestures, clothing and participation in activities that contribute to an immersive environment is strictly prohibited.

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. A $15 administrative fee will be deducted from the refund. Exceptions – Same day refunds will be issued back in the form of original payment.

FREE Weights and Cardio Room Policies

1. Anyone 16 years of age or older may use the Free Weight and Cardio rooms unsupervised.

2. Use of the male and female locker rooms is provided by a point system. Points earned at the Wright Free Weight and Cardio rooms.

3. A member of the facility may be accompanied by one guest. A point system is strongly encouraged.

4. No bag or shoes 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, and proper attire is mandatory.

5. No skateboards, scooters or long boards will be allowed to ride into the facility.

6. No skateboards, scooters or long boards will be allowed in the facility.

7. No outdoor shoes will be permitted on the pool deck.

8. All water, juices, sodas, pop, peanuts or candy may be consumed only within the facility.

9. Ice cream, sundaes, shakes etc. are not allowed in the facility. 

10. Campbell County Parks and Recreation (CCPR) reserves the right to use photographs, videotape images, quotes/comments and names for publicity and educational purposes in any and all publications and media without limit or reservation.

11. Any customer paying for a participation program, class or event is responsible for program, class or event. Non-participants shall not be allowed in the program, class or event.

12. The Wright Recreation Center facilities are not ideal for children and patrons are expected to be good citizens and respect the rights of others. Individuals should engage in activities that are not a danger to self or others.

13. No skateboards or scooters are allowed on the facility premises.

14. No ice cream, sundaes, shakes etc. are not allowed in the facility.

15. Noaresistant or nontransferable behaviors may be accepted as free access to facilities available or modified rules.

16. No pets or skateboards are allowed in the facility.