

# Special Events

## Family Fun Night

Join us as we kick off the school year with fun for the whole family with food, games, fitness classes, door prizes, swimming and more.

**Day** ..... Thursday, August 23  
**Time** ..... 5 – 7 p.m.  
**Fee** ..... \$5.00 per person  
(memberships and passes cannot be used for this event)

## Free Fitness Night

**Tuesday, August 28 from 5 – 7 p.m.**

Come preview one or all of the fitness classes offered this fall for free. There will be plenty of fun getting to know the instructors, great workouts and lots of giveaways.

## Preschool Halloween Party

**Friday, October 26 from 1 – 2 p.m.**

Celebrate Halloween at the Wright Recreation Center. The annual preschool Halloween party will be packed with lots of fun, games, treats and prizes for the little ones. Have the kids dress up in their favorite costume and come join the party. There is no charge for this event.

## Teenage Dodgeball and Pizza Night

**Sponsored by Papa John's**

Calling all Wright Jr/Sr High students...This night of fun is just for you! Come join your friends for dodgeball games and pizza. Teams of 6 and individuals (who will be placed on a team before games are started) are welcome to sign up early. Family and friends are encouraged to watch the fun.

**Day** ..... Tuesday, November 6  
**Time** ..... 6:30 – 8:30 p.m.  
**Fee** ..... \$4.00 per person  
(memberships and passes cannot be used for this event)

## Turkey Shoot

**Wednesday, November 14 at 6 p.m.**

**Sponsored by Don's Supermarket**

Join your friends in the annual free Turkey Shoot sponsored by Don's Supermarket. There are 6 different age groups (for both male and female) and the best of 10 free throws wins. Each group winner gets a Thanksgiving turkey. Please bring two non-perishable canned goods to be donated to the Wright Community Food Pantry. Start practicing your free throws today!

## Holiday Hike to Santa

**Wednesday, December 5 at 1:30 p.m.**

This free family hike will begin at the Wright Recreation Center. Families will be guided through the hike to the Wright Community Center where a visit with Santa and a fun Christmas project awaits! Dress for inclement weather. Bundle up and enjoy this outdoor winter fun.

## Youth Ice Skating

Bundle up with your friends for a morning of ice skating at Spirit Hall Ice Arena in Gillette. The fee includes transportation, skating fee, and skate rental. No food or drink is allowed in the arena, although a concession stand is available. Bring money for snacks or a sack lunch that can be eaten outside the arena. You must be preregistered and paid by December 21 and there must be a minimum of 2 people registered. Sign up early because there is a limit of 8 spaces. Skaters will be departing from the Wright Recreation Center at 9 a.m. and returning to Wright at approximately 2 p.m. For ages 8 and older.

**Day** ..... Thursday, December 27  
**Time** ..... 9 a.m. – 2 p.m.  
**Fee** ..... \$10.00

# Pool Programs

Fall Pool Schedule: beginning August 21

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

## Waterpark 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 a part of a team and help patrons enjoy the water. You may even save a life.

**Pre-requisites:** Be able to 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. Call 307-464-0580 for more information and to set up an appointment.

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

**Time** ..... TBA  
**Place** ..... Wright Recreation Center  
**Fee** ..... \$135.00

## Special Open Pool Hours: 1:30 – 4 p.m.

- Monday, September 3
- Wednesday, September 26
- Wednesday, October 17
- Thursday & Friday – Oct. 18 & 19
- Monday, November 12
- Wednesday, November 21
- Friday, November 23
- Wednesday, December 5
- December 21 – January 4, 2019

## 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 Monday – Sunday from 1 – 4 p.m. and Monday – Thursday 5 – 8 p.m. Reservations must be made 1 week in advance.

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

**Fee** ..... \$80.00

## 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 (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 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. All refunds are subject to a \$2 administrative fee.

## Pool Area Rules

- Children under 5 must be accompanied by an adult at all times.
- Children 5 – 7 years old must have an adult on deck at all times. If a child 5 years or older has a lifejacket on, they can be in zero depth up to the third line with a parent on deck. If a child 5 years or older has a lifejacket on & 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.
- Proper swimming attire must be worn at all times.
- All participants must shower prior to entering the pool or hot tub.
- All hot tub users must be 16 years of age or older. No exceptions and you may be asked to show proof of age.

## Free Weight & Cardio Room Rules

- Anyone 16 years of age or older may use the free weight and cardio rooms unsupervised.
- Youth in 7th grade through age 15 must be accompanied by a parent or guardian to use the free weight and cardio rooms.
- 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 & proper gym shoes are required. A shirt must be worn at all times while in the gymnasium, free weight, cardio & fitness rooms.
- 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 the weight room.**
- It is strongly recommended that you wipe down equipment before and after each use with provided sanitizer.
- Anyone violating the cardio/weight room policies will no longer be allowed to use the free weight and cardio rooms.
- Children are not allowed in weight room, and not allowed to sit and watch television in the cardio room.

## Facility Use Rules

- Everyone must check in at the control desk.
- The facility doors will be locked 15 minutes prior to closing.
- Boots or muddy shoes are not allowed in the facility. Clean shoes must be worn at all times.
- Smoking and tobacco products, including e-cigarettes, are not allowed in or around the facility.
- Hanging on basketball rims and/or nets is strictly prohibited.
- Youth under 8 years must be under constant supervision by someone 12 years old or older.
- The facility is considered family oriented. Obscene language, gestures, & participants under the influence of alcohol or drugs will not be tolerated.
- 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.
- Only employees of CCPR are authorized to provide training, instruction or lessons on premises owned by CCPR.
- 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.
- 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.
- 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.
- No scooters or skateboarding on entrances, stairs or parking lots.



# Wright Recreation Center

## Center Hours

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

## Holiday Hours

Labor Day, Monday, September 3 ..... 1 – 5 p.m.  
Thanksgiving, Thursday, November 22 ..... Closed  
Christmas Eve, Monday, December 24 ..... 6 a.m. – 12 p.m.  
Christmas Day, Tuesday, December 25 ..... Closed  
New Year's Eve, Monday, December 31 ..... 6 a.m. – 5 p.m.  
New Year's Day, Tuesday, January 1, 2019 ..... 1 – 5 p.m.

## Lap Swim / Water Walk Only

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

## Open Pool Hours

An unstructured swim for all ages.  
Monday – Thursday ..... 4 – 8 p.m.  
Saturday & Sunday ..... 1 – 4 p.m.



225 Wright Blvd. • Wright, WY 82732

307-464-0580

www.ccgov.net/337/Parks-Recreation

# Youth Programs

Class and program registrations must be turned in & payment made before a child is placed on a roster.

## Outdoor Flag Football\* (K-3 grade)

The flag football program is for both boys and girls who are interested in participating in a fun, non-contact activity that will introduce them to the sport of football. Kids will begin to learn the rules, positions and fundamentals of football while having fun with their friends. Please have your child bring a water bottle for practices/games and dress for inclement weather. **Volunteer coaches are needed for this program.**

**Registration** ..... July 23 – August 26  
**Practice Begins** ..... August 27 - October 4 at the Ballfield Complex  
**Days** ..... Tuesday & Thursday  
**Time** ..... 3:30 – 4:30 p.m.  
**Fee** ..... \$25.00

## Bantam Basketball\* (1-3 grade)

This program introduces boys and girls to the sport of basketball while focusing on participation, fundamentals and skill development. If participant numbers permit, the four team divisions will be: 1-2 grade boys, 1-2 grade girls, 3 grade boys and girls. Practice times will be set by coaches and held at the Wright Recreation Center. Games will be played on Saturdays in Gillette. **Volunteer coaches are needed for this program.** The coaches meeting will be held at the Wright Recreation Center on Thursday, Sept. 27, 2018 at 6 p.m.

**Registration** ..... August 6 – September 10  
**Practice Begins** ..... The week of October 1  
**Fee** ..... \$28.00

## Girl's Basketball\* (4-6 grade)

The Wright Recreation Center's basketball program provides an atmosphere of fun and friendly competition while promoting teamwork and good sportsmanship. Practice times and dates are scheduled by team coaches. Games will be played on Saturdays in Gillette. **Volunteer coaches are needed for this program.** The coaches meeting will be held at the Wright Recreation Center on Thursday, October 4, 2018 at 6 p.m.

**Registration** ..... August 6 – September 10  
**Practice Begins** ..... Week of October 8  
**Fee** ..... \$28.00

## Boy's Basketball\* (4-6 grade)

The Wright Recreation Center's basketball program provides an atmosphere of fun and friendly competition while promoting teamwork and good sportsmanship. Practice times and dates are scheduled by team coaches. Games will be played on Saturdays in Gillette. **Volunteer coaches are needed for this program.** The coaches meeting will be held at the Wright Recreation Center on Tuesday, December 18, 2018 at 6 p.m.

**Registration** ..... October 29 – December 4  
**Practice Begins** ..... Week of January 5, 2019  
**Fee** ..... \$28.00

## Mini Volleyball\* (1-6 grade)

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

**Registration** ..... December 3, 2018 – January 4, 2019  
**Practice Begins** ..... January 8 – February 14, 2019  
**Days** ..... Tuesdays & Thursdays  
**Times** ..... 3:30 – 4:15 p.m. • grades 1-3  
 4:30 – 5:30 p.m. • grades 4-6  
**Fee** ..... \$28.00  
**Instructor** ..... Robyn Trandahl

\*These activities are available for online registration



# Dance Programs

Instructor, Jenny Merchant, teaches students proper technique in a fun and safe environment. Dancers will develop a love and appreciation for both dance and the arts. Payments are due on the first class of each month and class size is limited.

## Tiny Tot

A play based introduction into the world of dance and music. Your child will learn basic dance moves all while transforming their listening and gross motor skills. Parents have the option to join in.

**Dates** ..... September 4 – 25 • October 2 – 30 • November 6 – 27  
 December 4 – 18 (Dec. 18 Mini dance recital)  
**Days** ..... Tuesday  
**Time** ..... 5:15 – 5:45 p.m.  
**Fee** ..... \$30.00 per month

## Beginning Ballet

An introduction into dance where children will learn basic dance moves, foundations and etiquette. Your child's confidence will build and imagination soar in this ballet class.

**Dates** ..... September 4 – 25 • October 2 – 30 • November 6 – 27  
 December 4 – 18 (Dec. 18 Mini dance recital)  
**Days** ..... Tuesday  
**Time** ..... 3:15 – 3:45 p.m.  
**Fee** ..... \$30.00 per month

## Intermediate I

Both jazz and ballet classes will go in depth into the grace of dance while building musicality, learning stage direction, balance and coordination.

**Dates** ..... September 4 – 25 • October 2 – 30 • November 6 – 27  
 December 4 – 18 (Dec. 18 Mini dance recital)  
**Days** ..... Tuesday  
**Ballet** ..... 3:45 – 4:30 p.m.  
**Jazz** ..... 4:30 – 5:15 p.m.  
**Fee** ..... \$35.00 per month for all Intermediate classes  
 \$15.00 per month for the same participant to join 2<sup>nd</sup> class

## Intermediate II

Experienced dancers will focus on personal growth while expanding foundational and technical skills and build those into fluid movements with choreography.

**Dates** ..... September 5 – 26 • October 3 – 31  
 November 7 – 28 (Nov. 21 class held on Nov. 19)  
 December 5 – 19 (Dec. 18 Mini dance recital)  
**Days** ..... 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 participant to join 2<sup>nd</sup> class

**NOTE:** Classes that fall on early release days will be rescheduled for a different date/time (early release days: Sept. 26, Oct. 17, Dec. 5)

## 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** ..... September 10 – 24 • October 1 – 29  
 November 5 – 26 • December 3 – 17  
**Days** ..... Monday  
**Time** ..... 3:30 – 4 p.m.  
**Fee** ..... no charge for patrons with passes  
 drop-in fee of \$3.00 for patrons without a pass

**Instructor** ..... Janeen Bissey

# Adult Programs

## Yoga

Build a stronger, healthier you in this class. 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** ..... September 5 – 26 • October 1 – 31  
 November 5 – 8 • December 3 – 19  
**Days** ..... Monday & Wednesday  
**Time** ..... 8:15 - 9:15 a.m.  
**Fee** ..... no charge for patrons with paid membership  
 drop-in fee of \$5.00 for patrons without a pass

**Instructor** ..... Penny Twomey

## Zumba

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

**Dates** ..... September 5 – 26 • October 1 – 31  
 November 5 – 8 • December 3 – 19  
**Days** ..... Monday & Wednesday  
**Time** ..... 4 – 5 p.m.  
**Fee** ..... no charge for patrons with passes  
 drop-in fee of \$5.00 for patrons without a pass

**Instructor** ..... Janeen Bissey

## Cycling

This 30-minute cycling class is a great way to get into 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** ..... September 5 – 26 • October 1 – 31  
 November 5 – 8 • December 3 – 19  
**Days** ..... Monday & Wednesday  
**Time** ..... 5:15 - 5:45 p.m.  
**Fee** ..... no charge for patrons with passes  
 drop-in fee of \$3.00 for patrons without a pass

**Instructor** ..... Penny Twomey

## PiYo Live

PiYo is a strength based workout, inspired by Yoga and Pilates, which can be modified to any fitness level. Come and enjoy this popular fitness class with Penny. 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** ..... September 4 – 27 • October 2 – 30  
 November 1 – 29 • December 4 – 20  
**Days** ..... Tuesday & Thursday  
**Time** ..... 7 – 8 a.m.  
**Fee** ..... no charge for patrons with paid membership  
 drop-in fee of \$5.00 for patrons without a pass

**Instructor** ..... Penny Twomey

## Online Activity Registration

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.

## Online Registration Access

Visit our website at [www.ccgov.net/337/Parks-Recreation](http://www.ccgov.net/337/Parks-Recreation) or directly at [webtrac.ccgov.net](http://webtrac.ccgov.net). Be sure to choose activities that begin with Wright.

Registration begins on the listed date beginning at 6 a.m. Patrons will not be able to complete purchases over the phone.

## HIIT

High Intensity Interval Training (HIIT) is a workout that alternates short bursts of intense exercise with low intensity or rest period. 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** ..... September 4 – 27 • October 1 – 31  
 November 1 – 29 • December 3 – 20  
**Days** ..... Monday – Thursday  
**Time** ..... 10 – 10:30 a.m. (Tuesday & Thursday)  
 6 – 6:30 p.m. (Monday & Wednesday)

**Fee** ..... no charge for patrons with passes  
 drop-in fee of \$3.00 for patrons without a pass

**Instructor** ..... Jamye Worman

## Define & Align

This class will combine the use of a light-weight bar and dumbbells to develop muscle tone, core strength, stability and overall body fitness. Janeen will guide you with proper lifting techniques to tone and tighten each muscle group in your body. Before you know it you'll be getting fit and your energy level will be soaring!

**Dates** ..... September 4 – 27 • October 2 – 30  
 November 1 – 29 • December 4 – 20

**Days** ..... Tuesday & Thursday  
**Time** ..... 4 – 5 p.m.

**Fee** ..... no charge for patrons with passes  
 drop-in fee of \$5.00 for patrons without a pass

**Instructor** ..... Janeen Bissey

## 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 – \$120.00  
 8 Sessions – \$240.00

\*No refunds will be issued for Personal Training

\*\*All personal training sessions expire 6 months after 1<sup>st</sup> session is complete.

## Lower Your Healthcare Costs

Buy a pass . . .

	6 grade & under	Jr High Sr High	College Student	Adult 19 & Up	Couple	Family	Seniors 62 & Up
<b>Daily</b>	\$3.00	\$3.50	\$5.00	\$5.00	N/A	\$11.00	Free
<b>20 Punch</b>	\$50.00	\$61.00	N/A	\$86.00	N/A	N/A	Free
<b>1 Month</b>	\$29.00	\$38.00	\$38.00	\$53.00	\$79.00	\$106.00	Free
<b>3 Month</b>	\$79.00	\$104.00	\$104.00	\$143.00	\$214.00	\$285.00	Free
<b>6 Month</b>	\$135.00	\$176.00	\$176.00	\$244.00	\$363.00	\$485.00	Free
<b>12 Month</b>	\$215.00	\$282.00	N/A	\$389.00	\$582.00	\$776.00	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.