

Adult Programs

“Exercise releases a natural body drug: Endorphins!”

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 2 – 30
February 1 – 27
March 1 – 29
April 1 – 29
(No Friday classes)
May 1 – 29
(No Friday classes)

Days: Monday, Wednesday & Friday
Time: 6 – 6:45 a.m.
Instructor: Colette Bertrand
Fee: No charge for patrons with passes
\$5.00 for patrons without a pass



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 2 – 30
March 4 – 27
April 1 – 29
May 1 – 22

Days: Monday & Wednesday
Time: 8:15 - 9:15 a.m.
Instructor: Penny Twomey
Fee: No charge for patrons with passes
\$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 2 – 31
February 4 – 28
March 4 – 28
April 1 – 30
May 1 – 30

Days: Monday - Thursday
Time: 10 - 10:30 a.m. (Tue. & Thu.)
6 - 6:30 p.m. (Mon. & Wed.)
Instructor: Jamye Worman
Fee: No charge for patrons with passes
\$3.00 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 2 – 30
February 4 – 27
March 4 – 27
April 1 – 29
May 1 – 29

Days: Monday & Wednesday
Time: 4 - 5 p.m.
Instructor: Janeen Bissey
Fee: No charge for patrons with passes
\$5.00 for patrons without a pass

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 2 – 30
March 4 – 27
April 1 – 29
May 1 – 15

Days: Monday & Wednesday
Time: 5:15 - 5:45 p.m.
Instructor: Penny Twomey
Fee: No charge for patrons with passes
\$3.00 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 3 – 31
March 5 – 28
April 2 – 30
May 2 – 24

Days: Tuesday & Thursday
Time: 8:15 – 9:15 a.m.
Instructor: Penny Twomey
Fee: No charge for patrons with passes
\$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 3 – 31
February 5 – 28
March 5 – 28
April 2 – 30
May 2 – 30

Days: Tuesday & Thursday
Time: 4 – 5 p.m.
Instructor: Janeen Bissey
Fee: No charge for patrons with passes
\$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 8 – May 28
Time: 6:30 - 8:30 p.m.

Day: Tuesday
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 first session is completed

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](https://webtrac.ccgov.net) or directly at <https://webtrac.ccgov.net>.

 **Be sure to choose activities that begin with Wright.**
Registration begins on the listed date at 6 a.m.
Patrons will not be able to complete purchases over the phone.

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.

Administrative/Supervisory Staff

Jason Lembke Recreation Program Supervisor
Katie Pearson Recreation Desk Supervisor
Rachelle Robeson Recreation Desk Assistant II
Coretta Mills. Custodian
Denny Bohne Receptionist
Bethany Boyd Receptionist
Jennifer Johnson Receptionist
Michaela Kellough Receptionist
Ginger King Receptionist
Kylee Knight Receptionist
Andrea Lofley Receptionist
Hailey Lofley Receptionist
Heather Nolte Receptionist
Debbie Smith Receptionist
Kayla Strickland Receptionist

Lifeguards

Shelby Apodaca	Braxton Quiroz
Perry Benedict	Roland Schofield
Hunter Ferguson	Cody Thompson
Ian Knudsen	Heidi Thompson
Riley Langston	Levi Thompson

Instructors

Colette Bertrand	Penny Twomey
Janeen Bissey	Jamye Worman
Jenny Merchant	



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

Holiday Hours

New Year’s Eve, Monday, December 31 6 a.m. - 5 p.m.
New Year’s Day, Tuesday, January 1 1 p.m. - 5 p.m.
Easter, Sunday, April 21 Closed
Memorial Day, Monday, May 27 1 p.m. - 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 a.m. – 7:30 a.m.
Monday - Friday 12 p.m. – 1 p.m.

Open Pool Hours

An unstructured swim for all ages.
Monday – Thursday 4 p.m. – 8 p.m.
Saturday & Sunday 1 p.m. – 4 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 (2 years and older)

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. Participation throughout the season is required.

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: January 8 – 29 February 5 – 26 March 5 – 26 April 2 – 30 May 4 is the Season Finale Dance Recital (extra rehearsals the week of Recital)	Day: Tuesday Time: 5:15 – 5:45 p.m. Fee: \$30.00 per month
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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: January 8 – 29 February 5 – 26 March 5 – 26 April 2 – 30 May 4 is the Season Finale Dance Recital (extra rehearsals the week of Recital)	Day: Tuesday Time: 3:15 – 3:45 p.m. Fee: \$30.00 per month
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Intermediate I Classes: Both jazz and ballet classes will go in depth into the grace of dance while building musicality, learning stage direction, balance and coordination.

Dates: January 8 – 29 February 5 – 26 March 5 – 26 April 2 – 30 May 4 is the Season Finale Dance Recital (extra rehearsals the week of Recital)	Day: Tuesday Ballet: 3:45 – 4:30 p.m. Jazz: 4:30 – 5:15 p.m.
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Intermediate II Classes: Experienced dancers will focus on personal growth while expanding foundational and technical skills and build those into fluid movements with choreography.

Dates: January 9 – 30 February 6 – 27 March 6 – 27 April 3 – 24 May 4 is the Season Finale Dance Recital (extra rehearsals the week of Recital)	Day: Wednesday Ballet: 3:30 – 4:30 p.m. Jazz: 4:30 – 5:30 p.m.
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Fee: \$35.00 per month for all Intermediate classes
\$15.00 per month for the same individual to join a 2nd class

***Note:** Classes that fall on early release days will be rescheduled for a different date/time. (Early release dates: Feb. 6, March 6, May 1)

Mini Volleyball* (1 - 6 grade)

Mini Volleyball is an instructional volleyball program for girls 1 - 6 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 3, 2018 - January 4, 2019 Practice Begins: January 8 - February 14 Days: Tuesday & Thursday 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

Spring Outdoor Soccer (Pre-K - 6 grade)

The Wright Recreation Center will be forming fall soccer teams to play games in Gillette (all practices will be in Wright). There are 5 divisions offered in Gillette: Pre-Kindergarten (min. 5 players) Co-ed, Kindergarten (min. 6) Co-ed,1-2 grade boys and girls (min. 7 players), 3 - 4 grade boys and girls (min. 8 players) and 5 - 6 grade (min. 9 players) Co-ed. Players must be 4 years old before March 31 to be on the Pre-K team. If there is not a complete Wright soccer team in a division, players will have the option on being placed on teams in Gillette (will practice in Gillette). **Volunteer coaches are needed for this program.**

Registration: January 21 - March 5 Practice Begins: March 18 Games Start: The week of April 4 Fee: \$28.00

Indoor Football Academy* (1 - 6 grade)

The Indoor Football Academy will focus on utilizing the off season by improving fundamentals and skills to prepare players for fall football. Boys and girls in 1 - 6 grade are encouraged to register for this program.

Registration: January 21 - February 19 League Begins: February 26 - March 26 Days: Tuesday Time: 4 – 5 p.m. Fee: \$22.00 Instructor: Levi Strohschein

Soccer Drills and Skills* (K - 6 grade)

Players will learn fundamental skills 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 practices.

Registration: March 18 - April 26 League Begins: April 29 - May 15 at the Ballfield Complex Days: Monday & Wednesday (Grades K - 2) Tuesday & Thursday (Grades 3 - 6) Time: 3:15 – 4:15 p.m. Fee: \$22.00

**These activities are available for online registration*

Special Events

Easter Egg Hunt - Saturday, April 13

The Wright Recreation Center and the Wright Branch Library will join together for the annual Easter Egg Hunt. It will be held at **10 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 – 5 When: May 22 & 23 (K - 2: 4- 6 p.m.) (3 - 5: 6:30-8:30 p.m.) May 24 (K - 2: 8:15-10:15 a.m.) (3 - 5: 10:30 a.m.-12:30 p.m.) Where: Wright Recreation Center Gymnasium Grades: 6 – 12 When: May 25 – 27 (Grades 6 - 8: 8:30-11:30 a.m.) (Grades 9 - 12: 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)

Aquatics

Wright Recreation 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: 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 completed by appointment with Jason. Call 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.

Dates: TBA Place: Wright Recreation Center	Fee: \$138.00
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Tot Splash

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 in the water. Parents must accompany their children in the water and stay in the zero-depth area.

Dates: March 29 & April 26 Day: Friday	Time: 9 - 10 a.m. Fee: \$3.00 drop for both
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Pool Area Rules

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

Special Open Pool Hours: 1:30 – 4 P.M.

January: 1 - 4 & 14 February: 15 & 18 March: 25 April: 18 - 22 May: 1 & 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 Saturdays and Sundays 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



Free Weight and Cardio Room Policies

- 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 and proper gym shoes are required. A shirt must be worn at all times while in the gymnasium, free weight, cardio and 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 weight room area.**
- 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 are NOT allowed to sit and watch television in the Cardio Room.

Refund Policy

Refunds will be issued as a credit to account unless the individual specifically requests a refund. Purchases made with a credit card will be refunded back to that card within 24 hours of the request for a refund. All other refunds will come in the form of a check from the County Treasurer's office and will be mailed every Friday.

Full Refunds:

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

- A class, program, or trip is canceled by the department due to insufficient enrollment or other unforeseen circumstances.
- 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 is made at least one day prior to the start of the program, class or trip.

Partial Refunds:

CCPR will issue a **partial refund** for the following:

- A medical reason/note is provided by a doctor during the class, program or pass. Passes include memberships, tanning passes and punch cards.
- 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, or pass. Punch cards will be refunded for the value of the remaining punches at the time of the request only if the punch card has not expired. Punch cards expire one year after purchase.

All refunds are subject to a \$5 administrative fee. Credits to account are not subject to this fee.

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 near the facility.
- Hanging on rims 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, clothing and 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 Recreation Center entrances, stairs or parking lots.