

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 4 – 30 (no class Jan. 16) April 3 – 26
 February 1 – 27 (no class Feb. 20) (no class Apr 17 & 19)
 March 1 – 29 (no class Mar. 27) May 1 – 22

DAYS: Monday & Wednesday
TIME: 6:00 - 6:45 a.m.

INSTRUCTOR: Jennifer Johnson
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

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.

DATES: January 5 – 31 April 4 – 27 (no class Apr 18 & 20)
 February 2 – 28 May 2 – 23
 March 2 – 30

DAYS: Tuesday & Thursday
TIME: 5:45 - 6:45 p.m.

INSTRUCTOR: Jennifer Johnson
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

YOGA

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

DATES: January 4 – 30 April 3 – 26
 February 1 – 27 May 1 – 31
 March 1 – 29

DAYS: Monday & Wednesday
TIME: 8:15 - 9:15 a.m.

INSTRUCTOR: Penny Twomey
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

WIND DOWN YOGA

Yoga before bed can be a great way to beat insomnia and forget about the stressors of your day. Penny will lead you through a class with Yoga poses to relax your body & mind. This class is the perfect way to destress and ease yourself into a peaceful night or use as a post workout cool down.

DATES: January 5 – 26 April 4 – 27
 February 2 – 28 May 2 – 30
 March 2 – 30

DAYS: Tuesday & Thursday
TIME: 7:00 – 8:00 p.m.

INSTRUCTOR: Penny Twomey
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

PIYO LIVE

PiYo is a strength based format, inspired by Yoga and Pilates. You will feel great as you see the results of a fit and strong body. This program can be modified to any fitness level. Come and enjoy this fitness class with Penny.

Workouts include: warm-up/heat building, strength, flow & balance, core focus and flexibility.

DATES: January 5 – 26 April 4 – 27
 February 2 – 28 May 2 – 30
 March 2 – 30

DAYS: Tuesday & Thursday
TIME: 8:15 – 9:15 a.m.

INSTRUCTOR: Penny Twomey
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

ADULT VOLLEYBALL

We are now offering adult drop-in volleyball every Tuesday evening. This is your chance to enjoy playing volleyball with your adult friends. For more information call 464-0580.

DATES: January 3 – May 30
DAY: Tuesday
TIME: 6:30 - 8:30 p.m.
FEE: General Admission

ZUMBA

This Latin-inspired program provides the participant with a safe and effective total body workout. Certified instructor, Janeen, provides a new avenue to energetic activity by keeping you engaged, challenged, having fun and wanting to come back!

DATES: January 4 – 30 (no class Jan. 16)
 February 1 – 27 (no class Feb. 20)
 March 1 – 29 (March class time: 5:30 - 6:30 p.m.)
 April 3 – 26 (no class April 17 & 19)
 (April class time: 5:30 - 6:30 p.m.)
 May 1 – 24 (May class time: 5:30 - 6:30 p.m.)

DAYS: Monday & Wednesday
TIME: 4:00 - 5:00 p.m.

INSTRUCTOR: Janeen Bissey
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

DEFINE AND 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 technique to tone and tighten your entire body.

DATES: January 3 – 31
 February 2 – 28
 March 2 – 30 (March class time: 5:30 - 6:30 p.m.)
 April 4 – 27 (no class April 18 & 20)
 (April class time: 5:30 - 6:30 p.m.)
 May 2 – 23 (May class time: 5:30 - 6:30 p.m.)

DAYS: Tuesday & Thursday
TIME: 4:00 – 5:00 p.m.

INSTRUCTOR: Janeen Bissey
FEE: No charge for patrons with passes.
 Drop-in fee of \$5.00 for patrons without a pass.

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 skits 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 must attend class with children that are 4, 5 & 6 years old.

TIME: 3:00 – 4:00 p.m.

DATES: January Session: Jan. 2, 6, 16, 19, 25
 (Jan. 2 & 16 classes @ 9:00 a.m.)

February Session: Jan 30 & Feb. 3, 13, 16, 22
 March Session: Feb. 27 & March 3, 13, 16, 22
 April Session: March 27, 31 & Apr. 10, 13, 19
 May Session: April 24, 28 & May 8, 11, 17

FEE: \$27.00 single, \$50.00 family

INSTRUCTOR: John Gunnels



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 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.

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 are 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 NCSE, 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

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. 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 around 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, 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

2017 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.

Sunday 1:00 p.m. - 5:00 p.m.

Facility doors locked at 4:45 p.m.

HOLIDAY HOURS

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

Easter, Sunday, April 16. CLOSED

Memorial Day, Monday, May 29 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 - Friday6:00 a.m. – 7:45 a.m.

Monday, Tuesday & Wednesday11:00 a.m. – 1:00 p.m. (Jan. – Mar.)

OPEN POOL HOURS

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

Saturday & Sunday1:00 p.m. – 4:00 p.m.

Friday night hours will be dependent on staffing and home sporting events. Call 464-0580 or visit our website for dates.



225 WRIGHT BLVD. • WRIGHT, WY 82732
 (307- 464 - 0580)

www.ccgov.net/1062/Wright-Recreation-Center

YOUTH PROGRAMS: Build Teamwork Skills

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

MINI VOLLEYBALL*

Mini Volleyball is an instructional volleyball program for girls 1st through 6th grade. It teaches all the 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 1 - January 3, 2017
 LEAGUE BEGINS: January 10 - February 16 (no volleyball on Feb. 2)
 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

DANCE

These classes are a great opportunity to stay active and have fun while learning to dance. Student participation throughout the entire season is required. January through May is preparation for the dance recital. The May 13, 2017 recital will be the season finale on stage with lights and costumes. Costumes will be ordered in January with costume payment due to Miss Jenny the first class in January.

INSTRUCTOR: Jenny Merchant

BEGINNING BALLET: (Ages: 3 - 5 years)

DATES: January 3 - 31
 February 7 - 28
 March 7 - 28
 April 4 - 25 (no class on April 18)
 May 2 - 9 with recital on May 13
 (extra rehearsals the week of Recital)
 DAY: Tuesday
 TIME: 3:30 - 4:00 p.m.
 FEE: \$30.00 per month

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

DATES: January 3 - 31
 February 7 - 28
 March 7 - 28
 April 4 - 25 (no class on April 18)
 May 2 - 9 with recital on May 13
 (extra rehearsals the week of Recital)
 DAY: Tuesday
 BALLET: 4:00 - 4:45 p.m.
 JAZZ: 4:45 - 5:30 p.m.

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

DATES: January 4 - 25
 February 1 - 22
 March 1 - 29
 April 5 - 26 (no class on April 19)
 May 3 - 10 with recital on May 13
 (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

...NOTE: Wednesday Dance classes will be held at the following times on "school early release days", BALLET: 1:30 - 2:30 p.m. & JAZZ: 2:30 - 3:30 p.m. (early release dates: Feb. 8, March 15)

JUNIOR ZUMBA

Janeen welcomes youth ages 4 - 16 to a modified Zumba class for afternoon fun. They will have a blast dancing and moving to great music...not even realizing they had a workout!

DATES: January 9 - 30 (no class Jan. 16)
 February 6 - 27 (no class Feb. 20)
 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

INDOOR NERF FLAG FOOTBALL*

Nerf flag football is a fun way to work off energy during the winter months while learning the basic fundamentals of football. Boys and Girls in 1st through 6th grade are encouraged to register for this program, which will be played in the gym on Tuesdays after school.

REGISTRATION: January 23 - February 20
 LEAGUE BEGINS: March 7 - April 11
 DAY: Tuesday
 TIME: 3:15 - 4:15 p.m.
 FEE: \$24.00 (includes T-shirt)

OUTDOOR YOUTH SOCCER*

Boys and girls in 1st through 6th grade are able to participate in this program. Players will learn 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: February 27 - March 27
 LEAGUE BEGINS: April 3 - May 9 at the Ballfield Complex
 DAYS: Monday for grades 1-3
 (No soccer on April 17; this make-up day will be Thursday, April 27)
 Tuesday for grades 4-6
 (No soccer on April 18; this make-up day will be Thursday, May 4)
 TIMES: 3:15 - 4:15 p.m.
 FEE: \$24.00 (includes t-shirt)

EASTER EGG HUNT - SATURDAY, APRIL 8

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. 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 24 (K-2: 3:00- 5:00pm)
 (3-5: 6:00-8:00pm)
 May 25 & 26 (K-2: 8:15-10:15am)
 (3-5: 10:30am-12:30pm)
 WHERE: Wright Recreation Center Gymnasium
 GRADES: 6th - 12th
 WHEN: May 31, June 1, 2 (6-8: 8:30-11:30am)
 (9-12: 12:30-3:30pm)
 WHERE: Wright Jr/Sr High School
 TUITION: \$10.00 per person includes shirt
 (All monies are paid at WJSHS)



ONLINE REGISTRATION FOR ACTIVITIES

The Wright Recreation Center is now offering 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 <https://www.ccgov.net/1062/Wright-Recreation-Center> or directly at

<https://webtrac.ccgov.net>. Be sure to choose activities that begin with Wright. Wright activities available for online registration are noted with an * in this brochure. Registration begins on the listed date. This will be the first date you may register online for each activity, beginning at 6:00 a.m.

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

AQUATICS

LEARN TO SWIM PROGRAM

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. Phone registrations will NOT be accepted. Class sizes are limited and payment is required for enrollment.

SESSION 1: January 9 - February 1 (registration begins Jan. 2 @ 6:00 a.m.)
 • NO class on Jan. 16. This will be held Friday, Jan. 20 at normal times.
 3:45 - 4:15 p.m. Guppy & Levels 1 & 2
 4:15 - 4:45 p.m. Polliwog & Levels 3 & 4
 4:45 - 5:15 p.m. Tadpole & Levels 5 & 6
 DAYS: Monday & Wednesday
 SESSION 2: February 6 - 23 (registration begins Jan. 30 @ 6:00 a.m.)
 • NO class on Feb. 20. This will be held Thursday, Feb. 23 at normal times.
 3:45 - 4:15 p.m. Parent & Child & Levels 1 & 2
 4:15 - 4:45 p.m. Guppy & Levels 3 & 4
 4:45 - 5:15 p.m. Polliwog, Tadpole & Levels 5 & 6
 DAYS: Monday, Wednesday, Thursday
 SESSION 3: March 6 - 31 (registration begins Feb. 27 @ 6:00 a.m.)
 • NO class on Mar. 27. This will be held Friday, Mar. 31 at normal times.
 3:45 - 4:15 p.m. Guppy & Levels 1 & 2
 4:15 - 4:45 p.m. Polliwog & Levels 3 & 4
 4:45 - 5:15 p.m. Tadpole & Levels 5 & 6
 DAYS: Monday & Wednesday
 FEE: \$38.00 per session

WATER-PARK LIFEGUARD TRAINING

PRE-COURSE: This pre-course will be done by appointment in Gillette only.

- 1) Swim 300 yards continuously, using the following strokes:
 Front crawl using rhythmic breathing and/or breast stroke.
- 2) Swim 20 yards using front crawl or breast stroke with your face out of the water, surface dive to a depth of 7-10 feet, retrieve a 10 pound brick, return to surface and swim 20 yards to the starting point with the brick and exit the water.
- 3) Tread water for 2 minutes using no hands.

Continuation of the class requires successful completion of the pre-course and full attendance to the class.

DATES: TBA
 PLACE: CCPR in Gillette
 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 - 27
 DAY: Friday
 TIME: 9:45 - 10:45 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.
2. Proper swimming attire must be worn at all times.
3. All participants must shower prior to entering the pool or hot tub.
4. 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

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, Tuesday & Wednesday . . 11:00 a.m. - 1:00 p.m. (Jan. - Mar.)

OPEN POOL HOURS

Monday - Thursday 4:00 p.m. - 8:00 p.m.
 Saturday & Sunday 1:00 p.m. - 4:00 p.m.

Friday night hours will be dependent on staffing and home sporting events. Call 464-0580 or visit our website for dates.

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

January: 2 & 16
 February: 8 & 20
 March: 15 & 27
 April: 14 thru 21
 May: 17 & 24 thru 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 MUST be reserved in advance. Parties are limited to 15 children with a total attendance of 30.
 FEE: \$80.00

Administrative/Supervisory Staff

Jason Lembke Recreation Program Supervisor
 Joey Mullins Recreation Desk Supervisor
 Katie Pearson Recreation Desk Assistant II
 Coretta Mills. Custodian
 Laice Rohrer Custodian
 Cynthia Beaver Receptionist
 Jennifer Gibbs Receptionist
 Jennifer Johnson Receptionist
 Michaela Kellough Receptionist
 Ginger King Receptionist
 Melissa Kosters Receptionist
 Betty Nolte Receptionist
 Heather Nolte Receptionist

Lifeguards

Shelby Apodaca
 Megan Beaver
 Sammi Beaver
 Grace Gregory
 Sydney Harlow
 Riley Langston
 Liz Murdock
 Camron Nallion
 Grace Roth
 Kate Roth
 Anthony Ruiz

Instructors

Janeen Bissey
 John Gunnels
 Jennifer Johnson
 Jenny Merchant
 Jessica Schultz
 Penny Twomey

