

Sevier Park Regional Community Center

(\$) – Paid Class

- Adult programming
- Cultural Arts
- Fitness Classes
- Family Programming
- Special Features
- Youth Programming

**Spring 2024
Activity Schedule
Effective 4/3/24**

**Facility Coordinator
Randy Crawley, Jr.**

**Program Coordinator
Tia Mason**

Recreation Leaders

- Arkee Perkins
- Myk Martin
- Tony McCrady
- Tracye Davis
- Koi Lacy
- Fenise Miles

**Office Support Rep.
Christian Green**



3021 Lealand Lane,
Nashville, TN 37204 –
615-862-8466

Monday

6:00am-8:00pm
(\$) Fitness Center &
Indoor Track

8:30am-9:30am
Walk It Out
w/ Mr. Tony
(Walking Club)

9:30am-10:30am
(\$4) Beginner Yoga Flow
w/ Blanca

9:00am-12:00pm
Adult Badminton
(Ages 18+)

3:00pm-6:00pm
After-School Program
(Registration Required)

6:00pm-7:30pm
English Country Dancing

6:15pm-8:00pm
Adult Basketball [3 vs. 3]
(Ages 18+)
**Teams & free agents
welcome**

**Fitness Center
Memberships & Fees:**

Daily Pass
Adult \$3.00
Teens/Senior/Military
\$1.50

10 Visit Pass
Adult \$20.00
Teens/Senior/Military
\$10.00

Monthly Pass
Adult \$30.00
Teens/Senior/Military
\$20.00

"Senior" = 62yrs and up
"Teens" = 13yrs-17yrs

Tuesday

6:00am-8:00pm
(\$) Fitness Center &
Indoor Track

6:00am-8:00am
Adult Basketball
(Ages 18+)

9:00am-10:30am
Adult Ballet
(\$4) (Senior)
(\$10) (Adult)

9:30am-10:30am
(\$4) Lo-Impact Strength
w/ Tristan

10:45am-11:45am
Tot Time
(Ages 1-4)
Registration Required

11:00am-12:00pm
(\$4) Tai Chi
(Intermediate)
w/ Jen-Jen

3:00pm-6:00pm
After-School Program
(Registration Required)

4:30pm-5:30pm
(\$104) Basic Ballet for Teens
(Ages 12-18yrs)
[Jan. 9th- Apr. 9th]

5:30pm-6:30pm
(\$104) Contemporary Basics
for Teens
(Ages 12-18yrs)
[Jan. 9th - Apr. 9th]

6:15pm-8:00pm
Adult Pickleball
(Ages 18+)

6:30pm-7:30pm
(\$4)
Strength and Stretch
Dance Fit w/Asia

Wednesday

6:00am-8:00pm
(\$) Fitness Center &
Indoor Track

8:30am-9:30am
Walk It Out
w/ Mr. Tony
(Walking Club)

9:00am-12:00pm
Adult Badminton
(Ages 18+)

10:00am-11:00am
(\$4) Tai Chi
(Beginner)
w/ Jen-Jen

10:00am-11:30am
Witty Knitty Knitters
(Knitting & Crochet Club)

11:15am-12:15pm
(\$5) West African Dance
w/ Windship
[Starting Jan 10th]

12:00pm-2:00pm
Adult Basketball
(Ages 18+)

12:30pm-2:30pm
(\$70) Overcoming the Fear
of Drawing w/ Sue
[March 20th-April 24th]
(Registration Required)

1:30pm-2:30pm
(\$4) Gentle Pilates
w/ Kari

3:00pm-6:00pm
After-School Program
(Registration Required)

6:15pm-8:00pm
Family & Adult
Indoor Volleyball
***Ages 14 and under
MUST be accompanied by
adult***

Thursday

6:00am-8:00pm
(\$) Fitness Center &
Indoor Track

6:00am-8:00am
Adult Basketball
(Ages 18+)

9:00am-10:30am
Adult Ballet
(\$4) (Senior)
(\$10) (Adult)

9:30am-10:30am
(\$4) Lo-Impact Strength
w/Tristan

11:00am-2:00pm
Adult Pickleball
(Ages 18+)

3:00pm-6:00pm
After-School Program
(Registration Required)

4:00pm-4:45pm
(\$104) Creative Ballet
(Age 5yrs)
[Jan. 11th -Apr. 11th]

4:45pm-5:30pm
(\$104) Pre-Ballet
(Ages 6-7yrs)
[Jan. 11th- Apr. 11th]

6:15pm-7:15pm
(\$4) B. Fab Dance Cardio

6:15pm-8:00pm
Adult Badminton
(Ages 18+)



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@ Sevier Park Community Center

Friday

6:00am-7:00pm
(\$) Fitness Center &
Indoor Track

6:00am-8:00am
Adult Basketball
(Ages 18+)

9:00am-12:00pm
Adult Pickleball
(Ages 18+)

10:00am-11:30am
Witty Knitty Knitters
(Knitting & Crochet Club)

1:00pm-2:00pm
Friends Life Programming

3:00pm-6:00pm
After-School Program
(Registration Required)

5:30pm-7:00pm
Teen & Family Open Gym
***Ages 14 & Under MUST be
accompanied by adult***



***Schedule is subject
to change
during Metro Nashville
Public School breaks
to accommodate students***

Saturday

8:00am-4:00pm
(\$) Fitness Center &
Indoor Track

8:00am-9:30am
Adult Basketball
(Ages 18+)

9:00am-10:30am
(\$65) Shodo Club w/ Kumi
Beginner Session
(Japanese Calligraphy Class)
(Offered Bi-Weekly)
April 6th- June 15th
(Registration Required)

9:45am-10:45am
(\$4) Lo-Impact Strength
w/ Chaturah

10:15am- 11:00am
(\$104) Creative Movement
(Ages 3yrs)
[Jan. 13th- Apr. 13th]

10:15am-11:45am
(\$65) Shodo Club w/ Kumi
Intermediate Session
(Japanese Calligraphy Class)
(Offered Bi-Weekly)
April 6th- June 15th
(Registration Required)

11:00am-11:45am
(\$104) Creative Movement
(Ages 4yrs)
[Jan. 13th- Apr. 13th]

11:00am-1:00pm
Youth Athletic Programming

1:15pm-3:00pm
Family Pickleball
***Ages 14 and under
MUST be accompanied by
adult***

3:00pm-4:00pm
Family Fun Zone
***Ages 14 & Under MUST be
accompanied by adult***



@ Sevier Park
Community Center

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Strength and Stretch Dance Fitness:

Come join Asia Pyron in her fitness classes involving full body strengthening and stretch exercises. This hour-long class will get you sweaty and strong as Asia guides you through basic yet challenging movement. Release your inner beast and come move with Asia!

Overcoming the Fear of Drawing w/ Ms. Sue:

Calling all Life Long Learners! This class is designed for those with little or no drawing experience, leading you into the exploration of mark making, observation and building confidence. Projects are geared to your individual needs in a classroom environment. Sue Mulcahy is an accomplished artist, specializing in charcoal and mixed media.

B.fab fitness:

B.fab's our own choreography of simple dance moves set to hip-hop, pop, Latin and even a little Bollywood. A high-energy, epic good time that will leave you with a sweat and a smile. No experience is required, just a desire to move and have fun!

West African Dance W/ Windship:

Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement. Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay. All levels welcome. Class meets every Wednesday.

The Mission of the Metropolitan Board of Parks and Recreation - To provide every citizen of Nashville and Davison County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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This schedule is subject to change.

For more information, contact Program Coordinator: Tia Mason.

Tia.Mason@Nashville.gov or 615-862-8466.