

East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-8448

Fitness Classes Aquatics Family Programs (S) - Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Summer 2016 Program Schedule</p> <p>Facility Coordinator Darlene Morrow</p> <p>Program Coordinator Randall Miller</p> <p>Senior Program Coordinator Jeffrey Smith</p> <p>Recreation Leaders & Lifeguards (*) Theophilus Boone* Michael Frazier Michael Martin Larry Shelton Jere Shoemake* Diamond Townsend Jas Swain Tiffanie Fletcher</p> <p>Class Instructors East Park Staff Misty Adfield Amanda Dixon Barbara Burgess Lex Herdon Nick Majors Shameka Freeman Troy Logan Pam Scott</p> 	<p>6:00am-7:00am Boot Camp(\$) w/Misty (Gym)</p> <p>9:30am-10:30am Lo Water Exercise w/Theo</p> <p>12:00pm-1:00pm Body Sculpt(\$) w/Shameka (Dance Studio)</p> <p>6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)</p> <p>6:00pm-7:00pm Vinyasa Flow Yoga(\$) w/Nick (Ceramics Room)</p> <p>*New Class* 6:30pm-7:00pm Pound(\$) w/Allie (Dance Studio)</p> <p>7:00pm-8:15pm Ladies Night Open Gym (Basketball)</p>	<p>6:30am-8:45am Adult Open Gym (Basketball)</p> <p>10:00am-11:00am Senior Swim w/John</p> <p>12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)</p> <p>5:30pm-6:30pm Zumba(\$) w/Lex (Gym)</p> <p>6:30pm-8:15pm Adult Open Gym (Badminton)</p> <p>5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)</p> <p>*New Class* 6:00pm-7:00pm Basic Boot Camp(\$) w/Mike (Dance Studio)</p> <p>6:00pm-7:00pm Water Exercise(\$) w/Jere</p>	<p>6:00am-7:00am Boot Camp(\$) w/Misty (Gym)</p> <p>9:30am-10:30am Lo Water Exercise w/Theo</p> <p>12:00pm-1:00pm Body Sculpt(\$) w/Shameka (Dance Studio)</p> <p>6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)</p> <p>6:30pm-7:30pm Line Dancing w/Pam (Theater)</p> <p>5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)</p> <p>*New Class* 6:00pm-7:00pm Basic Boot Camp(\$) w/Mike (Dance Studio)</p> <p>6:00pm-7:00pm Water Exercise(\$) w/Jere</p>	<p>6:30am-8:45am Adult Open Gym (Basketball)</p> <p>10:00am-11:00am Senior Swim w/John</p> <p>12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)</p> <p>5:30pm-6:30pm Zumba(\$) w/Lex (Gym)</p> <p>6:30pm-8:15pm Adult Open Gym (Basketball)</p> <p>5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)</p> <p>*New Class* 6:00pm-7:00pm Basic Boot Camp(\$) w/Mike (Dance Studio)</p> <p>6:00pm-7:00pm Water Exercise(\$) w/Jere</p>	<p>6:00am-7:00am Boot Camp(\$) w/Misty (Gym)</p> <p>9:30am-10:30am Lo Water Exercise w/Theo</p> <p>6:00pm-7:00pm Family Open Gym</p> <p>*New Class* 6:30pm-7:30pm Mr. Max Scruggs Free Women's Self Defense/Martial Arts Class</p>  <p>@ "East Park Community Center"</p>	<p>8:15am-9:15am Morning Flow Yoga(\$) w/Barbara (Arts and Crafts)</p> <p>9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)</p> <p>9:00am-12:00pm Adult Open Gym (Badminton)</p> <p>9:00am-12:00pm African Dance (Kids and Adults) (Theater)</p> <p>**Monday-Friday** 9:00am-4:00pm Summer Enrichment Program(Ages 6-14) Gymnasium Closed to Adults</p>

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Facility Coordinator: Darlene Morrow **Program Coordinator:** Randall Miller **Aquatics Leader:** Jere Shoemake

The following activities are offered as part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. For information on any of our programs, please contact us at 862-8448

Important Info.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The pool is free of charge, except where a (\$) designates a fee.	6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim	
Pool capacity of 25 swimmers.	9:30am-10:30am Lo H ² O Exercise w/Theo	10:00am-11:00am Senior Swim w/John	9:30am-10:30am Lo H ² O Exercise w/Theo	10:00am-11:00am Senior Swim w/John	9:30am-10:30am Lo H ² O Exercise w/Theo	9:00am-10:30am Lap Swim
Children under age 3 must wear a swim diaper.						10:30am-11:30am Waterwalking
Children under 4 feet tall must be with an adult in the water.	11:00am-1:00pm Lap Swim	11:00am-12:30pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-12:30pm Lap Swim	11:00am-1:00pm Lap Swim	
Family Swim is for families and children. Children must be accompanied by an adult.		12:45pm-3:45pm Summer Enrichment Program		12:45pm-3:45pm Summer Enrichment Program		
Only people age 21 and older are considered adults when accompanying a child during Family Swim.	5:00pm-7:00pm Lap Swim	5:15pm-6:00pm Swim Lessons *Registration Required	5:00pm-7:00pm Lap Swim	5:15pm-6:00pm Swim Lessons *Registration Required		*Swim Lessons Save Lives**
		6:00pm-7:00pm Water Workout(\$) w/Jere		6:00pm-7:00pm Water Workout(\$) w/Jere		*Group swim lessons are \$50.00 for 8 lessons. For more information contact Jere Shoemake at (615)862-8448
		7:15pm-8:00pm Swim Lessons *Registration Required		7:15pm-8:00pm Swim Lessons *Registration Required		There will not be an August session for swim lessons. The next session will start in September. More info coming soon.

Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities. For accessibility inquiries, call 862-8400

Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson 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.