

# Hadley Park Regional Community Center

1037 28<sup>th</sup> Ave. North Nashville, TN 37208 - 615-862-8451

<b>Fitness Classes</b> <b>Aquatics</b> <b>(\$)</b> – Paid Class	<b>Monday Hours:</b> <b>6:00am-8:30pm</b>	<b>Tuesday Hours:</b> <b>6:00am-8:30pm</b>	<b>Wednesday Hours:</b> <b>6:00am-8:30pm</b>	<b>Thursday Hours:</b> <b>6:00am-8:30pm</b>	<b>Friday Hours:</b> <b>6:00am-7:30pm</b>	<b>Saturday Hours:</b> <b>8:00am-12:00pm</b>
<p><b>Fall 2016 Program Schedule 862-8445</b></p> <p><u>Facility Coordinator</u> Channoty Robinson</p> <p><u>Recreation Leaders, Rec Attendants, &amp; Lifeguards (*)</u> Terrance Quattlebaum Jermell McIntosh Charles Pruitt Ronald Taylor Myron Goggins Rodney Williams Lamont Crawley Diamond Baird Morgan Perkins Sabrina Williams* Nancy Harrison*</p> <p><u>Class Instructors</u> Hadley Staff Ken Turner Charturah Smith Andrea Howart Sandy Cunningham</p>	<p>6:00-12:00pm *Open Swim</p> <p>8:30-9:15am *Lap Swim &amp; Water Walking</p> <p>9:30-10:30am Water Exercise</p> <p>11:00-11:45am *Open Swim</p> <p>12:00-12:30pm Lap Swim</p> <p>3:00-6:00pm After-School Zone</p> <p>5:00-6:15pm Learn to Swim (\$) Beginner Level 1 &amp; 2</p> <p>6:00-7:00pm *Line Dancing</p> <p>6:30-7:30pm H2O Explosion</p>	<p>6:30-7:30am Water Boot Camp w/Ken (\$)</p> <p>9:00-10:30am Learn to swim (Adults &amp; Seniors)</p> <p>Group Swim (\$) (Must Reserve)</p> <p>10:00-11:00am *Line Dance</p> <p>11:00-11:45am *Open Swim</p> <p>12:00-12:30pm *Lap Swim</p> <p>3:00-6:00pm After-School Zone</p> <p>5:30-6:15pm *Lap Swim</p> <p>6:30-7:30pm Aqua Abs &amp; Arms (\$)</p> <p>7:00-8:00pm Dancing with Dre (\$)</p>	<p>6:30-8:00am *Open Swim</p> <p>8:30-9:15am *Lap Swim &amp; Water Walking</p> <p>9:30-10:30am *Water Exercise</p> <p>11:00-11:45am *Open Swim</p> <p>12:00-12:30pm *Lap Swim</p> <p>3:00-6:00pm After-School Zone</p> <p>5:00-6:15pm Learn to Swim (\$) Beginner Level 1 &amp; 2</p> <p>6:00-7:00pm *Line Dance</p> <p>6:30-7:30pm Fit &amp; Fabulous H2O (\$)</p>	<p>9:00-10:30am Learn to Swim (Adults &amp; Seniors) Registration Required</p> <p>Group Swim (\$) Must Reserve</p> <p>10:00-11:00am Line Dance</p> <p>11:00-11:45pm Open Swim</p> <p>12:00-12:30pm *Lap Swim</p> <p>3:00-6:00pm After-School Zone</p> <p>5:30pm-6:15pm *Lap Swim</p> <p>6:30pm-7:30pm Aqua Abs &amp; Arms 9\$) w/Charturah</p>	<p>8:30-9:15am *Lap Swim &amp; Water Walk*</p> <p>9:30-10:30am *Water Exercise</p> <p>11:00-11:45am *Open Swim</p> <p>12:00-12:30am *Lap Swim</p> <p>3:00-6:00pm After-School Zone</p> <p>4:30-5:00pm Baby &amp; Me (\$) (30min)</p> <p>5:30-6:00pm Preschool (\$) (30 min)</p> <p>Learn to Swim \$25 for 4 lessons</p> <p> Like   Find us on Facebook</p> <p>@  <b>“Hadley Park Community Center”</b></p>	<p>8:30-9:15am Aquatic Zumba (\$)</p> <p>9:30-10:30am Water Exercise (\$) w/Ken</p> <p>9:30-10:30am Zumba Kids (\$) w/Sandy</p> <p>10:00-11:30am *Family Swim</p> <p>Children under age 3 must wear a swim diaper. Children fewer than 4 feet tall must be with an adult in the water. Family Swim is for families and children. Children must be accompanied by an adult.</p> <p></p>