

# Sevier Park Regional Community Center

**(\$)** – Paid Class

**Adult Programming**

Cultural Arts

**Family Programming**

Fitness Classes

Special Features

**Summer 2024  
Activity Schedule**

Effective 5/28/24

**Facility Coordinator**

Randy Crawley, Jr.

**Program Coordinator**

Tia Mason

**Recreation Leaders**

Arkee Perkins

Christian Green

Myk Marlin

Tony McCrady

Tracye Davis

Koi Lacy

Fenise Miles



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

**\*All participants  
age 15 and  
under must be  
accompanied  
by an adult**

## Monday

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

7:00am-9:00am  
Open Badminton

8:00am-9:00am  
**(\$4)** Strength, Tone & Stretch  
w/ Demetria  
**(Begins 6.3.24)**

9:00am-4:00pm  
Youth Summer Enrichment  
Program  
(Registration Required)

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

5:30pm-8:00pm  
Open Gym Basketball  
3 vs. 3  
**Teams & free agents  
welcome**

### Memberships & Fees:

**Daily Pass**  
(Fitness Center)  
Adult \$3.00  
Teens/Senior/Military  
\$1.50

**10 Visit Pass**  
(Fitness Center)  
Adult \$20.00  
Teens/Senior/Military  
\$10.00

**Monthly Pass**  
(Fitness Center)  
Adult \$30.00  
Teens/Senior/Military  
\$20.00  
"Senior" = 62yrs and up  
"Teens" = 13yrs-17yrs

## Tuesday

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

6:00am-8:30am  
Open Basketball

9:00am-4:00pm  
Youth Summer Enrichment  
Program  
(Registration Required)

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

4:30pm-7:30pm  
Game Room

5:30pm-8:00pm  
Open Gym Pickleball



@ Sevier Park Community  
Center!

## Wednesday

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

7:00am-9:00am  
Open Badminton

9:00am-4:00pm  
Youth Summer Enrichment  
Program  
(Registration Required)

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

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

5:30pm-6:30pm  
Youth Tee Ball Practice  
(Closed Practice)

6:30pm-8:00pm  
Open Gym Volleyball

### Fitness Center & Indoor Track Hours

Monday- Thursday  
6:00am-8:00pm

Friday  
6:00am-7:00pm

Saturday  
8:00am-4:00pm

## Thursday

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

6:00am-8:30am  
Open Basketball

9:00am-4:00pm  
Youth Summer Enrichment  
Program  
(Registration Required)

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

4:30pm-7:30pm  
Game Room

5:30pm-8:00pm  
Open Gym Badminton

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

## Friday

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

6:30am-9:00am  
Open Pickleball

9:00am-4:00pm  
Youth Summer Enrichment  
Program  
(Registration Required)

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

4:30pm-7:00pm  
Teen & Family Event Night  
(Ages 17 & under w/ adult)

5:00pm-6:30pm  
Cards and Board Games  
w/ Fenise  
**(Begins 6.7.24)**

### Teen & Family Event Schedule:

**June**  
6/7/23: Pickleball  
6/14/23: Basketball  
6/21/23: Indoor Soccer  
6/28/23: Basketball

**July**  
7/5/23: Co-ed Volleyball  
7/12/23: Basketball  
7/19/23: Pickleball  
7/26/23: Basketball



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Center!

## Saturday

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

8:00am-9:30am  
Open Gym

8:00am-11:30am  
Game Room

9:30am-11:00am  
**(\$60)** 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/ Charturah

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

10:00am-11:30am  
**(\$60)** Shodo Club w/Kumi  
**Intermediate Session**  
(Japanese Calligraphy Class)  
(Offered Bi-weekly)  
April 6th - June 15th  
(Registration required)

1:15pm-3:00pm  
Open Gym Pickleball

3:00pm-4:00pm  
Family Fun Zone

# Sevier Park Regional Community Center

**Strength, Tone, and Stretch** is a fusion class that incorporates cardio, body weight training, and stretching. This class will also help support R.O.M (range of motion), Cardiovascular endurance, and flexibility.

**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.**