



**Adult Open Gym-** welcomes ages 18 and up to participate in a variety of activities that take place in the gym.

**After-School Enrichment Program-** children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

**Badminton-** a racquet sport played by with two opposing players who take positions on opposite halves of a rectangle court divided.

**Boot Camp-** mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

**Family Open Gym-** time for children and their adults to come together and play in the gym.

**Line Dancing-** a form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music.

**Pickle Ball-** is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

**Teen Time-** time allotted for teens ages 13 to 17 to occupy the gym, where they can play basketball.

**Tot Time-** Parent and their children (under 5) are welcomed to play in our gym.

**Zumba-** an aerobic fitness program that combines Latin and international music with dance moves.

**The Mission of Metro Board of Parks and Recreation**

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

**\*\*\*Metro Parks does not discriminate on basis of age, race, color, national origin, religion, or disability in admission to, access to or operations of its programs, services, or activities.\*\*\***