



Bellevue Regional Community Center

7638A Hwy 70 South, Nashville, TN 37221 - 615-862-8435

<p>Fitness Classes (\$4) Gymnasium Toddler Activities Summer Program Senior Activities</p>	<p>Monday Hours: 6:00am-8:30pm</p>	<p>Tuesday Hours: 6:00am-8:30pm</p>	<p>Wednesday Hours: 6:00am-8:30pm</p>	<p>Thursday Hours: 6:00am-8:30pm</p>	<p>Friday Hours: 6:00am-7:30pm</p>	<p>Saturday Hours: 8:00am-4:00pm</p>
<p>Program Schedule 2024 <i>*Subject to Change</i></p> <p>Facilities Manager Lindsey Magness</p> <p>Program Coordinator Demario Patterson</p> <p>Recreation Leader Sr. Aliyah Williams</p> <p>Recreation Leaders Maya Buckhanon Jack Forte Chason Fuller Charlie Lipschutz Hannah Martinez-Garcia Maggie Morales Kimia Rafiei</p> <p>Follow us on Facebook @BellevueCommCenter</p>  <p>Follow us on Instagram @BellevueCommCenter</p> 	<p>Fitness Center 6:00am-8:15pm</p> <p>Open Gym Ages 18 & Over Unless Accompanied by an adult 6:00am-2:00pm</p> <p>Senior Activities 50 & Over Mexican Train Dominoes 10:00am-12:00pm</p> <p>Bingo 1:00pm-3:00pm</p> <p>Teen Open Gym ½ Court Ages 15-17 2:00pm-6:00pm</p> <p>After School Program Ages 6-14 Registration Required 3:00pm-6:00pm</p> <p>Pickleball ½ Ct. Ages 18 & Over 5:00pm-7:00pm</p> <p>Yoga 6:00pm-7:00pm</p> <p>Open Gym ½ Ct. 15 & Over Unless Accompanied by an adult 6:00pm-8:15pm</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>Open Gym Ages 18 & Over Unless Accompanied by an adult 6:00am-2:00pm</p> <p>Toddler Activities* Ages 2-5 Registration Required 9:00am-11:00am</p> <p>Senior Activities 50 & Over Yoga 9:00am-10:00am</p> <p>Rummikub 1:00pm-3:00pm</p> <p>Pickleball ½ Ct. Ages 18 & Over 1:00pm-3:00pm</p> <p>Teen Open Gym ½ Court Ages 15-17 2:00pm-6:00pm</p> <p>After School Program Ages 6-14 Registration Required 3:00pm-6:00pm</p> <p>Adult Basketball 18 & Over 6:00pm-8:15pm</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>Open Gym Ages 18 & Over Unless Accompanied by an adult 6:00am-2:00pm</p> <p>Piloga (\$) Kathy Moore 9:30am-10:30am</p> <p>Senior Activities 50 & Over Mahjong 10:00am-12:00pm</p> <p>Fundamentals of Pickleball ½ Ct. Ages 18 & Over 1:00pm-3:00pm STARTING IN OCTOBER</p> <p>Teen Open Gym ½ Court Ages 15-17 2:00pm-6:00pm</p> <p>After School Program Ages 6-14 Registration Required 3:00pm-6:00pm</p> <p>POUND (\$) Kathy Moore 6:00pm-7:00pm</p> <p>Volleyball 18 & Over 6:00pm-8:15pm</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>Open Gym Ages 18 & Over Unless Accompanied by an adult 6:00am-2:00pm</p> <p>Toddler Activities* Ages 2-5 Registration Required 9:00am-11:00am</p> <p>Pickleball ½ Ct. Ages 18 & Over 9:30am-11:30am</p> <p>Senior Activities 50 & Over Fitness Orientation 11:00am-12:00pm</p> <p>Teen Open Gym ½ Court Ages 15-17 2:00pm-6:00pm</p> <p>After School Program Ages 6-14 Registration Required 3:00pm-6:00pm</p> <p>Adult Basketball 18 & Over 6:00pm-8:15pm</p>	<p>Fitness Center 6:00am-7:15pm</p> <p>Open Gym Ages 18 & Over Unless Accompanied by an adult 6:00am-2:00pm</p> <p>Senior Activities 50 & Over Line Dancing 10:30am-11:30am</p> <p>Teen Open Gym ½ Court Ages 15-17 2:00pm-6:00pm</p> <p>After School Program Ages 6-14 Registration Required 3:00pm-6:00pm</p> <p>Open Gym Ages 15 & Over Unless Accompanied by an adult 6:00pm-7:15pm</p>	<p>Fitness Center 8:00am-3:45pm</p> <p>Open Gym Ages 15 & Over Unless Accompanied by an adult 8:00am-3:45pm</p> <p>POUND (\$) Kathy Moore 9:30am-10:30am</p> <p>Fitness Class Fees \$4.00 per class \$40.00 for 10 classes (No Discounts Applied)</p> <p>Fitness Studio Fees \$3.00 per visit \$20.00 per 10 visits \$30.00 per month</p> <p>Discount Applies to: Teens ages 13-17 Seniors ages 62+ College students Metro Employees Disabled Persons Military Personnel Valid ID required</p> <p>Discounted Fitness Studio Rates \$1.50 per visit \$10.00 per 10 visits \$20.00 per month</p>

Schedule Is Subject To Change

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Activity Descriptions:

Open Gym: Welcomes ages 15 and over to occupy the gymnasium and play basketball.

Family Open Gym: This is a time for families to come together and play basketball in the gym. Anyone 14 and under must be accompanied by an adult.

Teen Open Gym: Is a time allotted for teens ages 15-17 to occupy the gym, where they can play basketball.

Adult Basketball: Patrons 18 and over can utilize the gym and play basketball.

Pickle Ball: Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball is a racquet sport/paddle sport that is played with a paddle and a whiffle ball. This facility does not offer permanent lines but uses throw down markers.

Fundamentals of Pickleball: This activity is led by a Bellevue staff member that will teach beginners basic skills and tactics needed to play pickleball. It is not an open play activity and is only for those interested in taking part in drills with step-by-step instructions that will assist you in perfecting your play.

After School/Summer Youth Program: Children ages 6-14 who are registered in the FREE drop-in program will participate in activities that focus on active recreation, while supporting healthy social and academic development. Space is limited and registration is required.

Toddler Activities: A time and place for toddlers to participate in various activities in a fun, safe and relaxing environment for both parents and toddlers. Parents must stay during the entire duration of the program. Toys are present in the room to create a welcoming play area to socialize with other toddlers. A specific Diy project is present with art supplies provided as an activity option with staff instruction. There is also circle time, a group activity where toddlers are encouraged to sing or dance along to songs . These activities are subject to change. Free special events are open to the community. All supplies are safe and age appropriate. Registration is required and can only be obtained in person at the front desk of the community center. All areas of the form must be reviewed and signed.

Sip & Paint Coffee Edition: A free step by step painting class with a less technical approach to create a final piece in only an hour. Paint palettes are premade , set of paint brushes, aprons and table easels are set up in a fun, colorful paint room, using only led lamps and blacklights to enlighten the room. Participants are encouraged to sit back and paint with a live demonstration of the process, as well as receive tips to create the shown reference. Creating a welcoming ambient for all skill levels to enjoy, with coffee and tea available during class, this painting class is far from a classical one. Registration is through Sign up genius through the following : sign up genius link, scanning Qr code or calling the community center. Limited spots are available. Once registered participants must bring their own canvas and show up at the scheduled time.

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Senior Programming: Ages 50 and Over

Bingo: Bingo is a game in which each player has a card with numbers on it. Someone calls out numbers and if you are the first person to have all your numbers called out, you win the game.

Fitness Orientation: Fitness Orientation is an information session with a Bellevue staff member to provide you with the basics of how to use various types of gym equipment, including cardio machines, weight machines, free weights, and functional training equipment. Emphasizing correct form, adjustments, and safety precautions. In addition to exercises led by staff designed to improve participants fitness level.

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

Mahjong: Mahjong is a Chinese game that involves matching tiles to remove them from play. The goal of mahjong is to create matching sets and pairs, known as melds or eyes. Mahjong is a social game that combines skill, strategy, luck, and precision.

Mexican Train Dominoes: Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or “station”.

Rummikub: Rummikub is a tile-based game that is for 2-4 players that combines elements of rummy and mahjong. The goal is to be the first player to get rid of all their tiles by placing them in runs or groups on the table.

Yoga: Yoga is the practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. No experience is required

Classes or programs might be changed or cancelled due to low attendance or if an instructor is unavailable.

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Fitness Class Descriptions:

Fitness Classes: \$4 per class or a \$40 for a 10-pass fitness class pass.

PILOGA: Piloga is a combination of Pilates and Yoga that draws the core strength emphasis in Pilates and the flexibility and mindfulness of yoga.

POUND: Pound is a full-body fitness class that combines cardio, strength training, drumming, yoga, and Pilates. Participants use lightly weighted Ripstix to create music and drum along to the rhythm while performing yoga and Pilates-inspired movements. The class is designed to be intense, fun, and primal, and can be modified to suit any age or fitness level.

Zumba: Zumba is a dance-based fitness program that combines cardio, muscle toning, balance, and flexibility.

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The Mission of Metro Nashville Community Centers is to provide quality recreational activities that are age and ability appropriate in a safe and welcoming environment. Community Centers promote wellness and positive programs that are geared toward the diverse communities in which we serve.

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.

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