

# Sevier Park Regional Community Center

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

**(\$)** – Paid Class

Cultural Arts

**Toddler Programming**

Fitness Classes

Special Features

**Youth Programming**

**Adult Programming**

**Fall 2024**

**Activity Schedule**

**Effective 11/01/24**

**Facility Coordinator**

Randy Crawley, Jr.

**Sr. Recreation Leader**

Hannah Martinez-Garcia

**Recreation Leaders**

Arkee Perkins

Christian Green

Myk Martin

Tony McCrady

Tracye Davis

Koi Lacy

Fenise Miles

**Office Support Rep.**

Armon Newsom



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



## Monday

6:00am-8:00pm

**(\$)** Fitness Center & Indoor Track

8:30am-9:30am  
Walk It Out  
w/ Mr. Tony  
(Walking Club)

9:00am-12:00pm

Open Badminton

**\*Ages 15 & Under MUST be accompanied by adult\***

3:00pm-6:00pm

After-School Program  
**\*Registration Required\***

4:00pm-4:45pm

**(\$108)** Creative Ballet  
(Age 5yrs)

[Aug. 19<sup>th</sup> - Nov. 18<sup>th</sup>]

4:45pm-5:30pm

**(\$108)** Pre-Ballet  
(Ages 6-7yrs)

[Aug. 19<sup>th</sup> - Nov. 18<sup>th</sup>]

6:00pm-7:30pm

English Country Dancing

6:15pm-8:00pm

Adult Basketball [3 vs. 3]  
(Ages 18+)

**Teams & free agents welcome.**

## Tuesday

6:00am-8:00pm

**(\$)** Fitness Center & Indoor Track

6:00am-8:00am

Open Basketball

**\*Ages 15 & Under MUST be accompanied by adult\***

9:00am-10:30am

Adult Ballet

**(\$4)** (Senior)

**(\$10)** (Adult)

9:30am-10:30am

**(\$4)** Lo-Impact Strength  
w/ Tristan

10:45am-11:45am

Toddler Activities  
(Ages 1-4)

**\*Registration Required\***

11:30am-12:30pm

**(\$4)** Tai Chi  
w/ Jen-Jen

**\*Begins Sept. 3, 2024\***

3:00pm-6:00pm

After-School Program  
**\*Registration Required\***

4:30pm-5:30pm

**(\$126)** Basic Ballet for Teens  
(Ages 12-18yrs)

[Aug. 20<sup>th</sup> - Nov. 19<sup>th</sup>]

5:30pm-6:30pm

**(\$126)** Contemporary Basics  
for Teens  
(Ages 12-18yrs)

[Aug. 20<sup>th</sup> - Nov. 19<sup>th</sup>]

6:30pm-7:30pm

**(\$4)** Strength and Stretch  
Dance Fit w/Asia

6:15pm-8:00pm

Open Pickleball

**\*Ages 15 & Under MUST be accompanied by adult\***

## Wednesday

6:00am-8:00pm

**(\$)** Fitness Center & Indoor Track

8:30am-9:30am

Walk It Out

w/ Mr. Tony  
(Walking Club)

9:00am-12:00pm

Open Badminton

**\*Ages 15 & Under MUST be accompanied by adult\***

10:00am-11:30am

Witty Knitty Knitters  
(Knitting & Crochet Club)

10:00am-11:00am

**(\$4)** Tai Chi  
w/ Jen-Jen

11:15am-12:15pm

**(\$5)** West African Dance  
w/ Windship

[Jul. 31<sup>st</sup> - Nov. 30<sup>th</sup>]

12:30pm-2:00pm

Still Life Drawing w/ Mr. Green  
[Every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday]  
(All ages welcome)

1:30pm-2:30pm

**(\$4)** Gentle Pilates  
w/ Kari

3:00pm-6:00pm

After-School Program  
**\*Registration Required\***

6:15pm-8:00pm

Family & Adult  
Indoor Volleyball

**\*Ages 15 & Under MUST be accompanied by adult\***

## Thursday

6:00am-8:00pm

**(\$)** Fitness Center & Indoor Track

6:00am-8:00am

Open Basketball

**\*Ages 15 & Under MUST be accompanied by adult\***

9:00am-10:30am

Adult Ballet

**(\$4)** (Senior)

**(\$10)** (Adult)

9:30am-10:30am

**(\$4)** Lo-Impact Strength  
w/Tristan

10:45am-11:45am

Toddler Activities  
(Ages 1-4)

**\*Registration Required\***

12:30pm-2:30pm

Open Pickleball

3:00pm-6:00pm

After-School Program  
**\*Registration Required\***

6:15pm-7:15pm

**(\$4)** B. Fab Dance Cardio

6:15pm-8:00pm

Open Badminton  
**\*Ages 15 & Under MUST be accompanied by adult\***

**Fitness Center Memberships & Fees:**

**Daily Pass**

Adult \$3.00

Teens/Senior/Military \$1.50

**10 Visit Pass**

Adult \$20.00

Teens/Senior/Military \$10.00

**Monthly Pass**

Adult \$30.00

Teens/Senior/Military \$20.00

"Senior" = 62yrs and up

"Teens" = 13yrs-17yrs

## Friday

6:00am-8:00pm

**(\$)** Fitness Center & Indoor Track

6:00am-8:00am

Open Basketball

**\*Ages 15 & Under MUST be accompanied by adult\***

9:00am-12:00pm

Open Pickleball

**\*Ages 15 & Under MUST be accompanied by adult\***

9:00am-10:00am

Coffee & Crosswords w/  
Ms. Arkee

9:30am-10:15am

Rainbow Dance

**(\$54)** Creative Movement  
(Ages 1 1/2 - 2yrs)

[Nov. 1<sup>st</sup> - Dec. 13<sup>th</sup>]

10:00am-11:30am

Witty Knitty Knitters  
(Knitting & Crochet Club)

10:30am-12:00pm

Dancing with Parkinson's

[Nov. 1<sup>st</sup> - Dec. 13<sup>th</sup>]

3:00pm-6:00pm

After-School Program  
**\*Registration Required\***

5:30pm-7:00pm

Bingo Night w/ Ms. Fenise  
(All ages welcome)

5:30pm-7:00pm

Teen & Family Open Gym  
(Ages 17 & under)

**\*Ages 15 & Under MUST be accompanied by adult\***

## Saturday

8:00am-4:00pm

**(\$)** Fitness Center & Indoor Track

8:00am-9:30am

Open Basketball

**\*Ages 15 & Under MUST be accompanied by adult\***

9:30am-11:00am

**(\$60)** Shodo Club w/Kumi  
Beginner Session

(Japanese Calligraphy Class)  
Sept. 21<sup>st</sup> - Nov. 16<sup>th</sup>

(Offered Bi-weekly)  
(Registration required)

9:45am-10:45am

**(\$4)** Lo-Impact Strength  
w/ Charturah

10:00am-11:30am

**(\$60)** Shodo Club w/Kumi  
Intermediate Session

(Japanese Calligraphy Class)  
Sept. 21<sup>st</sup> - Nov. 16<sup>th</sup>

(Offered Bi-weekly)  
(Registration required)

10:15am- 11:00am

**(\$126)** Creative Movement  
(Ages 3yrs)

[Aug. 24<sup>th</sup> - Nov. 23<sup>rd</sup>]

11:00am- 1:15pm

Family Fun Zone

**\*Ages 15 & Under MUST be accompanied by adult\***

11:00am-11:45am

**(\$126)** Creative Movement  
(Ages 4yrs)

[Aug. 24<sup>th</sup> - Nov. 23<sup>rd</sup>]

1:30pm-3:30pm

Open Pickleball

**\*Ages 15 & Under MUST be accompanied by adult\***

**\*Schedule is subject to change during Metro Nashville Public School breaks to accommodate students\***

# Sevier Park Regional Community Center

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## **Strength and Stretch Dance Fitness:**

Come join Asia Pyron in her fitness classes involving full body strengthening and stretch exercises. This hour-long class will get you sweaty and strong as Asia guides you through basic yet challenging movement. Release your inner beast and come move with Asia!

## **Overcoming the Fear of Drawing w/ Ms. Sue:**

Calling all Lifelong Learners! This class is designed for those with little or no drawing experience, leading you into the exploration of mark making, observation and building confidence. Projects are geared to your individual needs in a classroom environment. Sue Mulcahy is an accomplished artist, specializing in charcoal and mixed media.

## **B.fab fitness:**

B.fab's our own choreography of simple dance moves set to hip-hop, pop, Latin and even a little Bollywood. A high-energy, epic good time that will leave you with a sweat and a smile. No experience is required, just a desire to move and have fun!

## **West African Dance W/ Windship:**

Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement. Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay. All levels welcome. Class meets every Wednesday.

## **Shodo Club w/Ms. Kumi (Beginner Session)**

For those who have never learned Shodo before or has practiced Shodo 2 years or less. This session is perfect for someone who really wants to learn Shodo at the basic level. It is OK if you are not familiar with Japanese Hiragana and Kanji(Chinese Characters). You will learn to write your name in Hiragana.

## **Shodo Club w/Kumi (Intermediate Session)**

Someone who has learned Shodo for 3+ years and has a basic knowledge or finished the beginner session. Your Kanji name will be provided for practice.

**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.

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

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**This schedule is subject to change.**

**For more information, contact Facility Coordinator: Randy Crawley.**

**Randy.Crawley@Nashville.gov or 615-862-8466.**