

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

Winter 2025

Activity Schedule

Effective 02/11/2025

Facility Coordinator

Randy Crawley, Jr.

Program Coordinator

Ambria Berryhill

Sr. Recreation Leader

Hannah Martinez-Garcia

Office Support

Representative

David Johnson

Recreation Leaders

Arkee Perkins

Myk Martin

Tony McCrady

Tracye Davis

Koi Lacy

Fenise Miles

***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

12:00pm-2:00pm
Open Basketball

3:00pm-6:00pm
After-School Program
*Registration Required

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

6:15pm-8:00pm
Adult Basketball [5 v. 5]
(Ages 18+)
Teams & free agents
welcome.

@SevierParkCommunity
Center



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Tuesday

6:00am-8:00pm

(\$) Fitness Center &
Indoor Track
6:00am-8:00am
Open Basketball

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

12:00pm-2:00pm
Open Basketball

3:00pm-6:00pm
After-School Program
Registration Required

4:30pm-5:30pm
(\$117) Ballet Basics
Ages 12-18

5:30pm-6:30pm
(\$117) Contemporary Basics
Ages 12-18

6:30pm-7:30pm
(\$4) Strength and Stretch
Dance Fit w/ Asia

6:15pm-8:00pm
Open Pickleball

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

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

9:00am-9:55am
(\$4) Intermediate Tai Chi
w/ Jen-Jen
(2+ Years Experience)

10:00am-11:00am
(\$4) Beginner Tai Chi
w/ Jen-Jen
(Open To Beginners)

11:15am-12:15pm
(\$5) West African Dance w/
Windship

12:00pm-2:00pm
Open Basketball

12:30pm -1:30pm
Creative Hour
[Every 2nd & 4th 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

Thursday

6:00am-8:00pm

(\$) Fitness Center &
Indoor Track

6:00am-8:00am
Open Basketball

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

6:30pm-8:00pm
Open Badminton

Friday

6:00am-8:00pm

(\$) Fitness Center &
Indoor Track

6:00am-8:00am
Open Basketball

9:00am-12:00pm
Open Pickleball

9:30am-10:15am
(\$72) Rainbowedance
(Registration Required)

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

10:30-11:30am
Dancing w/ Parkinson's
(Registration Required)

12:00pm-1:00pm
Coffee & Crosswords w/
Ms. Arkee

12:00pm-2:00pm
Open Basketball

3:00pm-6:00pm
After-School Program
Registration Required

5:30pm-7:00pm
Game Night w/ Ms. Fenise
(All ages welcome)

5:30pm-7:00pm
Teen & Family Open Gym
(Ages 17 & under)

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

Saturday

8:00am-4:00pm

(\$) Fitness Center &
Indoor Track

8:00am-9:30am
5v5 Basketball

9:45am-10:45am
(\$4) Lo-Impact Strength
w/ Charurah

11:00am- 1:15pm
Family Fun Zone

1:30pm-3:30pm
Open Pickleball

**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

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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!

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.

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This schedule is subject to change.

For more information, contact Program Coordinator: Ambria Berryhill.

Ambria.Berryhill@Nashville.gov or 615-862-8466.