

Hadley Park Regional Community Center

1037 28th Avenue North, Nashville, TN 37208 - (615) 862-8451

(\$) - Paid Classes	Monday 6:00am – 8:30pm	Tuesday 6:00am – 8:30pm	Wednesday 6:00am – 8:30pm	Thursday 6:00am – 8:30pm	Friday 6:00am – 7:30pm	Saturday 8:00am-12:00pm
<p>Fitness/Aquatic Schedule Summer 2016 (schedule is tentative & may change based on need)</p> <p>Facility Coordinator Barbara Manuel</p> <p>Program Coordinator Darreth Walker</p> <p>Lifeguards Sabrina Williams* Dereck Smith* Nancy Harrison *</p> <p>Recreation Leaders Frank Deas Myron Goggins Charles Pruitt Terrance Quattlebaum Ronald Taylor Mike Thomas Rodney Williams</p> <p>Class Instructors (*) Ken Turner Chaturah Smith</p> 	<p>6:30-8:00am Adult Open Swim</p> <p>8:30-9:00 *Lap Swim & Water Walk</p> <p>9:00-9:30am Group Swim Lesson w/Sabrina</p> <p>9:30-10:30am *Water Exercise w/ Nancy</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>11:00-11:45am Family/ Open Swim</p> <p>12:00-12:30pm Lap Swim</p> <p>1:00-3:45 (Pool) Summer Enrichment Camp</p> <p>4:00-6:15pm (\$) Learn to Swim Beginner Level 1 & 2</p> <p>6:00-7:00 *Line Dance</p> <p>6:30-7:30pm H2O Explosion (\$) w/Dereck</p>	<p>6:30-7:30am Water Boot Camp (\$) w/Ken</p> <p>9:00-9:30am Group Swim Lesson w/ Sabrina</p> <p>9:30-10:30am Must Reserve (\$) (Outside Camps)</p> <p>10:00 – 10:45am *Senior Line Dance</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>11:00-11:45am Family/Open Swim</p> <p>12:00-12:30pm Lap Swim</p> <p>1:00-3:45 (Pool) Summer Enrichment Camp</p> <p>4:00-6:15pm (\$) Learn to Swim Beginner Level 1 & 2</p> <p>6:30-7:30pm Aqua Abs & Arms (\$) w/Allison</p> <p>7:00-8:00pm Dance Fit (\$) w/ Dre</p>	<p>6:30-8:00am Adult Open Swim</p> <p>8:30-9:00 *Lap Swim & Water Walk</p> <p>9:00-9:30am Group Swim Lesson w/ Sabrina</p> <p>9:30-10:30am *Water Exercise w/Nancy</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>11:00-11:45am Family/Open Swim</p> <p>12:00-12:30pm Lap Swim</p> <p>1:00-3:45 (Pool) Summer Enrichment Camp</p> <p>4:00-6:15pm (\$) Learn to Swim Beginner Level 1 & 2</p> <p>6:00-7:00pm *Line Dance</p> <p>6:30-7:30pm Fit & Fabulous H2O (\$) w/Dereck</p>	<p>9:00-9:30am Group Swim Lesson w/ Sabrina</p> <p>9:30-10:30am Must Reserve (\$) (Outside Camps)</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>10:00-10:45am *Senior Line Dance</p> <p>11:00-11:45am Family/Open Swim</p> <p>12:00-12:30pm Lap Swim</p> <p>1:00-3:45pm (Pool) Summer Enrichment Camp</p> <p>4:00-6:15pm (\$) Learn to Swim Beginner Level 1 & 2</p> <p>6:30-7:30pm Aqua Abs & Arms w/ Chaturah (\$)</p>   <p>@ “Hadley Park Community Center”</p>	<p>8:30-9:00 *Lap Swim & Water Walk</p> <p>9:30-10:30am *Water Exercise w/ Nancy</p> <p>10:00am-4:00pm Summer Camp Ages 6 to 14 (Must be registered)</p> <p>11:00-11:45am Family/Open Swim</p> <p>12:00-12:30pm Lap Swim</p> <p>1:00-3:45 (Pool) Summer Enrichment Camp</p> <p>4:30-5:00pm (\$) Baby & Me (30min) w/ Sabrina</p> <p>5:30-6:00pm (\$) Preschool (30min) w/ Sabrina Learn to Swim \$25 for 4 lessons</p>	<p>8:30-9:15am Youth Learn to Swim w/ Dereck</p> <p>9:30-10:30am Water Exercise (\$) w/Ken</p> <p>10:30-11:30am Family Swim</p> <p>11:30 -12:15noon Adult Learn to Swim w/ Dereck</p> <hr/> <p>Children under age 3 must wear a swim diaper.</p> <p>Children under 4 feet tall must be with an adult in the water.</p> <p>Family Swim is for families and children. Children must be accompanied by an adult.</p> <hr/> <p>See attached flyer for more information on</p>  <p>Learn to Swim</p>