




<b>Spring 2012 Program Schedule 862-8445</b>	<b>Monday Hours: 6:00am-8:30pm</b>	<b>Tuesday Hours: 6:00am-8:30pm</b>	<b>Wednesday Hours: 6:00am-8:30pm</b>	<b>Thursday Hours: 6:00am-8:30pm</b>	<b>Friday Hours: 6:00am-7:30pm</b>	<b>Saturday Hours: 8:00am-12:00pm</b>
<p>Coleman Park 384 Thompson Lane Nashville, TN 37211</p> <p><b>Facility Coordinator*</b> Stevon Neloms</p> <p><b>Program &amp; Aquatics Coordinator*</b> Jon Dodson</p> <p><b>Recreation Leaders &amp; Lifeguards (*)</b> Pamela Caban Cami Lusk Michael Gooch Sr. William Graham* Angela Booker Raymon Tonkin* Waldrian Coleman* Cassie Deas William Dobson (Art) Dennis Morrow*</p> <p><b>Fitness Instructors</b> LifeFitness Academy B.Fab. Fitness Allen Walker William Graham Amy Willoughby Mary Crimmins Megan Baze Dennis Morrow Erika Wright</p> <p><b>Front Desk Leader</b> Andrew Batey Jr.</p> <p><b>Activity Codes:</b>  <span style="background-color: yellow;">Fitness Classes</span>  <span style="background-color: blue;">Aquatics</span>  <span style="background-color: green;">Gymnasium</span>  <span style="background-color: yellow;">Youth/Senior Programs</span>  *Paid Classes</p>	<p>6:00am-2:00pm Adult Open Gym (basketball)</p> <p>6:30am-7:15am Water Wake-up</p> <p>8:30am-9:15am Boot Camp*</p> <p>11:00am-12:00pm Indoor Soccer (Futsal)</p> <p>10:00-11:00am Senior Swim</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-1:00pm Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:00pm Cardio Kickboxing*</p> <p>7:00pm-8:00pm B.Fab.Fitness (Zumba)*</p> <p><b>Facility Rental Rates</b> <b>All Rates are per hour</b> Small Meeting Room - \$35.00 Large Meeting Room - \$50.00 Dance Studio - \$50.00 Pool - \$50.00 Gym/Game Room - \$75.00 Facility - \$100.00</p>	<p>7:00am-2:00pm Adult Open Gym (basketball)</p> <p>6:00am-6:45am Boot Camp*</p> <p>6:00am-7:00am Morning Yoga</p> <p>9:00am-12:00pm Seniors Art Program (Art Room)</p> <p>10:00am-11:00am Senior Water Aerobics</p> <p>12:00pm-1:00pm Lap Swim/Water Walking</p> <p>1:00-5:00 Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:15pm-6:00pm Swim Lessons*</p> <p>6:00-8:00pm Latin Dance (Beg-Adv)</p> <p>7:00pm-8:00pm B.Fab.Fitness (Zumba)*</p> <p>6:00pm-7:00pm Water Aerobics*</p>	<p>6:00am-11:00am Adult Open Gym</p> <p>8:00am-2:00pm Metro Parks Disabilities Program</p> <p>8:30am-9:15am Boot Camp*</p> <p>9:30-10:15am F.I.R.E.*</p> <p>11:00am-12:00pm Indoor Soccer (Futsal)</p> <p>10:00-11:00am Senior Swim</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-1:00pm Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:30pm-6:15pm Boot Camp*</p> <p>6:15pm-7:00pm Cardio Kickboxing*</p> <p>7:00pm-8:00pm Yoga*</p>	<p>6:00am-8:00am Adult Open Gym (basketball)</p> <p>6:00am-6:45am Boot Camp*</p> <p>6:30am-7:15am Water Wake-up</p> <p>9:00am-2:00pm Seniors Art Program (Art Room)</p> <p>10:00am-11:00am Senior Water Aerobics</p> <p>12:00pm-1:00pm Lap Swim/Water Walking</p> <p>1:00-5:00 Open Swim</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:15pm-6:00pm Swim Lessons*</p> <p>6:00pm-7:00pm Water Aerobics*</p> <p>5:30-7:00pm Kundalini Yoga: Plus Size</p> <p>7:00pm-8:00pm B.Fab.Fitness (Zumba)*</p>	<p>6:00am-8:00am Adult Open Gym (basketball)</p> <p>6:00am-7:00am Morning Yoga</p> <p>8:30am-9:15am Boot Camp*</p> <p>10:00-11:00am Senior Water Aerobics</p> <p>11:00am-12:00pm Lap Swim/Water walking</p> <p>12:00pm-1:00pm Open Swim</p> <p>10:00am-12:00pm Hispanic Seniors Program</p> <p>3:00-6:00pm After-School Zone (Ages 6-14)</p> <p>5:30pm-6:15pm Boot Camp*</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="text-align: center; margin-top: 10px;">  <p><small>ESTABLISHED 1922</small></p> </div>	<p>8:00-10:00pm Family Gym Time</p> <p>8:00-9:00am Water walking/lap swim</p> <p>9:15am-10:15am Boot Camp*</p> <p>9:00am-10:00am Water Aerobics*</p> <p>10:00am-11:30am Open Swim</p> <p><b>Pool Reservations</b> Pool - \$30.00 Lifeguard - \$20.00 Total per hour - \$50.00</p> <p><b>Fitness Center Rates</b> Adult Daily - \$3.00 Adult Monthly - \$30.00 Adult 10 Visit \$20.00 Senior Daily - \$1.50 Senior Monthly - \$20.00 Senior 10 Visit - \$10-00 Youth Daily - \$1.50 Youth Monthly - \$20.00 Youth 10 Visit - \$10.00 Fit Card - \$27.00 B.fab.Fitness (Zumba)- 10 visit pass- \$30.00</p> <p>Metro Parks does not discriminate on the basis of age, race, sex, color, national origin, religion, disability in admission to, access to, or operations of its programs, services, or activities.</p>

### **Coleman Park Regional Center Class Descriptions and Fees**

#### **Aqua:**

**Senior Water Exercise**- a low impact class that focuses on cardio trainings. **Ages 55 & up. Free Tuesdays, Thursdays, & Fridays. Instructor- Dennis Morrow**

**Water Aerobics**- a high impact water exercise class that focuses on toning and cardio. **\$3.00 Tuesday, Thursday, and Saturday. Instructor- Dennis Morrow**

**Water Wake-up**- a full body workout designed to promote muscular strength and development by using the natural resistance of water. **FREE every Monday and Thursday. Instructor- William Graham**

#### **Dance:**

**B.Fab Fitness (Zumba)**- Latin-infused cardio dance, so fun you don't notice you're sweating your tail off! Come Join the Party! **\$3.00 Mondays, Tuesdays, Thursdays. Instructors- B.Fab. Fitness.**

**Latin Dance**- Individuals and couples are welcome to enjoy! Beginners class is 6:00-7:00pm; Intermediate/Advance is 7:00pm-8:00pm. **This class is FREE!!!! Instructor- Amy and Julian Willoughby**

#### **Cardio:**

**Cardio Kickboxing**-a combination of aerobics, boxing, and martial arts -- is one of the most popular fitness trends to hit gymnasiums in recent years. These workouts, which are inspired by martial arts, have motivated many people to start a fitness program. **This class is \$3.00 on Mondays and Wednesdays. Instructor Allen Walker.**

**Boot Camp**- Boot camp fitness classes are a new way to get your strength training workouts in while getting a great cardio workout as well. **This class is M-Sat. \$3.00! These classes are subject to be outside, gym, or walking track.**

**Instructors- LifeFitness Academy**

**F.I.R.E** - FIRE stands for (F)-Flexion, (I)- Isometric, (R)- Resistance, (E)- Extension. This is class is new to Coleman and is instructed by our very own **William Graham! Free every Wednesday at 9:30am!**

#### **Yoga:**

**Morning Yoga**- beginning and intermediate yoga, focusing on breathing and concentration! **This class is free every Tuesday and Friday at 6am. Instructor- Megan Baze**

**Yoga**- Basic yoga poses taught in a flow format to strengthen, renew, and restore the body. Open to all levels. **This class is \$3.00 every Wednesday night. Instructor- Erika Wright**

**Kundalini Yoga: Plus Size**- This class is suitable for beginners and plus size students who wish to experience yoga in a safe and accepting environment. Each class is centered around a yoga set (kriya) with a theme. There are thousands of sets, so each class will be very unique. Some examples of the sets are: strengthening the immune system, creating prosperity & abundance, strengthening & opening the heart, increasing flexibility of the spine, strengthening the thyroid & throat, and disease resistance. The yoga set will be followed by a long deep relaxation time, where you will be able to totally relax and integrate the healing energy into the body. After relaxation we will end the class with a 3-11min guided meditation." **Free every Thursday. Instructor- Mary Crimmins**

**Fit Card:** The Fit Card is good for 10 passes into any of our paid classes except Zumba and Latin Dance.

**B.Fab. Fitness (Zumba) Punch Card:** This card is for 10 visits to our popular B.Fab. Fitness Zumba Class.

### **THE POOL**

Children ages 3 and under must wear a Metro Health Dept. approved dipper

Children under 4 feet tall must be accompanied by an adult

Only people age 18 and older are considered adults

### **SWIM LESSONS**

#### **Session 1**

Registration starts June 4th and ends June 8th

Class starts: June 12th and Ends: July 12th

#### **Session 2**

Registration starts July 17th and ends July 20th

Class starts: July 21st and Ends: August 23rd

Classes will not meet when Metro Schools are closed because of inclement weather

Please contact the front desk to registration for swim lessons

The swim lesson program cost \$50.00 per session

Children must be 6 years old and/or 4 feet tall

NOTE: If the child does not meet the requirements then the instructor has the discretion not to allow the child to participate in the learn to swim class

A refund will be done if this matter does occur

### **THE FACILITY**

Rentals are done anytime based on availability and capacity

Gymnasium w/Game Room, Pool, and Facility are rented after hours only (Fitness Center can not be rented)

Large meeting room includes the kitchen