



# East Park Regional Center

## 615-862-8448

**Effective: April 20, 2012**

**SPRING SCHEDULE 2012**

**Facility Coordinator:** Sherry Hipps    **Aquatic Coordinator:** Margie Parker

The following activities are offered as part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. For information on any of our programs, please contact us at 862-8448

### Pool Hours

Time/Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00am - 8:00am	Lap Swim / Waterwalking		Lap Swim / Waterwalking		Lap Swim / Waterwalking		
8:00-9:00am							
9:30-10:30am	9:30 - 10:30 Lo H2O Exercise	<b>C</b>	9:30 - 10:30 Lo H2O Exercise	<b>C</b>	9:30 - 10:30 Lo H2O Exercise		
10:00-11:00am		<b>L</b>		<b>L</b>		<b>Saturday Splash Water Exercise *</b>	
11:00am-1:00pm	Lap Swim / Waterwalking	<b>O</b>	Lap Swim / Waterwalking	<b>O</b>	Lap Swim / Waterwalking	<b>C</b>	<b>C</b>
1:00-2:00pm		<b>S</b>		<b>S</b>		<b>L</b>	<b>L</b>
2:00-3:00pm		<b>E</b>		<b>E</b>		<b>O</b>	<b>O</b>
3:00pm-4:00pm		<b>D</b>		<b>D</b>	Family Swim	<b>S</b>	<b>S</b>
4:00pm-5:00pm					Family Swim	<b>E</b>	<b>E</b>
5:00pm-6:00pm	Lap Swim / Waterwalking	Learn to Swim	Lap Swim / Waterwalking	Learn to Swim		<b>D</b>	<b>D</b>
6:00pm-7:00pm	Lap Swim / Waterwalking		Lap Swim / Waterwalking				

**Family Swim: a parent or guardian must be present in the pool/deck area and if the child is under 4ft a parent must be in the water.**

**Pool capacity of 25 people / lifeguard**

**Saturday Splash Class is \$3.00 per class.**

**Only people age 18 and older are considered adults.**

Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities. For accessibility inquiries, call 862-8400

Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson 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.