

# Sevier Park Regional Community Center

**(\$)** – Paid Class  
**Adult programming**  
**Cultural Arts**  
**Fitness Classes**  
**Family Programming**  
**Special Features**  
**Youth Programming**

**Spring 2024**  
**Activity Schedule**  
**Effective 3/4/24**

**Facility Coordinator**  
**Randy Crawley, Jr.**

**Program Coordinator**  
**Tia Mason**

**Recreation Leaders**  
**Leslie Martinez-Garcia**  
**Arkee Perkins**  
**Myk Martin**  
**Tony McCrady**  
**Tracye Davis**  
**Koi Lacy**  
**Fenise Miles**

**Office Support Rep.**  
**Christian Green**



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

## 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  
 Adult Badminton  
 (Ages 18+)

12:30pm-2:00pm  
 Home School Activities

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

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

6:15pm-8:00pm  
 Adult Basketball [3 vs. 3]  
 (Ages 18+)  
Teams & free agents  
welcome

### 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

## Tuesday

6:00am-8:00pm  
**(\$)** Fitness Center &  
 Indoor Track

6:00am-8:00am  
 Adult Basketball  
 (Ages 18+)

9:00am-10:30am  
 Adult Ballet  
 (\$4) (Senior)  
 (\$10) (Adult)

9:30am-10:30am  
**(\$4)** Lo-Impact Strength  
 w/ Tristan

10:45am-11:45am  
 Tot Time  
 (Ages 1-4)  
**\*Registration Required\***

11:00am-12:00pm  
 (\$4) Tai Chi  
 (Intermediate)  
 w/ Jen-Jen

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

4:30pm-5:30pm  
**(\$104)** Basic Ballet for Teens  
 (Ages 12-18yrs)  
 [Jan. 9<sup>th</sup>- Apr. 9<sup>th</sup>]

5:30pm-6:30pm  
**(\$104)** Contemporary Basics  
 for Teens  
 (Ages 12-18yrs)  
 [Jan. 9<sup>th</sup> - Apr. 9<sup>th</sup>]

6:15pm-8:00pm  
 Adult Pickleball  
 (Ages 18+)

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

## 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  
 Adult Badminton  
 (Ages 18+)

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

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

11:15am-12:15pm  
**(\$5)** West African Dance  
 w/ Windship  
 [Starting Jan 10<sup>th</sup>]

12:00pm-2:00pm  
 Adult Basketball  
 (Ages 18+)

12:30pm-2:30pm  
**(\$70)** Overcoming the Fear  
 of Drawing w/ Sue  
 [March 20<sup>th</sup>-April 24<sup>th</sup>]  
 (Registration Required)

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 14 and under**  
**MUST be accompanied by**  
**adult\***

## Thursday

6:00am-8:00pm  
**(\$)** Fitness Center &  
 Indoor Track

6:00am-8:00am  
 Adult Basketball  
 (Ages 18+)

9:00am-10:30am  
 Adult Ballet  
 (\$4) (Senior)  
 (\$10) (Adult)

9:30am-10:30am  
**(\$4)** Lo-Impact Strength  
 w/Tristan

11:00am-2:00pm  
 Adult Pickleball  
 (Ages 18+)

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

4:00pm-4:45pm  
**(\$104)** Creative Ballet  
 (Age 5yrs)  
 [Jan. 11<sup>th</sup>- Apr. 11<sup>th</sup>]

4:45pm-5:30pm  
**(\$104)** Pre-Ballet  
 (Ages 6-7yrs)  
 [Jan. 11<sup>th</sup>- Apr. 11<sup>th</sup>]

6:15pm-7:15pm  
**(\$4)** B. Fab Dance Cardio

6:15pm-8:00pm  
 Adult Badminton  
 (Ages 18+)



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 @ Sevier Park Community  
 Center

## Friday

6:00am-7:00pm  
**(\$)** Fitness Center &  
 Indoor Track

6:00am-8:00am  
 Adult Basketball  
 (Ages 18+)

9:00am-12:00pm  
 Adult Pickleball  
 (Ages 18+)

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

1:00pm-2:00pm  
 Friends Life Programming

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

5:30pm-7:00pm  
 Teen & Family Open Gym  
**\*Ages 14 & Under MUST be**  
**accompanied by adult\***



**\*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  
 Adult Basketball  
 (Ages 18+)

9:00am-10:30am  
**(\$65)** Shodo Club w/ Kumi  
Beginner Session  
 (Japanese Calligraphy Class)  
 (Offered Bi-Weekly)  
 April 6<sup>th</sup>- June 15<sup>th</sup>  
 (Registration Required)

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

10:15am- 11:00am  
**(\$104)** Creative Movement  
 (Ages 3yrs)  
 [Jan. 13<sup>th</sup>- Apr. 13<sup>th</sup>]

10:15am-11:45am  
**(\$65)** Shodo Club w/ Kumi  
Intermediate Session  
 (Japanese Calligraphy Class)  
 (Offered Bi-Weekly)  
 April 6<sup>th</sup>- June 15<sup>th</sup>  
 (Registration Required)

11:00am-11:45am  
**(\$104)** Creative Movement  
 (Ages 4yrs)  
 [Jan. 13<sup>th</sup>- Apr. 13<sup>th</sup>]

11:00am-1:00pm  
 Youth Athletic Programming

1:15pm-3:00pm  
 Adult Pickleball  
 (Ages 18+)

3:00pm-4:00pm  
 Family Fun Zone  
**\*Ages 14 & Under MUST be**  
**accompanied by adult\***



@ Sevier Park  
 Community Center

# Sevier Park Regional Community Center

## **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 Life Long 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.

**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: Tia Mason.**

**Tia.Mason@Nashville.gov or 615-862-8466.**