

# Sevier Park Regional Community Center

**(\$)** – Paid Class

- Adult programming
- Cultural Arts
- Fitness Classes
- Family Programming
- Special Features
- Youth Programming

**Spring 2024  
Activity Schedule  
Effective 4/26/24**

**Facility Coordinator  
Randy Crawley, Jr.**

**Program Coordinator  
Tia Mason**

**Recreation Leaders**  
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  
Open Gym Badminton

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

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

6:15pm-8:00pm  
Open Gym Basketball  
[3 vs. 3]  
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  
Open Gym Basketball

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

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

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  
Open Gym 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 Gym 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  
Open Gym 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  
Open Gym Volleyball  
\*Ages 14 and under  
MUST be accompanied by  
adult\*

## Thursday

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

6:00am-8:00am  
Open Gym Basketball

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

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

11:00am-2:00pm  
Open Gym 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  
Open Gym Badminton



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Center

## Friday

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

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

9:00am-12:00pm  
Open Gym Pickleball

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  
Open Gym Basketball

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  
Open Gym Pickleball  
\*Ages 14 and under  
**MUST be accompanied by  
adult\***

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.**