

# Sevier Park Regional Community Center

Club Room Dance Studio Gymnasium (\$) – Paid Class	<b>Monday Hours:</b> 6:00am-7:30pm	<b>Tuesday Hours:</b> 6:00am-7:30pm	<b>Wednesday Hours:</b> 6:00am-7:30pm	<b>Thursday Hours:</b> 6:00am-7:30pm	<b>Friday Hours:</b> 6:00am-7:30pm	<b>Saturday Hours:</b> 8:00am-12:00pm
<p><b>Fall 2020 Program Schedule Revised Phase3 Re-Opening</b></p> <p><b>Facility Coordinator</b> Randy Crawley, Jr.</p> <p><b>Program Coordinator</b> Tia Mason</p> <p><b>Recreation Leaders</b> Andy Bobadilla Kaylondra Robinson Myk Martin Tracye Davis Carolina Beltran Kristen Freeman</p> <p><b>Recreation Facility Attendants</b> Jim Walkden Ron Forte</p> <p><b>Class Instructors</b> Charturah Smith Kat Mathis Andrea Howat Sevier Park Staff</p> <p><b>Patrons participating in classes after-hours will only be permitted in those specific class areas. The rest of the facility will be closed.</b></p> <p><b>(i.e. fitness center and walking track)</b></p>	<p>6am-6:45pm Fitness Center</p> <p>6am-6:45pm Indoor Track</p> <p>9:00am-12:00pm Badminton (10 people/30 mins.) See Patron Usage Rules Below*</p> <p>3:00pm-6:00pm After-School Program Ages 6yrs-14yrs (Registration Required)</p> <p>Follow us on Instagram @ Sevier Park Community Center!</p> 	<p>6am-6:45pm Fitness Center</p> <p>6am-6:45pm Indoor Track</p> <p>11:00am-1:00pm Family Gym Play (10 people/30 mins.) See Patron Usage Rules Below*</p> <p>3:00-6:00pm After-School Program (Registration Required)</p> <p>5:30pm-6:30pm Power Vinyasa Yoga w/ Mina(\$)</p> <p><b>Current Phase Guidelines:</b> Patrons will have temperature checked before entry. 100.4 or else above will be sent home.</p> <p>Face coverings <b>must</b> be worn upon entering the facility.</p> <p>12 patrons in the Fitness Center at a time</p> <p>8 patrons utilizing the Walking Track at a time.</p> <p>Please see Sevier Park Staff for more information regarding Gym Activities and Facility Reservations.</p>	<p>6am-6:45pm Fitness Center</p> <p>6am-6:45pm Indoor Track</p> <p>6:00am-7:00am Boot Camp (\$) w/ Charturah</p> <p>7:00am-8:00am Power Flow Vinyasa Yoga w/ Will (\$) (Starting Oct. 14<sup>th</sup>)</p> <p>3:00pm-6:00pm After-School Program Ages 6yrs-14yrs (Registration Required)</p> <p>7:00-8:00pm Dance Fit (\$) (Starting Nov. 4<sup>th</sup>)</p>	<p>6am-6:45pm Fitness Center</p> <p>6am-6:45pm Indoor Track</p> <p>11:00am-1:00pm Adult Open Gym Basketball (10 people/30 mins.) See Patron Usage Rules Below*</p> <p>3:00pm-6:00pm After-School Program Ages 6 yrs-14yrs (Registration Required)</p> <p><b>Memberships &amp; Fees:</b></p> <p><b>Daily Pass</b> (Fitness Center) Adult \$3.00 Teens/Senior/Military \$1.50</p> <p><b>10 Visit Pass</b> (Fitness Center) Adult \$20.00 Teens/Senior/Military \$10.00</p> <p><b>Monthly Pass</b> (Fitness Center) Adult \$30.00 Teens/Senior/Military \$20.00</p> <p><b>Fitness Class</b> \$4.00</p> <p><b>10 Pass Fit Card</b> (Classes Only) \$40.00</p> <p>“Senior” = 62 and up “Teens” = 13-17</p> <p>(\$) – Paid Classes</p>	<p>6am-6:45pm Fitness Center</p> <p>6am-6:45pm Indoor Track</p> <p>6:00-7:00am Boot Camp (\$) w/ Charturah</p> <p>9:00am-12:00pm Pickleball (10 people/30 mins.) See Patron Usage Rules Below*</p> <p>3:00pm-6:00pm After-School Program Ages 6yrs-14yrs (Registration Required)</p>  <p>Be sure to check our Facebook Page for our Virtual TOT Time Program.</p> 	<p>8am-11:45am Fitness Center</p> <p>8am-11:45am Indoor Track</p> <p>9am-9:45am Nature Detective Meeting (Every 2<sup>nd</sup> Saturday)</p> <p>8:30am-10:30am Family Gym Play (10 people/30 mins.) See Patron Usage Rules Below*</p> <p>Sevier Park Community Center</p>  <p>3021 Lealand Lane, Nashville, TN 37204 - 615-862-8466</p> 

# Sevier Park Regional Community Center

## Current Open Gym Activity Guidelines:

### **Adult Open Gym Basketball:**

- We will accept bookings for 30-minute play times for the central goal on one half of the court for 3 on 3 play.
  - Bookings will be accepted **Monday-Wednesdays (8am-4:30pm)**.
  - We will only book play times for the current week.
  - Court bookings may have no more than 6 people in their group
  - No one group of players may have a block reservation
  - Two people in the reserving group will need to leave their contact information. List first and last name of all players in group.
  - If a group is more than 15 minutes late, they will forfeit their playing time and it will be open to drop-in individuals
  - If a time slot is vacant, drop-ins may be accepted.
  - Each member of the group must sign-in on the court play time sign-in sheet
- **(Leisure shoot on the opposing end)**
  - 4 people may be allowed to drop in and leisure shoot on the other half of the court. 2 people per goal on the sides. The central goal will be closed to ensure spacing. Only 30 minutes will be allowed for Leisure shoot, unless no one else wishes to drop-in.
- **No more than 10 people playing in the gym at a time.** (6 from 3 on 3 on one side plus 4 from leisure shoot on the other side).

### Operation Hours Badminton

- 10 people in gym at a time (30 min. playing blocks)
- Persons sitting in bleachers should practice 6 ft. social distance
- Must bring and clean your own equipment

### Operation Hours Pickleball

- 10 people in gym at a time (30 min. playing blocks)
- Persons in bleachers should practice 6 ft. social distance.
- Must bring and clean your own equipment

**After School Program** – A free program for children ages 6 to 14 years old. Mon-Fri. 3:00-6:00pm. Registered children participate in sports, arts, games, etc... Lead by Sevier Park staff.

**Boot Camp** - Mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion.

This class is designed to push people a little bit further than they would normally push themselves in the gym.

**Dance Fit** - is a medium-to-high intensity, danced-based cardio fitness class that's FUN. With easy-to-follow choreography & a pop music playlist (Beyoncé, Katy Perry, Usher), you'll experience a challenging workout in a positive & encouraging environment.

**Family Gym Play** - Time for children and their Parents / Guardians to come together and play in the gym.

**Pickleball** - A racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

**Power Vinyasa Yoga**- A powerful energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina in one session.

# Sevier Park Regional Community Center

**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.

**\*\*\*Metro Parks does not discriminate on basis of age, race, sex, color, national origin, religion or disability in admission to, access to or operations of its programs, services or activities.**

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**This schedule is tentative. For more information, contact Program Coordinator: Tia Mason.  
Tia.Mason@gov or 615-862-8466.**