## Sevier Park Regional Community Center

<table>
<thead>
<tr>
<th>Days Metro Schools are out for breaks the After School Program will run 10:00-4:00pm Teen and Family time is 4:30-5:30pm Programs in the gym will be cancelled</th>
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### Winter-Spring 2019 Program Schedule

#### Program Coordinator
Allison May

#### Recreation Leaders
- Andy Bobadilla
- Ashley Chatman
- Marquez Foxx
- Myk Martin
- Aminah Smith
- Robert Sutton
- Jim Walkden

#### Class Instructors
- James Barrett
- Katherine Correa
- Roxanne Crew
- Shameka Freeman
- William Graham
- Lizzy Graves
- Jamal Hutchinson
- Jen-Jen Lin
- Jamie London
- Nick Majors
- Julia Marx
- Mallory Mundy
- Kat Mathis
- Charturah Smith
- Renee Watkins
- Sevier Staff

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<tr>
<th>Club Room Dance Studio Gymnasium ($) – Paid Class</th>
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### Monday Hours: 6:00am-8:30pm
- 6:00-9:00am Adult Open Gym (Basketball)
- 9:00-noon Badminton
- 12:00-3:00pm Family & Adult Open Gym
- 12:30-1:30pm Vinyasa Yoga ($) w/ Nick
- 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)
- 4:15-5:00pm Pre-Ballet ($) (6-7yrs old) Jan 7th-Apr 15th
- 5:00-6:00pm Ballet: Beginning I ($) (7-8yrs) Jan 7th-Apr 15th
- 7:00-8:00pm AFRO-CONTEMPORARY (Open Level) 15+yrs. ($) Resume Jan 8th
- Jr. Grizzlies Basketball ½ Ct. 5:30-6:30pm
- 6:00-7:00pm Boot Camp($) w/ Robert
- 6:30-8:00pm Coed Adult Soccer

### Tuesday Hours: 6:00am-8:30pm
- 6:00-7:00am (Full Court) 7:00-9:30am Adult Open Gym (Basketball)
- 8:45-9:45am Power Vinyasa Yoga ($) w/Will
- 10:00-11:00am Senior Strength ($) w/ Myk
- 10:30-11:30am Tot Time (ages 1-3) w/ Mr. Andy
- 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)
- 4:30-5:30pm Ballet: Beginning II ($) (8-15yrs) Jan 8th–April 18th
- 5:30-6:30pm ($) 10 & up Beg. Guitar (sign-ups) Starting Feb 5th
- 6:00-7:00pm Power Vinyasa Yoga ($) w/Will
- 7:00-8:00pm AFRO-CONTEMPORARY (Open Level) 15+yrs. ($) Resume Jan 8th
- 5:30-6:30pm ($) Beg. Guitar (sign-ups) Starting Jan 16th

### Wednesday Hours: 6:00am-8:30pm
- 6:00-7:00am Boot Camp($) w/ Charturah
- 7:00-9:00am Adult Open Gym (Basketball)
- 10:00-11:00am Senior Strength ($) w/ Shamera
- 10:30-1:30pm Parkinson’s Body Movement Awareness w/ Katherine
- 12:30-1:30pm Vinyasa Yoga ($) w/ Nick
- 2:45-3:30pm Creative Movement 3-4yrs old Jan 9th–April 18th
- 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)
- 4:30-5:30pm Ballet: Beginning II ($) (216) (8-15yrs) Jan 9th-Apr 19th
- 5:30-6:30pm ($) 10 & up Beg. Guitar (sign-ups) Starting Feb 5th
- 6:00-7:00pm Power Vinyasa Yoga ($) w/ Will
- 7:00-8:00pm AFRO-CONTEMPORARY (Open Level) 15+yrs. ($) Resume Jan 8th
- 5:30-6:30pm ($) Beg. Guitar (sign-ups) Starting Jan 16th
- 6:30-8:00pm Adult Open ½ Gym
- 7:00-8:00pm Dance Fit($) w/ Andrea

### Thursday Hours: 6:00am-8:30pm
- 6:00-7:00am (Full Court) 7:00-9:30am Adult Open Gym (Basketball)
- 10:00-11:00am Senior Strength ($) w/ Shamera
- 10:30-11:30am Vinyasa Yoga ($) w/ Renee
- 10:30-11:30am Tot Time (ages 1 to 3) w/ Mr. Andy
- 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)
- 4:30-5:30pm Ballet: Beginning II ($) (216) (8-15yrs) Jan 9th-Apr 19th
- 6:00-7:00pm Power Vinyasa Yoga ($) w/ Nick
- 7:00-8:00pm Afro-Contemporary (Open Level) 15+yrs. ($) Resume Jan 8th
- 5:30-6:30pm ($) Beg. Guitar (sign-ups) Starting Jan 16th
- 6:30-8:00pm Adult Open ½ Gym
- 7:00-8:00pm Dance Fit($) w/ Andrea

### Friday Hours: 6:00am-7:30pm
- 6:00-7:00am Boot Camp($) w/ Charturah
- 7:00-9:00am Adult Open Gym (Basketball)
- 9:00-11:00am Pickleball
- 10:00-11:00am Senior Strength ($) w/ Charturah
- 10:00-11:00am Vinyasa Yoga ($) w/ Renee
- 10:30-11:30am Tot Time (ages 1 to 3) w/ Mr. Andy
- 3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)
- 4:30-5:30pm Ballet: Beginning II ($) (216) (8-15yrs) Jan 9th-Apr 19th
- 5:30-6:30pm ($) 10 & up Beg. Guitar (sign-ups) Starting Feb 5th
- 6:00-7:00pm Power Vinyasa Yoga ($) w/ Nick
- 7:00-8:00pm Afro-Contemporary (Open Level) 15+yrs. ($) Resume Jan 8th
- 6:30-8:00pm Adult Open ½ Gym
- 7:00-8:00pm Dance Fit($) w/ Andrea

### Saturday Hours: 8:00am-12:00pm
- 8:00-10:15am Adult Open ½ Gym
- 8:00-11:45am Family Open Gym ½ GYM
- 8:30-9:30pm Vinyasa Yoga($) w/ Renee
- 10:00-11:00am Senior Strength ($) w/ Charturah
- 11:00-12:00pm Gentle Yoga ($) w/ Barbara Starting Jan 4th
- 10:15-11:00am Creative Movement ($112) (4yrs. old) Jan 12th–April 20th
- 10:30-11:30am Dance Fit($) w/ Andrea
- 11:00-11:45am Creative Movement ($112) (4yrs. old) Jan 11th-Apr 20th
- 6:00-7:15pm Family Open Gym

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3021 Lealand Lane, Nashville, TN 37204 – 615-862-8466
After School Program - A free program for children ages 6 to 14 years old. Mon-Fri. 3:00-6:00 pm. Registered children participate in sports, arts, games, etc... Lead by Sevier Park staff.

Afro-Contemporary-(Open Level/ 15 yrs +) Join Windship Boyd to explore together different dances from West Africa and then adapt them to a more afro-contemporary style over the course of the semester. All Levels welcome

Ballet/Pre-Ballet - Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting.

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.

Contemporary Modern - Contemporary modern dance training builds strong, creative dancers through technique, improvisation, and composition. Students gain solid technical foundation, create original movement individually and with partners, learn to engage the whole body and move with commitment through creative imaginative movement exercises, based in New Dialect Artistic Director, Banning Bouldin’s Syllabus, Floor/Falling Sliding.

Creative Movement - Introduces young children to the joy of dance with a blend of movement, music, rhythm, and creative imagery to help them develop a musical ear, locomotor skills and physical coordination in a developmentally appropriate way, all while having fun! Ages 3-4 ½ yrs

Dance Fit - 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 Open Gym - Time for children and their adults to come together and play in the gym.

Gentle Yoga - Basic yoga poses for all levels combining breath, movement and mindfulness.

Indoor Coed Adult Soccer - Pick-up soccer games played full court. Teams are put together at random based off of attendance.

Pickleball - Is 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.

Pre-Ballet - Students experience the beauty and discipline of classical ballet in a cohesive program of study that gives students a solid technical foundation, develops their artistry, and prepares them for performance in a professional setting. No experience necessary.

Senior Strength - An exercise program designed exclusively for older adults to increase strength, endurance and body conditioning.

Tai-Chi - A part of Chinese martial arts. Taichi (TaiJiQuan) is translated as supreme ultimate fist. “Tai chi moves slowly and gently with a clam mind, sometimes called meditation in motion. It applies the theory of yin and yang and strives to balance the body and mind. Learn basic breathing, standing, walking, and beginning level Tai Chi movements.

TOT Time - Join us for fun, active, story-telling, sing-a-long, wiggles and giggles time. This is an adult & tot interactive group for 1-3 year olds & caregivers. 30 minutes-group directed activity/30 minutes-gym free play.

Vinyasa Yoga - In this active and lighthearted class, you will transition from pose to pose in a fluid way that moves with the breath. Be prepared to be challenged and to have fun! All levels are welcome!

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.

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This schedule is tentative. For more information, contact Allison Ashford at or 615-862-8466 Allison.Ashford@nashville.gov