## Sevier Park Regional Community Center

### Spring 2020 Program Schedule

**Days Metro Schools are out, our After-School Program will run from 10:00am-4:00pm.**

**Teen and Family time is 4:00-5:30pm.**

**All Gym Activities during that time will be cancelled.**

**Facility Coordinator**
Randy Crawley, Jr.

**Program Coordinator**
Tia Mason

**Recreation Leaders**
Andy Bobadilla
Myk Martin
Kaylendra Robinson
Tracey Davis

**Recreation Facility Attendants**
Jim Walkden
Ron Forte

**Class Instructors**
James Barrett
Michal Christian
Roxanne Crew
Shameka Freeman
William Graham
Lizzy Graves
Jamal Hutchinson
Mina Kashani
Jan-Jen Lin
Jamie London
Julia Marx
Mallory Mundy
Kat Mathis
Phyllicia Roybal
Charturah Smith
Renee Watkins
Sevier Staff

<table>
<thead>
<tr>
<th>Monday Hours: 6:00am-8:30pm</th>
<th>Tuesday Hours: 6:00am-8:30pm</th>
<th>Wednesday Hours: 6:00am-8:30pm</th>
<th>Thursday Hours: 6:00am-8:30pm</th>
<th>Friday Hours: 6:00am-7:30pm</th>
<th>Saturday Hours: 8:00am-12:00pm</th>
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<tbody>
<tr>
<td>6:00-9:00am Adult Open Gym (Basketball)</td>
<td>6:00am-9:30am Adult Open Gym (Basketball)</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>6:00am -9:00am Adult Open Gym (Basketball)</td>
<td>6:00-7:00am Boot Camp ($) w/ Charturah</td>
<td>8:00-10:15am Adult Open ½ Gym</td>
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<td>9:00am-noon Badminton</td>
<td>9:00-10:00am Power Vinyasa Yoga ($) w/ Will</td>
<td>7:00-9:00am Adult Open Gym (Basketball)</td>
<td>9:30am-10:30am Senior Strength ($) w/ Shameka</td>
<td>7:00-9:00am Adult Open Gym (Basketball)</td>
<td>8:00-11:45am Family Open Gym ½ Gym</td>
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<td>10:30-11:30am Parkinson’s Body Movement Awareness w/ Katherine</td>
<td>9:30am-10:30am Senior Strength ($) w/ Myk</td>
<td>10:00-11:00am Tai Chi for Beginners ($) w/ Jen Jen</td>
<td>10:00-11:00am Vinyasa Yoga ($) w/ Renee</td>
<td>8:30-9:30am Vinyasa Yoga ($) w/ Renee</td>
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<tr>
<td>12:00-3:00pm Family &amp; Adult Open Gym</td>
<td>11:00am-1:15pm Tot Time (ages 1-3) w/ Andy</td>
<td>10:30-11:30am Parkinson’s Body Movement Awareness w/ Katherine</td>
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<tr>
<td>3:00-6:00pm After School Program Ages 6 to 14 (Must be registered)</td>
<td>4:30-5:30pm Discover Dance (beginning) (Ages 11-13) Jan. 7th- Apr. 7th $104=13 weeks</td>
<td>2:45-3:30pm Creative Movement (Ages 3-4 1/2yrs. Old) Jan. 8th- Apr. 8th $104=13 weeks</td>
<td>3:00-6:00pm Chicago-Style Step w/ Carla</td>
<td>3:00-6:00pm Senior Strength ($) w/ Carturah</td>
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<tr>
<td>4:15-5:00pm Creative Ballet (Age 3-4 ½) Jan 6th- Apr. 6th $88=11 weeks</td>
<td>4:30-5:30pm Discover Dance (beginning) Jan. 7th- May 7th $104=13 weeks</td>
<td>3:00-4:15pm Creative Movement (4 1/2 - 5yrs.) Jan. 8th- Apr. 8th $104=13 weeks</td>
<td>3:00-6:00pm Chicago-Style Step w/ Carla</td>
<td>3:00-6:00pm Senior Strength ($) w/ Carturah</td>
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<tr>
<td>5:00-6:00pm Pre-Ballet (Ages 6-7) Jan. 6th- Apr. 6th $88=11 weeks</td>
<td>5:45pm-6:45pm Power Vinyasa Yoga w/ Mina ($)</td>
<td>4:15-5:15pm Theater Jazz (Ages 8-10yrs) Jan. 8th- Apr. 8th $104=13 weeks</td>
<td>6:00pm-8:00pm Youth Badminton</td>
<td>3:00-6:00pm Chicago-Style Step w/ Carla</td>
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<tr>
<td>6:00pm-7:00pm Boot Camp ($) w/Myk</td>
<td>6:00pm-8:00pm Adult Pickleball</td>
<td>5:15-6:15 Theater Jazz (Ages 11-13) Jan 8th- Aug 8th $104=13 weeks</td>
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<td>6:15pm-8:00pm Chicago-Style Step w/ Carla</td>
<td>7:00-8:00pm Afro-Contemporary Dance (Open Level) / 15 +yrs. ($)</td>
<td>5:15-6:15 Theater Jazz (Ages 11-13) Jan 8th- Aug 8th $104=13 weeks</td>
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<td>6:30-8:00pm Indoor Coed Adult Soccer</td>
<td>6:15-8:00pm Adult Open ½ Gym</td>
<td>6:15-8:00pm Adult Open ½ Gym</td>
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<td></td>
<td>7:00-8:00pm Dance Fit ($)</td>
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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.

Afro-Contemporary-(Open Level/15 yrs +) Join Windship to explore different dances from West Africa. Adapt them to a more afro-contemporary style over 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.

Chicago Style Steppin’- a social dance that promotes physical activity, improved health and fun among its participants. Join us as we learn and practice this dance derived from the "Windy City."

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 Boulderin’s Syllabus, Flooring/Falling/Sliding.

Creative Ballet - In this introduction to classical ballet, young children explore the concepts of grace, line, posture and stretch. Basic elements of ballet warm-ups and traveling steps are taught in a way that includes creative improvisation and expressive dance inspired by stories, songs and nature.

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 3-4½ yrs

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.

Dancing with Parkinson's - This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move to music in ways which are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson's and their partners and caregivers are welcome!

Discover Dance: Beginning - Students who have an interest and are new to dance can learn an array of styles in this survey of dance class including ballet, contemporary, jazz, and swing. Class will begin with a unit in ballet to establish a foundation of dance technique and will move on to explore other styles in different units throughout the semester. No experience necessary.

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 attendance.

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.

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. Tai chi (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 beginner level Tai Chi movements.

Theater Jazz - Learn a range of theater and jazz dance styles through the ages ranging from Bob Fosse, Jerome Robbins, Jack Cole and repertoire from current Broadway hits such as Hamilton and Newsies. Class begins with a warm-up that focuses on ballet and jazz technique and alignment and moves on to classic and current Broadway-inspired choreography with instruction that focuses on dancing and performance quality.

TOT Time- Join us for a fun, active, story-telling, sing-a-long, wiggles and giggles time. This is an adult & tot interactive group for 1-3 year olds & caregivers. Group directed activity/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. Fun but challenging. All levels are welcome!

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 tentative. For more information, contact Tia Mason at Tia.Mason@gov or 615-862-8466.