

Beaman Park Nature Center

July and August 2013

Program Schedule

Recurring Events

Tai Chi on the Deck



Every Saturday
11:30 A.M.-12:30 P.M.
Age level: Adults
Cost: \$6 per person
Call to register

Slow down, relax and renew by practicing the ancient art of Tai Chi Qigong taught by certified instructor Jani Kendy. Classes continue for four consecutive Saturdays. Sponsored by Friends of Beaman Park.

July To register for programs, please call (615) 862-8580

Yoga at Beaman



Saturday, July 6
9:30-10:45 A.M. &
Friday, July 19
12-1:15 P.M.
Age level: Adults
Cost: \$8 per person

Enjoy your downward facing dog outside in the beautiful serenity of Paradise Ridge with yoga instructor Robin Haynes. Rain or shine, you'll enjoy your workout on our lovely covered deck.

Nature Hike



Saturday, July 6
9:30-11:00 A.M.
Age level: All ages
Call to register

Join a park naturalist to enjoy the summer woods and learn many flowers, trees, and animals that call the park home.
Leader: Kevin Sykes

Meet the Fiddle



Saturday, July 6
1:00-2:00 P.M.
Age level: All ages
Call to register

Do you know the difference between a violin and a fiddle? Learn the history of this versatile instrument that hails from Italy and has helped put Music City on the map. We'll also play live fiddle tunes for you to enjoy.
Leader: Kevin Sykes

Backpacking 101



Saturday, July 13
9:00-10:00 A.M.
Age level: All ages
Call to register

This tip-filled program will help you maximize your experience and minimize your risk in the backcountry. Learn from the mistakes Jeremy made so you don't repeat them!
Leader: Jeremy Childs

Birding at Beaman



Friday, July 19
7:00-10:00 A.M.
Age level: All ages
Call to register

Whether you're an experienced or novice bird lover, please join us for an early morning walk along the cool wooded trails to hear and see what summer birds we can identify.
Leader: Cyndi Routledge

Night Hike



Saturday, July 20
7:30-9:30 P.M.
Age level: All ages
Call to register

The moon is bright and the trails beckon. We'll hike the Henry Hollow Loop trail and enjoy the magic and mystery of Beaman Park in the dark.
Leader: Chris Guerin

Mayor's Neighborhood Challenge

The programs marked with any of these symbols are eligible for the Mayor's Neighborhood Challenge!



For assistance or accommodation, please contact the Beaman Park Nature Center: (615) 862-8580

Beaman Park is open 7 days a week from dawn until dusk
Check out programs at the other Metro Parks Nature Centers, too.
www.nashville.gov/parks-and-recreation



Beaman Park Nature Center Program Schedule

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Stream Stroll



Saturday, July 27
9:00-11:00 A.M.
Age level: All ages
Call to register
Bring water shoes

Cool off with this trek through the hollows of Beaman Park. Meet at the Nature Center and then journey down Henry Creek in search of crawdads, fish, snakes, and other aquatic critters.
Leader: Jeremy Childs

Yoga at Beaman



Friday, August 2
12-1:15 P.M. &
Saturday, August 17 & 31
9:30-10:45 A.M.
Age level: Adults
Cost: \$8 per person

Enjoy your downward facing dog outside in the beautiful serenity of Paradise Ridge with yoga instructor Robin Haynes. Rain or shine, you'll enjoy your workout on our lovely covered deck.

Cranes



Saturday, August 3
10:00-11:00 A.M.
Age level: Ages 6-12
Call to register

Have you ever seen a crane? Would you know one if you saw one? Come learn about cranes and how to make an Origami crane of your own.
Leader: Cyndi Routledge

Birding at Beaman



Friday, August 9
7:00-10:00 A.M.
Age level: All ages
Call to register

You don't have to be an expert or have binoculars to join us for this late summer birding adventure. Please join us as we check out the wooded trails for early passing migrants.
Leader: Cyndi Routledge

Summer Nature Hike



Saturday, August 17
9:30-11:00 A.M.
Age level: All ages
Call to register

Beaman Park's forest is teeming with life. We'll look for summer flowers, butterflies, animal tracks, and more.
Leader: LinnAnn Welch

Salamanders



Saturday, August 24
1:30-3:30 P.M.
Age level: All ages
Call to register

The clean streams of the park are perfect places to look for salamanders. We'll learn about them and look for the residents of our creeks.
Leader: LinnAnn Welch

Duck River Canoe and Kayak Trip



Saturday, August 24
9:00 A.M.-3:30 P.M.
Age level: 10+
Cost: \$25 per person
Call or email Neel Deshpande to register

Explore a local scenic river while learning basic paddling skills and having fun. Fee includes canoe or kayak, paddle, and life jacket, as well as shuttle and guide service! Register by phone or email - 615-862-8400 or Neel.Deshpande@nashville.gov

Beaman Park Nature Center
5911 Old Hickory Blvd.
Ashland City, TN 37015
(615) 862-8580
beamanpark@nashville.gov

Wednesday and Friday: 12-4 P.M.
Saturday: 9 A.M.-4 P.M.
and by appointment
Please visit us on Facebook

For Safety and Security Needs Contact:

Park Police Office: (615) 880-3429

Non life-threatening emergencies: (615) 862-8600 Life-threatening emergencies: 911

