



# East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-8448


<b>Fitness Classes</b> Aquatics <b>Senior Program</b> Family Programs (\$) – Paid Class	Monday Hours: 6:00am-7:30pm	Tuesday Hours: 6:00am-7:30pm	Wednesday Hours: 6:00am-7:30pm	Thursday Hours: 6:00am-7:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	6:00am-8:30am Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	6:30am-8:30am Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)
	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/ Jere	9:00am-10:00am Tai Chi w/James	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/ Jere	10:00am-11:00am Water Exercise w/ Luke	9:00am-12:00pm Adult Open Gym (Badminton)	9:00am-11:45am Adult Open Gym (Basketball)
	12:00pm Yoga (w/Jessica)	9:00am-12:00pm Adult Open Gym (Badminton)	12:00pm Yoga (w/Jessica)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/Thomas	**Monday-Friday** 3:00pm-6:00pm After School Program (Ages 6-14) Gymnasium Closed to Adults
	6:00pm-7:00pm Beginner Boot Camp(\$) w/Joey	10:00am-11:00am Water Exercise w/ Luke	6:00pm-7:00pm Beginner Boot Camp(\$) w/Joey	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	5:30pm-7:15pm Family Open Gym	<b>Membership Fees:</b> Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50 10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00 30 Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up 10 Pass Fit Card (Classes) \$40.00
<b>Fall/Winter 2020 Program Schedule</b>  <b>Facilities Manager</b> Demarcus Doss  <b>Program Coordinator</b> Kevin Reid  <b>Aquatics Coordinator</b> Jere Shoemake  <b>Senior Program Coordinator</b> Jeffrey Smith  <b>Recreation Leaders &amp; Lifeguards (*)</b> LaShaundra Rice Robert Curry Keiandre Marsh LaToyisha Rucker Dorrae Helms *Luke Lewis *Brian Wyndham  <b>Class Instructors</b> East Park Staff Misty Adfield Lex Herdon Jessica Farmer Troy Logan James Schriver					 @ <b>“East Park Community Center”</b> 	

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Facilities Manager: Demarcus Doss Aquatics Coordinator: Jere Shoemake

The following activities are offered as a part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. For accessibility inquiries, call 862-8400

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>The pool is free of charge, except where a (\$) designates a fee.</b></p> <p><b>Pool capacity of 25 swimmers per lifeguard on deck.</b></p> <p><b>Senior Lo H<sup>2</sup>O Class is sometimes limited to the first 25 swimmers signed in for the class.</b></p> 	6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim	
	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/ Jere	10:00am-11:00am Water Exercise w/ Luke	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/ Jere	10:00am-11:00am Water Exercise w/ Luke	9:30am-10:30am Senior H <sup>2</sup> O Exercise w/Jere	9:00am-10:00am Water Exercise
	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	10:00am-11:30am Lap Swim
	2:00pm-4:00pm Open Swim	2:00pm-4:00pm East Program Kids Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm East Program Kids Swim	4:00pm-5:00pm Metro Swim	<p><b>*Swim Lessons Save Lives**</b></p> <p>*Group swim lessons are \$60.00 for 8 lessons</p> <p>For more information contact Jere Shoemake at (615)862-8448</p>
	5:00pm-7:00pm Lap Swim	5:00pm-6:00pm Swim Lessons		5:00pm-6:00pm Swim Lessons		
		6:00pm-7:00pm Water Workout(\$) w/Jere	5:00pm-7:00pm Lap Swim	6:00pm-7:00pm Water Workout(\$) w/Jere		

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

**Mission Statement:** It is 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

**Phase 3: Limited Capacity in all areas due to Covid-19. See East Staff for more information**