



	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-7:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Summer 2021 Program Schedule</p> <p>Facility Coordinator Anita Gregory-Smith</p> <p>Recreation Leaders Ashley Chatman Ty Juan Card Enyssa Bryson Christian Williams James McCrady</p> <p>Summer Workers Samaria Carter Recco Seay</p> <p>Teen Worker Kameron Donaldson</p>  <p>Customers required to clean fitness center equipment before and after use</p>	<p>Adult Open Gym 6:00am-8:30am</p> <p>Summer Program (June 1-June 25 July 6-July 30)</p> <p>Arrival/ Breakfast/Rules 9:00am-10:00am</p> <p>Morning Walk/Laps 9:45a-10:00am</p> <p>Summer Activity 10:00am-11:45am</p> <p>Lunch 12:00pm-1:00pm</p> <p>Summer Activity 1:00pm-3:00pm</p> <p>Snack/Departure 3:15pm-4:00pm</p> <p>Free Play 3:45pm-4:00pm</p> <p>Praise Dance Practice 4:00pm-5:00pm w/Enyssa</p> <p>Kraft Basketball Coach Christan 4:00-5:00pm</p> <p>Teen Open Gym 5-6pm</p> <p>Teen Open Gym 5-6pm</p> <p>Adult Open Gym 6:15pm-8:15pm</p> <p>Zumba w/ Queen (\$4) 7:00pm-8:00pm</p>	<p>Adult Open Gym 6:00am-8:30am</p> <p>Summer Program (June 1-June 25 July 6-July 30)</p> <p>Arrival/ Breakfast/Rules 9:00am-10:00am</p> <p>Line dance & Zumba 9:45a-10:00am</p> <p>Summer Activity 10:00am-11:45am</p> <p>Lunch 12:00pm-1:00pm</p> <p>Summer Activity 1:00pm-3:00pm</p> <p>Snack/Departure 3:15pm-3:45pm</p> <p>Free Play 3:45pm-4:00pm</p> <p>Kraft Basketball Coach TyJuan 4:00pm-5:00pm</p> <p>Teen Open Gym 5-6pm</p> <p>Adult Open Gym 6:15pm-8:15pm</p>	<p>Adult Open Gym 6:00am-8:30am</p> <p>Summer Program (June 1-June 25 July 6-July 30)</p> <p>Arrival/ Breakfast/Rules 9:00am-10:00am</p> <p>Morning Walk/Laps 9:45a-10:00am</p> <p>Summer Activity 10:00am-11:45am</p> <p>Lunch 12:00pm-1:00pm</p> <p>Summer Activity 1:00pm-3:00pm</p> <p>Snack/Departure 3:15pm-4:00pm</p> <p>Praise Dance Practice 4:00pm-5:00pm w/Enyssa</p> <p>Kraft Basketball Coach Christan 4:00-5:00pm</p> <p>Teen Open Gym 5pm-6pm</p> <p>Adult Open Gym 6:15pm-8:15pm</p>	<p>Adult Open Gym 6:00am-8:30am</p> <p>Summer Program (June 1-June 25 July 6-July 30)</p> <p>Arrival/ Breakfast/Rules 9:00am-10:00am</p> <p>Line Dance & Zumba 9:45a-10:00am</p> <p>Summer Activity 10:00am-11:45am</p> <p>Lunch 12:00pm-1:00pm</p> <p>Summer Activity 1:00pm-3:00pm</p> <p>Snack/Departure 3:15pm-4:00pm</p> <p>Teen Open Gym 5pm-6pm</p> <p>Coach Tim T-ball Practice 5:00pm-6:00pm</p> <p>Zumba FIT w/ Ashley (\$4) 7:00PM-8:00PM</p> <p>Adult Open Gym 6:15pm-8:15pm</p>	<p>Adult Open Gym 6:00am-8:30am</p> <p>Summer Program (June 1-June 25 July 6-July 30)</p> <p>Arrival/ Breakfast/Rules 9:00am-10:00am</p> <p>Open Gym Play/Playground 9:45a-10:00am</p> <p>Summer Activity 10:00am-11:45am</p> <p>Lunch 12:00pm-1:00pm</p> <p>Summer Activity 1:00pm-3:00pm</p> <p>Snack/Departure 3:00pm-4:00pm</p> <p>Kraft Basketball Coach TyJuan 4:00pm-5:00pm</p> <p>Teen Open Gym 5pm-6pm</p> <p>Family Open Gym (Gymnasium) 6:15pm-7:15pm</p>	<p>Family Open Gym 8:00am-11:45am</p> <p>Zumba FIT w/ Ashley (\$4) 8:45am-9:45am</p> <p>Membership Fees:</p> <p>Daily Fitness Pass Adult \$3.00 Discounted Rate \$1.50</p> <p>10 Visit Fitness Pass Adult \$20.00 Discounted Rate \$10.00 (cardio classes NOT included)</p> <p>Monthly Fitness Pass Adult \$30.00 Discounted Rate \$20.00 (cardio classes NOT included)</p> <p>Cardio Class Rate \$4.00</p> <p>10 Pass Cardio Class Card \$40.00</p> <p><i>Discount Applies to: Teens 13-17, Seniors 62 and up, Metro Employees, Military Personnel, Disabled, and College Students</i></p> <p>*Must Present Valid ID</p>
					 <p>@ "Madison Community Center Nashville" www.nashville.gov</p>	

Adult Open Gym- welcomes ages 18 and up to participates in a variety of activities that take place in the gym.

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 but further than they would normally push themselves in the gym.

Family Open Gym- time for adults and their children to come together and play in the gym.

Line Dancing- a form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music.

Walk With Ease- low impact walking, helps to improve strength, stability, flexibility, and injury prevention.

Summer Enrichment Program- children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

Teen Open Gym- time allotted for teens ages 15 to 17 to occupy the gym, where they can play basketball, badminton, or other fun

Tot Time – children ages 1-4 will participate in sing-a-longs, be read to out loud, do arts & crafts and have motor skill development based activities under parents supervision.

Zumba- an aerobic fitness program that combines Latin and international music with dance moves.

The Mission of Metro Board of Parks and Recreation

To provide every citizen of Nashville and Davidson County with and 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, color, national origin, religion or disa**