



REC CONNECTION



Murfreesboro Parks and Recreation
Winter 2016 - 2017 Program Guide



2

Table of Contents

<i>Staff Directory</i>	<i>3</i>
<i>MPRD Policies</i>	<i>4</i>
<i>Age Index of Activities</i>	<i>5</i>
<i>Recreation Facilities & Rentals</i>	<i>6-7</i>
<i>Parks & Shelters</i>	<i>8-9</i>
<i>Special Events</i>	<i>10-13</i>
<i>Pool Schedules</i>	<i>14-15</i>
<i>Aquatic Programs</i>	<i>16-17</i>
<i>Athletic Programs</i>	<i>18-19</i>
<i>Cultural Programs</i>	<i>20-22</i>
<i>Preschool Programs</i>	<i>23-25</i>
<i>General Programs</i>	<i>26-27</i>
<i>Outdoor Programs</i>	<i>28-31</i>
<i>Wellness Schedules</i>	<i>32-39</i>
<i>Wellness Programs</i>	<i>38-43</i>
<i>Buy One, Get One Sale</i>	<i>Back Cover</i>



Page 13



Page 16



Page 19



Page 25



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Parks and Recreation website:

www.murfreesborotn.gov/parks



City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.



Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on the MPRD Update, "In the City," as well as on the daily bulletin.

Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Murfreesboro Parks and Recreation Commission



The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Ms. Madelyn Scales Harris, City Council; Mr. Eddie Miller, Vice Chair; Mr. Stephen Shirley; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Bill Allen (ex officio).

Murfreesboro Parks and Recreation Department Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.



Refund Policy*

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

*Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.

Parks and Recreation website:
www.murfreesborotn.gov/parks

ALL AGES

African American Cultural Night, 13 & 27
 A Night of Thanks, 13 & 27
 Basic Dog Obedience Class, 31
 Black History Past, Present, and Future, 13 & 27
 Black History Program, 13 & 27
 Canine Good Citizen Class, 31
 Christmas at Cannonsburgh, 10, 26
 City of Murfreesboro New Year's Day 5k, 12 & 30
 Coffee Marathon, 12 & 38
 Early Bird Swim, 16
 Gateway Island Open House, 31
 Greenway Beautification, 31
 Music in the Wild, 12, 30



Perform Murfreesboro Production-
 Magic Treehouse- A Ghost Tale for Mr. Dickens, JR, 10 & 20
 Polar Bear Plunge, 11, 16
 Silly Grandpa Concert, 28
 Sports*Com Customer Appreciation Day, 10
 Tai Chi, 36

TODDLER/PRESCHOOL

Busy Bees, 24 & 34
 Elf in Training, 25 & 35
 FitMommy, 24 & 34
 FitMommy Yoga, 24 & 34
 Kid Fit! Movers & Shakers, 25 & 34
 Kid Fit! Twist & Shout, 25 & 34
 Preschool Program Chart, 23
 Tales and Trails, 24 & 28
 Toddler Time with Thomas, 25
 Tumbleweeds, 24 & 34
 Wild Things, 24 & 28
 Winter Wonderland Party for Preschoolers, 28



YOUTH/TEEN

Afterschool Art, 21
 A.M. Boot Camp, 35
 ARC Lifeguard Class, 17
 ARC Lifeguard Instructor Class, 17
 ARC Water Safety Instructor Class, 17
 Bird Club, 29
 Earth Lab, 29
 Great Backyard Bird Count, 29
 Holiday Lock-In, 10
 Holiday Tennis Camps, 19
 Homeschool Creativity Class, 21
 Homeschool Swim Technique Training, 17
 Homeschool P.E., 18 & 35
 Lift Series, 30



YOUTH/TEEN (continued)

Owl Wisdom, 29
 Perform Murfreesboro Dance Class, 21
 Perform Murfreesboro Membership, 20
 Perform Murfreesboro Orientation, 20
 Perform Murfreesboro Production-
 Magic Treehouse- A Ghost Tale for Mr. Dickens, JR, 10 & 20
 Youth Set Design, 22
 Santa's Splash and Dash, 10 & 16
 Swim Academy, 17
 Tai Chi, 36
 Tales and Trails, 24 & 28
 Team H.A.M., 22
 Valentine Tea, 12 & 26
 Water Polo, 16
 Wildlife Painting, 30
 Youth Volleyball, 18



ADULT/BABY BOOMER/SENIOR

Adult Hip Hop, 22
 A.M. Boot Camp, 35
 ARC Lifeguard Class, 17
 ARC Lifeguard Instructor Class, 17
 ARC Water Safety Instructor Class, 17
 Bingo, 26
 Bird Club, 29
 Breakfast with Bob, 37
 Coffee Marathon, 12 & 38
 Great Backyard Bird Count, 29
 Group Personal Training, 39
 Lift Series, 30
 Martial Arts, 36
 Men's Adult Basketball, 18
 Nature Journaling, 30
 OsteoUp, 37
 PH3, 35
 Pickleball, 26
 Post-Holiday Hikes, 30
 Roll With It, 37
 Running, 38
 Screen Book Club, 26
 Sports*Com Adult Basketball League, 18
 Spring Adult Softball, 19
 Spring Racquetball, 19
 Tai Chi, 36
 Valentine Vows, 31
 Water Polo, 16
 Wildlife Painting, 30



6

Recreation Facilities



Patterson Park Community Center

Reservations & Information: 615-893-7439

521 Mercury Blvd.



Located at Patterson Park in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6 a.m.-9 p.m. / Sat. 8 a.m. - 5 p.m. / Sun. 1-5 p.m.

Sports*Com

Reservations & Information: 615-895-5040

2310 Memorial Blvd.



Sports*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6 a.m.-9 p.m. / Sat. 8 a.m. - 5 p.m. / Sun. 1-5 p.m.

Recreation Centers: Holiday Hours

Friday, December 23, 2016- Main Office, Cannonsburgh Village, and Bradley Academy and Museum will be closed.

Saturday December 24, 2016- All Facilities close at 5 p.m.

Sunday, December 25, 2016- All facilities closed.

Monday, December 26, 2016- Main Office, Cannonsburgh Village, and Bradley Academy and Museum will be closed.

All other Facilities close at 5 p.m.

Sunday, January 1, 2017- All facilities closed.

Monday, January 2, 2016-Main Office, Cannonsburgh Village, and Bradley Academy and Museum will be closed.

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00/90-Day \$200.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults, and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass: Includes admission to both Patterson Park Community Center and Sports*Com, pool, all areas of the center, including Sports*Com Outdoor pool, racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass: Includes admission to both Patterson Park Community Center and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes, Sports*Com Outdoor pool, or racquetball courts.

***Family Pass:** The 90-day family pass includes general admission privileges, and the yearly family pass includes premium pass privileges. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

Yearly = Twelve months from date of issue.

Wilderness Station

Reservations: 615-217-3017

697 Veterans Pkwy.



Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs are based on staff availability.

Hours: Sunday: 12 p.m. - 5 p.m./Mon: 9 a.m. - 12 p.m.
Tues - Sat: 9 a.m. - 5 p.m.



McFadden Community Center

Reservations: 615-893-1802

211 Bridge Avenue



The McFadden Community Center is on 3 acres. The McFadden Community Center includes a gymnasium, outdoor playground, two meeting rooms, game room, and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first come/ first served.

Hours: Monday - Friday 3-8 p.m.

Bradley Academy Museum and Cultural Center

Reservations: 615-962-8773

415 S. Academy Street

Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, Civil War and early settlers' exhibits for the City of Murfreesboro and the County of Rutherford exhibit.

Bradley Academy Museum and Cultural Center has an auditorium, which serves as a dining area, theatre section for musical programs and plays (that seats 125-150 people), along with a boardroom for meetings (which seats at least 40-50 people). These rooms are available for rental 7 days a week. For more information, please call 615-962-8773. Tours are available Tuesday - Saturday, 10am - 4pm.



Barfield Crescent Park

Reservations: 615-890-5333

697 Veterans Pkwy.



Barfield Crescent Park is a 430-acre community park located in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4, 9,10	Seat Approx. 24 each

Cannonsburgh Village

Reservations & Information:

615-890-0355

312 S. Front Street



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN, Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, and a large collection of tractors and farm implements. The Cannonsburgh Village Gift Shop, located inside the visitor center, offers arts and crafts handmade by local artists. Stop by to purchase that special and unique gift today. After shopping, sit on the porch and enjoy an ice cold drink, snack, or ice cream.

The Williamson Chapel, Leeman House, Gazebo and Pavilion are available for small weddings and receptions on weekdays and weekends. Cannonsburgh is also available for outdoor company picnics, social gatherings or themed events. Call 615-890-0355.

Photographers: We ask that you call the office and schedule an appointment before coming for a photo shoot, as we have wedding rentals taking place year-round on our grounds. To obtain your free Photography Permit and schedule a photography time, call our office at 615-890-0355.

Winter Hours: Visitor Center, Gift Shop and Village
Tuesday - Friday 9:00 a.m.-3:00 p.m. or by appointment.

The historic buildings are closed through the winter. The farm implements/tractors and grounds may be viewed year-round.



8

Parks and Shelters



Adams Tennis Complex

Information: 615-546-4000



925 Golf Lane

The facility hosts 8-indoor courts in addition to the existing 24-outdoor courts located in Old Fort Park.

Open: Monday - Thursday 8 a.m. - 10 p.m., Friday 8 a.m. - 9 p.m., Saturday 8 a.m. - 5 p.m., and Sunday 10 a.m. - 6 p.m.



Richard Siegel Park

Reservations: 615-890-5333



515 Cherry Lane

This community park has 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April - October. Restrooms are open year-round.

Shelter No. B
Shelter No. C
Shelter No. A

Seats Approx. 30
Seats Approx. 30
Seats Approx. 75



Gateway Island and Trail

Reservations: 615-890-5333



1875 West College Street

Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local businesses. The reception center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.

McKnight Park

Reservations: 615-890-5333

120 DeJarnette Lane



McKnight Park is an 81-acre community park located in the northern area of Murfreesboro. Shelter rentals April - October.

1 Picnic Shelter

Seats Approx. 80

Patterson Park

Reservations: 615-893-7439

521 Mercury Blvd.



Patterson Park consists of 10 acres and has a 110,000 square foot facility. The small shelter is first-come, first-serve. The large shelter is available for rental; please call 893-7439.

Large Shelter
Small Shelter

Seats Approx. 100
Seats Approx. 50

Rogers Park

Reservations: 615-890-5333

1115 Hunt Street



Rogers Park is a 7.5-acre park. Shelters are available daily for rentals, April-October. Restrooms closed November - March.

Shelter No. 1
Shelter No. 2

Seats Approx. 80
Seats Approx. 45

Old Fort Park

Reservations: 615-890-5333

1024 Golf Lane



Old Fort Park is a 50-acre community park. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, 24 tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at Shelters #1 & #3. Shelters are available daily for rental, April - October.

Shelters No. 1, 2
Shelter No. 3

Seat Approx. 80
Seats Approx. 120



Murfreesboro Greenway System

The Murfreesboro Greenway System consists of the Stones River, Lytle Creek and Gateway trails. The greenways are available for you to enjoy nature hikes, walking, running, bicycling, or in-line skating along the 12 miles of riverside trails. Small watercraft access points are also available for paddlers to enjoy the Stones River. The Murfreesboro Greenway System connects historical sites, parks, neighborhoods and businesses; it also serves as a conservation corridor to preserve precious natural and cultural resources. Eleven trailheads provide access to the Murfreesboro Greenway System.



Thompson Lane Trailhead

2240 N. Thompson Lane



This trailhead provides access to the historic McFadden Farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River and is marked with an artillery monument. A 60-car parking area at this northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available at this location.

Broad Street Trailhead

1921 N.W. Broad St.



This trailhead, located at the 84 Lumber Company, is an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. Close to the trail entrance, visitors can view rock outcroppings near the bank of the Stones River. As you travel to the west, there is a wooden overlook that provides a good view of the river.

West College Street Trailhead

1902 W. College St.

Island Reservations: 615-890-5333

Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the new Gateway Trail and Island. The Gateway Trail is a two-mile loop that circles a small lake and features the Gateway Island. The Island is home to a reception center and gazebo, perfect for weddings and other special events.

General Bragg Trailhead

1450 W. College Street



Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restrooms are available at the shelter.

1 Picnic Shelter

Seats Approx. 45

Redoubt Brannan Trailhead

1300 W. College St.



This trailhead contains 19 parking spaces. Across the street are the remains of an earthen Civil War fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

Fortress Rosecrans Trailhead

1916 Golf Lane

This historic trailhead is located just off Golf Lane inside Old Fort Park. As a supply depot, it played an important role in the Union army's advance to Chattanooga. Fortress Rosecrans was abandoned in April 1866.

Manson Pike Trailhead

1208 Searcy St.



This trailhead offers parking for 15 cars. Also, a boat ramp for small craft and a water fountain are available at this site. A short walk gives the visitor a view of the dam at Ransom's Mill.

Overall Street Trailhead

410 Overall St.



This small trailhead has parking for 11 cars. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

Old Fort Park Trailhead

916 Golf Lane

Shelter Reservations: 615-890-5333



Located in Old Fort Park, this trailhead is between Kids' Castle playground and the tennis courts. The beautiful new shelter provides picnic tables and restrooms.

Cason Trailhead

1100 Cason Trail

Shelter Reservations: 615-890-5333



The latest addition to the Murfreesboro Greenway System follows the West Fork of the Stones River with scenic overlooks, an impressive bridge crossing, and more access to the beautiful natural settings within Murfreesboro.

Cannonsburgh Village Trailhead

312 S. Front St.



This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek Trail, which passes through the most urban portion of the greenway.

Sports*Com Customer Appreciation Day

Come join us at Sports*Com as we show our appreciation to all our customers from throughout the year. We'll have music, friends and refreshments as we celebrate our customers and the holiday season.



Age: All Ages
 Date: December 2
 Day: Friday
 Time: 10:00 a.m. - 12:00 p.m.
 Fee: Free
 Location: Sports*Com Lobby
 Contact: Bart Fite, 615-895-5040, bfite@murfreesborotn.gov

Holiday Lock-in

Come spend the night at Sports*Com, and enjoy a night of fun and games, as we will swim, play all kinds of sports, and give the parents a night to shop as we kick off the holiday season.



Ages: 8 - 15
 Date: December 9-10
 Day: Friday- Saturday
 Time: 7:00 p.m. - 7:00 a.m.
 Fee: \$20.00- Registration begins December 1.
 Location: Sports*Com
 Contact: Bart Fite, 615-895-5040, bfite@murfreesborotn.gov

PERFORM MURFREESBORO



Christmas at Cannonsburgh Village

Christmas at Cannonsburgh is an event intended to celebrate an old-fashioned Christmas. Pictures with Santa in the Chapel, hot apple cider, and a hayride will be featured during this event, along with Emilie Burke performing in the Gazebo. Also, craft vendors will be set up, weather permitting. This is an outdoor event. Bundle up, and come enjoy the day.

Age: All ages
 Dates: Saturday, December 3, 2016
 Time: 10a.m.-3p.m.
 Location: Cannonsburgh Village
 Fee: Free Admission, but there's a fee for pictures with Santa.
 Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov

Santa Splash and Dash

Just because it's cold doesn't mean you can't join us for a holiday pool party! Come celebrate the holiday season on Friday, December 9th, from 6-9 p.m. We will have an ornament craft, a meal, and lots of swimming! It will be a holly jolly good time for all!



Date: Friday, December 9, 2016
 Time: 6-9 p.m.
 Ages: 7-13
 Price: \$5 preregister, \$7 day of
 Location: Patterson Park Pool
 Contact: Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov

Perform Murfreesboro Productions

Magic Tree House: A Ghost Tale for Mr. Dickens JR.

The magic tree house whisks Jack and Annie back in time to the foggy streets of Victorian London, where they meet the famous, well-off author, Charles Dickens, who has a severe case of writer's block. Jack and Annie also witness the hardships faced by the poor, and their efforts to help only land them in prison. Mr. Dickens rescues Jack and Annie, and they, in turn, help him escape the sad memories that haunt him. In the process, they inspire Mr. Dickens to write one of the greatest holiday stories of all time.

Date: December 16, 17, 18
 Day: Friday, Saturday, & Sunday
 Times: Friday & Saturday at 7:00 p.m. & Sunday at 2:00 p.m.
 (Doors open 30 minutes prior to show time listed)

Production Ticket Prices:

Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60 +)\$6.00

Location: The Washington Theatre at Patterson Park Community Center
 Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov

Ticket Reservation

Tickets may now be purchased on-line. Purchase tickets at www.ticketpeak.com/performmurfreesboro.



Take the Plunge!

at the 15th annual



POLAR BEAR PLUNGE

Ring in the New Year in the frigid pool at
Sports*Com!

Saturday, January 7, 2017

"Boro Beach" Sports*Com Pool
(Arctic Adventure in gym)

FREE with donation of nonperishable foods.

Gym opens at 8:30 am; plunge starts at 10 am.

Pre-registration not required but available at Sports*Com
after December 1.

Contact Kyle Goss, 615-895-5040, or
kgoss@murfreesborotn.gov
for more information.

Be Bold! Be Cold!

THE BETTER BORO PROJECT



New Year's Day 5k

Start the New Year off on the right foot with the 2nd annual New Year's Day 5k! All fitness levels welcome. Register early to be guaranteed a souvenir shirt. Every finisher will receive a medal, and awards will be given to overall finishers and age group winners.

Ages: All
 Date: January 1, 2017
 Time: 2:00 p.m.
 Fee: \$25 preregistration through December 28, 2016
 Location: Barfield Crescent Park
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov
 For more information and to register: www.murfreesboront.gov/parks



The Coffee Marathon

Here's how it works: Buzz by each of the seven participating coffee shops and walk or run all seven routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport that you receive upon registration. After completion of all seven routes, bring your signed passport to Sports*Com for your commemorative coffee mug and car decal. You earned it!

Participating locations:

1. Sports*Com Coffee Stop 2310 Memorial Blvd.
2. Wilderness Station at Barfield Crescent Park 301 Volunteer Rd.
3. Sylvan Park Restaurant 1443 Broad St./ Greenway Broad Street Trailhead
4. Just Love Coffee Roasters 129 MTCS Dr.
5. Simply Pure Sweets 118 Walnut Street
6. City Café 113 East Main Street
7. The Artful Doughnut 810 Medical Center Parkway Suite A

Age: All ages
 Dates: Monday, January 2 – Friday, March 31.
 Registration begins January 1 at the New Year's Day 5K and the Polar Bear Plunge, January 7, 2017.
 Fee: \$25.00, pick up your passport and maps
 Register: Sports*Com, 2310 Memorial Blvd.
 Online registration: www.murfreesborotn.gov
 Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov

Music in the Wild

Warm up inside the Wilderness Station for a music-filled evening as we listen to "Run Away Home" perform some of their original songs and entertain us with those classics that we all know and love. We will be serving some of our delicious bird-friendly coffee that will be perfect to sip while enjoying live music and the company of friends, new and old.



Ages: All
 Date: Saturday, January 28
 Time: Doors open at 5:30; music is 6:30 p.m. to 8:30 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov

Valentine Tea

Celebrate the day of love in our 1800's Leeman House. Dress in your Valentine attire and come for refreshments and a themed craft. Reservations required through DATE. Space is limited.

Ages: 7 and up
 Date: February 8, 2017
 Day: Thursday
 Time: 4p.m. - 6p.m.
 Location: Cannonsburgh Village
 Fee: \$2.50 per person
 Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov





A Night of Thanks

Join us at Patterson Park Community Center in celebration of the hard work and dedication of our community partners.

Date: December 19, 2016
 Day: Monday
 Time: 5:00 p.m. – 7:00 p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



African American Cultural Night

Murfreesboro Parks and Recreation with Murfreesboro City Schools presents African American Cultural Night. Come join us in celebrating our rich African American history through song, dance and the spoken word.

Date: January 26, 2017
 Day: Thursday
 Time: 5:00 p.m. – 8:00 p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Black History Past, Present, and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. On February 4th, you will be able to embrace the entire culture with music, authentic dishes, and history.

Ages: All
 Date: February 4, 2017
 Day: Saturday
 Fee: Free
 Time: 11:00 a.m. -3:00 p.m.
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stenbridge, 615-962-8773, vstembridge@murfreeborotn.gov



Black History Program

Join us at Patterson Park Community Center in celebration of African American Heritage month. The Youth of Patterson and some of our local partners will be showcasing their talents through song, dance and skits.

Date: February 11, 2017
 Day: Saturday
 Time: 4:00p.m.- 6:00p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9-11a.m.	N/A
Anchor Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks & Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	7-8:45p.m.**	10a.m.-12:45p.m. / 2-8:45p.m.**	7-8:45p.m.**	1-4:30p.m.	1-4:30p.m.
Aqua Zumba	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	11a.m.-1p.m. / 5-7p.m. Private Rental	5-7p.m. Private Rental

*Lap lane availability will vary by time of day. Two lap lanes will be available during open swim hours.

**During the aerobics time (5:30 – 6:30 p.m.), all play features will be turned off.

***The pool will be cleared for cleanup 15 minutes prior to the rental end time.

Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Aqua Zumba

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Squeaks n' Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.



SPORTS*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m./11a.m.-1p.m./	6-8a.m./11a.m.-1p.m./ 3-6p.m. (1-lane)	9:15a.m. – 11:45a.m	N/A
*Shallow H2O	8-9a.m./6-7p.m.	8-9a.m.	N/A	N/A
*Gentle Joints	9-10a.m.	N/A	N/A	N/A
*Deep H2O	10-11a.m.	9-10a.m./4:30-5:30p.m./6-7p.m.	8:15 – 9:15a.m.	N/A
Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
Open Swim	3 – 6p.m. / 7 – 8:45p.m.	7-8:45p.m	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	12-1p.m. 5-7p.m. Private Rental	5-7p.m. Private Rental

*Shallow water only available for Open Swim during scheduled H2O Polo times.
** Certain areas of the pool may be reserved for swim lessons.

Shallow H2O Exercise

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, Fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30p.m. class, or come early for the 6:00-7:00p.m. class.



16 Aquatics

Santa Splash and Dash

Just because it's cold doesn't mean you can't join us for a holiday pool party! Come celebrate the holiday season on Friday, December 9th, from 6-9 p.m. We will have an ornament craft, a meal, and lots of swimming! It will be a holly jolly good time for all!

Date: December 9, 2016
Time: 6-9 p.m.
Ages: 7-13
Price: \$5 preregister, \$7 day of
Location: Patterson Park Pool
Contact: Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov



Polar Bear Plunge

There is not a better way to ring in the new year than plunging in the frigid 'Boro Beach the first Saturday in January. Participants of the Polar Bear Plunge are encouraged to bring nonperishable foods to benefit the Green House Ministries to partake in the plunge. At 8:30 a.m. the Sports*Com gym will once again be transformed to an Arctic Adventure for families to play games, play on inflatables, drink coffee or hot chocolate, eat donuts, and register for the plunge. At 10 a.m., plungers and spectators will make their way to the Boro Beach to take the plunge! T-shirts to commemorate the plunge will be available for purchase the day of the event. Preregistration is not required but will be available at Sports*Com beginning December 1, 2016.

Ages: All Ages
Date: January 7, 2017
Time: 8:30 a.m. Arctic Adventure, 10 a.m. plunge
Location: Sports*Com Outdoor Pool (Arctic Adventure in Gym)
Fee: FREE with the donation of nonperishable item
Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov



Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday and Thursday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool. If you have never played before we will gladly go over it all with you and let you learn at your own pace. If you are a college pro at the sport, come join the team!

Ages: 13+
Dates: Ongoing
Day: Tuesdays and Thursdays
Time: 7:00 p.m. – 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov

Early Bird Swim –

Sports*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools this winter. The pools will be open Monday through Friday, 6 a.m. to 8 a.m., for those who want a great and invigorating morning workout. All lap lanes will be in at both facilities so you may swim as many laps as you so desire!

Ages: All ages
Dates: Ongoing
Days: Monday – Friday
Time: 6 a.m. – 8 a.m.
Location: Sports*Com & Patterson Park Indoor Pools
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov (Sports*Com)
(Patterson) Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov



American Red Cross Water Safety Instructor Class

Become certified by the American Red Cross to teach swim lessons. This class will instruct you how to teach strokes for swimmers and non-swimmers of all ages.

Ages: 15 +
 Dates: March 10, 11, 12
 Days: Friday, Saturday, and Sunday
 Times: Varies by day. Call for details.
 Location: Sports*Com
 Fee: \$175
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov
 **Registration is required.



American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites include a 500 yard swim & 20 yard brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +
 Dates: January 12-15 (Thursday – Sunday)
 or February 7 – March 2 (Tuesdays and Thursdays)
 Times: January 12 & 13 - 5pm-9pm, Jan 14 - 8am-5pm, Jan 15 – 1pm-5pm
 February 7 – March 2 class 6:00 p.m. – 9:00 p.m.
 Location: Sports*Com
 Fee: \$175
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov
 **Registration is required.

American Red Cross Lifeguard Instructors Class

Become certified to teach American Red Cross Lifeguard Courses! Participants must be currently certified as an American Red Cross Lifeguard and be at least 17 years old.

Ages: 17 +
 Dates: January 12-15 (Thursday – Sunday)
 or February 7 – March 2, (Tuesdays and Thursdays)
 Times: January 12 & 13 - 5p-9pm, Jan 14 - 8am-5pm, Jan 15 – 1pm-5pm
 February 7 – March 2 class 6:00 p.m. – 9:00 p.m.
 Location: Sports*Com
 Fee: \$175
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov
 **Registration is required.



Swim Lessons

According to the Center for Disease Control, there are over 3,500 drownings each year in the United States. Of those drownings, 25% are under the age of 14. Does your child know how to swim? It's never too early to begin thinking about aquatic safety. We offer swim lessons for children ages 5-12 yrs. Adult lessons are also available!

Ages: 5-99+
 Dates: New lessons rolling out in February.
 Location: Sports*Com and Patterson Park Indoor Pool
 Fee: Call for information.
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov
 Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov
 **Registration is required.

Homeschool Swim Technique Training

We are now offering swim technique training for homeschool children during the day. Swimming is a great source of exercise and good skill to be had by all. If you have any questions, please contact Carrie Clemmons with the information listed below.

Ages: 7-15
 Prerequisite: Swim 25 yards unassisted without touching the bottom/wall
 Dates: Ongoing
 Days: Tuesday and Thursday
 Time: 1 p.m. – 2 p.m.
 Location: Patterson Park Indoor Pool
 Fee: Premium Pass (\$3 children)
 Contact: Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov





Youth Volleyball Class

Bump, set and spike it at Sports*Com, as qualified coaches give instruction in every aspect of the game. From beginners to advanced, youth volleyball players will have the opportunity to develop and refine their skills through practice and game situations. The youth class is a great way to start preparation for the Summer Youth League.

Ages: 8 - 15
 Dates: Thursdays
 Time: 4:30 to 6:00 p.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Athletics, 615-907-2251, eemitchell@murfreesborotn.gov

Homeschool PE Class

Our Homeschool PE classes are designed for ages 6-15 and consists of various physical education activities while promoting good health, sportsmanship, group participation and socialization. We now have 2 classes. HSPE I and HSPE II. Each class is limited to 20 participants . You MUST call 615-893-7439 to reserve your spot.

Ages: 6-13
 Days: Tuesdays and Thursdays
 Dates: January 5th thru May 23rd (If City Schools are out, no HSPE)
 Time: HSPE I 12:00-12:50
 HSPE II 1:00-1:50
 Location: Patterson Park Community Center (Youth Gym)
 Fee: \$50 per Semester
 Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov



Men's Adult Basketball League

Adult Men's Basketball League is designed for men, who are 18 years of age and older, to compete against others in a nine-week season with a double elimination tournament at the end of the season. There will be an A competitive division league and a B recreation division league. Each player will pay \$4 or premium admission each night of play. Space is limited so get your team in.

Ages: 18 and up
 Date: Team Sign-Ups: February 1 - 28.
 Day: Tuesday, Wednesday and Thursday nights
 Time: Games will begin at 6:00, 7:00 or 8:00 P.M.
 Location: Patterson Park and McFadden Community Centers
 Fee: \$4 per player or Premium Admission
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov



Sports*Com Adult Basketball League

Sports*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. League offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: Adults
 Dates: Wednesdays beginning in January
 Time: Games will begin at 6:00, 7:00 or 8:00 P.M.
 Location: Sports*Com
 Fee: \$4 per visit per person or premium pass
 Contact: Elaine Mitchell, 615-907-2251, eemitchell@murfreesborotn.gov





Spring Adult Softball League

Spring Adult Softball League coaches' meeting is set for February 19, 2017 at 2 p.m. at the McFadden Community Center. The Spring Adult Softball League is designed for adults, who are 18 years of age and older to compete against other players. Space is limited so please have a team representative at the coaches meeting. Both Men's and Women's Divisions will be offered. Players without a team may contact us to be placed on the free agent list.

Ages: 18 and up
 Date: Coaches' Meeting Sunday, February 19, 2017, at 2 p.m.
 League Play: Tentative Start Date week of April 10th
 Day: Monday through Friday nights
 Time: Meeting Time is 2 p.m.
 Location: McFadden Community Center- Gymnasium
 Fee: \$550 per team
 Contact: Brittany Garrett, 615-907-2251, bgarrett@murfreesborotn.gov

Spring Racquetball League

Murfreesboro Parks and Recreation offers competitive racquetball for those players who have experience with the game. The league is separated into A, B, and C divisions. Players wanting to get into our racquetball league may use the contact and game information below if interested.

Ages: Adults
 Dates: Sign-ups: February 1 - 28.
 Time: Players are responsible for scheduling their own games throughout the week after master schedule is posted.
 Location: Patterson Park Community Center
 Fee: \$15 and premium admission for league play and t-shirt
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov



2016 Holiday Tennis Camps at the Adams Tennis Complex



The ATC Camp Philosophy

Our camp objective is to help produce a generation of kids who love to play the game of tennis. The key ingredient in fostering a love of the game is FUN with structure. The younger and more inexperienced the player, the more we strive to make the activity "game" oriented. This not only makes it fun for them, but provides the practical knowledge necessary for future learning. Of course, our ATC campers are always instructed in the proper grips and stroke techniques. As much as possible, we put players into playing situations appropriate to their age and ability levels.

Our counselors work in a structured, organized system with manageable student/instructor ratios. We find that knowledge acquired through play (while having fun) makes our campers more eager to learn the techniques that can help them play better. That eagerness to learn and improve translates into lots of young players on the road to success!

Fees must be paid to register. Refunds will be issued when participant withdraws from camp at least a week in advance. Registration closes one week before session starts.

Daily Activities:

Camper Check-In @ Indoor Courts

Group Breakdown

Warm-up & Stretching

Tennis Instruction

- Stroke production
- Live ball drills
- Match play situations
- Video analysis (for advanced campers)

Tennis Games

Campers Picked Up- Parents must be prompt in picking up campers. A fee may be charged for late pickups

Two-Day Option: 9:00 AM-12:00 PM on Monday & Wednesday
 Or 1:00 - 4:00 PM on Tuesday & Thursday
 (Must specify Mon-Wed or Tue-Thur.)

Ages: 5-18

Four-Day Option: Same days and times as above, come all four days in the session.

2 Sessions Available: 1. December 19 - 22
 2. December 26 - 29

Fee: 4 Day Option \$165
 2 Day Option \$90

Contact: Adams Tennis Complex, 615-546-4000



Afterschool Programs will run through December 17, 2016, and resume in January 2017.

LIKE US ON FACEBOOK!

www.facebook.com/CulturalArtsMurfreeboro

PERFORM MURFREESBORO



Perform Murfreeboro is a community performing arts group. With programming for a wide range of ages, this group explores many sides of the world of theatre and performance arts in an encouraging and supportive environment. For beginners or experts, young or old, Perform Murfreeboro is a place where art is experienced and strangers become family.

Perform Murfreeboro Membership

Perform Murfreeboro Members gain access to a wide variety of programming at no extra cost to them after a \$25.00 membership fee. The membership lasts for one fiscal year (July 2015-June 2016) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreeboro logo on it, and can sell tickets (not required) at a discounted price to Perform Murfreeboro Productions they are involved in. Members of Perform Murfreeboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

Age: All Ages (including adults)

Fee: \$25.00

Location: The Washington Theatre at Patterson Park Community Center

Register: Sports*Com, Patterson Park Community Center, or Main Office

Contact: Pam Williams, 615-867-7244, culturalarts@murfreeborotn.gov



Perform Murfreeboro Orientation

Before each audition, we hold an Orientation for first-time members and families or those who are just curious to learn more about what we do. Participants are given a Perform Murfreeboro handbook to keep and take a tour of The Washington Theatre (including fun stops like the costume shop and the set building shop!) This is a great time to learn more about what we do and ask any questions you may have.

Age: All Ages

Date: January 18 & 20, February 22 & 24

Day: Wednesday & Friday

Times: 6:00 p.m.-6:30p.m.

Fee: Free

Location: The Washington Theatre at Patterson Park Community Center

Contact: Pam Williams, 615-867-7244, culturalarts@murfreeborotn.gov

Perform Murfreeboro – Auditions

Auditions are open for everyone (some productions will have age limitations) and Perform Murfreeboro Membership is not required to audition for a production (but is required if cast in the production). Auditioning can sound like a scary experience, but we do our best to surround you with a supportive environment and make it as fun and exciting as it should be! Rehearsals are generally on Monday, Tuesday, and Thursday evenings (some roles may only be required to attend rehearsal one night a week).



Next Audition Opportunity: Go Dog Go! Auditions

P.D. Eastman's classic children's book comes to life on stage in an exploration of movement, color and space. The dogs delve into life with gusto, creating a visual spectacle for the audience to feast upon. They snorkel. They howl at the moon. They ride a ferris wheel. They sing and dance and climb trees. This is a rollicking free-for-all of chicanine-ery. A big and little musical world of doggy fun. Like a pop-up book that comes to life – and never stops.

Age: 18+

Auditions: January 18 & 20 (just come to one)

Day: Wednesday & Friday

Time: 6:30pm

Production: March 17, 18, 19

Fee: Free

Location: The Washington Theatre at Patterson Park

Contact: Pam Williams, 615-867-7244, culturalarts@murfreeborotn.gov

Junie B. Jones Auditions

It's Junie B.'s first day of first grade, and a lot of things have changed for her: Junie's friend, Lucille, doesn't want to be her best pal anymore and, on the bus, Junie B. makes friends with Herb, the new kid at school. Also, Junie has trouble reading the blackboard and her teacher, Mr. Scary, thinks she may need glasses. Throw in a friendly cafeteria lady, a kickball tournament and a "Top-Secret Personal Beeswax Journal," and first grade has never been more exciting.

Age: 6-13

Auditions: February 22 & 24 (just come to one)

Day: Wednesday & Friday

Time: 6:30pm

Production: May 5, 6, 7

Fee: Free

Location: The Washington Theatre at Patterson Park

Contact: Pam Williams, 615-867-7244, culturalarts@murfreeborotn.gov



Perform Murfreesboro Productions Magic Tree House: A Ghost Tale for Mr. Dickens JR.

The magic tree house whisks Jack and Annie back in time to the foggy streets of Victorian London, where they meet the famous, well-off author, Charles Dickens, who has a severe case of writer's block. Jack and Annie also witness the hardships faced by the poor, and their efforts to help only land them in prison. Mr. Dickens rescues Jack and Annie, and they, in turn, help him escape the sad memories that haunt him. In the process, they inspire Mr. Dickens to write one of the greatest holiday stories of all time. -Production-

Date: December 16, 17, 18
Day: Friday, Saturday, & Sunday
Times: Friday & Saturday at 7:00 p.m. & Sunday at 2:00 p.m.
(Doors open 30 minutes prior to show time listed)

Production Ticket Prices:
Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60 +) \$6.00
Location: The Washington Theatre at Patterson Park Community Center
Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov

TICKET RESERVATION

Tickets may now be purchased on-line. Purchase tickets at www.ticketpeak.com/performmurfreesboro.

Perform Murfreesboro Dance Class

This dance program will focus on choreography and the skills it takes to pick up dance routines. This is an exciting program for kids to learn dance or to take as a supplement to dance classes they may already take! Come at any time during the season. This class learns a new song every week, so you can join any time without being behind! Perfect for beginners or experienced dancers!

Ages: 7 & up
Date: December 1, 8 January 5, 12, 19, 26, February 2, 9, 16, 23
Day: Thursdays
Times: 6:00pm-7:00pm
Fee: Free with Perform Murfreesboro Membership
Location: The Washington Theatre at Patterson Park
Register: Sports*Com, Patterson, Main office
Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov



Homeschool Creativity Class

A weekly art class to supplement Homeschooling curriculum! Learn about art in a hands-on learning environment and create art in a variety of mediums! Each week we study an artist and look at their work, talk about what we think about the art and how it makes us feel, and then create a project based on those lessons and feelings. Come any time during the semester. Each week is a new lesson, and missing a week will not make you behind. Registration is not required.

Ages: All (6 and under may require parent, guardian, or older sibling to help them with the project)
Date: December 7, 14, January 11, 18, 25, February 8, 15, 22
Day: Wednesdays
Times: 2:00pm-3:00pm
Fee: \$3.00 per class, per student
Location: McFadden Community Center
Contact: Mai Hamric, 615-867-7244, culturalarts@murfreesborotn.gov



Cultural ARTS MURFREESBORO

Youth Set Design

For ages 10-17, a hands-on class focusing on designing sets for theatre productions! If you love to build or paint, this fun class taught by Ms. Fiona is for you! Every Tuesday before rehearsals come be a part of the magic as we transform wood, foam, and other materials into a beautiful and believable scene!

Ages: 10-17
 Date: December 6, January 10, 17, 24, 31, February 7, 14, 21, 28
 Day: Tuesdays
 Time: 5:30pm-6:30pm
 Fee: Free with Perform Murfreesboro Membership
 Location: The Set Shop in the Washington Theatre in Patterson Park
 Register: Sports*Com, Patterson Park Community Center, or the Main Office
 Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov



Attention Artists and Musicians!

Did you know there are many opportunities for creative people to showcase their talents in Murfreesboro? Bookmark and check culturalartsmurfreesboro.submittable.com frequently to see new opportunities to exhibit or perform at various special events around the city!



Adult Hip Hop

Taught by Choreographer Taylor Alsup, this FREE Hip Hop class for adults is perfect for beginners dancing for the first time or experienced dancers looking for a hip-hop supplement. Adult Hip Hop will meet in 6 week sessions, limited to 15 students per class, per 6 week session. To register for January-February session, call 615-867-7244 to be put on the list.

Ages: 18+
 Date: January 6, 13, 20, 27,
 Day: Fridays
 Time: 6pm-7pm
 Fee: \$20.00
 Location: The Dance Studio in Sports*Com
 Register: at Sports*Com to be added to list- limit 15 students.
 Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov



Like us on Facebook for more (including brand new theatre programs!)

Facebook.com/culturalartsmurfreesboro

See our facebook page for pictures from our Perform Murfreesboro Productions, updates to dates and times of programs listed, information on programs not listed, and to feel free to comment on and share our posts!

Team H.A.M. (Health, Art, Music)

Bring your little one to learn about health in a fun, new way! The Rutherford County Health Department and Cultural Arts Murfreesboro partner to form a fun band for kids, "Team H.A.M." to teach kids about nutrition, health, and how exercise is just a big word for PLAYTIME!

Ages: 3-5
 Days: Friday
 Dates: January 20, February 17
 Time: 11:05-11:45am
 Location: Studio B Patterson Park Community Center
 Fee: Free
 Contact: Katlyn Stevenson, 615-867-7244, culturalarts@murfreesborotn.gov



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Wild Things 9:30-10:15 AM Wilderness Station Ages: 1-4 w/ Parent			
Tumbleweeds 10:15-11:00 AM Sports*Com Ages: 3-5	FitMommy 10:30-11:30 AM Patterson Park Ages: Adult with baby/toddler	Tales & Trails 10:30-11:15 AM Wilderness Station Ages: 4-7 w/ Parent	FitMommy Yoga 10:30-11:30 AM Patterson Park Ages: Adult with baby/toddler	Toddler Time with Thomas 10-11 AM Sports*Com Ages: Under 5	Elf in Training* 10:30-11:45 a.m. Sports*Com Ages: 3-6 *December 3 (one-time program)
	Busy Bees 10:45-11:15 AM Patterson Park Ages: 3-5	Movers & Shakers 10:30-11 AM Patterson Park Ages: 1-3	Busy Bees 10:45-11:15 AM Patterson Park Ages: 3-5	Movers & Shakers 10:30-11 AM Patterson Park Ages: 1-3	
		Tumbleweeds 10:15-11:00 AM Sports*Com Ages: 3-5			
		Twist & Shout 11:05-11:45 AM Patterson Park Ages: 3-5		Twist & Shout 11:05-11:45 AM Patterson Park Ages: 3-5	





Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
 Days: Mondays & Wednesdays
 Time: 10:15-11:00 a.m.
 Location: Sports*Com Aerobic Room
 Fee: \$3.00 or premium pass. Preregistration is required.
 Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

FITMommy

A fitness program for moms! Regain or enhance your pre-pregnancy fitness level with this total body class. Prenatal moms, postpartum moms, and moms with older kids welcome. All fitness levels are invited, from beginners to advanced. Bring your workout buddy- babies and toddlers welcome! Children can participate or play while Mommy is working up a sweat.

Day: Tuesdays
 Dates: Ongoing
 Time: 10:30-11:30 a.m.
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass.
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov



FITMommy Yoga

This class is for new mothers and growing babies to promote fitness, baby bonding, and community. This interactive yoga practice includes infant massage techniques, exercises to reclaim the core, and a grounding practice specifically for the postpartum body. The format is most conducive for mothers and babies from 6 weeks to super crawling and appropriate for all yoga experience levels. Bring a receiving blanket.

Day: Thursdays
 Dates: Ongoing
 Time: 10:30-11:30 a.m.
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov

Busy Bees

This toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship.

Ages: 3-5
 Days: Tuesdays and Thursdays
 Dates: Ongoing
 Time: 10:45-11:15 am
 Location: Patterson Park Community Center
 Fee: \$3.00 or Premium Pass
 Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov

Wild Things

Welcome to the Wilderness! Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday and learn about the wonderful, wacky wildlife that lives in Tennessee. Registration is required.

Please call the Tuesday before class to register.

Ages: 1 – 4 years with adult
 Day: Wednesdays
 Times: 9:30 a.m. (Call on the Tuesday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov. Reservation required.



Tales and Trails

What child doesn't love a good story? Or a fun hike in the woods? Each week, the Wilderness Station will offer a new story that your child will love. We will discover fun and interesting tales about Tennessee's native wildlife and their habitats. Then, we will bring these tales to life by exploring the trails that are all around us. Curious children and adults alike are sure to enjoy this fun new program. Registration is required.

Ages: 4 – 7 years with adult
 Day: Wednesdays
 Time: 10:30 a.m. (Call on the Tuesday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov. Reservation required.





Toddler Time with Thomas

Little kids love to play, and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under

Dates: Fridays

Time: 10 a.m.

Location: Sports*Com

Fee: \$3 per visit

Contact: Thomas Laird, 615-907-2251, tlaird@murfreesborotn.gov



KidFIT

Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1-3 years

Days: Wednesday and Friday

Dates: Ongoing

Time: 10:30-11:00 am

Location: Patterson Park Community Center

Fee: \$3.00 or Premium Pass. Preregistration is required.

Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov

Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns.

Designed to make fitness fun! Class size is limited. Please call to register.

Ages: 3-5 years

Days: Wednesday and Friday

Dates: Ongoing

Time: 11:05-11:45 am

Location: Patterson Park Community Center

Fee: \$3.00 or Premium Pass. Preregistration is required.

Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov



Elf in Training

Santa isn't the only one who works hard before Christmas. His elves have to be in tip-top shape to help make the toys, load the sleigh and take care of the reindeer. Join our class to learn how the elves stay fit to help make your Christmas bright.

Registration is required.

Ages: 3 to 6

Date: December 3

Day: Saturday

Time: 10:30-11:45 a.m.

Location: Sports*Com Group Exercise Room

Fee: \$3.00 or Premium Pass

You may not call until Fri. 12/2 to reserve your spot.

Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov



Christmas at Cannonsburgh Village

Christmas at Cannonsburgh is an event intended to celebrate an old-fashioned Christmas. Pictures with Santa in the Chapel, hot apple cider, and a hayride will be featured during this event, along with Emilie Burke performing in the Gazebo. Also, craft vendors will be set up, weather permitting. This is an outdoor event. Bundle up, and come enjoy the day.

Age: All ages
 Dates: December 3, 2016
 Days: Saturday
 Time: 10a.m.-3p.m.
 Location: Cannonsburgh Village
 Fee: Free Admission, but there's a fee for pictures with Santa.

Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov



Valentine Tea

Celebrate the day of love in our 1800's Leeman House. Dress in your Valentine attire and come for refreshments and a themed craft.

Reservations required through DATE. Space is limited.

Age: 7 and up
 Date: February 8, 2017
 Day: Thursday
 Time: 4p.m. - 6p.m.
 Location: Cannonsburgh Village
 Fee: \$2.50 per person
 Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov



Pickleball

Join us for this fun sport that combines many elements of tennis, badminton, and ping-pong. The rules are simple and easy for beginners to learn, but the game can become quick, fast-paced, and competitive for experienced players.

Age: Adults
 Dates: Ongoing
 Day: Wednesdays
 Time: 12:00 p.m. – 3:00 p.m.
 Fee: Premium Admission
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreesborotn.gov



Come on caller.... Make me holler... Bingo!

Come out and bring a friend. Prepare to have a great time and build new friendships every 2nd and 4th Tuesday of each month for Bingo. You will meet people in your community who enjoy a friendly competition as you compete for various prizes. Grand prizes will be given out at the end.

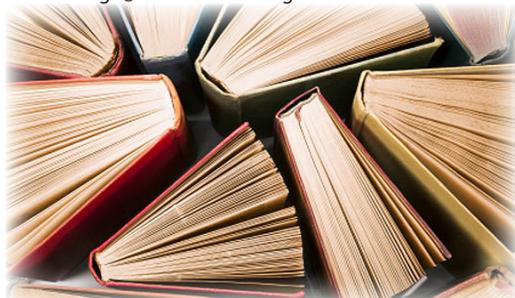
Ages: Adults and Seniors
 Days: 2nd and 4th Tuesdays of each month (no Bingo December 22)
 Dates: Starting in December-February
 Fee: \$3.00 adults/ \$2.00 seniors
 Time: 10:00a.m. -11:00a.m.
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



History Books on Screen Book Club Discussion

Express your views in a group roundtable discussion! Have you ever wondered about a book you read or even a screenplay that you saw? Well, here's your opportunity to join in on the discussion with your opinions and others opinions in our Bradley Academy Museum Book Club. You will get one book each month, and we will meet twice a month allowing everyone an opportunity to get a better understanding, before watching the screenplay on the 4th Tuesday. Knowledge is power!

Ages: Adults and Seniors
 Days: 1st, 2nd and 4th Tuesdays of each month.
 Movie will be shown on the 4th Tuesday of each month.
 Dates: Starting in January- February
 (Pursuit of Happiness-January & The Help-February)
 Fee: \$3.00 adults/ \$2.00 seniors /Light refreshments will be provided.
 Time: 5p.m. -6:30p.m.
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov





A Night of Thanks

Join us at Patterson Park Community Center in celebration of the hard work and dedication of our community partners.

Date: December 19, 2016
 Day: Monday
 Time: 5:00 p.m. – 7:00 p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



African American Cultural Night

Murfreesboro Parks and Recreation with Murfreesboro City Schools presents African American Cultural Night. Come join us in celebrating our rich African American history through song, dance and the spoken word.

Date: January 26, 2017
 Day: Thursday
 Time: 5:00 p.m. – 8:00 p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Black History Past, Present, and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. On February 4th, you will be able to embrace the entire culture with music, authentic dishes, and history.

Ages: All
 Date: February 4, 2017
 Day: Saturday
 Fee: Free
 Time: 11:00 a.m. -3:00 p.m.
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreeborotn.gov



Black History Program

Join us at Patterson Park Community Center in celebration of African American Heritage month. The Youth of Patterson and some of our local partners will be showcasing their talents through song, dance and skits.

Date: February 11, 2017
 Day: Saturday
 Time: 4:00p.m.- 6:00p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Wild Things

Welcome to the Wilderness!

Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday and learn about the wonderful, wacky wildlife that lives in Tennessee. Registration is required. Please call the Tuesday before class to register.

Ages: 1 – 4 years with adult
 Day: Wednesdays
 Times: 9:30 a.m. (Call on the Tuesday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Wilderness Station, 615-217-3017. Registration required.



Tales and Trails

What child doesn't love a good story? Or a fun hike in the woods? Each week, the Wilderness Station will offer a new story that your child will love. We will discover fun and interesting tales about Tennessee's native wildlife and their habitats. Then, we will bring these tales to life by exploring the trails that are all around us. Curious children and adults alike are sure to enjoy this fun program. Registration is required.

Ages: 4 – 7 years with adult
 Day: Wednesdays
 Time: 10:30 a.m. (Call on the Tuesday before for reservations.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Wilderness Station, 615-217-3017. Registration required.



Silly Grandpa Concert

Come join in the silliness at the Wilderness Station since we have invited Silly Grandpa to play a concert. Sing, clap, and dance along to Silly Grandpa's fun and entertaining songs.

Ages: All
 Date: Saturday, January 21
 Time: 10:00 a.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017,
 outdoormurfreesboro@murffreesborotn.gov



Winter Wonderland Party for Preschoolers

Don't let your preschooler get the winter time blahs. Instead, come to the Wilderness Station for a wintry, wondrous celebration. We will read "The Mitten" by Jan Brett and play, explore, and discover the native animals that make this story fun with games and a craft.

Registration Required.

Ages: 3 – 5 years
 Dates: Saturday, February 11
 Time: 10:30 a.m.
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Wilderness Station, 615-217-3017,
 outdoormurfreesboro@murffreesborotn.gov



Birthday Parties

Have your child's next birthday party at the Wilderness Station.

Choose one of our exciting nature-themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at www.murffreesborotn.gov/parks under Wilderness Station.



Owl Wisdom

What is your owl IQ? Join us as we take a look at these amazing animals and unlock some interesting facts. Then roll up your sleeves and dissect an owl pellet to see what was for dinner. It's gross but so much fun!

Registration Required.

Ages: 8 - 12 years
 Date: Saturday, January 7
 Time: 2:00 p.m.
 Location: Wilderness Station
 Fee: \$5
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov.



Bird Club

Join us for a monthly walk as we search together for resident birds of Tennessee. Murfreesboro's Bird Club welcomes all levels of experience, and we encourage anyone who is interested in birds or bird behavior to join us. Please bring your own binoculars if you have them. We will have a few to lend out on a first-come, first-serve basis.

Ages: 6+
 Time: 9:00 a.m.
 Dates and Locations:
 Saturday, December 17- Nickajack Wetlands
 Saturday, January 14- Gateway Island
 Saturday, February 18- Wilderness Station (Great Backyard Bird Count)
 Fee: Free
 Contact: Heather Mullican, 615-217-3017, hmullican@murfreesborotn.gov

Earth Lab – Now Open!

Did you know that katydids have ears in their front legs or that a woodpecker can peck 20 times per second? I bet you know spiders have 8 legs but did you know they have 48 knees? The Earth has many amazing creatures to learn about and study and now you can enjoy exploring these topics in our Earth Lab. Each month we will have a new topic with fun and exciting activities for kids ages 4 – 9 to discover on this self-led adventure. It's great for homeschoolers or as an afterschool treat.



December – Animals in Winter
 January – A Winter Nature Study
 February – Birds in Winter

Ages: 4 – 9 years
 Day: Wednesdays 12:00 p.m. – 5:00 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov.



Great Backyard Bird Count

Join us for the Great Backyard Bird Count. Anyone can take part in the Great Backyard Bird Count, from beginning bird watchers to experts. Each checklist submitted during the GBBC helps researchers at the Cornell Lab of Ornithology and the National Audubon Society learn more about how birds are doing, and how to protect them and the environment we share. Please bring your own binoculars if you have them. We will have a few to lend out on a first-come, first-serve basis.

Ages: 6+
 Time: 9:00 AM
 Date: Saturday, February 18th
 Location: Wilderness Station
 Fee: Free
 Contact: Heather Mullican, 615-217-3017, hmullican@murfreesborotn.gov

Outdoor MURFREESBORO

FREE Backpacks for Education!

The Greenway and Wilderness Station offer free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness. Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

Teachers, Home Schoolers, and Scouts Field Trips and Field Studies for Your Group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements.

Contact Rachel Singer for a complete list of programs and locations at (615) 217-3017 or rsinger@murfreesborotn.gov. You can also check out our website at www.murfreesborotn.gov/parks under Wilderness Station.



Post-Holiday Hikes

How many of us indulged in a few too many pieces of fudge or a couple extra helpings of dressing and gravy? Don't despair! We'll hike off those unwanted pounds. Join us weekly in January and February for staff-led hikes on the beautiful back country trails. Hikes will last an hour and a half.



Ages: Adults
 Day: Thursdays in January and February – starting January 5
 Time: 10:00 a.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreesborotn.gov.

Nature Journaling

Turn your aspirations to study nature into a reality. Hike, write, and draw. This two-hour class provides an instruction to nature journaling by honing skills in observation, sketching, and the appreciation of nature's beauty and mystery. Instruction manual and supplies provided. You are invited to come once, or on a monthly basis at the 'Art in Nature' social where we continue to study and draw from the natural world. Reservations are required.



Ages: Adult
 Date: December 10, January 14, and February 11
 Day: 2nd Saturday of each month
 Time: 2:00 p.m. – 4:00 p.m.
 Fee: Initial fee of \$15.00 (includes instruction manual),
 monthly meeting fee \$5.00 (includes drawing supplies)
 Location: Wilderness Station
 Contact: Rosanna Ohlsson-Salmon, 615-217-3017,
rohllssonsalmon@murfreesborotn.gov

Wildlife Painting

Unleash your inner artist! Join us at the Wilderness Station for an artist-led paint-a-long. Have fun and let the paint flow as an instructor leads you step-by-step through the painting process. The subject matter of the paintings will be wildlife/nature based and will be great for all skill levels. So come on out and get creative! Class will be held inside, so don't let the weather scare you away. Space is limited, and reservations are required. All materials are provided.

Ages: Adult (13 and up)
 Date: February 25
 Day: Saturday
 Time: 10:00 a.m. – 12:00 p.m.
 Fee: \$15.00
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreesborotn.gov.



Music in the Wild

Warm up inside the Wilderness Station as we welcome the band Runaway Home back to the park. Runaway Home is a Panoramic-Americana band founded by two intrepid dreamers and schemers who share a love for music and the places it takes us all. Pulling from diverse musical backgrounds, Runaway Home blends their sound whiskey-smooth and harmonically strong, with a plaintive and rootsy edge.

We will be serving some of our delicious bird-friendly coffee that will be perfect to sip on while enjoying live music and the company of friends, new and old.

Ages: All
 Date: Saturday, January 28
 Time: Doors open at 5:30; music is 6:30 p.m. to 8:30 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreesborotn.gov.

THE BETTER BORO PROJECT



New Year's Day 5k

Start the New Year off on the right foot with the 2nd annual New Year's Day 5k! All fitness levels welcome. Register early to be guaranteed a souvenir shirt. Every finisher will receive a medal, and awards will be given to overall finishers and age group winners.

Ages: All
 Date: January 1, 2017
 Time: 2:00 p.m.
 Fee: \$25 preregistration through December 28, 2016
 Location: Barfield Crescent Park
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov
 For more information and to register: www.murfreesboront.gov/parks



Basic Dog Obedience Class

Beginning Obedience Class is open to puppies 12 weeks and older. Adult dogs are welcome. We will work on building a relationship with your dog while teaching good manners and basic obedience commands such as sit, down, stand, stay, wait, leave it, watch me, walk on a loose leash, go to your bed, come, and hand signals. Topics include polite greetings, techniques for preventing unwanted behaviors, and appropriate dog-to-dog interactions. Puppies 6 months and younger will have a short playtime at the end of class. Classes are one hour per week over a six-week period, with an orientation as the first week. Please do not bring your dog to orientation. For puppies' protection, they must have three DHLPP vaccinations plus a Kennel Cough (Bordatella) vaccination in order to attend. A Rabies' vaccination is necessary for dogs. The cost is \$120. Please register at www.wagitbetter.com or contact heather@wagitbetter.com

Dates: Saturdays, January 7 – February 18 – (no class on January 21)
Time: 9 – 10 am
Location: Wilderness Station
Fee: \$120.00
Contact: www.wagitbetter.com or contact heather@wagitbetter.com



Canine Good Citizen Class

This class is for puppies and young dogs that have completed the Kinderpuppy Class or for adult dogs who are ready to work towards their Canine Good Citizenship (CGC) certificate. It's an excellent preparatory class for therapy work as well! Dogs learn to sit, down, and stay with distractions and at a distance, calmly greet people and other dogs, walk on a loose leash, and practice other skills from the CGC test. Lots of problem behavior solving included! The test will be given on the last day. Please visit the official AKC page for more information about this program. We begin working with dogs the first class. Classes are one hour per week over a six-week period. A Rabies' vaccination is necessary for all dogs. The cost is \$125. Please register at www.wagitbetter.com or contact heather@wagitbetter.com

Dates: Saturdays, January 7 – February 18 – (no class on January 21)
Time: 8 – 9 am
Location: Wilderness Station
Fee: \$125.00
Contact: www.wagitbetter.com or contact heather@wagitbetter.com

Gateway Island Open House

Perfect for a small wedding, a company retreat or a family reunion, the Gateway Island is a beautiful venue conveniently located near shopping, hotels and our Greenway. Check out this little paradise hidden in our city!



Date: Saturday, February 11, 2017
Time: 11:00 a.m. – 4:00 p.m.
Fee: Free
Location: Gateway Island Reception Center
Contact: Greenway Office: 615-893-2141

Valentine Vows

Renew your vows or propose to your sweetheart on Valentine's Day at one of the most beautiful locations in Murfreesboro.

Date: Tuesday, February 14, 2017
Time slots: One hour increments, from 9:00 a.m. – 7:00 p.m.
Fee: \$50
Location: Gateway Island and Reception Center
Contact: Greenway Office: (615) 893-2141



Greenway Beautification

Is your group or organization looking for a community volunteer project? Do you use the Greenway frequently and want to give back to the community? Cleaning up the Greenway is a project in which participants of all ages can participate. We provide the supplies. Call the Greenway Office at (615) 893-2141 to schedule a Greenway cleanup customized to your group's availability.



PATTERSON PARK GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Burn 8:30 - 9:30a.m.	AM Bootcamp/Adult Gym Yoga/ Exercise Studio 8:30 - 9:30a.m.	Metabolic Burn 8:30 - 9:30a.m.	AM Bootcamp/Adult Gym Yoga/ Exercise Studio 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Forever Fit 9:35 - 10:35a.m.	Zumba 9:35 - 10:35a.m.	Forever Fit 9:35 - 10:35a.m.	Zumba 9:35 - 10:35a.m.	Forever Fit 9:35 - 10:35a.m.	Saturday Surprise 9:05 - 10:05a.m.
Yoga 4:20 - 5:20p.m.	Zumba 4:30 - 5:30p.m.	Yoga 4:20 - 5:20p.m.	Zumba 4:30 - 5:30p.m.	Yin Yoga 1:00-2:00p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Thrash & Bash 5:35 - 6:35p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Cardio Kickboxing 5:35 - 6:35p.m.		
Yoga 6:40 - 7:40p.m.	Metabolic Burn 6:40 - 7:40p.m.	PIYO 6:40 - 7:40p.m.	Yoga 6:40 - 7:40p.m.		

AM Boot Camp

Challenge yourself to excel above average! This class mixes calisthenic and body weight exercises with interval training and strength training. Personal modifications given, if needed.

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, stability balls and weights.

Cardio Kickboxing

Cardio Kickboxing is a combination of aerobics, boxing and martial arts. This total-body workout can improve strength, cardiovascular fitness, flexibility, coordination and balance.

Forever Fit

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

Metabolic Burn

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

PiYo

Combination of Pilates and Yoga. This class incorporates flexibility, strength, balance and core conditioning. A bit more athletic than traditional Yoga, but a guided relaxation element is part of this class.

Saturday Surprise

Get the workout you want! This class will vary each week depending on instructor and participant input.

Step-N-Sculpt

Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Thrash & Bash

A full body cardio workout infused with isometric movements and strength training, using "drumming" motions and rhythms! Connect to your inner ROCK STAR!

Yin Yoga

A quieter practice focusing on opening the joints by stretching the connective tissue. Through long holds and deep breathing, this meditative practice will help you reset your mind and body.

Yoga

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

Zumba

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.



SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga (Studio B) 7:30-8:30a.m.		Yoga (Studio B) 7:30-8:30a.m.			
Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Step/Tone 8:30 - 9:30a.m.
Retro Fit (Studio B) 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit (Studio B) 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.	
Tumbleweeds* 10:15-11:00a.m.	Tai Chi 10:30-11:15a.m.	Tumbleweeds* 10:15-11:00a.m.	Tai Chi 10:30-11:15a.m.		
	Barre & (Studio B) 5:00-6:00pm		Barre & (Studio B) 5:00-6:00pm		
Total Body 5:15-6:15p.m.	Step/Tone 5:15-6:15p.m.	Zumba Toning 5:15-6:15p.m.	Total Body 5:15-6:15p.m.	Kickboxing 5:30-6:30p.m.	
	Yoga (Studio B) 6:00 - 7:00p.m.	Zumba Step 6:20 - 7:20p.m.	Yoga (Studio B) 6:00 - 7:00p.m.		
	Zumba 7:00-8:00m.				

Barre &

This class gives you a little bit of barre, a little bit of yoga, a little bit of pilates and a whole lot of muscle building, stretching fun.

Core Energy

This class concentrates on stabilization, alignment and core strength. Consists of standing moves and floor work with significant abdominal lower back work.

Kickboxing

A combination of aerobics, boxing, and martial arts that can improve strength, cardiovascular fitness, flexibility, coordination and balance.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, consists of standing and moving postures.

Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps, and body weight to help develop the lean muscle tissue needed for a toned physique.

Tumbleweeds*

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. Ages 3-5 only. You must call the morning of class to reserve your spot—space is limited.

*Registration DAY OF REQUIRED.

X-Press

30 minutes of straight weight-lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

Yoga

The class focuses on improving balance and flexibility, as well as assisting in stress reduction. For beginning and intermediate levels.



Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance. Zumba toning adds the challenge of light weights for some of the moves. Zumba Step takes your moves up a level onto a short step platform. Zumba Toning adds the challenge of light weights for some of the moves. Zumba Step takes your moves up a level onto a short step platform.



Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
 Days: Mondays & Wednesdays
 Time: 10:15-11:00 a.m.
 Location: Sports*Com Aerobic Room
 Fee: \$3.00 or premium pass. Preregistration is required.
 Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

FITMommy

A fitness program for moms! Regain or enhance your pre-pregnancy fitness level with this total body class. Prenatal moms, postpartum moms, and moms with older kids welcome. All fitness levels are invited, from beginners to advanced. Bring your workout buddy- babies and toddlers welcome! Children can participate or play while Mommy is working up a sweat.

Day: Tuesdays
 Dates: Ongoing
 Time: 10:30-11:30 a.m.
 Location: Patterson Park Community Center
 Fee: \$ 4.00 or Premium Pass.
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov



FITMommy Yoga

This class is for new mothers and growing babies to promote fitness, baby bonding, and community. This interactive yoga practice includes infant massage techniques, exercises to reclaim the core, and a grounding practice specifically for the postpartum body. The format is most conducive for mothers and babies from 6 weeks to super crawling and appropriate for all yoga experience levels. Bring a receiving blanket.

Day: Thursdays
 Dates: Ongoing
 Time: 10:30-11:30 a.m.
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov

Busy Bees

This toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship.

Ages: 3-5
 Days: Tuesdays and Thursdays
 Dates: Ongoing
 Time: 10:45-11:15 a.m.
 Location: Patterson Park Community Center
 Fee: \$3.00 or Premium Pass
 Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov



KidFIT

Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1-3 years
 Days: Wednesday and Friday
 Dates: Ongoing
 Time: 10:30-11:00 a.m.
 Location: Patterson Park Community Center
 Fee: \$3.00 or Premium Pass. Preregistration is required.
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov

Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns. Designed to make fitness fun! Class size is limited. Please call to register.

Ages: 3-5 years
 Days: Wednesday and Friday
 Dates: Ongoing
 Time: 11:05-11:45 a.m.
 Location: Patterson Park Community Center
 Fee: \$3.00 or Premium Pass. Preregistration is required.
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov



Elf in Training

Santa isn't the only one who works hard before Christmas. His elves have to be in tip-top shape to help make the toys, load the sleigh and take care of the reindeer. Join our class to learn how the elves stay fit to help make your Christmas bright.

Registration is required.

Ages: 3 to 6
Date: December 3
Day: Saturday
Time: 10:30-11:45 a.m.
Location: Sports*Com Group Exercise Room
Fee: \$3.00 or Premium Pass—
You may not call until Fri. 12/2 to reserve your spot.
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov



Homeschool PE Class

Our Homeschool PE classes are designed for ages 6-15 and consist of various physical education activities while promoting good health, sportsmanship, group participation and socialization. We now have 2 classes. HSPE I and HSPE II. Each class is limited to 20 participants. You MUST call 615-893-7439 to reserve your spot.

Ages: 6-13
Days: Tuesdays and Thursdays
Dates: January 5th thru May 23rd (If City Schools are out no HSPE)
Time: HSPE I 12:00-12:50
HSPE II 1:00-1:50
Location: Patterson Park Community Center (Youth Gym)
Fee: \$50 per Semester
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



PH3

This class focuses on strengthening, stretching and aligning the muscles and bones of the pelvic and hip area to help reduce and prevent low back pain, improve overall balance, and increase core strength.

Ages: 18 and up
Date: January 4-27
Day: Wednesdays and Fridays
Time: 10:30am
Location: Sports*Com
Fee: \$4.00 or Premium Pass
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov



AM Boot Camp

Whatever you do in life we can help you do it better! A high-intensity program designed to increase overall muscle endurance, strength and help shed unwanted pounds. This workout alternates strength training exercises with aerobic activities to give you two workouts in one. AM Boot Camp combines intervals of cardio drills and conditioning exercises to provide you with the ultimate circuit workout for optimal fat burning.

Ages: 16 & up
Dates: Ongoing
Days: Tuesdays and Thursdays
Time: 8:30am – 9:30am
Location: Patterson Park Gymnasium
Fee: \$4.00 or Premium Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All
 Dates: Ongoing
 Days: Tuesday & Thursday
 Time: 7:40pm – 8:40pm
 Location: PPCC Exercise Studio
 Fee: Contact Bryan
 Contact: Bryan Todd, 615-584-1024



Lift SQUAT Series

The SQUAT is the most important yet most understood exercise in a training arsenal. The squat is the single most useful exercise in the weight room and the most valuable tool for building strength and power. There is no other exercise and certainly no machine that produces the level of central nervous system activity, improved balance and coordination, skeletal loading, bone density enhancement, muscular stimulation, connective tissue stress and strength, and overall systemic conditioning than the correctly performed FULL SQUAT. This four-week program will provide you with the necessary tools and knowledge to perform a correct full squat. This series will teach the basic anatomy of a full squat. We will also identify anatomical deficiencies and how to correct them.

Ages: 16+
 Days: Tuesdays
 Dates: January 10th – January 31st
 Time: 6:15-7:00 am
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass
 Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up
 Dates: Ongoing
 Days: Fridays and Saturdays
 Time: Friday 7:00 am-8:00 a.m.
 Saturday Beginners 10:30 a.m.- 11:30 a.m.
 Saturday Intermediate 11:30 a.m. – 12:30 p.m.

Location: Patterson Park Exercise Studio
 Fee: Contact Bret Hawkins
 Contact: Bret Hawkins, 615-895-4932, Bretkeithhawkins@att.net



Lift DEADLIFT Series

Learn the fundamentals of the deadlift. This series will focus on how and why the deadlift should be in your exercise arsenal. We will focus on the basic anatomy of the deadlift as well as how to properly perform the movement from the approach of the bar to the lockout.

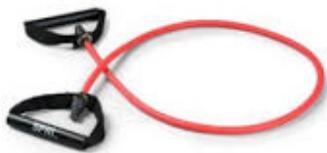
Ages: 16+
 Days: Tuesdays
 Dates: February 7th – February 28th
 Time: 6:15-7:00 am
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass
 Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



OsteoUP

This osteoporosis prevention and maintenance class uses the TYE4 (a wearable resistance band) to assist and add resistance to movements specifically designed to aid in building muscle, skeletal strength and balance. Options to purchase or rent TYE4 are available. Preregistration with instructor is required. See contact information below.

Ages: Adults
 Days: Tuesdays and Thursdays
 Time: 11:00 a.m.
 Location: Sports*Com Aerobic Room
 Fee: See website www.840west.org/boneup or contact Heather Dunsford
 Contact: Heather Dunsford, 615-594-1514, OsteoUPTN@gmail.com



Roll With It

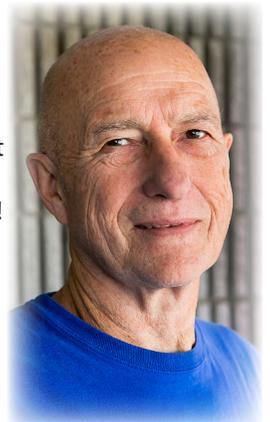
With the holiday season now behind you, treat yourself (or a loved one) to some much-needed TLC. This class will go over the basics of self-massage with small massage balls. Learn trigger points and techniques to help you loosen tight muscles and improve blood flow. Space is limited and preregistration and prepayment are required. Price includes class and massage balls.

Ages: 18 and up
 Date: February 10
 Day: Friday
 Time: 10:30 a.m.
 Location: Sports*Com
 Fee: \$20.00
 (price includes massage balls)
 Contact: Allison Davidson,
 615-895-5040,
adavidson@murfreesborotn.gov



8th Annual Breakfast with Bob

At Sports*Com, we know it's difficult staying motivated to exercise during the holidays so ...we want to reward everyone for their exercise commitment during this busy time with the opportunity to have Breakfast with Bob! Instructions: We will be charting your visits to the Sports*Com weight room or track starting Monday, December 19, through Monday, January 2. (2-week holiday workout period)



*If you exercise 2 times during the 2-week holiday period, Bob will shake your hand.

*If you exercise 5 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good effort" with minimal feeling.

*If you exercise 8 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good job" adding emotion to his voice. He will also give you a breakfast bar, but he can't stick around to eat it with you.

*If you exercise 11 times during the 2-week holiday period you will receive a special invitation to attend Breakfast with Bob! During this special event Bob will personally tell everyone, "Great Job" with genuine excitement!

Age: Adults (age 16 +)
 Date: Registration: Begins Monday, December 19
 Please register at the Sports*Com weight room sign-in desk.
 2-week Holiday workout period begins:
 Monday, December 19 and Ends Monday, January 2
 Excluding Christmas and New Year's Day—Sports*Com is closed.
 Friday, January 20— Breakfast with Bob – **invitation only**
 Location: Sports*Com Weight Room and Track
 Fee: \$3.00 or General pass
 Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov



Speed Training for Runners

4 weeks of speed training. Improve your technique, and increase your speed.

Days: Monday and Wednesday

Dates: Wednesday, January 4 – Monday, January 30
(No class January 16 - Martin Luther King Day)

Time: 6:05 a.m.-6:35 a.m.

Location: Patterson Park Gym

Fee: \$4.00 or Premium Pass

Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov



The Coffee Marathon

Here's how it works: Buzz by each of the seven participating coffee shops and walk or run all seven routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport. After completion all seven routes, bring your signed passport to Sports*Com for your commemorative coffee mug and car decal.

You earned it!

Participating locations:

1. Sports*Com Coffee Stop 2310 Memorial Blvd.
2. Wilderness Station at Barfield Crescent Park 301 Volunteer Rd.
3. Sylvan Park Restaurant 1443 Broad St./ Greenway Broad Street Trailhead
4. Just Love Coffee Roasters 129 MTCS Dr.
5. Simply Pure Sweets 118 Walnut Street
6. City Café 113 East Main Street
7. The Artful Doughnut 810 Medical Center Parkway Suite A

Age: All ages

Dates: Monday, January 2 – Friday, March 31.

Gift Certificates available for holiday giving

Registration begins January 1 at the New Year's Day 5K. Can register at the Polar Bear Plunge January 7, 2017, as well.

Fee: \$25.00, pick up your passport and maps

Register: Sports*Com, 2310 Memorial Blvd.

Online registration: www.murfreesborotn.gov

Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov



Pi-Yo for Runners

6 weeks of Intense Training. The movements of the program are designed to improve strength and flexibility. Helpful in reducing seasonal running injuries.

Days: Monday, Wednesday, Friday

Dates: February 1 - March 17 (No class February 20 – President's day)

Time: 6:05 a.m.-6:35 a.m.

Location: Patterson Park

Fee: \$4.00 or Premium Pass

Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov



Group Training

We know that fitness is a journey, and we want to help you along the path to becoming a better you. We also know that fitness can be very confusing, with an assortment of conflicting books, ideas, and schools of thought on the market, who can keep it straight? We will help you sort through it all, and guide you down the path toward enhancing your lifestyle. We offer semi-private training for those who like working with a partner or friend or for those people who get more out of their workout by competing. Semi-private or group training is typically 2-4 people with one trainer. Common group dynamics are friends, husband-wife, siblings, mother-daughter and father-son. Semi-private training is more cost-effective than the traditional 1:1 training.

Ages: 16 & up
 Dates: Ongoing
 Location: Patterson Park
 Fee: \$120.00 for 8 sessions per individual
 Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Additional Personal Trainers

These trainers work for our department on a contract basis. Their fees are different from but comparable our trainers costs.

Athletes in Pursuit: Specializing in sports performance. For more information on fees, and schedules contact 615-852-1419 615-852-1419, athletesinpursuit@gmail.com.

Bret Hawkins: For more information on fees, and schedules contact Bret, 615-895-4932, bretkeithhawkins@att.net, or Bret Hawkins Personal Fitness Trainer on Facebook.

Todd Gober: For more information on fees, and schedules contact Todd, 615-238-5770.

Wellness Services offered by Sports*Com and Patterson

Fitness Assessments--\$35.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports*Com.

Personal Training

Now is the time for your lifestyle to promote fitness, health, and well-being. Take a step in the right direction by hiring your own personal trainer.

Here are 10 reasons a personal trainer may be right for you.

1. Motivation- Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.
2. Individualized program- If you have any chronic health conditions, injuries or training goals, a trainer can work with you to plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. Efficiency- Personal trainers help you to focus on results and to stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. Improve technical skills- A personal trainer can incorporate skills training into your program so you improve your strength, endurance, agility and mental focus.
5. You are new to exercise- A trainer will introduce you to a simple, effective routine so you will have the confidence and knowledge to adhere to a regular exercise program.
6. Breakthrough plateaus- You are stuck in the same routine and want to break out of a rut. A trainer will jump start, not only your motivation, but your routine as well.
7. Learn how to go it alone- Working with a personal trainer for a few months may be all you need to build a basic fitness program to achieve maximum results and continue on your own.
8. Workout Safely- A personal trainer watches your form and can provide objective feedback about your limits and strengths.
9. Lose Weight- If your New Year's resolution is to lose fat and build muscle, a trainer can keep you on track and help you realize those goals.
10. Improve Self-confidence- Whether you want to feel better, look better or tackle life's everyday tasks with ease, a personal trainer can help you on your way. Feel good in the skin you're in!

Personal Training Rates:

One-Hour Session	\$35
4-One Hour Sessions	\$120
8-One Hour Sessions	\$220
12-One Hour Sessions	\$300
15-One Hour Sessions	\$350

HOLIDAY SPECIALS!

Buy One, Get One Free in December

Starting December 12, purchase an Individual Yearly or Monthly Pass at either Sports*Com or Patterson and get one FREE! Passes are good at both locations! Special ends at 5:00 p.m. on December 31, 2016. When purchasing a Yearly or Monthly pass, the free pass must be a Yearly or Monthly pass of equal or lesser value.



25% Off All Individual Yearly & Monthly Passes in January!

During the month of January, we are offering 25% off Individual Yearly and Monthly Passes at Sports*Com and Patterson Park Community Center! Passes are good at both locations! Discount begins January 3 and ends January 31, 2017, at 9:00 p.m.

Why choose us? No Joining Fees!

We won't charge you extra for the privilege of buying one of our passes...

No Contracts!

We won't commit you to a multiyear contract...you have your choice of passes: Yearly or Monthly.

General Pass includes admission to:

Gym • Track • Weight Room • Open Swim in the Indoor Pool

Premium Pass includes admission to:

Gym • Track • Weight Room • Open Swim in the Indoor Pool • Water and Land Classes • Boro Beach • Racquetball

Admission to the outdoor pool at Sports*Com requires a Premium Pass.