



CITY OF KNOXVILLE PARKS AND RECREATION

Community Connection

Spring 2015

WELCOME!

Welcome to "Community Connection", the first quarterly recreation and leisure program guide for the City of Knoxville's Parks and Recreation Department! It is our hope that the information provided increases your awareness of what programs are currently being offered as well as what's to come in the future. Our department's mission is to provide a safe and fun environment so all citizens may enjoy their leisure time. Our dedicated staff work to promote healthy lifestyle changes and character building activities by providing affordable quality programs, parks and recreation venues.

Please come join us in our mission today!

IN THIS ISSUE:

- "Spring into Fitness" Programs
- Special Events and More!
- Aquatics
- Senior Activities
- Dynamic Sports

MARK YOUR CALENDARS!

"2015 City of Knoxville Teen Step Show"
6:00pm on March 7, 2015
Knoxville Civic Auditorium

"Outdoor KnoxFest"
April 24-26, 2015

"City of Knoxville Billiards Tournament"
City of Knoxville Senior Centers
March 2015

"Mardi Growl"
March 7, 2015

"Let's Move!"
May 2, 2015
Victor Ashe Park

"Older American's Month"
May 2015
City of Knoxville Senior Centers

MAYOR

Madeline Rogero

DEPARTMENT OF PARKS AND RECREATION

Joe Walsh, Director

PARKS AND RECREATION ADMINISTRATIVE OFFICE

Suite 303

City/County Building

400 Main Street, Knoxville TN 37902

865-215-2091

www.cityofknoxville.org/recreation

Find and follow us on:



RECREATION / COMMUNITY CENTERS

FOR MORE INFORMATION REGARDING SPECIFIC CENTER PROGRAMMING, FACILITY AMENITIES, COMMUNITY MEETING SPACES, AND HOURS OF OPERATION PLEASE USE THE CONTACT INFORMATION BELOW OR VISIT:

www.cityofknoxville.org/recreation/centers

Cal Johnson Recreation Center

507 Hall of Fame Drive (37917)
865-522-3177

Cecil B. Webb Recreation Center

923 Baker Avenue (37920)
865-577-0651

Christenberry Community Center

931 Oglewood Avenue (37017)
865-637-5991

Cumberland Estates Recreation Center

4529 Silver Hill Drive (37921)
865-588-3442

Deane Hill Recreation Center

7400 Deane Hill Drive (37919)
865-690-0781

Dr. E.V. Davidson Community Center

3124 Wilson Avenue (37914)
865-971-4746

Inskip-Norwood Recreation Center

301 W. Inskip Drive (37912)
865-687-6321

John T. O'Connor Senior Citizen's Center

611 Winona Street (37917)
865-523-1135

Knoxville Adaptive Recreation Center

2235 Dandridge Avenue (37915)
865-525-9080

Larry Cox Senior Center

3109 Ocoee Trail (37917)
865-546-1700

Lonsdale Recreation Center

2700 Stonewall Street (37921)
865-546-0696

Milton Roberts Recreation Center

5900 Asheville Highway (37924)
865-546-4536

New Hope Recreation Center

1905 McMinn Street (37917)
865-523-9003

Richard Leake Recreation Center

3511 Alice Bell Road (37917)
865-525-2031

South Knoxville Community Center

522 Old Maryville Pike (37920)
865-573-3575

West Haven Recreation Center

3622 Sisk Road (37921)
865-546-1315

NEED TO RENT A RECREATION CENTER OF PARK SHELTER FOR A SPECIAL EVENT OR PARTY?

CONTACT:

RECREATION CENTER RENTAL

865-215-1414

PARK SHELTER

865-215-1413

SPRING INTO FITNESS



SPRING INTO FITNESS



JOIN OUR MISSION!

WANT TO PARTNER AND OFFER ACTIVITIES TO KEEP OUR COMMUNITY MOVING? CONTACT RECREATION PROGRAM COORDINATOR [ANGIE DAVIDSON](#) AT 865-215-1406 FOR MORE INFORMATION!

COME ACHIEVE YOUR FITNESS GOALS OR SIMPLY GET MOVING AT ONE OF OUR LOCAL RECREATION CENTERS WITH....

Pickleball

Pickleball! Come join in the fun by playing this new and popular sport. No experience is necessary, equipment is available and it is FREE! For more information or a list of dates not offered, you can contact a recreation center listed below.

Monday

11:00am-2:00pm at **Deane Hill**
6:00pm-8:30pm at **Christenberry** (starts 3/23/15)

Tuesday

3:00pm-5:00pm at **Inskip**
6:00pm-8:30pm at **SKCC**
*6:00pm-8:30pm at **Christenberry** (starts 3/18/15)

Wednesday

6:00pm-8:30pm at **Milton Roberts**
6:00pm-8:30pm at **Deane Hill**
7:00pm-8:00pm at **West Haven**

Thursday

11:00am-2:00pm at **Deane Hill**
6:00pm-8:30pm at **Christenberry** (starts 3/18/15)
6:00pm-8:30pm at **SKCC**

Friday

*2:00pm-3:00pm at **Inskip**
3:00pm-5:30pm at **Inskip**
*geared for beginners



Cross Training with "D"!

Come train with one of Parks and Recreation's very own center leaders Darrow Davenport! From beginners to advanced athletes, 'D' adapts his exercises to fit everyone's needs and abilities.

Tuesdays and Thursdays

11:00am-12:00pm at **EV Davidson**
FREE!



CITY OF KNOXVILLE
PARKS AND RECREATION

Beginners Yoga!

Whether you want to increase your flexibility or strength or simply take your mind off of tension and stress, come Yoga with our certified yoga instructor Stephanie.

Tuesdays

6:30pm-7:30pm at **Cecil Webb**
(8 week class from 4/7/15-5/26/15)
\$2.00/class or \$10/entire program



Richard Leake Recreation Center

Thursdays at 6:00pm-7:00pm

Instructor: Sheila von Mayer

March 19, 2015-May 28, 2015

\$3.00/class -OR-

\$25/10 class punch pass

*Call 525-2031 for class changes or other offerings as classes are subject to change based on community need.

WEIGHT ROOMS AND USE OF EXERCISE EQUIPMENT IN OUR FACILITIES IS FREE!
CALL YOUR LOCAL CENTER FOR FACILITY AMMENITIES TODAY!



Larry Cox Senior Center

Tuesdays at 9:00am-10:00am

Instructor: Sheila von Mayer

March 17, 2015-May 26, 2015

\$3.00/class -OR-

\$25/10 class punch pass

*Call 546-1700 for class changes or other offerings as classes are subject to change based on community need.

ENJOY THE SUN AND THE OUTDOORS BY USING ONE OF OUR MANY PARKS, GREENWAYS AND TRAILS. VISIT www.cityofknoxville.org/greenways

Go the Round with Roderick!



Led by Certified Strength and Conditioning Specialist

Roderick Haynes from Fitness Studio 111, come "Go the Round" with him in an enjoyable workout! Each session will use fitness boxing techniques to achieve your fitness goals and help you look and feel your best. All equipment will be provided and anyone can do it!

West Haven

Mondays at 6:00pm-7:00pm
(10 week class from 3/16/15-5/25/15)
\$5.00/class



Open Gym Volleyball!



Mondays at **Deane Hill**
Tuesdays at **Cumberland Estates**
Wednesdays at **Richard Leake**
Thursdays at **Cecil Webb**



Contact the **Knoxville Arts and Fine Craft Center** for details of their fitness classes!

Call 865-523-1401 or visit <http://www.cityofknoxville.org/>

AQUATICS

South Knoxville Community Center Pool

Call 865-579-3122 for more information!

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00	Open Lap Swim 6:00-8:00
7:00AM					
8:00AM	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45	Aqua Sprint 8:15-8:45
9:00AM	Gentle Joints 9:00-9:45	Deep Water Aerobics 9:00-10:00	Gentle Joints 9:00-9:45	Deep Water Aerobics 9:00-10:00	Gentle Joints 9:00-9:45
10:00AM		Aqua Aerobics 10:30-11:30		Aqua Aerobics 10:30-11:30	
10:30AM					
11:00AM					
11:30AM					
12:00PM	Open Swim 10:00-3:00		Open Swim 10:00-3:00	Open Swim 11:30-3:00	Open Swim 10:00-3:00
1:00PM		Open Swim 11:30-3:00			
2:00PM					
3:00PM	Pool Closes at 3:00PM Monday thru Friday				
OTHER		Open Lap Swim 5:00-7:45PM		Open Lap Swim 5:00-7:45PM	

*Schedule is subject to change for programming needs, training, Learn to Swim Classes, etc. Please call 865-579-3122 for any information on classes, programs, and prices!

Knoxville Adaptive Recreation Center

Call 865-525-9080 for more information!

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM	Open Swim 8:00-9:00		Open Swim 8:00-9:00		Open Swim 8:00-9:00
9:00AM	Arthritis Foundation Class 9:00-9:45	Open Swim 8:00-11:00	Arthritis Foundation Class 9:00-9:45	Open Swim 8:00-11:00	Arthritis Foundation Class 9:00-9:45
10:00AM	Open Swim 9:45-10:30		Open Swim 9:45-10:30		Open Swim 9:45-10:30
10:30AM	Arthritis Foundation Class 10:30-11:15	Arthritis Foundation Class 11:00-11:30	Arthritis Foundation Class 10:30-11:15	Arthritis Foundation Class 11:00-11:30	Arthritis Foundation Class 10:30-11:15
11:00AM					
11:30AM					
12:00PM					
1:00PM	Open Swim 11:15-3:00	Open Swim 11:30-3:00	Open Swim 11:15-3:00	Open Swim 11:30-3:00	Open Swim 11:15-3:00
2:00PM					

Pool Closes at 3:00 Monday thru Friday

*Schedule is subject to change for programming needs, training, Learn to Swim Classes, etc. Please call 865-525-9080 for any information on classes, programs, and prices!



It all begins with Learn-to-Swim.

For 98 years, the American Red Cross has been teaching hundreds of millions of Americans how to enjoy the water safely.

To register for a class, call 865-525-9080 or email rlove@cityofknoxville.org

City of Knoxville
Parks and Recreation
Knoxville, TN

Authorized Aquatics Training Provider

Session Dates:
Spring 2015 (February-May)
Summer 2015 (June and July)
Fall (September-November)



OUR CERTIFIED AMERICAN RED CROSS INSTRUCTORS ALSO FACILITATE COURSES IN:

- WSI (Water Safety Instructor)
- CPR/AED/First Aid Certification
- Lifeguard Training

Call 865-525-9080 or email rlove@cityofknoxville.org TODAY!

SENIOR ACTIVITIES

Larry Cox Senior Center, South Knoxville Community Center and John T. O'Connor Senior Center offer a variety of programs and services for adults 50+ years and seniors. Learn and pursue new interests by participation in countless activities including educational seminars, fitness, outdoor excursions, special events and more! To request more information of each centers calendar of events, contact:



Check out our senior centers during the month of May for Older Americans Month!

Larry Cox Senior Center
3109 Ocoee Trail (37917)
865-546-1700

South Knoxville Community Center
522 Old Maryville Pike (37920)
865-573-3575

John T. O'Connor Senior Center
611 Winona Street (37917)
865-523-1135



City of Knoxville
Billiards Tournament March 19th!

DYNAMIC SPORTS

The City of Knoxville's Parks and Recreation Department is committed to supporting people with disabilities participate in recreation and believes in providing opportunities where all individuals are accepted, included and welcomed in the programs offered. **Inskip-Norwood Recreation Center** is currently offering Dynamic Sports programs for individuals with disabilities. While each community/recreation center guarantees participants an inclusive environment, the Inskip Recreation Center staff specialize in therapeutic recreation. If you would like more information regarding these programs, contact Daniel Alexander, CTRS at 865-687-6321.



Spring 2015 Programs
April 6-May 22, 2015
Bocce Ball
Flag Football




Wheelchair Basketball (Mondays from 3:00pm-5:00pm)
Pickleball (Tuesdays from 3:00pm-5:00pm and Fridays from 2:00pm-5:30pm)

Saint Patrick's Day Dance
Christenberry Community Center
 Monday, March 9, 2015
 7:00pm-9:00pm
 K-Jazz—Big Band Sounds for Ballroom Dancers



*FREE to the public
 **Finger Foods requested/optional

Senior Dance
Deane Hill Recreation Center
 Monday, May 4, 2015
 7:00pm-9:00pm



**FREE to the public
 **Finger Foods requested/optional


ATHLETICS OFFICE

Aaron Browning, Athletics Coordinator
Jerry Dills, Officials Coordinator

The **Athletics Office** cooperates with sports commissions across the city to provide recreational sports activities for adults and children in baseball, softball, and basketball. City football competes in the Knoxville Metro Football Program.

For information on how to sign up for one of the leagues, please visit www.KnoxvilleAthletics.com or call the office at 865-215-4311. Information is also printed in the "Bulletin Board" section of the Sunday Sports Section of *The Knoxville News-Sentinel*. For game cancellations, call the Athletic Info Line at 865-215-INFO (4636).

Follow us on Twitter: [@knoxathletics](https://twitter.com/knoxathletics)



ADMINISTRATIVE OFFICE

Leonard Blair
 Recreation Area Supervisor
 865-215-1405

Vinnie Brown
 Recreation Area Supervisor
 865-215-1409

Nikki Crutcher
 Sports Outreach Coordinator
 865-215-1419

Angie Davidson
 Recreation Program Coordinator
 865-215-1406

Kathleen Gibi
 Public Affairs Specialist
 865-215-2091

Lori Goerlich
 Parks and Greenways Coordinator
 865-215-2807

Kristin Manuel
 Superintendent of Recreation
 865-215-1414



2015 FEATURED SPONSORS
 CASNR, STEAM, 104.5

TICKETS \$10

10TH ANNUAL CITY OF KNOXVILLE TEEN STEP SHOW
SATURDAY MARCH 7TH 2015
 STEP SHOW STARTS AT 6:00PM | DOORS OPEN AT 4:45PM

FEATURING DJ STERL THE PEARL
 CROWD TEASER FROM HOT 104.5'S JOEY TACK

KNOXVILLE CIVIC AUDITORIUM


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LET'S MOVE! 

4th Annual Let's Move!
 Saturday, May 2, 2015
 10:00AM
 Victor Ashe Park

Summer Playground Program

Ages: 6-12 years of age
 Cost: \$20 one time fee for entire summer
 Dates: June 1-26, 2015 and July 6-24, 2015
 Times: 9:00am-3:00pm Monday thru Friday



For more information and how to register, call 865-215-1414



Contact the **Knoxville Arts and Fine Craft Center** and join their mailing list to get complete details of their programming! Visit <http://www.cityofknoxville.org/recreation/arts/> or call 865-523-1401 TODAY!



REGISTER HERE!!

MARDI GROWL Pet Parade and Party 2015
SATURDAY MARCH 7TH!
 11AM-2PM Downtown Knoxville

GET READY!



OUTDOOR KNOXFEST
 APRIL 24-26, 2015