

September | October 2020

# Rec Connection

## Program Guide

Please call or email  
ahead to confirm that  
a program or event  
is continuing  
as published.

"Greenway Art Festival" by Carol Berning



[www.murfreesborotn.gov](http://www.murfreesborotn.gov)



@MurfreesboroParksandRec



@boroparksandrec

MPRD Policies	2
Staff Directory	3
Parks & Facilities	4-7
General Programs & Special Events	8-9
Aquatics/Pool Schedules	10-11
Athletics	12-13
Cultural Arts	14-17
Outdoor Murfreesboro	18-21
Wellness & Fitness	22-24
Plant Sale	25

**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.

**Refund Policy\***

- Full refund when canceling at least 2 weeks prior to the activity, event, facility rental, program, other rentals and/or services.
- 50% refund of total fee paid when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services less than 2 weeks prior to the activity, event, etc.
- No refund day of or after start of activity, event, facility rental, or other rentals and/or services.
- Prorated fee only for passes to Sports\*Com and Patterson Community Center.

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

**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. Please watch the Parks and Recreation Commission meetings each month, usually the first Wednesday of every month, for the latest news and developments of Parks and Recreation.

**Commission Members:** Mr. D. Edwin Jernigan, Chair; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Charlie Apigian; Dr. Gloria Bonner; and Mr. Don Turner.

**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 for the latest updates and changes: [www.murfreesboroparks.com](http://www.murfreesboroparks.com).

**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.

**Administration 615-890-5333**

Nate Williams, Director - nwilliams@murfreesborotn.gov  
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Rachel Singer, Assistant Director - rsinger@murfreesborotn.gov  
Cindy Nance, Finance/Personnel - cnance@murfreesborotn.gov

**Aquatics, Sports\*Com 615-895-5040**

**Aquatics, Patterson 615-893-7439**  
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**Athletics 615-907-2251**

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**Adams Tennis Complex 615-546-4000**

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**Cannonsburgh Village 615-890-0355**

Shelia Hodges - shodges@murfreesborotn.gov

**Community Parks 615-642-1103**

Becki Johnson - bjohnson@murfreesborotn.gov

**Cultural Arts**

**Performing Arts & Washington Theater**

Susan Hicks, 615-642-3148  
shicks@murfreesborotn.gov

**Visual Arts**

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lbrowning@murfreesborotn.gov  
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Melinda Tate- mtate@murfreesborotn.gov

**McFadden Community Center 615-893-1802**

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**Outdoor Murfreesboro**

**Natural Resources 615-893-2141**

Kristin Hopkins - khopkins@murfreesborotn.gov,  
Greenway, Wetlands and Trails

**Wilderness Station 615-217-3017**

Eric Fann - efann@murfreesborotn.gov  
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outdoormurfreesboro@murfreesborotn.gov

**Patterson Park Community Center & The Washington Theatre 615-893-7439**

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**St. Clair Street Senior Center 615-848-2550**

Mark Owens, Superintendent - mowens@murfreesborotn.gov

**Sports\*Com 615-895-5040**

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**Photography**

Jim Davis - jbdavis@murfreesborotn.gov

**Parks and Recreation website**

www.murfreesboroparks.com

**Our Mission**

**TO PROVIDE**  
*Vibrant Public Spaces*  
**AND INCLUSIVE PROGRAMS,**  
**DELIVERED WITH**  
*Visionary Leadership*  
*and Caring Staff* **THAT**  
**ENGAGE THE**  
**INDIVIDUAL**  
*and* **STRENGTHEN THE**  
*quality of life of our*  
**COMMUNITY**

## Facility Passes

### Patterson Park Community Center and Sports\*Com

	Daily	30 Visits	Monthly	Yearly	Family Yearly
<b>Adults</b>	\$4	\$65	\$35	\$300	\$500
<b>Adults</b> (City Resident)	\$4	\$60	\$30	\$270	\$450
<b>Military, Youth, &amp; Seniors</b>	\$3	\$50	\$25	\$200	Not available
<b>Military, Youth, &amp; Seniors (60+)</b> (City Resident)	\$3	\$45	\$20	\$180	Not available

**Adams Tennis closes at 2:00 pm on September 7. All other facilities are closed on September 7.**

**Facility Pass** includes admission to both Sports\*Com and Patterson Park Community Center, including aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It does not include fee-based classes.

**Boro Beach (Sports\*Com outdoor pool) requires a separate pass for admission.**

For information on the financial assistance policy and facility rental fees, please call the Murfreesboro Parks and Recreation office at 615-890-5333.

**30 Visits** = 30 daily visits over a 1-year period from date of issue.

**Monthly** = Unlimited daily visits for 30 days from date of issue.

**Yearly** = Twelve months from date of issue

**Family Pass** = The household yearly pass includes admission to Sports\*Com and Patterson Park Community Center. Household passes are designed for parents, or parent with dependent children 17 years or younger (22 years or younger if full-time student).



**Patterson Park Community Center**  
**615-893-7439**

**521 Mercury Boulevard, Murfreesboro, TN 37130**

Located at Patterson Park in the central area of Murfreesboro. Amenities include: 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 to rent seven days a week, and pool rentals are available on weekends.

**Hours:** Monday - Friday 6:00 am-9:00 pm  
Saturday 8:00 am-5:00 pm  
Sunday 1:00 pm-5:00 pm



**Sports\*Com**  
**615-895-5040**

**2310 Memorial Boulevard**  
**Murfreesboro, TN 37129**

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:** Monday - Friday 6:00 am-9:00 pm  
Saturday 8:00 am-5:00 pm  
Sunday 1:00 pm-5:00 pm

## Adams Tennis Complex

615-546-4000

925 Golf Lane  
Murfreesboro, TN 37129



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

**Hours:** Monday-Thursday 8:00 am-9:00 pm  
Friday 8:00 am-9:00 pm  
Saturday 8:00 am-5:00 pm  
Sunday 11:00 am-5:00 pm

## Barfield Crescent Park

615-890-5333

697 Veterans Pkwy.  
Murfreesboro, TN 37128



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

## Bradley Academy Museum and Cultural Center

615-962-8773

415 S. Academy Street  
Murfreesboro, TN 37130



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, *Education and Empowerment* exhibit, and the *250 Years of Experience* exhibit.

### Rental Space (available 7 days/week):

Auditorium: Seats 100-125  
(dining area plus theatre section)

Boardroom: Seats 30-40

**Hours:** Tours are available Tuesday-Saturday  
10 am-4:00 pm

## Cannonsburgh Village

615-890-0355

312 S. Front Street  
Murfreesboro, TN 37129



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925.

Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and time-period gifts. The Williamson Chapel, Leeman House, Pavilion, Gazebo, and Lions Club building are available to rent.

**Photographers:** Taking photographs at Cannonsburgh is free; however, we do ask that you call the office and schedule an appointment, as wedding rentals are taking place year-round on the grounds.

## Civic Plaza

615-893-2141

111 W. Vine Street  
Murfreesboro, TN 37130



The plaza is located at the front entrance of the City of Murfreesboro City Hall. It houses a large open space brick area with amphitheater seating that will accommodate up to 400 persons. The area also has a water feature, shaded walking path and gazebo. The open brick area and amphitheater are available for rent.

## Gateway Island and Trail

615-893-2141

1875 West College Street  
Murfreesboro, TN 37129



Gateway Island and Trail showcase a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. 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.

## McFadden Community Center

615-893-1802

211 Bridge Avenue  
Murfreesboro, TN 37129



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

**Hours:** Monday-Friday, 3:00 pm-8:00 pm

**McKnight Park**

**615-890-5333**  
**120 DeJarnette Lane**  
**Murfreesboro, TN 37129**



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

**Murfree Spring Wetlands**

**615-890-5333**  
**502 SE Broad Street,**  
**Murfreesboro, TN 37130**



Adjacent to the Discovery Center, the 25-acre Murfree Spring Wetlands boast a boardwalk, playground, and conservation education in the middle of the city.

**Oaklands Park**

**615-890-5333**  
**905 N. Highland Avenue**  
**Murfreesboro, TN 37130**



This 31-acre neighborhood park surrounds Oaklands Mansion, a historic site operated by Oaklands Association. A large picnic shelter with restrooms may be rented April - October. The park includes a walking trail, wetlands area, and playground with parking.

**Old Fort Park**

**615-890-5333**  
**1024 Golf Lane**  
**Murfreesboro, TN 37129**



Old Fort Park is a 50-acre community park. Facilities are a picnic shelter (with restrooms), Kids' Castle Playground, 24 outdoor tennis courts, 8 indoor tennis courts, tennis court rentals, greenway access and open play space. Restrooms are located at the shelter and are open year-round. Shelter available daily for rental, April - October.  
 Shelter                                  Seats Approx. 120

**Patterson Park**

**615-893-7439**  
**521 Mercury Blvd.**  
**Murfreesboro, TN 37130**



Patterson Park consists of 10 acres and has a 110,000 square foot facility. Shelters, swimming pool, meeting rooms and theatre are available to rent; please call 615-893-7439. Shelter restrooms are open April - October.  
 Large Shelter                      Seats Approx. 100  
 Small Shelter                      Seats Approx. 50

**Richard Siegel Park**

**615-890-5333**  
**515 Cherry Lane**  
**Murfreesboro, TN 37129**



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                      Seats Approx. 30  
 Shelter No. C                      Seats Approx. 30  
 Shelter No. A                      Seats Approx. 75

**Rogers Park**

**615-890-5333**  
**1115 Hunt Street**  
**Murfreesboro, TN 37130**



Rogers Park is a 7.5-acre park. Shelters are available daily for rentals, April-October, with restrooms available.  
 Shelter No. 1                      Seats Approx. 80  
 Shelter No. 2                      Seats Approx. 45

**St. Clair Street Senior Center**

**615-848-2550**  
**325 St. Clair Street**  
**Murfreesboro, TN 37130**



The St. Clair Street Senior Center provides a warm, caring place where those over the age of 60 can come together with other adults for services and activities that reflect shared experiences and skills, support one's needs and interests, broaden independence and maintain one's involvement in the community.

**Hours:** Monday - Friday 6:00 am-7:00 pm  
 Saturday 8:00 am-5:00 pm  
 Sunday 1:00 pm-5:00 pm

**Wilderness Station**

**615-217-3017**  
**697 Veterans Pkwy.**  
**Murfreesboro, TN 37128**



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. 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.

**Summer Hours:**

Sunday 12:00-8:00 pm  
 Monday-Saturday 8:00 am-8:00 pm

## 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 13 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. Thirteen 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. 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, has an eight-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. 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.

#### Gateway Island Reservations: 615-890-5333

Adjacent to the General Bragg Trailhead, the College Street Trailhead provides connection and access to the two-mile Gateway Trail and 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 eight tennis courts. The shelter provides picnic tables and restrooms.

## Cason Trailhead

### 1100 Cason Trail

#### Shelter Reservations: 615-890-5333

This 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. The trailhead is also home to the Cason Bark Park.

## 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.

## North Murfreesboro Greenway

The **Central Valley Trailhead**, located approximately one-mile from Hwy 231, boasts extended parking spaces suitable for equestrian trailers. The 1.34 mile trail features two overlooks, a switchback ("s" curve) hill and a tree-top canopy offering shade.

The **Walter Hill Trailhead** is located a 1/2 mile south of Jefferson Pike on Hwy 231. This trailhead offers parking, picnic tables, and a scenic view of the Walter Hill Dam.



## Warm Clothes Drive

Keep our community warm this winter by donating coats, gloves, hats, and other winter clothing items during the months of September & October. Winter wear can be dropped off at Bradley Academy Museum & Cultural Center Tuesday – Friday from 10am to 4pm. We will be partnering with a local shelter and donating all the items collected at the end of the drive! Winter clothing of any size is greatly appreciated.

**Ages:** All ages  
**Dates:** September 1-October 30  
**Days/Times:** Tuesday-Friday  
 from 10:00 am-4:00 pm  
**Location:** Bradley Academy Museum & Cultural Center  
**Contact:** Vonchelle Stembridge,  
 615-962-8773  
 vstembridge@murfreesborotn.gov

## Canned Food Drive

One can can make a difference! Donate canned and nonperishable food items during the months of September & October. Food items can be dropped off at Bradley Academy Museum & Cultural Center Tuesday – Friday from 10am to 4pm. We will be partnering with a local shelter and donating all the items collected at the end of the drive!

**Dates:** September 1-October 30  
**Days/Times:** Tuesday-Friday  
 from 10:00 am-4:00 pm  
**Location:** Bradley Academy Museum & Cultural Center  
**Contact:** Vonchelle Stembridge,  
 615-962-8773  
 vstembridge@murfreesborotn.gov

## Water Fun

Join us for some water fun. We will make a pool noodle sailboat that you will be able to float in water and race with others. Take your boat home with you for more fun at home. Registration is required by calling 615-893-2141. Space is limited.

**Ages:** 3+  
**Date:** Thursday, September 10  
**Time:** 4:00-6:00 pm  
**Fee:** \$5  
**Location:** Gateway Island  
**Contact:** Amy Acla, 615-893-2141  
 aacla@murfreesborotn.gov

## Cardboard Boat Regatta

Join in the fun with your own cardboard boat, or spend the day at the park watching captain and crews race across our pool before springing a leak. Some will sink, and others will float. That is the fun of a cardboard boat. Teams will consist of 1-4 people who must be in the boat at all times. All entries must be submitted by September 19th. Please contact Cody Saffel for a complete list of rules and regulations on boat design.

**Ages:** 13+  
**Date:** Saturday, September 19  
**Time:** 10:00 am  
**Fee:** Free  
**Location:** Sports\*Com Outdoor Pool  
**Contact:** Cody Saffel, 615-895-5040  
 csaffel@murfreesborotn.gov

## HOW TO REGISTER for MPRD Programs

### REGISTRATION LOCATIONS

Cash, Check &  
 Credit Card Payments at  
 Sports\*Com  
 Administrative Office  
 Patterson Park Community Center

### REGISTER ONLINE\*

[www.murfreesboroparks.com](http://www.murfreesboroparks.com)  
 Credit card payments only.

\*Contact Murfreesboro Parks and Recreation during regular office hours at 615-890-5333 or email Debbie Terry at [dterry@murfreesborotn.gov](mailto:dterry@murfreesborotn.gov) to receive your account information prior to registering online.

## MPRD Refund Policy

A full refund will be given when canceling at least two weeks prior to the camp, program or activity.

A 50% refund of the total fee paid will be given when canceling or dropping out of the camp, program or activity less than two weeks prior to the start of the camp, program or activity.

No refunds will be given the day of or after the start of the camp, program or activity.

## Macrame Wall Hanging

Join us and make a custom hand Macramé hanging DIY. It's all the rage. Macramé is very popular in boho décor. Registration is required by calling 615-893-2141. Space is limited.

**Ages:** 10+  
**Date:** Thursday, September 24  
**Time:** 5:30-7:30 pm  
**Fee:** \$20 (\$5 activity fee-\$15 supplies)  
**Location:** Gateway Island  
**Contact:** Amy Acla, 615-893-2141  
aacla@murfreesborotn.gov

## Murder Mystery Escape Game

There is a mystery to solve, and we need you and your team of detectives to solve the crime. Assemble a team and reserve a time for our "Murder Mystery Escape Room on Civic Plaza". Teams of detectives will have 30 minutes to find the hidden clues and solve challenging puzzles before the case goes cold. Groups of 1-4 can reserve a time slot. Time slots are every 45 minutes starting at 2:00 pm. Registration is required by calling 615-893-2141. Space is limited.

**Ages:** 10+  
**Date:** Saturday, October 3  
**Time:** 2:00-6:00 pm  
**Fee:** Free  
**Location:** Civic Plaza  
**Contact:** Helen Belcher, 615-893-2141  
hbelcher@murfreesborotn.gov

## Back to Our Roots Fish Fry & Bake Sale

Bradley Academy Museum & Cultural Center is honoring our past by hosting a drive-up fish fry and bake sale. Years ago before the City of Murfreesboro acquired the museum, a fish fry was often used as a form of fundraising. Bring your appetite when you stop by the museum for a delicious fried fish sandwich and a sweet treat! Prices will vary by item.

**Ages:** All ages  
**Date:** Saturday, October 10  
**Time:** 12:00-4:00 pm  
**Fee:** Food prices will vary  
**Location:** Bradley Academy Museum & Cultural Center  
**Contact:** Vonchelle Stembridge, 615-962-8773  
vstembridge@murfreesborotn.gov

## Puppy Obedience Training

We'll cover basic obedience commands such as sit, down, stay, leave it, wait at the door, watch me, walk on a loose leash, and come when called. Socialization is encouraged with both people and other puppies, and trainers will be on hand to offer advice on house-training, bite inhibition, jumping up and other inappropriate behaviors. Classes meet twice a week for a two week period. For puppies' protection, they must have three DHLPP vaccinations plus a Kennel Cough (Bordetella) vaccination in order to attend. A Rabies' vaccination is necessary for dogs. Please register at [www.murfreesborotn.gov](http://www.murfreesborotn.gov).

**Ages:** For dogs 8-16 weeks in age  
**Date:** Mondays & Wednesdays,  
October 19, 21 26 & 28  
**Time:** 4:30-5:30 pm  
**Fee:** \$125  
**Location:** General Bragg Trailhead  
**Contact:** Teddy Wall, teddy@sitmeanssit.com



**Connect with us!**

**What are your interests?  
We have a page for that!**

Murfreesboro Parks and Recreation

The Better Boro Project

Bradley Academy Museum

Cannonsburgh Village

Cultural Arts Murfreesboro

McFadden Community Center

Murfreesboro Athletics

Murfreesboro Greenway

Murfreesboro Patterson Park

Murfreesboro Sports Com

Miracle Field of Murfreesboro

Outdoor Murfreesboro

St Clair Street Senior Center

The Washington Theatre

## SPORTS\*COM INDOOR POOL SCHEDULE

General Admission: \$4 Adults & \$3 Youth, Seniors & Military

Cody Saffel, 615-895-5040 or csaffel@murfreesborotn.gov for more information

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
<b>Lap Swim</b>	6:00-8:00 am 11:00 am-6:00 pm 7:00-8:45 pm	6:00-8:00 am 11:00 am-4:00 pm **7:00-8:45 pm (Thursday only)	9:15-4:30 pm	1:00-4:30 pm
<b>*Shallow H2O Exercise</b>	8:00-9:00 am 6:00-7:00 pm	8:00-9:00 am	Not available	Not available
<b>Gentle Joints</b>	9:00-10:00 am	Not available	Not available	Not available
<b>Deep H2O Exercise</b>	10:00-11:00 am	9:00-10:00 am 5:00-6:00 pm 6:00-7:00 pm	8:15-9:15 am	Not available
<b>Individual Exercise</b>	10:00-11:00 am	9:00-11:00 am	Not available	Not available
<b>Open Swim</b>	7:00-8:45 pm	**7:00-8:45 pm	Not available	Not available
<b>Water Polo</b>	Not available	**7:00-8:45 pm (Tuesday Only)	Not available	Not available
<b>Pool Rentals</b>	Not available	Not available	5:00-7:00 pm	5:00-7:00 pm

\*Might take place outside depending on weather & instructor preference.

\*\*Open swim on Tuesdays is limited to shallow end only during the water polo program from 7:00-8:45 pm.

### Aquatic Class Descriptions

#### Shallow H2O Exercise

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

#### Gentle Joints

A perfect class for those requiring 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!

#### Water Polo

Are you looking for a unique way to get an intense workout? This activity is 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 to let you learn at your own pace.

**Ages:** 13+  
**Dates:** Ongoing Tuesdays from 7:00-8:45 pm  
**Location:** Sports\*Com Indoor Pool  
**Fee:** \$4 Adults/\$3 Youth, Seniors & Military  
**Contact:** Cody Saffel, 615-895-5040  
 csaffel@murfreesborotn.gov

#### 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 or late to begin thinking about aquatic safety. For information on class times, fees, and descriptions, please visit the website listed below.

**Website:** <http://excelaquatics.org>  
**Contact:** [borolessons@excelaquatics.org](mailto:borolessons@excelaquatics.org)

# PATTERSON PARK INDOOR POOL SCHEDULE

**General Admission: \$4 Adults & \$3 Youth, Seniors & Military**

Carrie Stafford, 615-893-7439 or [cstafford@murfreesborotn.gov](mailto:cstafford@murfreesborotn.gov) for more information

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
<b>*Lap Swim</b>	6:00-8:00 am 10:00 am-12:45 pm 2:00-4:00 pm 7:00-8:45 pm	6:00 am-12:45 pm 2:00-8:45 pm	6:00 am-12:45 pm 2:00-6:30 pm	8:00-11:00 am	1:00-4:30 pm
<b>Water Aerobics 1 Cardio</b>	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	Not available	Not available
<b>Water Aerobics 2 Sculpt &amp; Tone</b>	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	Not available	Not available
<b>***Recreational Pool Play &amp; Open Swim</b>	10:00 am-12:45 pm 2:00-4:00 pm 7:00-8:45 pm	10:00 am-12:45 pm 2:00-8:45 pm**	10:00 am-12:45 pm 2:00-6:30 pm**	1:00-4:30 pm	1:00-4:30 pm
<b>**Pool Rentals</b>	Not available	Not available	7:00-9:00 pm **Pool closes at 6:30 pm	11:00 am-1:00 pm 5:00-7:00 pm	5:00-7:00 pm

\*Lap lanes may vary throughout the day and week. During aerobics, there is only one lap lane in.

\*\*During swim lessons there is no Recreational Play until lessons are complete. During aerobics all play features will be turned off. Water is cleared 15 minutes before each pool party is scheduled to end for cleanup time.

\*\*\*Recreational Pool Play & Open Swim availability subject to local and state policies.

## Aquatic Class Descriptions:

### Water Aerobics 1-Cardio

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

### Water Aerobics 2-Sculpt & Tone

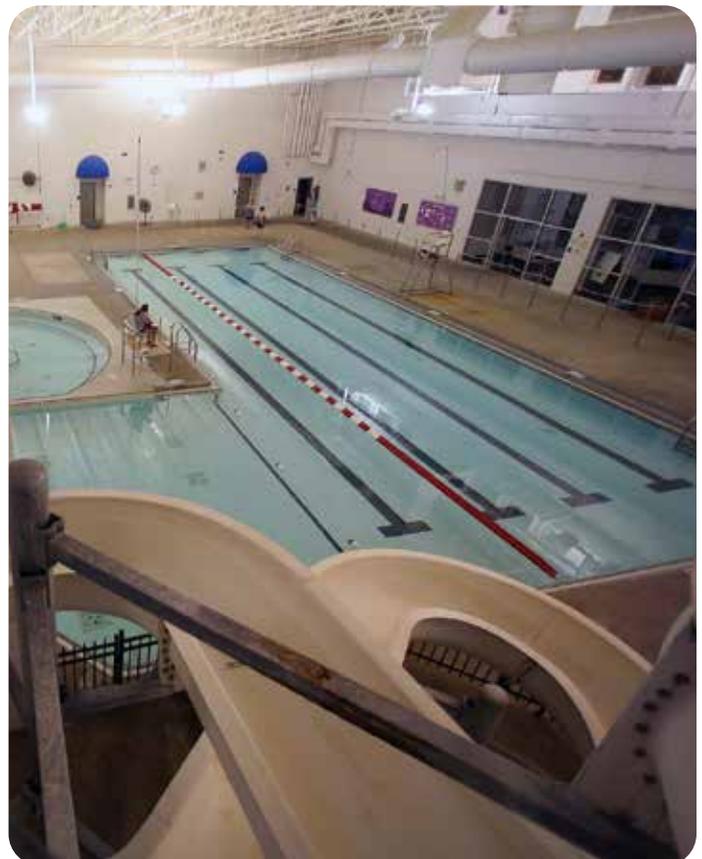
This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.

### 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. Lap lanes open in both facilities, so you may swim as many laps as you can!

**Ages:** All ages  
**Date:** Ongoing on Monday- Friday  
**Time:** 6:00 - 8:00 am  
**Location:** Sports\*Com & Patterson Park Indoor Pools  
**Fee:** Facility Pass  
 \$4 Adults/\$3 Youth, Seniors & Military  
**Contact:** Carrie Stafford, PCC, 615-893-7439  
[cstafford@murfreesborotn.gov](mailto:cstafford@murfreesborotn.gov)  
 or Cody Saffel, Sports\*Com, 615-895-5040  
[csaffel@murfreesborotn.gov](mailto:csaffel@murfreesborotn.gov)



## Sports\*Com Adult Basketball League

The Sports\*Com Adult Basketball League is a great way for adult athletes to stay in shape, socialize and play the game. The league offers full court games, with trained officials, one day per week. Teams interested in participating in the league should call the number below. A list of interested individuals is kept, and efforts are made to assist individuals find a team.

<b>Ages:</b>	Adults
<b>Dates:</b>	Wednesdays
<b>Time:</b>	Games will begin at 6:00, 7:00, 8:00 pm
<b>Fee:</b>	\$4 per player per visit or premium pass
<b>Location:</b>	Sports*Com
<b>Contact:</b>	Alex May, 615-907-2251 amay@murfreesborotn.gov



## Youth Volleyball Class

Bump, set, and spike it at Sports\*Com as qualified coaches give instructions on every aspect of the game. From beginners to advanced, youth volleyball players will get the opportunity to develop and refine their skills in both practice and game situations. Class is limited so please call Sports\*Com the day before or day of class to reserve to reserve your spot.

<b>Ages:</b>	8-15
<b>Day/Time:</b>	Thursdays from 4:30-6:00 pm
<b>Fee:</b>	\$4 per visit
<b>Location:</b>	Sports*Com
<b>Contact:</b>	Sami Hull, 615-907-2251 shull@murfreesborotn.gov



## Adult Coed Volleyball

The Murfreesboro Parks and Recreation Department offers both competitive and recreational coed volleyball for players. The 4's competitive league plays at Sports\*Com on Thursday nights year-round along with our recreational league that plays at Patterson Park Community Center on Monday nights. Generally, players enter with established teams, but efforts will be made to assist free agents to find a team on which to play. Contact the number or email below for information on joining the league.

<b>Ages:</b>	16+
<b>Date:</b>	Mondays or Thursdays year-round
<b>Time:</b>	Starting times vary according to the number of teams
<b>Fee:</b>	\$4 per player per visit or premium pass
<b>Location:</b>	Patterson Park or Sports*Com
<b>Contact:</b>	Sami Hull, 615-907-2251 shull@murfreesborotn.gov

## 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.

<b>Ages:</b>	5 and under
<b>Dates:</b>	Fridays
<b>Time:</b>	10:00 am
<b>Location:</b>	Sports*Com
<b>Fee:</b>	\$3 per visit
<b>Contact:</b>	Sports*Com, 615-895-5040

## Youth League Basketball

City League Basketball is one of the largest youth programs in the area. The league focuses on developing fundamental skills while teaching life lessons through healthy competition. Great emphasis is placed on developing young players, training coaches, and providing well-qualified professional staff.

- Ages:** 5-17
- Registration:** Monday-Friday  
from October 1-November 13  
8:00 am-8:00 pm at Sports\*Com  
8:00 am-8:00 pm at Patterson  
Park Community Center  
10:00 am-6:00 pm at McFadden  
Community Center  
8:00 am-4:00 pm Barfield Office  
Every Saturday in October at Sports\*Com
- Times:** Teams will practice one day a week beginning in December, and teams will play one game a week beginning in January.
- Fee:** \$75 per player
- Location:** Various locations around Murfreesboro
- Contact:** Athletics, 615-907-2251  
athletics@murfreesborotn.gov



The Adams Tennis Complex is a state-of-the-art facility with 8 indoor courts and 24 outdoor courts, locker rooms, ball machines, and a staff of certified professionals with a wealth of experience coaching players at every level of the game. We offer tennis programs the whole year-round for players of every age and level.

**Juniors:** There are classes for children from 4 years old through high school, of all skill levels, offered Monday through Thursday afternoons and Saturday mornings. Classes are divided into age groups and skill levels and last anywhere from 45 minutes to 2 hours per class depending on the child's age and ability. Costs range from \$13 to \$20 per hour depending on the level and the number of classes you sign up for. There are discounts for ATC Members.

**Adults:** Adult Programs are also offered, including Begin Again classes, for new or returning players who haven't played recently. There are Cardio Classes for a fast paced cardio workout on the tennis court while hitting lots of balls, and Men's and Women's classes for varying ability levels. There are also singles ladders that pair you with an opponent of similar ability on a weekly basis, as well as tournaments, league play and mixers. Costs range from \$13 to \$20 per hour depending on the level and the number of classes you sign up for. There are discounts for ATC Members.

## League Contact Information

### Murfreesboro Baseball Association

Plays at Barfield Crescent Park  
www.murfreesborobaseball.com  
registration@murfreesborobaseball.com

### Murfreesboro Little League

Plays at Star\*Plex in McKnight Park  
<https://clubs.bluesombrero.com/murfreesborolltn>

### Stones River Kiwanis - Girls Softball

Plays at McKnight Park Ball Complex  
www.murfreesborosoftball.com  
maggie.ingle09@yahoo.com

### Miracle League

miracleleague@murfreesborotn.gov

### Murfreesboro Soccer Club

www.murfreesborosoccer.com  
admin@murfreesborosoccer.com

### Murfreesboro Lacrosse League

www.murfreesborolacrosse.com

### Murfreesboro Pickleball League

lmidgett992@gmail.com  
Phone: 615-210-6176



# PERFORM MURFREESBORO

## Perform Murfreesboro

Perform Murfreesboro commits to being a positive influence in the education of Theatrical Arts by providing professional quality theatre programming for children. PERFORM MURFREESBORO BELIEVES: Theatre Education helps children gain confidence in themselves in the areas of public speaking, music appreciation, dance, creative thinking, problem solving, team and leadership skills, and more. Our practice is to put more emphasis on the process rather than the final product. We believe that by focusing on a quality process, we naturally produce a quality production that will provide entertainment for the community.

## Perform Murfreesboro Membership

Perform Murfreesboro Members gain access to a wide variety of programming with a \$25.00 membership fee. The membership lasts for one fiscal year (July 2020 - June 2021) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreesboro logo on it, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions in which they are involved. Members of Perform Murfreesboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

<b>Ages:</b>	6 - 17 years
<b>Fee:</b>	\$25
<b>Location:</b>	The Washington Theatre at Patterson Park Community Center
<b>Register:</b>	Patterson Park, Sports*Com, or Parks and Recreation Main Office
<b>Contact:</b>	Susan Hicks; 615-893-7439, ext. 6104 shicks@murfreesborotn.gov

## Perform Murfreesboro – Auditions

Auditions are open for everyone with age limitations for some productions. Perform Murfreesboro Membership is not required to audition for a production but is required if your child is 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.



## Monoprinting Class

Join Murfreesboro Painter Laureate Dawna Magliacano for a monoprinting class. Monoprinting is a form of printmaking that allows you to create unique, free-form printed images. Participants will create their own monoprint using gelli plates.

<b>Ages:</b>	16+
<b>Dates:</b>	Monday, December 7
<b>Time:</b>	6:00-9:00 pm
<b>Fee:</b>	\$65
<b>Location:</b>	Patterson Park Community Center
<b>Contact:</b>	Deborah Hunter, 615-801-2606 dhunter@murfreesborotn.gov





## Paper Sculpting Class

Learn how to sculpt with Creative Paperclay. Join Murfreesboro Painter Dawna Magliaco for this 2-part paper sculpting class. Participants will create and paint their own paper sculpture in this class.

**Ages:** 10+  
**Dates:** Mondays, November 2 & 9  
**Time:** 6:00-9:00 pm  
**Cost:** \$80  
**Location:** Patterson Park Community Center  
**Contact:** Deb Hunter, 615-801-2606  
dhunter@murfreesborotn.gov



## Preschool Cultural Arts Pop-Up

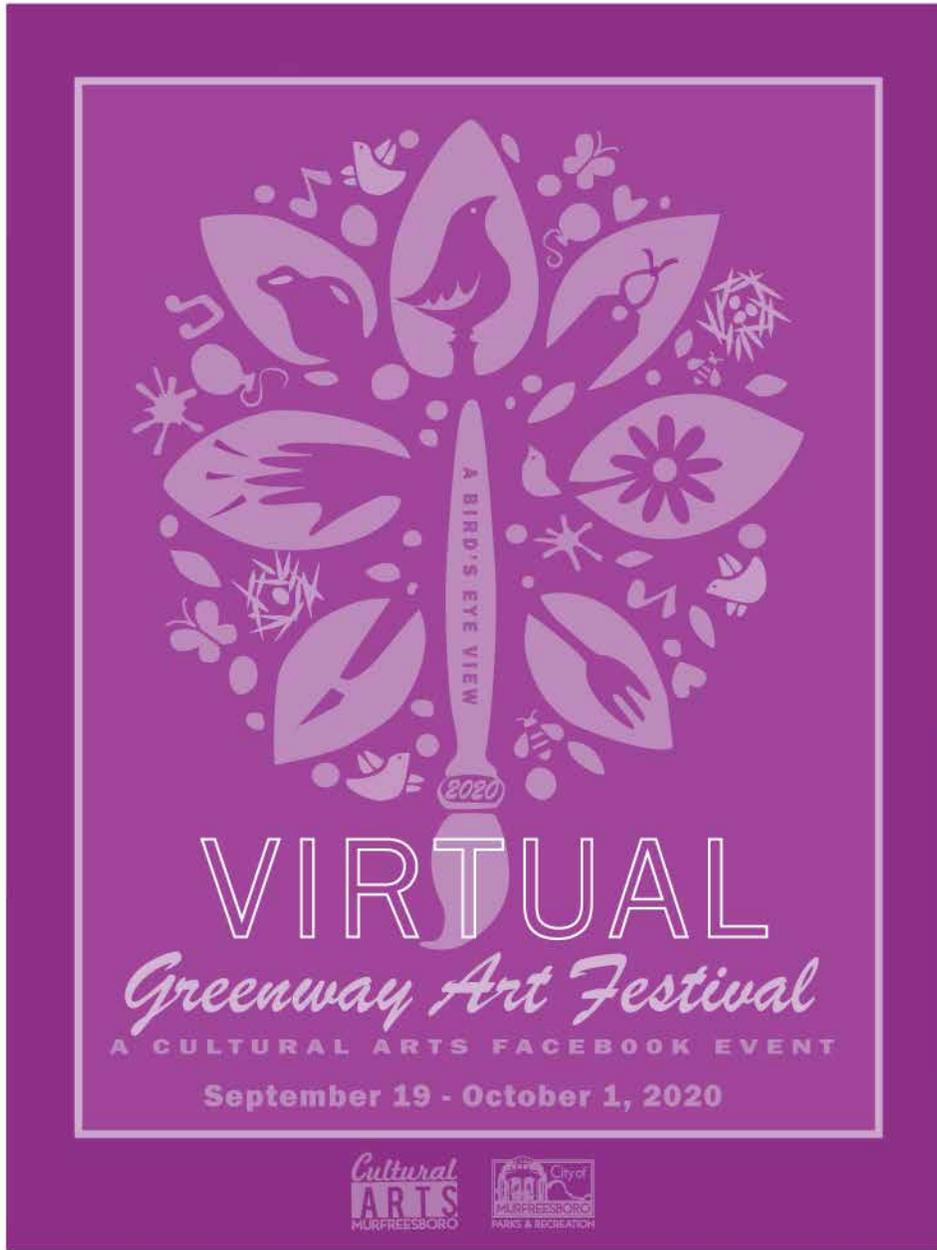
Join us the second Wednesday of the month at the Gateway Island Reception Center for an opportunity to get creative. Cultural Arts is hosting a pop-up for preschoolers where participants will create a craft and learn something new. There will be a different surprise activity each month. Class size is limited, so it is best to sign up early. You can also take a chance and just show up.

**Ages:** 3-6  
**Dates:** Wednesday, October 14 and November 11  
**Time:** 9:00 am  
**Fee:** \$5  
**Class Max:** 6; The class is designed for an adult to stay with the child participant.  
**Location:** Gateway Island  
**Contact:** Deb Hunter, 615-801-2606  
dhunter@murfreesborotn.gov

## Cultural Arts Pop-Up

Join us the second Wednesday of the month at the Gateway Island Reception Center for an opportunity to get creative. Cultural Arts is hosting a monthly pop-up where participants will create a craft and learn something new. There will be a different surprise activity each month. Class size is limited, so it is best to sign up early. You can also take a chance and just show up. The class repeats itself each pop-up day. Classes are 11:00 am-12:00 pm or 1:00-2:00 pm.

**Ages:** 7+  
**Dates:** Wednesday, October 14 and November 11  
**Time:** 11:00 am-12:00 pm or 1:00-2:00 pm.  
**Fee:** \$5  
**Class Max:** 10  
**Location:** Gateway Island  
**Contact:** Deb Hunter, 615-801-2606  
dhunter@murfreesborotn.gov



Be one of the first to receive the Virtual Greenway Art Festival link.  
Go to [Murfreesborotn.gov/culturalarts](http://Murfreesborotn.gov/culturalarts) to get on our mailing list.



You can see Kristi Baughman's art on the weaving loom located on the Breezeway Restorative Trail near Gateway Island. Kristi's work combines painterly qualities with her first creative love, quilting. Her works are a delightful display of color, form and texture.

## Guitar 101

Grab your guitar out of your mom's closet or from under her bed where dad hid it, and bring it to this 4-week workshop. Andy May will demystify flat-picking and finger-picking techniques to help you improve your playing and performance and build your confidence. Bring your questions and a smile!

Beginning to intermediate-level guitarists.

**Ages:** 7-15  
**Dates:** Mondays, October 12, 19, 26 and November 2  
**Time:** 4:00-5:00 pm  
**Fee:** \$100  
**Class Size:** Minimum: 4 Maximum 12  
**Location:** Gateway Island Gazebo or Reception Center in inclement weather  
**Contact:** Deb Hunter, 615-801-2606  
dhunter@murfreesborotn.gov



## Guitar 101

Grab your guitar out of the closet or from under the bed where you hid it, and bring it to this 4-week workshop. Andy May will demystify flat-picking and finger-picking techniques to help you improve your playing and performance and build your confidence. Bring your questions and a smile!

Beginning to intermediate-level guitarists.

**Ages:** 16+  
**Dates:** Mondays, October 12, 19, 26 and November 2  
**Time:** 5:30-6:30 pm  
**Fee:** \$100  
**Class Size:** Minimum: 4 Maximum 12  
**Location:** Gateway Island Gazebo or Reception Center in inclement weather  
**Contact:** Deb Hunter, 615-801-2606  
dhunter@murfreesborotn.gov



# Outdoor MURFREESBORO

## Guardians of the Greenway

Help us keep our Greenway system clean! Trash pickers, bags, and gloves will be provided.

- Ages:** All ages
- Days:** Tuesdays in September
- Time:** 9:00 am
- Fee:** Free
- Location:** Tuesday, September 1, at Cannonsburgh Trailhead  
Tuesday, September 8, at Manson Pike Trailhead  
Tuesday, September 15, at General Bragg Trailhead  
Tuesday, September 22, at Thompson Lane Trailhead  
Amber Pool, 615-217-3017  
apool@murfreesborotn.gov
- Contact:** Amber Pool, 615-217-3017  
apool@murfreesborotn.gov



## Hummingbirds and Pollinators!

Join us the 1st week of September for several impromptu programs about hummingbirds, migratory birds, and pollinators.

- Ages:** 8+
- Dates:** September 1-5
- Time:** Check at Wilderness Station for times.
- Fee:** Free
- Location:** Wilderness Station at Barfield Crescent Park
- Contact:** Eric Fann, 615-217-3017  
efann@murfreesborotn.gov

## 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.

Themes include: birds, trees, insects and wildflowers.

Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

## Raptor Rhapsody

Have you ever looked an owl in the eye, glared at a red-tailed hawk up close, or checked out a falcon's wings? Here is your chance to get up close and personal with a live bird of prey and learn about these master predators of the sky. Presentations and photo opportunities next to live bird throughout the day.

- Ages:** All ages
- Dates:** Wednesdays, September 9 & 23 and October 7 & 14
- Times:** 4:00 pm
- Fee:** Free
- Location:** Wilderness Station
- Contact:** Wilderness Station, 615-217-3017  
dthomas@murfreesborotn.gov

## What's Up Night Hikes

Late summer nights are great for spotting owls, bats, frogs, and insects, discovering glowing eyes, and finding other fascinating critters that are active at night. Join us for discovery under the night sky. Reservations are required by calling 615-217-3017 or emailing efann@murfreesborotn.gov.

- Ages:** All ages
- Dates:** Fridays, September 11 & 25 and October 16
- Time:** 7:00-8:00 pm
- Fee:** \$3 per person or \$10 per family
- Location:** Wilderness Station
- Contact:** Wilderness Station  
615-217-3017

## Snakes: Mysteries in Nature

Introduce yourself to the world of snakes. This program will cover the natural history of snakes as they entered the new world and populated the southeast including the volunteer state. We will discuss behavioral and community ecology, biodiversity and conservation of snakes in Tennessee. This program would be great for college students concentrating on life sciences, young adults or people just interested in the snakes that call Middle Tennessee home. Come enjoy a colorful presentation and get a chance to see a live snake up close.

**Ages:** 10+  
**Date:** Friday, September 11  
**Time:** 7:00 pm  
**Fee:** Free  
**Location:** Wilderness Station at Barfield Crescent Park  
**Contact:** Eric Fann, 615-217-3017  
efann@murfreesborotn.gov

## Teachers, Homeschoolers & 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 Eric Fann or Hailey Meyer for a complete list of programs and locations at 615-217-3017 or [outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov). You can also check out our website at [www.murfreesboroparks.com](http://www.murfreesboroparks.com) under Wilderness Station.

## Birding 101

Learn birding techniques, bird identification skills and go on a short walk on the trails around the nature center to put your new knowledge to the test! Join us if you are wanting to learn from the very beginning or just to brush up on your skills. Bring a bird book, a small notebook and your own binoculars, or borrow some of ours!

**Ages:** All ages  
**Date:** Saturday, September 12  
**Time:** 9:00-11:00 am  
**Fee:** Free  
**Location:** Wilderness Station and trails  
**Contact:** Emily Moorman, 615-217-3017  
emoorman@murfreesborotn.gov

## Adult Kayak Float

Join us for a river float! You'll be amazed at the beauty and wildlife that can be seen on this trip. Space is limited, and reservations are required. All equipment and instruction is provided. Registration is required at [www.murfreesboroparks.com](http://www.murfreesboroparks.com)

**Ages:** 16+  
**Date:** Friday, September 18  
**Time:** 4:30 pm  
**Fee:** \$8  
**Location:** To be determined the week of the float based on water levels.  
**Contact:** Outdoor Murfreesboro  
615-217-3017

[outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov)

## Henry Horton Hike

Let's explore Tennessee's amazing state park system! The Hickory Ridge Loop at Henry Horton State Park is a 1.5 mile dirt trail rated easy to moderate. Sinkholes and cedar glades are just a few cool features we will explore on this interpretive hike!

**Ages:** 7+ (under 18 must be accompanied by an adult)  
**Date:** Saturday, September 12  
**Time:** 5:00 pm  
**Fee:** \$5  
**Location:** Meet at Wilderness Station and we will drive to Henry Horton  
**Contact:** Christina Lipscomb,  
615-217-3017

## Fall Science Camp for Homeschool Students

Our Fall Science Camp is a fun-filled week of learning for students aged 8-12. We cover curriculum standards in the fields of chemistry, biology, ecology, and astronomy, and much more! Along the way, we indulge in plenty of typical camp experiences like games, hiking, bonfires, and s'mores!

**Ages:** 8-12  
**Dates:** September 21-25  
**Times:** 10:00 am-2:00 pm  
**Fee:** \$75  
**Location:** Wilderness Station  
**Contact:** Eric Fann, 615-217-3017  
efann@murfreesborotn.gov

### Nature Painting

Join us as local artist Bobbie Ventura leads us in painting a beautiful nature scene on canvas! All supplies are provided, as well as instruction.

- Ages:** 10+  
Under 13 must be accompanied by adult.
- Date:** Saturday, September 26
- Time:** 10:00 am-12:00 pm
- Fee:** \$15
- Location:** Wilderness Station
- Contact:** Wilderness Station,  
615-217-3017

### Animal Encounters

Join us for a short program introducing you to one of our education animals! We will talk about the animals' cool adaptations and natural history.

- Ages:** All ages
- Dates:** Saturdays, October 3, 10, 17 & 31
- Time:** 1:30 pm
- Fee:** Free
- Location:** Wilderness Station  
at Barfield Crescent Park
- Contact:** Outdoor Murfreesboro,  
615-217-3017  
[outdoormurfreesboro@murfreesborotn.gov](mailto:outdoormurfreesboro@murfreesborotn.gov)

### Long Hunter State Park

Let's explore Tennessee's amazing state park system! The Long Hunter loop paved trail meanders along Couchville lake with the cross-country hike to the Bryant's Grove area and back. The hike is rated easy to moderate. Sinkholes and cedar glades are just a few cool features we will explore on this interpretive hike!

- Ages:** 12+  
Under 18 must be accompanied by adult.
- Date:** Saturday, October 10
- Time:** Meet at Long Hunter at 9:00 am
- Fee:** \$5
- Location:** Long Hunter State Park
- Contact:** Eric Fann, 615-217-3017  
[efann@murfreesborotn.gov](mailto:efann@murfreesborotn.gov)

### Birthday Parties at the Wilderness Station

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.murfreesboroparks.com](http://www.murfreesboroparks.com) under Wilderness Station.



### 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.

Themes include: Birds, Trees, Insects, and Wildflowers.



Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.



## Wilderness Station STEAM Week Programs

### Intro to Herpetology

#### Snakes: Mysteries of Nature

Introduce yourself to the world of snakes. This program will cover the natural history of snakes as they entered the new world and populated the southeast including the volunteer state. We will discuss behavioral and community ecology, biodiversity and conservation of snakes in Tennessee. This program would be great for college students concentrating on life sciences, young adults or people just interested in the snakes that call Middle Tennessee home. Come enjoy a colorful presentation and get a chance to see a live snake up close.

**Ages:** 12+  
**Date:** Tuesday, October 13  
**Time:** 10:00 am  
**Fee:** Free  
**Location:** Wilderness Station  
at Barfield Crescent Park  
**Contact:** Eric Fann, 615-217-3017  
efann@murfreesborotn.gov

### Paleontologist

#### Fossils: Dinosaurs of the Americas

Join us at the Wilderness Station for a program about dinosaurs that once called the Americas home. If you are into dinosaurs and prehistoric animals that used to roam our country, then this is the program for you. We will cover what paleontologists know about the range and life histories of a few dinosaurs that once called north, central and south America home.

**Ages:** 10+  
**Date:** Thursday, October 15  
**Time:** 10:00 am  
**Fee:** Free  
**Location:** Wilderness Station  
at Barfield Crescent Park  
**Contact:** Eric Fann, 615-217-3017  
efann@murfreesborotn.gov

### What's Up Night Hikes

Late summer nights are great for spotting owls, bats, frogs, and insects, discovering glowing eyes, and finding other fascinating critters that are active at night. Join us for discovery under the night sky. Reservations are required by calling 615-217-3017 or emailing efann@murfreesborotn.gov.

**Ages:** All ages  
**Dates:** Friday, October 16  
**Time:** 7:00-8:00 pm  
**Fee:** \$3 per person or \$10 per family  
**Location:** Wilderness Station  
**Contact:** Wilderness Station  
615-217-3017

## Now Offering Nature Painting Parties!

Schedule a custom painting party for your group! There are several subject matters to choose from, and each class takes about 2 hours. Call Bobbie Ventura at the Wilderness Station for more information and to schedule your party!

### Bird Hike

Join us for a birding hike with an experienced naturalist! Both beginner and experienced birders are welcome! A brief review of birding methods and common species will be discussed before the hike. Expect to walk up to 3 miles round-trip on both paved and natural/rocky surfaces. Bring binoculars if you have them, or borrow some of ours!

**Ages:** All ages  
**Date:** Saturday, October 17  
**Time:** 8:00-10:30 am  
**Location:** Wilderness Station and trails  
**Contact:** Emily Moorman, 615-217-3017  
emoorman@murfreesborotn.gov

### Family Kayak

Grab the family and get paddling! Enjoy an adventure with your loved ones from a different point of view. Space is limited and reservations are required. All equipment and instruction are provided. Children must be at least 10 years old and accompanied by an adult. Registration is required at [www.murfreesboroparks.com](http://www.murfreesboroparks.com)

**Ages:** 10+  
**Date:** Saturday, October 17  
**Time:** 10:00 am  
**Fee:** \$8  
**Location:** To be determined the week of the float based on water levels.  
**Contact:** Outdoor Murfreesboro,  
615-217-3017  
outdoormurfreesboro@murfreesborotn.gov

## PATTERSON PARK COMMUNITY CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:15 am <b>Metabolic Burn</b>	8:15-9:15 am <b>Boot Camp</b> 8:30-9:30 am <b>Yoga</b>	8:15-9:15 am <b>Metabolic Burn</b>	8:15-9:15 am <b>Boot Camp</b> 8:30-9:30 am <b>Yoga</b>	8:15-9:15 am <b>Metabolic Burn</b>	
9:35-10:35 am <b>Forever Fit</b>	9:35-10:35 am <b>Zumba®</b>	9:35-10:35 am <b>Forever Fit</b>	9:35-10:35 am <b>Zumba®</b>	9:35-10:35 am <b>Forever Fit</b>	9:00-10:00 am <b>Saturday Surprise</b>
	10:45-11:45 am <b>Sit &amp; Get Fit</b>		10:45-11:45 am <b>Sit &amp; Get Fit</b>	1:00-2:00 pm <b>Yoga</b>	
4:20-5:20 pm <b>Yoga</b>	4:30-5:30 pm <b>Strong Nation™</b>	4:20-5:20 pm <b>Burn 2.0</b>	4:30-5:30 pm <b>Strong Nation™</b>	<div style="border: 2px solid #90EE90; border-radius: 15px; padding: 10px; background-color: #ADD8E6;"> <p>Group exercise classes are \$4/day (or facility pass). For more information: Chad Hill, C.S.C.S. 615-893-7439 chill@murfreesborotn.gov</p> </div>	
5:30-6:30 pm <b>Step-N-Sculpt</b>	5:35-6:35 pm <b>Thrash-N-Bash</b>	5:30-6:30 pm <b>Wild Wednesday</b>	5:35-6:35 pm <b>Cardio Kickboxing</b>		

### Group Fitness Class Descriptions

#### AM Boot Camp

Try this if you dare!

#### Burn 2.0

A more challenging Metabolic Burn using heavier weights with short bursts of cardio training.

#### Cardio Kickboxing

Combination of aerobics, boxing, and martial arts. Total body workout that can improve strength, cardio fitness, flexibility, coordination and balance.

#### Forever Fit

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, 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.

#### Saturday Surprise

Start your weekend with a workout! Join us for a weekly rotation of some of your favorite classes. Scheduling will vary from month to month.

#### Step-N-Sculpt

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

#### Strong Nation™

Combines body weight, muscle conditioning, cardio, and plyometric training moves synced to music designed to match each move, helping you make it to the last rep. All fitness levels welcomed!

#### Thrash & Bash

Full body cardio workout infused with isometric moves and strength training using drum sticks.

#### Wild Wednesdays

Join us for a midweek mixup! Get some variety in your workout routine with a monthly rotation of some of your favorite classes.

#### 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!



## SPORTS\*COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:30 am <b>Yoga (Studio B)</b>		7:30-8:30 am <b>Yoga (Studio B)</b>		8:15-9:15 am <b>Metabolic Burn</b>	8:30-9:30 am <b>Step/Tone</b>
8:15-9:15 am <b>Zumba</b>		8:15-9:15 am <b>Zumba</b>		8:15-9:15 am <b>Zumba</b>	
9:20-10:05 am <b>RetroFit</b>	9:15-10:15 am <b>Total Body</b>	9:20-10:05 am <b>RetroFit</b>	9:15-10:15 am <b>Total Body</b>	9:20-10:05 am <b>RetroFit</b>	
10:00 am <b>Back to Basics</b>	10:30-11:15 am <b>Tai Chi</b>	10:00 am <b>Back to Basics</b>	10:30-11:15 am <b>Tai Chi</b>		<b>Sunday</b>
	5:15-6:15 pm <b>Step/Tone</b>		5:15-6:15 pm <b>Total Body</b>		2:00-3:00 pm <b>Boot Camp</b>
5:15-6:15 pm <b>Rock the Bells</b>	6:30-7:30 pm <b>Yoga</b>	6:30-7:30 pm <b>MixedFit®</b>	6:30-7:30 pm <b>Yoga</b>		

### Group Fitness Class Descriptions

#### Boot Camp

High-intensity, nonstop cardio and weight bearing boot-camp workout, using any and all of our equipment-including you.

#### 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.

#### MixedFit®

A people-inspired fitness program that combines explosive dance movement and boot camp toning.

#### RetroFit

This 45-minute muscle building class is perfect for beginners, seniors and intermediate exercisers. This class includes standing and floor work and may use body weight, hand weights, bands and balls. Light cardio bursts may also be included.

#### Step & Tone

This class consists of basic and advanced moves using a traditional aerobic step. It is designed for most fitness levels and consists of moderate to high impact cardiovascular movements. This class may include standing and floor work and may use body weight, hand weights, bands and balls.

#### Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures, deep breathing and relaxed minds and bodies. Perfect for all ages and skill levels, this class consists of standing and moving postures, but chairs will be available if needed.

#### Rock the Bells

It's the best of both worlds. This class will combine hard-core muscle and strength building, but with light weights and higher reps, all set to energetic music.

#### Total Body

This class concentrates on muscle-building techniques and activities for intermediate to advanced exercisers. It includes standing and floor work and may use body weight, hand weights, weighted bars, bands and balls. Light cardio bursts may also be included.

#### Yoga

These classes focus on improving balance and flexibility, as well as assisting in stress reduction. May include standing and floor/mat work. For all levels.

#### Zumba®

These dynamic dance-based fitness programs fuse Latin rhythms with international music themes for high-energy, moderate intensity cardio workouts.

Group exercise classes are  
\$4/day (or facility pass).

For more information:

Allison Davidson

615-895-5040

[adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)

## Pickleball

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

**Ages:** Adults

**Location,** Sports\*Com

**Days &** Tuesdays from 8:30 am-3:00 pm

**Times:** Thursdays from 12:00-3:00 pm

**Patterson Community Center**

Mondays from 6:00 am-12:00 pm

Wednesdays from 6:00 am-3:00 pm

Fridays from 6:00 am-12:00 pm

**McFadden**

Monday-Friday from 9:00 am-1:00 pm

**Fee:** Facility Pass, \$4 Adults/\$3 Youth, Seniors & Military

## Yoga at the Island

Yoga is a great way to wind down, especially outdoors in nature. We will meet at the beautiful Gateway Island. Yoga focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

**Ages:** 13+

**Dates:** Saturday, September 5 &

Saturday, October 3

**Time:** 9:00 am

**Fee:** Free

**Location:** Gateway Island

**Contact:** Becki Johnson, [bjohnson@murfreesborotn.gov](mailto:bjohnson@murfreesborotn.gov)



## City Tennis Tournament

For this year's annual City Closed Championships, we have made the decision to run the tournament through the USTA platform. This will allow us to utilize their virtual tournament desk. We want to do everything we can to keep our participants safe and healthy, and avoiding congregating at a tournament desk is a big part of that. The tournament will NOT be a sanctioned event and will be run just like it has been in the past, only using better technology. You do NOT have to have a paid membership with USTA or a NTRP rating, but you do have to have an account (this is free if you do not have a USTA membership).

The staff at ATC would be glad to help you set up your account and register. Please call us at 615-546-4000.

Register here: <https://tennislink.usta.com>



Presents the  
Murfreesboro Indigenous Plant Project

## **Fall Native Plant Sale**

Friday & Saturday

October 2 & 3

9am - 2pm

Wilderness Station,  
Barfield Crescent Park



**Over 20 species of Native  
Trees, Shrubs, and Perennial Bunch Grasses!**

**Not sure about Native Plants?  
We'll help you decide which plants work best in  
your yard!**

**Be a part of Habitat Stewardship.  
Reconnect fragmented habitat!**

