

REC CONNECTION



FALL 2016
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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

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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

Monday, September 5- Adams Tennis Complex & Sports*Com Outdoor Pool will be open. All other Facilities closed.

Friday, November 11, 2016- Adams Tennis Complex will be open. All other Facilities closed.

Thursday, November 24, 2016- All facilities closed.

Friday, November 25, 2016- Main Office 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. - 6 p.m./Mon: 9 a.m. - 12 p.m.
Tues - Thurs: 9 a.m. - 5 p.m./Fri - Sat: 9 a.m. - 8 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, community room, game room, arts and crafts 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.

Fall Hours: Visitor Center, Gift Shop and Village: Open Tuesday through Saturday, 9 a.m. - 4 p.m. Sunday, 1 p.m. - 4 p.m., unless closed for a private party.

Closed Monday.

The farm implements/tractors and grounds may be viewed year-round.

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, which 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.

Perform Murfreesboro Productions

Guys and Dolls JR.

Set in Damon Runyon's New York City, Guys and Dolls JR. follows gambler, Nathan Detroit, as he tries to find the cash to set up the biggest crap game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for fourteen years without ever getting married. Nathan turns to fellow gambler, Sky Masterson, for the dough, but Sky ends up chasing the straight-laced missionary, Sarah Brown. Guys and Dolls JR. takes us from the heart of Times Square to the cafes of Havana, but everyone eventually ends up right where they belong.

Day: Friday, Saturday, Sunday

Time: Friday 7pm, Saturday 2pm & 7pm, Sunday 2pm

Production Dates: September 2, 3, 4

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00/
Perform Murfreesboro Members \$3.00

Location: The Washington Theatre at Patterson Park

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



Labor Day Pool Party

There is no better way to celebrate Labor Day than to listen to music, lie by the pool and play a few games. Join us at the Sports Com outdoor pool for our last day of the season! There will be fun, food and prizes for all to enjoy.

Ages: All ages

Date: September 5

Days: Monday

Time: 10 a.m. – 4:30 p.m.

Location: Sports*Com Outdoor Pool

Fee: Premium Admission (\$4 Adults / \$3 Youth & Seniors)

Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov

Hummingbird Banding

Bird banding is a valuable tool in the education and conservation of a species. Join trained hummingbird bander, Cyndi Routledge of Southeastern Avian Research, as she captures, bands, and releases hummingbirds at Barfield. Then stay the day for the Hummingbird Festival.

Ages: All

Date: Saturday, September 3

Time: 8:00 – 10:00 a.m. and 3:00 – 5:00 p.m.
(depending on presence of birds)

Fee: Free

Location: Wilderness Station

Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreesborotn.gov



Hummingbird Festival

Barfield Crescent Park is home to hundreds of hummingbirds. Many people come to the Wilderness Station to enjoy the chatter and beauty of these tiny birds throughout the season. Come and join us in celebrating these amazing creatures as they get ready to embark on a magnificent journey. Cyndi Routledge of Southeastern Avian Research (SEAR) will share her knowledge and experience with these flying gems. Also, children's activities, hummingbird merchandise, and much more await you on this day. Join us in the morning and again in the afternoon as SEAR bands hummingbirds – see description on above for details.

Ages: All

Date: Saturday, September 3

Time: 10:00 a.m. – 4:00 p.m.

Fee: Free

Location: Wilderness Station

Contact: Wilderness Station,
615-217-3017,
outdoormurfreesboro@murfreesborotn.gov



Cardboard Boat Regatta

Join in the fun with your own cardboard boat, or spend the day at the park watching captains and their 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 16. Please contact Kyle Goss for rules and regulations on boat design.

Ages: 13+

Date: September 17

Days: Saturday

Time: 10 a.m. – 1 p.m., entries due by 8 a.m.

Location: Sports*Com Outdoor Pool

Fee: \$4/Kids - \$3

Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov



Greenway Art Festival

Sponsored by the Friends of the Greenway and Murfreesboro Parks and Recreation, this juried art show attracts talented artists from all over Middle Tennessee. Artists will be displaying and selling their works along the trail: oils, acrylics, watercolors, pottery, silversmithing, sculpture, glass and more. A kids' arts and crafts area will inspire your little ones to explore their creativity, and refreshments will be available from food vendors. Spend a relaxing Saturday enjoying art and nature along the Greenway.

Ages: All
 Date: Saturday, September 17
 Time: 10:00 a.m. – 4:00 p.m.
 Fee: Free
 Location: Old Fort Park
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov



Puppy Plunge

Bring your pup to enjoy a dip in the outdoor pool at S*C before we get it ready for the winter. All dogs must be current on vaccinations. Spayed and neutered pets are preferred. This will be a fun time for truly all members of your family to enjoy. Humans will not be allowed in the water, dogs only. No features of the outdoor pool will be on. No aggressive dogs allowed.

Ages: Puppies to seniors
 Date: September 24
 Days: Saturday
 Time: 10 a.m. – 1 p.m.
 Location: Sports*Com Outdoor Pool
 Fee: \$1 Per dog
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov



The tenth annual Murfreesboro Half Marathon will be held Saturday, October 8, 2016. The 13.1-mile race is scheduled to start at 7:00 a.m. with a wheelchair start at 6:55 a.m. Because the course runs by the geographic center of Tennessee and begins and ends at MTSU, it has been tagged "The Middle Half." The course goes down scenic tree-lined Main Street and Maney Avenue to Oaklands Historic House Museum. Runners will circle the Rutherford County Courthouse on the Square, pass by MTSU's Fraternity Row and the obelisk on Old Lascassas Highway, and then finish on the MTSU track. For more information and to register, visit www.TheMiddleHalf.com.



McFadden Fall Fest

McFadden Community Center will host the third annual Fall Fest and Haunted Hallways. Everyone is invited for Food, Fun, Fellowship and Fright. We will also have a DJ, Moon Bounce, Carnival Games and a T-Shirt walk.

Ages: All
 Date: October 14
 Day: Friday
 Time: 5:00p.m.—8:00p.m.
 Fee: Free
 Location: McFadden Community Center
 Contact: Mike Philpott, 615-893-1802, mphilpott@murfreesborotn.gov



Murfreesboro Parks and Recreation
presents the

Barfield Halloween Bash

Four Nights
of Fright!

Haunted Hayride

Wednesday, Thursday, Friday & Saturday
October 19 - 22 • Dark to 9 p.m.
Old Scream Road: Murfreesboro's scariest
hayride ever! \$5 per person

Twilight Trail

Friday & Saturday
October 21 & 22 • 5 - 7 p.m.
A happy hayride in the backcountry. Plus games,
puppets shows, story time, and live animals will
make this the best Halloween celebration you
have ever been to. Fun for the whole family!
\$4 per person.

Carnival

Friday & Saturday
October 21 & 22 • 5 - 9 p.m.
Games • Prizes • Costume Contests • Candy •
Food • Music • Dancing • Cake Walks • and more!
Free admission. Fees for food & game tickets.

Barfield Crescent Park
615-890-5333



40th Annual Harvest Days Celebration

Join us for our 40th Harvest Days Celebration at Cannonsburgh Village. Activities include music, clogging, pottery demonstration, broom making, crafters, food vendors, hayrides, blacksmith demonstrating, antique auto show, art league show and much, much more.

Age: All
 Date: October 22
 Day: Saturday
 Time: 10 a.m. – 4 p.m.
 Fee: Free except for purchases (booth fee required for crafters and food vendors)
 Location: Cannonsburgh Village, 312 S. Front St.
 Contact: Cannonsburgh office, 615-890-0355, shodges@murfreesborotn.gov



Fall Celebration and Hayride

Come out and join us for an afternoon filled with fun, games, laughs, hayrides, and candy. Yes, candy!!! We will have a variety of activities for the family to participate in while strolling through the village.

Age: All
 Date: October 31
 Day: Monday
 Time: 2:00 p.m. – 5:00 p.m.
 Fee: \$2.00 per person
 Location: Cannonsburgh Village grounds
 Contact: Cannonsburgh office, 615-890-0355, shodges@murfreesborotn.gov



Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding, and come prepared to leave your mark on a t-shirt as we tie dye the night away! *Please bring a white shirt to tie dye.*

Ages: 7 -13
 Date: October 28
 Day: Friday
 Time: 6 p.m. -9 p.m.
 Location: Patterson Park Pool
 Fee: \$5 preregister. \$7 day of
 Contact: Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov



18th Annual Fall Harvest Hayride

Listen to live music as you toast marshmallows and eat s'mores around the campfire. An old-fashioned hayride along the Greenway is great fun for the whole family. Sponsored in part by the Friends of the Greenway.

Age: All
 Date: Thursday, November 10
 Time: 5:30 p.m. – 8:00 p.m.
 Fee: \$2 per person. Ages 2 and under, and Friends of the Greenway members are free. Price includes a hayride and one s'more; additional food sold separately.
 Location: General Bragg Trailhead
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.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	10a.m.-12:45p.m. / 2-4:30 p.m. / 7-8:45p.m.**	10a.m.-12:45p.m. / 2-8:45p.m.**	10a.m.-12:45p.m. / 2-6:30 p.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.	11-1p.m. / 5-7p.m.	5-7p.m.

*Lap lanes may vary depending on what time of the day it is.

** During swim lessons there is no Rec. Play until swim lessons are complete. During the aerobics time (5:30 – 6:30 p.m.) all play features will be turned off.

***Water will be cleared 30 minutes before each pool party is to be out of the facility in order for cleanup 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.

Shallow Water

A moderate-to-high cardio workout, abdominals, and muscle conditioning in shallow water.



SPORTS*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. /11-1p.m./3-6p.m. (2 lanes)	6-8a.m. /11-1p.m./3-6p.m. (2 lanes)	9:15-11:45a.m. (2 lanes)	1-4:30p.m.
*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.	8a.m.-9a.m.	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
Open Swim	7-8:45p.m.	7-8:45p.m.	N/A	N/A
Pool Rentals	N/A	N/A	12-1p.m. /5-7p.m. Private Rental	5-7p.m. Private Rental
Swim Academy (see page 17)	N/A	4 - 7p.m.	8a.m. - 12p.m.	N/A

*The deep end will be restricted during Tuesday and Thursday Open Swim times (7-8:45p.m.) due to Water Polo.

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 4:30-5:30pm class or come early for the 6:00-7:00pm class.





Labor Day Pool Party

There is no better way to celebrate Labor Day than to listen to music, lie by the pool and play a few games. Join us at the Sports Com outdoor pool for our last day of the season! There will be fun, food and prizes for all to enjoy.

Ages: All ages
 Date: September 5
 Days: Monday
 Time: 10 a.m. – 4:30 p.m.
 Location: Sports*Com Outdoor Pool
 Fee: Premium Admission (\$4 Adults / \$3 Youth & Seniors)
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov

Cardboard Boat Regatta

Join in the fun with your own cardboard boat, or spend the day at the park watching captains and their 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 16. Please contact Kyle Goss for rules and regulations on boat design.

Ages: 13+
 Date: September 17
 Days: Saturday
 Time: 10 a.m. – 1 p.m., Entries due by 8 a.m.
 Location: Sports*Com Outdoor Pool
 Fee: \$4/Kids - \$3
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov



Puppy Plunge

Bring your pup to enjoy a dip in the outdoor pool at 5°C before we get it ready for the winter. All dogs must be current on vaccinations. Spayed and Neutered pets are preferred.

This will be a fun time for truly all members of your family to enjoy. Humans will not be allowed in the water, dogs only. No features of the outdoor pool will be on. No aggressive dogs allowed.

Ages: Puppies to seniors
 Date: September 24
 Days: Saturday
 Time: 10 a.m. – 1 p.m.
 Location: Sports*Com Outdoor Pool
 Fee: \$1 Per dog
 Contact: Kyle Goss, 615-895-5040, kgoss@murfreesborotn.gov



Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding, and come prepared to leave your mark on a t-shirt as we tie dye the night away!

Please bring a white shirt to tie dye.

Ages: 7-13
 Date: October 28
 Day: Friday
 Time: 6 p.m. - 9 p.m.
 Location: Patterson Park Pool
 Fee: \$5 preregister. \$7 day of
 Contact: Carrie Clemmons, 615-893-7439, cclemmons@murfreesborotn.gov



Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday or Thursday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.

Ages: 13+
 Dates: Ongoing
 Day: Tuesdays & 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

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.

Ages: All
 Days: Monday – Friday
 Time: 5:30 p.m. – 6:30 p.m.
 Location: Patterson Park Pool
 Fee: \$4.00 or premium pass
 Contact: Carrie Clemmons, 615-893-7439, clemmons@murfreesborotn.gov



Early Bird Swim– Sports*Com & Patterson Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of this opportunity by coming to the Sports*Com and Patterson Park indoor pools. 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 open at both facilities, so you may swim as many laps as you 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



American Red Cross Learn-to-Swim

Water safety should be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified American Red Cross Water Safety Instructors.

Ages: 6 months to 4 years and Levels 1,2, and 3
 Dates: Call for exact dates and times.
 Location: Patterson Park Community Center
 Fee: \$60
 Contact: Jordan Gillum, 615-893-7439, aquatics@murfreesborotn.gov



American Red Cross Learn-to-Swim

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. Sports*Com offers swim lessons for children ages 5-12 yrs! Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors. Adult lessons are also available!

Ages: 5-99+
 Dates: Call for exact dates & times.
 Location: Sports*Com Indoor Pool
 Fee: \$60
 Contact: Jordan Gillum, 615-893-7439, aquatics@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 a good skill to be had by all. If you have any questions, please contact Carrie Clemmons with the information listed below.

Ages: Youth who can swim 25 yards (one length of the pool) without stopping.
 Dates: Ongoing Days: Tuesday and Thursday
 Time: 1 p.m. – 2 pm.
 Location: Patterson Park Indoor Pool Fee: Premium Pass (\$3 children)
 Contact: Carrie Clemmons, 615-893-7439, clemmons@murfreesborotn.gov
 *You must call Patterson Park Community Center the morning of class to reserve a spot.

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 Dates:

Monday-Friday October 1, 2016– October 31, 2016

8a.m-8p.m. Sports*Com

8a.m-8p.m. Patterson Community Center

10a.m-6p.m McFadden Community Center

8a.m-4p.m. Barfield Main Office

Every Saturday in October at Sports*Com

Time:

Teams will practice one day a week in December and teams will play one game a week beginning in January.

Location:

Various locations around

Murfreesboro

Fee:

\$50 per player

Contact:

Athletics, 615-907-2251,
athletics@murfreesborotn.gov



Youth

Volleyball Class

Bump, set and spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills in both practice and game situations.

Ages: 9 - 17

Dates: Thursdays

Time: 4:30 to 6:00 p.m.

Location: Sports*Com

Fee: \$3 per visit

Contact: Elaine Mitchell, 615-907-2251, eemitchell@murfreesborotn.gov



Murfreesboro Baseball Association

(Plays at Barfield Crescent Park)

For more information: www.murfreesborobaseball.com

Email: registration@murfreesborobaseball.com

Optimist Little League

(Plays at Star*Plex in McKnight Park)

For more information: www.murfreesborooptimist.com/baseball

Email: info@murfreesborooptimist.com

Stones River Kiwanis – Girls Softball

(Plays at McKnight Park Ball Complex)

For more information: www.murfreesborosoftball.com

Email: softballgirlkk@hughes.net

Murfreesboro Tennis Association

For more information- www.murfreesborotennis.com

Murfreesboro Soccer Club

For more information- www.murfreesborosoccer.com

Email: admin@murfreesborosoccer.com

Murfreesboro Lacrosse League

For more information- www.murfreesborolacrosse.com

Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults
 Dates: Mondays beginning in September
 Time: Matches begin at 6:30
 Location: Patterson Park Community Center
 Fee: \$4 per visit per person or premium pass
 Contact: Elaine Mitchell, 615-907-2251, eemitchell@murfreesborotn.gov



Adult Power Coed 4's Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports*Com on Thursday nights and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us and we will try to get you involved.

Ages: Adults
 Dates: Thursdays beginning in September
 Time: Matches begin at 6:30
 Location: Sports*Com
 Fee: \$4 per visit per person or premium pass
 Contact: Elaine Mitchell, 615-907-2251, eemitchell@murfreesborotn.gov

Sports*Com Adult Basketball

Looking for a little more organization in your pickup games? Sports*Com basketball is the solution. While playing on a regulation court, players experience pickup style basketball with officials and scorekeepers. 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 August
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
 Location: Sports*Com
 Fee: \$4 per visit per person
 Contact: Elaine Mitchell, 615-907-2251, eemitchell@murfreesborotn.gov



McFadden and Patterson Park Adult Basketball Leagues



Patterson Park's Adult Basketball League is a competitive league, and McFadden's Adult Basketball League is a recreational league which allows adult athletes the opportunity to compete. Both leagues offer full court games with qualified officials and scorekeepers weekly. Teams and individuals wishing to enter the league, please see contact information below.

Ages: Adult
 Dates: Tuesday, Wednesday, and Thursday nights, beginning in August
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
 Location: McFadden Community Center and Patterson Park
 Fee: \$4 per visit per person or premium pass
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov

Adams Tennis Complex Fall Adult & Junior Programs 2016

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. 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.

Contact: Adams Tennis Complex for up-to-date schedules and rates for all classes, 615-546-4000, tennis@murfreesborotn.gov



Adams Tennis Complex 925 Golf Lane 615-546-4000



Schedule of Fees

Indoor court fees - Pass

Holders

Free - If reserved within 24 hours

Court fee - \$12 per court per hour if reserved outside 24 hours
\$10/court/hour School rate

Non-Pass Holders *must prepay if reserved outside 24 hours

Guest Fee \$10/person/day (add court time if applicable)

Court Fee - \$12 per court per hour

Miscellaneous Fees: Pass Holders

Rent-A-Club private party \$250.00/three hours, plus a \$100.00
Cleaning Deposit.

Ball machine rental \$ 2.00 per hour (Note: Ball machine may not be rented outside the 24-hour grace period unless the court is also rented, \$12 per court per hour)

Non-Pass Holders

Rent-A-Club private party \$300.00/three hours, plus a \$100
cleaning deposit.

Ball machine rental \$34.00 (\$12 rental + \$10 guest fee + \$12
court fee)

Hours of Operation January-April

Monday - Thursday 8:00 a.m. - 10:00 p.m.

Friday 8:00 a.m. - 9:00 p.m.

Saturday 8:00 a.m. - 5:00 p.m.

Sunday 10:00 a.m. - 6:00 p.m.

Hours of Operation May-August

Monday - Thursday 8:00 a.m. - 9:00 p.m.

Friday 8:00 a.m. - 9:00 p.m.

Saturday 8:00 a.m. - 5:00 p.m.

Sunday 10:00 a.m. - 5:00 p.m.

Hours of Operation September-December

Monday - Thursday 8:00 a.m. - 10:00 p.m.

Friday 8:00 a.m. - 9:00 p.m.

Saturday 8:00 a.m. - 5:00 p.m.

Sunday 10:00 a.m. - 6:00 p.m.



Monday	Tuesday	Wednesday	Thursday	Friday
		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		
Tumbleweeds *** 10:15-11:00 AM Sports*Com Ages: 3-5	FitMommy 10:30-11:15 AM Patterson Park Ages: Adult with baby/ toddler	Movers & Shakers *** 10:30-11 AM Patterson Park Ages: 1-3	FitMommy Yoga 10:30-11:30 AM Patterson Park Ages: Adult with baby/ toddler	Toddler Time with Thomas 10-11 AM Sports*Com Ages: 5 and under
	Busy Bees 10:45-11:15 AM Patterson Park Ages: 3-5	Tales & Trails *** 10:30-11:15 AM Wilderness Station Ages: 4-7 w/ Parent	Busy Bees 10:45-11:15 AM Patterson Park Ages: 3-5	Movers & Shakers *** 10:30-11 AM Patterson Park Ages: 1-3
		Nature Play Days 11:00 AM - 11:45 AM Wilderness Station Ages: 1+ w/ Parent Sept. 14 & Oct. 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		

***Reservation required.



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: Tuesday
 Time: 10:30-11:15 am
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass.
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreesborotn.gov



Busy Bees

This 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, C.S.C.S., 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 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

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 registration.)
 Fee: \$3.00 or Premium Pass
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017,
 outdoormurfreesboro@murfreesborotn.gov. 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 new program. Registration is required. Please call the Tuesday before class to register.

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



Nature Play Days

It's a play date with Mother Nature! Come play in the Nature Play Area and help build your child's interest in learning to play with objects found in nature. Build a fort, play in the water, climb, crawl, get dirty! There will be programmer-led activities such as mud painting, sculpting with clay, chalk art, and balance and agility competitions. It will be naturally fun for all.

****Kids will get muddy and wet.**

Ages: 1 year and up with adult
 Dates: September 14 and October 5
 Day: Wednesdays
 Time: 11:00 a.m.
 Fee: Free
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreeborotn.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: Thursday
 Dates: Ongoing
 Time: 10:30-11:30 am
 Location: Patterson Park Community Center
 Fee: \$4 or Premium Pass
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@murfreeborotn.gov



Toddler Time with Thomas

Toddlers 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: \$3.00 or premium pass. Preregistration is required- 615-895-5040.
 Contact: Thomas Laird, 615-907-2251, tlaird@murfreeborotn.gov
 Call 615-895-5040 to reserve your spot!

LIKE US ON FACEBOOK!www.facebook.com/CulturalArtsMurfreesboro**Perform Murfreesboro**

Perform Murfreesboro 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 Murfreesboro is a place where art is experienced and strangers become family.

Perform Murfreesboro Membership– 28th Season!

Perform Murfreesboro 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 2016-June 2017) and comes with many perks. Members have access to free classes in a range of subjects, are given a t-shirt with the Perform Murfreesboro logo on it, can buy discounted tickets to Perform Murfreesboro Productions they are not cast in, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions they are involved in. Members of Perform Murfreesboro 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@murfreesborotn.gov**Perform Murfreesboro 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 Murfreesboro 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

Dates: September 20 & 22

Day: Tuesday & Thursday

Times: 6:00 p.m.-6:45p.m.

Fee: Free

Location: The Washington Theatre at Patterson Park Community Center

Contact: Pam Williams, 615-867-7244,

culturalarts@murfreesborotn.gov**Perform Murfreesboro- Auditions**

Auditions are open for everyone (some productions will have age limitations), and Perform Murfreesboro 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:**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.

Age: 4-18

Auditions: September 20 & 22 (just come to one)

Day: Tuesday and Thursday

Time: 6:30pm

Production: December 16, 17, & 18

Fee: Free

Location: The Washington Theatre at Patterson Park

Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov**Perform Murfreesboro Productions****Guys and Dolls JR.**

Set in Damon Runyon's New York City, Guys and Dolls JR. follows gambler, Nathan Detroit, as he tries to find the cash to set up the biggest crap game in town while the authorities breathe down his neck; meanwhile, his girlfriend and nightclub performer, Adelaide, laments that they've been engaged for 14 years without ever getting married. Nathan turns to fellow gambler, Sky Masterson, for the dough, but Sky ends up chasing the straight-laced missionary, Sarah Brown. Guys and Dolls JR. takes us from the heart of Times Square to the cafes of Havana, but everyone eventually ends up right where they belong.

Days: Friday, Saturday, Sunday

Times: Friday 7pm, Saturday 2pm & 7pm, Sunday 2pm

Production Dates: September 2, 3, 4

Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00/Perform Murfreesboro Members \$3.00

Location: The Washington Theatre at Patterson Park

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

Harriet the Spy

Harriet M. Welch is the willful only child of well-to-do socialites. She is also a spy who observes her friends and neighbors and writes about them in her notebook. Harriet spends much of her time with her loving nurse Ole Golly, who artfully teaches her about life. One fateful night Ole Golly announces she plans to marry and move to Canada. Soon after, Harriet's notebook is found and read by all of her friends and classmates. Harriet's blunt and mean observations in her notebook cause everyone at school to dislike her. Harriet is distressed and spirals out of control until she gets a visit from Ole Golly, who shares with her the helpful tip, "Sometimes you have to lie. But to yourself you must always tell the truth."

Days: Friday, Saturday, Sunday
 Times: Friday 7pm, Saturday 2pm & 7pm, Sunday 2pm
 Production Dates: November 4, 5, and 6
 Tickets: Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00/ P M Members \$3.00
 Location: The Washington Theatre at Patterson Park
 Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov



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: September 8, 15, 22, 29, October 6, 13, 20, November 10, 17
 Day: Thursdays
 Times: 6:00pm-7:00pm
 Fee: Free with Perform Murfreesboro Membership
 Location: The Washington Theatre at Patterson Park
 Register: Sports*Com, Patterson Park Community Center, or the Main Office
 Contact: Pam Williams, 615-867-7244, culturalarts@murfreesborotn.gov

Ticket Reservation

Did you know you can call and reserve tickets for our productions? Call 615-642-3148 to reserve any number of tickets. Seats are General Admission – Please call ahead if there is any special seating accommodation we can make for you or to reserve seating together for groups of 20 or more.



Perform Murfreesboro Makeup FX

Come learn how to design and apply different styles of makeup! We will be creating a variety of looks from old age to cuts and burns to monsters and animals. We ask that you bring a full sized picture of your face with you to the first day of class! We will be providing the makeup and brushes! Space is limited to 15 students. Call or email us to reserve your spot today!

Ages: 11 & Up
 Date: September 6, 13, 20, 27, October 4, 11, 18
 Day: Tuesdays
 Time: 4:30pm-5:30pm
 Fee: Free with Perform Murfreesboro Membership
 Location: The Washington Theatre at Patterson Park, Dressing Room
 Register: Sports*Com, Patterson Park Community Center, or the Main Office
 Contact: Hayley Orozco, 615-867-7244, horozco@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 has 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: September 7, 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30
 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



Homeschool Performer's Class

A weekly theatre and music class to supplement homeschool curriculum! Taught by Miss Hayley and Ms. Katlyn students will learn aspects of singing in a choir, performing improv, applying theatre makeup, techniques of acting, and more! Come any time during the semester. Each week will be a new lesson with fun activities that will immerse your child in the world of performing.

Ages: All
 Date: September 14, 21, 28, October 5, 12, 19
 Day: Wednesdays
 Time: 12:30pm-1:30pm
 Fee: Free with Perform Murfreesboro Membership
 Location: The Washington Theatre in Patterson Park
 Register: Sports*Com, Patterson Park Community Center, or the Main Office
 Contact: Pam Williams, 615-867-7244, pwilliams@murfreesborotn.gov



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: September 6, 13, 20, 27, October 4, 11, 18
 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, pwilliams@murfreesborotn.gov



Afterschool Art!

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.

Ages: 1st grade and up
 Date: September 12, 19, 26, October 3, 10, 17, 24, November 7, 14, 21, 28
 Day: Mondays
 Times: 4pm-5pm
 Fee: \$3.00 per class, per student
 Location: Patterson Park Community Center Dining Room
 Contact: Mai Hamric, 615-867-7244, culturalarts@murfreesborotn.gov



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 September-October session, call 615-867-7244 to be put on the list.

Ages: 18+

Date: September 16, 23, 30, October 7, 14, 21

Day: Fridays

Time: 6pm-7pm

Fee: Free (for first 6 week session, future Adult Hip Hop sessions may have a fee.)

Location: The Dance Studio in Sports*Com

Register: By phone, call 615-867-7244 to be added to list- limit 15 students.

Contact: Pam Williams, 615-867-7244, pwilliams@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!

Like us on Facebook for more!

[Facebook.com/culturalartsmurfreesboro](https://www.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!



Weddings at Cannonsburgh Village

Plan your wedding in the shadow of a historic southern village. Here in Cannonsburgh we have the beautiful Williamson Chapel complete with ornate-stained glass windows just awaiting the couple and their guests. Over 2,500 couples have gone through these doors, so come spend your special day with us. Call for more information on renting the Chapel and other time-period buildings for your wedding.



Contact: Rachel Sloan, 615-890-0355, rsloan@murfreesborotn.gov



The Gift Shop at Cannonsburgh Village

Did you know we have a gift shop? Over 20 local crafters sell their homemade wares here along with other items, such as children's time-period toys, bluegrass music CDs and Cannonsburgh t-shirts, caps and coffee mugs. Come by, visit with us, and browse through our shop. You may just find that special item or gift you've been looking for!

Time: Open Tuesday-Saturday 9-4pm and Sundays 1-4pm

Location: Cannonsburgh Village

Fee: Gifts vary in prices.

Contact: Rachel Sloan, 615-890-0355, rsloan@murfreesborotn.gov



Third Friday Concerts

Come out and bring your lawn chairs, a blanket, and picnic and enjoy our outdoor concerts. There may just be some dancing, too!

Age: All

Dates: September 16 & October 21

Day: Friday

Time: 7:00 p.m. - 9:00 p.m.

Fee: Free

Location: Cannonsburgh Village, 312 S. Front St.

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



40th Annual Harvest Days Celebration

Join us for our 40th Harvest Days Celebration at Cannonsburgh Village. Activities include music, clogging, pottery demonstration, broom making, crafters, food vendors, hayrides, blacksmith demonstrating, antique auto show, art league show and much, much more.

Date: October 22

Day: Saturday

Time: 10 a.m. - 4 p.m.

Fee: Free except for purchases (booth fee required for crafters and food vendors)

Location: Cannonsburgh Village, 312 S. Front St.

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



Fall Celebration and Hayride

Come out and join us for an afternoon filled with fun, games, laughs, hayrides, and candy. Yes, candy!!! We will have a variety of activities for the family to participate in while strolling through the village.

Age: All

Date: October 31

Day: Monday

Time: 2:00 p.m. - 5:00 p.m.

Fee: \$2.00 per person

Location: Cannonsburgh Village grounds

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



Created Equal

Join in the fun with a film and discussion series bridging cultures to educate our community on America's Civil Rights Struggle.

Ages: All Ages
 Dates: Mondays, September- October
 Fee: Free
 Time: 1pm -4pm
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-9628773, vstembridge@murfreesborotn.gov



First Shot Basketball Camp

Join us at Patterson Park for our Fall "First Shot" Sports Camp. Various sports skills will be taught including Basketball, Art, Music, Character Building, Writing and Dance.

Age: 8 through 14
 Date: October 3 - 6
 Day: Monday thru Thursday
 Time: 12:00 p.m. - 4:00 p.m.
 Fee: Cost Of Admission (Space is Limited)
 Location: Patterson Park Community Center
 Contact: Ralph Buckingham, 615-893-7439, rbuckingham@murfreesborotn.gov



Murfmadness 3 on 3 Basketball Tournament

Murfreesboro Parks and Recreation with First Shot Basketball Foundation presents MurfMadness 3-on-3 Basketball Tournament. With separate male and female divisions.

Ages: 2nd - 12th grade
 Date: September 17
 Day: Saturday
 Time: 8am- until
 Fee: 60.00 per team
 Location: Patterson Park Community Center
 Contact: Andy Herzer, 615-631-5312, andy.herzer@comcast.net



Youth Development @ Patterson Community Center Canned Food Drive

The Youth of Patterson Center are collecting canned foods to distribute to deserving families during the Holiday season.

Date: October 10 until November 20
 Days: Monday through Sunday
 Time: Open hours of each Park facility

Locations: Patterson Community Center, Sports Com, Adams Tennis Complex,
 Contact: Ralph Buckingham, 615-893-7439, rbuckingham@murfreesborotn.gov



RadKids Program

Join us at Patterson Park Community Center for our RadKids training. Curriculum topics include: Revolutionary Bullying Prevention, Preventing/Stopping predator tricks including physical resistance strategies against abduction, internet safety, personal touch and personal space safety (good, bad, uncomfortable/unwanted touch, home, school, out and about safety).

Ages: 2nd - 6th grade
 Date: September 12 - 16
 Day: Monday- Friday
 Time: 4:00 p.m. - 6:00 p.m.
 Fee: Cost of admission
 Location: Patterson Park Community Center
 Contact: Ralph Buckingham, 615-893-7439, rbuckingham@murfreesborotn.gov



Unity in the Community Basketball Camp

Area High School Basketball Coaches have come together in order to give back to the community by putting on a basketball clinic to the area children.

Ages: 2nd - 6th grade
 Date: October 15
 Time: Girls 9 a.m. - 12:00 p.m./Boys 1:00- 4:00 p.m.
 Location: Patterson Park Community Center Adult Gym
 Fee: Free
 Contact: Ralph Buckingham, 615-893-7439, rbuckingham@murfreesborotn.gov



Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have – the animals!

Ages: All
 Day: Saturdays (*No Animal Encounters on October 29)
 Time: 1:30 – 2 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murffreesborotn.gov



Puppets on the Porch

You heard it right! The Wilderness Station now has puppet shows every Saturday on the front porch. Kids and parents of all ages will enjoy our lively shows that feature all sorts of fun characters. Laugh and sing along with our wild animal puppets as they teach us about their habitats and daily lives. A new show will be featured every week, so join us on the porch for what is sure to be a funny and educational time!

Ages: All
 Day: Saturdays in September
 Time: 3 p.m.
 Fee: Free
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murffreesborotn.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 registration.)
 Fee: \$3.00 or Premium Pass
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murffreesborotn.gov. Registration required.

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.



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. Please call the Tuesday before class to register.

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



Nature Play Days

It's a play date with Mother Nature! Come play in the Nature Play Area and help build your child's interest in learning to play with objects found in nature. Build a fort, play in the water, climb, crawl, get dirty! Programmer-led activities such as mud painting, sculpting with clay, chalk art, and balance and agility competitions. It will be naturally fun for all. **Kids will get muddy and wet.

Ages: 1 year and up with adult
 Dates: September 14 and October 5
 Day: Wednesdays
 Time: 11:00 a.m.
 Fee: Free
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murffreesborotn.gov



FREE Backpacks for Education!

The Greenway and Wilderness Station are now offering 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.

**We now rent ENO Hammocks. Come and "Hang-Out" at Barfield Crescent Park for the day. Inquire at the Wilderness Station.



Homeschool in the Wilderness

Supplement your home-schooler's science curriculum with this in-depth, 8-month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins September 1, 2016. Limited spaces will be available, so register early!



Tadpoles:

Ages: 8 – 10 years
 Dates: September 2016 – May 2017
 Days: Last Thursday of the month

Bullfrogs:

Ages: 11 -13 years
 Dates: September 2016 – May 2017
 Days: Last Friday of the month
 Time: 9:00 a.m. – 12:00 noon
 Fee: \$75.00 for 8-month program
 Location: Wilderness Station
 Contact: Rachel Singer, 615-217-3017, rsinger@murfreesborotn.gov
 Registration is required.

Turtle Searches

Calling all researchers – whether you are a junior scientist, senior scientist, animal lover, or interested citizen, join us as we continue our box turtle study right here in Murfreesboro.

These lovable reptiles are losing ground and listed as a species of concern in Tennessee due to habitat loss and being taken as household pets. Now is your chance to be a part of a research team to collect data on this important species and make a difference! Participate in one or as many as you wish.



Information on the box turtle and instructions will be provided upon arrival.

Note: This is an off-trail experience in the woods; please wear long pants and closed-toed shoes or boots. Bug spray and water are recommended.

This program may also be scheduled for small groups, clubs, or scouts.

Ages: 8 and up
 Date: Tuesdays, September 13, 20, and 27, and October 4
 Time: 3:30 p.m.
 Location: Nickajack Wetlands (call for directions)
 Fee: Free
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov

Hummingbird Festival

Barfield Crescent Park is home to hundreds of hummingbirds. Many people come to the Wilderness Station to enjoy the chatter and beauty of these tiny birds throughout the season. Come and join us in celebrating these amazing creatures as they get ready to embark on a magnificent journey thousands of miles away. Guest speaker Cyndi Routledge of Southeastern Avian Research will share her knowledge and experience with these flying gems, plus children's activities, hummingbird merchandise, and much more awaits you on this day. Join us in the morning and again in the afternoon as SEAR bands hummingbirds – see description below for details.

Ages: All
 Date: Saturday, September 3
 Time: 10:00 a.m. – 4:00 p.m.
 Fee: Free
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov



Hummingbird Banding

Bird banding is a valuable tool in the education and conservation of a species. Join trained hummingbird bander Cyndi Routledge of Southeastern Avian Research as she captures, bands, and releases hummingbirds at Barfield. Then stay the day for the Hummingbird Festival.

Ages: All
 Date: Saturday, September 3
 Time: 8:00 – 10:00 a.m. and 3:00 – 5:00 p.m. (depending on presence birds)
 Fee: Free
 Location: Wilderness Station
 Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov

Bird Club

Join us for our monthly walk as we search together for fall migrants and 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 have a few to lend out on a first-come, first-served basis.

Ages: 6+
 Time: 9:00 a.m.
 Dates and Locations:
 Saturday, September 10 at Nickajack Wetlands
 Thursday, October 6 at Wilderness Station FALL BREAK FUN
 Saturday, November 26 at Gateway Island
 Fee: Free
 Contact: Niki Jordan, 615-217-3017, njordan@murfreesborotn.gov

Survival Bracelets – FALL BREAK FUN

Who knew survival could come down to what you are wearing on your arm? Learn several different knots and styles of survival bracelets and some of the neat things they could be used for in a pinch. Then go home with your very own survival apparel.

Reservations Required.

Ages: 10 and up

Date: October 6

Day: Thursday

Time: 10:30 a.m.

Fee: \$3.00

Location: Wilderness Station

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 meet where we will continue to study and draw from the natural world.

Reservations are required.

Ages: Adult

Date: September 13, October 11, November 8

Day: 2nd Tuesdays of each month

Time: 5:00 p.m. – 7:00 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,
rohlssonsalmon@murfreesborotn.gov



Howl-O-Ween Twilight Trail

Enjoy a family friendly, not-so-spooky, alternative to the Halloween season. Load up on a hayride and experience the forest at dusk. Then stay and play at our Howl-O-Ween party. Games, puppet shows, story time, and live animals will make this the best Halloween celebration you have ever been to. When you are finished with the fun, the hayride will take you back to enjoy the rest of the Barfield Bash.

Ages: All

Dates: October 21 and 22

Day: Friday and Saturday

Time: 5:00 p.m. – 7:00 p.m.

Fee: \$4.00

Location: Wilderness Station

Contact: Wilderness Station, 615-217-3017.
Reservations are required.

Fall Leaf Animal Collages

Let your creativity loose and see what animal comes to life on your paper. We provide all the materials (frame included) and simple instructive examples, and you get to have all the fun! We will look at leaves, their colors, shapes, and patterns. Learn about the different tree species in our state while making a great gift idea for the holidays.

Ages: 8 and up

Date: November 12

Day: Saturday

Time: 2:00 p.m.

Fee: \$5.00

Location: Wilderness Station

Contact: Wilderness Station,
615-217-3017, outdoormurfreesboro@murfreesborotn.gov



Teachers, Homeschoolers, and Scouts:

Field Trips and Field Study opportunities 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 or check out our website at www.murfreesborotn.gov/parks under Wilderness Station or Greenway & Wetlands.





Family Campout - FALL BREAK FUN

It's still backpacking but made as family-friendly as possible. Begin with an easy 1 mile hike in to the campground. Once there, park staff will be on-hand to help you set up and settle in. Various activities will be planned throughout the night for you to choose to participate in or just relax in front of the campfire. Dinner and breakfast will be provided and are included in your registration fee. Guided Night Hikes, Owl Prowls, Children's Activities and Games, Campfire Fun, and Music will make this camping experience a night to remember.

Tents (2-person & 4-person), ground cloths, sleeping pads, and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Don't forget to schedule your Wilderness Awareness Workshop when you register – this workshop is required before you camp. Reservations are required.

Menu –

Dinner: Hotdogs or Campfire Pita Pizza, chips, drink

Dessert: S'Mores

Breakfast: Muffins, coffee, and orange juice

Ages: All

Date: Saturday, October 1 – Sunday, October 2

Check-in: between 4:00 – 6:30 p.m. at the Wilderness Station

Location: Barfield Crescent Backcountry Campground

Fee: \$10.00/Adult -- \$5.00/Children 5-12 – Children 4 and under are free with paying adult.

Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreeborotn.gov
Reservation required.

Wilderness Awareness Workshop

This program is required prior to camping at the Barfield Park Campground. This fun, light-hearted presentation is designed to include campground etiquette and Leave No Trace outdoor ethics.

Ages: 6 and up must attend before camping at the Barfield Campground

Date: Saturday, September 24

Time: 2:00 pm

Dates: Tuesday, September 27 and September 30

Time: 6:00 pm

Location: Wilderness Station

Fee: Free

Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreeborotn.gov

Campfire Circle

Campfires are filled with magic and make great memories for families, couples, and individuals. Join us on a fun and memorable adventure and leave your worries at home. First, meander along a paved trail at twilight for a guided nature hike. Fall is a busy time for the animals as they have to make preparations for the long winter ahead. Learn how they are getting ready and what adaptations they have to help them survive. Arrive at the glowing fire for a tasty treat, and then settle in for songs, skits, and friendships that ignite. It's fun for the whole family. A one-mile hike each way is required.

Ages: All

Dates: Saturday, October 15

Time: 6:30 p.m.

Date: Saturday, November 12

Time: 5:30 p.m.

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreeborotn.gov



Gourmet Campfire Cooking

You can prepare a whole gourmet meal with the help of a campfire. Come have fun as Wilderness Station staff leads you through cooking a delicious meal over the fire. Then enjoy your masterpiece in the crisp autumn evening. An approximately 1-mile hike each way on a paved trail is required. Reservations required.

Ages: 13 and up

Date: Saturday, October 15

Time: 4:00 p.m.

Fee: \$10.00

Location: Wilderness Station

Contact: Wilderness Station, 615-217-3017,
outdoormurfreesboro@murfreeborotn.gov





Family Kayak Float

Grab the family and paddle down the beautiful Stones River. Enjoy an adventure with your loved ones as we tour Murfreesboro from a different view. 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 are provided. Children must be at least 10 years old and accompanied by an adult.

Ages: 10 and up
 Dates: October 7 FALL BREAK FUN
 Day: Friday
 Time: 1:00 p.m.
 Date: November 5th
 Day: Saturday
 Time: 11:00 a.m.
 Fee: \$15.00 per person
 Location: TBA depending on water levels
 Contact: Wilderness Station, 615-217-3017, rsinger@murfreesborotn.gov



Adult Evening Kayak Float

Float down the cool, meandering Stones River, and forget about the hustle and bustle of city life. Enjoy the company of new and old friends as you appreciate your river experience and watch the day melt away. Share the evening with a loved one, or head out on a solo adventure. Wildlife, birds, and summer wildflowers are sure to appear on this excursion. Space is limited, and reservations are required. All equipment and instruction are provided.

Ages: Adult
 Date: September 16
 Day: Friday
 Time: 4:00 p.m.
 Fee: \$15.00 per person
 Location: TBA depending on water levels
 Contact: Wilderness Station, 615-217-3017, rsinger@murfreesborotn.gov

Adult Fall Hikes

Fall is in full swing, so come out and enjoy the beautiful colors, crisp air, and the beauty of nature as we hike along our paved trail for an easy stroll. A naturalist-led hike will let you experience the flavor of fall here at Barfield Crescent Park.

Ages: Adult
 Dates: October and November (No Adult Hike October 18)
 Days: Tuesdays
 Time: 9:00 a.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 615-217-3017, outdoor@murfreesboro.gov



Strollercoasters

Walk the Greenway for an hour each week with your child and stroller, and then "stay and play" for optional non-stroller activities for the kiddies. Enjoy meeting other parents and caregivers while you get in shape exploring the Greenway and spending time with your child. Anyone can join at anytime; no membership or registration is necessary.

Age: Birth - 5 years + adults
 Dates: September 1 - November 17
 Day: Thursdays
 Time: 9:00 a.m. - 10:00 a.m. to walk; then stay and play
 Location: Meet at Old Fort Park / Kids Castle
 Fee: Free
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov.
 In inclement weather, call 615-893-2141 or check the Murfreesboro Greenway Facebook page for cancellation information.





Greenway 100

Join the Greenway 100 club! Walk, run or bike 100 miles on the Greenway and receive a Greenway 100 t-shirt, car decal and certificate. After you register, you'll have one year to fill in your mileage on your Greenway 100 chart. Register at Sports*Com between September 1 and 30.

Ages: All ages
 Dates: September 1, 2016 – August 31, 2017, to walk, run or bike;
 Registration: September 1-30, 2016
 Fee: \$10
 Register: Sports*Com
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov

Greenway Art Festival

Sponsored by the Friends of the Greenway and Murfreesboro Parks and Recreation, this juried art show attracts talented artists from all over Middle Tennessee. Artists will be displaying and selling their works along the trail: oils, acrylics, watercolors, pottery, silversmithing, sculpture, glass and more. A kids' arts and crafts area will inspire your little ones to explore their creativity, and refreshments will be available from food vendors. Spend a relaxing Saturday enjoying art and nature along the Greenway.

Ages: All
 Date: Saturday, September 17
 Time: 10:00 a.m. – 4:00 p.m.
 Fee: Free
 Location: Old Fort Park
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov



Murfreesboro Half Marathon

The Tenth Annual Murfreesboro Half Marathon ("The Middle Half") will be held Saturday, October 8.

The 13.1-mile race is scheduled to start at 7:00 a.m. with a wheelchair start at 6:55 a.m. Because the course runs by the geographic center of Tennessee, begins and ends at Middle Tennessee State University it has been tagged "The Middle Half." The course goes down scenic tree-lined Main Street and Maney Avenue to Oaklands Historic House Museum. Runners will circle the Rutherford County Courthouse on the Square, pass by MTSU's Fraternity Row and the obelisk on Old Lascassas Highway, and then finish on the MTSU track. For more information, visit www.TheMiddleHalf.com



18th Annual Fall Harvest Hayride

Listen to live music as you toast marshmallows and eat s'mores around the campfire. An old-fashioned hayride along the Greenway is great fun for the whole family. Sponsored in part by the Friends of the Greenway.

Age: All
 Date: Thursday, November 10
 Time: 5:30 p.m. – 8:00 p.m.
 Fee: \$2 per person. Ages 2 and under, and Friends of the Greenway members are free. Price includes a hayride and one s'more; additional food sold separately.
 Location: General Bragg Trailhead
 Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov



PATTERSON PARK GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Burn 8:30 - 9:30 a.m.	AM Boot Camp/ Adult Gym Yoga/ Ex. Studio 8:30 - 9:30 a.m.	Metabolic Burn 8:30 - 9:30 a.m.	AM Boot Camp/ Adult Gym Yoga/ Ex. Studio 8:30 - 9:30 a.m.	Body Sculpt 8:30 - 9:30 a.m.	
Forever Fit 9:35 - 10:35 a.m.	Zumba 9:35 - 10:35 a.m.	Forever Fit 9:35 - 10:35 a.m.	Zumba 9:35 - 10:35 a.m.	Forever Fit 9:35 - 10:35 a.m.	Saturday Surprise 9:05 - 10:05 a.m.
Pilates 10:45 - 11:45 a.m.					
Yoga 4:20 - 5:20 p.m.	Zumba 4:30 - 5:30 p.m.	Yoga 4:20 - 5:20 p.m.	Zumba 4:30 - 5:30 p.m.	Yin Yoga 1:00-2:00 p.m.	
Step-n-Sculpt 5:30 - 6:30 p.m.	Thrash & Bash 5:35 - 6:35 p.m.	Step-n-Sculpt 5:30 - 6:30 p.m.	Cardio Kickboxing 5:35 - 6:35 p.m.		
Yoga 6:40 - 7:40 p.m.	Metabolic Burn 6:40 - 7:40 p.m.	PIYO 6:40 - 7:40 p.m.	Yoga 6:40 - 7:40 p.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.

Pilates

A method of exercise and physical movement designed to stretch, strengthen, and balance the body.

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) 7:30-8:30 a.m.		Yoga (Studio B) 7:30-8:30 a.m.			
Zumba 8:15 - 9:15 a.m.	Core Energy 8:00-9:00a.m.	Zumba 8:15 - 9:15 a.m.	Core Energy 8:00-9:00a.m.	Zumba 8:15 - 9:15 a.m.	Step/Tone 8:30 - 9:30 a.m.
R.I.P.P.E.D. 9:20-10:20 a.m.		R.I.P.P.E.D. 9:20-10:20 a.m.			
Retro Fit (Studio B) 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro Fit (Studio B) 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro Fit 9:15-10:00 a.m.	
Tumbleweeds* 10:15-11:00 a.m.	Tai Chi 10:30-11:15 a.m.	Tumbleweeds* 10:15-11:00 a.m.	Tai Chi 10:30-11:15 a.m.		
	Barre & (Studio B) 5:00-6:00pm		Barre & (Studio B) 5:00-6:00pm		
Total Body 5:15-6:15 p.m.	Step/Tone 5:15-6:15 p.m.	Zumba Toning 5:15-6:15 p.m.	Total Body 5:15-6:15 p.m.	Kickboxing 5:30-6:30 p.m.	
	Yoga (Studio B) 6:00 - 7:00 p.m.	Zumba Step 6:20 - 7:20 p.m.	Yoga (Studio B) 6:00 - 7:00 p.m.		
	Zumba 7:00-8:00 p.m.				

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 and 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.

R.I.P.P.E.D.

This class combines resistance, intervals, power, plyometrics, and endurance into one fun, calorie burning event.

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.

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 even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

X-Press

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

Yoga

This class focuses on improving balance and flexibility, as well as assisting in reducing stress. 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.





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: Tuesday
 Time: 10:30-11:15 am
 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: Thursday
 Dates: Ongoing
 Time: 10:30-11:30 am
 Location: Patterson Park Community Center
 Fee: \$4 or Premium Pass
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@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

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



Busy Bees

This 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, C.S.C.S., 615-893-7439, chill@murfreesborotn.gov

Homeschool PE Class

Our Homeschool PE classes are designed for ages 6-13 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: Ongoing (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
 Fee: \$3.00 or Premium Pass
 Contact: Chad Hill, C.S.C.S., 615-893-7439, chill@murfreesborotn.gov





AM Boot Camp

A high-intensity program designed to increase overall fitness. This program can help you get stronger, be more active, have more energy, get more confidence and vary your current workout program. Whether your goal is to lose weight, improve your level of fitness or just challenge yourself, this workout is for you. A wide variety of training techniques will be utilized, such as interval training, super sets, metabolic circuits and finishers.

Ages: 16 & up
 Dates: Ongoing
 Days: Tuesdays and Thursdays
 Time: 8:30 a.m. – 9:30 a.m.
 Location: Patterson Park Gymnasium or Multipurpose Field (weather permitting)
 Fee: \$4 or Premium Pass
 Contact: Chad Hill, C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Lift

Increase the efficiency of your workout: Incorporating power lifts while empowering you! Dispel the myth that lifting heavy weights makes you bulky. Reduce repetitions with increased weight. Build confidence, get out of your comfort zone, and improve bone density and body composition!

Ages: 16+
 Days: Mondays
 Dates: Ongoing
 Time: 6:15-7:00 am
 Location: Patterson Park Community Center
 Fee: \$4.00 or Premium Pass
 Contact: Tori McDaniel, 615-893-7439, vmcdaniel@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

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 am
 Saturday Beginners 10:30 am- 11:30 am
 Saturday Intermediate 11:30am – 12:30pm
 Location: Patterson Park Exercise Studio
 Fee: Contact Bret Hawkins
 Contact: Bret Hawkins, 615-895-4932, Bretkeithhawkins@att.net



Roll It

You've probably heard the term foam rolling, or simply "rolling" by now. Curious as to what all the hub bub is about? Come to our foam rolling class and learn techniques to help you loosen tight muscles and improve blood flow. Space is limited and preregistration is required. Price includes class and foam rollers.

Ages: 18 and up
 Date: September 16
 Day: Friday
 Time: 10:30am
 Location: Sports*Com
 Fee: \$20 (price includes massage balls)
 Contact: Allison Davidson, 615-895-5040, adavidson@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: October 10-November 14
 Day: Mondays and Wednesdays
 Time: 10:30am
 Location: Sports*Com
 Fee: Premium Pass
 Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

**Adults Only Play Time**

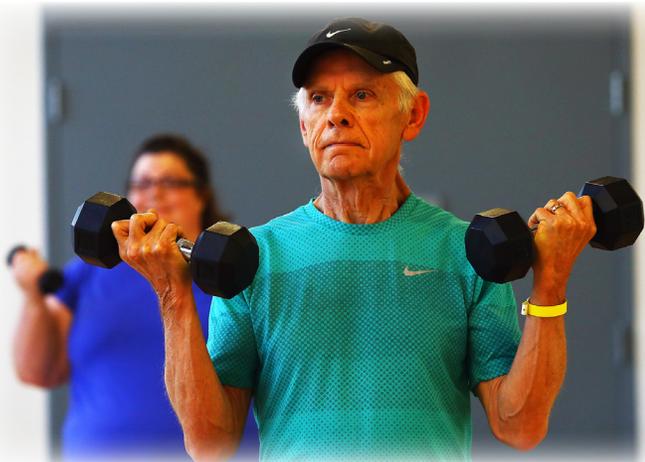
Let's put the fun back into working out. We'll set out the pickle ball equipment, corn hole, indoor horseshoes and a ladder ball toss. Bring some friends and play.

Ages: 18 and up
 Days: Tuesdays and Thursdays
 Time: 10:30am
 Location: Sports*Com
 Fee: \$2.00 or General Pass
 Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

**Santa Belly Bootcamp**

To assist you with your efforts not to gain a Santa belly over the holidays, we're adding a weight-lifting bootcamp to our class schedule. Come build muscle, burn fat and reduce some of your holiday stress.

Ages: 18 and up
 Date: November 6, 13 and 20
 Day: Sundays
 Time: 1:30-2:30 p.m.
 Location: Sports*Com Group Exercise Room
 Fee: Premium Pass
 Contact: Allison Davidson, 615-895-5040, adavidson@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

Bone UP

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



Pilates

Mind, Body, Core Strength, Core Stability. A method of exercise and physical movement designed to stretch, strengthen, and balance the body. It teaches body awareness, good posture and easy, graceful movement. Pilates also improves flexibility, agility and economy of motion.

Day: Monday
Dates: Ongoing
Time: 10:45-11:45 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



5 K Everyday Mystery Giveaways

1. Registration starts September 1st in the Sports*Com Weight Room.
 2. Move a 5k (3.1 miles) at the Sports*Com and receive an entry slip.
 3. Fill in the entry slip and place it in the box located in the weight room.
- Giveaway begins October 1st
4. A drawing will be held every weekday morning, and the daily winner posted in the Sports*Com weight room. (No need to be present to win). Claim your prize next time you work out. ** (only one entry per customer per day please) **
 5. Encourage your friends to join you.

P.S. The 5k can take place on the indoor track, treadmill, elliptical, bicycle or outdoor walking trail.

Age: Adult
Date: September 1 – October 31
Day: Everyday
Time: Open to close
Location: Sports*Com weight room, indoor track, and outdoor trails
Fee: \$2.00 or General Pass
Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov
Registration Required.



Salsa Making and Salsa Dancing with Barbara

Let your taste buds be your guide at this enjoyable event. This cooking, eating and dancing excursion begins as soon as you enter McFadden Community Center.

Once you arrive you'll meet your dancing salsa chefs who will lead you through this interactive hands-on, salsa making experience. Did you know that salsa, Spanish for sauce, has been traced back to Mexico's ancient Aztec culture? Although today's salsas don't include squash seeds or beans like the Aztec's recipes, they still remain an uncooked sauce, served either pureed or semi-chunky and made with a mix of tomatoes or tomatillos and ingredients that include onions, garlic and cilantro.

After you put on your apron, you'll get to work making salsas; fiery red, tangy green, and mango/melon. Many ingredients were grown in the Sports*Com and McFadden gardens. Once you've mastered your cooking skills, the dancing lesson begins. Your chefs will get you moving to the swinging sounds of salsa music, a traditional blend of African drum rhythms, mambo and other Latin dances.

Age: Adult
Date: September 13- 6-7pm or
September 14- 9-10am
Location: McFadden Community Center
Fee: \$5.00/person - Maximum of 15 participants
Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov
Registration Required.





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 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 to what is posted above.

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

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 Park

Personal Training

This is the year to take time for YOU! Take control of your health and well-being. Take a step in the right direction by working out with one of our certified personal trainers.

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 focus on results and stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. Improve technical skills.
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 on how to build a basic fitness program to achieve maximum results and continue on your own.
8. Work out 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!

A personal trainer can incorporate skills training into your program, so you improve your strength, endurance, agility and mental focus.

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

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.



Youth Basketball Sign-Ups



Ages: 5-17

Registration: October 1 – 31

Fee: \$50 per player

**Contact: Athletics, 615-907-2251,
athletics@murfreesborotn.gov**

For more details see page 18.

