

Shelbyville Recreation Center

Seniors, Fitness, Aquatics Special Events & Athletics Program Guide

Winter/Spring 2008
January 2-May 22, 2008
Fun, Family, Friendly Atmosphere
(931)684-9780
www.shelbyvilletn.org/reccenter.htm

Key Recreation Program Staff

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Shelbyville Parks and Recreation Mission Statement

To provide a well-orchestrated parks and recreation system which enhances family life and responds to our cultural diversity by emphasizing innovative programming, activities and special events for residents of all ages and cultures.

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Building Hours

Monday– Friday	5:30am-9:00pm
Saturdays	7:00am-7:00pm
Sundays	12:00pm-6:00pm

Hours are subject to change. The Recreation Center is closed in observation of the following holidays:

New Years– Jan. 1st
Easter– March 23, 2008
Labor Day– Sept. 1
Thanksgiving– Nov 27 & 28
Christmas– Dec 24 & 25

Game Room, Fitness Room, Walking Track & Gymnasium Hours

Monday– Friday	5:30am-8:45pm
Saturdays	7:00am-6:45pm
Sundays	12:00pm-5:45pm

Recreation Center programs have priority over all other functions and therefore hours are subject to change with or without advanced warning.

Visit our newly updated game room with air hockey and video games

Indoor Pool Hours

Open Swim

Monday- Friday	6:00am-7:00pm
Saturdays	9:00am-6:00pm
Sunday	12:00pm-5:00pm

Lap Swim

Lap lanes are available during any of the following times. They may be in the deep or shallow end due to programs that may be occurring in the deep end of the pool.

Monday-Friday	6:00am-7:00pm
Saturday	9:00am-6:00pm
Sunday	12:00pm-5:00pm

* The indoor pool will be closed on Sunday May 18 for Annual Aquatic Staff in-service.

**Outdoor Pool summer 2008 hours TBA.

Want to plan a pool party? Contact our front desk for party packages available at the Shelbyville Recreation Center.

Have a Special event that you need a place to host it? The Shelbyville Recreation Center has meeting rooms available to rent. Just stop by our front desk and reserve your room!

ALL PROGRAMS, CLASSES, TIMES AND EVENTS IN THIS PROGRAM GUIDE WERE CURRENT AT TIME OF PUBLICATION. ALL DATES AND TIMES ARE SUBJECT TO CHANGE AND/OR CANCELLATION WITH OR WITHOUT ADVANCED NOTICE.

Membership Options

Shelbyville Recreation Membership Fees	Single (Ages 5-49)	Household of 4	Senior (50+)	Senior Couple (Both 50+)
Full Membership R NR Corporate Rates	\$225.00 \$275.00 \$175.00	\$325.00 \$375.00 \$275.00	\$150.00 \$175.00	\$225.00 \$250.00
30 Day Trial R NR	\$40.00 \$50.00	\$50.00 \$60.00	\$30.00 \$40.00	Not Available
Summer Pool Pass R NR	\$100.00 \$125.00	\$150.00 \$175.00	\$75.00 \$100.00	Not Available
*Track Membership R NR	\$65.00 \$80.00	Not Available	\$55.00 \$65.00	Not Available
*Pool/Track Membership R NR Senior Pool Only R NR	\$195.00 \$245.00 Not Available	\$275.00 \$325.00 Not Available	\$140.00 \$165.00 \$100.00 \$125.00	Not Available
*Wellness/Track Membership R NR	\$195.00 \$245.00	Not Available	\$140.00 \$165.00	Not Available

Membership Details

- Full and 30 Day Trial memberships include the gymnasium, fitness room, swimming pools, walking track, racquetball courts, and center sponsored land and water aerobic classes. *Specify areas of participation.
- The Summer Pool Pass (available Memorial Day thru Labor Day) includes the indoor and outdoor swimming pools, waterslide, and water aerobic classes only.
- The Senior Track membership gives the participant only the opportunity to walk on the track.

Daily Fees

Full passes include the gymnasium, fitness room, swimming pools, walking track and center sponsored land and water aerobic classes.

Area passes are good for only the area paid for.

<u>Daily Full Pass</u>		<u>Daily Area Passes with Daily ID Card</u>	
		(ages 5-100)	
Family of 4	\$15.00	Gymnasium	\$3.00
Adult (18-49)	\$6.00	Swimming Pool	\$3.00
Senior (50+)	\$5.00	Fitness Room (16+)	\$3.00
Youth (5-17)	\$5.00	Walking Track	\$3.00
Child (4 & Under)	\$Free	Daily ID Card	\$1.00

ALL PEOPLE UNDER 18 ENTERING THE BUILDING THAT ARE NON-MEMBERS AND NON-PAYING DAILY PARTICIPANTS, MUST HAVE A PARENT/GUARDIAN APPLY FOR A NON-MEMBER BUILDING RESTRICTED PASS THAT IS INITIALLY FREE, BUT IS \$2.00 TO REPLACE A LOST CARD.

50 Plus/SilverSneakers® Club

The **Shelbyville Recreation Center** invites you to take part in its **50 Plus/SilverSneakers® Club.**

The goal of the 50 Plus/SilverSneakers® Club is to provide social activities for Bedford County citizens who are 50 and older that will allow them the opportunity to have fun, form friendships, improve health, and to socialize. Open to everyone age 50 or older. No membership required. For more details, contact Cindy Allen at (931) 684-9780.

Senior Fun & Games

Join your fellow seniors every **Thursday at 1:00pm** for the fun and fellowship of today’s favorite table games. Enjoy Bingo, BUNCO, Rook, UNO, Dominos, and many more of your favorite games. We play a different game each week so check the 50 Plus Club calendar at www.shelbyvilletn.org/parkrec or contact Cindy at (931)684-9780 to find out which game we are playing this Thursday.

Holiday Fun & Parties

Don’t forget to check the 50 Plus Club calendar or contact Cindy at (931) 684-9780 for the times and dates of our special Valentine and Easter activities for seniors.

Zodiac Birthday & BINGO Party

Join us each zodiac cycle as we celebrate those who have birthdays during this period. Enjoy the refreshments while trying to win a prize playing several fun games of BINGO.

This activity is open to everyone even if your birthday doesn’t fall within this month’s zodiac period.

Check the 50 Plus Club calendar to find out when our next party is scheduled.

Our Potluck Lunch & Gospel Singings

Enjoy the best gospel music and recipes in the area *the last Thursday of every month*. Come and enjoy a different performer(s) each month. Please bring a dish to share with your fellow seniors.

Free for everyone!!

Upcoming dates: January 31, February 28, March 27, and April 24.

SilverSneakers® Fitness Program

The *SilverSneakers® Fitness Program* is a unique physical activity program designed to encourage Medicare-eligible members to increase their physical activity. Based upon "fitness, fun and friends," the fitness center-based program incorporates fun, social programming with an exercise program that enhances independent living skills. The target market of SilverSneakers is Medicare-eligible populations, primarily age 65 and older with activity levels ranging from active to semi-sedentary.

SilverSneakers® Aerobic Classes

SilverSneakers® I - Muscular Strength & Range of Movement Aerobics Class - Tuesdays & Thursdays at 9:15am

SilverSneakers® YogaStretch Aerobics Class - (*Begins Jan. 7, 2008*) Mondays and Wednesdays at 10:15am-11:00am

SilverSneakers® SilverSplash Aquatics Class - (*Begins Jan. 8, 2008*) Tuesdays and Thursdays at 8:00am-8:45am

See class descriptions and cost on page 10 and 12.

SilverSneakers® Fitness Program Functional Fitness Assessment

The objective of the **SilverSneakers® Fitness Program Functional Fitness Assessment** is to provide a safe and effective variety of functional fitness tests specifically designed for independent adults age 65 and older. These tests provide information and feedback to participants on activities for daily living functions through recognized health- and skill-related fitness components: body composition, cardiovascular endurance, muscular strength and endurance, flexibility, speed, power, agility, balance, and coordination.

Free to anyone age 65 and older.

Contact Cindy Allen at (931)684-9780 to schedule a time for your personal assessment

Join Our Mailing List

If you would like to receive the 50 Plus/SilverSneakers® Club calendar and newsletter, contact Cindy at (931)684-9780 to join our mailing list

Exercise Master Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
8:00am	AQ - Arthritis	AQ – SilverSplash LD - Step @ 8:15	AQ - Arthritis LD - Senior Cardio Circuit @ 8:15	AQ - SilverSplash LD - Step @ 8:15	AQ - Arthritis	LD- Circuit Training @ 8:30
9:00am	AQ – Aquasize 2 LD - Tone Up	AQ - Mommy & Me LD - Silver Sneakers®: Muscular Strength & Range of Movement @ 9:15	AQ – Aquasize 2 LD - Tone Up	AQ- Mommy & Me LD- SilverSneakers®: Muscular Strength & Range of Movement @ 9:15	AQ – Aquasize 2 LD - Tone Up	
10:00am	AQ - Aquasize 1 LD – Yoga Stretch @ 10:15		AQ - Aquasize 1 LD – Yoga Stretch @ 10:15		AQ - Aquasize 1	LD – ZUMBA @ 10:30
4:00pm	AQ - Super Splash	LD - Training Zone	AQ - Super Splash	LD - Circuit Training		
5:00pm		LD - Circuit Training @ 5:15		LD – YOGA @ 5:15		
6:00pm		AQ - Aquasize 3 LD - Fitness Basics @ 6:15		AQ – Aquasize 3 LD – ZUMBA @ 6:30		

Land Exercise Programs

SilverSneakers® I - Muscular Strength & Range of Movement Tuesdays & Thursdays at 9:15am

Cost: Free

Participants have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® YogaStretch

Starts January 7, 2008!!

Mondays & Wednesdays at 10:15am

Cost: Free to SilverSneakers® members and All Rec Center Members Age 50 & older / Everyone Else: \$1.00 per person

Participants will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final stretch relaxation will promote stress reduction and mental clarity. Participants do not have to remove their shoes. No floor poses will be offered.

Step

Tuesday & Thursday at 8:15am

*Cost: **Free to Members**, \$2.00/class*

Come and improve your muscle strength and flexibility while toning your body. This class is for all fitness levels

Tone Up

Monday, Wednesday, & Friday at 9:00am

*Cost: **Free to Members**, \$1.00 for Seniors, \$2.00/class* Come and improve your muscle strength and flexibility while toning your body. This class is for all fitness levels.

Senior Cardio Circuit

Wednesday @ 8:15am

Cost: Free

Combine fun with fitness to increase your cardiovascular and muscular endurance. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

Circuit Training

Tues. at 5:15pm, Thurs. at 4:00pm, & Saturday at 8:30am

*Cost: **Free to Members**, \$2.00/class*

This class offers alternating segments of cardiovascular work with strength training.

Fitness Basics

Tuesday at 6:15pm

*Cost: **Free to Members**, \$2.00/class*

This class features easy and effective aerobics, strength training, and stretch. This class is slow on pace and high on motivation!

YOGA

Thursdays at 5:15pm

Cost: \$3.00 per class

This class improves strength and flexibility using various stretching movements. It is a great class for toning and relieving stressed muscles after a day of work as well as a great way to get relaxed while you are working the muscles in your body. This class is good for all fitness levels especially those who want to improve flexibility.

Instructor: Kelli Martin

ZUMBA

Thursdays at 6:30pm

Saturdays at 10:30am

Cost: \$3.00 per class

Dance your way to a fitter you with exciting and unique Latin moves and rhythms. Zumba, the class that is taking the world by storm!

Instructor: Addy Fahrenkrug

Training Zone

For Girls Age 12-18

Tuesdays at 4:00pm

Cost: \$3.00 per class

Enjoy an energizing and fun aerobic workout set to upbeat music. Burn calories, tone muscles, and improve coordination and flexibility.

Instructor: Sharon Byrd

Middle Tennessee

Martial Arts

“Olympic Style” Taekwondo

Taekwondo is suitable for men, women, and children of all ages. It provides physical fitness, self-discipline, body flexibility, practical self-defense, increased self-confidence, and weight control.

Taekwondo Class Times

Lil' Dragons (4-6 yr. old) *Wed & Fri at 4:45pm*

Children *Wed & Fri at 5:25pm*

Teen/Adults *Wed & Fri at 6:30pm*

Family Class *Mondays at 6:30pm*

Instructor: Robert Daniel

Sign up today for a complimentary orientation, evaluation and/or personal training session with our Fitness Coordinator, Kathy Harwell. Sign up on the bulletin board in our Fitness Room!

Water Exercise Programs

ARTHRITIS FOUNDATION

AQUATICS CLASS

A warm water exercise program that works out those squeaks and creaks. You will perform gentle exercises without straining joints and muscles.

Cost: Free to Members

\$1.00 per class all ages

Mon/Wed/Fri at 8:00am

SilverSneakers®

SilverSplash

Starts January 8, 2008!!

SilverSplash offers *LOTS* of fun shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required, & a special SilverSneakers® kickboard is used to develop strength, balance, and coordination.

Diabetic participants are required to wear aquatic footwear.

Cost: Free to SilverSneakers® members & SRC Members or \$1.00/class all ages

Tuesdays and Thursdays

8:00am-8:45am

AQUASIZE

(SHALLOW WATER AEROBICS)

A water fitness class that will get you toned up in no time! Shallow water aerobics at your fitness level!

Cost: Free to Members,

\$2.00/per class 18-49yrs, Seniors \$1.00/per class

Aquasize 1: M/W/F 10:00am (Medium Intensity)

Aquasize 2: M/W/F 9:00am (Medium-High Intensity)

Aquasize 3: Tues/Thurs 6:00pm (High Intensity!)

SUPER SPLASH
(DEEP WATER AEROBICS)

This class is conducted in the DEEP end of the pool. No swimming ability is required, just comfort in the water. Float belts and/or noodles are used for support. It is a high intensity, low impact on joints aerobic class. It tones, strengthens and increases endurance.

Cost: **Free to Members**,

\$2.00 18-49yrs, Seniors \$1.00,

Mon/Wed 4:00pm

Mommy & Me Water Workouts

Adult & Child (6months-2 years). Make a splash and get fit in this fun water class. Combines fitness and water confidence for both mom and child. Strengthen your body and your relationship.

One adult is required for each child.

Tuesdays & Thursdays 9:00am-9:30am

Cost: **Free to Members** or \$1.00 per Adult

Aquatic Specialty Programs

Lifeguard Training

This course is designed to train and certify you as a American Red Cross Lifeguard. Prerequisites are: be at least 15 by the last class scheduled (proof is required), swim continuously 300 yds. (100 free, 100 breast, 100 choice of free/breast); then swim 20 yds, submerge and retrieve an object from the bottom, surface, return and exit water in 1 min 40 sec. Successful completion of this course will certify you in Life Guarding with First Aid, CPR/AED for the Professional Rescuer, and Administering Emergency Oxygen may be offered. Must attend ALL classes, perform all required skills and score 80% or better on written test. Cost: \$140.00

Class 1

Fri./Sat./Sun./Mon
9-5, 9-6, 12-6, 9-3
Feb.15-Feb 18, 2008

Class 2

Thurs/Fri/Sat/Sun
4-9, 9-6, 9-6, 12-6
April 24-April 27, 2008

Class 3

Tues/Thursdays
4-9pm
April 29- May 15, 2008

*Classes will fill up fast, so register ASAP!
Summer guards will be needed at the Rec. Center

First Aid & CPR/AED Training

Sat. Feb. 23 First Aid 9:00am-12:00pm
 CPR/AED 12:30pm-5:00pm

Sat. Apr. 12 First Aid 9:00am-12:00pm
 CPR/AED 12:30pm-5:00pm

Cost

\$50 for both First Aid & CPR/AED
must register for both at time of sign-up
OR

\$35 for each course

**Courses may be cancelled due to
low registration.**

CPR includes Adult, Child and Infant
AED includes Adult and Child

Shelbyville Recreation Youth Competitive Stroke

Has your child mastered the basics of swimming? Are they ready to take it to the next level?

This program works on endurance and stroke development for children and teens age 17 and under. Enrollment is by the month with 12 classes each month!

Class Times

Tuesdays & Thursdays 4:00-5:30pm
Saturdays 8:30-10:00am

Cost

Full Members: \$20/month
Non-Members: \$30/mont

Aquatic Specialty Programs **Swimming & Water Safety Classes**

We use the American Red Cross Learn-to-Swim Program. This program includes classes for all skill levels and all ages. Each session includes eight 30-minute classes with a certified instructor.

Session Dates

Session A
Saturdays Jan. 5 - Feb. 23
Session B
Tues/Thurs Feb. 5 - Feb. 28
Session C
Saturdays Mar 8 - Apr 26
Session D
Tues/Thurs Apr 1 - Apr 24

See Pam or Rob at the pool for class times and placements.

Cost Per Session

Full Member: \$40.00 per child
Non-Members: \$50.00 for the first child
\$45.00 for each additional child
Parent/Child: \$30.00 per child

Shelbyville Recreation Center United States Masters Swimming

We provide the facility, coaches, workouts & technique development for adults age 18 and older.

Cost

Full-Members

Individual expenses, No Monthly fees, & US Masters Swimming Registration

Pool/Track Members

Individual expenses, \$20/month

Non-Members

Individual expenses, \$25/month

Practices

Tues & Thurs 6:00-7:30am and/or
7:30-9am
Saturdays 7:00-8:30am

USA Coaches: Rob Toon & Pam Henry

Pool Area Special Events

Flick'n Float

Bring your favorite float & join us for a "Movie under the starsin the POOL?"

Friday, March 14

5:30pm-7:00pm

Cost: \$3.00/person or \$6.00/family

(Movies to be announced)

Children must be accompanied by a SWIMMING Adult 18 yrs of age

Family Fun Nights in the POOL!!

Looking for a Family activity?

Join us for pool games and events from 6:00pm-7:00pm on the following Friday nights:

February 22 & April 11

\$3.00/person OR \$6.00/family

Children must be accompanied by a SWIMMING Adult 18 years of age

Recreation Center Special Events

Summer Camp Sign-ups

Summer camp sign-ups begin **May 1st** for **children ages 7-11.**

Camp runs June 2 thru August 1st

Call Jennifer Swann at 684-9780 for more information.

Space is Limited

Crayon Color Hike

For toddlers ages 3-5.

Cost: Free

Join us every Monday in April and May at 10:00am as we experience the wonders of nature and the joy of coloring

Daddy/Daughter Date Night

Join us on **Friday February 8th**

from 6:00pm-8:00pm for our **Daddy/Daughter Dance.**

For girls ages 5-12.

Cost is \$25 per couple and \$10 for each additional child.

Enjoy the Rock N' Roll fun and dancing, refreshments, and party favors, and a photographer will be available for pictures.

Tickets can be purchased beginning January 7 at the Rec Center.

Craft Classes

Every month the Shelbyville Recreation Center offers two craft classes for Bedford County citizens

Wanda's Crafts allow participants to take part in fun scrapbook, stamping, and cardstock projects

In **Cherry's Crafts**, participants create their own home décor projects.

Check the 50 Plus Club calendar or contact Cindy at (931)684-9780 for class dates and projects.

Participants must pre-register for all craft classes by calling Cindy at (931)684-9780 or by signing up at the Shelbyville Recreation Cent

Make your plans now to join us for our July 4th Celebration in the Park!!!

Athletics & Leagues

Shelbyville Parks & Recreation Youth Basketball League

Boys and Girls

Ages: 7-14

Season Ends February 2

Player & Team Picture Day

January 12th

Contact Jakob Stephens at 684-9780 for more details.

Basketball Skills Competition

This program is a skills competition
for **boys and girls** between the **ages of 9-12** to compete individually against their peers.

January 7th at 6:00pm

Contact Jakob Stephens at 684-9780 for more details.

League Contacts

Youth Baseball

Chris Thomas 695-3040

Youth Softball

Randy Simpson 389-9974

Adult Open Softball League

Steve Lovvorn 684-8143

Church Softball League

David Simpson 389-9974

Youth Soccer

Monica Lewis 389-0603

Legion Baseball

Jerry Naron 684-1452

Adult Baseball

Jimmy Simmons 684-5605

Youth Basketball

Jakob Stephens 684-9780

Adult Basketball & Volleyball

Jakob Stephens 684-9780

Tennis

Doyle Hutton 437-2160

Cheerleading

Malina Richardson 580-0094

Adult Flag Football

Steph Smith 684-5253

Youth Football

Tammy Perryman 680-7284

Swim Team

Pam Henry (Coach) 615-299-6476

Martial Arts

Robert Daniels 684-0244

Bedford County Senior Olympics

Cindy Allen 694-9780

Adult Volleyball League

Anyone interested in participating in the 2008 season should attend a league meeting
on **January 17 at 6:00pm**.

Season will start in February.

Contact Jakob Stephens at 684-9780 for more details.

COMING SOON

Youth Baseball & Softball Signups

Dates: TBA

Disc Golf

Spring 2008

Bedford County Senior Olympics

March 17-21, 2008

The Shelbyville Parks & Recreation Department is pleased to announce that in March 2008 it will host the Bedford County Senior Olympic Games for anyone age 50 and older. The games will include a variety of activities to meet the varied interests of Bedford County's seniors.

To kickoff the Bedford County Games, the Shelbyville Recreation Center will host a

"The Games are Coming"

on

February 22, 2008 from 8:00AM-10:00AM and 5:00PM-7:00PM. During this event, seniors will be able to familiarize themselves with the many events that are offered. Rules for all the events will be available for those interested in participating, and many of the events will be on display for seniors to tryout. Participant will also have the opportunity to register for the March games and to sign up to practice for their events at the Shelbyville Recreation Center at no charge.

Senior Olympic events include: archery, badminton, tennis, table tennis, bowling, softball, basketball, golf, track & field, racquetball, shuffleboard, horseshoes, pickle ball, volleyball, cycling, swimming, and road races.

Be sure to mark your calendars for the kickoff event and the games in March, but remember, the ultimate goal of the games is for Bedford County's seniors to get fit, make friends, and have FUN!!!

Get Fit Bedford Kickoff

Join us on **January 5th from 10:00am-12:00pm**

at the Shelbyville Recreation Center

for the Get Fit Bedford kickoff event.

Visit the Health Fair for Free Health Assessments!

Enjoy Bedford County's Biggest Twister Scramble and Dance Revolution!

Free Give-A-Ways!!!

Prizes for Participation!!!

Mission: To promote a healthy lifestyle through education, programs, and activities available in the Bedford community for all ages.

**Look for the Get Fit Bedford Icon throughout this brochure that highlight Get Fit programs*