WELCOME!

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

Please come join us in our mission today!

IN THIS ISSUE:

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

MARK YOUR CALENDARS!

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

“Outdoor KnoxFest”
April 24-26, 2015

“City of Knoxville Billiards Tournament”
City of Knoxville Senior Centers
March 2015

“Our F Giuliet”
March 7, 2015

“Let’s Move!”
May 2, 2015
Victor Ashe Park

“Older American’s Month”
May 2015
City of Knoxville Senior Centers

MAYOR
Madeline Rogero

DEPARTMENT OF PARKS AND RECREATION
Joe Walsh, Director

PARKS AND RECREATION
ADMINISTRATIVE OFFICE
Suite 303
City/County Building
400 Main Street, Knoxville TN 37902
865-215-2091
www.cityofknoxville.org/recreation

Find and follow us on:
<table>
<thead>
<tr>
<th>Recreation Center</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cal Johnson Recreation Center</td>
<td>507 Hall of Fame Drive (37917)</td>
<td>865-522-3177</td>
</tr>
<tr>
<td>Cecil B. Webb Recreation Center</td>
<td>923 Baker Avenue (37920)</td>
<td>865-577-0651</td>
</tr>
<tr>
<td>Christenberry Community Center</td>
<td>931 Oglewood Avenue (37017)</td>
<td>865-637-5991</td>
</tr>
<tr>
<td>Cumberland Estates Recreation Center</td>
<td>4529 Silver Hill Drive (37921)</td>
<td>865-588-3442</td>
</tr>
<tr>
<td>Deane Hill Recreation Center</td>
<td>7400 Deane Hill Drive (37919)</td>
<td>865-690-0781</td>
</tr>
<tr>
<td>Dr. E.V. Davidson Community Center</td>
<td>3124 Wilson Avenue (37914)</td>
<td>865-971-4746</td>
</tr>
<tr>
<td>Inskip-Norriswood Recreation Center</td>
<td>301 W. Inskip Drive (37912)</td>
<td>865-687-6321</td>
</tr>
<tr>
<td>John T. O’Connor Senior Citizen’s Center</td>
<td>611 Winona Street (37917)</td>
<td>865-523-1135</td>
</tr>
<tr>
<td>Knoxville Adaptive Recreation Center</td>
<td>2235 Dandridge Avenue (37915)</td>
<td>865-525-9080</td>
</tr>
<tr>
<td>Larry Cox Senior Center</td>
<td>3109 Ocoee Trail (37917)</td>
<td>865-546-1700</td>
</tr>
<tr>
<td>Lonsdale Recreation Center</td>
<td>2700 Stonewall Street (37921)</td>
<td>865-546-0696</td>
</tr>
<tr>
<td>Milton Roberts Recreation Center</td>
<td>5900 Asheville Highway (37924)</td>
<td>865-546-4536</td>
</tr>
<tr>
<td>New Hope Recreation Center</td>
<td>1905 McMinn Street (37917)</td>
<td>865-523-9003</td>
</tr>
<tr>
<td>Richard Leake Recreation Center</td>
<td>3511 Alice Bell Road (37917)</td>
<td>865-525-2031</td>
</tr>
<tr>
<td>South Knoxville Community Center</td>
<td>522 Old Maryville Pike (37920)</td>
<td>865-573-3575</td>
</tr>
<tr>
<td>West Haven Recreation Center</td>
<td>3622 Sisk Road (37921)</td>
<td>865-546-1315</td>
</tr>
</tbody>
</table>

NEED TO RENT A RECREATION CENTER OR PARK SHELTER FOR A SPECIAL EVENT OR PARTY?
CONTACT:
RECREATION CENTER RENTAL
865-215-1414
PARK SHELTER
865-215-1413
Pickleball!

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

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

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

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

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

**Friday**
*2:00pm-3:00pm at Inskip
- 3:00pm-5:30pm at Inskip

*geared for beginners

**Cross Training with “D”!**

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

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

**Beginners Yoga!**

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

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

Richard Leake Recreation Center
Mondays at 6:00pm-7:00pm
Instructor: Sheila von Mayer
March 16, 2015-May 25, 2015
$3.00/class -OR-
$25/10 class punch pass

Go the Round with Roderick!

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

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

Open Gym Volleyball!

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

Larry Cox Senior Center
Tuesdays at 1:00pm-2:00pm
Instructor: Sheila von Mayer
March 17, 2015-May 26, 2015
$3.00/class -OR-
$25/10 class punch pass

Contact the Knoxville Arts and Fine Craft Center for details of their fitness classes!
Call 865-523-1401 or visit http://www.cityofknoxville.org/

ENJOY THE SUN AND THE OUTDOORS BY USING ONE OF OUR MANY PARKS, GREENWAYS AND TRAILS. VISIT www.cityofknoxville.org/greenways FOR A COMPLETE LISTING!
**South Knoxville Community Center Pool**

Call 865-579-3122 for more information!

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM</td>
<td>Open Lap Swim 6:00-8:00</td>
<td>Open Lap Swim 6:00-8:00</td>
<td>Open Lap Swim 6:00-8:00</td>
<td>Open Lap Swim 6:00-8:00</td>
<td>Open Lap Swim 6:00-8:00</td>
</tr>
<tr>
<td>7:00AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00AM</td>
<td>Aqua Sprint 8:15-8:45</td>
<td>Aqua Sprint 8:15-8:45</td>
<td>Aqua Sprint 8:15-8:45</td>
<td>Aqua Sprint 8:15-8:45</td>
<td>Aqua Sprint 8:15-8:45</td>
</tr>
<tr>
<td>9:00AM</td>
<td>Gentle Joints 9:00-9:45</td>
<td>Deep Water Aerobics 9:00-10:00</td>
<td>Gentle Joints 9:00-9:45</td>
<td>Deep Water Aerobics 9:00-10:00</td>
<td>Gentle Joints 9:00-9:45</td>
</tr>
<tr>
<td>10:00AM</td>
<td>Aqua Aerobics 10:30-11:30</td>
<td>Aqua Aerobics 10:30-11:30</td>
<td>Aqua Aerobics 10:30-11:30</td>
<td>Aqua Aerobics 10:30-11:30</td>
<td>Aqua Aerobics 10:30-11:30</td>
</tr>
<tr>
<td>11:00AM</td>
<td>Open Swim 11:00-3:00</td>
<td>Open Swim 11:00-3:00</td>
<td>Open Swim 11:00-3:00</td>
<td>Open Swim 11:00-3:00</td>
<td>Open Swim 11:00-3:00</td>
</tr>
<tr>
<td>12:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

---

**Knoxville Adaptive Recreation Center**

Call 865-525-9080 for more information!

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00AM</td>
<td>Open Swim 8:00-9:00</td>
<td>Open Swim 8:00-9:00</td>
<td>Open Swim 8:00-9:00</td>
<td>Open Swim 8:00-9:00</td>
<td>Open Swim 8:00-9:00</td>
</tr>
<tr>
<td>9:00AM</td>
<td>Arthritis Foundation Class 9:00-9:45</td>
<td>Open Swim 9:00-11:00</td>
<td>Arthritis Foundation Class 9:00-9:45</td>
<td>Open Swim 9:00-11:00</td>
<td>Arthritis Foundation Class 9:00-9:45</td>
</tr>
<tr>
<td>10:00AM</td>
<td>Open Swim 9:45-10:30</td>
<td>Open Swim 10:30-11:15</td>
<td>Arthritis Foundation Class 10:30-11:15</td>
<td>Open Swim 10:30-11:15</td>
<td>Arthritis Foundation Class 10:30-11:15</td>
</tr>
<tr>
<td>11:00AM</td>
<td>Arthritis Foundation Class 11:00-11:30</td>
<td>Arthritis Foundation Class 10:30-11:15</td>
<td>Arthritis Foundation Class 10:30-11:15</td>
<td>Arthritis Foundation Class 10:30-11:15</td>
<td>Arthritis Foundation Class 10:30-11:15</td>
</tr>
<tr>
<td>11:30AM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00PM</td>
<td>Open Swim 11:15-3:00</td>
<td>Open Swim 11:30-3:00</td>
<td>Open Swim 11:15-3:00</td>
<td>Open Swim 11:30-3:00</td>
<td>Open Swim 11:15-3:00</td>
</tr>
<tr>
<td>1:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00PM</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

---

**American Red Cross**

*It all begins with Learn-to-Swim.*

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

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

City of Knoxville
Parks and Recreation
Knoxville, TN

Authorized Aquatics Training Provider

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

---

**OUR CERTIFIED AMERICAN RED CROSS INSTRUCTORS ALSO FACILITATE COURSES IN:**

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

Call 865-525-9080 or email rllove@cityofknoxville.org TODAY!
DYNAMIC SPORTS

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

**Spring 2015 Programs**
**April 6-May 22, 2015**
- Bocce Ball
- Flag Football
- Wheelchair Basketball (Mondays from 3:00pm-5:00pm)
- Pickleball (Tuesdays from 3:00pm-5:00pm and Fridays from 2:00pm-5:30pm)
SEASONAL EVENTS AND PROGRAMS

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

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

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

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

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

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

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

GET READY!
OUTDOOR KNOXFEST
APRIL 25-26, 2015

REGISTER HERE!!

SATURDAY MARCH 7TH!
11AM-2PM Downtown Knoxville

MARDI GROWL
2nd Annual
2015
ATHLETICS OFFICE

Aaron Browning, Athletics Coordinator
Jerry Dills, Officials Coordinator

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

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

Follow us on Twitter: @knoxathletics

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

ADMINISTRATIVE OFFICE

Leonard Blair
Recreation Area Supervisor
865-215-1405

Vinnie Brown
Recreation Area Supervisor
865-215-1409

Nikki Crutcher
Sports Outreach Coordinator
865-215-1419

Angie Davidson
Recreation Program Coordinator
865-215-1406

Kathleen Gibi
Public Affairs Specialist
865-215-2091

Lori Goerlich
Parks and Greenways Coordinator
865-215-2807

Kristin Manuel
Superintendent of Recreation
865-215-1414