

BRISTOL TENNESSEE PARKS & RECREATION



Winter
2017

BRISTOL TENNESSEE PARKS & RECREATION

Don't Forget To Play!

Parks & Recreation Division

Director of Parks & Recreation

Terry Napier 764-4023

Main Office—Slater Center

764-4023

Senior Adult Programs

Mallory Cross 764-4012

Mike Ratliff 764-4036

Parks & Facilities

Stephen Berry 989-5581

Recreation Superintendent

Mike Musick 764-4026

Recreation & Athletic Programs

Randall Cross 989-5275

Sandra Cole 764-4048

Becky Olinger 764-4006

Steele Creek Nature Center

Jeremy Stout 989-5616

Steele Creek Golf Course

764-6411

Steele Creek Park

Shelters	1/2 Day	Full Day
Lodge (Main Room)	\$85.00	\$135.00
Party Room	\$40.00	\$65.00
Kitchen	\$20.00	\$30.00
Rotary, Civitan or G	\$45.00	\$70.00
VFW	\$40.00	\$65.00
A, B, C, D, or F	\$35.00	\$55.00
Amphitheater		\$100.00

Rental times: 9:00am - 2:30pm

3:30pm - 9:00pm

**If using Kitchen, Lodge Main Room must also be rented.

***Non-Profit organizations with assigned number receives 50% off shelter rates.

Must show written non-profit number when paying for shelter. One per year

Anderson Park Reservations

\$30.00 per hour / Minimum of two hours

Slater Center (Rates are hourly)

Classrooms	\$20.00
Gymnasium	\$30.00
Cafeteria	\$35.00
Auditorium	\$55.00

**Additional fees will apply to Saturday or Sunday rentals.

Whitetop Creek Park

	1/2 Day	Full Day
Rotary Pavilion	\$55.00	\$85.00

Rooster Front Park

Shelter Rental	\$35.00	\$55.00
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Charlie Robinette Park

Shelter Rental	\$45.00	\$70.00
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For athletic field rentals at Whitetop Creek Park, please contact Sandra Cole 764-4048

To reserve your shelter & pay online go to <http://bristoltn.recdesk.com>

Slater Community Center Hours: Monday - Thursday 7:30am - 8:00pm

Friday 7:30am - 5:00pm Closed Saturday & Sunday

SENIORS IN ACTION JANUARY & FEBRUARY CLASSES & WEEKLY EVENTS

Events at Slater Community Center, 325 McDowell St., Bristol, TN, unless noted.
Bristol TN Residents, no charge. Non-residents \$120 annually or SilverSneakers Card.
Activities for ages 50+ Call 423-764-4012 for more information

MON

GYM	CLASSES
Women, Weights & Tone w/Allie Stollings 8:30-9:15 AM	Barre Fitness w/Lark Adams & Dawn Roller 8:30 AM
Fit Combo w/Denise Bourne 9:15-10:00 AM	Yoga & Meditation w/Dolores Champagne 9:30 AM
SilverSneakers Cardio w/Pat Fields 10:00-11:00 AM	Bridge 10:00 AM
Line Dance w/Linda Roberts 11:00 AM-12:00 PM	Yoga 101 w/Kathy Fisher 11:00 AM
Pickle Ball 12:30-5:00 PM	TABATA w/Elaine Rock 5:15 PM

TUES

GYM	CLASSES
Tone & Burn w/Lark Adams 8:30-10:00 AM	Watercolor w/Doris Crusenberry 9:00 AM & 1:30 PM
Strength Training w/Denise Bourne 9:15-10:00 AM	
SilverSneakers w/Pat Fields 10:00-11:00 AM	
Cardio Dance w/BJ Goliday 11:00 -12 noon	
Basketball 12:00-3:00 PM	

WED

GYM	CLASSES
Kettle Bells w/Linda Stollings 8:30-9:15 AM	Barre Fitness w/Lark Adams & Dawn Roller 8:30 AM
Wed Workout w/Denise Bourne 9:15-10:00 AM	Acrylics & Oil Painting w/Lisa Sneed 9:30 AM -3:00 PM
SilverSneakers Cardio w/Pat Fields 10:00-11:00 AM	Bible Study w/Yvonne Martin 10:30 AM
Line Dance w/Linda Roberts 11:00 AM-12:00 PM	Yoga 101 w/Kathy Fisher 11:00 AM
Pickle Ball 12:30-5:00 PM	Computer Tutor w/Sarah Brooks Appointment Only

CLASSES & WEEKLY EVENTS (cont.)

THURS

GYM

Tone and Burn w/Lark Adams
8:30-9:15 AM
Strength Training w/Denise Bourne
9:15-10:00 AM
SilverSneakers w/Pat Fields
10:00-11:00 AM
Carido Dance w/BJ Goliday
11:00 -12 noon
Basketball 12:00-3:00 PM

CLASS

Creative Writing 9:30 AM
TABATA w/Elaine Rock 5:15 PM

FRI

GYM

Kettle Bells w/Linda Stollings
8:30-9:15 AM
Move and Groove w/Denise Bourne
9:15-10:00 AM
SilverSneakers w/Pat Fields
10:00-11:00 AM
Line Dance w/Linda Roberts
11:00 AM-12:00 PM
Pickle Ball 12:30-5:00 PM

CLASSES

Barre Fitness w/Lark Adams and Dawn Roller 8:30 AM
Yoga w/Dolores Champagne 9:30 AM
Acrylics and Oil Painting w/Lisa Sneed
9:30 AM-12 NOON
Studio Class Setting/artist facilitated
Therapeutic Tai Chi/Chi Kung w/Dolores Champagne 10:45 AM

PERSONAL TRAINING & WEIGHT MANAGEMENT WITH DENISE BOURNE

Personal Trainer and Weight Loss Certified

Make an appointment for 30 or 60 minute sessions. \$7 for 30 min.



TRIPS

- *Arrive 15 minutes before departure time
- *Pay when registering
- *Return time approximate
- *Refunds given if you can be replaced
- *Bring jacket- van air conditioner could be on
- *NO SMOKING 10 MIN. PRIOR TO BOARDING VAN (some people are allergic)
- *NO PERFUME OR COLOGNE (some people are allergic)
- *NO FOOD OR DRINKS ON VAN (exception: water)



BASKETBALL TIME IN TENNESSEE

HANK WILLIAMS: LOST HIGHWAY

Thurs., February 16

Wohlfahrt Haus Theater

VALENTINE TREAT: "The spectacular musical biography of the legendary singer-songwriter frequently called on of the great innovators of American popular music. The show follows Williams' rise from his beginnings on the Louisiana Hayride to his triumphs on the Grand Ole Opry to his eventual self-destruction at twenty nine."

Depart 10:30 AM

Return: 5:30 PM

Transportation & Ticket:

Transportation & Ticket: \$30

Departure Time

LADY VOLS vs:

Notre Dame	Mon., Jan. 16	4:00 PM
Vanderbilt	Sun., Jan. 22	2:00 PM
LSU	Thurs., Feb. 2	4:00 PM
Texas A&M	Sun., Feb. 12	11:00 AM
Florida	Thurs., Feb. 23	4:00 PM

AVAILABLE DAILY

SENIOR EXERCISE ROOMS Ages 50+

Mandatory Orientation Session before use of rooms. Call 423-764-4023 for appointment.

EXERCISE ROOMS OPEN Mon-Thurs 7:30 AM-8:00 PM Fri 7:30 AM-4:45 PM

LUNCH RESERVATIONS Ages 60+ Call Mike Ratliff at 423-764-4036 or 423-491-1253.

TRANSPORTATION offered daily to and from Slater Center, doctor appointments, etc. Call Frank Perry at 423-646-5216 to schedule transportation.

COMPUTER TUTOR SARAH BROOKS



Got questions about computer, cell phone, lap top, iPads & other electronic devices? Make a 30 minute appointment to see Sarah on Wednesdays from 9:00 AM-12 noon. NO CHARGE!

Bristol Tennessee Parks & Recreation Winter Evening Youth & Adult Classes

Pre-registration is required for evening classes and events. Register and pay at the Parks and Recreation Office during regular business hours at 325 McDowell Street, or online at <http://bristoltn.recdesk.com>. For additional information on classes and seminar, please contact Becky Olinger at 423-764-4006.

Cardio PiYo Circuit Mix: Tuesdays & Thursdays at 6:15 pm Instructor: Taffie Barb Cost: \$30.00 for 8 weeks Begins: 1-10-17 Ages: 16 & up. Good class for Beginners, Intermediate, and Advanced Fitness Levels.

This class combines it all cardio, strength, balance, and Pilates to burn calories, strengthen and sculpt the body.

Gentle Flow Restorative Yoga: Mondays at 6:00 pm Instructor: Maggie Fuller Cost: \$40.00 for 6 weeks Begins: 1-9-17 Ages: 16 & up Good class for all fitness levels.

Get a connection of breath and body movement as you gain a peace of mind in this low impact workout.

Yoga: Tuesdays at 6:15 pm Instructor: Amie Odum Cost: \$50.00 for 8 weeks Begins: 1-10-17 Ages 16 & up This is an excellent class for beginners, intermediate, and advanced fitness levels.

Stretch, tone, gain strength and balance, and relax in this calming low impact workout.

Weights and More: Mondays at 6:15 pm Instructor: Becky Olinger Cost: \$20.00 Begins: 1-9-17 Ages: 16 & up All fitness levels can enjoy this class. This class is for both women and men.

Learn basic and advanced movements to constantly challenge your body while working and advancing at your own pace.

Evening Seminars and Activities

Nutrition Response Testing: Do you suffer from chronic fatigue, fibromyalgia, insomnia, cravings for sweets, frequent colds & sinus infections, the inability to lose or gain weight, acid reflux or other health issues? If the answer is yes attend this unique seminar to find out what Nutrition Response Testing is and how it can help you regain your health & vitality. Seminar will be presented by Jenny Vest from the Women's Nutritional Health Center in Johnson City on 1-18-17 at 6:00 pm. Enjoy a bowl of soup and a few goodies. Seminar will be held in room 208 at the Slater Center. There is a \$3.00 fee for the activity. You must be 18 and over to attend & be pre-registered by 1-13-17.

Valentine Treat Workshop: Come and let Sandra Hubbard wow you at how easy it is to make these simple, yummy, and eye appealing treats. After attending this workshop you will be able to take your knowledge home and make Valentine's Day festive for your children, grandchildren or for that very special someone in your life. The workshop will be 1-26-17 at 6:00 pm in the Slater Cafeteria. You must be 16 years of age or older to attend and pre-register by 1-23-17. The cost for the workshop is \$3.00.

First Aid 101: Brush up on your skills or learn the basics steps and techniques we all need to be able to administer when we or someone we love encounter those little mishaps in life. This is not a certification class so you don't have to stress about passing a test. Relax and let the Bristol Tn. Fire Department teach you the proper techniques and procedures to perform when accidents occur. The seminar will be 2-16-17 at 6:00 pm in room 208 at the Slater Center. You must be 18 or over to attend and be pre-registered by 2-13-17.



**Wednesdays play all day
w/cart \$20.00**

Senior Day - Fridays / Ladies Day - Tuesdays
9 holes w/cart \$12.00 18 holes w/cart \$18.00
Range Balls \$6.50 per bag

FREQUENT PLAY CARDS

Card for five 9-hole play w/cart \$67.00
Card for five bags of range balls \$26.00

2017 Annual Memberships

\$400.00 Seniors 55 over
\$465.00 Single/22-54
\$220.00 Junior (Age 13-21)
\$165.00 each additional family member
\$650.00 Family (Max. charge)

For additional information contact
Golf Shop at 423-764-6411

You can also check us out on the web at
www.bristoltn.org



- **9 hole public course chosen ONE of The BEST in TENNESSEE!**
- **Visit the Golf Shop for the areas best selection of disc golf merchandise.**
- **Disc rental available for \$5.00/3 hrs.**
- **Disc Golf Course may be rented for full or partial day parties & tournaments.**
- **Park entry fee of \$2.00 to play our disc golf course.**

**For more info call 423-764-6411 or 423-989-5275
or email rcross@bristoltn.org.**

The First Tee Tri Cities

Adam Dean, Program Director
ADEAN@TNGOLF.ORG
WWW.THEFIRSTTEETRICITIES.ORG

Steele Creek Park Disc Golf Eighth Annual Ice Bowl Tournament
Second Harvest Food Bank
Sunday, February 12th
Entry fee \$10.00 plus any non-perishable food item

Divisions include: PRO, Advanced Amateur & Intermediate Amateur.
Register day of at 12:00 noon. Tee off approximately 1:00pm.

For additional information, contact Steele Creek Golf Course at
423-764-6411 / 423-989-5275 or e-mail rcross@bristoltn.org.



2017 Winter Activities! The Nature Center at Steele Creek Park

Friday, December 2nd, 4:00 pm

Winter Greenery Hike: Meet Don at the Nature Center for a Holiday-themed adventure! Enjoy a mild hike in search of winter wonders including Christmas Ferns, mistletoe, and hollies. Also, help find and collect the 2016 Christmas tree for our Nature Center!

Friday, January 13th, 5:30 pm

Space Rocks/Basic Winter Astronomy: Meet Jeremy at the park Conference Room for a short discussion and activity on meteorites! Then, if it's clear, we'll go outside and identify some winter constellations.

Thursday, February 2nd – Groundhog Day!

4:00 pm – Groundhog Day Hike: Meet Don at the Nature Center for a fun walk about not just these fascinating animals, but also the cosmic importance of this seemingly silly holiday!

5:30 pm – Fireside Chat: Groundhog Day: Stop in to the park lodge for refreshments and an informal discussion on mammals, astronomy, history, and all the other unexpected aspects of this holiday!

Saturday, February 4th, 9:00 am

Winter Nature Photography: Meet Lance at the nature center for a brief talk on winter nature photography, then take a mild walk through the park and give it a go! Don't have a camera? Not a problem. Check out one of ours for free (just call ahead to reserve).

Friday, February 17th, 5:00 pm

Great Backyard Bird Count Feeder Watch: Meet Don at the Nature Center to engage in citizen-science while learning about bird-watching and taking part in this nation-wide count!

Saturday, February 25th, 5:00 pm

Wilderness Preparedness: Never go on a hike unprepared! Meet Lance at the nature center for a talk on the "Ten Essentials" and simple guidelines to follow to be prepared for backcountry travel.

Save the Date! March 11th, 2017 – TREE KEEPERS WORKSHOP

The Department of Parks and Recreation will be hosting Tree Keepers in the Park Lodge during the day. This will be an in-depth event focusing on practical tips for planting and maintaining your garden trees. Call the Department of Parks and Recreation (423-764-4023) for more information!

**For more information on Nature Center
Activities, call 423.989.5616 or email
jstout@bristoltn.org!**

