

# BRISTOL TENNESSEE PARKS & RECREATION

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*Spring*  
**2016**

# 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

**Parks & Facilities**  
Stephen Berry 989-5581

**Steele Creek Golf Course**  
764-6411

**Recreation Superintendent**  
Mike Musick 764-4026

**Recreation & Athletic Programs**  
Randall Cross 989-5275  
Sandra Cole 764-4048  
Mike Ratliff 7644023  
Becky Olinger 764-4036

**Steele Creek Nature Center**  
Jeremy Stout 989-5616

### 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

March, April, May, 2016

Classes & Weekly Events

Activities for ages 50+

Events at Slater Community Center, 325 McDowell St., Bristol, TN, unless noted.

Bristol TN Residents – no charge. Non-residents \$120 annually or a SilverSneakers Card.

Call 423-764-4012 for more information.

## Acrylics & Oil Painting w/Lisa Sneed

Wed & Fri 10:00-11:30 1:30-3:00

Studio Class Setting/artist facilitated

## Balance, Balls, Bands & Burn w/Allie

Stollings Mon. 8:15

## Barre Fitness w/ Lark Adams & Dawn

Roller Mon, Wed & Fri 8:45

Bible Study w/Yvonne Martin Wed 10:30

Bridge Mon 10:00

Computer Tutor w/Bob Scott Tues.

Appointment only

## Creative Writing w/Marilyn Swartz

Thurs 9:30

TABATA/Elaine Rock Mon & Thurs 5:15 pm

Therapeutic Tai Chi/Chi Kung w/Dolores  
Champagne Fri. 10:45

## Tone & Burn /Lark Adams & Dawn Roller

Tues. 8:30-9:15 Thurs 8:30-9:15

## Watercolor w/Doris Crusenberry

Tues 9:00 & 1:30

## Yoga/Meditation w/Dolores Champagne

Mon 9:30

## Yoga 101 w/Kathy Fisher

Mon & Wed 11:00

Yoga/Dolores Champagne Fri 9:30

## \*\*\*PERSONAL TRAINING & WEIGHT MANAGEMENT w/Denise Bourne

Certified Personal Trainer & Weight Management

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

### GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI
8:30-9:15	Cardio Dance	Tone & Burn	Kettle Bells	Tone & Burn	Kettle Bells
9:15-10:00	Fit Combo	Strength Training	Wed Workout	Strength Training	Move & Groove
10:00-11:00	SilverSneakers Cardio	SilverSneakers	SilverSneakers Cardio	SilverSneakers	Seniorcize
11:00-noon	Line Dance	Cardio Dance	Line Dance	Cardio Dance	Line Dance
Noon		Basketball Noon-3:00		Basketball Noon-3:00	
12:30-3:30	Pickle Ball 12:30-3:30		Pickle Ball 12:30-2:30		Pickle Ball 12:30-3:30

\*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 for persons 60+ call 423-764-6041.

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

# SENIORS IN ACTION

## 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)

### MARVELOUS MUSICALS

**“MILLION DOLLAR QUARTET”** Flat Rock Playhouse Thurs., April 28  
Inspired by a true story, the play dramatizes the impromptu jam session featuring Elvis Presley, Jerry Lee Lewis, Carl Perkins & Johnny Cash. Music includes: “Folsom Prison Blues,” “Whole Lotta Shakin’ Goin’ On,” etc. Lunch at J & S Cafeteria before 2:00 show. Depart 9:30am Return 6:30pm Transportation & play: \$43

**CLASSIC NASHVILLE ROAD SHOW** Barter Theater Tues., May 3  
Depart 11:00am Return 5:30pm A tribute to the true legends of country music. Play begins in the heyday of the Grand Ole Opry and tells the stories of: Hank Williams, Patsy Cline, Minnie Pearl, etc. Hear your favorite country songs: *Mama Tried, Louisiana Woman, Crazy, Hey Good Lookin', Stand By Your Man, Coal Miner's Daughter* & many more. Lunch at Shoney’s before 2:00 pm show. Transportation & Play: \$30

**“COUNTRY ROADS”** Wohlfahrt Haus Thurs., May 19 A live band will pay tribute to Country Music and its stars of the past and present. Grab your hat, polish your boots & enjoy the great music. Depart 10:30 am Return 5:30 Transportation, lunch & play: \$43

### WESTERN NORTH CAROLINA BBQ TRAIL

Transportation: \$5

Depart 9:30am Return 4:00pm

**MOE’S ORIGINAL BBQ** Woodfin, NC Thurs., March 31

**Don’t miss this Southern Food Revival #1 on WNC BBQ Trail**  
**After lunch, visit Biltmore Village**

**LUELLA’S BAR-B-QUE** Thurs., April 7 “Some of Asheville’s Best BBQ”  
**#2 on WNC BBQ Trail Shop new outlet mall after lunch.**

**BONFIRE BARBECUE** Asheville, NC Thurs., May 26  
**#3 on WNC BBQ Trail Take time to visit downtown shops after lunch**



# SENIORS IN ACTION

**SMOKIES BASEBALL GAME**, Kodak, TN Wed., April 20  
Tennessee Smokies vs Montgomery Biscuits Brunch 10:30am Game 12 noon  
Depart 8:30am Return 4:00pm Transportation, brunch & game: \$25

**STAR OF KNOXVILLE RIVERBOAT LUNCH CRUISE** Tues., April 26  
Enjoy lunch and the springtime scenery (Dogwoods should be in bloom) in East Tennessee as you cruise down the Tennessee River.  
Depart 9:00am Return 4:00pm Transportation, cruise & lunch: \$30

**KINGSPORT CAROUSEL & LUNCH AT MR. PAPA'S & BEER**  
Thurs., May 12 Depart 10:30am Return 3:00pm Transportation: \$2  
The beautiful hand-carved carousel is a must see - all the animals were carved and painted by area artists. Take a trip down memory lane and ride the exquisite carousel and hear the history of why the carousel is in Kingsport. Enjoy lunch at Mr. Papa's & Beer, authentic Mexican grill – California style. Pay individually for lunch & Carousel – Carousel cost: \$1

**INTERNATIONAL BISCUIT FESTIVAL**, Knoxville Sat., May 14  
Enjoy the Biscuit Breakfast, Biscuit Bazaar, Biscuit Boulevard, Biscuit Bake Off, etc.; and then you will have time to shop downtown Knoxville. Live Entertainment.  
Depart 7:00am Return 3:00pm Transportation & 5 tickets: \$12

## HARRAH'S CHEROKEE CASINO

Thurs., March 17 Thurs., April 14 Tues. May 10  
\*Picture ID required for a Total Rewards Card\*  
Transportation \$10 Depart 8:00am Return 6:00pm

## SPECIAL EVENTS

**BROWN BAG LUNCH & LEARN** Co-sponsored w/FitPrescriptions Cost: \$2  
Room 208 12 noon -1:30pm

\*Wed., March 9 "How to Use Foam Rollers for Pain & Tight Muscles"

\*Wed., April 13 "5 Foods That Promote Health & Healing"

\*Mon., May 9 "Probiotic Power"

## BRISTOL TENNESSEE RETIRED TEACHERS' LUNCHEON

Slater Center Cafeteria Wednesday, March 9

**SPRING FLING DANCE** Saturday, March 19 7:00-9:30 pm (Doors open @6:30 pm)  
Dance to the music of "The Shooter Band" Cost: \$5 pay at the door

**ALZHEIMER'S LUNCHEON/SEMINAR** Wednesday, March 30 11:30 am  
Program presented by Alzheimer's TN, Tracey Wilson, Regional Director Lunch provided by

**Oakmont.** What is normal in regard to brain function as we age? Join us for answers. Sign up required!

**"SUDDEN VIOLENCE: SURVIVING AN ACTIVE SHOOTER"** Thurs., April 7  
12 noon w/Jerry Stout, Regional Advisor State of Tennessee Department of Safety & Homeland Security  
Light sandwich lunch \$2

**MOTHER'S DAY LUNCH** Thursday, May 5 Bristol Train Station 12 noon

All women are invited to enjoy the music by Patti Quarles, fellowship, luncheon and special gift.

Optional: Wear your favorite spring hat. Program, Lunch, Door Prizes: \$15

## Spring Evening Youth and Adult Classes

Pre-registration is required for evening classes. **Register and pay online at <http://bristoltn.recdesk.com>** or at the Parks and Recreation Office during regular business hours at 325 McDowell Street. For additional information on classes, please contact the department at 423-764-4036.

Cardio Mix: Tuesdays and Thursdays at 6:15 p.m.

Instructor: Taffie Barb Cost: \$30.00 for 8 weeks Begins: March 1<sup>st</sup>

Ages: 16 and up

Get cardio, body sculpting, toning, strength training and balance work in this fun and challenging class. This class will mix things up by using kettlebells, dumbbells, resistance bands, steps and medicine balls.

Core Blast: Mondays and Wednesdays at 5:00

Instructor: Becky Olinger Cost: \$20.00 for 6 weeks Begins: March 7<sup>th</sup>

Ages: 16 and up

Try this thirty minute class that will work on core and abdominal strength. Class limited to twelve participants. Class will be held down stairs in the Spin Room.

Yoga: Tuesdays at 6:15

Instructors: Dolores Champagne and Amie Odum Cost: \$50.00 for 8 weeks

Begins: March 1<sup>st</sup> Ages: 16 and up

Stretch, tone, breathe and relax in this low impact workout.

Gentle Flow Restorative Yoga: Thursdays at 6:00

Instructor: Maggie Fuller Cost: \$40.00 for 6 weeks Begins: March 31<sup>st</sup>

Ages: 16 and up

A low impact class that is great for beginners as well as advanced students. Get a connection of breathe and body movement as you gain a peace of mind.

**20<sup>TH</sup> ANNUAL  
STATE LINE CLASSIC  
WEDNESDAY, APRIL 6, 2016  
WHITETOP CREEK PARK  
GIRLS HIGH SCHOOL SOFTBALL**

**Games beginning at 4:30pm**

Field A Eastside v Elizabethton  
Field B Holston v Sullivan East  
Field C Virginia High v Tennessee High  
Field D John S. Battle v Sullivan Central

**Games beginning at 6:30pm**

Field A Eastside v Tennessee High  
Field B Holston v Sullivan Central  
Field C Virginia High v Sullivan East  
Field D John S. Battle v Elizabethton

Gate fee: \$3.00 Adults, Students and Over 5 \$1.00



**Spring League**

March–June 8U, 10U & 12U

**Summer League**

May – July 10U, 12U, 14U, & 16U

**Fall League**

September – October 8U, 10U & 12U

**FUN**damentals recreation softball league

AGE GROUPS: 8 & UNDER (6-8 YEARS): WILL HIT FROM A TEE

10 & UNDER: COMBINATION OF GIRL PITCH AND TEE

12 & UNDER, 14 & UNDER, 16 & UNDER: GIRL PITCH

ALL GAMES WILL BE PLAYED AT THE ROTARY PARK FIELDS

FOR ADDITIONAL INFORMATION, CONTACT:

Sandra Cole at [scole@bristoltn.org](mailto:scole@bristoltn.org) or 423-764-4048

# State Street Farmer's Market

Local Farm to Local Table



Saturdays 8am - Noon, May - October  
Wednesdays 2pm - 6pm, July - September

Local vendors for fresh produce, meats, dairy, plants & flowers, baked goods & a variety of crafters.

The State Street Farmer's Market happily accepts SNAP/EBT cards. Participants can scan their card and receive wooden tokens of either \$1 or \$2 in value and can use those tokens with participating vendors. While grant funds last, double your SNAP benefit dollars up to \$20. In other words, scan your SNAP/EBT card for \$20 and you will receive \$40 in tokens to use in the market.





# HAYNESFIELD POOL

## 2016 SEASON

### Hours of Operation

Monday through Saturday 11:00am–6:00pm

Sunday 1:00pm – 6:00pm

Opening Date: Saturday, May 28th

Closing Date: Monday, September 5th



### Admission Cost

Adults.....\$3.00 (18 & over)

Children..... \$2.00

Night Swim..... \$2.00 per person

Swim Lessons.....\$30.00 per session

### Night Swim

Tuesday & Thursday Nights

Begins Tuesday, June 7th

6:00pm – 8:00pm Cost: \$2.00 per Person



### POOL PARTIES

Pool Parties are offered Friday, Saturday & Sunday nights 6:00 pm – 8:00 pm. A rental agreement and a \$25.00 deposit is due at time of booking with balance due day of party.

Day and Night Pool Parties are offered during regular business hours. A table will be reserved for your party. **Reservations are required for day and night parties.**

**NOTE: This season we will offer two rentals on same Evening. Parties will have their own reserved tables but will swim together.**

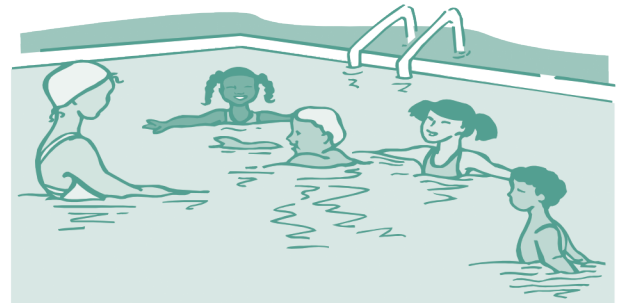
Call today to reserve your date: 423-989-5275

Call Haynesfield Pool starting May 28th

### 2016 Family Swim Membership

Our family membership is a great deal if you plan to spend your summer at Haynesfield Pool. The fee is \$50.00 for the **initial** member. Then \$5.00 per each additional immediate family member **up to** a maximum of 5 family members total. All add-on members must be included at initial purchase.

**Lounge Chairs and Umbrella Rentals.  
\$3.00 per item / First come First serve.**



### Swimming Lessons

**Classes are Mon-Thurs for 2 weeks.  
Fridays are used for make-ups.  
Cost per each session is \$30.00.  
Pre-registration and prepay  
are mandatory.**

**Session 1 (June 6th - June 17th)  
Levels I, II**

**Session 2 (June 20th – July 1st)  
Levels I, II, III**

**Session 3 (July 11th - July 22nd)  
Levels I, II, III, IV**

**Classes offered:  
10:30am – 11:15am  
5:30pm – 6:15pm**

### BUBBLES LESSONS

**Offered to children under the age of 4  
Offered during session 3 in the evening  
session.**

**One parent per child must be in the  
water during lessons with the instructor.**

**COME SWIM WITH US THIS SUMMER**

Prior to Haynesfield Pool opening, please contact the Bristol Tennessee Parks and Recreation office in the Slater Community Center which is located at 325 McDowell Street, Bristol, TN (423-989-5275) for additional information and to register for pool parties or swim lessons. Please register early as classes and party dates do fill up!

After opening day, which will be Saturday, May 28th, you may contact the pool directly to book parties and register for swim classes at 423-989-5580.

**Haynesfield Pool is located at 327 Sleepy Hollow Road, Bristol, TN 37620.**



Golf Shop hours:  
Monday thru Sunday 7:30am - 8:00pm

**2016 Golf Rates**

*Featuring*

**ALL YOU CAN PLAY WEDNESDAYS**

**\$20.00 w/ cart**

**Senior Day Fridays**

**9 Holes w/ cart \$12 18 Holes w/ cart \$18**

**Weekday Rates:**

9 Holes w/ cart.....\$16.00

18 Holes w/ cart.....\$23.00

**Weekend Rates:**

9 Holes w/ cart.....\$19.00

18 Holes w/ cart.....\$25.00

**Driving Range:**

\$6.50 per Bag of Range Balls



Enhancing youth's life skills,  
through the game of golf.

6/8 week program for boys and girls ages 7-17

PLAYer level Introduces playing the game of golf with special emphasis on learning golf and The First Tee Code of Conduct, appreciating the rules and etiquette of the game and developing a game plan for golf and life.

Tuesdays 4:30 pm– 6:30 pm, March 22– April 26

Par / Birdie levels

Par - Focuses on interpersonal communications and self-management skills.

Birdie - Emphasizes goal setting.

Thursdays 4:30pm –6:30pm March 24– April 28

Eagle level Emphasizes resilience skills, conflict resolution and planning for the future.

Fridays 9:00am - 11:00am June 10 - July 22

For more information and to register online,  
go to [www.thefirstteetricities.org](http://www.thefirstteetricities.org)

**Steele Creek Disc Golf Course**

- 9 hole public Disc Golf course
- Visit the Golf Shop for the area's best selection of disc golf merchandise.
- Disc rental available:  
\$5.00 per 3 hours.
- Disc Golf Course may be rented for full or partial day rates for tournaments or private play.

For additional information regarding Steele Creek Disc Golf Course or Steele Creek Golf Course please call 423-764-6411.e-mail [rcross@bristoltn.org](mailto:rcross@bristoltn.org)

# Earth Day 2016



## Steele Creek Park Clean-Up

Saturday, April 23, 2016 9am—Noon

Meet at the Nature Center for supplies and instructions

Gloves and bags will be provided by Keep Bristol Beautiful

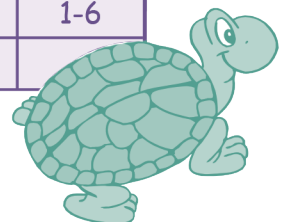
Beverages and snacks provided for all volunteers by

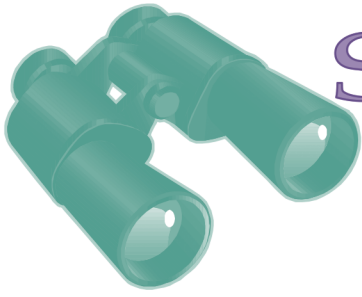
Friends of Steele Creek Nature Center and Park. For more information,

contact the Nature Center at 423-989-5616 or email [jstout@bristoltn.org](mailto:jstout@bristoltn.org).

# Steele Creek Park Activities

Activity	Action	Date	M-F	Sat	Sun
Nature Center	Summer Hours	May 30, 2016	11-6	11-6	1-6
	Winter Hours	Sept. 5, 2016	11-5	11-5	1-5
Train	Opens	April 2, 2016		11-6	1-6
	Summer Hours	May 30, 2016	11-6	11-6	1-6
	Fall Hours	Sept. 5, 2016		11-6	1-6
	Shut Down	Oct. 31, 2015			
Boats	Opens	May 21, 2016		11-6	1-6
	Summer Hours	May 30, 2016	11-6	11-6	1-6
	Fall Hours	Sept. 5, 2016		11-6	1-6
	Shut Down	Sept. 25, 2016			





# Steele Creek Park's Spring Nature Activities!

## *Nature Events*

Saturday, March 12<sup>th</sup>, 8:30 am – 2:00 pm

**Tree Keepers Seminar!** Join us for a day filled with practical workshops on how to select, plant, maintain, and identify trees. There will be door prizes and a light breakfast and lunch will be served. There is a \$10 fee for this event and you can **register and pay online at <http://bristoltn.recdesk.com>** or call 423.764.4023 to sign up!

March 28<sup>th</sup> – April 1<sup>st</sup>

**Spring Break Nature Camp (Grades 3 – 6):** Birds, bugs and butterflies, games and activities, frogs and snakes: this camp will have it all! The camp runs from 8:30 am until noon daily. Camp is capped at 15 participants, so register early! The fee for this camp is \$50, \$60 if registered after March 18<sup>th</sup>. **To secure your place, register and pay online by going to <http://bristoltn.recdesk.com>** or call 423.989.5616 for more information.

Saturday, April 23<sup>rd</sup> 9:00 am - Noon

**Earth Day Lake Cleanup!** Join park staff and the Friends of Steele Creek Nature Center and Park at the Nature Center for a clean-up of our park! Bags, gloves, and refreshments will be provided.

## *Nature Programs*

Sunday March 20<sup>th</sup> 11:00 am

**1<sup>st</sup> Day of Spring Walk:** Meet Don at Rooster Front Park (located just off Vance Drive) on the Vernal Equinox for an easy walk looking for evidence of the newly-arriving spring!

Friday, March 25<sup>th</sup> 1:00 pm

**Spring Wildflower Walk:** Meet Larry at the Nature Center for an easy walk looking for some of the first living gems of the warmer months. This walk will focus on the quick-blooming ephemerals and could be an excellent photo opportunity!

Friday, April 15<sup>th</sup> 4:00 pm

**Plants and Pollinators:** Meet Don at the park Conference Room for a short slideshow on plants and their pollinators, then, take a walk looking for them in the wild!

Saturday, May 7<sup>th</sup> 9:30 am

**Spring Migration Bird Walk:** Hearing is believing, and oh yeah, so is seeing! Meet Larry at the Nature Center for a moderate walk looking for migrating songbirds, waterfowl, hawks and more!

Sunday, May 22<sup>nd</sup> 11:00 am

**Ecology Creek Walk:** Meet Don at the Mill Creek parking lot (located on Broad Street) for a foray into the creeks! We'll search for critters and assess the health of our streams. Wear shoes and clothes that can get wet!

Friday May 27<sup>th</sup> 4:00 pm

**Spring Butterfly Foray:** Meet Larry at the nature center for an easy hike looking for these warm-weather gems of the skies. Bring a camera if you have one!

## *Summer Nature Camps*

**Feathered Flyers Camp Ages 7-9, June 6<sup>th</sup> – 10<sup>th</sup>**

**Eco Awareness & Discovery Camp Ages 7 – 9, June 13<sup>th</sup> – 17<sup>th</sup>**

**Young Scientists Camp - Ages 7 - 9, June 20<sup>th</sup> – 24<sup>th</sup>**

**Geology Rocks Camp Ages 10-13 , June 27<sup>th</sup> – July 1<sup>st</sup>**

**Nature Photography Camp, Ages 10 - 13, July 11<sup>th</sup> – 15<sup>th</sup>**

**Aquatic Ecology Camp - Ages 10-13, July 18<sup>th</sup> – 22<sup>nd</sup>**

The Camp fee is \$50 per camp per child, \$60 if paid after May 27<sup>th</sup>. Camps are limited to 15 participants. **To secure your place, register and pay online at <http://bristoltn.recdesk.com>.** Partial camp scholarships are available upon a need-based request. For more information, call the Nature Center at 423-989-5616, or email [jstout@bristoltn.org](mailto:jstout@bristoltn.org).