Parks and Recreation
Bristol, Tennessee

Sports, arts, special interest classes, senior services and parks or facilities rentals are only a few of the recreation programs and services that are offered through the Parks and Recreation Department to meet your leisure needs! No matter what age, "YOUR" Parks and Recreation Department has something that is sure to entice you to participate in the myriad of offerings. Come and explore the many possibilities that the Parks & Recreation Department has for you.

The most popular activity at the park is the Steele Creek Express with more than 18,000 riders per year. This 24 gauge replica of a real steam engine dates back to the park opening in 1964. The train and track were completely renovated in 2007/2008 and continues to operate Memorial Day – Labor Day.

Inside This Issue

PG.4
One of Bristol’s greatest attractions is its system of city parks. Check out our parks, playgrounds and facilities

PG.7
State Street Farmers Market Information

PG.14
We have a variety of athletic and fitness events going on in the Slater Center Gym. See what interests you

PG.23
Haynesfield Pool Information

Photo by: Earl Neikirk/Neikirk Image Photography
DON'T FORGET TO SPRING FORWARD
March 10th

Happy Mother’s Day
May 12th

YOU CAN RENT OUR PICNIC SHELTERS!
The picnic shelters at all of our parks are available for rent. They are great for family reunions, birthday parties, office gatherings or get-togethers with friends or teammates.
Charcoal grills and trashcans are provided at most shelters.

Check out details on page 5

GED Classes
Are offered at the Slater Center!
Call 423-764-4020 for more info

Adding years to life and life to years
Home Care | Care Management | Transportation | Nutrition
423-616-1950
SeniorSolutionsHomeCare.com

Homemaker Packages
$60.00
We serve all of your choices:
Medicaid, VA, Private Pay, VCC and Transport
Message from the Director of Parks and Recreation

Welcome to the Bristol Tennessee Parks and Recreation Department. I would like to take this opportunity to share why we are so important to you and our community. The 70,000 sq. ft. Slater Community Center offers programs for all ages. We offer a wide variety of venues for event and facility rentals. Celebrate with us when you want to have a birthday party, wedding, or family reunion. Explore our parks, miles of trails and open space. We operate over 30 parks, including the ever-popular 2,200 acre Steele Creek Park. As your Director, I encourage you to take this opportunity to participate in our programs and services where you can Learn, Play & Explore – Bristol Tennessee Parks and Recreation is here to serve YOU!

Terry Napier

Photo by: Earl Neikirk
Anderson Park -341 Martin Luther King Jr Blvd. A gazebo with benches, lights and electricity. There is also an open air stage with lighting and electricity. Playground & picnic tables. Rentals available.

Cedar Valley Park -405 Cedar Valley Road. It consists of 3.29 acres. It is bordered on one side by Cedar Creek. It is a passive park / community green space.

Charlie Robinette Park / Bark Park-1155 Vance Drive. The Bark Park is the city’s first dog park. The park has an area for large & small dogs. Both areas have drinking fountains that also have a dog bowl at the bottom.

Clay Park-803 7th Street. This park has a gazebo & picnic table.

DeFriece Park-101 Stine Street. Playground, picnic table, a basketball court, pond and greenspace.

Downtown Center-810 State Street. A multi-use venue located in the middle of historic Downtown Bristol. The venue features onsite restroom & concessions. A stage with complete electrical needs for any concert or speaking type engagement.

Fairmount Park-301 Spruce Street. This 2.57 acre neighborhood park/greenspace. This park has several benches.

Food City Park -531 Oakwood Street. New Dog Park under construction. (Summer/fall 2019)

Friendship Park-2432 Volunteer Parkway. 3 Baseball fields and greenspace. Home of Vance Middle School Baseball.

George Spinks Field-1000 W. Cedar St. Home of Bristol, TN Little League Softball. The park sits on 2.51 acres of land.

Haynesfield Park -2100 Edgemont Avenue. Lighted tennis courts, picnic tables and a water fountain.

Haynesfield Pool-327 Sleepy Hollow Road. A 600,000 gal public pool. Restrooms, showers & concessions. Birthday parties and swim lessons are also offered

Holston View Park -1840 King College. The 13 acre park includes tennis courts, basketball courts, playground, 3 baseball fields and a soccer field.

Ida Stone Jones Tennis Center-740 Alabama Street. Serves as the home courts for the State Champion TN High tennis teams. The facility has eight courts. Two courts for marked for pickleball.

Jerry Goodpasture Plaza -719 Shelby Street. This is a .18 acre park. Musical instruments installed in the park along with metal benches.

Jersey Park -256 Shirley Drive This 2.26 acre park provides a beautiful community green-space.

King Meadows Park-108 Clay Street. Kings Meadow is a small neighborhood green space measuring .15 acres.

Mark Vance Memorial Greenway -This 7.385 linear feet paved trail leads from the Mill Creek area of Steele Creek Park to the Volunteer Parkway. There are several benches and trash receptacles along the route.

Morning Rotary Centennial Park -832 Orchard St. The park has a small picnic area with coated expanded metal tables. Basketball Court, drinking fountain, benches & a grill.

Oakwood Park -810 Oakwood Street. This .12 acre neighborhood park has a swing set

Patterson Park -105 19th Street. Tennis courts, a play structure and a small parking area.

Pinnacle Park -Enjoy the views from one of the park's benches of this beautiful 4 acre park surrounded by mountains. Catch & Release fishing is allowed.

Rooster Front at Steele Creek Park-1160 Vance Drive. 3.6 acres in size and is a very popular park year round. A shelter, picnic tables, playground, tennis court & basketball court.

Rotary Field -401 Ash Street. Home for the THS and Vance girls’ softball program.

Skate Park -700 College Avenue. The park is an asphalt paved area which is fenced in and gated. It includes 10 pieces of skate boarding equipment.

Slater Community Center -325 McDowell Street. The Parks & Recreation Administrative Offices are located in the building along with Senior Programs, classes, public meetings & events.

Slater Park -128 East State Street. This park is a popular outdoor basketball facility

Steele Creek Park -4 Little Lane. Steele Creek Park is a regional park encompassing more than 2,200 acres. This park offers shelters, a lodge equipped with a kitchen, a conference room, & a party room, picnic tables, 52 acre lake, soccer goals, disc golf, golf course, playgrounds, Nature Center, Steel Creek Express, paddle boats, walking, hiking, biking trails, splash pad. Rentals available

Wes Davis Greenway -The 2.800ft trail is a pedestrian and bike trail from Anderson St. to Melrose St.

Whitetop Creek Park -310 Sportsway Dr. This 55.8 acre park is a multi-purpose sports park that is available for soccer, football, softball, baseball, or to use for volleyball tournaments. The park has a one mile walking trail around the perimeter of the park. There is a pavilion with men’s, women’s, and family restrooms. Next to the pavilion is a playground & a basketball court.

Windsor Park -1024 Windsor Avenue. Windsor Park is a small community park encompassing .17 acres. The park hosts a small play structure.
# RENTALS & RATES

## Steele Creek Park

<table>
<thead>
<tr>
<th>Shelter</th>
<th>1/2 Day</th>
<th>Full Day</th>
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<tbody>
<tr>
<td>Lodge &amp; Kitchen</td>
<td>$105.00</td>
<td>$165.00</td>
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<tr>
<td>Party Room</td>
<td>$40.00</td>
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<tr>
<td>Rotary, Civitan or G</td>
<td>$45.00</td>
<td>$70.00</td>
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<tr>
<td>VFW</td>
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<td>A, B, C, D, or F</td>
<td>$35.00</td>
<td>$55.00</td>
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<tr>
<td>Amphitheater</td>
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<td>$100.00</td>
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The Rotary Pavilion $65.00 $100.00

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

**Once a year a non-profit organization can receive 50% off shelter rates. Must show written non-profit number when paying for shelter.

### Anderson Park Reservations

$30.00 per hour / Minimum of two hours

### Slater Center (Rates are hourly)

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<th>Rate</th>
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<tr>
<td>Classrooms</td>
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<td>Gymnasium</td>
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<td>Cafeteria</td>
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<tr>
<td>Auditorium</td>
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**Additional fees will apply to Saturday or Sunday rentals.

### Whitetop Creek Park

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<tr>
<td>Rotary Pavilion</td>
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### Rooster Front Park

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<td></td>
<td>$35.00</td>
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### Charlie Robinette Park

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<th>Rate</th>
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<tr>
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<td>$45.00</td>
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Rental times:
9:00am - 2:30pm or 3:30pm - 9:00pm

Reserve Your Picnic Shelter online
@ bristoltn.recdesk.com

Park Hours:
9am-9pm daily

For more information on Park Rentals call 423-764-4023

For rental of any athletic fields, please contact the department @ 423-764-4023
JOIN OUR TEAM

Program Instructors
Nature Center Staff
Lifeguards
Recreation Leaders
Concession Workers
Maintenance Staff
And More

Go to bristoltn.org to apply
Use the City of Bristol Job Openings tab to search through
the employment opportunities!
If you need assistance please call 423-989-5500 ext.2052
Hope to see you at the State Street Farmer's Market where local merchants, fresh food and fun times come together. Choose your favorite local produce, homemade foods and unique arts and crafts. The market is open from May through October.

**May – October - Saturdays 8 am – Noon**

**July – September - Wednesdays 2 pm - 6 pm**

*Don't forget! The State Street Farmer's Market 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.*
March, April, May 2019
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.

Watercolor Class Honors Former Instructor Doris Crusenberry (Ms. Crusenberry retired after 35 years of teaching at Slater)

AVAILABLE DAILY

ONE-ON-ONE PERSONAL TRAINER W/ DENISE BOURNE, Certified Personal Trainer & Senior Fitness Specialist. Make an appointment for 30 or 60 minute sessions. $7 for 30 minutes

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

SENIOR EXERCISE ROOMS Ages 50+ Mandatory Orientation Session before use of rooms. Call 423-764-4023 for appointment.

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.
SENIOR ADULT TRIPS & SPECIAL EVENTS

*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   *NO PERFUME OR COLOGNE
*NO FOOD OR DRINKS ON VAN (exception: water)

Harrahs Cherokee, NC
Thursdays:  March 7, April 4, May 2
Depart 8:00 AM   Transportation:  $10
*Picture ID required for a Total Rewards Card*

Dolly Parton’s Stampede Dinner Attraction
Thurs., March 14   Depart 3:00 PM   Return 10:00 PM
Transportation, Show, Dinner:  $48
From stampeding buffalo to dazzling displays of horsemanship, Dolly Parton's Stampede in Pigeon Forge offers one of the most fast-paced and awe-inspiring dinner show experiences in the country.
The Show features an adrenaline-filled competition between the two sides of the theatre that will be sure to rouse your competitive spirit, as you dine on a delicious array of food. There will be hoof-pounding races, side-stitching comedy and explosive musical numbers performed by an extraordinarily talented cast. Dinnertime is almost as entertaining as the show, with a whole host of tastes and smells that have astounded even the most renowned food experts.

The Antique Tobacco Barn
Thurs., March 21   Depart 9:30 AM   Return 5:30 PM   Transportation:  $7
The Antique Tobacco Barn has been winning this category since before its wares became antiques. The Barn showcases the finds of more than 75 dealers — furniture, lamps, dinnerware, flatware, clocks, unusual and unique items of all sorts, you name it — in a sprawling 70,000-plus square-foot space. What puts the Antique Tobacco Barn on top year after year? It’s the variety of choices, as well as the good prices. The history of the tobacco barn in and of itself is of interest. The building used to host seasonal tobacco auctions, in addition to selling antiques throughout the year. Now it’s devoted to showcasing antiques only. They strive not to be the normal antique mall. There are a lot of antique dealers in this area, but the Antique Tobacco Barn isn’t your average antique store — voted “The Best in WNC” – per Lisa Ramsey. Lunch at Zoes Kitchen before visiting The Antique Tobacco Barn.
TRIPS & SPECIAL EVENTS continued...

“Back to the 50s,” Wohlfahrt Haus Dinner Theater, Wytheville, VA
Thurs., March 28  Depart 10:30 AM  Return 5:30 PM
Transportation, Lunch and Show: $40
Come down with the 'Rockin' Pneumonia and the "Boogie Woogie Flu" as you see a "Sweet Talking Guy" "Shake Rattle and Roll" through the 1950s with the "Chain Gang" as they will be "Rocking Around the Clock" figuring out "Who Put the Bomp" in this fantastic tribute to a lost era. "Let the Good Times Roll" as you hear some of your favorite songs including "Earth Angel," "The Twist," "Blue Moor," and much more!

Graylyn Estates, Winston-Salem, NC
Thurs., April 11  Depart 8:00 AM  Return 6:00 PM
Transportation, Lunch and Tour: $45
Bowman Gray (1874-1935), begin his career as a salesman for R. J. Reynolds Tobacco Co. and by the time this English Manor was built, he was Chairman of the Board of the company. In 1946 Mrs. Gray and sons gave the estate to the Bowman Gray School of Medicine of Wake forest. In 1972 Gordon Gray purchased the estate back and donated it to Wake Forest University. In 2001, the University made enormous renovations and the estate is managed by the school as a 4.5 star hotel. Don’t miss this great trip that includes lunch at the estate and an hour tour!

Star of Knoxville Riverboat Lunch Cruise, Knoxville, TN
Thurs., April 25  Depart 9:00 AM  Return 4:30 PM
Transportation, Lunch & Ticket: $35
Spring is in the Air! Enjoy the beautiful scenery during Dogwood Festival time as you eat a gourmet lunch cruising down the Tennessee River.

Smokies Baseball Game & Brunch, Kodak, TN
Tennessee Smokies vs TBA  Brunch 10:30 AM  Game Noon
Depart 8:30 AM  Return 4:00 PM
Transportation, Brunch, & game: (Date, Cost & Opponent TBA)
TRIPS & SPECIAL EVENTS continued...

“Country Royalty” Flat Rock Playhouse, Flat Rock, NC
Wed., May 8   Depart 9:30 AM   Return 6:30 PM
Transportation and Play: $44
Lunch at J & S Cafeteria before 2:00 PM show.
Don’t miss this “Tribute to Country’s Legends” that includes Hank Williams and Patsy Cline.

Wohlfahrt Haus Dinner Theater, Wytheville, VA
Thurs., May 16   Depart 10:30 AM   Return 5:30 PM
Transportation, Lunch & Play: $40
This classic musical takes you through the extraordinary tale of an eleven-year-old, Annie, trying to find her family in 1933 New York’s Lower East Side. Follow her adventure from escaping Miss Hannigan's tyrannical orphanage to how she was plopped in the lap of luxury with her ruffian pup, Sandy, at the extravagant mansion of millionaire, Daddy Warbucks. Enjoy all the unforgettable songs: "Easy Street", "Maybe", "Hard Knock Life" and "Tomorrow."

Biltmore House Festival of Flowers, Asheville, NC
Thurs., May 23   Depart 9:00 AM   Return 6:00 PM
Transportation and Admission to Biltmore House and Gardens: $55
Celebrate Spring with a spectacular display of colorful blooms across Biltmore Estate. Tulips abound at Biltmore’s main entrance and the big display in the Walled Garden with 50,000 tulips, 14,000 daffodils and 1,000 hyacinths. Enjoy a leisurely 3 hours set aside to visit the house and grounds. Lunch at the famous Moe’s Original BBQ before visiting Biltmore.

A Stronger Community thru People, Parks, and Programs!
SENIOR ADULT SPECIAL EVENT

Mother’s Day Luncheon-Bristol Train Station
Thurs., May 9  Noon
All women are invited to enjoy the music by Patti Quarles, luncheon and special gift. Optional: Wear your favorite spring hat. Program, Lunch, Door Prizes: Cost $15

Bristol Tennessee Retired Teachers’ Meeting/Luncheon
Wednesday, March 13  Noon  Slater Center Cafeteria

Lunch & All-Day Bowling @ Bass Pro Shops
Wednesdays- March 20 & April 17- Cost $10
Bowling starting at 10:00 AM  Lunch at 11:30 AM

NUTRITION

Wed., March 27  Nutrition Bingo with Kacey Houston, Health Promotion Coordinator for Sullivan County Health Department
Learn nutrition facts and have fun in the process. Prizes and healthy snack. Cafeteria 10:30-11:30 AM  Limit 20 participants

Fri., April 12  “Fats, Friends, or Foes?” with Rachel Dean, Family Consumer Science/UT Extension Office-Cafeteria 10:30 AM

Fri., May 17  “Eating Like a Mediterranean” with Rachel Dean, Family Consumer Science/UT Extension Office-Cafeteria 10:30

ALL ABOUT ARTHUR

Wed., March 20  “Arthur, The Unexpected House Guest In My Knee” with Brian Green, DPT, Appalachian Rehabilitation & Sports Medicine -Cafeteria 11:00 AM

Wed., April 24  “I’m A Worn Out HIPpy - The Story of Hip Arthritis,” with Randy Johnson, PT, Appalachian Rehabilitation & Sports Medicine  Cafeteria 11:00 AM
Tennis anyone?

Bristol, Tennessee is home to the USTA award winning Ida Stone Jones Community Tennis Center. “Ida” serves as the home courts of the state champion Tennessee High Vikings and provides public courts for the avid tennis player and the person picking up a racquet for the first time.

“Ida” features:

- A total of 8 lighted courts
- Four courts specially marked for youth play (Courts 3, 4, 5 & 6)
- Two courts specially marked for pickle ball (Courts 7 & 8)
- Restrooms
- The courts are open to the public year around, weather permitting, from 9a - 9p.
- Courts are available first come, first serve or you can reserve a court by going to:
  - bristoltn.recdesk.com (no need to type www)
  - Click on rentals, then on tennis courts
- Reserve courts by the hour, at least one week in advance

**SUMMER TENNIS PROGRAM June 3 - July 12**

Boys & girls ages 6 to 16, beginner to intermediate skill levels.

No prior experience needed.

Young Beginners (6-11) meet Mondays, Wednesdays & Fridays.

Older Beginners & Intermediate players (11-16) meet Tuesdays & Thursdays.

Time for both 9:00am-10:30am.

Tennis racquets and balls are provided.

Come one week or all six!

This program is provided FREE of CHARGE
### SENIOR ADULT WEEKLY EVENTS

Tables available in cafeteria for afternoon card and board games. Mon.-Fri. 1:00-5:00PM

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<thead>
<tr>
<th>DAY</th>
<th>GYM</th>
<th>CLASSES</th>
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<tbody>
<tr>
<td><strong>MON</strong></td>
<td><strong>GYM</strong></td>
<td><strong>CLASSES</strong></td>
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<tr>
<td></td>
<td>Active Barre Fitness w/Alexa Serfis</td>
<td>Spin &amp; Stretch w/Alexa Serfis</td>
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<td>8:30-9:15</td>
<td>7:30-8:15AM</td>
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<td>Fit Combo w/Denise Bourne</td>
<td>Yoga &amp; Meditation w/Dolores Champagne</td>
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<td>9:15-10:00AM</td>
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<td>SilverSneakers Cardio w/Pat Fields</td>
<td>Bridge</td>
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<td>10:00-11:00AM</td>
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<td></td>
<td>Line Dance w/Linda Roberts</td>
<td>Yoga w/Heather Dotterweich</td>
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<td>11:00AM-Noon</td>
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<td></td>
<td>Pickleball</td>
<td>TABATA w/Elaine Rock</td>
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<td>Cardio Core Connection w/Lark Adams</td>
<td>Watercolor w/Teresa Kath</td>
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<td></td>
<td>8:30-9:15AM</td>
<td>Session I 9:00AM</td>
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<td>Strength Training w/Denise Bourne</td>
<td>Sample I 1:30PM</td>
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<td>9:15-10:00AM</td>
<td>Sample II 10:30AM</td>
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<td>SilverSneakers w/Pat Fields</td>
<td>Chair Yoga w/Heather Dotterweich</td>
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<td>10:00-11:00AM</td>
<td>10:30AM</td>
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<td>Cardio Dance w/BJ Goliday</td>
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<td>Basketball</td>
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<tr>
<td></td>
<td>Kettle Bells w/Linda Stollings</td>
<td>Barre Fitness w/Lark Adams</td>
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<td>8:30-9:15AM</td>
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<td>Wed. Workout w/Denise Bourne</td>
<td>Active Yoga w/Lark Adams</td>
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<td>SilverSneakers Cardio w/Pat Fields</td>
<td>Acrylics &amp; Oil Painting w/Lisa Sneed</td>
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<td>10:00-11:00AM</td>
<td>9:30AM – 3:00PM</td>
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<td></td>
<td>Line Dance w/Linda Roberts</td>
<td>Studio Class Setting/Artist Facilitated</td>
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<td>11:00AM-Noon</td>
<td>Gentle Flow Yoga w/Maggie Fuller</td>
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<td></td>
<td>Pickleball</td>
<td>11:00AM</td>
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### SENIOR ADULT WEEKLY EVENTS

#### THURS

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<tr>
<td>8:30-9:15AM</td>
<td>Cardio Core Connection w/Lark Adams</td>
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<td>9:15-10:00AM</td>
<td>Strength Training w/Denise Bourne</td>
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<td>10:00-11:00AM</td>
<td>SilverSneakers w/Pat Fields</td>
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<tr>
<td>11:00AM-Noon</td>
<td>Cardio Dance w/BJ Goliday</td>
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<td>Noon-2:00PM</td>
<td>Basketball</td>
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#### FRI

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<td>Kettle Bells w/Linda Stollings</td>
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<tr>
<td>9:15-10:00AM</td>
<td>Move &amp; Groove w/Denise Bourne</td>
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<td>10:00-11:00AM</td>
<td>SilverSneakers w/Pat Fields</td>
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<tr>
<td>11:00AM-Noon</td>
<td>Line Dance w/Linda Roberts</td>
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<tr>
<td>12:30-5:00PM</td>
<td>Pickleball</td>
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#### CLASSES

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<tr>
<td>8:30-9:15AM</td>
<td>Spin &amp; Stretch w/Alexa Serfis</td>
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<td>9:00AM</td>
<td>Chair Yoga w/Heather Dotterweich</td>
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<tr>
<td>9:00AM</td>
<td>Creative Writing</td>
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<tr>
<td>11:00AM</td>
<td>Gentle Flow Yoga w/Maggie Fuller</td>
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<tr>
<td>5:15PM</td>
<td>TABATA w/Elaine Rock</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8:30AM</td>
<td>Barre Fitness w/Lark Adams</td>
</tr>
<tr>
<td>9:30AM</td>
<td>Yoga w/Dolores Champagne</td>
</tr>
<tr>
<td>9:30AM-noon</td>
<td>Acrylics and Oil Painting w/Lisa Sneed</td>
</tr>
<tr>
<td>10:45PM</td>
<td>Tai Chi/Chi Qigong w/Dolores Champagne</td>
</tr>
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</table>
ACTIVE BARRE FITNESS
M 8:30A
This higher intensity class includes cardio and Barre movements.
Ω Alexa Serfis  Gym

ACTIVE YOGA
W 9:30A
An energizing yoga class that moves smoothly through a wide variety of poses with modifications available as needed. The emphasis will be on building core strength and flexibility.
Ω Lark Adams  Room 209

BASKETBALL
T/TH 12P
Pick-up basketball is for all levels.
Gym

BASSECT FITN Nes
W/F 8:30A
This class is a combination of ballet, pilates, and yoga moves. There is plenty of sculpting and toning to create long, lean muscles.
Ω Lark Adams  Barre/Spin Room

CARDIO CORE CONNECTION
T 8:30A
45 minute class that will get your heart rate up and keep it there with a mix of aerobics/cardio and strength/toning that is mainly focused on the core.
Ω Lark Adams  Gym

CARDIO DANCE
T/TH 11A
Cardio Dance combines Latin and other styles of dance moves with high energy music.
Ω BJ Goliday  Gym
**SENIOR WEEKLY FITNESS 50+**

**CHAIR YOGA**
**T/TH 9A & 10A**
Session I 9:00 AM  
Session II 10:00 AM  
This class focuses on improving balance, coordination, strengthening legs and upper body, all with the aid of a chair! This fun class leaves you feeling relaxed and confident.
Ω Heather Dotterweich  Room 209

**FIT COMBO**
**M 9:15A**
Start your Monday off in the gym! This fun filled, fast-paced cardio class is sure to get you going. Move to a variety of music in this 45-minute cardio conditioning class. All fitness levels welcome and encouraged.
Ω Denise Bourne  Gym

**GENTLE FLOW YOGA**
**F 9:15-10A**
Gentle Flow Yoga is a softer approach to Dynamic yoga. While the poses still flow together, the nature of it is much slower in pace and gentle in practice. It is the in between of keeping active while still maintaining that peaceful and enjoyable approach.
Ω Maggie Fuller  Room 209

**KETTLEBELLS**
**W/F 8:30A**
A unique class that combines strength training with cardio vascular training. The kettlebell swing targets the core including the hips, glutes, hamstring and upper body. This class translates into a more fit, stable and powerful body and injury prevention!
Ω Linda Stollings  Gym
SENIOR WEEKLY FITNESS 50+

LINE DANCE
M/W/F 11A
These choreographed classes repeat a series of steps that are done by everyone in the “line.” Typically Line Dancing is set to a variety of music, including country and today’s hits.
Ω Linda Roberts Gym

MOVE & GROOVE
F 9:15A
Looking for a fun way to end your week at the gym! This 45 minute cardio class will get your heart racing! Fun moves are set to a variety of music that guarantees a great time! The only rules in this class are to keep moving and have fun. If you do these two things, the health benefits will follow. All fitness levels welcome and encouraged.
Ω Denise Bourne Gym

Pickleball
M/W/F 12:30P
A fun sport that combines many elements of tennis, badminton and ping-pong. Played on a badminton-sized court and a slightly modified tennis net with a paddle and a plastic ball with holes. Played as doubles or singles.
Ω Gym

SILVERSNEAKERS
M/T/W/TH/F 8:30A
Mondays & Wednesdays – Emphasis on cardio vascular
Tuesdays & Thursdays – Emphasis on muscle conditioning
Fridays – Emphasis on a combination of cardio vascular and muscle conditioning
All classes involve warm up, balance work, muscle conditioning, cardio vascular training, and flexibility.
Ω Pat Fields Gym

WORK OUT.
EAT WELL.
BE PATIENT.
YOUR BODY WILL REWARD YOU.
SENIOR WEEKLY FITNESS 50+

**SPIN & STRETCH**  
**M/TH  Mon. 7:30A-Thurs. 8:30A**  
Bring your bicycle-ride inside! Enjoy a no-impact cardio workout topped off with a complete body stretch. All participants are encouraged to work at their own level. This class combines a great cardiovascular workout, lower body strengthening, and complete body stretch to fun music. You will leave feeling energized!  
Ω *Alexa Serfis  Gym*

**STRENGTH TRAINING**  
**T/TH  9:15A**  
A variety of total body conditioning that includes strength training and bursts of cardio exercises. All major muscle groups are targeted during each class and various equipment is utilized. Gain strength, enhance flexibility, improve balance, and have fun in this 45 minute class. Open to all fitness levels. This class promises to give you everything you need to boost you through the day.  
Ω *Denise Bourne  Gym*

**TABATA**  
**M/TH  5:15P**  
A great way to spice up your workouts, burn more calories and get more out of your exercise time. The intervals involve 20 seconds of high intensity work followed by 10 seconds of rest. The training is used for core strength, weight training and cardiovascular fitness. Benefits include raising metabolism and heart rate along with building muscle and endurance. All fitness levels welcome.  
Ω *Elaine Rock  Gym*

**TAI CHI/QIGONG**  
**F  10:45A**  
Qigong (pronounced chee gong) is a physical practice combining gentle flowing movements with breath awareness and visualizations. Regular practice can help develop strength, flexibility, increased range of motion and improved balance. It can also help reduce stress and aid in relaxation.  
Ω *Dolores Champagne  Room 209*
SENIOR WEEKLY FITNESS 50+

WEDNESDAY WORKOUT
W  9:15A
Need a mid-week pick-me-up? Step up your workout in this 45 minute cardio conditioning class. A height adjustable step is utilized during this class, but is not necessary if you prefer to keep your workout on the floor. Climb to new heights as you challenge yourself in this class! Open to all fitness levels.
Ω Denise Bourne  Gym

YOGA
M  11A
This yoga class is beginner friendly. Attention is on our individual bodies and building strength, balance and focus.
Ω Heather Dotterweich  Room 209

YOGA
F  9:30A
Class is open to all levels and has lots of instruction for increasing or decreasing the level of challenge in order to suit each student. Breath awareness, strengthening and stretching comprise the movement portion of the class and is always followed by relaxation.
Ω Dolores Champagne  Room 209

YOGA/MEDITATION
M  9:30A
A challenging class that is best for those with some experience, but open to all levels. Breath awareness, strengthening and stretching combine in the yoga postures to balance the body and calm the mind. This active session is followed by rest and meditation to make a complete mind-body practice.
Ω Dolores Champagne  Room 209
SENIOR ADULT CLASSES 50+

CREATIVE WRITING
TH 9:30A
The Creative Writing Class works as a group (without an instructor), typically writing and sharing the stories of their lives. Each person reads something every week, poetry or prose, which they have written.
Room 203

ACRYLICS & OIL PAINTING
W 9:30A
The Oil and Acrylics Class is a group of skilled artists painting together in a studio setting. We meet together to enhance and learn new skills in a pleasant community setting.
Lisa Snead
Room 206

WATERCOLOR
T 9A & 1:30P
Tues.: Session I - 9:00 AM
Session II - 1:30 PM
Develop your skills and learn new techniques in this instructor facilitated class. Participant must provide their own supplies (a list is available)
Teresa Kath
Room 203
LUNCH PROGRAM / TRANSPORTATION

Slater Center
The lunch program provided by First Tennessee Human Resource is served Monday – Friday in the Slater Center cafeteria at 11:30A.

The Following requirements are:
- You must be a member of the Slater Center
- 60 years of age or older
- Reservation is required 48 hrs in advance
- $2.00 per meal recommended

Homebound Meals
The Slater Center is a site for the Meals on Wheels Program Provided by the First Tennessee Human Resource Agency. To see if you or a family member qualifies please call the agency toll free at 1-866-836-6678.

TRANSPORTATION
Our transportation service provides transportation Monday-Friday for adults 50+ to and from the Slater Center beginning at 7:15A. We also offer transportation in the afternoon to doctor appointments, shopping, banking and other pertinent appointments.

The Following requirements are:
- You must be a member of the Slater Center

- Must live in the city limits of Bristol, Tennessee

Contact Frank Perry at 423-646-5216 to schedule Transportation services
**Haynesfield Pool**

2019

**Hours of Operation**
Monday through Saturday 11:00am – 6:00pm  
Sunday 1:00pm – 6:00pm  
**Opening Date:** Saturday, May 25th  
**Closing Date:** Monday, September 2nd

**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*
*Begin Tuesday, June 4th*
6:00pm – 8:00pm Cost: $2.00 per Person

**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 for reservations- 423-989-5275

**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 3rd - June 14th)  
  Levels I, II
- **Session 2** (June 17th – June 28th)  
  Levels I, II, III
- **Session 3** (July 8th - July 19th)  
  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.

**2019 Family Swim Membership**
The fee for a family membership is $50 for the initial member and then $5 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.

Prior to May 25th, please contact the Bristol Tennessee Parks and Recreation office in the Slater Community Center located at 325 McDowell Street. For additional information and to register for pool parties or swim lessons call (423-989-5275). Please register early as classes and party dates do fill up quickly!

After opening day, which will be Saturday, May 25th, 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.
Pre-registration is required for evening classes and events. You may register and pay at the Parks & Recreation Office during regular business hours at 325 McDowell Street, or online at bristoltn.recdesk.com. For additional information on classes and events, please contact Becky Olinger at (423-764-4006).

**Cardio & Sculpting Circuit:**
Tuesday & Thursday – 6:30 pm in the Slater gymnasium  
Begins Tuesday March 5th  
Instructor: Taffie Barb – pre-register by Fri. March 1st  
Cost: $30.00 - 8 week class  
This is a class that can be modified to accommodate all fitness levels for ages 16 & over. This is an intense class performed in circuit fashion to amplify the calorie burn while alleviating any chance to become bored during the workout. You will leave this class knowing you worked hard but not feeling overwhelmed.

**Gentle Flow Restorative Yoga:**
Mondays – 6:15 pm in Room 209  
Begins Monday March 4th  
Instructor: Maggie Fuller – pre-register by Fri. March 1st  
Cost: $40.00 - 6 week class  
This is a low impact workout that is excellent for all fitness levels ages 16 & over. The low impact work performed in this class will allow you to achieve a connection of breath and body movement as you gain a peace of mind. This class will leave you feeling refreshed and calm.

**Weights & More:**
Mondays – 6:15 pm in the Slater gymnasium  
Begins Mon. March 4th  
Instructor: Becky Olinger - pre-register by Fri. March 1st  
Cost: $20.00 - 8 week class  
This is a class that can be modified for most fitness levels ages 16 and over. The class addresses cardio, strength training, sculpting and toning, balance and stretching. The class ends with a 10 to 15 minute relaxation & stretching segment.

**Yoga:**
Tuesdays – 6:30 pm in Room 209  
Begins Tues. March 5th  
Instructor: Amie Odum – pre-register by Friday March 1st  
Cost: $50.00 - 8 week class  
This is an enjoyable low impact workout for all fitness levels ages 16 and over. The class provides much more than just stretching and flexibility. You will get toned achieve strength and balance while gaining a sense of relaxation and leave feeling calm and peaceful.
“DASH to Health”

Presented by Melisa Heber, RD, CDE, LD/N, and (Diabetes Clinician Educator)
Thursday March 21st at 6:30 pm in room 202
Pre-register by Friday March 15th
Cost $3.00
The DASH Diet was originally developed to reduce blood pressure. The meal plan has proven to reduce blood pressure and also to help with weight reduction when needed. Now it is known the plan also reduces the risk of diabetes, heart disease, metabolic syndrome and cancer. Come and learn more about the Dash Diet which could possibly help you become a healthier individual.

“National Kite Month”

Presented by Steven Cregger
Thursday April 4th at 6:00 pm in room 208
Pre-register by March 27th.
Cost: $3.00
Steven is art teacher at High Point Elementary School &he was featured in the Sept. 2018 issue of A! Magazine for the Arts which was titled “Steven Cregger excites Kids about Art”. This event will be an awesome time for an adult and youngsters to spend quality time together. Any child under the age of 16 will need to be accompanied by an adult. Receive a handout on the history of kites to learn some surprising facts on the uses of kites throughout history. The better portion of the evening will be spent making a kite together and seeing if it earns the title of the most unique or creative kite. Call Becky Olinger at 423-764-4006 for a list of materials that you will need to provide.

“I Love Lucy” - Trivia and Costume Extravaganza

Presented by Sandra Hubbard (Game Show Hostess)
Thursday May 16th at 6:00 pm in room 208
Pre-register by May 10th
Cost: $3.00
I bet many of you remember watching this adorable red head and her best friend Ethel. If you want to have an evening of low stress with lots of laughter make plans to attend this event. See how much you truly know about the “I Love Lucy” show in the trivia challenge. Also take part in the Lucy, Ethel, Ricky or Fred lookalike costume contest and be sure to dress as authentic as possible so that you may be crowned the winner. You do not have to come in costume to participate but it always makes the event more fun if you do. Goodies will be provided by “Kramer’s Candy Kitchen”.

“I Love Lucy”
Friday Night Movie Night in the Park will begin in June 2019.

Bring a picnic along with your lawn chairs and blankets and enjoy an evening under the stars filled with music, playground fun, face painting, bubble tables and a family movie. Food and drinks may be purchased at the concession stand.

Movies begin at dark.

Stay tuned for this Summer’s movie schedule!

Free Concerts at the Downtown Center from June-September on Tuesday & Thursday evenings. A schedule of performers will be released as Spring approaches. For updates, visit bristoltn.org

Location: Downtown Center
Cost: FREE
Days: Tuesday & Thursday
Time: 7pm-9pm
CITY OF BRISTOL, TN PRESENTS

BILLY DEAN

WITH SPECIAL GUEST
ANDY GRIGGS & JIM BROWN

APRIL 26, 2019
7:00pm

TICKETS MAY BE PURCHASED BY CALLING:
423-274-8920
or
ONLINE at
www.paramountbristol.org

TICKETS ON-SALE NOW

CITY OF BRISTOL, TN PRESENTS
GUY PENROD
THE STORY SONG TOUR
WITH SPECIAL GUEST JORDAN'S BRIDGE

MAR 29
We’re Stepping up our game. Let us help you do the same!

● Beautiful tree lined 9 hole par 72 golf course

● Practice area includes putting and chipping greens and a full 300 yard driving range that fits 20 golfers

● 3,200 sq.ft clubhouse & golf shop

● Memberships available with specials throughout the week

20 Little Lane
Bristol, Tennessee 37620
423-764-6411
Steele Creek Disc Golf Course

- 9 hole public Disc Golf course
- $2 Entry fee to enter Park
- Visit the Golf Shop for the area’s best selection of disc golf merchandise
- Disc rental available: $5 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 anorris@bristoltn.org

THE FIRST TEE PROGRAM

Enhancing youth’s life skills, through the game of golf. 6 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 19– April 23

Par / Birdie levels
Par - Focuses on interpersonal communications and self-management skills. Birdie - Emphasizes goal setting
Thursdays 4:30 pm –6:30 pm
March 21– April 25

For more information and to register online go to www.TheFirstTeeTennessee.org Click Tri-cities TAB

Adam Dean / Program Director adeam@tngolf.org

Steele Creek Disc Golf Course

- 9 hole public Disc Golf course
- $2 Entry fee to enter Park
- Visit the Golf Shop for the area’s best selection of disc golf merchandise
- Disc rental available: $5 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 anorris@bristoltn.org
**Nature Events**

**Saturday, March 2\(^{nd}\), 8:30 am – 2:00 pm**

**Tree Keepers Seminar!** Join us for a day filled with practical workshops and interesting topics, all about plants! 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 call 423.764.4023 or visit [https://bristoltn.recdesk.com](https://bristoltn.recdesk.com) to sign up!

**Saturday, April 20\(^{th}\), 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.

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**Nature Programs**

**Friday, March 22\(^{nd}\), 10:00 am**

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

**Friday, March 29\(^{th}\), 4:00 pm**

**Spring Wildflower Walk:** Meet Jeremy 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 5, 4:00pm**

**Reptiles as Pets:** Have you ever thought about keeping a turtle, lizard, or snake as a pet or found a reptile in your yard that you want to keep? Meet Lance at the nature center for a discussion on the dos and don'ts of keeping reptiles as pets and get an up close look at some in the nature center.

**Sunday, May 12, 2:00pm**

**Intro to iNaturalist:** If you’ve ever seen an interesting plant or animal on a hike and wondered what it could be or you just like observing nature, iNaturalist is the app for you. Meet Lance at the nature center for an introduction to one of the most popular citizen science nature apps. Then head outside to observe, record, share, and create research quality data to help better understand and protect our natural resources!

**Friday May 24\(^{th}\), 4:00 pm**

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Action</th>
<th>Date</th>
<th>M-F</th>
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<th>Sun</th>
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<td>Nature Center</td>
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<td>Closes</td>
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<td>Fall Hours</td>
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<td>Shut Down</td>
<td>Sept. 29, 2019</td>
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**Splash Pad at Steele Creek Park**
Opening May 25th

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**ADULT MENS & CO-ED SPRING SOFTBALL LEAGUES**

SEASON BEGINS: APRIL 29th
REGISTRATION DEADLINE: APRIL 22nd
REGISTRATION FEE: $375

For More Information Contact:
Taylor Harmon @ 423-764-4048

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**State Line Classic**
April 10th
Whitetop Creek Park
The City of Bristol, Tennessee Parks and Recreation Department manages athletic and community programming activities as well as maintaining park facilities located within the City of Bristol. The City of Bristol, Tennessee City Council appoints residents to the Parks and Recreation Commission. This volunteer Commission acts as an advisory board to the Department and City Council. The Commission helps to establish rules, regulations, functions, goals, policies and procedures for the performance of its duties and for the use, operation and conduct of all facilities and programs.

Current Commission Members are:
David Akard III
Cowan Bennett
Susie Chandler
Justin Hutchison
Kathy Lowdermilk
James Luttrell
Curt Rutherford
Kate White
Sherry Willinger
Ginny Senter-Student Rep
Lance Tudor-Student Rep
Lea Powers-Council Member

Slater Community Center Hours:
Monday - Thursday 7:30am-8:00pm
Friday - 7:30am-5pm
Closed - Saturday & Sunday

City of Bristol, Tennessee Elected Officials:
Margaret Feierabend-Mayor
Michelle Denise-Vice Mayor
Chad Keen- Councilman
Jack Young-Councilman
Lea Powers-Councilwoman

New Bark Park
Coming Soon!