



City of Bristol Tennessee

FOR IMMEDIATE RELEASE
Thursday, August 22, 2013

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Parks and Recreation's Fall Classes Announced

You can feel it, fall is just around the corner, the first leaves are beginning to fall and the nights are cool. So what does that mean to the folks at Slater Center? It means it's time to get to work and see what fun and new classes they can offer this fall.

The line-up is as diverse as ever. The community can register for classes like Ballroom Dancing, or Earth Oigong for Women which is similar to Tia Chi. Its gentle, graceful movements address women's specific health issues and the class is open to women of all ages and abilities. Yoga of course is still a Slater favorite and is being offered again this year. Tennis, Pickleball and other classes that will get you moving are also being offered.

If you are in the mood for something a little less physical you may want to try your hand at learning to play the fiddle or guitar or maybe a few drawing lessons might be more to your taste.

Whatever you are in the mood for, don't let the cooler temperatures slow you down. There is always time to learn something new or just stay active, none of us should ever "...forget to play."

For more information on all the classes being offered at Slater Center please contact Parks and Recreation at 423-764-4048 or 423-764-4023. The staff will be glad to answer any questions one may have. Please remember class sizes are limited and pre-registration is required for all evening classes. The Parks and Recreation offices are open Monday through Friday from 8:00 A.M. to 5:00 P.M.

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BRISTOL TENNESSEE PARKS & RECREATION FALL CLASSES & ACTIVITIES FOR YOUTH AND ADULTS

Pre-registration is required for evening classes. Space is limited for some classes.

Register at the Slater Center during regular business hours.

Please contact 423-764-4048 or 423-764-4023 with additional questions.

Ballroom Dancing	Tuesdays (Beginners)	6:00 - 7:00pm	\$30.00
	Tuesdays (Intermediate/Advanced)	7:00 - 8:00pm	\$30.00

Instructor: Walt Baumgardner 6 week sessions begin September 9th and October 22nd

Beginners Fiddle Lessons	Mondays	5:30 - 6:30pm	\$30.00
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Beginners Guitar Lessons	Mondays	6:30 - 7:30pm	\$30.00
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Instructor: Clayton Odell 6 week sessions begins September 9th and October 22nd.

Must have instrument. Open to ages 12 and older.

Cardio-mix	Tuesdays & Thursdays	6:00 - 7:00PM	\$30.00
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Drop-in rate: \$10.00 per class

Instructor: Taffy Barb 8 week sessions begin September 10th and October 22nd

Class uses kettle bells, weights and yoga to tone and firm the muscles.

Computer Class	Mondays (Beginners)	6:30 - 7:30pm	\$30.00
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Instructor: Nikki Miller 6 week sessions begin September 9th and October 22nd

Learn basics computer functions; introduction to social media; plus much more.

Drawing Class	Thursdays (Beginners)	6:00 - 8:00pm	\$40.00
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Instructor: James Wynegar 6 week session begins October 3rd Class limited to 12 students, minimum age 12. Learn basic drawing and shading skills along with composition and contrast. Supply list at first class.

Earth Qigong for Women	Tuesdays	5:30 - 6:15pm	\$50.00
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Instructor: Delores Champagne 8 week sessions begin September 3rd and October 29th

Gentle, graceful movements that address women's specific health issues. Moves similar to Tia Chi.

Great for stress reduction and joint mobility. For women of all ages and abilities.

Yoga	Tuesdays	6:30 - 7:30pm	\$50.00
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Drop-in rate: \$10 per class

Instructor: Delores Champagne 8 week sessions begin September 3rd and October 29th

All ability levels. Stretch, tone, breathe, relax.

Pickleball	Mondays	6:00 - 8:00pm	\$10.00
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Instructor: Robin Smithson 6 week session begins September 9th Equipment provided so come and learn how to play this fun and exciting game.

Tennis	Tuesdays	6:00 - 7:00pm	\$30.00
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Instructor: Bill Harness 6 week session begins September 10th Beginner and intermediate instruction.

Must have own racquet. Open to ages 10 to adult. Class meets at the tennis courts behind Holston View Elementary School.