# Pigeon Forge Parks and Recreation

Summer 2019







## **Table of Contents**

Staff Directory	3
Parks & Rec Policies	4
Parks	5
Playgrounds and Pavilions	6
Pigeon Forge Greenway	7
Park Rules and Regulations	8-9
Pigeon Forge Community Center	10-11
Aquatics	12-13
Wellness Programs	14-15
<b>Bowling Center</b>	16
Child Care Center	17
Children's Programs	18
Summer Camp	19
Special Events	20-21
Adult Programs	22
Athletics	23











## **Staff Directory**

**City Manager: Earlene Teaster** 

**Assistant City Manager: Eric Brackins** 

Council Members: David Wear, Mayor: Kevin McClure, Vice-Mayor:

Tony Watts, Commissioner: Jay Ogle, Commissioner: Ken Maples, Commissioner

Administration: 865-429-7373

Lanny Goodwin, CPRP, Parks and Recreation Director - Igoodwin@cityofpigeonforgetn.gov

Susan Smelcer, Finance Assistant - ssmelcer@cityofpigeonforgetn.gov

**Pigeon Forge Community Center 865-429-7373** 

Jacob Cave, CPRP, Community Center Manager - jcave@cityofpigeonforgetn.gov

Diane Dykes, Front Desk Manager - ddykes@cityofpigeonforgetn.gov

Margaret Cole, Childcare Manager - mcole@cityofpigeonforgetn.gov

#### Aquatics:

Amanda Singleton, Aquatics Manager - asingleton@cityofpigeonforgetn.gov Sarah Brackins, Aquatics Assistant Manager - sbrackins@cityofpigeonforgetn.gov

#### **Bowling Center:**

Wayne Clopton, Bowling Center Manager - wclopton@cityofpigeonforgetn.gov Robby Rivera, Bowling Center Assistant Manager - rrivera@cityofpigeonforgetn.gov

LeConte Medical Center Wellness Center - 865-908-9248 Rissa Andres, Wellness Supervisor - candres@CovHlth.com

City Parks: 865-428-3113

Tom Garner, CPRP, Parks Superintendent - tgarner@cityofpigeonforgetn.gov

Athletics and Recreation Programs: 865-617-8831

Dave Anderson, CPRP, Recreation Superintendent-danderson@cityofpigeonforgetn.gov

Ben Vaughan, Athletics/Concessions Supervisor - bvaughan@cityofpigeonforgetn.gov Austin McCarter, Program Supervisor - amccarter@cityofpigeonforgetn.gov Seth Rodgers, Program Supervisor - srodgers@cityofpigeonforgetn.gov

City of Pigeon Forge Website: www.cityofpigeonforge.com



**Pigeon Forge Parks and Recreation** 

## Parks & Rec Policies

## Pigeon Forge Parks and Recreation Mission Statement:

To provide Parks, Recreation, Open Space, and Greenways for the enjoyment of our residents and visitors while focusing on Wellness and Fitness, Social Equity, Conservation, and Tourism.

## Pigeon Forge Parks and Recreation Child Supervision Guidelines

- Children in strollers or car seats are not permitted in any activity area <u>except</u> on the walking track.
- Family locker rooms are available.
- Children under the age of 10 must have a parent or adult (over the age of 18) provide supervision while using the facility.
- Children under the age of 10 do not need parental supervision if participating in a Pigeon Forge Parks and Recreation Program.
- Children under the age of 14 may not attend adult classes.
- Children must be 14 years of age or older to utilize the LeConte Wellness Fitness Center or be accompanied by a parent or legal guardian of at least 18 years of age.
- NOTE: There is a fee based Child Care Facility provided for children ages 1-9 for daily guests of the community center. There is no charge to community center members for this service.



#### **Community Center Membership Refund Policy**

**Transfer:** Should a resident member be transferred outside a 50 mile radius of Pigeon Forge, they will be entitled to a partial refund. Requests must be submitted in writing and will be prorated from the day of the request. Verification of new address is required. Illness, Injury, or Death: Should a member be unable to utilize the facility due to illness, injury, or death, they (or a designated member of their family), will be entitled to a partial refund. Requests must be submitted in writing and will be prorated from the date of the request. Verification of illness, injury, or a death certificate will be required. There is a \$5.00 fee for processing any refund request which will be deducted from the refunded amount at the time of processing. No refunds will be issued with less than three months remaining on a membership.

#### City of Pigeon Forge Access Statement

It is the policy of the City of Pigeon Forge not to discriminate on the basis of race, color, national origin, age, sex or disability in its hiring and employment practices, or in admission to, or operation of, its programs, services, activities and facility usage.

If you need special accommodations for program participation, please contact our office by phone (865) 429-7373, or in writing to: Department of Parks and Recreation, PO Box 605, Pigeon Forge, TN 37868-0605. We will be happy to assist with your special needs. An ADA Complaint form can be found on the City of Pigeon Forge's Website, www.cityofpigeonforge.com if any needs have not been met.

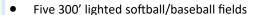
## **Parks**



#### **Wear Farm Park**

623 Wears Valley Rd

Wear Farm City Park is a beautiful facility that serves as the main park for the City of Pigeon Forge. It features the following facilities:



- One lighted football field
- One multi-purpose field
- Two playgrounds
- Two pavilions
- Walking trails
- Basketball courts
- Two concession stand/restroom buildings



## 170 Community Center Drive

Pigeon Forge City Park is home to the Pigeon Forge Community Center, including the indoor and outdoor pools, outdoor tennis courts, a playground and a one mile looped greenway trail including The Riverwalk Greenway Trailhead. The Pigeon Forge Boys and Girls Club is also connected to City Park.

City Park Amenities Include:

**City Park** 

- Pigeon Forge Community Center
- Indoor and Outdoor Pool
- Outdoor Tennis Courts
- Outdoor Volleyball Court
- Pigeon Forge Public Library
- 1 lighted pavilion
- 1 mile lighted walking trail
- Pre-School Playground



186 Old Mill Avenue

Patriot Park is home to many activities year round, including the Winterfest lights, 4th of July fireworks, and Patriot Festival. In addition to the special events, Patriot Park is also the site of memorials for local individuals that served in the Armed Forces.

Patriot Park is a 16-acre park consisting of:

- 1 lighted pavilion
- .5 mile lighted walking trail
- 16 picnic tables
- 1 lighted Gazebo
- 18 park benches







## **Playgrounds and Pavilions**

#### **Pavilion Rental Rules:**

- Please call 865-429-7373 to make reservations for any of the City of Pigeon Forge Pavilions.
- Pavilions can only be reserved from March 1 through October 31.
- Pavilions are available on a first-come, first-served basis when not reserved.
- You may call to reserve a pavilion for the current year beginning in January.
- There is no alcoholic beverages or amplified music permitted and all property must be returned to its original condition when finished using the pavilion.



#### Wear Farm Playground

The Wear Farm Playground is located beside Pavilion 1 at Wear Farm Park and is designed for children up to 12 years old.



Pigeon Forge's newest playground, the Discovery playground located beside Pavilion 2 at Wear Farm Park is designed for children up to age 12 and is fully accessible for children with special needs.

#### Patriot Park Gazebo

This picturesque gazebo is located at Patriot Park and overlooks the Little Pigeon River. It is a favorite location for small weddings and ceremonies.

#### **Tennis Playground**

This playground is located behind the Community Center and beside the tennis courts. It is a small playground designed for children 2-5 years old.

#### **Wear Farm Pavilion 1**

Pavilion 1 is located at Wear Farm Park. It has 10 picnic tables, a grill, electrical outlets and lighting.

#### **Wear Farm Pavilion 2**

Pavilion 2 is located at Wear Farm Park. It has 8 picnic tables, a grill, electrical outlets and lighting.

#### **Patriot Park Pavilion**

This pavilion is located beside Patriot Park overlooking the Little Pigeon River. It has 6 picnic tables, a grill, lighting and is **only available on a first-come, first-served basis.** 

#### **Tennis Pavilion**

This pavilion is located behind the Pigeon Forge Community Center and has 6 picnic tables, a grill and electrical outlets.













## Pigeon Forge Greenway



#### **Pigeon Forge Greenway**

The beautiful Pigeon Forge Greenway System includes over 6 miles of trails and connects visitors and residents to several important landmarks around Pigeon Forge. These include Dollywood attractions, The Island in Pigeon Forge, The LeConte Convention Center, Patriot Park and additional access points to various restaurants, attractions, and lodging along the way. There is also a Greenway Trail located at Wear Farm Park. Restroom facilities are available at the Pigeon Forge Community Center, The Island in Pigeon Forge, Patriot Park and Wear Farm Park. Several biking and walking programs will take place on the Pigeon Forge Greenway. Please call the Pigeon Forge Community Center at 865-429-7373 for more information.





#### **Wear Farm Greenway**

The Wear Farm Greenway is located off Wear's Valley Road and is located at Wear Farm Park. This section includes over 1 mile of trail and wraps around the baseball complex, football field and playgrounds and follows along Waldens Creek at the back of the park. It is a great trail to utilize while the kids are playing!

#### **Riverwalk Greenway**

The Riverwalk Greenway is a 4 mile section and is the central spine of the Pigeon Forge Greenway System. This beautiful section of trail includes a one mile loop around the old City Park, a half mile loop around Patriot Park and a 2.5 mile section that follows the West Prong of the Little Pigeon River.



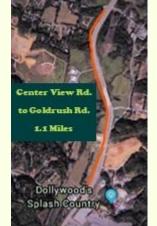
## The Island

#### in Pigeon Forge

The Pigeon Forge Greenway runs directly through The Island in Pigeon Forge. Follow the large sidewalk in front of the Margaritaville Island Inn parking area, travel across both bridges at The Island and the Riverwalk Greenway will reconnect at the main parking area of The Island.

Greenway Route





#### **Veterans Blvd Greenway**

The Veterans Blvd Greenway is a connector trail joining the Sevierville Greenway System at Center View Road, traveling 1.1 miles along Veterans Blvd and ending at Goldrush Road, across the street from Dollywood's Theme Park, Splash Country and DreamMore Resort.

## **Park Rules and Regulations**





#### Parks, Facilities and Trails Rules and Regulations

#### Intent

It is the Pigeon Forge Parks and Recreation Department's goal to provide citizens with a safe environment in which recreational opportunity can be maximized. Due to the wide variety of patron needs and use of City property, it is necessary to establish the following rules and regulations.

#### **1.0 HOURS OF OPERATION**

- 1.1 Day Use and unlit Trails: 30 minutes before sunrise until 30 minutes after sunset. For lighted trails and general parks and facilities: 6 a.m. until 12 midnight unless posted otherwise.
- 1.2 No person shall remain in any park or trail after the park or trail is closed, except in an area specifically designated by the City as an area where persons may remain after the park or trail is closed to the public.
- 1.3 The Director of Parks and Recreation has the right to close, restrict opening times or prohibit recreational use by the public at any City owned and/or maintained park, facility or trail if it is necessary to protect the health or safety of the public or the safety of the park area or its facilities.

#### 2.0 PARK PROPERTY

- 2.1 All park property, facilities and equipment shall be used for the purpose for which it was designed.
- 2.2 Parks and trails shall be used for recreation and relaxation for the general public. Parks, facilities and trails shall not be used for business or social service purposes unless authorized pursuant to a written agreement with the City of Pigeon Forge.
- 2.3 Pavilions within City Parks may be reserved from March 1<sup>st</sup> through October 31<sup>st</sup>. Pavilions are available on a first-come, first-served basis when not reserved. Please call 865-429-7373 to reserve a pavilion. A permit must be acquired to reserve the Patriot Park Gazebo.
- 2.4 Put ALL waste in appropriate waste receptacles. (Per section 16-107 of the Pigeon Forge Municipal Code)
- 2.5 No Ground Fires are allowed in any City property. Fires are only permitted in provided grills and only charcoal may be used.
- 2.6 No person shall cut, carve, injure the bark or break off the limbs or branches, or mutilate in any way or pick the flowers or seeds of any tree, shrub or plant existing on City Property. Nor shall any person dig in or otherwise disturb grass areas or in any other way injure or impair the natural beauty or usefulness of any area. Removal of any plant material from City property, City Parks or Greenway Trails, without the Parks and Recreation Department's prior approval is strictly prohibited.
- 2.7 No person shall molest, harm, frighten, kill, trap, hunt, chase, capture, shoot, or throw any object which may harm any mammal, bird, reptile, or amphibian. Fishing is permitted in designated areas as long as it is in accordance with Tennessee State Law provisions and regulations. Please see <a href="https://www.tn.gov/twra/license-sales/fishing-licenses.html">www.tn.gov/twra/license-sales/fishing-licenses.html</a> for fishing license requirements.
- 2.8 Inflatables or facilities that use running water are not permitted in City owned parks or trails.
- 2.9 The use of metal detectors is prohibited in City owned parks or trails.
- 2.10 Attaching any objects, including but not limited to, hammocks, ropes, slacklines, clotheslines, flags, or banners to trees, bushes, or structures is prohibited.

#### **3.0 PUBLIC DISTURBANCE**

- Loud, abusive, vulgar or otherwise disorderly conduct is strictly prohibited. The City of Pigeon Forge staff, through its Parks and Recreation Department, has complete control of the City owned parks and trails and their decisions are final as to all matters arising out of the use of any City facilities.
- Persons or businesses must obtain a permit or license to operate a concession, or vend/advertise any type of goods/services on City owned park property.



## **Park Rules and Regulations**

- 3.3 The wearing of masks or any device covering the face is prohibited at all City owned parks or trails. (Per section 11-705 of the Pigeon Forge Municipal Code)
- 3.4 No overnight camping or sleeping is permitted in any City owned parks or trails.
- 3.5 Persons requested to leave City owned property by authorized personnel must do so immediately.

#### 4.0 NOISE

- 4.1 No amplified sound or generators are allowed at any City Parks or Trails. Music must be kept to a respectable level.
- 4.2 No PA systems are allowed at any City owned Parks or Trails without a special use permit in place.
- 4.3 Persons must observe the City of Pigeon Forge Noise Ordinance prohibiting unnecessary noise from the hours of 10 p.m. and 9 a.m. (per section 11-804 of the Pigeon Forge Municipal Code)

#### **5.0 FIREWORKS**

No person shall discharge any fireworks in City owned parks, trails, or within the city limits of Pigeon Forge unless done as part of a special event authorized by the City. Fireworks shall mean any combustible or explosive composition or substance or combination of substance or any article prepared for the purpose of producing a visible or audible effect by combustion, explosion, deflagration or detonation, including sparklers. (Per section 7-501 of the Pigeon Forge Municipal Code)

#### **6.0 ANIMALS**

- Dogs, cats and other animals must be kept on a leash (maximum 6 feet long) except in areas specifically designated as "off-leash." Dogs must be current on all required vaccinations and must wear a tag displaying current vaccinations. (Per section 10-202 and 10-203 of the Pigeon Forge Municipal Code)
- 6.2 No animals except for service animals will be allowed into the Pigeon Forge Community Center or inside the fenced area of Wear Farm Park, unless permitted by the Parks and Recreation Director for special events.
- 6.3 You must be in control of your pet at all times. Pets are not to annoy, molest, bark continuously, attack or injure any person or animal on City property.
- 6.4 Do not leave pets tied up and/or unattended.
- 6.5 You must clean up after your pet. Please place pet waste in a bag or container and dispose of it in a designated waste receptacle.

#### 7.0 VEHICLES

- 7.1 Vehicles must park in designated areas and not on the grass.
- 7.2 Do not leave any vehicles parked after hours or overnight.
- 7.3 Motorized Vehicles, skateboards and scooters are not permitted at City owned parks or trails.

#### 8.0 ALCOHOL/DRUGS/WEAPONS

8.1 No Alcoholic beverages, illegal drugs, or weapons of any kind are allowed on City park property except as otherwise permitted by city ordinances and state law.

#### 9.0 ENFORCEMENT

- 9.1 The Director of Parks and Recreation, designated City employees, and law enforcement officers have the right to ensure the Pigeon Forge Parks, Facilities and Trails Rules and Regulations are followed through issuance of citations and/or expulsion from City owned Parks Facilities and Trails.
- 9.2 Do not obstruct or interfere with the enforcement of these rules.

#### **10.0 REGULATION EXCEPTIONS**

All government activities carried out in the ordinary course of Parks and Recreation operations shall be exempt from the provisions of the Pigeon Forge Parks and Recreation Department Parks and Trails Rules and Regulations. Acts or conducts prohibited by these rules shall be permitted when approved by the Director of Parks and Recreation and occurring in conjunction with City of Pigeon Forge sponsored, co-sponsored, or City approved special events.

## Pigeon Forge Community Center

This 86,000 square foot facility includes 3 full basketball courts, 2 racquetball courts, a 5,000 square foot wellness center, an aerobics room, both indoor and outdoor pools, a bowling center, a childcare center, meeting rooms, and a suspended walking track.



#### **Hours of Operation:**

Monday - Friday: 6 a.m. - 9 p.m.

Saturday: 8 a.m. - 6 p.m.

Sunday: 1 p.m. - 6 p.m.

#### **Daily Fees:**

Daily Guest Fee to Enter: Sevier Co. Resident\$ 6.00Daily Guest Fee to Enter: Non-Resident\$ 8.00Weekly Guest Pass: Anyone\$30.0030-Day Guest Pass: Anyone\$50.00

#### Terms:

Pigeon Forge: A person living within the city limits of Pigeon Forge.

**Worker:** A person who does not live within the Pigeon Forge city limits, but works within the city limits of Pigeon Forge.

**Sevier County:** A person living within Sevier County, but outside the city limits of Pigeon Forge.

Non-Resident: A person living outside Sevier County.

**Family:** Includes only head of household, spouse, and dependent children under 18 or under 22 if the child is a full-time student.

Pricing does not include applicable sales tax.

#### **Yearly Membership Fees:** Pigeon Forge Family (up to 4 members): \$100.00 5.00 Each additional member over 4 members: \$ 25.00 Pigeon Forge Student: Full-time Student under 22 years old living at home Pigeon Forge Adult: 18-54 years old \$ 50.00 Pigeon Forge Senior: over 54 years old \$ 45.00 Pigeon Forge Senior Couple: married and \$ 75.00 both over 54 years old \$125.00 Worker Family (up to 4 members): Each additional member over 4 members: 7.50 Worker Student: Full-time student \$ 35.00 under 22 years old living at home \$ 75.00 Worker Adult: 18-54 years old Worker Senior: over 54 years old 55.00 Worker Senior Couple: 55 years old and up \$ 90.00 **Sevier County Family (up to 4 members):** \$200.00 Each additional member over 4 members: \$ 10.00 Sevier County Student: Full-time student \$ 50.00 under 22 years old living at home Sevier County Adult: 18-54 years old \$100.00 Sevier County Senior: over 54 years old \$ 90.00 Sevier County Senior Couple: married and \$180.00 both over 54 years old \$240.00 Non-Resident Family (up to 4 members): \$ 12.00 Each additional member over 4 members: Non-Resident Student: Full-time student \$ 60.00 under 22 years old living at home Non-Resident Adult: 18-54 years old \$120.00 Non-Resident Senior: over 54 years old \$108.00 Non-Resident Senior Couple: married and \$216.00 both over 54 years old

## Pigeon Forge Community Center





865-429-7373



**Benefits of a Community Center Membership** 

#### Unlimited access to:

**Indoor Pool** 

**Outdoor Pool (seasonal)** 

**Basketball Courts** 

**LeConte Wellness Center** 

**Indoor Walking Track (1/10 mile)** 

Racquetball Court

**Wallyball Court** 

All Water Aerobics Classes Included
All Group Fitness Classes Included
Open Adult Coed Pickleball Included



## Aquatics

#### **Hours of Operation**

Monday-Friday 8-11 a.m. Lap & exercise swim only

11 a.m. - 8 p.m. Open swim & lap swim

Tuesday & Thursday 6:30-8:00 a.m. Early Bird lap swim

Saturday 10 a.m. - 5:30 p.m. Open swim & lap swim

Sunday 1 p.m. - 5:30 p.m. Open swim & lap swim

Admission to the indoor pool is included with your membership or daily fee to the community center.





## Early Bird Lap Swim

Join us every **Tuesday and Thursday** mornings from **6:30-8:00 a.m.** for early bird lap swim. Perfect time to swim before work!

#### **Private Pool Parties**

The Pigeon Forge Indoor pool is available for private pool parties every Saturday evening from 6-8 p.m. The cost is \$150.00 per reservation and there is a maximum of 50 people per party. Reservation fee must be paid a minimum of 24 hours in advance. Please call 865-429-7373 to make a reservation.

#### **Water Aerobics Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 a.m.	10:30 a.m.	10:00 a.m.	10:30 a.m.	10:00 a.m.
Aquacize	Just My Speed	Move it and Lose It	Just My Speed	Aqua Mixer
10:45 a.m.	6:00 p.m.	10:45 a.m.	6:00 p.m.	
Dig Deep	Move it and Lose it	Noodlin' Around	Move it and Lose It	

**Aquacize** - This class is a 45 minute, high intensity class that focuses on a full body workout and is designed to strengthen and tone muscles while increasing cardio-respiratory endurance.

**Just My Speed** - This is a 30 minute, mild intensity class which includes an introduction to water aerobics and water exercise.

**Move it and Lose it** - This is a 45 minute class with medium level intensity that incorporates a variety of optional equipment to maximize your water workout.

**Aqua Mixer** - This is a 45 minute class with medium level intensity that includes a mix-up of games, music, and equipment making it a fun and stress-free workout.

**Dig Deep** - This is a 30 minute, deep water class focusing on core strengthening and endurance. A tough challenge!

**Noodlin' Around** - This is a 30 minute, low intensity class that uses pool noodles for balance. A light-hearted, low intensity, enjoyable class.

## **Aquatics**

#### **SAC Sevier Aquatic Club**

The Pigeon Forge Community Center is partnering with the Sevier Aquatic Club to provide children with an opportunity to further their swimming skills. Please call the Pigeon Forge Community Center for more information on how to join and practice times during the summer.



#### **Swim Lessons**

Please call the Pigeon Forge Community Center at 865-429-7373 for lesson times and dates.

#### Parent and Me (ages 6 months- 2 years)

A class designed for a non-swimmer and parent to accompany them in the water. This class will include a combination of water exercise and learn to swim techniques.

#### **Preschool Swim Class (Ages 3-4)**

A class designed for preschool children that will include basic swim strokes and water safety.

#### Swim Lessons (Ages 5-6) (Ages 7&up)

A multi-level program designed to teach swimming skills and strokes along with water safety. Levels range from beginner to advanced with a focus on rotary breathing, stroke development and stroke technique.

Private Swim Lessons are available upon request by calling 865-429-7373 Ext. 18

#### **OUTDOOR POOL NOW OPEN!**

**Pigeon Forge Community Center Outdoor Pool Hours** 

**Monday-Thursday:** 11 a.m. - 6 p.m. Open swim & Lap swim

Friday: 11 a.m. - 7 p.m. Open swim & Lap swim

Saturday: 11 a.m. - 5:30 p.m. Open swim & Lap swim

Sunday: 1 p.m. - 5:30 p.m. Open swim & Lap swim

The outdoor pool will be open every day starting June 1st and will be open every Saturday and Sunday in August starting August 3rd.

Admission to the outdoor pool is included with your membership or daily fee to the Community Center.



## **Wellness Programs**



### **Group Fitness Class Descriptions**

<u>Power Camp/Kettlebell</u> - This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, body bars, and resistance bands.

<u>Yoga</u> - For all levels. A series of poses with a strong emphasis on breathing. You'll increase your flexibility and restore a healthy, positive mind/body balance, while focusing and relaxing the entire body.

<u>Power Yoga</u> - A more advanced yoga class that offers a series of progressive poses that will strengthen your core and increase your flexibility.

<u>Chair Yoga</u> - This class is great for yoga beginners. Low impact and an emphasis on alignment makes this class great for all ages.

<u>Fit For Life</u> - This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance.

<u>Zumba</u> - This is a super fun, high-intensity, aerobic class involving several dance techniques in a very welcoming atmosphere. No dance experience required, just be ready for a good work out and a fun time!

**Zone Tone** - 1 hour workout focusing on working those areas that we usually forget about!

**Body Pump** - A 50 minute full body workout choreographed to music utilizing barbells. Fun for all skill levels.

<u>Barre</u> - A class mixing elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the ballet barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

<u>iSweat</u> – If you're up for a challenge, join us on Friday nights for iSweat. You're guaranteed to leave schweddy!

<u>iTone</u>- Want to strength train without going up to the gym? Not sure what you can do to tone your muscles? Take this class! It's a variety of exercises, including TRX, medicine balls, kettlebells, dumbbells, and barbells. In iTone class, you will get your entire body stronger!

<u>Cardio Acceleration</u> - Maximize your workout time by getting cardio done while you strengthen your body! This class is a non-stop class that combines cardio and strength training. Be ready to sweat!

<u>Silver Sneakers -</u> These classes follow the Healthways Silver Sneakers Fitness Program. The classes are catered to folks 65 and up. The mission is to make fitness more fun and accessible to boomers and beyond. Focusing on movements that help strengthen muscles that help with everyday activities while keeping it fun is what this class is all about.

**Spin** - Our indoor cycling class provides a fun and challenging cardiovascular workout for all ages and fitness levels.

<u>Track & Trail</u> - Running group for beginner to seasoned distance runners. We'll partner up based on similar pace/distance goals. One hour, out-and-back runs (or run/walk) along the greenway, or indoor track depending on weather.

**Form & Feeling** - Improve flexibility, increase range of motion, and release muscle tension in this mind/body session. We'll spend the first half of class in low impact/moderate intensity exercise and finish with stretching and relaxation techniques.

## **Weliness Programs**





#### **LeConte Wellness Center Personal Training**

Let our personal trainers design a program that is right for you! We can even create a group session for you and your friends!

All personal trainers are professionally certified.

#### **Personal Training Prices:**

<u>1 Hour Sessions</u> (5) One Hour Sessions (10) One Hour Sessions

1 hour, 2 clients: \$65 2 clients: \$255 2 clients: \$495

1 hour, 3 clients: \$75 3 clients: \$300 3 clients: \$590



## **Pigeon Forge Community Center Group Fitness**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am - Barre	9:00 am - Spin		9:00 am - Spin	9:00 am - Zone Tone	8:00 am - Track & Trail
10:30 am -Chair Yoga	10:30 am - Fit For Life	9:30 am - Power Camp / Kettlebell	10:30 am - Fit For Life	10:30 am - iTone	
10:30 am -iTone	1:00 pm - Form & Feeling	10:30 am - iTone	1:00 pm - Form & Feeling	10:45 am - Silver Sneakers	
		10:45 am - Silver Sneakers		12:15 pm - Yoga	
5:00 pm - Yoga	5:30 pm - Cardio Acceleration		5:30 pm - Cardio Acceleration		
7:00 pm - Barre	6:45 pm - Zumba	5:15 pm - Power Yoga	6:45 pm - Zumba	5:30 pm - iSweat	

## **Bowling Center**

#### **Bowling League Schedule**

Monday Senior (55+) \$1.00 Bowling 10 a.m.

Monday Night Mixed League 6-9 p.m.

Thursday Night Cruise League 6-9:30 p.m.

Wednesday \$1.00 Bowling 6-10 p.m.

\*\$1.00 bowling is per person per game\*

NO OPEN BOWLING DURING LEAGUE NIGHTS

#### Fall 2019 League Meetings

Monday Mayhem League: Mon. August 12, 6:30 pm

Tuesday Mixed League: Tues. August 13, 6:30 pm

Wednesday Mixed League: Wed. August 28, 6:00 pm

Please call 865-429-7373 for more information.

#### **Bowling Party Rental Packages: 865-429-7373**

#### Basic Birthday Package: \$35 per lane

1 hour of bowling and shoe rental, a bowling pin for the birthday child, and 45 minutes reserved in the party room.

#### Cosmic Birthday Package: \$65 per lane

2 hours of cosmic bowling including shoe rental on Friday or Saturday nights **only** between **7-10 p.m.**, a bowling pin for the birthday child, and 45 minutes reserved in the party room prior to cosmic bowling.

#### Lock-In Rental Package: \$300 flat rate

2 hours reserved including shoe rental for the entire bowling center and party room.

\*All rentals are subject to availability\*

#### **Hours of Operation**

Monday-Friday 11 a.m. - 10 p.m.

**Saturday** 1 - 10 p.m.

**Sunday** 1 - 6 p.m.

Rates

MEMBERS NON-MEMBERS

**Day Rates** 

\$2.00 per game \$2.70 per game \$1.65 Senior \$2.30 Senior

**Weekend and Evening Rates** 

\$2.35 per game \$2.95 per game \$1.95 Senior \$2.55 Senior

**Shoe Rental** \$1.95 per pair

#### Storm Bowling Ball Demo Day

Join us **Saturday, June 1st** from **10 am – 2 pm** for the "Storm Identify your Arsenal" Demo Day. For a fee of **\$5** you can try out all of the new Storm line of balls. Please call 865-429-7373 for more information.

#### Cosmic Bowling

Every Friday and Saturday Nights from 8-10 p.m. \$9.50 per bowler for the 2 hour session including shoes.



## **Child Care Center**

#### **Drop In Child Care**

Drop in Childcare is available for **1-2 year olds** for up to **1 1/2 hours** per day, 1 time visit.

Drop in Childcare is available for **2-9 year olds** for up to **2 hours** per day, **1** time visit.

**Drop in Childcare Hours:** 

Monday/Wednesday/Friday 9 a.m.- 1 p.m.

Monday-Thursday 4-8 p.m.

**<u>Pigeon Forge Members:</u>** Free

Non-Members: \$5.00 per child

All children 5 years or older are required to have a membership

#### **Mother's Day Out!**

A great program to acclimate your toddler to the school setting before sending them off to pre-k! Mother's Day Out is for **children 3-5 years old** and will help develop social skills for each youngster in a fun, safe, friendly environment.

Tuesdays and Thursdays 10:30 a.m. - 3 p.m. Community Center Members:

\$7.50 per day per child

**Non-Members:** 

\$10.00 per day per child

For more information,

please call 865-429-7373 ext. 15





## **Children's Programs**







# After School Program

Grades: Kindergarten–4th \$70.00 per month

Activities: Swimming, Sports and Games, Arts and Crafts, along with Snack and Homework Time!

Registration begins July 1, 2019

For more information contact Austin McCarter at (865) 429-7373 or at amccarter@cityofpigeonforgetn.gov





#### **After School Program**

The After School Program at the Community Center is for children ages 5-10 and runs from 3-6 p.m. every school day. The cost is \$70 per month and includes homework help, swimming, bowling, gym games and other fun activities! The first day of the After School Program will be Wednesday, August 14, 2019.

#### **Home School Program**

The Home School Program at the Community
Center is for children ages 5-12 and runs from
11 a.m.-12 p.m. every Wednesday that Sevier
County schools are in session. The cost is FREE for
members and \$2.00 per day for non-members.
This program will include swimming, bowling,
gym games and other fun activities to build your
child's core motor skills while teaching them
valuable life lessons and social skills in a P.E. type
class environment. The first class for the
2019-2020 school year will be August 21,2019





# After School T.C.G.

Join us after school for some trading card gaming action! T.C.G. takes place in the bowling center Monday through Friday from 3:30-5:00 p.m. Pokemon, Vanguard Yu-Gi-Oh! games are played.

(Trading Card Games)



Friday, August 30, 2019

Each night is from 6-10 p.m. and is \$10 per child for members or \$15 per child for non-members

Activities will include bowling, swimming, movies and games all at the Community Center and we provide dinner!



## **Summer Camp**











**Additional Information** 

(865) 429-7373



## PIGEON FORGE SUMMER CAMP 2019

Week 6 July 15-19 Week 7 July 22-26

Week 8 July 29-Aug 2

Registration for the Pigeon Forge Summer Camp begins **April 1, 2019**. This is an 8 week program and you choose which weeks your child participates in. You can sign up for 1 week or all 8! The ages are 5-12 and fun activities such as bowling, swimming, gym games, themed parties and field trips are being planned. The cost for each week is \$80.00 per child and you may sign up at the Pigeon Forge Community Center.

For more information, please call 865-429-7373

## **Special Events**



# JULY IS PARK AND RECREATION MONTH NRPA.ORG/JULY I #GAMEONJULY



#### **Pigeon Forge Community Nights**

Thursday, June 20, 2019

Thursday, July 25, 2019

www.cityofpigeonforge.com

Come join us as we celebrate Parks and Recreation month by appreciating you!! These community appreciation nights are designed for the Pigeon Forge Community Center to say thank you for being a part of our community! Games, swimming, free food and free giveaways will take place! Please call 865-429-7373 for more details.

#### Common Birds found on the Pigeon Forge Greenway Canada Goose Barn Swallow Cliff Swallow Great Blue Heron **Great Egret** Mallard Duck Muscovy Duck Mourning Dove Eastern Bluebird American Goldfinch Blue Jay Mockingbird American Robin Northern Cardinal Least Sandpiper Pileated Woodpecker **Red Tailed Hawk Turkey Vulture** Ruby Throated Hummingbird **Bald Eagle**

## Pigeon Forge Greenway Bird Watch

Come take a stroll on our greenway and learn about all the birds you see! There are geese, ducks, heron, and many other species of birds we should be able to witness on our two mile walk. This **free** program will take place **Monday, August 12th** at **6:30 pm** and is for all ages. We will meet at the Pigeon Forge Community Center. Be sure to bring water and your binoculars!

## **Special Events**

## GET FIT? WITH PARKS AND RECREATION





#### TAKE A WALK

#### GO FOR A SWIM PLAY OUTSIDE







**ENROLL IN A** FITNESS PROGRAM

**CREATE YOUR OWN** 





Share your photos and videos online using #NRPAFamilyFitDay. nrpa.org/familyfitness





#### **Family Health and Fitness Day**

Saturday, June 8, 2019

Family Health & Fitness Day encourages families and individuals to use their local parks and recreation department to stay healthy and active. Need some inspiration? Here are the Top Five ways to "Get Fit" with the Pigeon Forge Parks and Recreation Department:

Take a Walk

Go for a Swim

**Enroll in a Fitness Program** 

**Create Your Own Exercise Routine** 

#### **Play Outside**

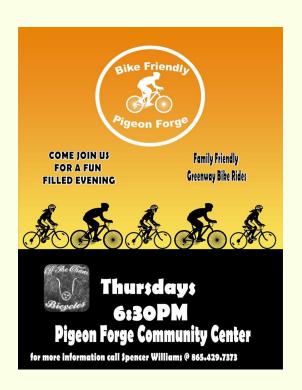
The Pigeon Forge Parks and Recreation Department will be hosting a greenway walk to celebrate Family Health and Fitness Day. We will meet at the Community Center at 11:00 am, walk to The Island, and back. The event will conclude with the "Jumping Jack Challenge" where each participant will perform one minute of Jumping Jacks. Please call the Pigeon Forge Community Center at 865-429-7373 for more information.

#### **Independence Day Pool Party**

Come celebrate our Nation's Independence a little early at the outdoor pool! The Party will take place on Wednesday, July 3, 2019 from 11 a.m. to 2 p.m. and will feature games, discounted concessions, music and of course, swimming! The event is free for members or the daily fee for guests.



## **Adult Programs**



#### J.O.Y. (Just Older Youth) Club

This free program meets in the meeting room at the Pigeon Forge Community Center the first Friday of every month. J.O.Y. Club is for adults ages 50 and up and begins at 10:30 a.m. with lunch served at 11:30 a.m. All you need to bring is a covered dish and a smile!

Free Potluck Lunch and Bingo Games!

#### Summer 2019 Dates:

Friday, June 7, 2019

Friday, July 5, 2019

Friday, August 2, 2019



#### Pigeon Forge Community Bike Ride

Come ride on the Pigeon Forge Greenway! This free guided bike ride begins at 6:30 p.m. and will take us from the Community Center, along the Pigeon Forge Greenway, to Patriot Park and back. Please remember to bring a bike, bike helmet, and water to these events. The bike rides are free and take place every Thursday beginning August 15, 2019.



#### **Adult COED Open Racquetball**

Come join us at the Pigeon Forge Community Center for some exercise and competition! Various skill levels are welcome and a ladder will be established if needed.

<u>Cost:</u> Free for members or Daily Guest Fee

Wednesday Afternoons 5-6 p.m.



#### **Adult COED Open Pickleball**

Come join us at the Pigeon Forge
Community Center for this fun,
competitive sport that combines the skills
of racquetball, tennis, ping pong and
badminton.

Cost: Free for members or \$2.00 per day

Experienced: Friday 8-10 a.m.

Beginners: Tuesday 8-10 a.m.

Thursday 8-10 a.m. Saturday 9-11 a.m.





## **Athletics**



#### Pigeon Forge NFL Flag Football League

Sign ups for the Pigeon Forge NFL Flag Football League will be at the Pigeon Forge Community Center beginning **July 1, 2019**. League will play at Wear Farm Park and is open to any children **ages 4-12**. the cost is \$35.00 per child and each

child MUST have a copy of his/her birth certificate on file. Practices and games will be played on Sundays in September and October, 2019. Please call Ben Vaughan at 865-850-4707 for more information.







# Fall Flag Football Sign Ups! See Page 23 for details.



