

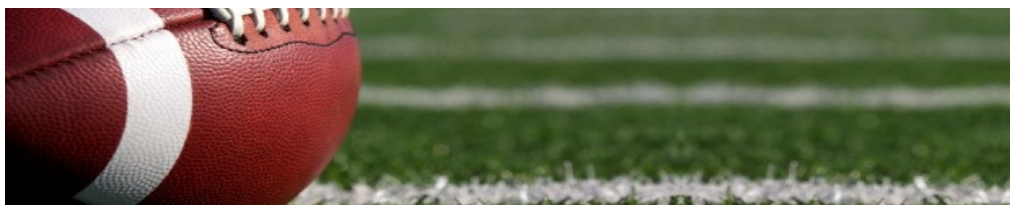
# JULY NEWSLETTER



## Town of Nashville Parks, Recreation and Cultural Resources

### Register Now for Football and Cheerleading

We are currently registering for football and cheerleading. The season will start with camp on July 23, 24 and 26 from 6:30-8:30 at Glover Park. Participation is free. Try-outs will follow the next week on July 30, 31 and August 2 from 6:30-8:30. Once a participant makes the team they will need to pay a \$10 registration fee if they live outside of town limits. Participants who live inside of town limits can play for free. You can register online at <https://goo.gl/forms/69Yjpi3wpsoY1xNB3> for Cheerleading Camp and at <https://goo.gl/forms/tBarLZcpd41xKW7f2> for Football Camp. Contact us with any questions 252-459-9796



### Environmental Camp Registration

Summer camp registration is going on now. Visit <http://www.townofnashville.com/community/parks-and-recreation/recreation-special-events> for more information. Camps are limited to the first 20 PAID participants. Environmental Camp is being offered August 13-15 and 20-22. Registration closes July 30.



### Summer Family Fitness Series and Adult Recreation Events

Family Bootcamp with Key Fitness and Martial Arts with Nashville Academy of Martial Arts will be held July 17 & 31 from 6:30-7:30 in the Nashville Elementary School Gym. These events are for ALL ages and are meant to encourage families to move together for better physical and mental health. Adult wiffle ball and adult badminton will be held July 10 & 24 from 6:30-8:30 in the NES Gym. These events are for individuals 16 and older. For both events please wear athletic shoes and bring water. Call the department or check out the website for more information . 252-459-9796



### Fall Soccer Registration is Now Open

Registration for fall soccer is now available at Town Hall or online on the town website. Registration for athletes living inside town limits is free, but athletes living outside of town must pay \$10. Every athlete will receive a game jersey. Practices will begin the week of August 27 and games will be held on Saturdays beginning September 8. You must be between the age of 3 and 12 to participate. Call or email with any questions.

## Walk With Ease

### Registering Now for Adult Walking Program Starting July 23, 6:30 PM @ Glover Park

Class will be offered in the evenings from 6:30-7:30 PM @ Glover Park on Monday, Tuesday and Thursday. This is an adult walking program that anyone over the age of 18 is welcome to participate in. It meets for 6 weeks, three times per week. Each Session lasts about one hour. The length of each session depends on how long the group decides to walk. The program goal is to be completing a 30 minute walk by the end of the 6-week class. Each session begins with a brief discussion on a topic important to successful walking management. After the discussion, the group will warm up, stretch, walk, cool down and stretch one last time. Register online @ <https://goo.gl/forms/Y140MVDeFTXvyss32> or at Town Hall.

### Find Us On Social Media and the Word Wide Web

Don't miss any happenings in Town of Nashville Parks, Recreation, and Cultural Resources Department. We are on social media Facebook [nashvillencparksandrec](https://www.facebook.com/nashvillencparksandrec), Instagram [nashvillencparksandrec](https://www.instagram.com/nashvillencparksandrec) and Twitter [@twnnashvillepark](https://twitter.com/twnnashvillepark). You can also receive text updates by texting @693fe to the number 81010. Our web address is [www.townofnashville.com](http://www.townofnashville.com)

