

# FEBRUARY NEWSLETTER

Town of Nashville Parks, Recreation and Cultural Resources



The Cornell Lab Audubon BIRD STUDIES FORCES OF CHANGE CANADA



**Take a part in a real scientific research project!**  
We will be participating in the Great Backyard Bird Count and you can too!  
**Where:** Glover Park  
**When:** February 16 between 10-11 AM or February 17 between 3-4 PM  
**What:** Pick up a data sheet, find a spot in the park, observe and identify the birds during a 15-30 minutes time frame.

Please note you will be outside, dress for the weather and bring a blanket or chair to sit on.

Want to participate but these times don't work for you? You can participate from home. Go to <http://gbbc.birdcount.org/get-started/> and set up GBBC.org account so you can record your findings. Pick a time during the weekend that you can sit and observe the birds at your house for at least 15 minutes. Record all the birds you see during those 15 minutes and then submit your data. Then let us know that you participated from home through our poll on Facebook.

## PARTNER DANCE CLASSES

FOR AGES 16 AND OVER

2 sets of classes being offered (register for one or both)

February 6, 13, & 20 from 7-8:00 PM @ Nashville Community Building  
March 6, 13, & 20 from 7-8:00 PM

**GRAB YOUR PARTNER AND JOIN US TO LEARN PARTNER DANCES JUST IN TIME FOR ALL THE SPRING OUTDOOR CONCERTS**

Registration is FREE for residents of Nashville & \$10 if you live outside of Town Limits (both participants must register)

Register online or in person at Town Hall Monday-Friday from 8-5:00 PM

Taught by Leslie Poland and Kenneth Davis



## Adult Recreation Nights

February 2019

7:30pm - 8:30pm

Nashville Elementary Gym



February 4th— Various Dodgeball Games  
February 11th— Indoor Soccer  
February 18th— Volleyball  
February 25th— Gatorball

**FREE!**



## Spring 2019 Baseball, Softball, and T-ball Registration

Register in person at Nashville Town Hall Monday-Friday, 8-5:00 PM

OR

Email [marguerite.bishop@townofnashvilenc.gov](mailto:marguerite.bishop@townofnashvilenc.gov) or use the link on Facebook to register online.

Registration is FREE for in-town residents and \$10 for individuals living outside of town limits. Each player will receive a team jersey and hat!

Call 252-459-9796 with questions

### Age Groups:

T-Ball: Ages 3 & 4

Advanced T-Ball: Ages 5 & 6

Baseball: Rookie 7-8 (coach pitch)

Minor 9-10

Major 11-12

Softball: 7-9 (machine pitch);

10-12 (Machine/live pitch mix)



## Family Fitness Fun Series

### February 5: Family Fitness Fun

Games and activities that encourage all to move and laugh!

### February 12: Family Yoga

Come learn how to bend, move and breathe.

### February 19: Family Bootcamp with Key Fitness

High energy circuits that promote strengthening and cardiovascular health

### February 26: Family Crossfit

All Events are Held from 6:30-7:30 in the Nashville Elementary School Gym

All Events are ALL Ages

Join us on Tuesday nights to help kick those wintertime blues and get you and your family moving! This is a FREE event and ALL ages are welcome!

Thank you to our local businesses for facilitating these events!

### Sponsored by

Nashville Elementary PTA

Town of Nashville Parks, Recreation, and Cultural Resources



Open Gym Thursdays from 6:30-8:30 at Nashville Elementary School Gym. 16 and older are welcome to come and play!



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 [nashvilencparksandrec](https://www.facebook.com/nashvilencparksandrec), Instagram [nashvilencparksandrec](https://www.instagram.com/nashvilencparksandrec) 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)