

This e-newsletter is being sent to you by the Parks & Recreation Commission of Maryville-Alcoa-Blount County with offices located at 316 S. Everett High Road, Maryville, TN. If you prefer not to receive this e-newsletter you may send an unsubscribe request to info@parksrec.com.



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www.parksrec.com

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“NO BOUNDARIES” BEGINNER RUNNING PROGRAM OFFERED

If you are new to running or have been considering getting started, come join the new 10-week Beginner Running Program. This is a great opportunity to meet other new runners and prepare for the upcoming 5K Reindeer Run in December. The class format each week will include a brief lecture on a running related topic and will be followed by a run which gradually builds up each week. Topics covered will include nutrition, hydration, stretching, shoes/gear, motivation, safety and more.

Classes will be held on Mondays, September 27 through November 29, 5:30-6:30 p.m. , at Springbrook Park and Pavilion in Alcoa. The fee is \$40. with preregistration required. The fee includes instruction by running professional, Shahin Hadian, a New Balance technical t-shirt and a post-race celebration. Space is limited, so contact Parks & Rec now for more information and registration.

A QUOTE FROM RUNNING INSTRUCTOR, SHAHIN HADIAN

“For me, our No Boundaries Begin to Run 5K training program is more than just training to run. It is a motivational training program that not only trains one to run or walk a 5K distance, but also empowers you to make a lifestyle change. I enjoy leading it because in a small way, it allows me to be a part of the person’s life altering experience. After all, running changes everything!”



Recent participants of the “No Boundaries” Running Program

ACTIVITIES FOR KIDS AGES 4 - 10

This fall Parks & Rec is offering several options for children to stay active while having lots of fun. Check out www.parksrec.com for complete information on Beginner Ballet, Beginner Tap Dance, Hip Hop Dance, Beginner Tumbling, Back Handsprings & More Class, Gymnastics, Movement, & More Class and other activities to keep the younger ones busy this season. All these classes are held at the Everett Recreation Center. Age restrictions vary by class. Consult the web site or call Parks & Rec at 983-9244 for complete details on times, ages and fees.

Mark your calendar for the annual Halloween Fun Event for ages 3 - 12 scheduled for October 29, 5:00 - 9:00 p.m. at the Everett Rec Center. Look for more details in the October e-newsletter and at www.parksrec.com.



Boys and girls enjoying the Beginner Gymnastics Class at the Everett Recreation Center



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MARTIN LUTHER KING CENTER RECEIVES AWARD FROM MARYVILLE COLLEGE

The Maryville College Center for Campus Ministry recently awarded the M. L. King Community Center and Center Director, Sissy Ferguson, the “Community Agency Representative of the Year” Award for work done in cooperation with the College’s Bonner Scholars Program. Volunteers from the Bonner Scholars work at the center as tutors and conduct other activities throughout the year for the community youth who participate in the activities offered at the community center in Alcoa.



Pictured are some of the participants of the Bonner Scholars Tutoring Program.