

**CHATTANOOGA
PARKS AND
OUTDOORS
ACTIVITY
GUIDE**

**FALL/WINTER
2024 - 2025**

CITY IN A PARK

PLAY
ADVENTURE
LEARNING
PROGRAMS
HISTORY
EXERCISE
COMMUNITY
HIKING
SWIMMING
BIKING
RUNNING
EVENTS
ART
MUSIC
SPORTS
NEIGHBORS
NATURE
QUIET
CONNECTION
WILDLIFE
CELEBRATION



Chattanooga 
PARKS & OUTDOORS





Chattanooga **PARKS & OUTDOORS** **CONTENTS**

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CHATTANOOGA PARKS & OUTDOORS



CONTACT INFORMATION

Parks and Outdoors Administration Office
200 River Street
Chattanooga, TN 37405
423-643-7866
www.chattanooga.gov/parks

General Questions and Suggestions
Email: DPOINFO@Chattanooga.gov

All Recreation and Sports Questions
423-643-6434

Champions Club Tennis Complex
423-870-3112

Golf Courses
Brainerd: 423-855-2692
Brown Acres: 423-855-2680

Outdoor Chattanooga
423-643-6888
Email: info@outdoorchattanooga.com

Special Events Questions or Special Event Request
Email: specialevents@chattanooga.gov

Reservation Questions
chattanooga.gov

Lost and Found
423-643-7862

Please report any park issues, suggestions
and concerns to 311.

Follow us on social! Search
"Chattanooga Parks and Outdoors"



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NEW PARKS AND MORE!

Spring and summer of 2024 has been busy. New projects, new parks, new plans, more programs and the list goes on. We are thrilled to see an increase in many of our events and programs and an overall excitement around our department. Thank you.

Lynnbrook Park (17th St, Chattanooga)

In July, Lynnbrook Park opened. This 1.4 acre plot has been converted into a beautiful stream complete with a walking track, donated playground equipment, pavilion and more. This collaboration with the City's water quality department provides a park to over 3000 residents with close-to-home access

Lupton Mills Meadow (2 Dixie Dr)

In July, the restored Lupton Mills Meadow opened. This 12 acre site offers a field of native plants and a short walking trail. Once a former textile mill, this site is now taking on a new role with more to come!

Ben Miller Park (1099 W 40th)

Redesigned park with Hamilton County featuring a new dog park, pickleball courts and more!

Shallowford Preserve (Not open to public)

This summer, the city of Chattanooga set aside 28 acres to preserve along the South Chickamauga Creek. This land will never be built on and has already proven its natural wonder with over 220 plants species identified.

Ross's Landing Re-imagined

A new look for Ross's Landing along Chattanooga's riverfront was announced with shade, art, play structures, Veterans memorial and more in the plans. Visit www.riverfrontparkscha.com

Riverview Park (1857 Riverview St)

On September 12th, the largest fully inclusive playground will open at Riverview Park. This playground will serve thousands, thanks to the non-profit Hope Included, State of TN, local partners and donations.

Enhancements for all

New surfacing and shade at Batter's Place pickleball
New public art at Blue Goose Hollow
Breaking ground this Fall for a new skatepark
\$19M awarded through TPL for the Alton Park Connector and Clifton Hills Connector Greenways.
Several trees to be planted this Fall.
And the list goes on.



Chattanooga Parks and Outdoors
200 River St
Chattanooga, TN 37405
(423) 643-7866

BEST PARKS FOR FALL COLORS?

Late October and Early November offer spectacular colors across the TN Valley. What are the best places to see fall colors in our local parks? This is a hot debate with many parks offering large deciduous trees full of color. Here's a list of favorites NOT including our popular TN Riverpark, Coolidge and Ross's Landing-which are fantastic!

Overlook Park (Missionary Ridge)

This small, but historic and scenic park is at the top of the ridge at 1 S Crest Rd. As the leaves change, the color is fantastic and views become even better!

Stringer's Ridge (1312 Spears Ave)

Miles of hiking and biking trails on North Chatt with overlooks of Chattanooga. You'll get a workout and a view!

Mountain Creek Park (1102 Mtn. Creek Rd)

Located near Red Bank Elementary, this large park with a walking path takes you under large trees with great views up Signal.

Greenway Farm to South Chickamauga Creek Greenway

Take a family walk to the old quarry, or canoe paddle along the North Chick in Greenway Farm, or hop on your bike for a 12 mile ride along the South Chick Creek Greenway will certainly amaze you with color. Several trail heads found at chattanooga.gov/parks under trails and greenways.

East Lake Park (3400 E 34th St)

Chattanooga's Oldest Park. A walk around the duck pond under large hardwoods will certainly please!

Shepherd Park (2124 Shepherd Rd)

Beautiful park off Hwy 153 with large trees, playground, center, disc golf and more

Church St. Park (3813 Church St)

At the base of Lookout Mtn. Look up, be amazed.

Heritage Park (East Brainerd)

A family picture hot spot!

So MANY to choose from!
Scan for an interactive map of our parks and facilities.



LEAVE YOUR LEAVES!

Leaves are a way of getting nutrients back into the soil. Hauling off leaves will slowly degrade your soil. Healthy soil acts like a sponge to absorb rainwater and reduce runoff on your property.

- Make a pile or mow into your lawn and let them enrich the soil. Free fertilizer!
- Add them as mulch in your flower beds.
- Extra leaves can be composted with kitchen scraps to use later.
- Unmowed leaves are a great habitat for overwintering insects like butterflies and bees.
- Never pile leaves in water ways. Large amounts of leaves can harm aquatic life.
- Pile extra leaves near the street but not on the street where rain could wash them into storm drains causing clogs and flooding. Check your area's leaf pickup week.
- If you want free leaf compost, visit the City's Wood Recycling Center!

Natural Resources works on a variety of projects City wide, and many happen in Parks. The new Grasslands Program is a partnership with Southeastern Grasslands Institute that will evaluate spaces for grassland restoration. Four sites are chosen so far for this 4 year agreement: East Lake Park, Carver Community Center, Sterchi Farm Adventure Trail, and Greenway Farms.



WHAT TO PLANT THIS FALL?

Our team of horticulturalist keep Chattanooga looking beautiful. But what do they plant? We asked our James Stockdale who oversees landscaping at Coolidge Park and the TN Riverpark, what he likes to plant for fall color and sustainability.

Flowering Plants

Tall Iron-weed

Small but vibrant purple flowers spread in a crown on top of this native plant from mid summer to early fall. Tall Iron-weed can reach heights of 8 to 9 feet, making it a late-season statement piece in the perennial garden. If you love the flowers but don't love the height, it can be cut in half in the middle of summer to facilitate a later and shorter bloom. Look for this plant in Renaissance Park, the S Walk, and other locations along the Riverpark. A prolific native plant, it may show up on its own in environments ranging from wooded areas to open fields.

Goldenrod

Goldenrod may look like a weed at first, but patience pays off with rich yellow blooms from August to October. A fall favorite in Renaissance Park, it often pops up wherever it pleases. Pair it with ironweed for a stunning autumn show! The 'Fireworks' cultivar keeps things short and bushy, offering a dense burst of blooms.

Mistflower

A newcomer to Riverparks in 2024, Mistflower has been planted in Coolidge Park and along the Tennessee Riverwalk. This tough native plant prefers moist conditions in full sun to partial shade, and is unique in its ability to bloom in the shade in the fall season. Look for the fluffy purple blooms by Walker Pavilion and on the Riverwalk from Blue Goose Hollow to Spring Hill Suites.

Native Grasses

Native ornamental grasses add structure and texture all season, but they truly shine in the fall with vibrant blooms, seedheads, and a stunning color shift. From classic yellows and reds to metallics like silver and bronze, these grasses bring fall's best colors to your garden. Here are some of our favorites.

Little Bluestem

As the name implies, this grass has an excellent silvery blue color in the growing season, and tops out at a height of three feet. Fall color on this plant is striking as the blue transitions to silver, purple, and red.

Splitbeard Bluestem

Unlike our flowering perennials, this grass shows off after it blooms, when the seed heads emerge. They are silver and fluffy, and dazzle when they catch the light on a sunny autumn afternoon. This grass pairs excellently with little bluestem.

Northwinds Switchgrass

This grass is a statement piece throughout the growing season, with a tall, upright habit that blows elegantly in the breeze. In the fall it turns a vibrant yellow before going dormant.

Indiangrass

Takes off in the late season when the flower heads reach up to a height three to eight feet, creating a look similar to a paintbrush. If you look closely you will see tiny yellow flowers in the inflorescence in mid to late August.

DID YOU KNOW?

SupportScapes reimburses for native plant establishment anywhere on your property. <https://chattanooga.gov/public-works/stormwater-resources/rainsmart>



Tall Iron Weed



Goldenrod



Mistflower



Little Bluestem



Splitbeard Bluestem



Northwinds Switchgrass



Indiangrass



James Stockdale

DID YOU KNOW?

Chattanooga Parks and Outdoors maintains over 25 large pollinator gardens, rain gardens and native meadows? Scan the QR code for the entire list!





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SPECIAL EVENTS:

CHATTANOOGA ZOO

Banana Ball, Saturday, Sept 21st

Banana Ball is the Chattanooga Zoo's annual gala! This year, for the first time ever, our guest speaker is holding a limited-attendance workshop the morning of Banana Ball. Purchase tickets at chattzoo.com

**FREE MOVIES IN A PARK!
GAMES, POPCORN START AT 7PM
MOVIES AT DUSK.**

South Chatt Library, Friday, Sept. 13th

925 W 39th St
Movie: Tangled

Champions Club, Saturday, Sept. 28th

3400 Lupton Drive
Games and the movie, Champions

Miller Park, Saturday, October 5th

Downtown
Movie: Scooby-Doo (live action version)

Miller Park, Saturday, October 19th

Downtown
Movie: Coco

Coolidge Park, Saturday, October 26th

On the riverfront!
Movie: Hotel Transylvanian
Family Zombie Walk
Fun Haunted House in the park

**SIGN UP FOR OUR
NEWSLETTER**





PARKS & OUTDOORS PRESENTS

MOVIES

in a Park

FREE

September

Friday, September 13th
South Chattanooga Library (Outside)
Movie: Tangled

Saturday, September 28th
Champions Club Tennis Complex
Movie: Champions

Gather at 7pm for games
Movie at dusk
Bring your chair or blanket
Family friendly movies!

October

Saturday, October 5th
Miller Park
Movie: Scooby-Doo (Live Action)

Saturday, October 12th
Miller Park
Movie: CoCo

Saturday, October 26th
Coolidge Park
Movie: Hotel Transylvania + Zombie
Walk and Haunted House!

CHATTANOOGA.GOV/PARKS/

#CITYINAPARK

EVENTS CONTINUED

LEVITT BLOC MUSIC SERIES

Levitt BLOC Music Series activates different neighborhoods across a town or city by “layering” concerts in multiple public spaces. Each site of this pilot program will foster social cohesion and amplify community pride by featuring a diverse lineup ranging from acclaimed, emerging talent to seasoned, award-winning artists on the local, regional, and national circuits, ensuring access to high-caliber performances. More info at risecha.org

September 8th at Miller Park: Moonchild

September 22nd at South Chattanooga Community Park: Keke Wyatt

September 29th at Miller Park: Eric Roberson

COOLIDGE PARK CELEBRATES 25th!

Join us Saturday, October 19th to celebrate 25 years of Coolidge Park. During the day experience the 4 Bridges Art Festival, Clumpies 25th anniversary and more. Enjoy food from the North Shore Merchants, music, free carousel rides and dedications.

FIRESIDE CONCERT SERIES

FREE Acoustic tunes every Thursday evening at Greenway Farm in Hixson



EVENTS CONTINUED

Battle at the Bend Skate Competitions

1801 Reggie White Blvd.
11th Annual Skateboarding Contest
Saturday, October 26th
Located at the Chattanooga Skate Park. 1801 Reggie White Blvd.

Notes in Nature

A Progressive Musical Walk through the Park
Sunday, November 5th at Greenway Farm Hixson

Festive Forest!

Come witness the beautiful Holiday lights in Miller Park with numerous trees and more.
Mid November at Dusk-the same time as the EPB windows are debuted! Sponsored by BBB and EPB

Reindeer on the Riverfront and Lighted Boat Parade

Friday, November 29th at Ross's Landing

Chattanooga New Years Eve Celebration December 31st

Celebrate with music, food and fun on Broad Street!

For more downtown events, visit

rivercitycompany.com.



PLAY ADVENTURE LEARNING YOUTH ACTIVITIES IN A PARK EXERCISE COMMUNITY PROGRAMS HIKING SWIMMING

SPORTS

Chattanooga Parks and Outdoors is proud to offer a number of sports and outdoor activities for youth and adults of all ages and abilities. We also work closely with our community centers to offer programs throughout the year.

FREE YOUTH BASKETBALL FREE FOR AGES 3-19

7 week league starting in November at numerous Community Centers.

The league is free for all participants. Registration October 15th - November 11th. Season begins December 2nd. Visit your local Community center or call Deon Brown at 423-643-6055
Divisions/Age groups: 3/4 co-ed, 5/6 co-ed, 7/8 co-ed, 9/10 boys, 11/12 boys, 13-15 boys, 16-18 boys, 7-9 girls, 10-13 girls and 14-18 girls.

Registration forms can also be found at chattanooga.gov/parks under the sports button.

INNER CITY GOLF CLUB

Free golf lessons at First Tee Chattanooga from September 9th - October 16th. Mondays at 4:30 pm
Call Deon at 423-643-6055

SUMMER RBI BASEBALL LEAGUE

Sign ups begin in January at your local community center or to have your team enter, them online.

REGISTER FOR SPORTS,
CAMPS AND MORE
BY SCANNING THE QR
CODE



VOLUNTEER COACHES NEEDED!

Due to the overwhelming demand for our programs and sports, we are actively looking for volunteer coaches for basketball and baseball. Are you interested in mentoring and coaching tomorrow's leaders?

Visit chattanooga.gov/things-to-do/volunteer-parks

FREE YOUTH FALL AND WINTER CAMP!

LIMITED SPACE! AGES 6-15

1102 South Watkins Street

October 14th - 18th

December 26th - Jan 3rd (Except the 1st)

7:30 am - 4:30 pm.

Registration will start two weeks before each camp.

Call Kim Battle at 423-643-6052 to register.

Every Kid Outdoors Camp is an award winning free daily camp that introduces youth to the outdoors through daily adventures including fishing, canoeing, outdoor art, field trips and more. During the winter months, many of the same programs will be offered, weather dependent.



TEEN FUN

HOWARD HIGH PARADE

Saturday, October 19th

Howard High School

2:00 pm-5:00 pm

Join the parade and enjoy the fun!

Contact Kim Battle. 423-643-6052

HARRY POTTER HALLOWEEN

Dress up, and create a magical evening for hundreds!

Saturday, October 26th

Warner Park

Contact Kim Battle. 423-643-6052

THANKSGIVING GIVE BACK DAY

Encouraging Kindness to Others

Location: NHC Nursing Home and Women's Shelter

Thursday, November 21st

11 am - 1 pm

Participants will brighten the lives of nursing home residents with care packets and cards for the Thanksgiving Holiday.

Contact Kim Battle. 423-643-6052

TEEN TEAM BUILDING DAY

Friday, February 21st, 2025

Shepherd Community Center

5:30 pm - 8:00 pm

Ages: Boys & Girls 15 and under

Contact Kim Battle. 423-643-6052

BLACK HISTORY PROGRAM

Shepherd Community Center

February 28th (tentative)

6:30 pm

Ages: All Ages

Contact Kim Battle. 423-643-6052



ADULT SPORTS

PICKLEBALL

Batter's Place Pickleball Complex

Located in East Brainerd at 8011 Batter's Place Rd
Featuring 5 courts, including one ADA, newly surfaced, seating, and led lighting. Open daily until 10pm

Hixson Community Center Pickleball

5401 School Dr. Featuring 4 outdoor courts

Local Community Centers (indoors)

The City of Chattanooga also offers several indoor pickleball options at numerous community centers. These centers provide open play for all levels Monday - Friday between 9 am-noon. (times may vary at some centers)

Centers include:

Chris Ramsey Community Center
Hixson Community Center
East Chattanooga Community Center
East Lake Community Center
Eastdale Community Center
Tyner Community Center
South Chattanooga Community Center
Washington Hills Community Center
Wyatt Community Center

TENNIS

Chattanooga Parks and Outdoors offers numerous tennis courts throughout town. To find courts near you, check out our interactive map at Chattanooga.gov

Champions Tennis Club

Champions Club is a championship level tennis facility that is FREE for walk ups or can be reserved for \$2 per person, per hour before 4 pm or \$3 per person, per hour after 4 pm.

Fall Hours:

Now till Thanksgiving: 9 am - 9 pm

Winter Hours:

December 1st - March 1st

Monday - Friday 8 am - 4:30 pm

Saturdays 10 am - 4 pm

Sundays CLOSED.

Youth lessons will pick back up in the late winter at Champions Club and Warner Park.

For more www.ustatn.com – Play TennisSEE

Local Leagues are full for the Fall and will return in late winter. Updated information at:
423-870-3112

TENNIS CONTINUED

Youth Tennis 101

An introductory eight week class for 8 – 18 year olds taught by Champions Club professional staff, price \$80, begins week of September 16. Please call our professional staff at 423-870-3112 to register.

Champions Club is partnering with the Tennessee Tennis Association to offer instruction to children ages 4 - 10. This six week program for \$90 begins September 16 and is also offered at Warner Park.

For more information please visit Champions Club Rally Cats Tennis webpage:
<https://rallycatstennis.com/champions-club/>

Adult Tennis 101

Tennis 101 – An introductory eight week class for adults taught by Champions Club professional staff, price \$80, begins week of September 16. Please call our professional staff at 423-870-3112 to register.

Champions Club is partnering with the Tennessee Tennis Association to offer entry level instruction. This six week program for \$90 begins September 16 and is also offered at Warner Park. For more information please visit www.ustatn.com – Play TennisSEE

Adult Open Play

Not a fan of leagues, not a problem. Our professional staff will connect you with groups or individuals to recreate at your level, on your terms.

Want to be a Certified Tennis Instructor?

Champions Club has partnered with the Professional Tennis Registry (PTR), the largest tennis professional organization in the world to deliver three certification workshops at Champions Club, dates coming soon. Call 423-870-3112 for more information.

SOFTBALL

SPRING ADULT SOFTBALL LEAGUES

Registration January 13th - March 25th
 Men's, Women's, Co-Ed, Church, Business leagues
 \$550 per team. Included full season, post season and refs/umps. Games played at Summit of Softball in Collegedale. Join the hundreds that play yearly! Season starts in April.
 For more information, Call Kim Battle at 423-643-6052

REGISTER FOR SPORTS, CAMPS AND MORE BY SCANNING THE QR CODE or visit chattanooga.gov/parks



PLAY ADVENTURE LEARNING YOUTH ACTIVITIES EXERCISE COMMUNITY PROGRAMS HIKING SWIMMING IN A PARK

Chattanooga Parks & Outdoors

FALL/WINTER '24/25 POOL SCHEDULE

WATER FITNESS | LAP/OPEN SWIM | SWIM LESSONS
ENTRY TO THE POOL IS FREE! | SEPTEMBER 3RD - MARCH 30TH

SOUTH CHATTANOOGA CENTER

1151 W 40th St, Chattanooga, TN

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	9:15 WATER FITNESS
10:00AM	WATER FITNESS	OPEN/LAP SWIM	WATER FITNESS	OPEN/LAP SWIM	10:30AM OPEN/LAP SWIM
11:00AM-12:30 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30-4:00PM	OPEN/LAP SWIM	AQUATIC PROGRAMS 1/3 POOL OPEN SWIM	CLOSED	OPEN SWIM	CLOSED
5:00PM-7PM	OPEN/LAP SWIM	5:15PM-7PM OPEN/LAP SWIM	CLOSED	OPEN/LAP SWIM	CLOSED

SWIM LESSONS: TUESDAY PM SEPT 10TH - OCT 29TH (REGISTRATION FULL FOR FALL)
ALL WATER FITNESS CLASSES ARE FREE AND FOR BEGINNERS TO EXPERIENCED!
MORE INFORMATION AT CHATTANOOGA.GOV/PARKS UNDER OUR POOLS.

FOR MORE INFORMATION CALL 423-643-6608
OR EMAIL: PGRALL@CHATTANOOGA.GOV

Chattanooga Parks & Outdoors

FALL/WINTER '24/25 POOL SCHEDULE

WATER FITNESS | LAP/OPEN SWIM
ENTRY TO THE POOL IS FREE! | SEPTEMBER 3RD - MARCH 30TH

CHRIS RAMSEY CENTER

1010 North Moore Road

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM	ADULT LAP SWIM
10:00AM	OPEN/LAP SWIM	WATER FITNESS	OPEN/LAP SWIM	WATER FITNESS	OPEN/LAP SWIM
11:00AM-12:30PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30PM-4:00PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED	CLOSED
5:00PM-7:00PM	AQUATIC PROGRAMS 1/3 POOL OPEN SWIM	OPEN/LAP SWIM	AQUATIC PROGRAMS 1/3 POOL OPEN SWIM	CLOSED	CLOSED

ALL WATER FITNESS CLASSES ARE FREE AND FOR BEGINNERS TO EXPERIENCED!
MORE INFORMATION AT CHATTANOOGA.GOV/PARKS UNDER OUR POOLS.

FOR MORE INFORMATION CALL 423-643-6608
OR EMAIL: PGRALL@CHATTANOOGA.GOV

Download your copy of our swim schedules at
www.chattanooga.gov and search pools

OUR INDOOR POOLS

Indoor pools at both Chris Ramsey and South Chattanooga Centers accommodate a variety of programs from swimming lessons for youth and adults to water fitness classes, swim team practices, and lifeguard training. Both of the indoor pools have locker rooms, showers, and climate controlled areas. In addition to classes, the pools are open for family and open swim periods, adult lap swimming, and private party rentals.

Always FREE and NO memberships are required, and everyone can expect quality programs presented by trained professionals in well maintained facilities.

Chris Ramsey Center (Brainerd Complex)

1010 North Moore Road
Chattanooga, TN 37411
423-643-6220

Multi-use 4-Lane pool with 0 depth entry, 25 yard ramp with handrails
Wheelchair accessible
3 feet to 5 feet depth

South Chattanooga Complex

1151 West 40th Street
Chattanooga, TN 37409
423-643-6810

Multi-use 4-Lane pool with 0 depth entry, 25 yard ramp with handrails
Wheelchair accessible
3 feet to 5 feet depth

Aquatics Coordinator
Peggy Grall
423-643-6608
pgrall@chattanooga.gov

Winter Penguin Swim Team!

email: mckennafayeth@gmail.com
Swim team for children with disabilities that are able to swim the length of the pool without help.

SWIM LESSONS

Fall swim lessons are full for the season, however several classes will be offered January 14th/16th for 8 weeks. Tuesday or Thursday depending on age. Parks and Outdoors offers swim lessons for all ages at \$35 per individual for 8 half hour sessions over 8 weeks at South Chattanooga Center.

***Registration date will be online ONLY at in December. Look for announcements on facebook. (Chattanooga Parks and Outdoors)**

We offer beginner, advanced beginner and youth stroke classes for ages 3 and up. Adults too!

Session 1: January 16th - March 12th

Tuesday Classes

4:15 pm-beginner preschool
4:45 pm-advanced preschool
5:15 pm -beginner school age
5:45 pm- advanced school age
5:45 pm Intro to competitive swimming

Thursday classes

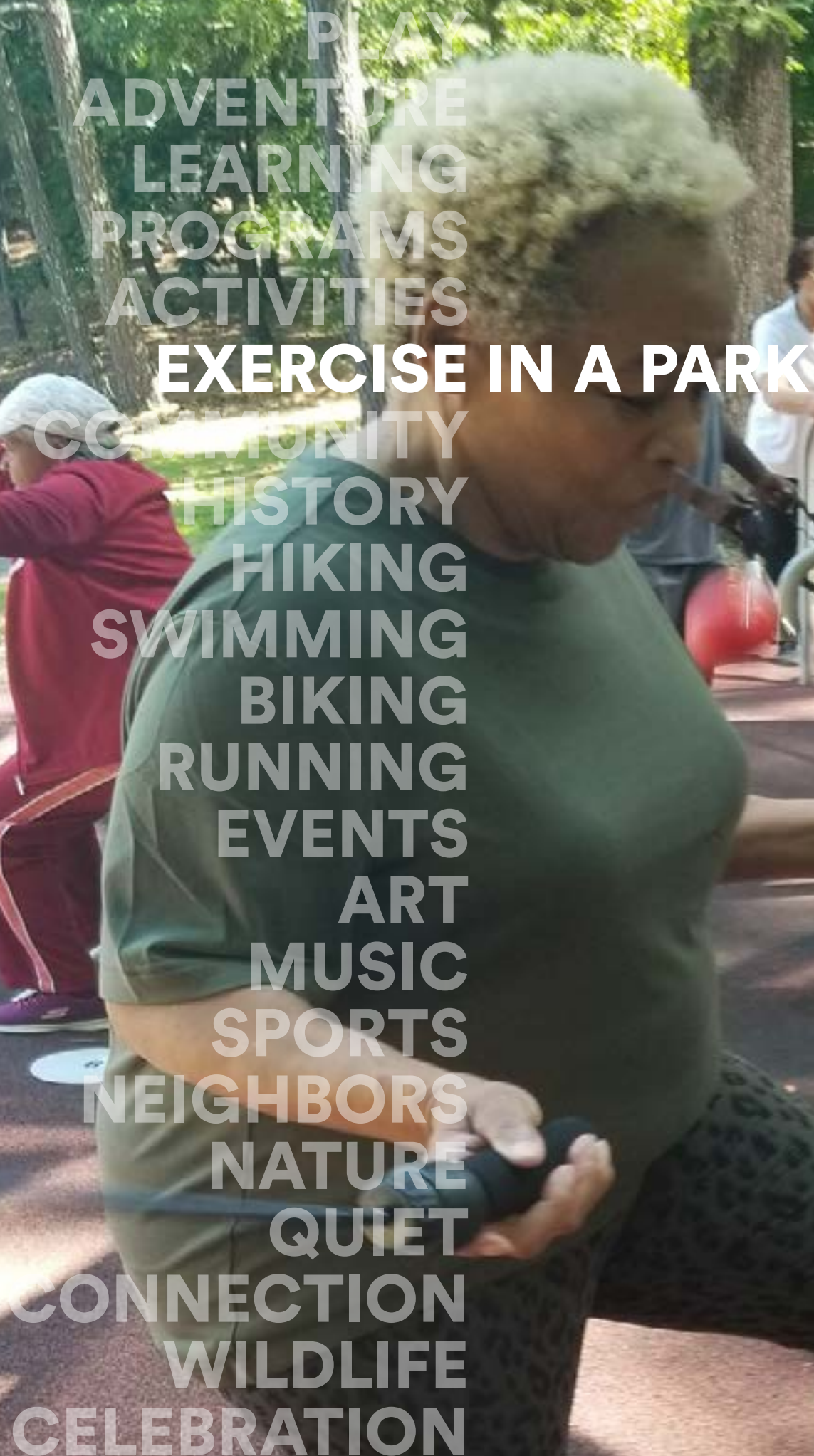
4:15 pm - beginner ages 5-6 only
4:45 pm - beginner school age
4:45 pm - advanced beginner school age
5:15-6 pm lifeguard in training program.

FREE WATER FITNESS

South Chattanooga Pool
Mondays and Wednesdays
Chris Ramsey Pool
Tuesdays and Thursdays

LIFEGUARD IN TRAINING CLASS

This free program will focus on skills needed to meet the prerequisites for the American Red Cross Lifeguard program. The class meets once a week for 12 weeks. This is a drop in program and you can attend as many classes as you want. Call Peggy Grall for latest times and information. Remember, Parks and Outdoors pays the best in town for lifeguards all year long! 423-643-6608



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FITNESS:

CHATTANOOGA FITNESS CENTER-ALWAYS FREE!

3rd Street and Holtzclaw-Next to the Zoo.
Open: Monday - Friday 9 am-1 pm & 2 pm-7 pm
For more information, please call 423-643-6600.

The facility is ADA accessible, **FREE** to the public and offers a variety of strength and cardiovascular machines, free weights and exercise classes. Ages 13 - 17 require guardian supervision.

FREE ONGOING CLASSES!

Fit for Duty

High intensity workout for active duty to active lives. Nothing is off the table here! Tues/Thu 4-6 pm

Women's Weightlifting

Join Heather for weightlifting that helps build mind, body and soul. This class is for all skill levels.
Tuesdays and Thursdays at 10:30 am

Yoga for EveryBODY

All skill levels. Mondays at 5:30 pm

Power Yoga

Advanced yoga that makes you sweat!
Wednesdays at 5:00 pm

Vinyasa Yoga

Hot yoga for beginners
Thursdays at 5 pm

Total Body Fitness

A workout for all fitness levels!
Mondays, Wednesdays and Fridays at 10:30 am

Scan for your own copy of the Chattanooga Fitness Schedule and updated classes. Or visit:
chattanooga.gov/parks



Circuit HIIT

A workout for all fitness levels!
Tuesdays at 9:15 am

Calisthenics and Core

Working on your inner core. No experience needed
Thursdays at 9:15 am

TRY Exercise for Beginners

Mondays and Thursdays at 3 pm

FREE EXERCISE IN A PARK

Outdoor Yoga

Mondays at 6:30 pm at Coolidge Park

Cardio Sculpt (Walk with weights)

Mondays at 4 pm at Warner Park

Nordic Pole Walking

Thursdays at 4 pm at Warner Park

Somatic Dancing

Sundays at St Elmo Park at 6 pm

Intro to Qigong (October only)

Sundays at St Elmo Park at 6 pm

Beginner Tai Chi

Tuesdays/Thursdays at 10:30 am for 8 weeks
Greenway Conference Center
10:30am Oct 29th - November 21st
Call 423-209-8560 to register with UT Extension

*All classes are free. To register for above classes or for any questions, call 423-643-6600.

OUTDOOR FITNESS ZONES

Chris Ramsey Center Park
Carver Park
East Chattanooga Park
Eastdale Park
Shepherd Park
Warner Park
East Lake Center Park
South Chattanooga Park
St. Elmo Park
The Main Terrain beside the Chattanooga Hotel





THERAPEUTIC RECREATION TEAM

The Therapeutic Recreation team of Chattanooga Parks and Outdoors Department seeks to provide leisure and recreation opportunities for citizens of all abilities.

HIKING

For individuals with disabilities and their family members who want to explore the beautiful trails in Chattanooga together each month! All trails are easy - moderate, and the group naturally splits up with a trail leader based on desired hiking speed.

SEPTEMBER:

Thursday, September 26th at Upper Guild Trail
5:30 pm - 7 pm

OCTOBER:

Thursday, October 10th at Aetna Mountain
TIME: 1 pm - 2:30 pm

NOVEMBER:

Saturday, November 2nd at Sterchi Farm
10:00 am - 12:00 pm

DECEMBER:

Thursday, December 12th at Greenway Farm
1 pm - 2:30 pm

CONTACT: Ella at eboeke@chattanooga.gov
or (423) 643-6090

T-RECS PROGRAM

T-Recs is our teen social and recreation group that meets monthly to play games, socialize, explore the outdoors, go on outings into the community and more! The goal of this program is to increase social skills while participating in leisure and recreation opportunities with peers.

WHEN: The third Thursday of each month with outings taking place sporadically.

TIME: 4-6 pm

LOCATION: Greenway Farm Conference Center
(4960 Gann Store Rd, 37343)

COST: FREE with the exception of certain outings that may have a cost.

CONTACT: Jessie at jmock@chattanooga.gov or
423-643-6606

BALLER BOOT CAMP

An introduction to basketball skills group. Come and learn some new basketball skills, socialize, and improve physical fitness with us!

WHO: Individuals with disabilities, ages 8 - 12yrs old

WHEN: Mondays, Sept. 9th - Oct. 17th

TIME: 4-5 pm

WHERE: South Chattanooga Community Center (1151 W 40th St)

CONTACT: Elaine at eadams@chattanooga.gov or
423-643-6607

SUPER HOOPS

8 week intramural basketball program focusing on the sport, as well as social, physical, emotional and cognitive skills.

WHO: Individuals ages 12 and up who have cognitive disabilities.

WHEN: Mondays through October 28th

TIMES:

Skill Level 1 (Beginner/Intermediate): 5-6 pm

Skill Level 2 (Beginner/Intermediate): 6-7 pm

Skill Level 3 (Advanced): 7-8pm

South Chattanooga Community Center (1151 W 40th St, 37409)

COST: FREE!

CONTACT: Elaine at eadams@chattanooga.gov or 423.643.6607

DREAMNIGHT AT THE ZOO!

Dreamnights are events hosted by the Chattanooga Zoo that welcome all with chronic illnesses, disabilities or special needs along with their families/ caregivers. Dreamnight is a no-cost VIP event featuring your favorite furry friends.

Boo in the Zoo: Thursday, October 17th from 5-8pm

Asian Lanterns Festival: Tuesday, December 10th from 5:30 - 8:30pm

CONTACT: You will sign up with the Chattanooga Zoo! We will send out the registration link once it is open! Therapeutic Recreation is not in charge of registration for either Dreamnight event.



CATALYST CLIMBING CLINICS

Catalyst Sports is a non-profit organization based out of Atlanta whose mission is as follows: to give people with physical disabilities access to the life-changing impact of adventure within a supportive and inclusive community.
www.gocatalystsports.org

WHO: Individuals with physical disabilities, ages 5 and up.

The 3rd Tuesday of each month thru Dec 17th

TIME: 6-8 pm

WHERE: High Point Climbing Gym (219 Broad Street)

COST: FREE!

CONTACT: Jessie at jmock@chattanooga.gov or 423-643-6091

CLIMBING HIGHER

A 6 week indoor adaptive climbing program.

WHO: Individuals with a variety of intellectual and/or physical disabilities, ages 6 and up

WHEN: Mondays

DATES: 11/4, OFF 11/11, 11/18, 11/25, 12/2 and 12/9

TIME: 5:30-7:30 pm (first hour for younger participants, second hour for older participants)

WHERE: High Point - Riverside Location (1007 Appling St)

COST: Free

CONTACT: Spots are limited! Jessie at jmock@chattanooga.gov or 423-643-6606

ADAPTIVE KAYAKING

WHAT/WHO: An adaptive kayaking program for individuals with intellectual and/or physical disabilities. This program typically runs biweekly for the warmer months of May-October. Equipment is limited so sign up is mandatory!

WHEN: Wednesdays

DATES/TIMES: 8/27 from 10 - 11:30 am; 9/11 from 5:30 - 7 pm

WHERE: Chester Frost Park

COST: FREE!

CONTACT: Elaine at eadams@chattanooga.gov or 423-643-6607

THERAPEUTIC RECREATION TEAM

The Therapeutic Recreation team of Chattanooga Parks and Outdoors Department seeks to provide leisure and recreation opportunities for citizens of all abilities.

BINGO FEVER

A four-week program of morning bingo to get you up and socializing. Come drink some coffee and hang out with friends, and maybe even win a prize!

WHO: Adults with disabilities

WHEN: Fridays, Sept. 13th - Oct. 4th

TIME: 10 am - 11 am

WHERE: Eastlake Community Center (3610 Dodds Ave)

CONTACT: Jessie at jmock@chattanooga.gov or 423-643-6606

C.H.I.P.S. GOLF

A weekly round and instruction of golf for individuals with cognitive/intellectual disabilities. Participants must be able to play nine holes independently with previous golf experience and able to play with minimal assistance.

WHEN: Tuesdays Sept. 17th - Oct. 22nd

TIME: 5:30 pm - dusk

WHERE: Brown Acres Golf Course

COST: \$5 per game paid directly to Brown Acres

CONTACT: Elaine at eadams@chattanooga.gov or 423-643-6607



KNOCK 'EM DOWN BOWLING

A weekly bowling group for individuals to come out and bowl together on a consistent basis with the TR staff! Have fun with old friends and meet some new ones!

WHO: Individuals of all abilities, ages 16 and up; all skill levels welcome!

WHEN: Wednesdays, Oct. 2nd - Nov. 20th

TIME: 12 pm - 1:30 pm

WHERE: Spare Time in Hixson (5530 Hixson Pike, 37343)

COST: The bowling alley is giving us a 50% off rate with a \$7.99+tax price, which covers the allotted time and shoes and a ball (this is the rate even if you bring your own ball/shoes).

CONTACT: Ella at eboeke@chattanooga.gov or (423) 643-6090

RIVER WALKING CREW!

Ever wanted to say you walked the river? Come join our River Walking group! We will get our steps in together while socializing and enjoying Chattanooga's beautiful scenery! Each week we will meet at a different location along the Riverwalk and walk ~2 miles to the next parking area, then we will shuttle everyone back to their cars!

WHO: Adults with disabilities, ages 18 and up

WHEN: Tuesdays, 9/3 - 10/8

TIME: 10:30 am-12 pm

WHERE: Different locations each week all along the Riverwalk!

CONTACT: Jessie at jmock@chattanooga.gov or 423-643-6606

YOUNG ATHLETES PROGRAM

Special Olympics Young Athletes is a sport and play program for children with intellectual disabilities (ID) and siblings, ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing.

WHO: Ages 2-7, children

WHEN: Saturdays, Sept. 7th - Sept 28th

TIME: 10 am - 11 am (LOCATION: TBD!)

CONTACT: Ella at eboeke@chattanooga.gov or 423-643-6090

WHEELCHAIR BASKETBALL

This program is Co-Sponsored by SPARC (Sports, Arts and Recreation of Chattanooga - a local chapter of Move United)

WHAT/WHO: Monthly "pick-up games" with SPARC which are designed to encourage skill development, recreational wheelchair basketball play opportunities and community awareness on a monthly basis. The program is designed for individuals with physical disabilities/mobility impairments along with individuals without disabilities that want to encourage inclusive opportunities.

WHERE: Hixson Community Center (5401 School Dr, Hixson, TN 37343)

WHEN: Once a month on Saturdays

DATES: Nov. 16th - March 1st

TIME: 10 am-12 pm

CONTACT: Elaine at eadams@chattanooga.gov or 423.643.6607 OR Debbie at got2runrunrun@yahoo.com or 423.488.8604 or Jerry at jdhightower71@gmail.com

Sign up the Therapeutic Recreation newsletter by scanning the QR code:



SCENIC CITY CYCLING

This program is Co-Sponsored by SPARC (Sports, Arts and Recreation of Chattanooga - a local chapter of Move United) and Outdoor Chattanooga. For more info on SPARC, check out their website: <http://www.sparctn.org/>

WHAT/WHO: An adaptive cycling program for individuals with disabilities. Hand cycles and tandem bikes are available for individuals who have physical and visual disabilities. Three wheeled bikes and additional bikes available too! In addition to this, Outdoor Chattanooga brings their bike fleet for additional support and traditional bike are available to check out. Depending on the cycle needed, participants will have to be approved by the group that owns the cycle and fill out liability forms from the specific group you use a cycle form.

WHEN: Mondays, September 9th, 23rd
5:30 pm - dusk

WHERE: The Tennessee Riverpark at the Hubert Fry Center

COST: FREE!

CONTACT: Elaine at eadams@chattanooga.gov or 423.643.6607 OR Debbie at got2runrunrun@yahoo.com or 423.488.8604

Please note that equipment is limited and pre-registration is **REQUIRED!**



PLAY
ADVENTURE IN A PARK
LEARNING
PROGRAMS
ACTIVITIES
EXERCISE
COMMUNITY
HISTORY
HIKING
SWIMMING
BIKING
RUNNING
EVENTS
ART
MUSIC
SPORTS
NEIGHBORS
NATURE
QUIET
CONNECTION
WILDLIFE
CELEBRATION



OUTDOOR CHATTANOOGA

Outdoor Chattanooga is a unique division of the City of Chattanooga's Parks and Outdoors Department. Our role is to promote and facilitate outdoor recreation, education and stewardship of the region's natural areas through a range of outdoor activities, exploration, and convening opportunities. Descriptions, times and more information about each program and event below can be found at www.outdoorchattanooga.com

IMPORTANT DETAILS

Registrations for all programs open 2 weeks in advance of the program date and additional participation information is then shared with those registered.

Programs are designed to lower the barrier of entry, are low cost, instructional, beginner friendly, provide essential equipment, yet some may have specific eligibility or skill requirements for each program.

For more information, including detailed descriptions of our programs and events, visit OutdoorChattanooga.com

LEARN TO SERIES

Learn To programs teach introductory outdoor recreation and nature exploration skills in a safe and welcoming environment. These programs are designed for those that are brand new to the sport or activity or would like a refresher on the activity fundamentals and best practices.

Learn to Ride a Bike

Learn how to ride a bicycle in as little as one class, or come see us to refresh your rusty skills. The class consists of a set of exercises and balance drills that are designed to help beginner riders of all ages progress at their own speed and ability.

2nd Tuesday of the month Oct. 8th - March 11th
Special "Holiday" Edition Saturday, Dec. 28th

LEARN TO SERIES CONTINUED

Learn to Mountain Bike

Join Outdoor Chattanooga for a beginner mountain biking clinic specifically designed for those who are new to mountain biking or have minimal off-road riding experience. Equipment is provided! Our goal is to provide you with a solid foundation of skills and knowledge to kick start your journey into the exciting world of mountain biking.

Saturdays Sept. 11th, 14th, 28th, Wednesdays Sept. 11th, 25th. More dates TBD.

Learn Archery

Take aim at Outdoor Chattanooga's "Try Archery" class. This free indoor class offers a hands-on opportunity to learn more about the sport of archery. Concentrating on range safety rules and fundamentals of archery, the class is taught using the National Archery in Schools NASP equipment and procedures.

Walk-ins (all ages)
2nd & 3rd Tuesday of the month
Nov. 19th - Feb. 18th

Adult ONLY Archery
Tue. Jan. 7th and Feb. 4th at 11 am

Pin the Arrow on Cupid Adult Archery
Valentine's Day, February 14th

Bushcraft: Survival Skills Class:

Bushcraft Outdoor Skills Series offers you the chance to learn a variety of essential outdoor skills to help you become less reliant on modern conveniences so you can build a greater connection and confidence when enjoying the outdoors. Prepare for the unexpected!

2nd Sunday of the month Oct. 13th - Feb. 9th

Try Climbing

Try vertical rock climbing at the Walnut Wall in Coolidge Park. This free program provides the equipment and instruction all you have to do is show up ready to rock climb!

Fridays Oct. 4th and 25th

Go Fish - For Reel

Join Outdoor Chattanooga for an instructional and equipped opportunity to GO FISHING! All equipment is provided with instruction.

Saturday Oct 12th & Fri. Mar. 14th

New Year Forest Bathing Woods Walk

Set your new year intentions with a beginner friendly guided and meditative nature hike for the mind and body. Location TBD

Saturday January 4th

EXPLORER SERIES

The Explorer Series encourages individuals and groups to gain a greater sense of place by exploring the stories, histories, and habitats within Chattanooga's local and regional outdoor spaces. Explorer programs are best for individuals that have familiarity with the outdoors and featured recreational activities.

Full Moon Adventure

A variety of monthly beginner friendly adventures and classes honoring the full moon that reminds us of our deep connection to nature and that we exist within far bigger cycles than ourselves.

Thu. Oct. 17th, Fri Nov. 15th, Sun. Dec. 15th,
Mon. Jan. 13th, Wed. Feb 12th, Fri. Mar. 14th

Chattanooga Classic Guided Hike Series

Chattanooga Classic Hike Series is a collection of premier guided hikes designed for beginner or seasoned hikers looking to connect with nature showcasing the area's diverse landscapes.

Sun. Oct. 20th, Sat. Nov. 2nd, Sat. Feb. 1st,
Sat. Mar. 8th

WINTER WORKSHOPS

Outdoor Chattanooga's workshops are classroom-based outdoor educational classes designed to inspire and learn more about all things outdoors and are open to the public of all ages and abilities. Whether we're learning about mushrooms, turning old climbing ropes into crafts, or learning about new trails and native plants, workshops are a weekly series to gain more experience in the great outdoors.

Winter workshops are held Thursday evenings from January 18th - March 12th. A full schedule of programming can be found at outdoorchattanooga.com.

For more information on the programs listed, times, cost and locations, scan the QR code below!



FUN FOR ENTIRE FAMILY

Whereas many programs are open to anyone interested, these programs are specifically designed for families to begin and/or elevate their exploration of the outdoors together.

Tennessee River Gorge TRGT Sunset Kayak Tours

Outdoor Chattanooga and Tennessee River Gorge Trust have partnered to provide a sunset kayak experience through the TN River Gorge showcasing the beauty of conservation and learn more about this natural wonder

Thursdays, Sep. 12th, 26th, Oct. 10th, 24th

Bike the Boardwalk of the South Chickamauga Creek Greenway

Join Outdoor Chattanooga on a guided and equipped bicycle tour of a popular section on the South Chickamauga Creek Greenway.

Friday, Oct. 11th

Fall Break Family Fun Day! Numerous free activities to try from canoeing to archery

Tuesday, Oct. 15th

Winter Fun Hike as a Family

Sat. Jan. 18th

Birding by Kayak: Sandhill Crane Hiwassee Wildlife Refuge Kayak Tour (16yr and older)

Join Outdoor Chattanooga for a guided and equipped kayaking tour around the Hiwassee Wildlife Refuge to view the migrating populations of the Sandhill Crane, White Pelican and more.

Saturdays Dec. 7th and 14th

Ruins of Old Harrison Kayak Tour

View remnants and ruins of the town of Old Harrison by kayak, which was lost when submerged from the creation of Chickamauga Dam in 1940.

Saturdays, Feb. 22nd, Mar. 8th, 22nd



TODDLER TREKS

Toddler Treks is tailored for curious minds aged 2-6, but all ages are welcome with parental/guardian supervision. Don't miss out on this incredible opportunity to bond with your child while digging, giggling, and exploring the wonders of nature.

1st Friday of the month from Sept. 6th - Dec. 6th
Saturdays Jan. 11th and Feb. 1st

SILVER ADVENTURES

For adults aged 50 and above, we present Silver Adventures—an exceptional opportunity to enjoy a variety of curated adventures and beginner friendly experiences designed to foster light exercise, social connections, and a spirit of exploration all under the guidance of our expert outdoor team.

Thur. Oct. 17th, Thur. Nov. 14th, Thu. Dec. 12th
Sat. Feb 1st.

MONDAY MEET-UPS & EVENTS

Meet-ups are designed as outdoor community builders. Whether you are new to town or long-term local, these programs encourage you to meet others who are adventuring and exploring just like you. Share stories and connect with other locals, community clubs, and retailers who can support you as your adventures grow. Meet at Grymes Center.

October 21st: All Things Conservation at 6:00 pm.
Winter schedule released online at outdoorchattanooga.com!

Visit us at 200 River Street in Coolidge Park.
Open to the public Monday-Friday 8:30 am-4:30 pm
Phone: 423-643-6888

Stop by for information that can connect you to nature, trails, rivers and activities from all around the region. Plus keep up today with newsletters and more at outdoorchattanooga.com

Follow us. Search “Outdoor Chattanooga”.



EVENTS WITH PARTNERS

Public Lands Day: Saturday, Sep. 28th
Battle of the Bend & Spooky Skate, Sat. Oct. 26th
Notes in Nature music hike: Sun. Nov. 3rd
Annual Volunteer Celebration: Sat. Nov. 9th
National Hiking Day: Sunday, Nov. 17th

ELEVATE

Volunteers are a critical piece in providing additional support for programs and events. Come and learn about the many ways you can get involved with Outdoor Chattanooga, from in the field, to outreach events, committees, front desk, and more!

Volunteer Orientation and Opportunities

Mondays. Oct. 14th, Dec. 9th, Jan. 13th, Feb. 10th,
Mar. 10th. Wednesday, Nov. 13th



BROWN ACRES GOLF COURSE

Located just off I-75, minutes from Hamilton Place Mall, this course is popular with locals and tourists alike. It features a challenging 18-hole course and a new driving range. The newly constructed clubhouse provides a full-service snack bar and pro shop. Tee times are available up to 5 days in advance.

18 holes
Driving Range
Pro Shop
Snack Bar
Tee Times 7 Days a Week

MORE INFO:

406 Brown Road
(423) 855-2680
Manager: Wayne Orr.
Email: worr@chattanooga.gov

BRAINERD GOLF COURSE

As one of the city's oldest, this course was designed by architect, Donald Ross, and features lots of rolling acreage and mature trees. The course has a full-service pro shop and snack bar and leagues and lessons are readily available for all ages and abilities. A full-service snack bar and pro shop are located in the renovated turn of the century clubhouse. Tee times are available up to 5 days in advance.

18 holes
Pro Shop
Snack Bar
Tee Times 7 Days a Week

MORE INFO:

5203 Old Mission Road
(423) 855-2692
Manager: Edwin Prichard
Email: eprichard@chattanooga.gov

ANNUAL PASS INFO

Sold in January only. Best deal in town!

HALF PRICE ANNUAL PASS

This golf pass entitles the holder to half-price green fees and half-price cart fees. The pass may be used at Brainerd or Brown Acres, Monday through Friday only, excluding holidays.

The pass is \$500. Everyone pays the same initial cost. Golfers will realize their discount when they pay half of the appropriate fee at the pro shop counter.

Anyone who plays, or wants to play, Brainerd and Brown Acres Monday through Friday, rents a cart, and plays more than 40 times in a year can enjoy the savings. The more the pass holder plays, the more he or she saves. This pass is perfect for the golfer that enjoys playing the majority of his or her rounds during the week when the courses are less crowded.

ANNUAL PASS:

This pass entitles the holder to free green fees anytime, 7 days a week. They are course specific but can be upgraded to include both courses.

One Course	Both Courses
Single \$1260.00	\$1410.00
Family \$1425.00	\$1575.00
Senior \$980.00	\$1130.00
Senior Couple \$1175.00	\$1325.00
Junior \$315.00	\$465.00

Learn more at:

chattanooga.gov/parks/public-golf-courses



CHATTANOOGA ZOO!

Located in Warner Park.

Open daily 9 am to 5pm. Chattzoo.org

NOW OPEN!



At \$3.9 million, the Cape of Africa is our biggest expansion ever! Featuring Cape porcupines, servals and warthogs, these unique new exhibits will immerse guests in a fun and authentic African experience. Here are just a few of the new expansion features:

Commanding views of the new exhibits from the front entrance of the Zoo.

New, larger giraffe yard for George, Porter and Hardee Star

Areas for interactive education encounters, keeper talks and small group presentations.

Soothing, peaceful stream meandering through the expansion and creating a sense of calm.

Separate entrance for groups and student field trips further streamlining and enhancing safe entry for all guests.



HOME SCHOOL DAYS!

September 6th | 9:00 pm - 3:30 pm

September 13th | 9:00 AM - 3:30 PM

Homeschool Days provide fun and educational field trips specifically designed with our homeschool community in mind! Plus, enjoy discounted admission rates only available for homeschoolers and their parents on September 6 and 13, 2024.

BANANA BALL

September 21 from 5:30 pm - 9 pm

Enjoy animal encounters, hors d'oeuvres, dinner by Lee Towery Catering, an open bar, animal art displays, and a keynote presentation from David Mizejewski!

For all zoo events and daily activities, visit chattzoo.org or scan the qr code below!





CENTER PROGRAMS

The Therapeutic Recreation team of Chattanooga Parks and Outdoors Department seeks to provide leisure and recreation opportunities for citizens of all abilities.

Avondale Community Center

(423) 643-6990

After-school tutoring: M-F 4:30-7:30 PM

Library Hours: M-F 11:30 AM - 8 PM & Saturday 12-4PM

Senior Workouts: Monday 12-1 PM

Bible Study: Wednesday: 12-1 PM

Hunter Museum Art Program: Monday 4-5 PM

Kingship Chess: Thursdays 5PM - 6:30 PM

Youth Outreach: Wednesday 5-7 PM

Adult Basketball: Thursday 6-8 PM

Chris Ramsey, Sr. Community Center

(423) 643-6220

Pool Hours: M-F 9 AM - 6 PM

Water Fitness: T,TH 10-11 AM

Pickleball: Fridays 10:15 AM - 12:15 PM

After-school Tutoring: M,T,W 4-6:30 PM

Chair Pilates: Monday 5:30-6:30 PM

Line Dance: T,TH 5:30-6:30 PM

COST: FREE!

Carver Community Center

(423) 643-6489

Never too late computer class: M-F 11:30 AM - 2:00 PM

After-school tutoring: M-TH 2 PM -3:30 PM

Baylor tutoring program: M-TH 4 PM - 5:15 PM

All about Trivia: Tuesday 230-3:30 PM

Chero Sqaud: Wednesday 2:30-4 PM

Dance All Moves: M-F 3:30-5 PM

East Chattanooga Community Center

(423) 643-6491

Pickleball: M,W,F,Sat 10 am - 2 PM

After-school Tutoring: M-F 2 PM - 5 PM

Youth football: T,TH 6-8 PM

Youth Cheerleading: M,T,TH 6-8 PM

Orange Grove Arts/Leisure: Tuesdays 12 PM - 1 PM

Dripping Art/Paint: Wednesday 4-5 PM

Line Dance: T,TH 6-7:30 PM

Leadership Academy: Tuesday 6-7:30 PM

Fill Me In Art: Every other Wednesday 4-5 PM

Food Program: M-F 3-5 PM

PBS Kids: First Thursday 5:30-7 PM

Eastdale Community Center

(423) 697-1289

Pickleball: M,T,TH 11:30 AM - 1 PM

After-school programs: M-TH 3:30 PM -5:30 PM

Adult Line dance: M,TH 6-7 PM

Youth Eastdale dance: T,TH 5:30 PM - 6:30 PM

East Lake Community Center

(423) 643-6980

After-school programs:

ESL: M,W 9 AM-12 PM

WIC Services: Tuesday 9:30 AM -4:30 PM

Let's Tour: Wednesday 5:30 PM-6:30 PM

A la Cart for Seniors: Thursday 12:30 PM-2 PM

Pickleball: M,W,F 10 AM - 1 PM

AIM Center: Tuesday 1PM - 3:30PM

Art at the Lake: Wednesday 4:30-5:30 PM

Francis B. Wyatt Community Center

(423) 757-5443

Pickleball for beginners: M,W,F 10 AM-12 PM

Senior Badminton: T,TH 10 AM - 12 PM

Billiards: M,W,F 10:30 AM - 2:30 PM

Pickle ball for intermediate: M-F 12 PM - 2 PM

Advanced Badminton: M,W 4 PM - 6:15 PM

Table Tennis: T,TH 4-6 PM

Glenwood Community Center

(423) 643-7001

Senior Hours: M-Sat 9 AM - 3 PM

Youth & Adult Hours: M-Sat 3 PM - 8 PM

Billiards (Golden Age): M-Sat 9 AM - 2:30 PM

Seniorcise Aerobics (Golden Age): Friday 9:15 - 10:15 AM

Advanced Sewing (Golden Age): T,Th 10-11 AM

Brain Games (Golden Age): Monday 12-1 PM

Ballroom Dancing (Golden Age): Mondays 1-3 PM

Bingo (Golden Age): Wednesday 1-3 PM

Tai-Chi Class (Golden Age): Tuesday 10-11 AM

Computer Class (Golden Age): Tuesday 10:30 AM - 3:00 PM

Chair Pilates (Golden Age): T,TH 11 AM - 12 PM

Line Dancing (Golden Age): T, Sat 12 PM - 1:30 PM

T,F 10:30 AM - 12 PM

After-school tutoring: M-F 3-6 PM

College Career Readiness: M-W 5:30 PM - 7 PM

Thrive with Ivy: Tuesday 4 PM - 6:15 PM

Youth Cooking Class: Wednesday 4:30-5:30 PM

Yoga with Kate: Thursday 4 PM -5:30 PM

Movie Night: Fridays 4:30 PM-6 PM

Youth painting: Friday 4:30 PM -6 PM

FIND A CENTER NEAR YOU!**VISIT CHATTANOOGA.GOV****Don Eaves Heritage House**

(423) 855-9474

English Country Dance: Monday 6-9 PM

Gentle Yoga: Wednesday 12-1 PM; 6:30-7:30 PM

Retro-Politan Film Series: Thursday 6-9PM

Hixson Community Center

(423) 643-6480

Pickleball: M-F 10 AM - 1:30 PM

Brown Bag Ladies Social Club: Tuesday 12 PM -2 PM

The Stitch Squad: Monday 2:30 PM-4:30 PM

After-school Tutoring: M-TH 2:30 PM-5:30 PM

NCAA Student-Athlete Info; FAFSA: M-F 3:30 PM-6:30 PM

Bingo: Every other Thursday 11:30 AM - 1 PM

Cornhole: TH,F 6 PM-8 PM

Zumba: Tuesday 10 AM-11 AM; Thursday 4 PM-5 PM

Ready Tech Go!: (Class 101) Friday 11:30 AM -12:30 PM

(Class 102) Friday 12:45 PM-1:45 PM

John A. Patten Community Center

(423) 643-7002

Pickleball: M-F 9AM - 3PM

Bingo: Every other Tuesday 2-4PM

Senior Adventures: 3rd Tuesday 12PM -4PM

Sew What: Friday 2-7PM

North Chattanooga Community Center

(423) 643-7007

After-school Programs: M-TH 3 PM-6 PM

Garden Club: Thursday 5 PM-6 PM

Kids Cafe: Thursday 3:30 PM-4:30 PM

Mental Enrichment: M-TH 4 PM-5:30 PM

Pickleball: T,TH 10 AM -2 PM

North River Civic Center

(423) 870-8924

Aerobics: Thursday 9 AM-10 AM

Table Tennis: Saturday 2 PM-4 PM

Yoga: T,TH 9 AM-10 AM

Life Drawing: Monday 10:30 AM -12:30 PM

Tap for Seniors: Tuesday 10:30 AM-11:30 PM

Cards: T,TH 1 PM-4 PM

Line Dance: Friday 12:15 PM-1:45 PM

Knitting and Crochet: Wednesday 2 PM-4 PM

Bridge: Monday 1 PM - 3:30 PM &

Wednesday 1:15 PM-4:45 PM

Senior Food Pantry: 4th Friday 9:30 AM

CENTER PROGRAMS

Shepherd Community Center

(423) 643-7003

Pickleball: M,W,TH,F 10 AM -12 PM

Senior Adult Fitness: M,W 11 AM - 12 PM

Meals for Seniors: M,W,F 12 PM-1 PM

After-school Tutoring: M-TH 3:30 PM-6:30 PM

Line Dance: M,W 6 PM-7 PM

Youth Dance: Monday 6 PM-7 PM

Take A Knee Support Services: Thursday 6-7:30 PM

Free Diabetes Class: Second Tuesday 6-7:30 PM

South Chattanooga Community Center

(423) 643-6800

Pool Schedule: M-F 9AM - 6PM

Water Fitness: Monday 10 PM-11 AM; Friday 9:15 - 10:15 AM

Youth Terrific Tuesdays: Tuesday 3:30 PM - 4 PM

Volunteer Mentoring Reading; Tutoring: M,W 3:30 PM -4 PM

Pickleball: Friday 10 AM -1 PM

Garden Club: Tuesday 4 PM-5 PM

Line Dance: Tuesday 6 PM-7 PM

Francis B. Wyatt Community Center

(423) 757-5443

Pickleball for beginners: M,W,F 10 AM-12 PM

Senior Badminton: T,TH 10 AM - 12 PM

Billiards: M,W,F 10:30 AM - 2:30 PM

Pickle ball for intermediate: M-F 12 PM - 2 PM

Advanced Badminton: M,W 4 PM - 6:15 PM

Table Tennis: T,TH 4-6 PM

Tyner Community Center

(423) 643-7008

Pickleball: M-F 10 AM -1 PM

Tyner Senior Steppers: M,W,F 12 PM-2 PM

After-school Tutoring: M-TH 4 PM-6 PM

Adult Basketball Open Play: M-F 1 PM-3 PM

Teen Lounge: M-TH 4 PM-6:30 PM

Chair Pilates (Golden Age): T,TH 11 AM - 12 PM

Line Dancing (Golden Age): T, Sat 12 PM - 1:30 PM ; T,F 10:30 AM - 12 PM

After-school tutoring: M-F 3 PM-6 PM

College Career Readiness: M-W 5:30 PM - 7 PM

Thrive with Ivy: Tuesday 4 PM - 6:15 PM

Youth Cooking Class: Wednesday 4:30 PM-5:30 PM

Washington Hills Community Center

(423) 643-7005

Adult Seniors Games Bingo: Wednesday 12-3 PM

After-school Tutoring: M-TH 4-5:30PM

Adult Basketball: M,W 4:30 PM-6 PM

Teen Weight; Strength Training: M,W 5:30 PM-6:30 PM

Adults Weight Training: T,TH 5 PM-6:30 PM

Adult Bible Study: Saturday 12:30 PM-2 PM

After-school Art: Wednesday 4 PM-5 PM

GoLive Media for Teens: M,TH 4:30 PM-5:30 PM

Pickleball: M-F 10 AM-1:30 PM

Meditation: T,TH 5 PM-5:30 PM

Leadership Academy: First Friday 4:30 PM-6 PM

Funday Friday: Friday 5:30 PM-8 PM

Westside Community Center

(423) 643-7006

Adult Bingo: Wednesday 12 PM-1 PM

Adult Bible Study: Wednesday 1 PM-2 PM

Baylor After-school Tutoring: M-F 4 PM-5:30 PM

Kids Bingo: Every other Friday 4 PM-5 PM

Fundamentals on Being an Athlete: Fridays 4:30 PM-5:30 PM

Adult Sewing: Tuesday 1 PM-2 PM

Teen Sewing: Tuesday 6 PM-7 PM

LIHEAP

The Office of Family Empowerment is home to the Low-Income Home Energy Assistance Program (LIHEAP) for Hamilton County, which provides assistance for income-eligible families to help in meeting rising home energy costs. Assistance may be received only once per program year and is applied directly to the applicant's account with the energy provider.

Eligibility

Each program requires that the household meets established income requirements. The current LIHEAP program year runs October 1 - September 30. You can apply for your one-time benefit one of two ways: through Regular LIHEAP or Crisis LIHEAP.





STEWARDS OF OUR PROGRAMS, PARKS AND EVENTS

Volunteers are a valuable asset to the Parks and Outdoors Department - providing time, talent, and resources to help ensure the health and accessibility of the park system and recreation programs of all kinds. Volunteers also have the opportunity to help mentor, educate and expand our reach. In 2023, volunteers have worked 1582 hours and completed 26 projects. A large 73% increase from '22!

WAYS TO HELP

Volunteer tasks include:

- Park Clean-ups and Landscaping
- Youth team coaches
- Outdoor Adventure Recreation Volunteers
- Trail Stewards
- Action Sports Volunteers
- Outreach and Event Volunteers
- Recreation Ambassadors

Volunteers are needed nearly every day to support our parks and programs. Email us at DPOINFO@chattanooga.gov and we can work with you on opportunities that meet your schedule and interests. Call 423-643-6121 or chattanooga.gov/parks

UPCOMING VOLUNTEER OUTREACH AND EVENT DAYS

September 7th: Brainerd Levee Birdwatching
Join Birdwatcher Clay Aldridge for an informative walk along the Brainerd Levee. 8 am.

Public Lands Day
Sterchi Farm Trailhead. Clean up and cutback on South Chick Greenway. 9 am

River Rescue: October 5th

Volunteer Appreciation Breakfast
November 9th. 9 am
Philip Grymes Outdoor Chattanooga Center

MLK Day of Service: Monday January 20th
Park clean-ups and projects.

World Wetlands Day: Saturday February 1st
Park clean-ups and projects.

Weed Wrangle Day!
Saturday March 1st

If you would like to host a clean-up at a park or for more information on times, events and how to sign up, scan the code with your smart phone or visit chattanooga.gov





ART IN A PARK

PUBLIC ART

Chattanooga values public art, employing it to help transform its downtown and neighborhoods, bring people together, and celebrate its spirit of creativity. Thanks to the leadership of several forward-thinking mayors, community leaders, and design professionals, Chattanooga has reinvented itself as one of the country's most livable mid-sized cities.

Outdoor sculpture displays abound including the Bluff View Art District's River Gallery Sculpture Garden, the Hunter Museum's outdoor sculpture collection, Sculpture Fields, and the Chattanooga Sculpture Biennial, which attract visitors from around the world. Since the early 1990s, the City, in partnership with the private sector, has completed more than 100 permanent and temporary outdoor public art projects.

For maps and more: visit publicartchattanooga.com.



MOONRISE NOW OPEN

"Moonrise," a sculpture by artist Marc Fornes, was recently assembled at the Wheland Foundry Trailhead on the Tennessee Riverwalk. The sculpture is comprised of 4,400 parts and 95,000 rivets.



UNEARTHING BOLDNESS

Newly installed Unearthing Boldness by artist Rondell Crier, a tribute to Bessie Smith and Blue Goose Hollow.

SCAN BELOW FOR ALL PUBLIC ART PIECES!



CHATTANOOGA NATIONAL PARK CITY*

National Park City a vision and a city-wide community that is acting together to make life better for people, places and nature. A defining feature is the widespread commitment to act so people, culture and nature work together to provide a better foundation for life. It is long-term, large-scale, hyperlocal, personal and intergenerational movement. Everyone in a National Park City has the potential to contribute and benefit every day.



Join countless others in the movement by scanning the QR code or visit our website to get involved today: chattanooganationalparkcity.org
Stay in the loop with what we're up to by following us:
[@nationalparkcitycha](https://twitter.com/nationalparkcitycha)

An aerial photograph of Chattanooga, Tennessee, showing the city's urban landscape, the Tennessee River, and the prominent Lookout Mountain in the background. The city is nestled in a valley, with a bridge crossing the river. The foreground shows a mix of green trees and urban buildings.

CITY IN A PARK

What does the Chattanooga National Park City Charter commit us to working on?

All National Park Cities pledge to work for better:

- Lives, Health & Wellbeing
- Relationships with Nature and One Another
- Wildlife, Trees, and Flowers
- Places, Habitat, Air, Water, Seas and Land
- Locally Grown Food and Responsible Consumption
- Decisions, Sharing, Learning, and Working Together
- Time Outdoors, Culture, Art, Playing, Walking, Cycling, and Eating

These broad goals then are adopted and shaped by each community with their own authentic and locally authored specific goals.

Chattanooga translates to “rock rising to a point.” For us, and for those who have dwelled in this area for millennia, it means a place where people and nature converge - this drives our charter because convergence defines our way of life. We aspire to nurture these inherent strengths in a deliberate way that ensures every Chattanooga reaps the rewards of residing in a city that embodies Southern charm, wilderness, connectivity, and joy. Local charters identify what each city is working on, authentic to their needs, setting, community, and place – this is ours:

Unrivaled Access to Nature: Continuing Chattanooga's legacy, we pledge to guarantee everyone, regardless of age, race, or background, the chance to explore nature's wonders.

A Culture of Outdoor Activity: Embed outdoor recreation in every neighborhood for all to enjoy physical, emotional, and social benefits.

Environmental Stewardship & Education: Lead with education and action to protect nature for future generations.

Inclusive and Sustainable Development: Work to make our growth sustainable, ensuring equitable access to our natural treasures.

Community and Cultural Enrichment: Integrate arts and culture with nature, with each other, celebrating Chattanooga's diverse heritage.

Food & Agriculture: Support sustainable practices for healthier communities and landscapes.

Arts & Creativity: Showcase our Southern local art that enriches our culture and landscapes.

If you are interested in joining a charter committee or volunteering, reach out to NPC@chattanooga.gov



CITY IN A PARK



CHATTANOOGA.GOV/PARKS