

**Davis Community Center  
3371 Spottswood  
Memphis, TN 38111  
(901) 323-8015, Fax (901) 323-8989**

## **Class Schedule & Program Descriptions**

### **Aerobics/Weight Training**

This class will improve and maintain the cardio vascular system. Participants will increase overall fitness by exercising in a low to high impact aerobics routine to the latest music. Participants will use the fitness room for weight training to tone and sculpt their bodies. The aerobics class begins with a series of stretches, followed by a low & high impact workout.

**Day:** Wednesday/Saturday  
**Time:** 5pm-7:45pm/10am-12 noon  
**Session:** Fall/Winter  
**Instructor:** Eddie Hightower  
**Cost:** \$2.00 per person/eight week session

### **Cheerleading/Dance**

This class will teach participants the basic fundamentals of cheering and dance. Participants will learn team work, sportsmanship, jumping techniques, tumbling skills and how to lead cheers in cheerleading. Participants will learn team work, sportsmanship and keeping time with music by performing in a choreographed dance routine.

**Day:** Monday-Wednesday  
**Time:** 5:00-6:00pm  
**Session:** Fall/Winter  
**Instructors:** Ann Onidas

### **Mentoring Program**

This program is for girls and boys ages 15 to 21 years old. It is held in collaboration with the Memphis City Schools Comprehensive Out-of-School Youth Program at Messick Adult Center. The program will target students that have dropped out of school. It will help them meet the requirements to get a GED and assist with scholarships and grants for college.

**Day:** Monday/Wednesday  
**Time:** 5pm-7pm  
**Session:** Fall/Winter  
**Instructor:** Donald Harris, Special Project Assistant from Messick Adult Center (Memphis City Schools)

### **Davis Senior Program**

This program is for senior citizens interested in socializing, improving their health, and staying fit. Participants engage in exercise programs, volleyball, bingo, and art classes. Music guests and other special events will also be scheduled monthly.

**Day:** Tuesday

**Time:** 9am-12pm

**Session:** Year Round

## Karate

This class will teach participants the basic principles and fundamentals of martial arts. Participants will develop character and learn self-discipline, leadership skills, strikes, kicks, blocks and stances.

**Day:** Tuesday/Thursday

**Time:** 6:00pm-7:15pm

**Session:** Fall/ Winter

**Instructor:** Wanda “Cat” Williams and Jonathan “Cougar” Lingo

## Team Sports (Basketball, Flag Football, Soccer, Volleyball)

This program will teach the basic fundamental skills for each sport. Participants will learn to shoot, pass, dribble, offense/defense sets and rules and regulation of basketball. Participants will learn place kicks, power kicks, footwork, goal keeping and the rules and regulation of soccer. The fundamentals of volleyball will be taught to participants as they learn how to pass, hit, serve, set offensively and defensively, as well as about the rules and regulations of volleyball. Participants will also learn team work, leadership and sportsmanship skills.

**Day:** Monday-Saturday

**Time:** 5pm-8pm

**Session:** Fall/Winter

**Instructor:** Ann Onidas / Staff

## Tumbling

This program will teach the fundamentals of tumbling. Participants will learn how to tumble safely on mats. They will learn cart-wheels, somersaults, hand springs (forward/backward), lay outs, handstands and tuck/rolls.

**Day:** Thursday

**Time:** 5pm-6pm

**Session:** Fall/Winter

**Instructor:** Ann Onidas

## Youth Modeling

This is a special program designed for kids to promote positive self-esteem and build confidence. The children will learn how to pose for pictures and model clothes. At the end of the modeling session the children will take pictures for a published yearly calendar and model the latest fashions.

**Day:** Saturday

**Time:** 9am – 12 noon

**Session:** Fall/Winter  
**Instructor:** Deborah Robinson

### **Yoga Fit Style**

This class will teach the basic fundamentals of yoga. Through this yoga style, participants will learn how to relax, breath, stretch and relieve everyday stress associated with a multi-tasking busy life.

**Day:** Monday, Wednesday & Saturday

**Time:** 6:30pm-7:30pm, Noon

**Session:** Fall/Winter

**Instructor:** Jackie Sheard

**Cost:** Call Davis C/C for Information

### **Team Sports (Basketball Staff & Participants)**

