



Wellness Center:

What's Available?

The 26,000 square-foot wellness center contains a six-lane/25-yard indoor pool (45×75 feet), warm water therapy pool (approximately 90 degrees), 6,250 sq. ft. exercise room equipped with cardio-theater, two fitness class studios, indoor walking track, full service men's and

women's locker rooms equipped with saunas, four Har-Tru court tennis courts, pickleball courts, and large parking lot (201 spaces).

- **Hours:**

- 6 am - 9 pm Monday - Thursday
- 6 am - 8 pm Friday
- 7 am - 5 pm Saturday
- 10 am - 5 pm Sunday

Phone: 865-458-7070



Chota Recreation Center: *What's Available?*

The 17,460 square-foot Chota Recreation Center contains a gymnasium, racquetball courts, meeting rooms, an activity/card room and locker rooms equipped with saunas. Outside the facility features three lighted tennis courts, swimming pool, kiddie pool and small playground. Sports equipment available for use in the facility include badminton, racquetball and tennis racquets and balls and basketballs. Padlocks may be checked out for daily use lockers.



- **Hours:**

- 8 am - 9 pm Monday - Thursday
- 8 am - 5 pm Friday - Saturday
- Closed Sunday

Phone: 865-458-6779

Kahite Activity Center: *What's Available?*

The Kahite Activity Center contains two outdoor (unlighted) tennis courts, a 25' by 50' outdoor pool with gradual depth from 3' - 5', Men's and Women's locker room, and an activity room used for meetings, activities, an exercise room, and fitness classes.

Hours:

For hours of operation, please contact the Kahite pro shop at 423-884-6108.

For questions about the pool or fitness, please contact the Wellness Center at 865-458-7070.



Tugaloo Family Park and Beach Pavilion

The Family Park and Beach Pavilion are open to Property Owners and their guests. The Beach Pavilion and Family Park is a secluded getaway for the whole family tucked back on Tugaloo Drive. Located on Tellico Lake, the Family Park offers a host of features to property owners. A spacious playground will surely keep the kids busy. If lake swimming is what you prefer, you will find a netted swimming area, which rolls right onto our sandy beach. Our covered pavilion is

equipped with grills, fans and electricity and can be reserved anytime for private events and parties by calling Chota Recreation Center, 865-458-6779.

Toqua Pavilion

Our covered pavilion is equipped with grills, fans and electricity and can be reserved anytime for private events and parties by calling The Yacht Club, 865-458-4363.



Kahite Pavilion

Below—Kahite Playground



Management and Scheduling

Recreation Department Manager: Simon Bradbury, sbradbury@tvpoa.org or 865-458-7070.

Assistant Manager: Jessica Antrim, jantrim@tvpoa.org or 865-458-7070.

Scheduling: Larissa Lownsdale, llownsdale@tvpoa.org or 865-458-6779.

RECREATION ACTIVITIES LIST

- **Art Guild** - www.tellicoartguild.org
- **Amature Radio Group**-3rd Wednesday 7 pm Joyce Tarbill 458-8040
- **Badminton**-Check at front desk for schedule Michaela Barber 310-9315
- **Birders** -2nd Tuesday 1pm Claire Manzo 657-9886
- **Blue Grass Jam** -1st & 3rd Wed 7 pm Andy Hadjian 657-9465

Bridge Groups

- **Bridge - Duplicate:** Mondays 5:45 pm 2nd Thursday 12:30 pm ,Tom Paul 458-3299
- **Ladies Duplicate**-3rd & 4th, Thur, 12:30 p.m., Linda Roberts, 458-1034
- **Contract Bridge** - Wednesdays, 1 p.m. Jack Potter, 657-3132
- **Friday Bridge** -Fridays, 1 p.m. – Pete Misslin 423-884-3550
- **Bridge (Kahite)** -1st & 3rd Monday, 1 pm, Sandy Harrick 423-884-3827
- **STD American Bridge** - Wednesday 9 a.m., Gary Crawford 657-9284

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- **Bunco (New Villagers)** - 1st Friday 1 pm Ellen Fox 657-3517
 - **Carving Club** - 1st & 3rd Tuesday 1 pm Curt Isakson 458-2943
 - **Clowns** - Last Wednesday, 9:30 am, Kathy Kutschera 408-3092
 - **Computer Users Board** - 2nd Tues, 3 pm, Kathy Economy 657-9399
 - **Crafting (Kahite)** -Tuesday, 9 am Jo Ann Osmun 423-884-3629
 - **Cribbage** - Tuesday 6:30 pm , Bruce Guyon 657-9637
 - **Cruising Club**- 1st Monday 1 pm, Tom Morgan 657-9380
 - **Dock Captain Meeting** - 3rd Monday 5 pm, Kirk Eidenmuller 657-9949
 - **Dream Circle**-1st Tuesday 2:30 p.m., Ellen Fox 657-3517
 - **Euchre Club** -1st & 3rd Wed, 6:30 pm, Ed Hofer 657-5085
 - **Genealogy Club** - 4th Thursday, 3 pm, Bill Long fbirdbill@yahoo.com

Hand & Foot Groups

- **Hand & Foot (Kahite)**- 2nd & 4th Tuesday, 6 p.m. Karen Wiley 423-884-6661
- **Hand & Foot Cards** -1st & 3rd Tue, 6 pm, Marilyn Allbritten 458-0882
- **Hand & Foot (New Villagers Ladies)** - 2nd Wednesday, 1 pm Ellen Fox 657-3517
- **Hand & Foot (New Villagers Mixed)** - 3rd Monday, 1pm Ellen Fox 657-3517

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- **HOA Board** - 1st Monday 9 am John Bordelon 657-9963
 - **HOA Social Committee** -3rd Monday 10 am, Sue English-Kovar 847-565-9030
 - **Just for Fun Photography** -2nd Monday 7pm Bill Pritchard 657-9604
 - **Knifty Knitters** - 2nd & 4th Tues, 1 pm, Lisa Batton 657-3285
 - **Mac Users Basic** - 4th Mon, 3 pm, Karen Brown, 458-0855

Mah Jongg Groups

- **Beginning Open Play Mah Jongg** - 2nd & 4th Thur 9 am Barbara Butyter 458-7950
- **Mah Jongg(OpenPlay)**-1st, 3rd & 5th Thursday 2nd, 4th Tuesday, 2nd, 3rd, 4th & 5th Monday 1p.m. Carolyn Neely, 458-1323
- **Mah Jongg (Kahite)** - Wednesdays, 1 p.m., Marilyn Bavougian 423-884-3600

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- **Mexican Train Domino's**-2nd Monday 1 pm
 - **New Villagers Board** - 3rd Monday, 1 am, Rich Anda 475-777-6577
 - **Mt Echo Dulcimer**- Mondays 6:30 pm, Ben D'Ooge 408-1422
 - **New Villagers Activities Committee**- 4th Monday 9:30 am Ellen Fox 657-3517
 - **Pinochle** - 1st & 3rd Tuesday, 6:15 p.m., Babs Mayberry 458-9619
 - **Pickleball** - Check at front desk for schedule Chota Rec 458-6779
 - **Quilt Guild** - www.villagequilters.com
 - **Racquetball** - Mon,Wed,Fri&Sat, 8:30 am, Rec Department
 - **Rec Committee (Wellness Center)**- 1st Thurs, 9 am, Rec Dept, 458-7070
 - **Rubber Stamp Art** - 4th Wed, 12:30 pm, Diane Ray 458-5429
 - **Rummikub** - 3rd Thursday 6:30 pm Suzy Holcomb 657-9052
 - **Saturday Coffee (Kahite)** - Every Saturday, 9 a.m.
 - **STAYinTV**- Scott Mathot, 458-5028
 - **T-BART** - Ron Ranck 458-1510
 - **Tai Chi** -Gail Eades 599-6785
 - **Table Tennis** - Roger Goldsmith 657-9833
 - **Tellico Lake Tennis Association**-1st Wednesday, 1 pm, Steve Ferrone 703-509-2469

Townhouse Assc.

- **Tellico Village Townhouse Assoc** - 3rd Tue 1pm Larry McJunkin 296-2364
- **Tanasi Lagoon Townhouse**-2nd Tuesday 2 pm, Bob Ball 458-2142
- **Chota Landing Townhouse**-1st Tuesday 9 a.m. Don Dight 458-7178

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- **TV Writers Group**-2nd & 4th Thursday 10 am Jodie Henjum
 - **Tellico Village Kahite Women's Organization (Kahite)**-Marilyn Bavougian 423-884-3600
 - **Tennis Committee** - 3rd Thursday (every other month), 1:30 pm, Rec Dept, 458-6779
 - **TOPS** - Each Wed, 3 pm, Sandra Richard 423-884-2103
 - **Thyme for Herbs** - 3rd Thur, 9:00 am, Mary Garner 408-0337
 - **Wallyball** - Terry Percy 458-2278
 - **WATeR** - 2nd Thursday, 7 pm, Larry Benson 856-2791
 - **Wellness Warriors (Wellness Center)**- Tuesday 4:15 pm Bill Malone 458-7170
 - **Weight Watchers** -Every Thursday 3:00 pm, Sandi Pitcher 978-621-7315
 - **Where Stitchers Count** -2nd Monday 7pm, Lois Threlkeld 458-3231

Fitness Class Descriptions

Aqua Fusion combines fitness moves with elements of dance for men and women alike! Bring your Aqua gloves to make your arms even more toned and heart-healthy. Cardiovascular fun with energetic music.

Balance, Bend, Build (at Kahite October– April) is a non-aerobic, NO impact class that will incorporate a variety of exercise designed to increase balance, flexibility, range of motion and strength. A chair may be used for seated exercises or support. Please bring a set of hand weights to class.

Deep Water is an energetic workout, without stress on joints, utilizing a belt makes this class "untouchable" (Most of the class will be spent not touching the bottom of the pool). Please bring a suspension belt. They are available at Boater's World or the WC has some you can borrow.

Fit & Tone is a class using hand weights and mat work, which incorporates upper and lower body work. On alternate days, a low impact cardio workout is included by walking, dancing, and various other movements. This cardio workout lasts about 30 minutes and is then followed by weights. Please bring mat, hand weights and water.

Kickboxing involves cardiovascular fitness training while incorporating the use of martial arts.

Pilates-Yoga (at Wellness Center & Kahite) is a combination of Pilates and Yoga. The class exercises focus on strengthening core muscles, balance and flexibility. The class level is of medium intensity. Materials required are a Yoga mat or large towel and comfortable clothing.

Stability Ball involves general fitness resistance training with an emphasis on integrating balance and strength. Please bring a mat, hand weights and a stability ball.

Water Exercise -May-September (at Kahite) is a high energy class that combines aerobics with the use of weights, noodles and bands. Limited equipment is provided.

Water Aerobics is a high energy class that combines aerobics with the use of weights, noodles and bands. Limited equipment is provided.

Water Boot Camp is based more on strength, power, and speed rather than rhythm and choreography. Boot camp incorporates speed drills, strength exercises, interval training, and kickboxing to challenge you while still contained in the safety of a water environment. Start now and continue to build your stamina over time with this athletic workout.

Weight Training is a class using hand weights, body weight, and mat work, which incorporates upper and lower body work.

Yoga is a form of exercise which includes stretching for flexibility; holding postures (asana) to tone and firm all muscles and to elasticize the spine and lubricate the joints for freer motion. These exercises also improve balance. We use breathing techniques to help relieve stress and release muscular tension. Class ends with 15 minutes of deep relaxation. Come to class with an open mind, a positive attitude and a smile. Bring a mat, and a small pillow. You will benefit with each session as your body and mind become more receptive.

Basic Hatha Yoga - whether you are a *Newbie*, a *Novice*, or a *Natural*, Basic Hatha Yoga will increase your flexibility, improve your balance, strengthen your muscles, and calm your mind. Basic yoga poses, which include balancing, twisting, stretching, and bending, are combined with focused breathing and relaxation to give you a full body workout. No prior experience (or flexibility!) is required. If you've practiced yoga in the past, this class will help you go deeper into your knowledge, understanding, and practice. Each class offers in-depth exploration of one pose, muscle group, or activity, followed by breathing, warm-up, Sun Salutations, asanas, and Savasana. Questions are always welcome!

Intermediate Yoga is a class that explores the combination of Yoga asanas (postures), breathing and meditation to help achieve unity of the mind, body and spirit and help improve muscle tone, strength, flexibility and stamina. Wear comfortable clothing. Bring a yoga mat, and a towel or blanket to cover with during meditation.