



Southeast Regional Community Center

5260 Hickory Hollow Parkway Suite 202, Antioch, TN 37013 615-862-890

Classes Teen Program After-School Special Activities Gymnasium	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-4:00pm 01/20/2024
<p>2024 Program Schedule (subject to change)</p> <p>Facilities Manager Thomas Floyd</p> <p>Program Coordinator Elona Tribue</p> <p>Font Desk Leader Charles Watkins Cortez Mitchell</p> <p>Recreation Leaders Brittany Phillips Edgar Valentin Mike Green Kaylondra Robinson Ronald Taylor Miguel Coakley</p> <p>When school is not in session, the hours will be 9:00am-4:00pm for elementary and middle. High School is from 4:00pm-6:00pm. The gymnasium and game room will be closed to adults during this time.</p> <p><i>Teens 13-17 Senior 62 and up</i></p>	<p>6:00am-8:00am Adult Open Gym (Basketball)</p>	<p>6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>6:00am-8:00am Adult Open Gym (Basketball)</p>	<p>6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>6:00am-8:00am Adult Open Gym (Basketball)</p>	<p>8:00am-1:00pm Jr. NBA Basketball League starts January 13, 2024</p>
	<p>KIPP High School 8:00am-4:00pm (Gymnasium)</p>	<p>10:30am-12:30pm Tot Time/Home School ½ Court (Gymnasium)</p>	<p>KIPP High School 8:00am-4:00pm (Gymnasium)</p>	<p>10:30am-12:30pm Tot Time/Home School ½ Court (Gymnasium)</p>	<p>Home School 10:30am-1:00pm (Gymnasium) Every 1st and 3rd</p>	<p>2:00pm-3:30pm Family Time ½ Court (Gymnasium)</p>
	<p>3:00pm-6:00pm After-School Enrichment Programs</p>	<p>12:00pm-4:00pm Senior Cards Spades, Bid Whist</p>	<p>3:00pm-6:00pm After-School Enrichment Programs</p>	<p>1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only</p>	<p>12:00pm-2:00pm Senior Bingo Every 2nd of the month</p>	<p>(No Basketball Practice) Basketball Practice must be approved by management.</p>
	<p>6:00pm-8:00pm Badminton ½ Court Gym</p>	<p>1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only</p>	<p>6:00pm-8:00pm Adult Open Gym (Basketball) ½ Court</p>	<p>3:00pm-6:00pm After-School Enrichment Programs</p>	<p>KIPP High School 8:00am-4:00pm (Gymnasium) Every 2nd and 4th</p>	<p>2:00pm-3:30pm Badminton ½ Court (Gymnasium)</p>
	<p>6:00pm-7:00pm Jr. NBA Basketball Practice ½ Court Gym</p>	<p>3:00pm-6:00pm After-School Enrichment Programs</p>	<p>6:00pm-8:15pm Line Dance (Dance Studio) w/R &R</p>	<p>4:00pm-6:00pm Teen Open Gym ½ Court (Gymnasium)</p>	<p>3:00pm-6:00pm After-School Enrichment Programs</p>	<p>Membership Fees: (\$) – Paid Class</p>
<p>6:00pm-8:15pm Line Dance (Dance Studio) w/R &R</p>	<p>4:00pm-6:00pm Teen Open Gym ½ Court (Gymnasium)</p>	<p>6:00pm-8:00pm Jr. NBA Basketball Practice ½ Court Gym</p>	<p>6:00pm-8:00pm Jr. NBA Basketball Practice ½ Court Gym</p>	<p>6:00pm-7:00pm Family Night (Gymnasium)</p>	<p><u>Fitness Classes</u> \$4.00</p>	
		<p>6:00pm-7:00pm Zumba (\$) (Dance Studio) w/Sandy</p>	<p>6:00pm-7:00pm Zumba (\$) (Dance Studio) w/Sandy</p>	<p>6:00pm-7:00pm Family Night (Gymnasium)</p>	<p>(No Basketball Practice) Basketball Practice must be approved by management.</p>	
			 <p>“Southeast Regional Community Center” www.nashville.gov</p>	<p>6:00pm-7:00pm Zumba (\$) (Dance Studio) w/Sandy</p>	<p>3:00pm-6:00pm After-School Enrichment Programs</p>	<p><u>Daily Pass</u> Adult \$3.00 Teens & Senior \$1.50</p>
					<p><u>10 Visit Gym Pass</u> Adult \$20.00 Teens & Senior 10.00</p>	
					<p><u>Monthly Pass</u> Adult \$30.00 Teens & Senior 20.00</p>	
					<p><u>10 Pass Class Card</u> \$40.00</p>	

Adult Open Gym- welcomes ages 18 and up to participate in a variety of activities that take place in the gym.

After-School Enrichment Program- children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

Badminton- a racquet sport played by with two opposing players who take positions on opposite halves of a rectangle court divided.

Boot Camp- mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

Family Open Gym- time for children and their adults to come together and play in the gym.

Line Dancing- a form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music.

Pickle Ball- is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

Teen Time- time allotted for teens ages 13 to 17 to occupy the gym, where they can play basketball.

Tot Time- Parent and their children (under 5) are welcomed to play in our gym.

Zumba- an aerobic fitness program that combines Latin and international music with dance moves.

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