




Hartman Park Regional Community Center

2801 Tucker Road, Nashville, TN 37218 - 615-862-8479

Fitness Classes Senior Program Family Programs (\$) – Paid Class	Monday Hours: 6:00 AM-8:30 PM	Tuesday Hours: 6:00 AM-8:30 PM	Wednesday Hours: 6:00 AM-8:30 PM	Thursday Hours: 6:00 AM-8:30 PM	Friday Hours: 6:00 AM-7:30 PM	Saturday Hours: 8:00 AM-4:00 PM
<p>Fall 2024 Program Schedule</p> <p>Facility Coordinator Adrean Gregory</p> <p>Program Coordinator Jazmin Barney</p> <p>Recreation Leader Sr. Lamont Crawley Jr.</p> <p>Recreation Leaders & Lifeguards (*) Anaya Martin Isaiah Hayes Jason Gooch Jamaal Haddox Sylvester Lee Mylonti Tidwell Kaleb Dudley* Charles Good* Macarey Hardin*</p> <p>Class Instructors Alexandra Guerra Bryce Morrow Randall Venson</p> 	<p><i>Indoor Track & Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors Men Only</i> 7:00-9:00 AM</p> <p>Senior Body Pump 8:00-9:00 AM</p> <p>Dance Into Shape 10-11:00 AM (Gym)</p> <p><i>Adult Skate</i> 12:00-3:00 PM 18+ Only</p> <p>After-School Program 3:00-6:00 PM <i>*Pre-Registration Only*</i></p> <p>Zumba (\$) w/ Alexandra 6:00-7:00 PM (Dance Studio)</p> <p><i>Line Dance W/ Bryce</i> 6:00-8:00 PM</p> <p><i>Adult Basketball</i> 6:00-8:00 PM</p>	<p><i>Indoor Track & Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors Men Only</i> 7:00-9:00 AM</p> <p><i>Pickleball</i> 9:30-12:30 PM</p> <p><i>Adult Open Gym</i> 12:30-3:00 PM 18+ Only</p> <p>After-School Program 3:00-6:00 PM <i>*Pre-Registration Only*</i></p> <p><i>Adult Volleyball</i> 6:00-8:00 PM</p>  <p>@ "Hartman Park Regional Community Center"</p>	<p><i>Indoor Track & Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors Men Only</i> 7:00-9:00 AM</p> <p>Senior Body Pump 8:00-9:00 AM</p> <p>Dance Into Shape 10-11:00 AM (Gym)</p> <p><i>Adult Skate</i> 12:00-3:00 PM 18+ Only</p> <p>After-School Program 3:00-6:00 PM <i>*Pre-Registration Only*</i></p> <p><i>Line Dance W/ Bryce</i> 6:00-8:00 PM</p> <p>*Schedule is subject to change*</p>	<p><i>Indoor Track & Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors Men Only</i> 7:00-9:00 AM</p> <p><i>Pickleball</i> 9:30-12:30 PM</p> <p><i>Adult Open Gym</i> 12:30-3:00 PM 18+ Only</p> <p><i>Metro Parks Collective Soul Band</i> 11:00 -2:00 PM</p> <p>After-School Program 3:00-6:00 PM <i>*Pre-Registration Only*</i></p> <p><i>Girls Basketball 101</i> 6:00-7:15 PM</p>  <p>@ "HartmanParkCenter"</p>	<p><i>Indoor Track & Weight Room</i> 6:00 AM -8:15 PM</p> <p><i>Kickin' It Seniors Men Only</i> 7:00-9:00 AM</p> <p>Senior Body Pump 8:00-9:00 AM</p> <p>Dance Into Shape 10-11:00 AM (Gym)</p> <p><i>Senior Band</i> 11:00-1:00 PM</p> <p><i>Adult Open Gym</i> 12:00-3:00 PM</p> <p>After-School Program 3:00-6:00 PM <i>*Pre-Registration Only*</i></p> <p>Family Skate 5:00-7:00 PM</p>	<p><i>Indoor Track & Weight Room</i> 8:00 AM -3:45 PM</p> <p>Youth/Family Open Gym 8:00-10:00 AM</p> <p><i>Women Open Gym</i> 10:00-11:00 AM</p> <p><i>Boxing Fitness</i> 11:00 – 12:30 PM</p> <p><i>Pickleball</i> 1:00-3:45 PM</p> <p>**Monday-Friday** 3:00 PM-6:00 PM After-School Program (Ages 6-14) Gymnasium Closed to Adults</p> <p>Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50</p> <p>10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00</p> <p>30-Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up</p> <p>10 Pass Fit Card (Classes) \$40.00</p>

Activity Descriptions:

Kickin' It Seniors: Welcomes men over the age of 50 to engage in discussions that may include stories of hardship, perseverance, tales of love and loss, and reflections on how the world has changed.

Senior Body Pump: This is a low-impact, fun fitness activity designed for older adults. It involves gentle, rhythmic movements, often set to music where participants will engage in a full-body workout. (Small hand weights are suggested.)

Dance Into Shape: This is a lively and social activity where older adults come together to learn and dance to choreographed dance routines.

Family Open Gym: This is a time for families to come together and play basketball in the gym. Anyone 14 and under must be accompanied by an adult.

Line Dance W/ Bryce: This is a structured and energetic group activity where participants learn different choreographed dances. This environment offers an upbeat and inclusive, fostering a sense of community as dancers move together.

Adult Skate: This is a vibrant mix of energy and skill, where grown-ups come together to enjoy the freedom and thrill of skating.

Adult Volleyball: Welcomes all skill levels and focuses on enjoying the game rather than intense competition.

Adult Open Gym: Patrons 18 and over can utilize the gym and play basketball.

Women Open Gym: This is an open gym designed for women ONLY to enjoy the game of basketball. Patron must be 18+

Pickle Ball: Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball is a racquet sport/paddle sport that is played with a paddle and a whiffle ball.

After School/Summer Youth Program: Children ages 6-14 who are registered in the FREE drop-in program will participate in activities that focus on active recreation while supporting healthy social and academic development. Space is limited and registration is required.

Zumba: This is a high-energy fitness program that combines dance and aerobic exercises with infectious Latin and international music.


Metro Parks Collective Soul Band: This group is made up of Metro employees and volunteers who deliver powerful, emotive performances, blending rhythm and blues with rich vocals and dynamic instrumentals

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Aquatics Coordinator: Contee Harris

The following activities are offered as a part of the aquatics program at Hartman Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required.

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The pool is free of charge, except where a (\$) designates a fee.</p> 	<p>Lap Swim 9:15 – 10:15 AM</p> <p>Senior Water Aerobics 10:30 – 11:45 AM</p> <p>Lap Swim 12:00 – 1:00 PM</p> <p>After School L.T.S 3:00 – 5:00 PM</p> <p>Parks Swim Practice 5:00 – 7:00 PM</p> <p>Lap Swim 7:00 – 7:45 PM</p>	<p>Lap Swim 9:15 – 10:15 AM</p> <p>Senior Water Walk 10:30 – 11:45 AM</p> <p>Lap Swim 12:00 – 1:00 PM</p> <p>After School L.T.S 3:00 – 5:00 PM</p> <p>Parks Swim Practice 5:00 – 7:00 PM</p> <p>Lap Swim 7:00 – 7:45 PM</p>	<p>Lap Swim 9:15 – 10:15 AM</p> <p>Senior Water Aerobics 10:30 – 11:45 AM</p> <p>Lap Swim 12:00 – 1:00 PM</p> <p>After School L.T.S 3:00 – 5:00 PM</p> <p>Parks Swim Practice 5:00 – 7:00 PM</p> <p>Lap Swim 7:00 – 7:45 PM</p>	<p>Lap Swim 9:15 – 10:15 AM</p> <p>Senior Water Walk 10:30 – 11:45 AM</p> <p>Lap Swim 12:00 – 1:00 PM</p> <p>After School L.T.S 3:00 – 5:00 PM</p> <p>Parks Swim Practice 5:00 – 7:00 PM</p> <p>Lap Swim 7:00 – 7:45 PM</p>	<p>CLOSED</p>	<p>Learn to Swim (\$) 8:00 – 12:00 PM</p> <p>Lifeguard Academy 12:00 – 1:00 PM</p> <p>Open Swim 1:00 – 2:00 PM</p> <p>*Swim Lessons Save Lives**</p> <p>*Group swim lessons are \$60.00 for 8 lessons For more information contact (615)862-8479</p>