






Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Fitness and Recreation

Fitness Classes Youth Programs Family Programs* Leisure Activity	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
<p>Fall 2024 Program Schedule (Revised 8/20/2024)</p> <p><u>Facility Manager</u> Barbara Manuel</p> <p><u>Program Coordinator</u> Fiorella Anderson</p> <p><u>Recreation Staff</u> Reginald Robinson Edd Garcia Marquette Knight Michael Stevenson Sharie York Gregory Bass Tiffany Jones</p> <p><u>Instructors</u> Sandy Cunningham Charturah Smith Opanike Shelton Smith Springs Staff</p>  <p><i>*Schedule subject to change during Metro Nashville Public School breaks to accommodate students.</i></p> <p>Fitness Center & Track Hours Mon-Thru: 6am – 8:15pm Fri: 6am-7:15pm Sat: 8am-3:45pm</p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 & Up</u></p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$) w/Mike</u></p> <p>10:30am-11:30am <u>Fitness Center Orientation w/ Mike (1st Monday/Month)</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>NAZA Program (5th-8th) (Must be enrolled)</u></p> <p>4:30pm-6:00pm <u>*Family Time (1/2 court Open Gym) Must be accompanied by an adult.</u></p> <p>5:00pm- 6:15pm <u>Smith Springs Music Club (9 & up) (Starting Sept. 16th)</u></p> <p>6:30pm-8:00pm <u>Pickleball Night Ages 15 & up</u></p>	<p>6:30am-8:30am <u>Open Gym Basketball 18 & Up</u></p> <p>8:30am-9:30am <u>Active Gym and Sports Activities (Gymnasium) 50 & Up</u></p> <p>10:30am-11:30am <u>TOT Time (1-5 years old)</u></p> <p>3:00pm-4:30pm <u>Teen Open Gym (1/2 court) (13-17 years old)</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>NAZA Program (5th-8th) (Must be enrolled)</u></p> <p>6:00pm-7:00pm <u>Fitness Center Orientation w/ Mike (4th Tuesday/Month)</u></p> <p>6:30pm-8:00pm <u>Volleyball Night Ages 15 & up</u></p> <p>YEAH! ROCKS <u>Coming Soon!</u> <u>Electric Guitar Lessons (Must be enrolled) Day and Time: TBA</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 & Up</u></p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$) w/Mike</u></p> <p>10:00am-11:00am <u>Line Dance (Practice)</u></p> <p>11:00am-12:00pm <u>Smith Springs Book Club (2nd Wednesday/Month)</u></p> <p>12:30pm-1:30pm <u>Homeschool Zone</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>NAZA Program (5th-8th) (Must be enrolled)</u></p> <p>4:30pm-6:00pm <u>*Family Time (1/2 court Open Gym) Must be accompanied by an adult.</u></p> <p>6:30pm-7:30pm <u>Teen Zone (13-17 years old) (1st and 3rd Wed/month)</u></p> <p>6:30pm-7:30pm <u>*Family Matters (Trivia/Game night) (2nd and 4th Wed/month)</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 & Up</u></p> <p>11:30am-1:30pm <u>Pickleball (Learn how to play 11:30am -12:00pm)</u></p> <p>12:00pm-2:30pm <u>Cards Games</u></p> <p>3:00pm-4:30pm <u>Teen Open Gym (1/2 court) (13-17 years old)</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>NAZA Program (5th-8th) (Must be enrolled)</u></p> <p>5:30pm-7:00pm <u>Soccer League Practice (5-6 and 9-10 teams)</u></p> <p>6:30pm-7:30pm <u>Bootcamp (\$) w/Mike</u></p> <p>7:00pm- 8:00pm <u>*Family Line Dance (Starting Sept. 12th)</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 & Up</u></p> <p>10:00am-11:00am <u>Line Dance</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>5:30pm-7:00pm <u>*Family Skate Night! Limited sizes</u></p> <p>Fees: Fitness Center Daily Pass Adult \$3.00 Teens/Senior/Military \$1.50 Fitness Center 10 Visit Pass Adult \$20.00 Teens/Senior/Military \$10.00 Fitness Center Monthly Pass Adult \$30.00 Teens/Senior/Military \$20.00 Fitness Center Yearly Pass Adult \$250.00 Teens/Senior/Military \$150</p>  <p>@SmithSpringsCC <i>Senior 62 and up (\$)</i> – Paid Classes</p>	<p>8:15am-9:45am <u>Open Gym Basketball 18 & Up</u></p> <p>9:30am – 11:30am <u>*Cooking Club w/Fi (4th Saturday/month)</u></p> <p>10:00am-12:00pm <u>*Active and Healthy Families (Open Gym) Must be accompanied by an adult.</u></p> <p>10:00am -11:00am <u>Dance+Tone (\$) w/Opanike</u></p> <p>11:30am – 12:30pm <u>Double Dutch Club w/ Sharie (18 & up) (2nd Saturday/month)</u></p> <p>11:30am – 12:30pm <u>*Family Improv Jam w/ Edd (4th Saturday/month)</u></p> <p>1:00pm – 2:00pm <u>Speed School w/ Mike (13-17) (3rd Saturday/month)</u></p> <p>1:00pm-3:00pm <u>Open Gym 17 & under (Kids 10 and under must be accompanied by an adult)</u></p>

Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Aquatics

Fitness Classes (\$) Aquatics	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: CLOSED
<p>Fall/Winter 2024 Program Schedule Revised 10/10/2024</p> <p><u>Facility Manager</u> Barbara Manuel</p> <p><u>Aquatic Coordinator</u></p> <p><u>Aquatic Staff</u> *Abraham Wherry</p> <p><u>Instructors</u> Mike Stevenson Sandy Cunningham Charturah Smith Briana Morrow Demetria Harris (* Lifeguard)</p> 	<p>8:00am – 9:30am Water Walk (25) Participants per class</p> <p>10:30-12:30pm Open Swim/Lap Swim (one lane)</p>	<p>8:00am – 9:15am Lap Swim (3) Lanes</p> <p>10:00am-10:45am (\$) Moring Aqua Splash (Low Impact)</p> <p>11:30-12:30pm Open Swim</p>	<p>11:30am-1:30pm Open Swim/Lap Swim (one lane)</p> <p>5:00pm-5:45pm Lap Swim</p> <p>6:30pm-7:30pm (\$) Aqua Circuit Training w/Charturah</p>	<p>8:00am – 9:15am Lap Swim (3) Lanes</p> <p>9:30am-10:30am Pool Maintenance</p> <p>11:30am-12:30pm Open Swim</p>	<p>8:00am – 9:30am Water Walk (25) Participants per class</p> <p>10:30am-12:30pm Open Swim/Lap Swim (one lane)</p> <p style="background-color: yellow; text-align: center; font-weight: bold;">CLOSED</p> <div style="text-align: center;">  Like us on facebook @Smith Springs Community Center </div> <div style="text-align: center;">  @smithspringscommunity </div>	<p style="font-size: 2em; color: red; font-weight: bold;">POOL CLOSED</p> <p style="background-color: green; color: white; padding: 2px;">\$ Fitness Class Fee \$4.00</p> <p style="background-color: green; color: white; padding: 2px;">10 Pass Fit Card \$40.00</p> <p>Senior 62 and up (\$) – Paid Classes</p> <p><small>*Schedule is subject to change i.e., during Metro Nashville Public School breaks to accommodate students, holidays, weather, etc.</small></p>

For accessibility inquiries, call 615-862-8420. Metro does not discriminate on the basis of age, race, sex, color, national origin, religion, or disability in admission to, access to, or operations of its programs, services, or activities.

Mission statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region’s natural resources.

Note: If interested in being apart of our Aquatic team, please contact 615-862-8420 for additional information.