



# Smith Springs Regional Community Center

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

<b>Fitness Classes</b> <b>Youth Programs</b> <b>Gymnasium</b> <b>Leisure Activity</b>	<b>Monday Hours:</b> <b>6:00am-8:30pm</b>	<b>Tuesday Hours:</b> <b>6:00am-8:30pm</b>	<b>Wednesday Hours:</b> <b>6:00am-8:30pm</b>	<b>Thursday Hours:</b> <b>6:00am-8:30pm</b>	<b>Friday Hours:</b> <b>6:00am-7:30pm</b>	<b>Saturday Hours:</b> <b>8:00am-4:00pm</b> <b>Starting 01/20</b>
<p><b>Winter 2024 Program Schedule</b> (Revised 01/06/2024)</p> <p><u>Facility Manager</u> Barbara Manuel</p> <p><u>Program Coordinator</u> Fiorella Anderson</p> <p><u>Recreation Staff</u> Reginald Robinson Edward Garcia Marquette Knight Michael Stevenson Sharie York Gregory Bass Solomon Hatcher Tiffany Jones</p> <p><u>Instructors</u> Sandy Cunningham Diane Overstreet Smith Springs Staff</p>  <p><i>*Schedule subject to change during Metro Nashville Public School breaks to accommodate students.</i></p> <p><b>Fitness Center &amp; Track Hours</b> Mon-Thru: 6am – 8:15pm Fri: 6am-7:15pm Sat: 8am-3:45pm</p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 &amp; Up</u></p> <p>9:00am-10:00am <u>Strength &amp; Movement (Low Impact) (\$) w/Diane</u></p> <p>10:30am-11:30am <u>Fitness Center Orientation w/ Mike (1<sup>st</sup> Monday/Month)</u></p> <p>12:00pm-2:00pm <u>Open Gym Basketball 18 &amp; Up</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>LEGENDS Middle After-School Program (Must be enrolled)</u></p> <p>4:30pm-6:00pm <u>Teen Open Gym Basketball (13-17 years old)</u></p> <p>6:00pm-7:00pm <u>Candy Pop Paint Shop (6th-12th Graders) Starting 01/25 (Registration required)</u></p> <p>6:30pm-8:00pm <u>Pickleball Night</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 &amp; Up</u></p> <p>10:30am-11:30am <u>TOT Time (1-5 years old)</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>LEGENDS Middle After-School Program (Must be enrolled)</u></p> <p>5:30pm-6:30pm <u>Basketball League Practice (7-9 girls' team)</u></p> <p>6:00pm-7:00pm <u>Fitness Center Orientation w/ Mike (4<sup>th</sup> Tuesday/Month)</u></p> <p>6:30pm-8:00pm <u>Volleyball Night</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 &amp; Up</u></p> <p>7:30am-8:15am <u>Morning Walking Club</u></p> <p>9:00am-10:00am <u>Strength &amp; Movement (Low Impact) (\$) w/Diane</u></p> <p>10:00am-11:00am <u>Line Dance (Practice)</u></p> <p>11:00am-12:00pm <u>Smith Springs Book Club (2<sup>nd</sup> 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>LEGENDS Middle After-School Program (Must be enrolled)</u></p> <p>6:00pm-8:00pm <u>Triple Threat Basketball (9th-12th grades) (Registration required)</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 &amp; 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-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>4:00pm-6:00pm <u>LEGENDS Middle After-School Program (Must be enrolled)</u></p> <p>4:30pm-6:00pm <u>Open Gym Basketball Parents &amp; Children</u></p> <p>6:30pm-7:30pm <u>Basketball League Practice (10-12 boys' team)</u></p> <p>6:30pm-7:30pm <u>Bootcamp (\$) w/Mike</u></p>	<p>6:30am-9:30am <u>Open Gym Basketball 18 &amp; Up</u></p> <p>10:00am-11:00am <u>Line Dance</u></p> <p>12:00pm-2:00pm <u>Open Gym Basketball 18 &amp; Up</u></p> <p>3:00pm-5:30pm <u>After-School Program (Must be enrolled)</u></p> <p>5:30pm-7:00pm <u>Fun Friday! (See Flyer for Schedule of Events)</u></p>  <p>@SmithSpringsCC</p> <p><u>Fitness Classes \$4.00</u> <u>10 Pass Fit Card \$40.00</u></p> <p><u>Senior 62 and up (\$)</u> – Paid Classes</p>	<p>8:15am-9:45am <u>Open Gym Basketball 18 &amp; Up</u></p> <p>9:30am-11:30am <u>Cooking Club w/ Fi (4<sup>th</sup> Saturday/Month)</u></p> <p>10:00am-11:30am <u>Open Gym Basketball Parents &amp; Children</u></p> <p>10:15am-11:15am <u>Step with Sandy (\$) Coming soon!</u></p> <p>1:30pm-3:30pm <u>Let's play! (Family activities) (See flyer for schedule of Events) Starting 02/03</u></p> <p><b>Fees:</b> <u>Fitness Center Daily Pass</u> Adult \$3.00 Teens/Senior/Military \$1.50 <u>Fitness Center 10 Visit Pass</u> Adult \$20.00 Teens/Senior/Military \$10.00 <u>Fitness Center Monthly Pass</u> Adult \$30.00 Teens/Senior/Military \$20.00 <u>Fitness Center Yearly Pass</u> Adult \$250.00 Teens/Senior/Military \$150</p>



# Smith Springs Regional Community Center

2801 Smith Springs Rd, Nashville, TN 37217 - (615) 862-8420: Aquatics Schedule

	Monday Hours: 8:00am-7:00pm	Tuesday Hours: 6:30am-12:30pm	Wednesday Hours: 8:00am-7:30pm	Thursday Hours: 10:30am-7:30pm	Friday Hours: 8:00am-12:15pm	Saturday Hours: 9:15am-11:30am
<b>Aquatics</b> <b>Pool Fitness Class (\$)</b>						
<p><b>Winter 2024</b> (Revised 1/5/24)</p> <p><b>Facility Coordinator</b> Barbara Manuel</p> <p><b>Aquatic Coordinator</b></p> <p><b>Lifeguard</b> Summer Austin</p> <p><b>Class Instructors</b> Smith Spring Staff Sandy Cunningham* Diane Overstreet* Charturah Smith*</p> <div style="display: flex; align-items: center; gap: 10px;"> </div> <p style="font-size: small;">Find us on Facebook</p> <p style="text-align: center;">@</p> <p><b>“SmithSpringsCC”</b></p>	<div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">8:00am-9:30am Water Walk</div> <div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">10:30am-12:15pm Lap &amp; Open Swim (1 Lane)</div> <div style="background-color: #A9A9A9; padding: 5px;">6:00pm-7:00pm Hydro Aqua HITT (High Impact) (\$) w/Sandy</div>	<div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">6:30am-8:30am Lap &amp; Open Swim (1 Lane)</div> <div style="background-color: #A9A9A9; padding: 5px; margin-bottom: 10px;">10:00am-11:00am Morning Aqua Splash (Low Impact) (\$) w/Diane</div> <div style="background-color: #ADD8E6; padding: 5px;">11:30am-12:30pm Lap &amp; Open Swim (1 Lane)</div>	<div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">8:00am-9:30am Water Walk</div> <div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">10:30am-12:15pm Lap &amp; Open Swim (1 Lane)</div> <div style="background-color: #A9A9A9; padding: 5px; margin-bottom: 10px;">6:30pm-7:30pm Aqua Circuit Training (High Impact) (\$) w/Charturah</div>	<div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">10:30am-11:30am Lap Swim (3 lanes)</div> <div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">11:30am-12:30pm Open Swim</div> <div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">4:30pm-6:00pm Lap Swim (3 Lanes)</div> <div style="background-color: #ADD8E6; padding: 5px;">6:15pm-7:15pm Family Swim</div>	<div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">8:00am-9:30am Water Walk</div> <div style="background-color: #ADD8E6; padding: 5px; margin-bottom: 10px;">10:30am-12:15pm Lap &amp; Open Swim (1 Lane)</div>	<div style="background-color: #A9A9A9; padding: 5px; margin-bottom: 10px;">9:15am-10:15am Aqua Fusion (\$) w/Sandy</div> <div style="background-color: #ADD8E6; padding: 5px;">10:30am-11:30am Lap &amp; Open Swim (1 Lane)</div> <p><b>Pool Length: 25 yards</b> <b>Pool Width: 24ft</b> <b>Depth: 3ft 6” in - 5ft</b> <b>Lanes: 3</b></p> <p style="text-align: center;"><b>Pool Fees (\$)</b></p> <p><i>Pool Fitness Class - \$4.00</i> <i>10 Pass Fit Card - \$40.00</i> <i>(Used for Fitness Classes)</i></p> <div style="text-align: center; margin-top: 20px;"> <p style="font-size: x-small;">METRO PARKS NASHVILLE</p> </div>