






# Coleman Regional Community Center

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

<b>Fitness Classes</b> Aquatics Gymnasium (\$) – Paid Class	<b>Monday Hours:</b> 6:00am – 8:30pm	<b>Tuesday Hours:</b> 6:00am-8:30pm	<b>Wednesday Hours:</b> 6:00am-8:30pm	<b>Thursday Hours:</b> 6:00am-8:30pm	<b>Friday Hours:</b> 6:00am-7:30pm	<b>Saturday Hours:</b> 8:00am-4:00pm
<p><b>Spring 2024 Schedule</b></p> <p><u>Facility Coordinator</u> Randall Miller Jr.</p> <p><u>Program Coordinator</u> Pamela Caban</p> <p><u>Recreation Leaders</u> LaShaundra Rice Alexis Orozco Christy Lusk-Reed Jamesen Henderson Kevin Romero Jonathan Diaz Rollan Coleman Darius Kennedy</p> <p><u>Class Instructors</u> b.fab Instructors Windship Boyd</p> <p><b>Membership Fees:</b> <u>Daily (Fitness Center)</u> Adult \$3.00 Teens/ Senior/Military \$1.50</p> <p><u>10 Visit Pass (Fitness Center)</u> Adult \$20.00 Teens/Senior/Military \$10.00</p> <p><u>30 Day Pass (Fitness Center)</u> Adult \$30.00 Teens/Senior/Military \$20.00</p> <p><u>10 Pass Fit Card (Classes)</u> \$40.00</p>	<p><b>6:00am-8:15pm</b> Fitness Center/ Indoor Track Coleman Center Cardio Club</p> <p><b>6:00am-9:30am</b> Adult Open Gym Basketball</p> <p><b>10:00am- 1:00pm</b> Adult Open Gym Pickleball</p> <p><b>2:00pm-4:00pm</b> Teen &amp; Family Open Gym (Ages 17 &amp; under) <u>*Ages 14&amp; under must be accompanied by adult*</u></p> <p><b>3:00pm-6:00pm</b> After School Program Ages 6-14 (Registration Required)</p> <p><b>6:00pm-8:00pm</b> Adult Indoor Soccer <a href="http://www.meetup.com/Nashville-soccer/">http://www.meetup.com/Nashville-soccer/</a></p> <p><b>6:45pm-8:00pm</b> West African Dance Class w/Windship (\$5)</p>	<p><b>6:00am-8:15pm</b> Fitness Center/ Indoor Track Coleman Center Cardio Club</p> <p><b>6:00am-9:30am</b> Adult Open Gym Basketball</p> <p><b>10:00am- 11:00am</b> MPDP Basketball Practice</p> <p><b>11:15am-12:00pm</b> Senior Bingo w/ Rollan</p> <p><b>11:30am-2:00pm</b> Adult Open Gym Basketball</p> <p><b>2:00pm-4:00pm</b> Teen &amp; Family Gym (Ages 17 &amp; under) <u>*Ages 14&amp; under must be accompanied by adult*</u></p> <p><b>3:00pm-6:00pm</b> After School Program Ages 6-14 (Registration Required)</p> <p><b>6:00pm-8:00pm</b> Adult Open Gym Basketball</p> <p><b>6:30pm-7:30pm</b> b.fab Fitness Class (\$4)</p>	<p><b>6:00am-8:15pm</b> Fitness Center/ Indoor Track Coleman Center Cardio Club</p> <p><b>6:00am-9:30am</b> Adult Open Gym Basketball</p> <p><b>10:00am-11:00am</b> Intermediate Line Dancing w/Christy</p> <p><b>10:30am-11:30am</b> Tot Time Open Gym</p> <p><b>12:00pm-2:00pm</b> Adult Open Gym Basketball</p> <p><b>2:00pm 4:00pm</b> Teen &amp; Family Open Gym (Ages 17 &amp; under) <u>*Ages 14&amp; under must be accompanied by adult*</u></p> <p><b>3:00pm-6:00pm</b> After School Program Ages 6-14 (Registration Required)</p> <p><b>6:00pm-8:00pm</b> Adult Indoor Soccer <a href="http://www.meetup.com/Nashville-soccer/">http://www.meetup.com/Nashville-soccer/</a></p> <p><b>7:15pm-8:15pm</b> Kizomba Dance Class</p>	<p><b>6:00am-8:15pm</b> Fitness Center/ Indoor Track Coleman Center Cardio Club</p> <p><b>6:00am-9:30am</b> Adult Open Gym Basketball</p> <p><b>10:00am- 1:00pm</b> Adult Open Gym Pickleball</p> <p><b>2:00pm-4:00pm</b> Teen &amp; Family Open Gym (Ages 17 &amp; under) <u>*Ages 14&amp; under must be accompanied by adult*</u></p> <p><b>3:00pm-6:00pm</b> After School Program Ages 6-14 (Registration Required)</p> <p><b>6:00pm-8:00pm</b> Adult Open Gym Pickleball</p>	<p><b>6:00am-7:15pm</b> Fitness Center/ Indoor Track Coleman Center Cardio Club</p> <p><b>6:00am-2:00pm</b> Adult Open Gym Basketball</p> <p><b>2:00pm-4:00pm</b> Teen &amp; Family Open Gym (Ages 17 &amp; under) <u>*Ages 14&amp; under must be accompanied by adult*</u></p> <p><b>3:00pm-6:00pm</b> After School Program Ages 6-14 (Registration Required)</p>	<p><b>8:00am-3:45pm</b> Fitness Center/ Indoor Track Coleman Center Cardio Club</p> <p><b>8:00am-10:30am</b> Adult Open Gym Basketball</p> <p><b>10:30am-12:30pm</b> Family Open Gym</p> <p><b>1:00pm- 3:00pm</b> Adult Open Gym Pickleball</p> <p><i>*Schedule is subject to change during Metro Nashville Public School breaks to accommodate students*</i></p> <p> </p> <p> Find us on Facebook</p> <p>@ "Coleman Park Community Center"</p> 

# Coleman Regional Community Center Pool Schedule

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (\$) – Paid Class	<b>Monday Hours:</b> 8:00am-4:30pm	<b>Tuesday Hours:</b> 8:00am-4:30pm	<b>Wednesday Hours:</b> 8:00am-4:30pm	<b>Thursday Hours:</b> 8:00am-4:30pm	<b>Friday Hours:</b> Closed	<b>Saturday Hours</b> 8:00am-12:00pm
<p><b>Spring 2024 Pool Schedule</b> 615-862-8445</p> <p><u>Aquatics Coordinator</u> Thomas Hunter Jr.</p> <p>Schedule is subject to change.</p>	8:00am-11:00am Lap Swim/ Water Walking	8:00am-10:00am Lap Swim/ Water Walking	8:00am-11:00am Lap Swim/ Water Walking	8:00am-10:00am Lap Swim/ Water Walking		8:00am-10:00am Lap Swim/ Water Walking
		10:00am-10:45am <i>Low Impact Water Aerobics</i>		10:00am-10:45am <i>Low Impact Water Aerobics</i>		10:00am-12:00pm Family Open Swim
	11:00am-1:00pm Open Swim	11:00am-1:00pm Open Swim	11:00am-1:00pm Open Swim	11:00am-1:00pm Open Swim		
	1:00pm-2:00pm Pool Closed	1:00pm-2:00pm Pool Closed	1:00pm-2:00pm Pool Closed	1:00pm-2:00pm Pool Closed		
	2:00pm - 4:30pm Lap Swim	2:00pm - 4:30pm Lap Swim	2:00pm - 4:30pm Lap Swim	2:00pm - 4:30pm Lap Swim		
			<a href="https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx">https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx</a>			 <p>@ "Coleman Park Community Center"</p>

**Coleman Park Regional Community Center Class and Program Descriptions:**

**b.fab fitness-** b.fab's our own choreography of simple dance moves set to hip-hop, pop, Latin and even a little Bollywood. A high-energy, epic good time that will leave you with a sweat and a smile. No experience is required, just a desire to move and have fun! **(\$4)**

**West African Dance W/ Windship-** Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement. Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay. All levels welcome. **(\$5)**

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

**Kizomba -** Kizomba is a genre of music and a social partner dance with roots from Angola.

**Low Impact Water Aerobics –** This is a low impact class that focuses on toning and cardio.

**Coleman Center Cardio Club –** This heart healthy club invites the community to participate in tracking their cardiovascular activity as they reap the physical and mental benefits. Join today by giving us a call or dropping in!

***Group Fitness or aquatics classes might be changed or cancelled due to low attendance or if an instructor is unavailable.***

For accessibility inquiries, call 862-8400 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.