

Antioch Community Center

5023 Blue Hole Road, Antioch, TN 37013 615-862-8417

<p>Teen Program</p> <p>Special Needs Lunch/Play Time After-School Special Activities Gymnasium Fitness Classes</p>	<p>Monday Hours: 12:00pm-8:30pm</p>	<p>Tuesday Hours: 12:00pm-8:30pm</p>	<p>Wednesday Hours: 12:00pm-8:30pm</p>	<p>Thursday Hours: 12:00pm-8:30pm</p>	<p>Friday Hours: 10:00am-6:30pm</p>	<p>Saturday Hours: 10:00am-4:00pm</p>
<p>2024 Spring Program Schedule (subject to change)</p> <p><u>Program Coordinator</u> Shaqua Nero</p> <p><u>Recreation Leaders</u> Kenneth Bowers O' Conner Ward Nelly Baker Brandt Waggoner</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>12:00pm-2:30pm Adult Open Gym (Basketball)</p>  <p>3:00pm-6:00pm After-School Enrichment Programs</p> <p>6:00pm-8:00pm Adult Open Gym (Basketball)</p> 	<p>Adult Skate Time 12:00pm-2:30pm</p> <p>Senior Programming Bi- Weekly 12:00PM-2:30PM</p> <p>12:00pm-2:30pm Bi- Weekly Special Needs Lunch/Activity/Interactive Play Time</p> <p>3:00pm-6:00pm After-School Enrichment Programs</p>  <p>6:00pm-8:00pm Teen Time ½ Court</p>	<p>12:00pm-2:30pm Adult Open Gym (Basketball)</p>  <p>3:00pm-6:00pm After-School Enrichment Programs</p> <p>4:00pm-6:00pm Teen Time ½ Court</p> <p>6:00pm-8:00pm Youth Basketball Practice</p> 	<p>Adult Skate Time 12:00pm-2:30pm</p> <p>Senior Programming Bi- Weekly 12:00PM-2:30PM</p> <p>12:00pm-2:30pm Bi- Weely Special Needs Lunch/Activity/Interactive Play Time</p> <p>3:00pm-6:00pm After-School Enrichment Programs</p> <p>Get Fit Dancing 6:00pm-7:00pm</p> <p>4:00pm-6:00pm Teen Time ½ Court</p> <p>6:00pm-8:00pm Youth Fundamentals & Skill Basketball Training</p>	<p>12:00pm-2:00pm Home School Activities (Skating, Arts & Crafts, Gameroom)</p> <p>3:00pm-6:00pm After-School Enrichment Programs</p>   <p>@ "Antioch Community Center"</p> <p>www.nashville.gov</p>	<p>10:00am-12:00pm Basketball Practice</p> <p>Family Time Open Gym/ Practices 12:00PM-4:00PM</p> <p>Africize Fitness 1:00pm-2:00pm</p>  <p>Teens 13-17 Senior 62 and up</p> <p>*At Antioch Community Center we lead to provide a safe place for families and the community to play and recreate.</p>

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

Teen Time- is gym time designated for youth 13-18 years old to play basketball or recreational sport and play.

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.

Senior Programming- we welcome seniors to join us for bingo, arts and crafts, spades and light chair exercises to keep the mind and body engaged with recreation and creativity.

Homeschool- is an open meet and greet with other homeschoolers for a fun time and social learning experience every Friday.

Special Needs- allow a safe space to eat and engage in recreation through arts and crafts, recreation, and board games.

Get Fit Dancing- is a fun new way to get fit through line dancing and movement.

Africize- is an interactive African Dance class that promotes traditional African Dance moves with a splash of fitness to help promote health and wellness.

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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