

Hartman Park Regional Community Center

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

Fitness Classes Aquatics Gymnasium (\$) – Paid Class	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-12:00pm
<p>2020 Program Schedule</p> <p>Facility Coordinator Adrean Gregory</p> <p>Program Coordinator Lamont Henry</p> <p>Recreation Leaders & Lifeguards (*) Felissa Reese Bonita Peoples Charles Moorman William Mumphrey Lashanda Cockrill Jasmine Meriweither</p> <p>Class Instructors \$Felissa Reese \$Renee Walker \$Alexandra Paterson</p> <p>Swim Lessons \$50.00 for 8 lessons For more information contact: Aquatics Coordinator Contee Harris</p> <p>Schedule is subject to change.</p>	<p>Hartman Indoor Track Walkers 6:00am -8:00am</p> <p>Water Aerobics(\$) 8:00a.m.-9:00a.m.</p> <p>Senior Body Pump 8:30am-9:30am</p> <p>Dance into Shape 10:00am-11:00am</p> <p>Water walk/Lap 10:00am-11:30am</p> <p>Home Schoolers 11:45am – 12:45pm</p> <p>NAZA 3:00pm-5:00pm</p> <p>After School Program Ages 6-17</p> <p>Open Swim 2:00pm-3:00pm</p> <p>Lap Swim 3:00pm - 3:50pm</p> <p>Metro Swim 4:00pm - 7:00pm</p> <p>Adult Lap Swim 7:00pm - 7:40pm</p> <p>Water Aerobics (\$) 7:15p.m.-8:15p.m.</p> <p>Alexandria Zumba (\$) 6:30pm-7:30pm</p> <p>Adult Open Gym (Basketball) 6:00pm-8:15pm</p>	<p>Hartman Indoor Track Walkers 6:00am-8:00am</p> <p>Aerobics Belly Dancing/Felissa 8:30am-9:30am (\$)</p> <p>Beginners Chess Ages 50 and up 9:00am-10:00am</p> <p>Senior Games 10:00a.m.-12:00p.m.</p> <p>Water Aerobics 10:00am – 10:45am</p> <p>Lap/Water walk 11:00am – 12:45pm</p> <p>NAZA 3:00pm-5:00pm</p> <p>After School Program Ages 6-17</p> <p>Open Swim 2:00pm – 3:00pm</p> <p>ST PX School 3:30pm - 5:00pm</p> <p>Learn To Swim 5:00pm-7:00pm</p> <p>REC KIDS 5:00PM-6:00PM</p> <p>T.K.O. 4:00PM-5:15PM</p> <p>Yoga w/Renee(\$) 5:30pm-6:30pm</p>	<p>Hartman Indoor Track Walkers 6:00am-8:00am</p> <p>Water Aerobics(\$) 8:00a.m.-9:00a.m.</p> <p>Senior Body Pump 8:30am-9:30am</p> <p>Dance into Shape 10:00-11:00am</p> <p>Water Walking & Lap Swim 10:00am - 11:30am</p> <p>Home School 11:45am – 12:45pm</p> <p>NAZA 3:00pm-5:00pm</p> <p>After School Program Ages 6-17</p> <p>Open Swim 2:00pm – 3:00pm</p> <p>Lap Swim 3:00pm – 3:50pm</p> <p>Metro Swim Team/NAZA 4:00pm-7:00pm</p> <p>Adult Lap Swim 7:00pm-7:40pm</p> <p>Water Aerobics(\$) 7:15p.m.-8:15pm</p> <p>Alexandria Zumba (\$) 6:30pm-7:30pm</p> <p>Adult Open Gym (Basketball) 6:00pm-8:15pm</p>	<p>Hartman Indoor Track Walkers 6:00am-8:00am</p> <p>Aerobics Belly Dancing/Felissa 8:30am-9:30am (\$)</p> <p>Senior Games 10:00a.m.-2:00p.m.</p> <p>Exercise with Homeschoolers 9:00am-11:00am</p> <p>Water Aerobics 10:00am – 10:45am</p> <p>Water walk/Lap 11:00am – 12:45pm</p> <p>Adult Open Gym (Basketball) 12:00pm-2:00pm</p> <p>NAZA 3:00pm-5:00pm</p> <p>Boy Scouts 4:00pm-5:00pm</p> <p>Open Swim 2:00pm – 3:00pm</p> <p>ST PX School 3:30pm – 5:00pm</p> <p>Learn to Swim 5:00pm – 7:00pm</p>	<p>Hartman Indoor Track Walkers 6:00am-8:00am</p> <p>Adult Open Gym (Basketball)</p> <p>Senior Body Pump 8:30am-9:30am</p> <p>Dance into Shape 10:00am-11:00am</p> <p>Senior Hartman Band 11:00am-1:30am</p> <p>After School Program Ages 6-14 Family Skating</p> <p>6:00pm-7:15pm Family Open Gym</p> <p>Find us on Facebook @ Hartman Park Regional Center</p>	<p>Learn to Swim 8:30am – 10:00 am</p> <p>Metro Swim Team 9:30am – 10:30am</p> <p>Open Swim 10:30am – 11:30am</p> <p>Lifeguard Academy</p> <p>Open Gym 8:00am-12pm</p> <p>Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50 10 Visit Pass (Fitness Center) Adult \$ 30.00 Youth & Senior \$20.00 10 Pass Fit Card (Classes) \$30.00</p> <p>2020 Learn To Swim We are offering summer classes. For more information call, (615) 862-8479 Contee Harris</p> <p> METRO PARKS NASHVILLE</p> <p>Revised 1/27/20</p>