

Smith Springs Regional Community Center

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

Fitness Classes (\$) Aquatics Youth Programs	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	
Summer 2020 Program Schedule Amended Phase III Re-Open <u>Facility Manager</u> Barbara Manuel <u>Program Coordinator</u> Reginald Robinson <u>Aquatic Coordinator</u> *Sabrina Williams <u>Recreation Staff</u> Briana Morrow *Fiorella Palomino Lakhalon Holland Darlene Payton Marquette Knight Aliya Justice Tim Lusk *Tamia Boyce <u>Instructors</u> Jeff Cordes Sandy Cunningham Miranda Guerra (* Lifeguard)	6:00am – 8:15pm Fitness Center (\$)	6:00am – 7:15pm Fitness Center (\$)	8:00am – 11:45am Fitness Center (\$)				
	6:00am-8:15pm *Indoor Track	6:00am-7:15pm *Indoor Track	8:00am-11:45am *Indoor Track				
	*Adult Lap Swim & Water Walk	*Adult Lap Swim & Water Walk	9:00am-10:00am Zumba (\$) w/Sandy				
	Reservation Times 7:30am, 9:00am, 12:00pm, 1:30pm, & 5:30pm	Reservation Times 6:30am, 8:00am, 12:30pm, 5:00pm, & 6:30pm	Reservation Times 7:30am, 9:00am, 12:00pm, 1:30pm, & 5:30pm	Reservation Times 6:30am, 8:00am, 12:30pm, 5:00pm, & 6:30pm	Reservation Times 7:30am, 9:00am, 12:00pm, 1:30pm, & 4:30pm	<u>Daily Pass</u> Adult \$3.00 Teens/Senior/Military \$1.50 <u>10 Visit Pass</u> Adult \$20.00 Teens/Senior/Military \$10.00 <u>Monthly Pass</u> Adult \$30.00 Teens/Senior/Military \$20.00 <u>Yearly Pass</u> Adult \$250.00 Teens/Senior/Military \$150	
9:00am-2:00pm Grab & Go Breakfast & Lunch (Youth 18 & Under)	9:00am-2:00pm Grab & Go Breakfast & Lunch (Youth 18 & Under)	9:00am-2:00pm Grab & Go Breakfast & Lunch (Youth 18 & Under)	9:00am-2:00pm Grab & Go Breakfast & Lunch (Youth 18 & Under)	9:00am-2:00pm Grab & Go Breakfast & Lunch (Youth 18 & Under)	9:00am-2:00pm Grab & Go Breakfast & Lunch (Youth 18 & Under)	<u>New Fitness Class Fee (Effective July 1, 2020)</u> \$4.00 <u>10 Pass Fit Card</u> \$40.00	
Virtual Summer Camp (Registration Required)	Virtual Summer Camp (Registration Required)	Virtual Summer Camp (Registration Required)	Virtual Summer Camp (Registration Required)	Virtual Summer Camp (Registration Required)	Virtual Summer Camp (Registration Required)	<u>Senior 62 and up (\$)</u> – Paid Classes	
6:45-7:45pm Basic Bootcamp (\$) w/ Miranda			5:30pm-6:30pm Zumba (\$) w/Jeff		 @Smith Springs Community Center  @smithspringscommunity		

- Masks must be worn to enter the facility and temperature taken upon entrance. Anyone with a temperature of 100.4 degrees or higher will be asked to leave the building.
- *Adult Lap Swim – Please call a day in advance to reserve a spot. 45-minute swim time and 15 minutes to dry off. Only 2 swimmers per time slot.
- *Fitness Center – 12 people max capacity, 1-hour time limit.
- *Indoor Track – 8 people max capacity.
- *Fitness Classes – 15 people max capacity.
- Open Gym Activities temporarily cancelled.
- Staff preps building for closing at 8:15pm Monday-Thursday, 7:15pm Fridays, and 11:45am Saturdays.
- Virtual Summer Camp Registration: <https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Summer-Virtual-Program-Registration.aspx>

