




Hartman Park Regional Community Center


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

Fitness Classes	Monday Hours: 6:00 AM-8:30 PM	Tuesday Hours: 6:00 AM-8:30 PM	Wednesday Hours: 6:00 AM-8:30 PM	Thursday Hours: 6:00 AM-8:30 PM	Friday Hours: 6:00 AM-7:30 PM	Saturday Hours: 8:00 AM-4:00 PM
Aquatics						
Senior Program						
Family Programs						
(\$) – Paid Class						
Summer 2024 Program Schedule	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i>	<i>Indoor Track & Weight Room 6:00 AM-8:15 PM</i>	<i>Indoor Track & Weight Room 8:00 AM-8:15 PM</i>
Facilities Coordinator Adrean Gregory	Senior Body Pump 8:00-9:00 AM		Senior Body Pump 8:00-9:00 AM		Senior Body Pump 8:00-9:00 AM	Family Open Gym 8:00-10:45 AM
Program Coordinator Jazmin Barney						Boxing Fitness 11:00-12:30 PM (Gym)
Recreation Leader Sr. Lamont Crawley Jr.	Summer Enrichment 9:00 - 4:00 PM	Summer Enrichment 9:00 - 4:00 PM	Summer Enrichment 9:00 - 4:00 PM	Summer Enrichment 9:00 - 4:00 PM	Summer Enrichment 9:00 - 4:00 PM	
	Dance Into Shape 10:00-11:00 AM (Gym)		Dance Into Shape 10:00-11:00 AM (Gym)		Dance Into Shape 10:00-11:00 AM (Gym)	Pickleball 1:00-3:45 PM
Recreation Leaders & Lifeguards (*) Anaya Martin Isaiah Hayes Jason Gooch Jamaal Haddox Sylvester Lee Mylonti Tidwell Kaleb Dudley* Charles Good* Macarey Hardin*	Zumba (\$) w/ Lex 6:00-7:00 PM (Dance Studio)		Line Dance W/Bryce (Gym) 6:00-8:00 PM			Summer Enrichment Program (Ages 6-14) **Monday-Friday** 9:00 AM - 4:00 PM The facility is closed to adults only during those times. Fitness Center will be open.
	Adult Basketball (18+) 6:00-8:00 PM	Woman Adult Basketball (18+) 6:00-8:00 PM	Boxing Fitness 6:00-8:00 PM (Large Clubroom)	Ballin' W Coach A (Middle School Girls Only) 6:00-8:00 PM	Family Open Gym 4:00-7:15 PM	Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50 10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00 30-Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up 10 Pass Fit Card (Classes) \$40.00
Class Instructors Alexandra Guerra Bryce Morrow Randall Venson			 @ "Hartman Park Center"		 @ "Hartman Park Regional Community Center"	
						

Hartman Park Pool

600 Woodland Street, Nashville, TN 37206 - 615-862-8479

Aquatics Coordinator: Contee Harris

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The pool is free of charge, except where a (\$) designates a fee.</p> <p>Pool capacity of 25 swimmers per lifeguard on deck.</p> <p>Children ages 3 & under must wear a swim diaper</p> <p>Children under 4 feet tall must be accompanied by an adult in the water</p> <p>Only People aged 18 & older are considered adults</p> 	<p>Lap Swim 9:30-10:15 AM</p> <p>Senior Aerobics 10:20-11:20 AM</p> <p>Hartman Summer Camp 1:00-3:00 PM</p> <p>Open Swim 3:30-4:30 PM</p> <p>Parks & Rec Swim Team 5:30-6:30 PM</p> <p>Lap / Water Walk 6:45-7:30 PM</p>	<p>Lap Swim 9:30-10:15 AM</p> <p>Senior Walk 10:20-11:20 AM</p> <p>Hartman Summer Camp 1:00-3:00 PM</p> <p>Open Swim 3:30-4:30 PM</p> <p>Parks & Rec Swim Team 5:30-6:30 PM</p> <p>Lap / Water Walk 6:45-7:30 PM</p>	<p>Lap Swim 9:30-10:15 AM</p> <p>Senior Aerobics 10:20-11:20 AM</p> <p>Hartman Summer Camp 1:00-3:00 PM</p> <p>Open Swim 3:30-4:30 PM</p> <p>Parks & Rec Swim Team 5:30-6:30 PM</p> <p>Lap / Water Walk 6:45-7:30 PM</p>	<p>Lap Swim 9:30-10:15 AM</p> <p>Senior Walk 10:20-11:20 AM</p> <p>Hartman Summer Camp 1:00-3:00 PM</p> <p>Open Swim 3:30-4:30 PM</p> <p>Parks & Rec Swim Team 5:30-6:30 PM</p> <p>Lap / Water Walk 6:45-7:30 PM</p>	<p>CLOSED</p>	<p>Learn To Swim 8:00-12:00 PM</p> <p>Lifeguard Academy 12:00-1:00 PM</p> <p>Open Swim 1:10-2:10 PM</p> <p>*Swim Lessons Save Lives** *Group swim lessons are \$60.00 for 8 lessons For more information contact (615)862-8479</p>

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: The Mission of Metro Nashville Community Centers is to provide quality recreational activities that are age and ability appropriate in a safe and welcoming environment. Community Centers promote wellness through positive programs that are geared toward the diverse communities in which we serve.