





Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Fitness and Recreation

Fitness Classes Youth Programs Gymnasium Leisure Activity	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-4:00pm
<p>Summer 2024 Program Schedule (Revised 4/24/2023)</p> <p><u>Facilities Manager</u> Barbara Manuel</p> <p><u>Program Coordinator</u> Fiorella Anderson</p> <p><u>Recreation Staff</u> Reginald Robinson Edward Garcia Marquette Knight Michael Stevenson Greg Bass Sharie York Solomon Hatcher Tiffany Jones</p> <p><u>Instructors</u> Sandy Cunningham Diane Overstreet Smith Springs Staff</p>  <p>Fitness Center & Track Hours Mon-Thur: 6am-8:15pm Fri: 6am-7:15pm Sat: 8am-3:45pm</p> <p><i>*Schedule subject to change for special events and during Metro Nashville Public School breaks.</i></p>	<p>6:15am-8:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$)</u> w/Diane</p> <p>9:00am-4:00pm <u>Summer Enrichment Program</u> (Must be enrolled)</p> <p>11:00am-12:30pm <u>Teen Open Gym Basketball</u> (13-17 years old)</p> <p>4:30pm-6:00pm <u>Family Time (Open Gym)</u> (Must be accompanied by an adult)</p> <p>6:00pm-7:00pm <u>Candy Pop Paint Shop</u> (6th-12th graders) (Registration required) (Will resume in August)</p> <p>6:30pm-8:00pm <u>Pickleball</u> Ages 15 & up</p>	<p>6:15am-8:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-4:00pm <u>Summer Enrichment Program</u> (Must be enrolled)</p> <p>11:00am-12:30pm <u>Drop-in Summer Activities</u> (6-14 years old) Please see flyer for details</p> <p>4:30 pm-6:00pm <u>Teen Open Gym Basketball</u> (13-17 years old)</p> <p>6:30pm-8:00pm <u>Volleyball</u> Ages 15 & up</p>	<p>6:15am-8:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$)</u> w/Diane</p> <p>10:00am-11:00am <u>Line Dance</u></p> <p>9:00am-4:00pm <u>Summer Enrichment Program</u> (Must be enrolled)</p> <p>11:00am-12:30pm <u>Drop-in Summer Activities</u> (6-14 years old) Please see flyer for details</p> <p>11:00am-12:00pm <u>Smith Springs Book Club</u> (2nd Wednesday/Month)</p> <p>4:30pm-6:00pm <u>Family Time (Open Gym)</u> (Must be accompanied by an adult)</p> <p>6:00pm-7:00pm <u>Craft Basketball Practice</u> Must be enrolled.</p>	<p>6:15am-8:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-4:00pm <u>Summer Enrichment Program</u> (Must be enrolled)</p> <p>11:00am-12:30pm <u>Drop-in Summer Activities</u> (6-14 years old) Please see flyer for details</p> <p>11:30am-1:00pm <u>Pickleball</u> Ages 15 & up</p> <p>12:00pm-2:30pm <u>Senior Activity</u> <u>Board and Card Games</u></p> <p>4:30pm-5:30pm <u>Teen Open Gym Basketball</u> (13-17 years old)</p> <p>5:30pm-6:30pm <u>T-Ball League Practice</u> (Must be enrolled)</p> <p>6:30pm-7:30pm <u>Bootcamp (\$)</u> w/Mike</p> <p>7:00pm-8:00pm <u>Line Dance</u> TBA</p>	<p>6:15am-8:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>10:00am-11:00am <u>Line Dance</u></p> <p>9:00am-4:00pm <u>Summer Enrichment Program</u> (Must be enrolled)</p> <p>5:30pm-7:00pm <u>Fun Friday!</u> Please see flyer for details on weekly events</p>  <p>@SmithSpringsCC</p> <p>*Fitness Class Fees: <u>Fitness Classes</u> \$4.00 <u>10 Pass Fit Card</u> \$40.00</p> <p>Senior 62 and up (\$) – Paid Classes</p>	<p>8:15am-9:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:30am-11:30am <u>Cooking Club</u> (4th Saturday) (Will resume in August)</p> <p>10:00am-12:00pm <u>Active and Healthy Families (Open Gym)</u> (Must be accompanied by an adult)</p> <p>1:00pm-3:00pm <u>Open Gym</u> (17 & under) (Kids 8 and under must be accompanied by an adult)</p> <p>*Fitness Center Fees: <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</p>

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Clases Grupales Programas para niños Cancha de Basketball Actividad de Recreacion	Lunes Horas: 6:00am-8:30pm	Martes Horas: 6:00am-8:30pm	Miercoles Horas: 6:00am-8:30pm	Jueves Horas: 6:00am-8:30pm	Viernes Horas: 6:00am-7:30pm	Sabado Horas: 8:00am-4:00pm
<p>Verano 2024 Horario de Programas <small>(Revisado 4/24/2023)</small></p> <p><u>Gerente de centros</u> Barbara Manuel</p> <p><u>Coordinadora de Programa</u> Fiorella Anderson</p> <p><u>Lideres Recreacionales</u> Reginald Robinson Edward Garcia Marquette Knight Michael Stevenson Greg Bass Sharie York Solomon Hatcher Tiffany Jones</p> <p><u>Instructores de Clases Grupales</u> Sandy Cunningham Diane Overstreet Personal de Smith Springs</p>  <p><u>Horario del Gimnasio y la pista para caminar</u> Lun-Jue: 6am-8:15pm Vie: 6am-7:15pm Sab: 8am-3:45pm</p> <p><i>*Horario esta sujeto a cambios por eventos especiales, cierres de escuelas y otros</i></p>	<p>6:15am-8:45am <u>Basketball (Juego libre)</u> <u>Mayores de 18 años</u></p> <p>9:00am-10:00am <u>Clase de Fuerza y Movimiento</u> <u>(Bajo Impacto) (\$)</u></p> <p>9:00am-4:00pm <u>Programa de Verano</u> <u>(Requiere previa inscripcion)</u></p> <p>11:00am-12:30pm <u>Basketball (Juego libre) para adolescentes</u> <u>(13-17 años de edad)</u></p> <p>4:30pm-6:00pm <u>Basketball (juego libre) para familias</u> <u>(Supervision de un adulto es obligatoria)</u></p> <p>6:00pm-7:00pm <u>Club de Pintura</u> <u>(6th-12th grados)</u> <u>(Requiere previa inscripcion)</u> <u>(Se reanudara en Agosto)</u></p> <p>6:30pm-8:00pm <u>Pickleball</u> <u>Mayores de 15 años</u></p>	<p>6:15am-8:45am <u>Basketball (Juego libre)</u> <u>Mayores de 18 años</u></p> <p>9:00am-4:00pm <u>Programa de Verano</u> <u>(Requiere previa inscripcion)</u></p> <p>11:00am-12:30pm <u>Actividades de Verano</u> <u>(6-14 años de edad)</u> <u>Ver volante para detalles de actividad del dia</u></p> <p>4:30 pm-6:00pm <u>Basketball (Juego libre) para adolescentes</u> <u>(13-17 años de edad)</u></p> <p>6:30pm-8:00pm <u>Volleyball</u> <u>Mayores de 15 años</u></p>	<p>6:15am-8:45am <u>Basketball (Juego libre)</u> <u>Mayores de 18 años</u></p> <p>9:00am-10:00am <u>Clase de Fuerza y Movimiento</u> <u>(Bajo Impacto) (\$)</u></p> <p>10:00am-11:00am <u>Line Dance</u> <u>(Baile en coreografia)</u></p> <p>9:00am-4:00pm <u>Programa de Verano</u> <u>(Requiere previa inscripcion)</u></p> <p>11:00am-12:30pm <u>Actividades de Verano</u> <u>(6-14 años de edad)</u> <u>Ver volante para detalles de actividad del dia</u></p> <p>11:00am-12:00pm <u>Club de Lectura para adultos</u> <u>(2do Miercoles del mes)</u></p> <p>4:30pm-6:00pm <u>Basketball (juego libre) para familias</u> <u>(Supervision de un adulto es obligatoria)</u></p> <p>6:00pm-7:00pm <u>Practica para el torneo CRAFT Basketball</u> <u>(Requiere previa inscripcion)</u></p>	<p>6:15am-8:45am <u>Basketball (Juego libre)</u> <u>Mayores de 18 años</u></p> <p>9:00am-4:00pm <u>Programa de Verano</u> <u>(Requiere previa inscripcion)</u></p> <p>11:00am-12:30pm <u>Actividades de Verano</u> <u>(6-14 años de edad)</u> <u>Ver volante para detalles de actividad del dia</u></p> <p>11:30am-1:00pm <u>Pickleball</u> <u>Mayores de 15 años</u></p> <p>12:00pm-2:30pm <u>Juego de Cartas (Seniors)</u></p> <p>4:30pm-5:30pm <u>Basketball (Juego libre) para adolescentes</u> <u>(13-17 años de edad)</u></p> <p>5:30pm-6:30pm <u>T-Ball League Practice</u> <u>(Requiere previa inscripcion)</u></p> <p>6:30pm-7:30pm <u>Bootcamp (\$)</u> <u>w/Mike</u></p> <p>7:00pm-8:00pm <u>Line Dance</u> <u>Proximamente</u></p>	<p>6:15am-8:45am <u>Basketball (Juego libre)</u> <u>Mayores de 18 años</u></p> <p>10:00am-11:00am <u>Line Dance</u> <u>(Baile en coreografia)</u></p> <p>9:00am-4:00pm <u>Programa de Verano</u> <u>(Requiere previa inscripcion)</u></p> <p>5:30pm-7:00pm <u>Viernes de Diversion!</u> <u>Ver el volante para detalles de la actividad semanal</u></p>  <p>@SmithSpringsCC</p> <p><i>*Pases para clases grupales:</i> <u>1 clase</u> \$4.00 <u>Pase de 10 clases</u> \$40.00</p> <p><i>Adulto Mayor 62+ (\$)</i> – Clases con costo</p>	<p>8:15am-9:45am <u>Basketball (Juego libre)</u> <u>Mayores de 18 años</u></p> <p>9:30am-11:30am <u>Club de cocina</u> <u>(4to sabado del mes)</u> <u>(Se reanudara en Agosto)</u></p> <p>10:00am-12:00pm <u>Familias Activas y Saludables</u> <u>(Supervision de un adulto es necesatia)</u></p> <p>1:00pm-3:00pm <u>Gimnasio Abierto</u> <u>(Menores de 17)</u> <u>(Menores de 8 años necesitan supervision de un adulto)</u></p> <p><i>*Costo del Gimnasio</i> <u>Pase por un dia</u> Adulto \$3.00 Adolescentes/Adulto Mayor/Militares \$1.50 <u>Pase de 10 visitas</u> Adult \$20.00 Adolescentes/Adulto Mayor/Militares \$10.00 <u>Pase mensual</u> Adulto \$30.00 Adolescentes/Adulto Mayor/Militares \$20.00 <u>Yearly Pass</u> Adult \$250.00 Adolescentes/Adulto Mayor/Militares \$150.00</p>