

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
Summer 2025 Program Schedule (Revised 5/30/2025) Facilities Manager Barbara Manuel Program Coordinator Fiorella Anderson Recreation Staff Reginald Robinson Edward Garcia Riley Eberhard Marquette Knight Michael Stevenson Greg Bass Sharie York Solomon Hatcher Office Support Representative Tiffany Jones Instructors Sandy Cunningham Charturah Smith Opanike Sheldon Smith Springs Staff  Fitness Center & Track Hours Mon-Thur: 6am-8:30pm Fri: 6am-7:30pm Sat: 8am-4:00pm	6:00am-8:30am Open Gym Basketball 18 & Up 9:00am-10:00am Strength & Movement (Low Impact) (\$) w/Mike 9:00am-4:00pm Summer Enrichment Program (Must be enrolled) 10:30am-11:30am Fitness Center Orientation w/ Mike (1st Monday/Month) 11:30am-12:45pm Teen Open Gym Basketball (13-17 years old) 4:30pm-6:00pm Family Time (Open Gym) (Must be accompanied by an adult) 6:30pm-8:00pm Pickleball Ages 15 & up	6:00am-8:30am Open Gym Basketball 18 & Up 9:00am-4:00pm Summer Enrichment Program (Must be enrolled) 4:30pm-6:00pm Teen Open Gym Basketball (13-17 years old) 6:30pm-8:00pm Volleyball Night Ages 15 & up 6:00pm-7:00pm Fitness Center Orientation w/ Mike (4th Tuesday/Month)	6:00am-8:30am Open Gym Basketball 18 & Up 9:00am-10:00am Strength & Movement (Low Impact) (\$) w/Mike 10:00am-11:00am Line Dance 9:00am-4:00pm Summer Enrichment Program (Must be enrolled) 11:00am-12:00pm Smith Springs Book Club Meet up in July TBA 11:30am-12:45pm Teen Open Gym Basketball (13-17 years old) 4:30pm-6:00pm Family Time (Open Gym) (Must be accompanied by an adult) 6:15pm-7:45pm The Play- In league (Basketball 13-17 years old) (Must be enrolled)	6:00am-8:30am Open Gym Basketball 18 & Up 9:00am-4:00pm Summer Enrichment Program (Must be enrolled) 11:30am-12:45pm Pickleball Ages 15 & up 12:00pm-2:30pm Board and Card Games 6:00pm-7:00pm T-Ball League Practice (Must be enrolled) 6:30pm-7:30pm Bootcamp (\$) w/Mike 7:00pm-8:00pm Family Line Dance *Schedule subject to change for special events and during Metro Nashville Public School breaks.	6:00am-8:30am Open Gym Basketball 18 & Up 10:00am-11:00am Line Dance 9:00am-4:00pm Summer Enrichment Program (Must be enrolled) 5:30pm-7:00pm Family Skate Night Fees: Fitness Center Daily Pass Adult \$3.00 Teens/Senior/Military \$1.50 Fitness Center 10 Visit Pass Adult \$20.00 Teens/Senior/Military \$10.00 Fitness Center Monthly Pass Adult \$30.00 Teens/Senior/Military \$20.00 Fitness Center Yearly Pass Adult \$250.00 Teens/Senior/Military \$150.00  @SmithSpringsCC Senior 62 and up (\$) – Paid Classes	8:15am-9:45am Open Gym Basketball 18 & Up 10:00am-12:00pm Active and Healthy Families (Open Gym) (Must be accompanied by an adult) 1:00pm – 2:00pm Speed School w/ Mike (13-17 years old) (3rd Saturday/month) 1:00pm-3:00pm Open Gym 17 & under (Kids 10 & under must be accompanied by an adult)