

Smith Springs Regional Community Center Aquatics
2801 Smith Springs Rd, Nashville, TN 37217 - (615) 862-8420

Fitness Classes (\$)*	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 '25 Aquatics Schedule <u>Facility Manager</u> Barbara Manuel <u>Aquatics Coordinator</u> Caleb Tolbert <u>Lifeguards</u> Abraham W. Andre S. Schedule is subject to change, thank you! 	8:00am-9:30am Water Walk (25 Participant Max)	8:00am-9:15am Lap Swim (3 Lanes)	8:00am-9:30am Water Walk (25 Participant Max)	8:00am-9:15am Lap Swim (3 Lanes)	8:00am-9:30am Water Walk (25 Participant Max)	8:00am-9:00am Early Bird Family Swim w/ 1 Lap Lane
	10:00am-11:15am Adult Open Swim	10:00am-11:00am (\$) Water Aerobics	10:00am-11:15am Adult Open Swim	10:00am-11:00am Water Aerobics	10:00am-11:15am Adult Open Swim	9:15am-10:30am (\$) Aqua Fusion! w/Sandy
	11:45am-1:00pm Family Open Swim	11:30am-12:45pm Open Swim	11:45am-1:00pm Family Open Swim	11:30am-12:45pm Open Swim	11:45am-1:00pm Family Open Swim	10:45am-12:00pm Open Swim w/Center Designated Activity!
	1:00pm-1:45pm Ages 9-11 Summer Campers	1:00pm-1:45pm Ages 9-11 Summer Campers	1:00pm-1:45pm Ages 9-11 Summer Campers	1:00pm-1:45pm Ages 9-11 Summer Campers	<u>POOL CLOSED @ 1:00PM</u>	<u>POOL CLOSED @ 12:00PM</u>
	2:00pm-2:45pm Ages 6-8 Summer Campers	2:00pm-2:45pm Ages 6-8 Summer Campers	2:00pm-2:45pm Ages 6-8 Summer Campers	2:00pm-2:45pm Ages 6-8 Summer Campers		
	3:00pm-3:45pm Ages 12-14 Summer Campers + Naza	3:00pm-3:45pm Ages 12-14 Summer Campers + Naza	3:00pm-3:45pm Ages 12-14 Summer Campers + Naza	3:00pm-3:45pm Ages 12-14 Summer Campers + Naza		*(\$) Fitness Class fee is \$4.00 Get a 10-Pass Fit Card! \$40 Senior – 62 and up
	4:15pm-5:30pm Lap Swim (2 Lap Lanes 1 Exercise Lane)	<u>POOL CLOSED @ 4:00PM</u>	4:15pm-5:30pm Lap Swim (2 Lap Lanes 1 Exercise Lane)	5:30pm-7:00pm Family Open Swim		**Please plan to arrive 15min early to set up aqua bike – thanks!
	6:00pm-7:00pm (\$) Hydro-Aqua HITT w/Sandy**		6:30pm-7:30pm (\$) Aqua Circuit Training w/Charturah			

For accessibility inquiries, call 615-862-8420. 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: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen on Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

Note: If interested in being a part of our Aquatics team, please contact 615-862-8420 for additional information or email caleb.tolbert@nashville.gov

For accessibility inquiries, call 615-862-8420. 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: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen on Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

Note: If interested in being a part of our Aquatics team, please contact 615-862-8420 for additional information or email caleb.tolbert@nashville.gov