


# Coleman Regional Community Center




384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

<div>Fitness Classes</div> <div>Aquatics</div> <div>Gymnasium</div> <div><div>\$</div> – Paid Class</div>	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
<div>Fall 2025 Schedule</div> <div>Facility Coordinator Randall Miller Jr.</div> <div>Program Coordinator Pamela Caban</div> <div>Recreation Leaders Ronald Taylor Maya Buckhanon Christy Lusk-Reed Jamesen Henderson Kevin Romero Zachary Ramsey Jonathan Diaz Vanessa Fals-Rodrigues</div> <div>Membership Fees: Daily (Fitness Center) Adult \$3.00 Teens/ Senior/Military \$1.50</div> <div>10 Visit Pass (Fitness Center) Adult \$20.00 Teens/Senior/Military \$10.00</div> <div>30 Day Pass (Fitness Center) Adult \$30.00 Teens/Senior/Military \$20.00</div> <div>10 Pass Fit Card (Classes) \$40.00</div>	<div>6:00am-8:15pm Fitness Center/ Indoor Track Coleman Center Cardio Club</div> <div>6:00am-9:30am Adult Open Gym Basketball</div> <div>10:00am-11:00am Line Dancing w/Christy</div> <div>10:00am- 1:00pm Adult Open Gym Pickleball</div> <div>2:00pm-4:00pm Teen &amp; Family Open Gym (Ages 17 &amp; under) <div>*Ages 14&amp; under must be accompanied by adult*</div></div> <div>3:00pm-6:00pm After School Program Ages 6-14 (Registration Required)</div> <div>4:00pm-6:00pm Confidence Through Creativity Finding Nemo Jr. Play Rehearsal (Registration Required)</div> <div>6:00pm-8:00pm Adult Indoor Soccer <a href="http://www.meetup.com/Nashville-soccer/">http://www.meetup.com/Nashville-soccer/</a></div> <div>6:45pm-8:00pm West African Dance Class w/Windship (\$5)</div>	<div>6:00am-8:15pm Fitness Center/ Indoor Track Coleman Center Cardio Club</div> <div>6:00am-9:30am Adult Open Gym Basketball</div> <div>10:00am- 11:00am Metro Parks disABILITIES Program Gymnasium Time</div> <div>11:30am-2:00pm Adult Open Gym Basketball</div> <div>2:00pm-4:00pm Teen &amp; Family Gym (Ages 17 &amp; under) <div>*Ages 14&amp; under must be accompanied by adult*</div></div> <div>3:00pm-6:00pm After School Program Ages 6-14 (Registration Required)</div> <div>6:00pm-7:00pm SHiNE Dance Fitness Class (\$4)</div> <div>6:00pm-8:00pm Adult Open Gym Basketball</div>	<div>6:00am-8:15pm Fitness Center/ Indoor Track Coleman Center Cardio Club</div> <div>6:00am-9:30am and 12:00pm-2:00pm Adult Open Gym Basketball</div> <div>10:00am-11:00am Line Dancing w/Christy</div> <div>10:30am-11:30am Tot Time Play Time Gymnasium</div> <div>12:00pm-3:00pm Beading Group</div> <div>2:00pm 4:00pm Teen &amp; Family Open Gym</div> <div>4:00pm-5:00pm Gentle Yoga w/Barbara</div> <div>3:00pm-6:00pm After School Program Ages 6-14 (Registration Required)</div> <div>4:00pm-6:00pm Confidence Through Creativity Finding Nemo Jr. Play Rehearsal (Registration Required)</div> <div>6:00pm-8:00pm Adult Indoor Soccer <a href="http://www.meetup.com/Nashville-soccer/">http://www.meetup.com/Nashville-soccer/</a></div> <div>7:15pm-8:15pm Kizomba Dance Class</div>	<div>6:00am-8:15pm Fitness Center/ Indoor Track Coleman Center Cardio Club</div> <div>6:00am-9:30am Adult Open Gym Basketball</div> <div>10:00am- 1:00pm Adult Open Gym Pickleball</div> <div>2:00pm-4:00pm Teen &amp; Family Open Gym (Ages 17 &amp; under) <div>*Ages 14&amp; under must be accompanied by adult*</div></div> <div>3:00pm-6:00pm After School Program Ages 6-14 (Registration Required)</div> <div>6:00pm-8:00pm Adult Open Gym Pickleball</div>	<div>6:00am-7:15pm Fitness Center/ Indoor Track Coleman Center Cardio Club</div> <div>6:00am-2:00pm Adult Open Gym Basketball</div> <div>2:00pm-4:00pm Teen &amp; Family Open Gym (Ages 17 &amp; under) <div>*Ages 14&amp; under must be accompanied by adult*</div></div> <div>3:00pm-6:00pm After School Program Ages 6-14 (Registration Required)</div> <div>5:00pm-6:00pm Friday Power Hour w/Brandon <div>*New Class starting 11/14/25*</div></div> <div></div>	<div>8:00am-3:45pm Fitness Center/ Indoor Track Coleman Center Cardio Club</div> <div>8:00am-10:30am Adult Open Gym Basketball</div> <div>10:30am-12:30pm Family Open Gym</div> <div>1:00pm- 3:00pm Adult Open Gym Pickleball</div> <div><div><div><div>👍</div><div>Like</div></div><div><div>Find us on Facebook</div></div></div><div>@ "Coleman Park Community Center"</div></div>



# Coleman Regional Community Center Pool Schedule

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (\$) – Paid Class	<b>Monday</b> <b>Hours:</b> <b>CLOSED</b>	<b>Tuesday</b> <b>Hours:</b> <b>7:30am-1:00pm</b>	<b>Wednesday</b> <b>Hours:</b> <b>7:30am-1:00pm</b>	<b>Thursday</b> <b>Hours:</b> <b>7:30am-1:00pm</b>	<b>Friday</b> <b>Hours:</b> <b>7:30am-1:00pm</b>	<b>Saturday</b> <b>Hours</b> <b>8:00am-11:30am</b>
<p><b>Fall 2025</b> <b>Pool Schedule</b> <b>615-862-8445</b></p> <p><u>Aquatics</u> <u>Coordinator</u></p> <p>Thomas Hunter Jr.</p> <p><u>Recreation Leader</u> <u>Lifeguards</u></p> <p>Sunny Kennedy</p> <p>Schedule is subject to change.</p>		7:30am-9:45am Lap Swim/ Water Walking	7:30am-9:45am Lap Swim/ Water Walking	7:30am-9:45am Lap Swim/ Water Walking	7:30am-9:45am Lap Swim/ Water Walking	8:00am-9:45am Lap Swim/ Water Walking
		10:00am-10:45am <i>Low Impact</i> Water Aerobics w/Sunny	10:00am-10:45am <i>High Impact</i> Water Aerobics w/Thomas	10:00am-10:45am <i>Low Impact</i> Water Aerobics w/Sunny	10:00am-10:45am <i>High Impact</i> Water Aerobics w/Thomas	9:45am-11:30am Open Swim
		11:00am-1:00pm Open Swim	11:00am-1:00pm Open Swim	11:00am-1:00pm Open Swim	11:00am-1:00pm Open Swim	<div>   </div> <div>  Find us on Facebook         </div> <div>           @  <b>“Coleman Park Community Center”</b> </div>
		1:00pm-2:00pm Pool Closed	1:00pm-2:00pm Pool Closed	1:00pm-2:00pm Pool Closed	1:00pm-2:00pm Pool Closed	
		2:00pm - 4:30pm Lap Swim	2:00pm - 4:30pm Lap Swim	2:00pm - 4:30pm Lap Swim	2:00pm - 4:30pm Lap Swim	
			<a href="https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx">https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx</a>		6:00pm-6:45pm Float & Flow w/Sunny(\$4) <b>*New Class*</b>	

### **Coleman Park Regional Community Center Class and Program Descriptions:**

**West African Dance W/ Windship-** Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement. Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay. All levels welcome. **(\$5)**

**SHiNE Dance Fitness** – This class mixes current hit music with original choreography for the ultimate confidence-boosting, full body workout experience you didn't know you needed! We believe fitness should be inclusive, effective, sustainable and FUN. Come along! It's your time to SHiNE! **(\$4)**

**Line Dancing w/Christy-** A form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music.

**Gentle Yoga-** This yoga class is good for all levels beginner-advanced.

**Kizomba** - Kizomba is a genre of music and a social partner dance with roots from Angola.

**Friday Power Hour w/ Brandon** - "Start your weekend strong! This total body workout combines cardio, resistance, and mobility circuits to help you build strength and endurance - the perfect way to re-energize yourself at the end of the week. Open to all ages and fitness levels." **(\$4)**

**Float & Flow w/ Sunny** – Gentle breathwork and light movements will help guide you to inner calmness upon still waters. No swimming skills necessary. No equipment needed. Only presence and good vibes. Allow yourself to drift into a peaceful pool of relaxation with low light, soft scents and soothing sounds. Floating your body. Flowing your breath. **(\$4)**

**Low Impact Water Aerobics** – This is a low impact class that focuses on toning and cardio. (The maximum number of participants is 30.)

**Coleman Center Cardio Club** – This heart healthy club invites the community to participate in tracking their cardiovascular activity as they reap the physical and mental benefits. Join today by giving us a call or dropping in!

***Group Fitness or aquatics classes might be changed or cancelled due to low attendance or if an instructor is unavailable.***

For accessibility inquiries, call 862-8400 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 of 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.