

Southeast Regional Community Center

5260 Hickory Hollow Parkway Suite 202, Antioch, TN 37013 615-862-8902

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
Teen Program After-School Special Activities Gymnasium	6:00am-3:00pm Adult Open Gym (Basketball) Shoot Around Only	6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only	6:00am-3:00pm Adult Open Gym (Basketball) Full Court	6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only	6:00am-3:00pm Adult Open Gym (Basketball) Shoot Around Only	8:00am-9:00am Adult Open Gym (Basketball) Shoot Around Only
2026 Spring Program Schedule (subject to change) Facilities Manager Thomas Floyd Program Coordinator Dawn Reese Font Desk Leaders Jaila Bragg Sr. Recreation Leader Mike Green Recreation Leaders Edgar Valentin Brandie Monday Cortez Mitchell Treasure Hampton	3:00pm-6:00pm After-School Enrichment Programs	10:30am-12:30pm Tot Time/Home School ½ Court (Gymnasium)	3:00pm-6:00pm After-School Enrichment Programs	10:30am-12:30pm Tot Time/Home School ½ Court (Gymnasium)	10:00am-1:00pm Home School (Gymnasium) Every 1 st and 3 rd	9:00am-11:00am Badminton Gym ½ Court
	6:00pm-8:00pm Badminton ½ Court Gym	12:00pm-4:00pm Senior Cards Spades, Bid Whist	6:00pm-8:00pm Adult Open Gym (Basketball) Full Court	1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only	12:00pm-2:00pm Senior Bingo Every 2 nd of the month	9:00am-1:00pm Family Time Gym ½ Court (No Basketball Practice) Basketball Practice must be approved by management.
	6:00pm-8:00pm Volleyball ½ Court Gym	1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only	6:00pm-8:15pm Line Dance (Dance Studio) w/R &R	3:00pm-6:00pm After-School Enrichment Programs	1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only Every 1 st and 3 rd	1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only
	6:00pm-8:15pm Line Dance (Dance Studio) w/R &R	3:00pm-6:00pm After-School Enrichment Programs		6:00pm-8:00pm Teen Open Gym ½ Court (Gymnasium)	3:00pm-6:00pm After-School Enrichment Programs	Membership Fees: (\$) – Paid Class Fitness Classes \$4.00 Daily Pass Adult \$3.00 Teens & Senior \$1.50 10 Visit Gym Pass Adult \$20.00 Teens & Senior 10.00 Monthly Pass Adult \$30.00 Teens & Senior 20.00 10 Pass Class Card \$40.00
	When school is not in session, the hours will be 9:00am-4:00pm for elementary and middle. High School is from 4:00pm-6:00pm. The gymnasium and game room will be closed to adults during this time.		6:00pm-8:00pm Teen Open Gym ½ Court (Gymnasium)	“Southeast Regional Community Center” www.nashville.gov	6:00pm-7:00pm Step Class (\$) (Dance Studio) w/Sandy	6:00pm-7:00pm Family Time (Gymnasium) (No Basketball Practice) Basketball Practice must be approved by management.
Teens 13-17 Senior 62 and up		6:00pm-7:00pm Zumba (\$) (Dance Studio) w/Sandy				

Adult Open Gym- welcomes ages 18 and up to participates in a variety of activities that take place in the gym.

After-School Enrichment Program- children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted.

Badminton- a racquet sport played by with two opposing players who take positions on opposite halves of a rectangle court divided.

Family Open Gym- time for children and their adults to come together and play in the gym.

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

Teen Time- time allotted for teens ages 13 to 17 to occupy the gym, where they can play basketball.

Tot Time- Parent and their children (under 5) are welcomed to play in our gym.

Zumba- an aerobic fitness program that combines Latin and international music with dance moves.

The Mission of Metro Board of Parks and Recreation

To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.

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