

Old Hickory Regional Community Center

1050 Donelson Ave, Old Hickory, TN 37138 615-862-8698

Classes Teen/Family Gym After-School Special Activities Gymnasium	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>2026 Spring Program Schedule April 20th – May 21st (subject to change)</p> <p>Facility Coordinator Ann Thornton</p> <p>Program Coordinator Elona Tribue</p> <p>Front Desk Leader Rita Owens</p> <p>Sr. Recreation Leader Brittany Phillips</p> <p>Recreation Leaders Kaylondra Robinson Dwayne Smith Mary Wells Kelly Tomberlain Johnathan Henry</p> <p>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.</p> <p>Teens 13-17 Senior 62 and up</p> <p>“Old Hickory Regional Community Center” www.nashville.gov</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-7:15pm</p> <p>6:00am-10:00am Adult Open Gym (Basketball) Full Court</p>	<p>Fitness Center 8:00am-3:45pm</p> <p>8:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only</p>
	<p>10:00am-1:00pm Adult Pickleball (Gymnasium)</p>	<p>10:00am-11:00am Senior Strength (\$4) w/ Ann</p>	<p>10:00am-1:00pm Adult Pickleball (Gymnasium)</p>	<p>10:00am-11:00am Senior Strength (\$4) w/ Brandon</p>	<p>10:30am-11:30am Tot Time (Gymnasium)</p>	<p>10:00am-1:00pm Teen/Family Time Gym ½ Court</p>
<p>1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only</p>	<p>10:30am-12:30pm Tot Time/Home School (Gymnasium)</p>	<p>1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only</p>	<p>10:30am-12:30pm Tot Time/Home School (Gymnasium)</p>	<p>12:00pm-3:00pm Adult Open Gym (Basketball) Full Court</p>	<p>1:00pm-3:45pm Adult Pickleball (Gymnasium)</p>	
<p>3:00pm-6:00pm After-School Programs</p>	<p>1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only</p>	<p>3:00pm-6:00pm After-School Programs</p>	<p>3:00pm-6:00pm After-School Programs</p>	<p>1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only</p>	<p>3:00pm-6:00pm After-School Programs</p>	<p>(No Basketball Practice) Basketball Practice must be approved by management.</p>
<p>5:30pm-6:30pm Boot Camp (\$4) w/ Brandon</p>	<p>3:00pm-6:00pm After-School Programs</p>	<p>5:30pm-6:30pm Boot Camp (\$4) w/ Ann</p>	<p>3:00pm-6:00pm After-School Programs</p>	<p>6:00pm-7:00pm Teen/Family Time Gym ½ Court</p>	<p>6:00pm-7:00pm Teen/Family Time Gym ½ Court</p>	<p>Membership Fees: (\$) – Paid Class</p> <p>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</p>
<p>6:00pm-8:00pm Adult Volleyball (Gymnasium)</p>	<p>6:00pm-8:00pm Adult Pickleball Court 1 Beginner (Gymnasium)</p>	<p>6:00pm-8:00pm Teen Town Gym/Game Room</p>	<p>6:00pm-8:00pm Teen Town Gym/Game Room</p>	<p>7:00pm-8:00pm Dance Fit (\$4) W/ Latifa</p>	<p>(No Basketball Practice) Basketball Practice must be approved by management.</p>	<p></p>
<p>6:00pm-8:00pm Adult Open Gym (Basketball) Full Court</p>	<p>6:15pm-7:30pm Line Dance w/ Family Line Dance</p>	<p></p>	<p>6:00pm-8:00pm Adult Open Gym (Basketball) Full Court</p>	<p>6:00pm-8:00pm Adult Open Gym (Basketball) Full Court</p>	<p>(No Basketball Practice) Basketball Practice must be approved by management.</p>	

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

Adult Volleyball – open recreational volleyball play for adults 18 and up.

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. Ages 6-14 only.

Boot Camp – high-intensity, full-body workout that combines strength training and cardio to improve conditioning.

Pickleball- a racquet sport that combines elements of badminton, tennis, and table tennis. Played with a paddle and whiffle ball.

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

Senior Strength- designed for older adults to improve muscular strength, balance, and joint flexibility through low-impact, resistance-based exercises.

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

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

Dance Fit- an aerobic fitness program that combines hip hop and international music with dance moves.

Line Dance – a hip-hop style line dance class with instructor Frye and the Family Line Dance crew.

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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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