



Old Hickory Regional Community Center

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

Classes Teen/Family Gym Summer Program 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 Summer Program Schedule (subject to change)</p> <p>Facility Coordinator Ann Thornton</p> <p>Program Coordinator Elona Tribue</p> <p>Front Desk Leader Rita Owen</p> <p>Sr. Recreation Leader Brittany Phillips</p> <p>Recreation Leaders Kaylondra Robinson Dwayne Smith Mary Wells Kelly Tomberlain Johnathan Henry</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-9:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-9:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-9:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-8:15pm</p> <p>6:00am-9:00am Adult Open Gym (Basketball) Shoot Around Only</p>	<p>Fitness Center 6:00am-7:15pm</p> <p>6:00am-9:00am 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>
	8:00am-4:00pm Summer Enrichment Program	8:00am-4:00pm Summer Enrichment Program	8:00am-4:00pm Summer Enrichment Program	8:00am-4:00pm Summer Enrichment Program	8:00am-4:00pm Summer Enrichment Program	10:00am-1:00pm Teen/Family Time Gym ½ Court
	4:00pm-6:00pm Teen/Family Time Gym ½ Court	10:00am-11:00am Senior Strength (\$4) w/ Ann	4:00pm-6:00pm Teen/Family Time Gym ½ Court	10:00am-11:00am Senior Strength (\$4) w/ Brandon	4:00pm-7:00pm Teen/Family Time Gym ½ Court	1:00pm-3:30pm Adult Pickleball (Gymnasium)
	5:30pm-6:30pm Cardio Strength (\$4) w/ Brandon	4:00pm-6:00pm Teen/Family Time Gym ½ Court	6:00pm-8:00pm Adult Open Gym (Basketball) Shoot Around Only	4:00pm-6:00pm Teen/Family Time Gym ½ Court	(No Basketball Practice) Basketball Practice must be approved by management.	(No Basketball Practice) Basketball Practice must be approved by management.
	6:00pm-8:00pm Adult Volleyball (Gymnasium)	6:00pm-8:00pm Adult Pickleball Court 1 Beginner (Gymnasium)	6:30pm-7:30pm Yoga (\$4) w/Erica	6:00pm-8:00pm Adult Open Gym (Basketball) Full Court		
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.		6:15pm-7:30pm Line Dance w/ Family Line Dance		7:00pm-8:00pm Dance Fit (\$4) W/ Latifa		
<p>Teens 13-17 Senior 62 and up</p> <p>“Old Hickory Regional Community Center” www.nashville.gov</p>						<p>Membership Fees: (\$) – Paid Class</p> <p>Fitness Classes \$4.00</p> <p>Daily Pass Adult \$3.00</p> <p>Teens & Senior \$1.50</p> <p>10 Visit Gym Pass Adult \$20.00</p> <p>Teens & Senior \$10.00</p> <p>Monthly Pass Adult \$30.00</p> <p>Teens & Senior \$20.00</p> <p>10 Pass Class Card \$40.00</p>

Adult Open Gym- welcomes ages 18 and up to participate 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.

Cardio Strength – 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 welcome 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.

Yoga – emphasizes foundational alignment, strengthening, and flexibility for all levels.

The Mission of Metro 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.

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