



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 Summer Program Special Activities Gymnasium	6:00am-8:00am Adult Open Gym (Basketball)	6:00am-8:00am Adult Open Gym (Basketball) Shoot Around Only	6:00am-8:00am Adult Open Gym (Basketball)	6:00am-8:00am Adult Open Gym (Basketball) Shoot Around Only	6:00am-8:00am Adult Open Gym (Basketball)	8:00am-9:00am Adult Open Gym (Basketball) Shoot Around Only
2026 Summer Program Schedule (subject to change)	8:00am-4:00pm Summer Enrichment Program Ages 6-14	8:00am-4:00pm Summer Enrichment Program Ages 6-14	8:00am-4:00pm Summer Enrichment Program Ages 6-14	8:00am-4:00pm Summer Enrichment Program Ages 6-14	8:00am-4:00pm Summer Enrichment Program Ages 6-14	9:00am-11:00am Badminton Gym ½ Court
Facilities Manager Thomas Floyd	4:00pm-6:00pm Teen Open Gym (Gymnasium) Ages 13-17	4:00pm-6:00pm Teen Open Gym (Gymnasium) Ages 13-17	4:00pm-6:00pm Teen Open Gym (Gymnasium) Ages 13-17	4:00pm-6:00pm Teen Open Gym (Gymnasium) Ages 13-17	4:00pm-6:00pm Teen Open Gym (Gymnasium) Ages 13-17	9:00am-1:00pm Family Time Gym ½ Court (No Basketball Practice) Basketball Practice must be approved by management.
Program Coordinator Dawn Reese	6:00pm-8:00pm Badminton ½ Court Gym	6:00pm-8:00pm Adult Open Gym (Basketball) ½ Court	6:00pm-8:00pm Adult Open Gym (Basketball) Full Court	6:00pm-8:00pm Craft Basketball (Gymnasium)	6:00pm-7:00pm Family Night (Gymnasium) (No Basketball Practice) Basketball Practice must be approved by management.	1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only
Font Desk Leader Jaila Bragg	6:00pm-8:00pm Volleyball ½ Court Gym	6:00pm-7:00pm Zumba (\$) (Dance Studio) w/Sandy	6:00pm-8:15pm Line Dance (Dance Studio) w/R &R	6:00pm-7:00pm Step Class (\$) (Dance Studio) w/Sandy		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
Senior Rec. Leader Mike Green	6:00pm-8:15pm Line Dance (Dance Studio) w/R &R					
Recreation Leaders Brandie Monday Edgar Valentin Treasure Hampton Cortez Mitchell						
When school is not in session, the hours will be 9:00am-4:00pm for the summer program. The gymnasium and game room will be closed during this time.						
Teens 13-17 Senior 62 and up						
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Adult Open Gym- welcomes ages 18 and up to participate 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.

Boot Camp- mixes traditional callisthenic and body weight exercises with interval training and strength training. Boot camp creates a spirit of teamwork and group support and cohesion. This class is designed to push people a little but further than they would normally push themselves in the gym.

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.

Pickle Ball- is a racquet sport that combines elements of badminton, tennis, and table tennis. Come join the fun!

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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