

Southeast Regional Community Center

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

Classes Teen Program 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
2026 Fall Programming Schedule (subject to change) Facilities Manager Thomas Floyd Program Coordinator Dawn Reese Font Desk Leader Jaila Bragg Elijah Browne Zian Rhodes Sr. Recreation Leader Michael Green Recreation Leaders Treasure Hampton Edgar Valentin Brandie Monday Cortez Mitchell 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. <i>Teens 13-17 Senior 62 and up</i>	6:00am-3:00pm Adult Open Gym (Basketball) Shoot Around Only 3:00pm-6:00pm After-School Enrichment Programs 6:00pm-8:00pm Badminton ½ Court Gym 6:00pm-8:00pm Volleyball ½ Court (Gymnasium) 6:00pm-8:15pm Line Dance (Dance Studio) w/R &R	6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only 11:30am-12:30pm Tot Time/Home School ½ Court (Gymnasium) 12:00pm-4:00pm Senior Cards Spades, Bid Whist Clubroom 1 1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only 3:00pm-6:00pm After-School Enrichment Programs 6:00pm-8:00pm Teen Open Gym (Gymnasium) 6:00pm-7:00pm Zumba (\$) (Dance Studio) w/Sandy	6:00am-3:00pm Adult Open Gym (Basketball) Full Court 3:00pm-6:00pm After-School Enrichment Programs 6:00pm-8:00pm Adult Open Gym (Basketball) Full Court 6:00pm-8:15pm Line Dance (Dance Studio) w/R &R  "Southeast Regional Community Center" www.nashville.gov 	6:00am-10:00am Adult Open Gym (Basketball) Shoot Around Only 11:30am-12:30pm Tot Time/Home School ½ Court (Gymnasium) 1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only 3:00pm-6:00pm After-School Enrichment Programs 6:00pm-8:00pm Teen Open Gym (Gymnasium) 6:00pm-7:00pm Step Class (\$) (Dance Studio) w/Sandy	6:00am-3:00pm Adult Open Gym (Basketball) Shoot Around Only 3:00pm-6:00pm After-School Enrichment Programs 6:00pm-7:00pm Family Night (Gymnasium) (No Basketball Practice) Basketball Practice must be approved by management.	8:00am-11:00am Badminton 9:00am-1:00pm Family Time Gym ½ Court (No Basketball Practices) 11:00am-1:00pm Pickleball Gym ½ Court 1:00pm-3:00pm Adult Open Gym (Basketball) Shoot Around Only 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

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 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.

Volleyball - is a team sport where two teams of six players are separated by a high net. Players use their hands and arms to hit a ball back and forth, trying to make it land on the other team's floor to score points while following strict rules on ball touches.

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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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