

Old Hickory Regional Community Center

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

2026 Fall Program Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 7:30 p.m.	Hours: 8:00 a.m. - 4:00 p.m.
After-school Program 3:00 a.m.-6:00 p.m.	After-school Program 3:00 a.m.-6:00 p.m.	After-school Program 3:00 a.m.-6:00 p.m.	After-school Program 3:00 a.m.-6:00 p.m.	After-school Program 3:00 a.m.-6:00 p.m.	No After-school Program 8:00 a.m.-4:00 p.m.
Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-10:00 a.m. 1:00 p.m.-3:00 p.m. Adult Pickleball 10:00 a.m.-1:00 p.m.	Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 12:00 p.m.-3:00 p.m. Tot Time 10:00 a.m.-11:00 a.m. Metro Disabilities Program 8:00 a.m.-3:00 p.m.	Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-10:00 a.m. 1:00 p.m.-3:00 p.m. Adult Pickleball 10:00 a.m.-1:00 p.m.	Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 12:00 p.m.-3:00 p.m. Tot Time 10:00 a.m.-11:00 a.m. Metro Disabilities Program 8:00 a.m.-3:00 p.m.	Fitness Center 6:00 a.m.-7:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-10:00 a.m. 12:00 p.m.-3:00 p.m. Homeschool Open Gym 10:00 a.m.-12:00 p.m. Senior Bingo 12:00 p.m.-2:00 p.m. Every 1st Friday of month Teen/Family Time Gym ½ Court 6:00 p.m.-7:00 p.m.	Fitness Center 8:00 a.m.-3:45 p.m. Adult Open Gym (Basketball) Shoot Around Only 8:00 a.m.-10:45 a.m. Teen/Family Time* Gym ½ Court 11:00 a.m.-1:00 p.m. Adult Pickleball 1:00 p.m.-3:30 p.m.
Fitness Classes Vinyasa Yoga (\$4) w/ Erica 6:30 p.m.-7:30 p.m.	Fitness Classes Senior Strength (\$4) w/ Ann 10:00 a.m.-11:00 a.m. Line Dance w/ Family Line Dance 6:15 p.m.-7:30 p.m.	Fitness Classes Vinyasa Yoga (\$4) w/ Erica 6:30 p.m.-7:30 p.m.	Fitness Classes Senior Strength (\$4) w/ Brandon 10:00 a.m.-11:00 a.m. Gyrokinesis (\$4) w/ Phylcia 4:00 p.m.-5:00 p.m. The Sensing Body (\$4) w/ Phylcia 5:00 p.m.-6:00 p.m. Dance Fit (\$4) W/ Latifa 7:00 p.m.-8:00 p.m.	Membership Fees 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 Teens=13-17 Senior=62 and up	
Gymnasium Adult Volleyball 6:00 p.m.-8:00 p.m.	Gymnasium Adult Pickleball Court 1 Beginner 6:00 p.m.-8:00 p.m.	Gymnasium Teen Gym (13-17) 6:00 p.m.-8:00 p.m.	Gymnasium Adult Basketball 6:00 p.m.-8:00 p.m.	Facility Coordinator Ann Thornton Program Coordinator Elona Tribue Front Desk Leader Rita Owen Sr. Recreation Leader Brittany Phillips Recreation Leaders Dwayne Smith Mary Wells Kelly Tomberlain Johnathan Henry 	

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* 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.

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.

Metro Parks does not discriminate on basis of age, race, color, national origin, religion, or disability in admission to, access to or operations of its programs, services, or activities.