

Coleman Regional Community Center

384 Thompson Lane, Nashville, TN 37211 615-862-88445

2026 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 p.m.-6:00 p.m. Confidence Through Creativity Matilda Play Rehearsal 4:20 p.m. – 6:20 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program 3:00 p.m.-6:00 p.m. Confidence Through Creativity Matilda Play Rehearsal 4:20 p.m. – 6:20 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program 3:00 p.m.-6:00 p.m.	After School Program No Activities
Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-8:15 p.m.	Fitness Center & Track 6:00 a.m.-7:15 p.m.	Fitness Center & Track 8:00 a.m.-3:45 p.m.
Fitness Classes Line Dancing w/Christy 10:00 a.m.-11:00 a.m. West African Dance w/Windship (\$5) 6:45 p.m.-8:00 p.m.	Fitness Classes SHiNE Dance (\$4) w/ Brittany 6:00 p.m.-7:00 p.m.	Fitness Classes Line Dancing w/Christy 10:00 a.m.-11:00 a.m.	Fitness Classes Gentle Yoga W/ Barbara 4:00 p.m.-5:00 p.m.	Fitness Classes No Activities	Fitness Classes No Activities
Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. Adult Pickleball 10:00 a.m.-1:00 p.m. Teen/Family Time* Gymnasium 2:00 p.m.-4:00 p.m. Adult Indoor Soccer 6:00 p.m.-8:00 p.m. http://www.meetup.com/Nashville-soccer/	Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. and 11:30am-2:00pm disABILITIES Program Gym 10:00 a.m.-11:00 a.m. Teen/Family Time* Gymnasium 2:00 p.m.-4:00 p.m. Adult Open Gym (Basketball) 6:00 p.m.-8:00 p.m.	Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:00 a.m. & 12:30p-2:00p Homeschool Open Gym 9:00 a.m.-11:00 a.m. Tot Time Play Time Gymnasium 11:00 a.m.-12:00 p.m. Teen/Family Time* Gymnasium 2:00 p.m.-4:00 p.m. Adult Indoor Soccer 6:00 p.m.-8:00 p.m. http://www.meetup.com/Nashville-soccer/	Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. Adult Open Gym (Pickleball) 10:00 a.m.-1:00 p.m. Teen/Family Time* Gymnasium 2:00 p.m.-4:00 p.m. Adult Pickleball 6:00 p.m.-8:00 p.m.	Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-2:00 p.m. Teen/Family Time* Gymnasium 2:00 p.m.-4:00 p.m.	Gymnasium Adult Open Gym (Basketball) 8:00 a.m.-10:30 a.m. Teen/Family Time* Gymnasium 10:30 a.m.-12:30 p.m. Adult Pickleball 1:00 p.m.-3:00 p.m.

Facility Coordinator

Randall Miller Jr.

Sr. Recreation Leader

Ronald Taylor

Recreation Leaders

Maya Buckhanon, Christy Lusk-Reed, Jamesen Henderson, Kevin Romero, Vanessa Fals-Rodrigues, Jonathan Diaz, Adonis Holbrooks

Program Coordinator

Robert Sutton

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

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www.nashville.gov



Coleman Regional Community Center Pool

384 Thompson Lane, Nashville, TN 37211 615-862-88445

2026 Aquatics Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: Closed	Hours: 8:00 a.m. - 4:30 p.m.	Hours: 8:00 a.m. - 4:30 p.m.	Hours: 8:00 a.m. - 4:30 p.m.	Hours: 8:00 a.m. - 4:30 p.m.	Hours: 8:00 a.m. – 11:30 a.m.
Closed No Activities	Lap Swim / Water Walking 8:00 a.m.-9:45 a.m.	Lap Swim / Water Walking 8:00 a.m.-10:45 a.m.	Lap Swim / Water Walking 8:00 a.m.-9:45 a.m.	Lap Swim / Water Walking 8:00 a.m.-10:45 a.m.	Lap Swim / Water Walking 8:00 a.m.-9:45 a.m.
Closed No Activities	Water Aerobics w/Thomas 10:00 a.m.-10:45 a.m.	No Activities	Water Aerobics w/Thomas 10:00 a.m.-10:45 a.m.	No Activities	No Activities
Closed No Activities	Open Swim 11:00 a.m.-1:00 p.m.	Open Swim 11:00 a.m.-1:00 p.m.	Open Swim 11:00 a.m.-1:00 p.m.	Open Swim 11:00 a.m.-1:00 p.m.	Open Swim 9:45 a.m.-11:30 a.m.
Closed No Activities	Lap Swim 2:00 p.m.-4:30 p.m.	Lap Swim 2:00 p.m.-4:30 p.m.	Lap Swim 2:00 p.m.-4:30 p.m.	Lap Swim 2:00 p.m.-4:30 p.m.	No Activities

Aquatics Coordinator

Thomas Hunter Jr.

Aquatics Recreation Leader

Xariahfaye Sanaa Phillips

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* When school is not in session, the hours will be 10:00am-4:00pm for elementary and middle school. 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.

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.

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.

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.

SHiNE Dance Fitness – This class mixes current hit music with original choreography for the ultimate confidence-boosting, full body workout experience you didn't know you needed! We believe fitness should be inclusive, effective, sustainable and FUN. Come along! It's your time to SHiNE! **(\$4)**

Line Dancing w/Christy- A form of dance in which dancers line up in a row and follow a choreographed pattern of steps to music

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

West African Dance W/ Windship- Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement. Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay. All levels welcome. **(\$5)**

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. *****