

Old Hickory Regional Community Center

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

2026 Fall Program Schedule (Subject to Change)

Monday Hours: 6:00 a.m. - 8:30 p.m.	Tuesday Hours: 6:00 a.m. - 8:30 p.m.	Wednesday Hours: 6:00 a.m. - 8:30 p.m.	Thursday Hours: 6:00 a.m. - 8:30 p.m.	Friday Hours: 6:00 a.m. - 7:30 p.m.	Saturday Hours: 8:00 a.m. - 4:00 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.-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.
Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 1:00 p.m.-3:00 p.m. Adult Pickleball 10:00 a.m.-1:00 p.m. Adult Volleyball 6:00 p.m.-8:00 p.m.	Gymnasium 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. Adult Pickleball 6:00 p.m.-8:00 p.m.	Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 1:00 p.m.-3:00 p.m. Adult Pickleball 10:00 a.m.-1:00 p.m. Teen Gym (13-17) 6:00 p.m.-8:00 p.m.	Gymnasium 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. Adult Basketball (Full Court) 6:00 p.m.-8:00 p.m.	Gymnasium Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 12:00 p.m.-3:00 p.m. Tot Time/Home School Open Gym Play 10:00 a.m.-12:00 p.m. Teen/Family Gym 6:00 p.m.-7:00 p.m.	Gymnasium In-House Pickleball League 8:00 a.m.-12:00 p.m. Adult Basketball 1st/3rd Teen/Family Gym 2nd/4th 12:00 p.m.-2:00 p.m. Adult Pickleball 2:00 p.m.-3:30 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.	After-school program No Activities
Fitness Classes Vinyasa Yoga w/ Erica 6:30 p.m.-7:30 p.m.	Fitness Classes Senior Strength w/ Ann 10:00 a.m. - 11:00 a.m. Line Dance (FREE) w/ Family Line Dance 6:15 p.m.-7:30 p.m.	Fitness Classes Vinyasa Yoga w/Erica 6:30 p.m.-7:30 p.m.	Fitness Classes Senior Strength w/ Brandon 10:00 a.m.-11:00 a.m. Gyrokinesis w/ Phylcia 4:00 p.m.-5:00 p.m. The Sensing Body w/ Phylcia 5:00 p.m.-6:00 p.m. Dance Fit w/ Latifa 7:00 p.m.-8:00 p.m.	Fitness Classes No Activities	Fitness Classes No Activities
Special Programs No Activities	Special Programs Metro Disabilities Program 8:00 a.m.-3:00 p.m.	Special Programs No Activities	Special Programs Metro Disabilities Program 8:00 a.m.-3:00 p.m.	Special Programs Senior Bingo 12:00 p.m.-2:00 p.m. 1 st Friday of the month	Special Programs In-House Pickleball League Sept. 12 th - Oct. 24 th 8:00 a.m.-12:00 p.m.

Facility Coordinator

Ann Thornton

Program Coordinator

Elona Tribue

Sr. Recreation Leader

Brittany Phillips

Recreation Leaders

Dwayne Smith, Mary Wells, Kelly Tomberlain, Johnathan Henry

Front Desk Leader Rita Owen

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



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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.

Gyrokinesis – movement method that coordinates movement, breath, and mental focus.

The Sensing Body – guided movement practice rooted in curiosity, presence, and embodied awareness.

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. ***