

East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 615-862-8448

2026 Fall Program Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: 6:00 a.m. - 8:15 p.m.	Hours: 6:00 a.m. - 8:15 p.m.	Hours: 6:00 a.m. - 8:15 p.m.	Hours: 6:00 a.m. - 8:15 p.m.	Hours: 6:00 a.m. - 7:15 p.m.	Hours: 8:00 a.m. - 3:45 p.m.
Fitness Center and Track 6:00 a.m.- 8:15 p.m. Adult Basketball (Gym) 7:15 a.m.- 2:00 p.m. Youth Open Gym (Gym) *Ages 17 and under* 2:30 p.m. - 6:00 p.m. Chess Club (Theater) 4:45 p.m. – 5:45 p.m. Full Court Adult Basketball 6:00 p.m. - 8:00 p.m.	Fitness Center and Track 6:00 a.m. - 8:15 p.m. Adult Basketball (Gym) 6:15 a.m. - 11:15 a.m. Adult Pickleball (Gym) 11:30 a.m. - 1:30 p.m. Youth Open Gym (Gym) *Ages 17 and under* 2:30 p.m. - 6:00 p.m. Adult Volleyball (Gym) 6:00 p.m. - 8:00 p.m.	Fitness Center and Track 6:00 a.m. - 8:15 p.m. Adult Basketball (Gym) 7:15 a.m. - 2:00 p.m. Tot Time (Theater) 10:00 a.m. - 11:00 a.m. Youth Open Gym (Gym) *Ages 17 and under* 2:30 p.m. - 6:00 p.m.	Fitness Center and Track 6:00 a.m. - 8:15 p.m. Adult Basketball (Gym) 6:15 a.m. - 2:00 p.m. Youth Open Gym (Gym) *Ages 17 and under* 2:30 p.m. - 6:00 p.m. Youth Basketball Skills (Gym) Ages 10-17 4:45 p.m. -5:45 p.m.	Fitness Center and Track 6:00 a.m. - 7:15 p.m. Adult Basketball (Gym) 7:15 a.m. - 2:00 p.m. Youth Open Gym (Gym) *Ages 17 and under* 2:30 p.m. - 6:00 p.m. (No Basketball Practice) Basketball Practice must be approved by management.	Fitness Center and Track 8:00 a.m. - 3:45 p.m. Adult Basketball (Gym) 8:15 a.m.-12:15 p.m. Women & Family Open Gym (Gym) 12:30 p.m.-3:30 p.m. (No Basketball Practice) Basketball Practice must be approved by management.
Senior Programming 8:00a.m.-4:00pm Senior Chair Exercise (12 Person Limit) 9:30 a.m.-10:30 a.m. Senior H2O (Pool) 10:00 a.m.-11:00 a.m.	Senior Programming 8:00a.m.-4:00pm	Senior Programming 8:00a.m.-4:00pm Senior H2O (Pool) 10:00 a.m.-11:00 a.m.	Senior Programming 8:00a.m.-4:00pm	Senior Programming 8:00a.m.-4:00pm Senior H2O (Pool) 10:00 a.m.-11:00 a.m.	
After-School Program *Only Registered Students* 3:00 p.m.-6:00 p.m.	After-School Program *Only Registered Students* 3:00 p.m.-6:00 p.m.	After-School Program *Only Registered Students* 3:00 p.m.-6:00 p.m.	After-School Program *Only Registered Students* 3:00 p.m.-6:00 p.m.	After-School Program *Only Registered Students* 3:00 p.m.-6:00 p.m.	
Fitness Classes Boot Camp w/Mike \$4 (Gym) 6:00 a.m.-7:00 a.m. Zumba w/Lex \$4 (Dance Studio) 5:30pm – 6:30pm	Fitness Classes Chicago Style Stepping w/Troy \$4 (Theater) 6:00 p.m. - 7:30 p.m. Yoga w/Elizabeth \$4 (Dance Studio) 6:45 p.m.-7:45 p.m.	Fitness Classes Boot Camp w/Mike \$4 (Gym) 6:00 a.m.-7:00 a.m. Zumba w/Lex \$4 (Dance Studio) 6:30pm – 7:30pm	Fitness Classes East Side Stepping w/K.Brown (Dance Studio) 6:00 p.m.-8:00 p.m.	Fitness Classes Boot Camp w/Mike \$4 (Gym) 6:00 a.m.-7:00 a.m. o Activities	

Aquatics Senior H2O Exercise 10:00 a.m. – 11:00 a.m. Lap Swim 12:00 p.m. – 3:00 p.m. Open Swim 3:00 p.m. – 5:00 p.m.	Aquatics Baby & Me 8:30 a.m. – 11:00 a.m. Lap Swim 12:00 p.m. – 3:00 p.m. Open Swim 3:00 p.m. – 5:00 p.m. Swim Lessons w/Kristen \$60 *Sign Up at Front Desk* 5:00 p.m. – 6:00 p.m. H2O Exercise \$4 6:00 p.m. – 7:00 p.m.	Aquatics Senior H2O Exercise 10:00 a.m. – 11:00 a.m. Lap Swim 12:00 p.m. – 3:00 p.m. After-School Swim *Registered Students Only* 3:00 p.m. – 4:45 p.m. Water Zumba w/Lex \$4 *Ages 18 & Up* 5:15 p.m. – 6:15 p.m.	Aquatics Baby & Me 8:30 a.m. – 11:00 a.m. Lap Swim 12:00 p.m. – 3:00 p.m. Open Swim 3:00 p.m. – 5:00 p.m. Swim Lessons w/Kristen \$60 *Sign Up at Front Desk* 5:00 p.m. – 6:00 p.m. H2O Exercise \$4 6:00 p.m. – 7:00 p.m.	Aquatics Senior H2O Exercise 10:00 a.m. – 11:00 a.m. V.I.P. Swim *For Individuals with Special Needs* 11:00 a.m. – 1:00 p.m.	
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Facility Manager

Demarcus Doss

Program Coordinator

Trish Watts

Aquatics Coordinator

Kristen Whittington

Seniors' Coordinator

Jessica Anderson

Sr. Recreation Leader

Amanda Browder

Recreation Leaders

Marquez Foxx
Griffin Magness
Fred Johnson
Jai Lin Salas

Office Support Representative

Michelle Edmondson

Membership Fees

Fitness Classes: \$4.00

Daily Gym Pass

Adult \$3.00

Discounted \$1.50

10 Visit Gym Pass

Adult \$20.00

Discounted \$10.00

Monthly Pass

Adult \$30.00

Discounted \$20.00

10 Pass Class Card

\$40.00

Military, Individuals with Disabilities, Metro employees, Teens (13-17), students, and seniors (62 and up) are eligible for the discounted price. *Must show ID or proof to receive discounted rate*

* When school is in, the gym, game room, and sitting area will be closed to adults from 2:30-6:00pm.

* When METRO schools are not in session, the hours for youth are 10:00am-4:00pm. The gym, game room, and sitting area will be closed to adults during this time.

East Park Regional Community Center

<https://www.nashville.gov/departments/parks/community-centers-and-recreation>



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Adult Open Gym- welcomes ages 18 and up to participate

Adult Volleyball – open recreational volleyball play for patrons ages 13 and up who are at a competitive level

After-School Enrichment Program- children who are registered participate in a 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- open to all ages and competitive levels

Family Open Gym- time for children and their adults to come together and play in the gym.

Youth Open Gym- time allotted for teens ages 13 to 17 to occupy the gym, where they can play basketball. Ages 8-12 can participate if accompanied by an adult.

Tot Time- Parents and their children (under 5) come together for soft play, music, and other activities

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. *****