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** 5:00 p.m.-6:00 p.m.	**Fitness Classes** No Activities	**Fitness Classes** **SHiNE Dance w/ Thuy** 9:00 a.m.-10:00 a.m.
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

Coleman Regional Community Center
www.nashville.gov

METRO PARKS NASHVILLE

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

Coleman Regional Community Center

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2026 Program Schedule (Subject to Change)

* 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. *****