




Smith Springs Regional Community Center

2801 Smith Springs Road, Nashville, TN 37217, 615-862-8420 | Fitness and Recreation

Fitness Classes Youth Programs Gymnasium Leisure Activity	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Summer 2022 Program Schedule (Revised 5/19/2022)</p> <p>Facility Manager Barbara Manuel</p> <p>Program Coordinator Reginald Robinson</p> <p>Recreation Staff Fiorella Palomino Darlene Payton Ronald Taylor Marquette Knight Zhara Al-Rabiey</p> <p>Instructors Sandy Cunningham Miranda Guerra Diane Overstreet Renee Watkins Smith Springs Staff</p>  <p>Fitness Center & Track Hours Mon-Thur: 6am-8:15pm Fri: 6am-7:15pm Sat: 8am-11:45am</p> <p><i>*Schedule subject to change for special events and during Metro Nashville Public School breaks.</i></p>	<p>6:30am-8:30am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-4:00pm <u>Summer Enrichment Camp</u> (Registration Required)</p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$)</u> w/Diane</p> <p>4:30pm-6:00pm <u>Teen Rec Time (8th-12th Graders)</u></p> <p>6:30pm-8:00pm <u>Pickleball</u></p> <p>6:30pm-8:00pm <u>Outdoor Soccer (Weather Permitting)</u></p>	<p>6:30am-8:30am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-4:00pm <u>Summer Enrichment Camp</u> (Registration Required)</p> <p>11:00am-12:30pm <u>Open Gym Basketball (Leisure Shoot Around)</u></p> <p>4:30pm-6:00pm <u>Teen Rec Time (8th-12th Graders)</u></p> <p>6:30pm-7:30pm <u>Vinaya Yoga (\$)</u> w/ Renee</p> <p>6:30pm-8:00pm <u>Volleyball (Ages 15 & Up)</u></p> <p><i>*TOT Time will resume Fall 2022!</i></p>	<p>6:30am-8:30am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-4:00pm <u>Summer Enrichment Camp</u> (Registration Required)</p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$)</u> w/Diane</p> <p>11:00am-12:00pm <u>Smith Springs Book Club (2nd Wednesday/Month)</u></p> <p>4:30pm-6:00pm <u>Teen Rec Time (8th-12th Graders)</u></p> <p>6:30pm-8:00pm <u>Table Tennis</u></p> <p>6:30pm-8:00pm <u>CRAFT Basketball Practice</u></p> <p><i>*Homeschool Zone will resume Fall 2022!</i></p>	<p>6:30am-8:30am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:00am-4:00pm <u>Summer Enrichment Camp</u> (Registration Required)</p> <p>11:00am-12:30pm <u>Open Gym Basketball (Leisure Shoot Around)</u></p> <p>12:00pm-2:00pm <u>Card Games</u></p> <p>4:30pm-5:30pm <u>Teen Rec Time (8th-12th Graders)</u></p> <p>6:00pm-8:00pm <u>CRAFT Basketball Summer League</u> (Registration Required)</p> <p><i>*Spanish Book Club will resume Fall 2022!</i></p>	<p>7:30am-10:00am <u>Girls Volleyball Clinic (Ages 9-14, Registration Required)</u></p> <p>9:00am-4:00pm <u>Summer Enrichment Camp</u> (Registration Required)</p> <p>5:00pm-7:00pm <u>Open Gym Basketball Parents & Children</u></p> <div style="text-align: center;">  Like us on facebook  </div> <p>@SmithSpringsCC @smithspringscommunity</p> <p>*Fitness Class Fees: <u>Fitness Classes</u> \$4.00 <u>10 Pass Fit Card</u> \$40.00</p> <p><i>Senior 62 and up (\$)</i> – Paid Classes</p>	<p>8:15am-9:45am <u>Open Gym Basketball</u> 18 & Up</p> <p>9:30am-11:30am <u>Cooking Club (4th Saturday/Month RSVP)</u></p> <p>10:00am-11:30am <u>Family Activity (Once/Month)</u></p> <p>10:00am-11:30am <u>Open Gym Basketball Parents & Children</u></p> <p>10:15am-11:15am <u>Basic Bootcamp (\$)</u> w/ Miranda</p> <p>*Fitness Center Fees: <u>Daily Pass</u> Adult \$3.00 Teens/Senior/Military \$1.50 <u>10 Visit Pass</u> Adult \$20.00 Teens/Senior/Military \$10.00 <u>Monthly Pass</u> Adult \$30.00 Teens/Senior/Military \$20.00 <u>Yearly Pass</u> Adult \$250.00 Teens/Senior/Military \$150</p>