






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-7:30pm	Tuesday Hours: 6:00am-7:30pm	Wednesday Hours: 6:00am-7:30pm	Thursday Hours: 6:00am-7:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Winter 2021 Program Schedule Phase 3 Re-Open (Revised 1/27/2021)</p> <p><u>Facility Manager</u> Barbara Manuel</p> <p><u>Program Coordinator</u> Reginald Robinson</p> <p><u>Recreation Staff</u> Briana Morrow Fiorella Palomino Darlene Payton Marquette Knight Aliya Justice Tim Lusk</p> <p><u>Instructors</u> Sandy Cunningham Cassie Deas Miranda Guerra Diane Overstreet Smith Springs Staff</p>  <p>Senior 62 and up (\$) – Paid Classes</p> <p><i>*Must bring own basketball/equipment for open gym activities.</i></p> <p><i>*Schedule subject to change during Metro Nashville Public School breaks to accommodate students.</i></p>	<p><u>Fitness Center</u> 6:00am-7:15pm</p> <p><u>Indoor Track</u> 6:00am-7:15pm</p> <p><u>Adult Open Gym Basketball 18 & Up</u> Reservation Times: 6:15am-7:15am 7:30am-8:30am</p> <p>9:00am-10:00am <u>Strength & Movement (Low Impact) (\$)</u> w/Diane Starting 2/22/21</p> <p><u>Teen Open Gym Basketball (High School Students)</u> Reservation Time: 2:15pm-3:15pm</p> <p><u>Family Open Gym Basketball</u> (Parents & Children 17 and Under) Reservation Times: 4:00pm-4:45pm 5:00pm-5:45pm</p> <p>4:30pm-5:30pm <u>LEGENDS Middle After-School Program (Virtual)</u></p>	<p><u>Fitness Center</u> 6:00am-7:15pm</p> <p><u>Indoor Track</u> 6:00am-7:15pm</p> <p>6:00am-7:00am <u>Gentle Yoga (\$)</u> w/Cassie Starting 2/9/21</p> <p><u>Adult Open Gym Basketball 18 & Up</u> Reservation Times: 7:30am-8:30am 8:45am-9:45am</p> <p><u>Teen Open Gym Basketball (High School Students)</u> Reservation Time: 2:15pm-3:15pm</p> <p><u>Family Open Gym Basketball</u> (Parents & Children 17 and Under) Reservation Times: 4:00pm-4:45pm 5:00pm-5:45pm</p> <p>4:30pm-5:30pm <u>LEGENDS Middle After-School Program (Virtual)</u></p>	<p><u>Fitness Center</u> 6:00am-7:15pm</p> <p><u>Indoor Track</u> 6:00am-7:15pm</p> <p><u>Adult Open Gym Basketball 18 & Up</u> Reservation Times: 6:15am-7:15am 7:30am-8:30am</p> <p>12:00pm-1:00pm <u>Bootcamp (Low Impact) w/Bri</u> Starting 2/3/21</p> <p><u>Teen Open Gym Basketball (High School Students)</u> Reservation Time: 2:15pm-3:15pm</p> <p><u>Family Open Gym Basketball</u> (Parents & Children 17 and Under) Reservation Times: 4:00pm-4:45pm 5:00pm-5:45pm</p> <p>4:30pm-5:30pm <u>LEGENDS Middle After-School Program (Virtual)</u></p>	<p><u>Fitness Center</u> 6:00am-7:15pm</p> <p><u>Indoor Track</u> 6:00am-7:15pm</p> <p><u>Adult Open Gym Basketball 18 & Up</u> Reservation Times: 7:30am-8:30am 8:45am-9:45am</p> <p><u>Teen Open Gym Basketball (High School Students)</u> Reservation Time: 2:15pm-3:15pm</p> <p><u>Family Open Gym Basketball</u> (Parents & Children 17 and Under) Reservation Times: 4:00pm-4:45pm 5:00pm-5:45pm</p> <p>4:30pm-5:30pm <u>LEGENDS Middle After-School Program (Virtual)</u></p> <p>6:00pm-7:00pm <u>Spanish Book Club w/ Fi</u> (1st Thursdays Virtual)</p> <p>6:00pm-7:00pm <u>Flow Yoga (\$)</u> w/Barbara Coming Soon!</p>	<p><u>Fitness Center</u> 6:00am-7:15pm</p> <p><u>Indoor Track</u> 6:00am-7:15pm</p> <p><u>Adult Open Gym Basketball 18 & Up</u> Reservation Times: 6:15am-7:15am 7:30am-8:30am 8:45am-9:45am</p> <p><u>Pickleball</u> Reservation Time: 11:30am-12:30pm</p> <p><u>Teen Open Gym Basketball (High School Students)</u> Reservation Time: 2:15pm-3:15pm</p> <p><u>Family Open Gym Basketball</u> (Parents & Children 17 and Under) Reservation Times: 4:00pm-4:45pm 5:00pm-5:45pm 6:00pm-6:45pm</p>  <p>@Smith Springs Community Center</p>  <p>@smithspringscommunity</p>	<p><u>Fitness Center</u> 8:00am-11:45am</p> <p><u>Indoor Track</u> 8:00am-11:45am</p> <p>9:00am-10:00am <u>Zumba (\$)</u> w/ Sandy Starting 2/13/21</p> <p>10:15am-11:15am <u>Basic Bootcamp (\$)</u> w/ Miranda Starting 2/13/21</p> <p>Fees: <u>Fitness Center Daily Pass</u> Adult \$3.00 Teens/Senior/Military \$1.50 <u>Fitness Center 10 Visit Pass</u> Adult \$20.00 Teens/Senior/Military \$10.00 <u>Fitness Center Monthly Pass</u> Adult \$30.00 Teens/Senior/Military \$20.00 <u>Fitness Center Yearly Pass</u> Adult \$250.00 Teens/Senior/Military \$150 <u>Fitness Classes</u> \$4.00 <u>10 Pass Fit Card</u> \$40.00</p>

Smith Springs Regional Community Center

2801 Smith Springs Rd, Nashville, TN 37217 - (615) 862-8420: [Aquatics Schedule](#)

	Monday Hours: 6:00am-7:30pm	Tuesday Hours: 6:00am-7:30pm	Wednesday Hours: 6:00am-7:30pm	Thursday Hours: 6:00am-7:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm	
<div style="background-color: #e6f2ff; padding: 2px; margin-bottom: 2px;">Aquatics</div> <div style="background-color: #808080; color: white; padding: 2px;">(\$ Paid Classes)</div> <p>Winter 2021 (schedule is subject to change)</p> <p>Facility Manager Barbara Manuel</p> <p>Aquatic Coordinator Sabrina Williams</p> <p>Recreation Leaders & Lifeguards Tamia Boyce Jonathan B. Fiorella P.</p> <p>Class Instructors (*) Smith Spring Staff* Sandy Cunningham* Cassie Deas* Diane Overstreet* Briana Morrow*</p>  <p>👍 Like Find us on Facebook</p> <p>@ "Smith Springs Community Center"</p> 	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>6:30am-7:15am 7:45am-8:30am 9:00am-9:45am 10:15am-11:00am</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>6:30am-7:15am 7:45am-8:30am 9:00am-9:45am 10:15am-11:00am</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>6:30am-7:15am 7:45am-8:30am 9:00am-9:45am 10:15am-11:00am</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>6:30am-7:15am 7:45am-8:30am 9:00am-9:45am 10:15am-11:00am</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>6:30am-7:15am 7:45am-8:30am 9:00am-9:45am 10:15am-11:00am</p>	<p>8:00am-8:45am Morning Swim (TBA – based on re-opening phase)</p>	
		<p>Morning Aqua Splash 9:30am-10:30am (TBA – based on re-opening phase)</p>		<p>Aqua Boot Camp 11:00am-12:00pm (TBA – based on re-opening phase)</p>	<p>Virtual Water Safety 11:00am-11:30am Every Friday (2/12/21-3/29/21)</p>	<p>9:00am-10:00am (\$ Aqua Zumba w/Sandy) (TBA – based on re-opening phase)</p>	
	<p>Pool and Locker Room Closed for Morning Cleaning (11:00am -12:00pm)</p>						<p>10:30am-11:15am Family Swim (TBA – based on re-opening phase)</p>
	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>12:00pm-12:45pm 1:30pm-2:15pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>12:00pm-12:45pm 1:30pm-2:15pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>12:00pm-12:45pm 1:30pm-2:15pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>12:00pm-12:45pm 1:30pm-2:15pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>12:00pm-12:45pm 1:30pm-2:15pm</p>		<p>Swim Lessons (TBA – based on re-opening phase)</p>
			<p>Pool and Locker Room Closed for Evening Cleaning & Maintenance (2:15pm -3:30pm)</p>				<p>8 Lessons for 45min \$45.00 - Seniors \$60.00- Parent/Child, Preschool, Youth, Adult</p>
	<p>3:45pm- 4:45pm Swim Conditioning (2) per time spot Reservation Required</p>		<p>3:45pm- 4:45pm Swim Conditioning (2) per time spot Reservation Required</p>		<p>3:00pm- 4:00pm Swim Conditioning (2) per time spot Reservation Required</p>		<p>Pool Fees (\$)</p>
	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>5:00pm-5:45pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>5:00pm-5:45pm 6:30pm-7:15pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>5:00pm-5:45pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>5:00pm-5:45pm 6:30pm-7:15pm</p>	<p>Lap Swim & Water Walk (2) per time spot Reservation Required</p> <p>4:30pm-5:15pm</p>	<p>(\$ Paid H2o Class \$4.00)</p>	
						<p>10 Pass Fit Card \$40.00 (Used for Classes)</p>	
						<p>(Revised 1/27/2021)</p>	

Phase 3 Guidelines

- **Masks must be worn to enter the facility and temperature taken upon entrance. Anyone with a temperature of 100.4 degrees or higher will be asked to leave the building.**
 - **Fitness Center – 8 people max capacity, 1-hour time limit.**
 - **Indoor Track – 8 people max capacity.**
 - **Fitness Classes – 8 people max capacity, including instructor.**
 - **Open Gym Basketball Reservations**
 - Patrons must bring their own basketball.
 - No more than 8 people in the gym at one time.
 - Patrons can call in 24 hours in advance or day of to reserve a time slot. Drop-ins are welcome if a time slot is vacant.
 - Patrons can only book one time slot per day.
 - If a patron is more than 15 minutes late or a no show, their time slot is forfeited and open for drop in individuals.
 - If a patron wants to reserve for a group of individuals, the max is 6 people.
 - **Pickleball Reservations**
 - Patrons must bring their own equipment.
 - No more than 8 people in the gym at one time.
 - Each half of the court will have a pickleball net.
 - Patrons can play up to 2 vs 2 on each half. No more than 4 patrons on each half of the court.
 - Patrons can call in 24 hours in advance or day of to reserve a time slot. Drop-ins are welcome if a time slot is vacant.
 - Patrons can only book one time slot per day.
 - If a patron is more than 15 minutes late or a no show, their time slot is forfeited and open for drop in individuals.
 - If a patron wants to reserve for a group of individuals, the max is 4 people.
- **Please read the guidelines below for Smith Springs Pool Reopening for phase 3 - (Swim 45 min and 15min to dry off)**
- **Showers are closed**
 - Registration times are first come first serve Please call (615) 862-8420 **1 day in advance** to reserve a spot
 - Only **two** swimmers allowed in the pool
 - Swimmer arrive in proper swim attire ready to swim
 - Swimmer must bring a towel to dry of completely
 - Only **two** patrons allowed in the Locker Room (only to **change out** of swim attire, 15min max)
 - Teens can now reserve (13 –17 must provide ID & parents/guardian permission)
 - Swim test will be conducted by lifeguard for everyone under 18