



McCabe Park Regional Community Center

101 46th Avenue North Nashville, Tn 37209
615-862-8457

Gymnasium Youth Programming Dance Studio Meeting Space	Monday 6:00am-8:30pm	Tuesday 6:00am-8:30pm	Wednesday 6:00am-8:30pm	Thursday 6:00am-8:30pm	Friday 6:00am-7:30pm	Saturday 8:00am-4:00pm
<p>Spring 2024 Program Schedule <i>(Subject To Change)</i></p> <p><u>Facility Coordinator</u> Anthony Cooper</p> <p><u>Program Coordinator</u> Shatika White</p> <p><u>Staff Members</u> Arcentae Stone Brandie Monday Darnell McClain Shevi Harrell Jamya Rogers Kris Maclin Katie Eadler</p>  <p>METRO PARKS NASHVILLE</p> <p><small>ESTABLISHED 1901</small></p>	<p>6:00am-9:00am Open Gym</p> <p>9:00am-10:30am Parent and Tot</p> <p>9:30am-10:30am Senior Strength (\$) Blanca Walker</p> <p>10:30am-11:30am Gentle Yoga (\$) Blanca Walker</p> <p>3:00pm-5:30p Afterschool Program Ages 6-14</p> <p>6:00pm-8:00pm Volleyball</p>	<p>6:00am-7:00am Zumba (\$) Janet Duke</p> <p>9:00am-11:00am Pickleball</p> <p>3:00pm-5:30p Afterschool Program Ages 6-14</p> <p>6:00pm-8:00pm Open Gym (Full Court)</p> <p>6:30pm-8:15pm Nashville Int'l Folk Dance (\$)</p>  <p>@ "McCabe Park Community Center"</p>	<p>6:00am-9:00am Open Gym</p> <p>9:00am-9:45am "Jam & Play" Tots (\$) Risa Binder</p> <p>10:00am-10:45am "Jam & Play" Tots (\$) Risa Binder</p> <p>10:00am-11:00am Senior Strength (\$) Tristan Trotter</p> <p>3:00pm-5:30p Afterschool Program Ages 6-14</p> <p>6:00pm-7:00pm Achilles Program</p> <p>6:00pm-8:00pm Youth Volleyball</p>	<p>6:00am-7:00am Zumba (\$) Janet Duke</p> <p>9:00am-11:00am Pickleball</p> <p>9:00am-10:30am Parent and Tot</p> <p>3:00pm-5:30p Afterschool Program Ages 6-14</p> <p>6:00pm-8:00pm Open Gym (Full Court)</p> <div data-bbox="1184 992 1398 1133"> <p><u>Fitness Class Fee</u></p> <p>\$4 per class \$40 pass for 10 classes</p> </div> <div data-bbox="1184 1133 1398 1325"> <p><u>Fitness Center Fee</u></p> <p>\$3 Day pass \$20 10 visit-pass \$30 monthly pass</p> </div> <div data-bbox="1184 1325 1398 1382"> <p><u>Jam & Play Fee</u></p> <p>\$5 per class</p> </div>	<p>6:00am-9:00am Open Gym</p> <p>9:00am-10:30am Parent and Tot</p> <p>10:00am-11:00am Senior Strength (\$) Tristan Trotter</p> <p>3:00pm-5:30p Afterschool Program Ages 6-14</p> <p>6:00pm-7:15pm Family Open Gym</p> <div data-bbox="1430 938 1675 1398"> <p><u>*Discounted Fitness Center Rates</u></p> <p>\$1.50 Day pass \$10 10 visit-pass \$20 monthly pass</p> <p><i>*Discounted rates apply to teens ages 13-17, Seniors ages 62+, college students, & military personnel. Valid ID required.</i></p> </div>	<p>8:00am-11:50am Cremona Strings Ensemble 1st & 4th Saturday of the month</p> <p>10:30am-11:30pm Dance Fit (\$) Kat</p> <p>10am-12:30pm Pickleball (2nd & 4th Sat.)</p> <p>12:30pm-2:30pm Ladies Basketball Open Gym (2nd & 4th Sat.)</p> <p>10am-12:30pm Basketball Open Gym (1st, 3rd, & 5th Sat.)</p> <p>1:00pm-3:00pm Family Open Gym</p> <p>..... When Metro Nashville Public Schools are closed, the Youth Program is from 10AM-4PM; ages 6-14. *****</p>