



Sports Leagues & Training

We train all of our Day Program participants to compete in our own Metro Parks disABILITIES Sports Leagues and in Special Olympics activities and are a resource for Special Olympics information. MPDSL Sports include Basketball, Bowling, Flag Football, and Soccer. Special Olympics Tennessee Sports include Flag Football, Soccer, Bowling, Skiing, Speed Skating, Snowboarding, Basketball, Bocce, Aquatics, Powerlifting, Track & Field, and Golf.



The Metro Parks' disABILITIES Programs are a collection of recreational programs designed for youth, young adults (18-22), and adults (22+) with Intellectual and Developmental Disabilities.

They include a variety of programs and activities ranging from Day Programs & Sports Trainings to Outdoor Recreation & Summer Programs. You may register for our programs contacting our office at 615-862-8489 or emailing golden.adkins@nashville.gov.

Unlocking the Power of Sports, Arts, and Recreation for individuals of all ABILITIES

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METRO PARKS DISABILITIES PROGRAMS

*Unlocking the Power of Sports,
Arts, and Recreation for
individuals of all ABILITIES*

Metro Parks disABILITIES Program



**METRO
PARKS
NASHVILLE**

Phone: 615-862-8489

Metro Parks disABILITIES Programs



Adult Day Programs

Our Day Programs are designed for Adults ages 22+ with intellectual and developmental disabilities. Activities include Arts & Crafts, Sports Trainings, Exercise/Fitness Classes, Karaoke, Drama Club, Field Trips, Cheerleading, and more. Please contact our office to fill out an application and be put on the waiting list for this extraordinary program.

| <u>Spring Session</u> | <u>Summer Session</u> | <u>Fall Session</u> |
|-----------------------|-----------------------|-----------------------|
| Mon-Thur 9:00-3:00 | Tues-Fri 9:00-3:00 | Mon-Thur 9:00-3:00 |

Young Adult Summer Program

Our Young Adult Summer Program brings a small number of 18-21 year olds into our Day Program during the months of June & July.

Wednesdays & Fridays
9:00-3:00



Bowling League

Our Bowling Leagues meet on Tuesday & Wednesday afternoons at Tusculum Strike & Spare. We operate in three sessions, and have sessions beginning in January, June, and September. Registration is accepted year round, and our capacity is 100 participants



Best Buddies

The mission of the Best Buddies is to establish a global volunteer movement to create one-on-one friendships, integrated employment, and leadership development for people with Intellectual and Developmental Disabilities. Our Best Buddies Program is partnered with Vanderbilt University and has been going strong for over 15 years.



Performing Arts

We currently have 3 Performing Arts Groups: Drama Club, Bucket Drumming, and our Magic Group. Our Drama Club practices Tuesday, Wednesdays, & Thursdays. The Bucket Drummers Practice Mon-Thur, and our Magic Group practices every other Monday. The groups come together to perform shows throughout the year to showcase their wonderful and talented ABILITIES!



Community Days

Our Community Days are activities and events designed for individuals who have their own staff/caregivers. These are 1-4 hour activities that are open to the public and include bowling events, movie days, shopping days, and field trips to locations such as Sky High Sports, Strike & Spare Centers, the Nashville Zoo, and many more!