



McCabe Park Regional Community Center

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

Youth Programming Dance Studio Gymnasium Meeting Space	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
Winter 2024 Program Schedule "Subject To Change"	6:00am-9:00am Open Gym	6:00am-7:00am Zumba (\$) Janet Duke	6:00am-9:00am Open Gym	6:00am-7:00am Zumba (\$) Janet Duke	6:00am-9:00am Open Gym	8:00am-11:50am Cremona Strings Ensemble 1 st Saturday of the month
Facility Coordinator Anthony Cooper	9:00am-10:30am Parent and Tot	9:00am-11:00am Pickleball	9:00am-9:45am "Jam & Play" Tots (\$) Risa Binder 10:00am-10:45am "Jam & Play" Tots (\$) Risa Binder	9:00am-11:00am Pickleball	9:00am-10:30am Parent and Tot	10:30am-11:30pm Dance Fit (\$) Kat
Program Coordinator Shatika White	3:00pm-5:30p Afterschool Program Ages 6-14 (Registration is required)	3:00pm-5:30p Afterschool Program Ages 6-14 (Registration is required)	10:00am-11:00am Senior Strength (\$) Tristan Trotter	9:00am-10:30am Parent and Tot	10:00am-11:00am Senior Strength (\$) Tristan Trotter	9:00am-1:00pm Jr. NBA Games
Recreation Leaders Arcentae Stone Darnell McClain Shevi Harrell Jamya Rogers Kris Maclin Brandie Monday	5:30p-7:30p Jr. NBA Practices	5:30p-7:30p Jr. NBA Practices	3:00pm-5:30p Afterschool Program Ages 6-14 (Registration is required)	3:00pm-5:30p Afterschool Program Ages 6-14 (Registration is required)	3:00pm-5:30p Afterschool Program Ages 6-14 (Registration is required)	
Office Support Rep. Katie Eadler	Fitness Class Fee (\$) \$4.00 per class \$40.00 for 10 classes Fitness Center Fee (\$) \$3.00 per visit \$20.00 per 10 visits \$30.00 per month Jam & Play Fee (\$) \$5 per class *Discounted Rates (\$) \$1.50 per visit \$10.00 per 10 visits \$20.00 per month <i>*Discounted rates apply to teens ages 13-17, Seniors ages 62+, college students, & military personnel. Valid ID required.</i>	6:30pm-8:15pm Nashville Int'l Folk Dance (\$)	6:00pm-7:00pm Achilles Program 5:30p-7:30p Jr. NBA Practices	5:30p-7:30p Jr. NBA Practices	 Like us on facebook @ McCabe Park Community Center	 Starting January 20 th , McCabe's new extended Saturday hours will be 8:00am-4:00pm.