



# McCabe Park Regional Community Center

101 46<sup>th</sup> Avenue North Nashville, Tn 37209  
615-862-8457

Gymnasium Youth Programming Dance Studio Meeting Space	<b>Monday Hours:</b> <b>6:00am-8:30pm</b>	<b>Tuesday Hours:</b> <b>6:00am-8:30pm</b>	<b>Wednesday Hours:</b> <b>6:00am-8:30pm</b>	<b>Thursday Hours:</b> <b>6:00am-8:30pm</b>	<b>Friday Hours:</b> <b>6:00am-7:30pm</b>	<b>Saturday Hours:</b> <b>8:00am-4:00pm</b>
<p>Summer 2024 Program Schedule (Subject To Change)</p> <p>Facility Coordinator Anthony Cooper</p> <p>Program Coordinator Shatika White</p> <p>Recreation Leaders Arcentae Stone Darnell McClain Shevi Harrell Jamya Rogers Kris Maclin Brandie Monday Katie Eadler</p>  <p>ESTABLISHED 1901</p>	<p>6:00am-9:00am Open Gym</p> <p>9:30am-10:30am Senior Strength (\$) Blanca Walker</p> <p>10:30am-11:30am Gentle Yoga (\$) Blanca Walker</p> <p>9:00am-4:30pm Summer Enrichment Program</p> <p>6:00pm-8:00pm Volleyball</p>	<p>6:00am-7:00am Zumba (\$) Janet Duke</p> <p>7:00am-9:00am Pickleball</p> <p>9:00am-4:30pm Summer Enrichment Program</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 &amp; Play" Tots (\$) Risa Binder</p> <p>10:00am-10:45am "Jam &amp; Play" Tots (\$) Risa Binder</p> <p>10:00am-11:00am Senior Strength (\$) Tristan Trotter</p> <p>9:00am-4:30pm Summer Enrichment Program</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>7:00am-9:00am Pickleball</p> <p>9:00am-4:30pm Summer Enrichment Program</p> <p>6:00pm-8:00pm Craft Basketball</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Fitness Class Fee (\$)</b> \$4 per class \$40 pass for 10 classes</p> <p><b>Fitness Center Fee (\$)</b> \$3 Day pass \$20 10 visit-pass \$30 monthly pass</p> <p><b>Jam &amp; Play Fee (\$)</b> \$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>9:00am-4:30pm Summer Enrichment Program</p> <p>6:00pm-7:15pm Family Open Gym</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>*Discounted Fitness Center Rates (\$)</b> \$1.50 Day pass \$10 10 visit-pass \$20 monthly pass</p> <p><b>*Discounted rates apply to teens ages 13-17, Seniors ages 62+, college students, &amp; military personnel. Valid ID required.</b></p> </div>	<p>8:00am-11:50am Cremona Strings Ensemble 1st Saturday of the month</p> <p>10:30am-11:30pm Dance Fit (\$) Kat</p> <p>10am-12:30pm Pickleball (1<sup>st</sup> &amp; 3<sup>rd</sup> Sat.)</p> <p>12:30pm-2:30pm Ladies Basketball Open Gym (1<sup>st</sup> &amp; 3<sup>rd</sup> Sat.)</p> <p>10am-12:30pm Basketball Open Gym (2<sup>nd</sup> &amp; 4<sup>th</sup> Sat.)</p> <p>1:00pm-3:00pm Family Open Gym</p> <p>*****  <span style="color: red;">When Metro Nashville Public Schools are closed, the Youth Program is from 10AM-4PM; ages 6-14.</span>                      *****</p>