

McCabe Park Regional Community Center

101 46th Avenue North, Nashville, TN 37209 – (615) 862-8457

	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	
2025 Program Schedule <i>(subject to change) Beginning Aug. 5th</i> <u>Facility Coordinator</u> Ann Thornton <u>Program Coordinator</u> Arcentae Stone <u>Recreation Leader</u> Janquencia Clendening Lashanda Cockrill Devin North Chris Slaughter Ivy Williamson The Mission of Metro Board of Parks and Recreation To provide every citizen of Nashville and Davidson County with and equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources. Metro Parks does not discriminate on basis of age, race, color, national origin, religion, or disability in admission to, access to or operations of its programs, services, or activities.	Fitness Center 6am-8:15pm 6:00am-3:00pm Open Gym 3:00pm-6:00pm After-school program (registration required ages 6-14) 5:30pm-6:15pm POUND w/ Debbie May (\$4) 6:00pm-8:15pm Volleyball	Fitness Center 6am-8:15pm 6:00am-7:00am Zumba w/ Janet (\$4) 6:00am-9:00am Adult Basketball 9:00am-11:00am Pickleball 11:00am-3:00pm Open Gym 3:00pm-6:00pm After-school program (registration required ages 6-14) 6:00pm-8:15pm Teen Gym 6:30pm-8:15pm Nashville Int'l Folk Dance (\$3)	Fitness Center 6am-8:15pm 6:00am-9:30am Open Gym 10:00am-10:45am “Jam & Play” Tots w/ Risa Binder (\$5) 10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4) 11:00am-3:00pm Open Gym 3:00pm-6:00pm After-school program (registration required ages 6-14) 5:30pm-7:00pm Achilles Program 6:00pm-8:15pm Pickleball	Fitness Center 6am-8:15pm 6:00am-7:00am Zumba w/ Janet (\$4) 6:00am-9:00am Adult Basketball 9:00am-11:00am Pickleball 11:00am-3:00pm Open Gym 3:00pm-6:00pm After-school program (registration required ages 6-14) 6:00pm-8:15pm Adult Basketball *On days when MNPS are out and we are open, we run “Out of School” programming for ages 6- 14 from 10:00am-4:00pm. We will adjust other programs accordingly. *	Fitness Center 6am-7:15pm 6:00am-9:30am Open Gym 9:00am-9:45am Movement & Mobility w/ Brandon (\$4) 10:00am-10:45am “Jam & Play” Tots w/ Risa Binder (\$5) 10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4) 11:00am-3:00pm Open Gym 3:00pm-6:00pm After-school program (registration required ages 6-14) 6:00pm-7:15pm Family Gym	Fitness Center 8am-3:45pm 10:30am-11:30am Dance Fit w/ Kat (\$4) 8:00am-11:00am Family Gym 11:00am-1:00pm Pickleball 1:00pm-3:30pm Adult Basketball Membership Fees: <u>Fitness Classes</u> \$4.00 <u>Daily Pass</u> Adult \$3.00 Teens (13-17) and Senior (62+) \$1.50 <u>10 Visit Gym Pass</u> Adult \$20.00 Teens and Seniors \$10.00 <u>Monthly Pass</u> Adult \$30.00 Teens and Seniors \$20.00 <u>10 Pass Class Card</u> \$40.00	
		For more info, visit: parks.nashville.gov					
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We are available for parties, meetings, dinners, reunions, and more. For information on reserving space, stop by or contact us at (615) 862-8457.