

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
	Fitness Center 6am-8:15pm	Fitness Center 6am-8:15pm	Fitness Center 6am-8:15pm	Fitness Center 6am-8:15pm	Fitness Center 6am-7:15pm	Fitness Center 8am-3:45pm
<p>2025-2026 Program Schedule <i>(subject to change)</i></p> <p>Facility Coordinator Ann Thornton</p> <p>Program Coordinator Kenneth Beard</p> <p>Sr. Rec Leader Shanda Cockrill</p> <p>Recreation Leader Que Clendening Collin Herron Walter Milton Devin North Dajuan Sharp Chris Slaughter Ivy Williamson</p> <p>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.</p>	<p>6:00am-3:00pm Open Gym</p>	<p>6:00am-7:00am Zumba w/ Janet (\$4)</p>	<p>6:00am-9:30am Open Gym</p>	<p>6:00am-7:00am Zumba w/ Janet (\$4)</p>	<p>6:00am-9:30am Open Gym</p>	<p>10:30am-11:30am Dance Fit w/ Kat (\$4)</p>
	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>6:00am-9:00am Adult Basketball</p>	<p>10:00am-10:45am "Jam & Play" Tots w/ Risa Binder (\$5)</p>	<p>6:00am-9:00am Adult Basketball</p>	<p>10:00am-10:45am "Jam & Play" Tots w/ Risa Binder (\$5)</p>	<p>8:00am-12:00pm Family Gym <i>until 12/27</i> Jr. NBA Games start January 2026</p>
	<p>5:30pm-6:15pm POUND w/ Debbie May (\$4)</p>	<p>9:00am-11:00am Pickleball</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>9:00am-11:00am Pickleball</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>12:00pm-2:00pm Volleyball</p>
	<p>6:00pm-8:15pm Jr. NBA Practices</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>2:00pm-3:45pm Adult Basketball</p>
	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>Membership Fees:</p> <p>Fitness Classes \$4.00</p> <p>Daily Pass Adult \$3.00 Teens (13-17) and Senior (62+) \$1.50</p> <p>10 Visit Gym Pass Adult \$20.00 Teens and Seniors \$10.00</p> <p>Monthly Pass Adult \$30.00 Teens and Seniors \$20.00</p> <p>10 Pass Class Card \$40.00</p>
	<p>For more info, visit: parks.nashville.gov</p>	<p>5:30pm-6:30pm TKO Tuesday w/ Brandon (\$4) <i>starts Jan. 6th!</i></p>	<p>5:30pm-7:00pm Achilles Program</p>	<p>6:00pm-8:15pm Jr. NBA Practices</p>	<p>6:00pm-8:15pm Jr. NBA Practices</p>	<p>6:00pm-7:15pm Family Gym</p>
						
	<p>@ McCabe Park Community Center</p>					
			<p>6:00pm-8:15pm Jr. NBA Practices</p>		<p>6:00pm-8:15pm Jr. NBA Practices</p>	
			<p>6:30pm-8:15pm Nashville Int'l Folk Dance (\$3)</p>		<p>*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.*</p>	

We are available for parties, meetings, dinners, reunions, and more. For information on reserving space, stop by or contact us at (615) 862-8457.