

Metro Parks disABILITIES Day Program Information

- **Participation Requirements**

- To participate in our Day Programs on their own, participants must be able to do the following things independently.
 - Feed themselves
 - Go to the bathroom by themselves
 - Take any medications needed during program hours independently
 - Stay with the group
 - Not have disruptive or dangerous behaviors.
- Individuals who do not meet these requirements may still participate in our Day Programs, but they must have a Personal Assistant (PA) with them who will assist in these needs and take care of any behaviors that might occur. Metro Parks does not provide PA's.
- Participants must have a registration form on file for each session they attend. We have 3 sessions throughout the year: Spring (Jan-May), Summer (June-July), & Fall (Aug-Dec).

- **Program Needs**

- Participants should come dressed ready to participate each day wearing appropriate clothing for the activities and close-toed shoes with socks.
- Participants must bring a lunch each day.
 - We do have microwaves available at most sites, but only 1-2 per site. We discourage daily use of the microwaves because it can cause a delay in eating when multiple people need to heat up food.

- **Transportation**

- Metro Parks does not provide transportation to and from our programs. However, participants can use [WeGo's AccessRide](#) to get to and from each day. You must be registered for this service, have a doctor certify the form, attend an interview with WeGo, and there is a fee involved each time you travel (\$3.70/trip).

- **Program Donation**

- We have a suggested donation for participation in our programs. A donation is not required for participation in our programs, but those not making a donation will not be able to participate in programs that cost a fee such as bowling field trips or special programs.
- Suggested donations are based on how often you participate in the day programs. Currently, our suggested donation is \$75/day program per session. For example, if you attend 2 days of day programming, your suggested donation would be \$150 for the session. There are 3 sessions per year (Spring, Summer, & Fall) and there are scholarships/subsidies available to help cover the costs of these programs.
 - TN Caregiver Coalition: [Respite Voucher Program - TN Caregiver](#)
 - ARC Family Support: [Family Support — The Arc Davidson County and Greater Nashville \(arcdc.org\)](#)

Day Program Locations

Centennial Sportsplex	Bellevue Community Center	Madison Community Center	Coleman Park Community Center	Old Hickory Community Center
222 25th Ave Nashville, TN 37203	7638A Hwy 70 South Nashville, TN 37221	550 N Dupont Ave, Madison, TN 37115	384 Thompson Lane Nashville, TN 37211	1050 Donelson Ave Old Hickory, TN 37138
Monday-Thursday (4 days)	Mondays & Wednesdays	Mondays & Wednesdays	Tuesdays & Thursdays	Tuesdays & Thursdays
9:00-3:00	9:00-2:30	9:00-2:30	9:00-2:30	9:00-2:30
Site Leader: McKenzie Mathew	Site Leader: Mack Krieg	Site Leader: Amanda Gandy	Site Leader: Mack Krieg	Site Leader: Amanda Gandy

For any questions about our Day Programs, Sports Leagues, Outdoor Recreation, or Special Activities; please call our office at 615-862-8489 or email Glen Adkins at golden.adkins@nashville.gov.

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2026 Year at a Glance

January							February							March							April							May							June							July							August							September							October							November							December																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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