

Metro Parks' disABILITIES Programs

The Metro Parks' disABILITIES Programs are a collection of recreational programs designed for individuals with Intellectual and Developmental Disabilities. They include a variety of programs and activities ranging from Day Programs & Sports Leagues to Outdoor Recreation & Arts Programs. To get more information about specific programs or to get on the Waiting List for our Day Programs, please fill out and return the attached application by mail or email (golden.adkins@nashville.gov). You may also fill out our Online Application by using the QR code at the bottom of the page.

Adult Day Programs

Our Adult Day Programs are recreation-based programs designed for Adults with IDD. These programs operate Monday-Thursday, and activities include Arts & Crafts, Sports Trainings, Exercise/Fitness Classes, Karaoke, Drama Club, Field Trips, Music, Swimming, and more.

Centennial Sportsplex

Tuesdays & Thursday - 9:00-3:00
Daily capacity is 50 individuals.

Bellevue Community Center

Mondays & Wednesdays - 9:00-2:30
Daily capacity is 25 individuals.
7638A Hwy 70 S
Nashville, TN 37221

Madison Community Center

Mondays & Wednesdays - 9:00-2:30
Daily capacity is 25 individuals.
550 N Dupont Ave
Madison, TN 37115

Coleman Community Center

Tuesdays & Thursday - 9:00-2:30
Daily capacity is 25 individuals.
384 Thompson Lane
Nashville, TN 37211

Old Hickory Community Center

Tuesdays & Thursday - 9:00-2:30
Daily capacity is 25 individuals.
1050 Donelson Ave.
Old Hickory, TN 37138

Metro Parks disABILITIES Sports Leagues

Our MPDSL Leagues are for adult aged individuals (18+), and currently include Bowling, Flag Football, Soccer, Basketball, & Volleyball. We offer leagues on Fridays & Saturdays. We also offer Inclusion Leagues on Saturdays, and these activities bring together individuals with and without IDD to play together. Our teams also go on to compete in Special Olympics events as they are available.

Bowling Leagues

Our Bowling Leagues meet on Tuesday & Wednesday afternoons from 1:00-2:45 at Tusculum Strike & Spare. We host three sessions, per year beginning in January, June, and September. Registration is accepted year-round, and late registration is also accepted.

Tusculum Strike & Spare
5315 Nolensville Rd
Nashville, TN 37211

Sports Trainings

In addition to training for our Sports Leagues, we also offer training activities for Aquatics, Track & Field, Powerlifting, & Golf. Athletes participating in these trainings are given the opportunity to participate in Special Olympics events as they are available.

Community Days

Our community days are activities and events that are designed for individuals with Intellectual and Developmental Disabilities who have their own staff/caregivers. These are 1-4 hour activities that are open for anyone to attend. Past activities include bowling, movie days, Dances, Christmas Shopping Day, trips to Nashville Zoo and Strike & Spare Centers.

Family Events

Our family events are activities designed for the whole family. Past events have included Dances, Family Bowling Days, Family Swim Days, Family Nights, Halloween Festivals and more.

Art Workshops

We offer Art Workshops (4-6 week Art Classes meeting on a regular basis) throughout the year. Our artists are introduced to a variety of artistic mediums and styles, and we hold regular art shows for our artists to display their work.

Outdoor Recreation Activities

We offer a variety of Outdoor Recreation Activities including Hiking, Kayaking, Canoeing, Campfires, & more.

The Metro Parks disABILITIES Program
222 25th Ave North
Nashville, TN 37203
615-862-8489
Program Coordinator: Glen Adkins



Online Registration



Online Calendar



For questions or more information about our programs, please call our office at 862-8489 or email Glen Adkins at golden.adkins@nashville.gov.

METROPOLITAN BOARD OF PARKS & RECREATION

disABILITIES Program Application

Office Use Only
Date Received: _____

I hereby make application for _____ to participate in planned recreational activities conducted by the Metropolitan Board of Parks & Recreation. I understand that transportation will only be provided for certain designated activities throughout the year. I also understand that the Recreation Staff will provide reasonable supervision, but will not be held liable in the event of an accidental injury.

Parent/Guardian/Self Signature

Date

Full Name: _____

Birthdate: Month: _____ Day: _____ Year: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: Home: _____ Cell: _____ Email: _____

Parent/Guardian #1: _____

Telephone: Home: _____ Work: _____ Cell: _____

E-mail Address: _____

Parent/Guardian #2: _____

Telephone: Home: _____ Work: _____ Cell: _____

E-mail Address: _____

LIST THE PRIMARY DISABILITY: _____

LIST ANY ALLERGIES: _____

LIST MEDICAL CODES: _____

A – Allergies C – Coronary/Heart Condition D – Diabetes DS – Down Syndrome
H – Hearing Impairment S – Seizures V – Visual Impairment WC – Wheel Chair

PLEASE MARK ALL PROGRAMS THAT YOU ARE INTERESTED IN:

- | | |
|---|--|
| ☐ Day Program @ Centennial Sportsplex (Mon-Thur) | ☐ Sports Leagues |
| ☐ Day Program @ Bellevue CC (Mon & Wed) | ☐ Bowling |
| ☐ Day Program @ Madison CC (Mon & Wed) | ☐ Flag Football |
| ☐ Day Program @ Coleman Park (Tue & Thur) | ☐ Soccer |
| ☐ Day Program @ Cleveland Park (Tue & Thur) | ☐ Indoor Soccer |
| ☐ Community Days | ☐ Basketball |
| ☐ Family Events | ☐ Bocce |
| ☐ Visual Art Workshops/Classes | ☐ Volleyball |
| ☐ Theater/Drama Workshops | ☐ Sports Training |
| ☐ Outdoor Recreation Activities | ☐ Aquatics |
| | ☐ Powerlifting |
| | ☐ Track & Field |
| | ☐ Golf |

PLEASE MARK T-SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL ☐ 3XL ☐ 4XL

Metro Parks' disABILITIES Office: 615-862-8489
Centennial Sportsplex: 222 25th Ave North Nashville, TN 37203
www.facebook.com/metroparksdisabilities

The Metro Board of Parks & Recreation does not discriminate on the basis of age, race, sex, color, national origin, or disability in admission, access to, or operation of its programs, services, or activities. For TTY (relay service), please call 1-800-849-0299.
♿ For questions, concerns, or requests regarding the American Disabilities Act, call 615-862-8400.