



Sports Leagues

Our Sports Leagues include a wide range of ever-expanding sports. Leagues include Seasonal Sports such as Bocce, Flag Football, Outdoor & Indoor Soccer, Basketball, & Volleyball. These Sports are held on Fridays & Saturdays at various locations around Nashville.

We also host multiple seasons of Bowling Leagues throughout the year. These are held on Tuesdays & Wednesdays at various sites across the city from 1:00-2:45. Seasons begin in January, June, & September and are 8-10 weeks long.

Who We Are

The Metro Parks' disABILITIES Programs are a collection of recreational programs designed for individuals with Intellectual and/or Developmental Disabilities and their families and caregivers.

They include a variety of programs and activities ranging from Day Programs & Sports Leagues to Outdoor Recreation, Cultural & Visual Arts and more.

Contact Us

Phone: 615-862-8489

Email: golden.adkins@nashville.gov

Web:

<https://www.facebook.com/metroparksdisabilities/>



METRO PARKS DISABILITIES PROGRAMS

Centennial Sportsplex
222 25th Ave N
Nashville, TN 37203



METRO PARKS DISABILITIES PROGRAMS

*Unlocking the Power of
Sports, Arts, and Recreation
for individuals of all
ABILITIES*





Adult Day Programs

Our Day Programs are designed for adults ages 18+ with Intellectual and/or Developmental Disabilities.

Activities include Arts & Crafts, Sports Trainings, Exercise/Fitness Classes, Karaoke, Swimming, Field Trips, Cheerleading, and more.

Please fill out our online application to join the waiting list for this extraordinary program.

Locations of our Day Programs

Centennial Sportsplex: Mon. – Thurs.

9:00am – 3:00pm

Bellevue CC: Mon. & Wed.

9:00am – 2:30pm

Madison CC: Mon. & Wed.

9:00am – 2:30pm

Coleman CC: Tues. & Thurs.

9:00am – 2:30pm

Old Hickory CC: Tues. & Thurs.

9:00am – 2:30pm

Online Application



Outdoor Recreation

We offer a variety of outdoor recreation programs including kayaking, sailing, hiking, campfires, and more. Contact our office for more information on how to join these new and exciting programs.



Cultural & Visual Arts

We currently have classes for Art, Pottery, Singing, & Sketch Comedy. These classes run throughout the year and showcase the many & varied ABILITIES of our participants.



Community Days

Our Community Days are activities and events designed for individuals who have their own staff/caregivers.

These are 1–4-hour activities that are open to the public and include a monthly Movie Day @ the Belcourt Theater, a monthly dance, and more.

Find more information on our Google Calendar!



Inclusion

Here at MPDP we work to encourage inclusion. Many of our sports leagues, recreation events, and all of our community days are inclusive events and open to all friends & family to get involved in our wonderful community!