

# McCabe Park Regional Community Center

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

|                                                                                                                                                                                                                                                                                                                                                                       | Monday<br>6:00am-8:30pm                                                       | Tuesday<br>6:00am-8:30pm                                                      | Wednesday<br>6:00am-8:30pm                                                    | Thursday<br>6:00am-8:30pm                                                                                                                                                         | Friday<br>6:00am-7:30pm                                                               | Saturday<br>8:00am-4:00pm                                                                                                                                                                                                                                                                                                                                     |
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| <b>2026-2027<br/>Program<br/>Schedule</b><br>(subject to change)<br><br><b>Facility<br/>Coordinator</b><br>Pamela Caban<br><br><b>Program<br/>Coordinator</b><br>Kenneth Beard<br><br><b>Sr. Rec Leader</b><br>Shanda Cockrill<br><br><b>Recreation Leader</b><br>Collin Herron<br>Walter Milton<br>Devin North<br>Chris Slaughter<br>Ivy Williamson<br>Felissa Reese | <b>Fitness Center 6am-8:15pm</b>                                              | <b>Fitness Center 6am-8:15pm</b>                                              | <b>Fitness Center 6am-8:15pm</b>                                              | <b>Fitness Center 6am-8:15pm</b>                                                                                                                                                  | <b>Fitness Center 6am-7:15pm</b>                                                      | <b>Fitness Center 8am-3:45pm</b>                                                                                                                                                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                                                                                                       | 6:00am-3:00pm<br>Open Gym                                                     | 6:00am-7:00am<br>Zumba w/ Janet (\$4)                                         | 6:00am-9:30am<br>Open Gym                                                     | 6:00am-7:00am<br>Zumba w/ Janet (\$4)                                                                                                                                             | 6:00am-9:30am<br>Open Gym                                                             | 10:30am-11:30am<br>Dance Fit w/ Kat (\$4)                                                                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                                                                                                                                                                                                                       | 3:00pm-6:00pm<br>After-school<br>program (registration<br>required ages 6-14) | 6:00am-9:00am<br>Adult Basketball                                             | 10:00am-10:45am<br>“Jam & Play” Tot’s w/<br>Risa Binder (\$5)                 | 6:00am-9:00am<br>Adult Basketball                                                                                                                                                 | 10:00am-10:45am<br>“Jam & Play” Tot’s w/<br>Risa Binder (\$5)                         | 8:00am-10:00am<br>Family Gym                                                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                       | 5:30pm-6:15pm<br>POUND w/ Debbie<br>May (\$4)                                 | 10:00am-2:00pm<br>Home school                                                 | 10:00am-11:00am<br>Senior Strength w/<br>Tristan Trotter (\$4)                | 9:00am-11:00am<br>Pickleball                                                                                                                                                      | 10:00am-11:00am<br>Senior Strength w/<br>Tristan Trotter (\$4)                        | 10:00am-12:00pm<br>Pickleball                                                                                                                                                                                                                                                                                                                                 |
|                                                                                                                                                                                                                                                                                                                                                                       | 6:00pm-8:00pm<br>Volleyball                                                   | 3:00pm-6:00pm<br>After-school<br>program (registration<br>required ages 6-14) | 11:00am-3:00pm<br>Open Gym                                                    | 10:00am-11:00am<br>Tot-time                                                                                                                                                       | 11:00am-3:00pm<br>Open Gym                                                            | 12:00pm-2:00 pm<br>Volleyball                                                                                                                                                                                                                                                                                                                                 |
| <b>For more info,<br/>visit:</b><br><a href="http://parks.nashville.gov">parks.nashville.gov</a><br><br><br><br>@<br>McCabe Park Community<br>Center                                                                                                                               |                                                                               | 6:00pm-8:15pm<br>Adult Basketball                                             | 3:00pm-6:00pm<br>After-school<br>program (registration<br>required ages 6-14) | 11:00am-3:00pm<br>Adult Basketball                                                                                                                                                | 3:00pm-6:00pm<br>After-school<br>program (registration<br>required ages 6-14)         | 2:00pm-3:45pm<br>Adult Basketball                                                                                                                                                                                                                                                                                                                             |
|                                                                                                                                                                                                                                                                                                                                                                       |                                                                               | 6:30pm-8:15pm<br>Nashville Int’l Folk<br>Dance (\$3)                          | 5:30pm-7:00pm<br>Achilles Program                                             | 3:00pm-6:00pm<br>After-school<br>program (registration<br>required ages 6-14)                                                                                                     | 6:00pm-7:15pm<br>Family Open Gym                                                      | <b>Membership Fees:</b><br><br><b>Fitness Classes</b><br>\$4.00<br><br><b>Daily Pass</b><br>Adult \$3.00<br>Teens (13-17) and<br>Senior (62+) \$1.50<br><br><b>10 Visit Gym Pass</b><br>Adult \$20.00<br>Teens and Seniors<br>\$10.00<br><br><b>Monthly Pass</b><br>Adult \$30.00<br>Teens and Seniors<br>\$20.00<br><br><b>10 Pass Class Card</b><br>\$40.00 |
|                                                                                                                                                                                                                                                                                                                                                                       |                                                                               |                                                                               | 6:00pm-8:15pm<br>Pickleball                                                   | 6:00pm-8:15pm<br>Adult Basketball                                                                                                                                                 |  |                                                                                                                                                                                                                                                                                                                                                               |
|                                                                                                                                                                                                                                                                                                                                                                       |                                                                               |                                                                               |                                                                               | *On days when MNPS are<br>out and we are open, we<br>run “Out of School”<br>programming for ages 6-<br>14 from 10:00am-4:00pm.<br>We will adjust other<br>programs accordingly. * |                                                                                       |                                                                                                                                                                                                                                                                                                                                                               |

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