

McCabe Regional Community Center

101 46th Avenue North, Nashville, TN 37209 615-862-8457

2026 Fall/Winter Program Schedule (Subject to Change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 8:30 p.m.	Hours: 6:00 a.m. - 7:30 p.m.	Hours: 8:00 a.m. - 4:00 p.m.
After-School Program 3:00 p.m.-6:00 p.m.	After-School Program 3:00 p.m.-6:00 p.m.	After-School Program 3:00 p.m.-6:00 p.m.	After-School Program 3:00 p.m.-6:00 p.m.	After-School Program 3:00 p.m.-6:00 p.m.	8:00 a.m.-4:00 p.m.
Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-3:00 p.m.	Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-9:00 a.m. Home School 10:00 a.m.-2:00 p.m. Nashville Int'l Folk Dance (\$3) 6:30p.m.-8:15p.m.	Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 11:00 a.m.-3:00p.m. Jam & Play (\$5) w/ Risa 10:00 a.m.-10:45 a.m. Achilles Program 5:30 p.m.-7:00 p.m.	Fitness Center 6:00 a.m.-8:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-9:00 a.m. 11:00 a.m.-3:00 p.m. Tot Time 10:00 a.m.-11:00 a.m. Adult Pickleball 9:00 a.m. -11:00 a.m.	Fitness Center 6:00 a.m.-7:15 p.m. Adult Open Gym (Basketball) 6:00 a.m.-9:30 a.m. 11:00 a.m.-3:00 p.m. Jam & Play (\$5) w/ Risa 10:00 a.m.-10:45 a.m.	Fitness Center 8:00 a.m.-3:45 p.m. Family Open Gym 8:00 a.m.-10:00 a.m. Pickleball 10:00 a.m.-12:00 p.m. Volleyball 12:00 a.m.-2:00 p.m.
Fitness Classes Pound (\$4) w/ Debbie May 5:30 p.m.-6:15 p.m.	Fitness Classes Zumba (\$4) w/ Janet 6:00 a.m.-7:00 a.m.	Fitness Classes Senior Strength (\$4) w/ Tristan 10:00 a.m.-11:00 a.m.	Fitness Classes Zumba (\$4) w/ Janet 6:00 a.m.-7:00 a.m.	Fitness Classes Senior Strength w/ Tristan 10:00 a.m.-11:00 a.m.	Fitness Classes Dance Fit (\$4) w/ Kat 10:30 a.m.-11:30 a.m.
Gymnasium Adult Volleyball 6:00 p.m.-8:00 p.m.	Gymnasium Adult Basketball 6:00 p.m.-8:00 p.m.	Gymnasium Adult Pickleball 6:00 p.m.-8:00 p.m.	Gymnasium Adult Basketball 6:00 p.m.-8:15 p.m.	Gymnasium Family Open Gym 6:00 p.m.-7:15 p.m.	Gymnasium Adult Basketball 2:00 p.m.-3:45 p.m.

Facility Coordinator

Pamela Caban

Program Coordinator

Kenneth Beard

Front Desk Leader

Bonita Peoples

Sr. Recreation Leader

LaShanda Cockrill

Recreation Leaders

Collin Herron, Walter Milton,
Devin North, Chris Slaughter, Ivy
Williamson, Felissa Reese

Membership Fees

Fitness Classes: \$4.00

Daily Pass

Adult \$3.00

Teens & Senior \$1.50

10 Visit Gym Pass

Adult \$20.00

Teens & Senior \$10.00

Adult \$30.00

Teens & Senior \$20.00

10 Pass Class Card

\$40.00

Teens=13-17

Senior=62 and up

* When school is not in session, the hours will be 9:00am-4:00pm for elementary and middle. High School is from 4:00pm-6:00pm. The gymnasium and game room will be closed to adults during this time.

McCabe Regional Community Center

www.nashville.gov



Monthly Pass

McCabe Regional Community Center

101 46th Avenue North, Nashville, TN 37209 615-862-8457

2026 Fall/Winter Program Schedule (Subject to Change)

Adult Basketball- welcomes ages 18 and up to participate in full court recreational basketball games that take place in the gym.

Adult Volleyball – open recreational volleyball play for adults 18 and up.

After-School Enrichment Program- children who are registered participate in a drop-in program that focuses on active recreation, while supporting healthy social and academic development. Space is limited for this free program, so advance applications were submitted. Ages 6-14 only.

Pickleball- a racquet sport that combines elements of badminton, tennis, and table tennis. Played with a paddle and whiffle ball.

Family Open Gym- time for children and their adults to come together and play in the gym.

Senior Strength- designed for older adults to improve muscular strength, balance, and joint flexibility through low-impact, resistance-based exercises.

Tot Time- Parents and their children (under 5) are welcome to play in our dance studio, along with music, and story time.

Jam & Play - Parents and their children (under 5) are welcome to play in our dance studio, along with music, and instruments.

Dance Fit- an aerobic fitness program that combines hip hop and international music with dance moves.

Zumba – an aerobic fitness program that combines hip hop and international music with dance moves.

Pound – an aerobic fitness program that combines music, drumsticks, and dance moves.

The Mission of Metro Board of Parks and Recreation

To provide every citizen of Nashville and Davidson County with an 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. *****