McCabe Regional Community Center

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

2026 Fall 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.
Fitness Center and Track 6:00 a.m.-8:15 p.m.	**Fitness Center and Track** 6:00 a.m.-8:15 p.m.	**Fitness Center and Track** 6:00 a.m.-8:15 p.m.	**Fitness Center and Track** 6:00 a.m.-8:15 p.m.	**Fitness Center and Track** 6:00 a.m.-7:15 p.m.	**Fitness Center and Track** 8:00 a.m.-3:45 p.m.
After-School Enrichment Program 3:00 p.m.-6:00 p.m.	**After-School Enrichment Program** 3:00 p.m.-6:00 p.m.	**After-School Enrichment Program** 3:00 p.m.-6:00 p.m..	**After-School Enrichment Program** 3:00 p.m.-6:00 p.m.	**After-School Enrichment Program** 3:00 p.m.-6:00 p.m.	
Toddler Activities No activities	**Toddler activities** No activities	**Toddler activities** **Jam & Play ($5)** **w/Risa** 10:00 a.m.-10:45 a.m.	**Toddler activities** **Tot time** **w/ McCabe staff** 10:00 a.m. – 10:45 a.m.	**Toddler activities** . **Jam & Play ($5)** **w/ Risa** 10:00 a.m.-10:45 a.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. **Nashville Int'l Folk Dance ($3)** 6:30p.m. -8:15p.m.	**Fitness Classes** **Senior Strength ($4)** **w/ Tristan** 10:00 a.m.-11:00 a.m. **Achilles Program** 5:30p.m. – 7:00p.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** **Dance Fit ($4)** **w/ Kat** 10:30 a.m.-11:30 a.m.
Gymnasium **Adult Open Gym (Basketball)** 6:00 a.m.-3:00 p.m. **Adult Volleyball** 6:00 p.m.-8:00 p.m.	**Gymnasium** **Adult Open Gym (Basketball)** 6:00 a.m.-9:00 a.m. **Home School** 10:00 a.m.-2:00 p.m. **Adult Basketball** 6:00p.m. -8:15p.m.	**Gymnasium** **Adult Open Gym (Basketball)** 6:00 a.m.-9:30 a.m. 11:00 a.m.-3:00p.m. **Adult Pickleball** 6:00 p.m. – 8:15 p.m.	**Gymnasium** **Adult Open Gym (Basketball)** 6:00 a.m.-9:00 a.m. 11:00 a.m.-3:00 p.m. **Adult Basketball** 6:00p.m. – 8:15 p.m.	**Gymnasium** **Adult Open Gym (Basketball)** 6:00 a.m.-9:00 a.m. 11:00 a.m.-3:00 p.m. **Women's Indoor Soccer** 5:30 p.m. -7:15 pm * Starts Dec. 4th	**Gymnasium** **Family Open Gym** 8:00 a.m.-10:00 a.m. **Adult Pickleball** 10:00 a.m.-12:00 p.m. **Adult Volleyball** 12:00 a.m.-2:00 p.m. **Adult Basketball** 2:00p.m -3:45p.m.

Facility Coordinator
Pam 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
Monthly Pass
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

METRO PARKS NASHVILLE

McCabe Regional Community Center

101 46th Avenue North, Nashville, TN 372029 615-862-8457 2026

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

Adult Volleyball – open recreational volleyball play for adults 18+.

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.

Achilles Program- Achilles is a non-profit organization that provides athletes with disabilities the opportunity to connect and train for local races. Pairing athletes with volunteer guides for runs and walks to help them reach their fitness goals.

Women's Indoor Soccer – pick up indoor soccer for women of all levels.

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. ***