

McCabe Park Regional Community Center

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

	Monday 6:00am-8:30pm	Tuesday 6:00am-8:30pm	Wednesday 6:00am-8:30pm	Thursday 6:00am-8:30pm	Friday 6:00am-7:30pm	Saturday 8:00am-4:00pm
<p>2024 Program Schedule <i>(subject to change)</i></p> <p>Facility Coordinator Ann Thornton</p> <p>Program Coordinator</p> <p>Recreation Leader Senior Arcetae Stone</p> <p>Recreation Leader Brandie Monday Darnell McClain Shevi Harvell</p> <p>Office Support Rep. Katie Eadler</p>	<p>6:00am-3:00pm Open Gym</p>	<p>6:00am-7:00am Zumba w/ Janet (\$4)</p>	<p>6:00am-10:00am Open Gym</p>	<p>6:00am-7:00am Zumba w/ Janet (\$4)</p>	<p>6:00am-10:00am Open Gym</p>	<p>8:00am-12:00pm Cremona Strings Ensemble</p>
	<p>9:45am-10:45am Senior Strength w/ Blanca Walker (\$4)</p>	<p>7:00am-9:00am Adult Basketball</p>	<p>9:00am-9:45am “Jam & Play” Tots w/ Risa Binder (\$5)</p>	<p>7:00am-9:00am Adult Basketball</p>	<p>10:00am-10:45am “Jam & Play” Tots w/ Risa Binder (\$5)</p>	<p>10:30am-11:30am Dance Fit w/ Kat (\$4)</p>
<p>10:45am-11:45am Gentle Yoga w/ Blanca Walker (\$4)</p>	<p>9:00am-11:00am Pickleball</p>	<p>10:00am-10:45am “Jam & Play” Tots w/ Risa Binder (\$5)</p>	<p>9:00am-11:00am Pickleball</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>8:00am-11:00am Family Gym</p>	
<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>11:00am-3:00pm Open Gym</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-1:00pm Pickleball</p>	
<p>6:00pm-8:00pm Volleyball</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>11:00am-3:00pm Open Gym</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>9:00am-10:30am Parent and Tot Time</p>	<p>1:00pm-3:30pm Adult Basketball</p>	
<p>6:00pm-8:00pm Adult Basketball (Full Court)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>Membership Fees:</p> <p>Fitness Classes \$4.00</p> <p>Daily Pass Adult \$3.00 Teens (13-17) and Senior (62+) \$1.50</p> <p>10 Visit Gym Pass Adult \$20.00 Teens and Seniors \$10.00</p> <p>Monthly Pass Adult \$30.00 Teens and Seniors \$20.00</p> <p>10 Pass Class Card \$40.00</p>	
<p>6:30pm-8:15pm Nashville Int'l Folk Dance (\$3)</p>	<p>6:00pm-8:00pm Achilles Program</p>	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>6:00pm-7:00pm Achilles Program</p>	<p>6:00pm-8:00pm Adult Basketball (Full Court)</p>	<p>6:00pm-7:15pm Family Gym</p>	
<p>6:00pm-8:00pm Pickleball</p>	<p>6:00pm-8:00pm Pickleball</p>	<p>6:00pm-8:00pm Pickleball</p>	<p>6:00pm-8:00pm Pickleball</p>	<p>*On days when MNPS are out and we are open, we run “Out of School” programming for ages 6-14 from 10:00am-4:00pm. We will adjust other programs accordingly. *</p>	<p>Facebook Like us on facebook @ McCabe Park Community Center</p>	

The Mission of Metro Board of Parks and Recreation
To provide every citizen of Nashville and Davidson County with and 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.

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