



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>2025 Program Schedule <i>(subject to change)</i></p> <p>Facility Coordinator Ann Thornton</p> <p>Program Coordinator Arcentae Stone</p> <p>Recreation Leader Senior</p> <p>Recreation Leader Brandie Monday Darnell McClain Chris Slaughter</p> <p>Office Support Rep. Katie Eadler</p> <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.</p>	<p>6:00am-3:00pm Open Gym</p>	<p>6:00am-7:00am Zumba w/ Janet (\$4)</p>	<p>6:00am-9:30am Open Gym</p>	<p>6:00am-7:00am Zumba w/ Janet (\$4)</p>	<p>6:00am-9:30am Open Gym</p>	<p>8:00am-12:00pm Cremona Strings Ensemble</p>
	<p>3:00pm-6:00pm After-school program (registration required ages 6-14)</p>	<p>7:00am-8:30am Adult Basketball</p>	<p>10:00am-10:45am "Jam & Play" Tots w/ Risa Binder (\$5)</p>	<p>7:00am-8:30am 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>5:30pm-6:15pm POUND w/ Debbie May (\$4)</p>	<p>9:00am-11:00am Pickleball</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>9:00am-11:00am Pickleball</p>	<p>10:00am-11:00am Senior Strength w/ Tristan Trotter (\$4)</p>	<p>9:00am-12:30pm Jr. NBA games</p>
	<p>6:00pm-8:15pm Jr. NBA practices</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>11:00am-3:00pm Open Gym</p>	<p>1:00pm-3:30pm Adult Basketball</p>
	<p>For more info, visit: parks.nashville.gov</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><u>Fitness Classes</u> \$4.00</p> <p><u>Daily Pass</u> Adult \$3.00 Teens (13-17) and Senior (62+) \$1.50</p> <p><u>10 Visit Gym Pass</u> Adult \$20.00 Teens and Seniors \$10.00</p> <p><u>Monthly Pass</u> Adult \$30.00 Teens and Seniors \$20.00</p> <p><u>10 Pass Class Card</u> \$40.00</p>
		<p>6:00pm-8:15pm Jr. NBA practices</p>	<p>6:00pm-7:00pm Achilles Program</p>	<p>6:00pm-7:00pm Achilles Program</p>	<p>5:30pm-6:30pm Line Dancing w/ Yanike Mann</p>	<p>6:00pm-7:15pm Jr. NBA practices</p>
		<p>6:30pm-8:15pm Nashville Int'l Folk Dance (\$3)</p>	<p>6:00pm-8:15pm Jr. NBA practices</p>	<p>6:00pm-8:15pm Jr. NBA practices</p>	<p>6:00pm-8:15pm Jr. NBA practices</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>@ McCabe Park Community Center</p>	

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