

# STEPHENS-LEE RECREATION CENTER

OPERATING HOURS  
MONDAY, WEDNESDAY, 9 AM-8 PM  
TUESDAY, THURSDAY, 9 AM-7 PM  
FRIDAY, 9 AM-5:30 PM  
2ND SATURDAY, 12-4 PM  
CLOSED SUNDAY

## FALL 2015 ADULT PROGRAMS

### CONTACT INFORMATION

STEPHENS-LEE RECREATION CENTER  
30 GEORGE WASHINGTON CARVER AVE  
ASHEVILLE, NC 28801  
RSEYMOUR@ASHEVILLENC.GOV  
(828) 350-2058

Photo ID required entering building after 5:00 pm



**FITNESS CENTER: ONGOING**  
CARDIO EQUIPMENT, FREE WEIGHTS AND MORE.  
INDIVIDUAL ANNUAL PASSES (JAN-DEC).  
\$80/\$5 DISCOUNT FOR ASHEVILLE RESIDENTS.  
DAY PASSES: \$10/\$5 DISCOUNT FOR ASHEVILLE RESIDENTS.  
ASK ABOUT DISCOUNTED FAMILY PASSES!

### FITNESS

**WOMEN ONLY WORKOUT / FITNESS CENTER: ONGOING**  
MONDAYS, 5-6PM / FREE

**MEN ONLY WORKOUT / FITNESS CENTER: ONGOING**  
MONDAYS, 6-7PM / FREE

**CONTEMPORARY LINE DANCING - BEGINNER LEVEL**  
TUESDAYS, NOON-1PM (BEGINNING SEPTEMBER 1)

CONTEMPORARY LINE DANCING HAS EVOLVED INTO A MODERN, URBAN STYLE THAT IS POPULAR ACROSS THE GLOBE. CONTEMPORARY LINE DANCING USES A VARIETY OF MUSIC STYLES INCLUDING SWING, WALTZ, AND NIGHTCLUB RHYTHMS, JAZZ AND LATIN. YOU STILL DANCE CHOREOGRAPHY IN LINES, BUT WITH THE LOOK AND FEEL OF ENSEMBLE DANCING. IT IS FUN, GREAT EXERCISE, AND WILL FREE THE DANCER IN YOU! NO PARTNERS NEEDED. FEE: DONATION

**CONTEMPORARY LINE DANCING - IMPROVER LEVEL**  
TUESDAYS, 1-2PM (BEGINNING SEPTEMBER 1)

THIS CLASS IS FOR THE DANCER WHO ALREADY KNOWS THE FUNDAMENTAL STEPS AND HAS LINE DANCED BEFORE. WE WILL WORK ON THE MOST CURRENT DANCES SO YOU WILL FEEL COMFORTABLE GOING ANYWHERE AND DANCING. GREAT EXERCISE FOR YOUR MIND AND BODY...AND LOTS OF FUN! FEE: DONATION

**PICKLEBALL (BEGINNING 8/24)**

MONDAYS, 9-11AM AND 6-8PM / WEDNESDAYS, 9-11AM / FRIDAYS, 9-11AM  
A FUN GAME THAT COMBINES TENNIS, PING PONG AND BADMINTON.  
PADDLES AND BALLS PROVIDED. FEE: \$1

**POWER MIX**

TUESDAYS & THURSDAYS, 6-7PM

JOIN US FOR AN HOUR PACKED WITH FITNESS AND FUN INCLUDING A VARIETY OF BODY WEIGHT EXERCISES, CIRCUIT INTERVALS, WEIGHT TRAINING AND STRETCHING. FREE

**COMMUNITY BASKETBALL**

TUESDAYS, 6-8PM

STAFF RUN HALF COURT PICKUP GAMES. GAMES FOLLOW A 15 MINUTE CLOCK.  
BRING A PICTURE ID. FEE: \$1

**TUESDAY AND THURSDAY FOR SENIORS**

FOURTH TUESDAY & THURSDAY EACH MONTH, 10AM-12 NOON

SENIORS COME FOR A FUN MIX OF ACTIVITIES INCLUDING CRAFTS, COOKING, WALKING, FITNESS CENTER WORKOUTS, BOOKS, CHAIR EXERCISE AND DANCING. FREE

**FAMILY DODGEBALL NIGHT**

SEPTEMBER 16-NOVEMBER 6 / WEDNESDAYS, 6-8PM

FREE FAMILY FUN! OPEN GAMES OF PICK UP DODGEBALL FOR ALL AGES. FREE

### SPECIAL EVENTS

**BREAKFAST WITH SANTA**

SATURDAY, DECEMBER 12, 2015, 9AM & 10:30AM

LOCATION: STEPHENS-LEE CENTER

HAVE BREAKFAST WITH SANTA AND CELEBRATE THE HOLIDAYS WITH A MORNING FULL OF FUN. ENJOY A PANCAKE BREAKFAST, A HOLIDAY-THEMED DANCE WORKSHOP IN THE AUDITORIUM, AND MAKE YOUR VERY OWN ORNAMENT.

DESIGNED FOR CHILDREN AGES 2-9 AND THEIR PARENTS. TWO BREAKFAST SEATINGS AT 9AM AND 10:30AM. SPACE IS LIMITED TO 50 PEOPLE PER SEATING, RESERVATIONS ARE REQUIRED. FEE: \$8 PER PERSON



**ASHEVILLE**  
Parks & Recreation



WWW.ASHEVILLENC.GOV/PARKS  
WWW.FACEBOOK.COM/APRCA