

BURTON STREET RECREATION CENTER

OPERATING HOURS
MONDAY, TUESDAY & THURSDAY 11AM-7PM
WEDNESDAY 11AM-8PM, 1ST WEDNESDAY 10AM-8PM
FRIDAY 2PM-5PM
3RD SATURDAY 12-3PM

ADULT PROGRAMS WINTER/SPRING 2015

BURTON STREET COMMUNITY CENTER
134 BURTON ST., ASHEVILLE, NC, 28806
(828) 254-1942
SLENOIR@ASHEVILLENC.GOV



BURTON STREET COMMUNITY SENIOR ELITE CLUB

TUESDAYS, WEDNESDAYS, AND THURSDAYS, 11AM-2PM

THIS PROGRAM IS GEARED FOR SENIOR CITIZENS AND PROVIDES FUN ACTIVITIES, PLANNED TRIPS, MOVIE DAYS, CHAIR EXERCISE CLASSES, FELLOWSHIP DAYS, GAME DAYS AND SPECIAL MEALS PREPARED BY DIFFERENT SENIORS FROM THE GROUP. FEE: \$3 PER MEAL, \$33 ANNUAL MEMBERSHIP TO THE NATIONAL ASSOCIATION OF SENIOR CITIZENS DISTRICT 9A

BURTON STREET COMMUNITY ASSOCIATION MEETINGS

3RD MONDAY EACH MONTH, 6-7PM

THE BURTON STREET COMMUNITY ASSOCIATION MEETS MONTHLY TO TALK ABOUT THINGS THAT ARE GOING WELL, THINGS THAT NEED IMPROVEMENT AS WELL AS PLAN UPCOMING EVENTS. THE FOCUS OF THIS GROUP IS TO CONTINUALLY IMPROVE THE BURTON STREET NEIGHBORHOOD.

FREE

EMPOWERMENT OF WOMEN

JANUARY-MAY, 2015, TUESDAYS, 6-7 PM

THIS PROGRAM IS DEDICATED TO THE DEVELOPMENT OF THE NEXT GENERATION OF COMPETENT, RESILIENT YOUNG WOMEN. THIS IS ACHIEVED BY PROVIDING TOOLS THAT TEACH YOUNG GIRLS AND WOMEN TO APPRECIATE THEIR VALUE. THE PROGRAM'S AIM IS TO HELP THEM TO BUILD THEIR SELF ESTEEM AND TO REALIZE THE POWER OF THEIR POTENTIAL THROUGH MAINTAINING A HEALTHY LIFESTYLE, A FOCUS ON EDUCATION, AND A STRONG CONNECTION WITH THEIR SPIRITUAL SELVES.

FREE

CIRCLE OF PARENTS

WEDNESDAYS, 5:30-7PM

CIRCLE OF PARENTS IS A NATIONAL NETWORK OF MUTUAL SUPPORT AND SELF-HELP PROGRAMS IN PARTNERSHIP WITH COMMUNITIES.

FREE

CAPOEIRA: THE BRAZILIAN MARTIAL ART-DANCE, FIGHT AND MUSIC

JANUARY 2015-MAY 2015, WEDNESDAYS, 6-8PM

CAPOEIRA IS AN AFRO-BRAZILIAN ART THAT WAS ORIGINALLY PRACTICED BY ENSLAVED AFRICANS BROUGHT TO BRAZIL BY THE PORTUGUESE DURING NEARLY 500 YEARS OF SLAVERY. IT IS A GAME THAT REQUIRES FOCUS, COMMITMENT, CONSTANT MOVEMENT AND INTERACTION. THE SPORT ATTRACTS PARTICIPANTS OF ALL AGES AS IT EMPHASIZES PHYSICAL TRAINING, IMPROVISATION AND CREATIVE SELF-EXPRESSION. DANCE, MUSIC, MARTIAL ARTS, GYMNASTICS, AND CULTURE COME TOGETHER IN THIS ENERGETIC ART FORM TO DEVELOP STRENGTH, ENDURANCE, FLEXIBILITY, COORDINATION, CREATIVITY, GRACE, AND CONFIDENCE. THE ONLY WAY TO TRULY UNDERSTAND THE MAGNETISM OF CAPOEIRA IS TO SEE IT AND TRY IT YOURSELF. THIS PROGRAM IS GREAT FOR ALL AGES!

FEE: \$6

YOGA PROGRAM

THURSDAYS, 6-7PM

JOIN US TO STRENGTHEN THE CONNECTION BETWEEN YOUR BREATH AND BODY! THIS CLASS FOCUSES ON BACK CARE, OPENING UP THE HIPS AND SHOULDERS AND STRENGTHENING THE CORE. COME RELAX AND REJUVENATE.

FREE

HIP HOP FOR PEACE

JANUARY 2015-MAY 2015, THURSDAYS, 5:30-7PM

THIS CLASS IS DESIGNED FOR PEOPLE OF ALL AGES WHO WANT TO MOVE. THE CLASS FEATURES A FUN YET CHALLENGING STRETCH AND WARM-UP, AS WELL AS EXCITING AND UNIQUE CHOREOGRAPHY. YOU ARE SURE TO GET A GREAT WORKOUT WHILE LEARNING SOME FUN MOVES. HIP HOP CLASS PROVIDES A STRUCTURED METHOD OF LEARNING VARIOUS HIP HOP DANCE MOVEMENTS IN A FUN-FILLED AND VIBRANT CLASS ENVIRONMENT, AND OFFERS A NEW SET OF COMBINATIONS AND ROUTINES EVERY TIME.

FREE

SPECIAL EVENTS

BLACK HISTORY MONTH EVENTS

IN HONOR OF BLACK HISTORY MONTH, ASHEVILLE PARKS & RECREATION DEPARTMENT STAFF WILL BE SPONSORING A NUMBER OF EVENTS FOR THE COMMUNITY. THIS YEAR'S THEME IS "UNITING OUR CITY", WHICH FEATURES SOMETHING FOR EVERYONE. THIS MONTH LONG CELEBRATION INCLUDES AN EDUCATIONAL FILM, PRESENTATIONS, MUSICAL PERFORMANCES, AND SPOKEN WORD ACTS ALL CENTERED ON THE AFRICAN-AMERICAN CULTURE. FOR A FULL LIST OF EVENTS, VISIT WWW.ASHEVILLENC.GOV/PARKS. ALL EVENTS ARE FREE.

POETRY SLAM

FRIDAY, FEBRUARY 13, 6-8PM



ASHEVILLE
Parks & Recreation



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