

LINWOOD CRUMP SHILOH CENTER

OPERATING HOURS:
MON - THURS: 10-8 PM
FRI - 10-5:30

ADULT PROGRAMS & ACTIVITIES WINTER/SPRING 2015

LINWOOD CRUMP SHILOH CENTER
121 SHILOH ROAD, ASHEVILLE, NC 28803
TCRUDUP@ASHEVILLENC.GOV
(828) 274-7739



PICKLE BALL

JANUARY 5-JUNE 29 / MONDAYS, WEDNESDAYS & FRIDAYS, 9-11AM
FUN GAME THAT COMBINES TENNIS, PING PONG AND BADMINTON. PADDLES AND BALLS PROVIDED.
FEE: \$1/DAY

ZUMBA FITNESS

JANUARY 5-JUNE 29 / MONDAYS, 6-7PM
THESE FITNESS CLASSES FOCUS ON MAINTAINING A HEALTHY WEIGHT THROUGH FUN AND EXCITING MOVES. COME GET YOUR CARDIO ON!
FEE: \$1 PER CLASS

INDOOR SOCCER OPEN PLAY

JANUARY 6-JUNE 30 / TUESDAYS, 6-8PM
IT'S A BLAST TO PLAY INDOOR SOCCER! COME ON OUT AND GET COMPETITIVE AS WE ENJOY THIS WONDERFUL GAME. AGES 16+.
FREE

B.Y.O.B (BRING YOUR OWN BOOK)

JANUARY 7-JUNE 24 / WEDNESDAYS, 6-7:30PM
SHARE A MOMENT OF COMPANY, LAUGHTER, FUN, AND EXCITEMENT, WHILE EXCHANGING INTERESTING VIEWPOINTS PERTAINING TO A VARIETY OF ENCHANTING BOOKS BY DIFFERENT AUTHORS. BOOKS WILL BE OBTAINED BY PARTICIPANTS.
FREE

COMMUNITY BASKETBALL

JANUARY 8-JUNE 25 / THURSDAYS, 5:30-8PM
PICKUP BASKETBALL, FIRST TEAM TO HIT 12 POINTS WINS; 15 MINUTE GAMES WILL BE MONITORED ON CLOCK AND SCORES WILL BE KEPT. PARTICIPANTS WILL HAVE THE OPPORTUNITY TO PLAY AT LEAST ONE GAME. LAST GAME PLAYS TO 16 POINTS. PARTICIPANTS MUST BE 16+ TO ENTER AND SHOW ID.
FEE: \$1.00 PER PERSON

LINE DANCING CLASSES

JANUARY 8-JUNE 25 / THURSDAYS, 6-7PM
PLEASE JOIN US TO LEARN LINE DANCES BOTH NEW AND OLD TO SOME OF AMERICA'S GREATEST HITS...ELECTRIC SLIDE...CUPID SHUFFLE... WOBBLE... CHA CHA SLIDE...DOWN SOUTH SHUFFLE... MISSISSIPPI MUDDSLIDE...CANE WAYNE WIT IT...STEP & STOMP...THE BRAND NEW SLIDE; AND SO MUCH MORE!
FEE: \$1 PER CLASS

SENIOR ADULT PROGRAMS

BUSY HANDS SENIOR CLUB

JANUARY 6-JUNE 30 / TUESDAYS, 11AM-1PM
THIS PROGRAM PROVIDES MEMBERSHIP INTO THE NORTH CAROLINA ASSOCIATION OF SENIOR CITIZENS CLUB AND OFFERS INNOVATIVE ACTIVITIES SUCH AS CRAFTS, SENIOR EXERCISE, AND SENIOR TRIPS (LOCAL & OUT OF TOWN). JOIN OUR FELLOWSHIP AND EMBRACE THE FUN!
FREE

HEALTHY LIVING PROGRAM

JANUARY 7-JUNE 24 / WEDNESDAYS, 12-2PM
IN PARTNERSHIP WITH SHILOH COMMUNITY ASSOCIATION, ABIPA, & YMCA, THESE CLASSES FOCUS ON THE SELF MANAGEMENT OF CHRONIC DISEASE AND DIABETES AS WELL AS MAINTAINING A HEALTHY HEART AND WELL BALANCED LIFESTYLE. LUNCH IS INCLUDED TOO!
FREE

SENIOR CHAIR EXERCISE & COUNCIL ON AGING

JANUARY 9-JUNE 26 / FRIDAYS, 11:15AM-1:15PM
IN PARTNERSHIP WITH COUNCIL ON AGING WE PROVIDE SENIORS AGE 65+ THE OPPORTUNITY TO INCREASE MOBILITY AND STRENGTH THROUGH INNOVATIVE CHAIR EXERCISES. JOIN US ALSO FOR A HEALTHY MEAL FOR A \$1.50 DONATION.



ASHEVILLE
Parks & Recreation



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