



STONEBRIDGE RECREATION CENTER

230 Karl Linn Drive, North Chesterfield

CONTACT INFORMATION

**Kim Graves,
Center Supervisor**

804-768-7885

gravesk@chesterfield.gov

Center Office Hours:

Monday-Thursday

8:30 a.m.-6 p.m.

Summer 2020 Activities

Due to the coronavirus pandemic, we have adapted our summer program offerings. As the situation changes, more programs may become available. Please stay updated by visiting the Parks and Recreation [website](#), [Facebook](#) and [Twitter](#) pages.

TO REGISTER ONLINE: <https://apm.activecommunities.com/chesterfieldparksrec?>

Classes and Activities (new classes added July 9 in blue)

- Chair Fitness with Sherella: Mondays

June 22-July 27, 11:15 a.m.-noon	Course 36810	FULL	\$10
Aug. 3-Sept. 14, 11:15 a.m.-noon	Course 36811	FULL	\$10
Aug. 3-31, 1-1:45 p.m.	Course 37847		\$7

- Fitness Warriors-Outside: Mondays & Tuesdays, 6:15-6:45 p.m. FREE

June 22-Sept. 1	Course 36809 & 36808	(drop-in)	
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- Low Impact with Sherella: Tuesdays, 9-10 a.m.

June 23-July 28	Course 36815	FULL	\$16
Aug. 4-25	Course 37834	FULL	\$11

- Low Impact with Sherella: Mondays, 2-3 p.m.

Aug. 3-31	Course 37848		\$11
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- Table Tennis: Wednesdays, 9-11:30 a.m. FREE

June 24-Aug. 26	Course 36787	(drop-in; not held 8/12)	
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- Low Impact with Sherella: Thursdays, 9-10 a.m.

June 25-July 30	Course 36817	FULL	\$16
Aug. 6-27	Course 37835	FULL	\$11

- Chair Fitness with Sherella: Thursdays, 10:30-11:15 a.m.

June 25-July 30	Course 36813	FULL	\$10
Aug. 6-27	Course 37833	FULL	\$7

- Chair Yoga: Tuesdays, 1:15-2 p.m. \$20

July 14-Aug. 4	Course 36802		
Aug. 18-Sept. 8	Course 37839		

- Chair Yoga: Thursdays, 1:15-2 p.m. \$20

July 16-Aug. 6	Course 37840		
Aug. 20-Sept. 10	Course 37841		

- Gentle Yoga: Thursdays, 2:15-3 p.m. \$20

July 16-Aug. 6	Course 37842		
Aug. 20-Sept. 10	Course 37843		

- Badminton, Fridays, 9-11:30 a.m. FREE

July 24-Aug. 28	Course 37089	(drop-in)	
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- Walking Club, Fridays, 9-11:30 a.m. FREE

July 24-Aug. 28	Course 36799	(drop-in)	
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See more on the next page.

- Chair Volleyball, Fridays, 10:15-11 a.m. FREE
July 24-Aug. 28 Course 36797 (drop-in)
- Kickin' Karate, Mondays/Wednesdays, 4:30-5:30 p.m. \$50
Aug. 3-Sept. 21 Course 36973 (for ages 7 to adult)
- Strategies for Eliminating Debt with VACU FREE
Wednesday, Aug. 19, 10-11 a.m. Course 36965
- How to Read your Credit Report with VACU: for ages 14+ FREE
Wednesday, Aug. 19, 4-5 p.m. Course 37101

