

Abbotts Creek Community Center

Program Guide



Youth/Family and Preschool Programs

Cricket for Beginning Youth

Ages 7-12

Learn the sport of Cricket from Nate Hays, the Youth Coordinator of the Triangle Cricket League. This is a cricket class for youth who are wanting to try something completely new. Cricket for Beginning Youth is free to participants (only registration will be required). The class will take place from 5:30-7 each Wednesday evening and will be followed by a free unstructured open gym time from 7-8:30. Class goes on hiatus from November-March.

\$0/class Wednesday's 5:30-7:30pm

Preschool Arts and Crafts

Ages 2-5

Join your friends at Abbotts Creek Community Center for these fun and interactive preschool programs. Each class will include themed crafts and activities then finish up with a snack. Preregistration is required for all programs. Be sure to dress in clothes appropriate for art projects and active games (or a costume if you are feeling festive!).

Happy Hearts February 14th

Lucky Leprechauns March 17th

\$2/class 10-10:45am

Imagination Playground

Ages 6 and under

Join your friends at Abbotts Creek Community Center for this opportunity to let your imaginations run wild! We will supply the equipment, you supply the fun! Each day, we will provide Imagination Playground blocks and other fun activities for your tot to put their imagination to work and socialize with friends. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants age 6 and under.

\$0/class Saturday's 9:15-11:30am

smALL-Stars – Baseball

Ages 3-5

Introduce your future all-star to baseball in this fun and engaging look at baseball for preschoolers. Your child will learn the basics of baseball while developing hand/eye coordination, listening skills, good sportsmanship, and teamwork. Students may move up to the advanced level of smALL-Stars Baseball with Instructor approval. Class goes on hiatus May-August. Classes begin first Thursday of the month

Beginner

\$40/4 classes Thursday's 4:45-5:30pm

Advanced

\$40/4 classes Thursday's 5:30-6:15pm

smALL-Stars – Soccer

Ages 3-5

Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship and teamwork. Students may move up to the advanced level of smALL-Stars Soccer with Instructor approval. Class goes on hiatus each May-August. Classes begin on the first Tuesday of each month

Beginner

\$40/4 classes Tuesday's 4:45-5:30pm

Advanced

\$40/4 classes Tuesday's 5:30-6:15pm

JKC Self Defense

See below for ages

Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean Styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners but advanced participants can benefit too!

Kids

Ages 8-11

\$5/class Monday's 6:15-7:00pm

Adult and Family

Ages 12 and Up

\$5/class Monday's 7:15-8:15pm

\$5/class Saturday's 11:00am-12:00pm

Adult Programs

Balance Fitness

Ages 18 and up

Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes differ by instructor, difficulty/impact level, and option to use a chair for support. Classes start on the first Tuesday or Thursday of each month.

\$10/month Tuesday's and/or Thursday's 10:30-11:15am

Bootcamp

Ages 18 and up

Bootcamp is designed to push you a little further than you would normally push yourself. It builds on the fundamentals of cardio and strength training. You will use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Be prepared to sweat in this class. Bring a towel and your mat.

\$10/month Monday's, Thursday's, &/or Friday's 10:30-11:15am

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Cardio Kick

Ages 18 and up

Cardio Kick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for class on Thursday evenings for an awesome workout!

\$5/class Thursday's 6:30-7:30pm

Cardio Sculpt

Ages 18 and up

Cardio Sculpt is a combination class that helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

\$10/month Tuesday's and/or Thursday's 9:30-10:15am

Drawing: The Fundamentals of Perspective

Ages 18 and up

This class will introduce one point, two point and aerial perspective to students who would like to create a sense of depth. Subject matter will include geometric forms from still life studies, architectural structures and the theme of landscape. Materials used will include pencil, charcoal and wash with pen and ink. This course will help both beginning and advanced students who have an interest in improving their drawing skills. Students will learn to shade the drawing to create volume and form in the final work. Instructor: Nancy Carty

\$45/6 classes Tuesday's starting January 7th 10am-1:00pm

ESL

Ages 18 and up

Ready to thrive in the community by learning to speak English and understand American culture? Classes are taught in a fun and welcoming environment for non-English-speaking adults.

¿Listo para prosperar en la comunidad aprendiendo a hablar inglés y a entender la cultura estadounidense? Las clases se imparten en un ambiente divertido y que le dan la bienvenida a los adultos que no hablan inglés.

\$0/class Monday's 6:30-8:00pm

Film and Acting Basics

Ages 18 and up

Join Artist Christopher Terrell and award-winning Industry Experts for these unique explorations through film and acting basics. Basic Acting will cover screen acting, timing/line delivery, what casting directors look for, and how to build your resume. Screen Writing will cover what a script is/different types/characteristics. Cinematography will cover exposure, aperture, shutter speed, shot sizes, angles/moves. Film Directing will cover roles of the director, the business of film, and the visual concept.

Basic Acting February 8th

Screen Writing March 14th

Learning Cinematography April 11th

\$80/class Saturday's 10am-1:00pm

Financial Wellness Seminars

Ages 14 and up

Explore all aspects of financial literacy with this unique partnership with First Horizon Bank. Each month we will explore different areas including overall financial wellness, budgeting for success, understanding credit, and identity protection. This class is completely free to all participants and held on the first Tuesday of each month. Preregistration is requested but not required.

Budgeting for Success January 7th

Understanding Your Credit February 4th

Home Purchasing - Basics of Buying March 3rd

Utilizing Equity in Your Home April 7th

\$0/class Tuesday's 6:30-7:30pm

Gentle Yoga

Ages 18 and up

This calming, stress-relieving yoga class will stretch and strengthen the body gradually. Emphasis will be placed on building awareness of the breath and the body. This class focuses on gentle flowing movements, passive and supported poses, and deep, relaxing stretches to build flexibility and strength. All levels are welcome. Please bring a mat.

\$40/4 classes Tuesday's and/or Thursday's 6:15-7:00pm

Lawn Care for Beginners

Ages 16 and up

Have you ever wondered how to get your lawn to look lush and green year around? How do you know if you need to add lime to your soil? When is the right time to aerate your lawn? Join Abbotts Creek Community Center and their partner, Westlake ACE Hardware for this beginner class in lawn care.

\$0/class March 9th 6:30-7:30pm

Soul Line Dance & Get Fit

Ages 18 and up

This line dance class is for individuals new to line dancing and those who want to learn new line dance basics. Soul Line Dance is taught at a slow-to-moderate pace. Do not be fooled by the title: You will learn and practice some great cardio workouts and low-, medium- and high-impact soul line dances. Come prepared to move, sweat and have fun!

\$5/class Sunday's 3:00-4:30pm

Tai Chi

Ages 18 and up

End the week in a relaxing and insightful way at this Tai Chi class that's offered at Abbott's Creek every Sunday evening. Tai Chi offers a more gentle approach to the martial arts, reducing stress, improving balance, and increasing flexibility. The rhythmic movements performed in this class engages the mind and body, and is designed for both beginner and advanced.

\$15/month Sunday's 5:00-5:55pm

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Total Body

Ages 18 and up

Improve your quality of life by building strength, balance, and flexibility; aspects of your health which are essential to maintaining physical independence. In this class you will use body weight, hand weights, resistance bands, and other exercise equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support. \$10/month Monday's, Thursday's, &/or Friday's 9:30-10:15am

Watercolors: Introduction with Nancy Carty

Ages 18 and up

If you have ever wanted to try your hand at Watercolor this class will introduce you to the basics. Types of paper and the use of various brushes (flats and rounds) will be addressed. Students will be introduced to using a flat wash, graded wash, wet on wet and dry on dry as part of using watercolor as a medium. Subject matter will include a basic still life and the theme of landscape and nature. Photo references will be used for the last two sessions. Overall composition of the page, value placement and the use of color theory will be addressed as part of working on a study.

Beginners

\$45/6 classes Tuesday's starting February 18th 10am-1:00pm

Intermediate

\$45/5 classes Tuesday's starting March 31st 10am-1:00pm

Zumba

Ages 10 and up

Zumba dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party!

\$5/class

Wednesday's

7:00-8:00pm

Special Event

Egg Hunt at Abbotts Creek

All ages

Come to your local community center on Saturday, April 4th, for a fun-filled morning! Check with the center closest to you to find out what exciting pre-hunt events are planned and for the inclement weather policy. Arts and Crafts as well as pictures with the Bunny will be held from 10-11:00. The hunt will start promptly at 11:00. This is a free activity, and preregistration is not required.

\$0/class

April 4th

Fitness Room

Abbotts Creek Fitness Center (18yrs and up)

Check out the fitness room at Abbotts Creek! Take advantage of the variety of state of the art cardiovascular and strength training equipment available and get into shape. The fitness room is open during normal center operating hours (Mon-Fri 7:00am-9:00pm, Sat 9:00am-3:00pm, and Sun 1:00pm-6:00pm). See staff for additional information.

Monthly Pass: \$15; Daily Pass: \$2

Did you know?

You can register for our programs two different ways:

In person - drop by any City of Raleigh Community Center

Online - <https://reclink.raleighnc.gov/> -> login or create new account -> browse programs/camps -> Advanced Search -> input keyword(s) for class -> search -> find class and click "show courses" -> Add

Abbotts Creek Community Center is for everyone!

Our community center is YOUR community center! No membership fees or dues are required to have access to the center! All programs, activities, and spaces are available to anyone at a reasonable price! Talk with Center staff for more information on what we offer!

Our Greenway connection is open!

The Abbotts Creek greenway connection is open! Jump on the greenway for a scenic walk, bike ride, trip to the playground, or climb "trash mountain"!

Rentals

Abbotts Creek has multiple indoor and outdoor locations available for rent. See the next page for details.

Open play

Abbotts Creek has many free open play opportunities available to patrons. Check out the calendar at the front desk for monthly schedule! Offerings include Senior, Adult, and Youth/Family Basketball, Cricket, Volleyball, Tot Time, and others.

Drop in classes

Don't have the flexibility in your schedule to commit to a multiple session class? That's ok! We have multiple drop in classes available for the whole family for the price of \$5/session! Take a look at our program listings for a list of opportunities!

We want to hear from you!

Abbotts Creek staff love receiving feedback! Please let us know if you have ideas for how we can better serve you! Call us (919-996-2770), or drop by (9950 Durant Rd.). We also have a feedback board located in the lobby!

We're hiring!

Abbotts Creek is looking for friendly individuals who are passionate about serving their community to join our family!

We're looking for front desk staff, camp counselors, and instructors! To apply, go to raleighnc.gov -> jobs -> and apply!

Need more information? Contact Abbotts Creek Community Center with questions (919-996-2770).

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Rental Information



Don't forget Abbotts Creek for your next rental! We would love the opportunity to provide you with space for your next birthday party, wedding, business meeting, family reunion, or any other event you can imagine! Rental information is available on the Abbotts Creek webpage. Go to RaleighNC.gov and search for Abbotts Creek Community Center! Be sure to call with questions: 919-996-2770.

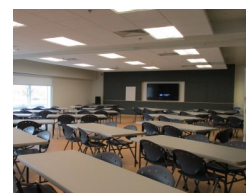
Multipurpose Room

Rental Rate: \$75 per hour (2 hour minimum)

Maximum capacity: 136 (90 with tables/chairs)

Square Footage: 56' x 23'

Attributes: Sink, counters, TV, projector/screen



Classroom

Rental Rate: \$65 per hour (2 hour minimum)

Maximum capacity: 42

Square Footage: 26' x 35'

Attributes: Dry erase board, TV, sink



Fitness Studio (no food/drinks — only water)

Rental Rate: \$65 per hour (2 hour minimum)

Maximum capacity: 44

Square Footage: 26 x 29

Attributes: Upstairs, mirrors, TV



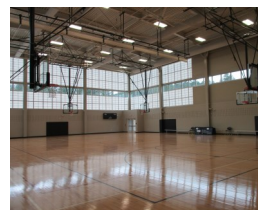
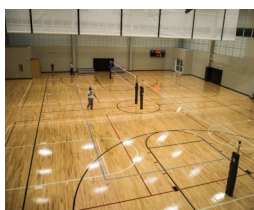
Gymnasium (no food/drinks — only water)

Rental Rate: \$85 per hour (2 hour minimum)

Maximum capacity: 325

Square Footage: 82' x 102'

Attributes: Air conditioning, wood floor, 6 basketball goals, volleyball nets available



Warming Kitchen

Rental Rate: \$25 per hour (2 hour minimum)

Attributes: Microwave, refrigerator, stove, oven, stand alone ice maker, connects to Multipurpose Room with serving counter.



General rental fees

Non-refundable Application Fee: \$15

Security/Damage Deposit: \$100

Supervisory Fee: \$20/hour (before/after center operating hours)

Start application process: 919-996-2770



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