

# Barwell Road Community Center

## January-April Programs



### **PRESCHOOL PROGRAMS**

#### Gymnastics- Preschool Tumbling

Age: 4-5 yrs. Participants will learn basic gymnastics skills, such as forward rolls, backward rolls, handstands, cartwheels and more. They will practice coordination, balance flexibility and strength exercises. This class is tumbling fun! Course fee: \$40

#250647	Jan 7-28	Tu	5:30 PM-6:15 PM
#250648	Feb 4-25	Tu	5:30 PM-6:15 PM
#250649	Mar 3-24	Tu	5:30 PM-6:15 PM
#250650	Apr 7-28	Tu	5:30 PM-6:15 PM

#### Ballet I

Age: 3-7 yrs. This is a continual program to allow children to build their skills. New students are welcome each month. Students will learn basic vocabulary, alignment, posture and the five positions of ballet, stressing the importance of proper posture, traditional barre work and combinations. Students focus on building balance, coordination and poise. Instructor Ms. E, owner of Ethlyn Lassiter's Dance Ensemble. Course Fee: \$43

#250918	Jan 4-25	Sa	10:00 AM-11:00 AM
#250919	Feb 8-29	Sa	10:00 AM-10:45 AM
#250920	Mar 7-28	Sa	10:00 AM-10:45 AM
#250921	Apr 4-25	Sa	10:00 AM-10:45 AM

#### Fitness - Superhero Training

Age: 2-5 yrs. Superheroes need to be in good shape! Training during this fun fitness class will include stretching, running, throwing and jumping. Costumes are welcome, but superheroes should wear tennis shoes. Parent participation is required for 2-year-olds. Course fee: \$5

#250645	Mar 5	Th	10:00 AM-10:45 AM
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#### Playgroup Tot Time - Free program

Age: Up to 5 yrs. The gym is your playground! The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Participation in the program is limited to children who are under 6 years of age and registration is required for all participants.

#249329	Jan 3-Apr 29	W, F	10:00 AM-12:00 PM
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**PARKS, RECREATION  
AND CULTURAL  
RESOURCES**

Barwell Road Community Center  
5857 Barwell Park Drive  
Raleigh, NC 27610  
Phone: (919) 996-5994  
[parks.raleighnc.gov](http://parks.raleighnc.gov)



## YOUTH AND TEEN PROGRAMS

### Step Dance Program

Age: 8-14 yrs. Join us for a program that will teach youth the foundation and techniques of Step, while empowering them to influence positive changes in their communities, schools and families. Students will learn basic step rhythms, formations and performance structure. Instructor is Shy'Kera Morgan. Course fee: \$40

#253256	Jan 9-30	Th	6:00 PM-7:00 PM
#253257	Feb 6-27	Th	6:00 PM-7:00 PM
#253258	Mar 5-26	Th	6:00 PM-7:00 PM
#253259	Apr 2-23	Th	6:00 PM-7:00 PM

### Cheer Dance

Age: 5-11 yrs. Learn basic cheer fundamentals including jumps, motions, and sharpness into a dance. Participants will enhance self-esteem, learn teamwork, and gain strength. Instructor is Tokisha Ragland. Course fee: \$40

#252653	Jan 8-29	W	6:30 PM-7:30 PM
#252654	Feb 5-26	W	6:30 PM-7:30 PM
#252655	Mar 4-25	W	6:30 PM-7:30 PM
#252656	Apr 1-22	W	6:30 PM-7:30 PM

### African Dance for Youth

Age: 5-10 yrs. Participants will learn the fundamentals of African dance, starting with basic movements and progressing to choreographed dance steps. Emphasis is on technique, dance steps and understanding how dance and drum rhythms are closely intertwined. This is a high-spirited, high-powered rhythmic dance experience for anyone who loves to dance. Clothing should be loose. Course fee: \$43

#250927	Jan 4-25	Sa	11:00 AM-12:00 PM
#250928	Feb 8-29	Sa	11:00 AM-11:45 AM
#250929	Mar 7-28	Sa	11:00 AM-11:45 AM
#250930	Apr 4-25	Sa	11:00 AM-11:45 AM

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**Dance- Modern Dance**

Age: 8-13 yrs. Contemporary/Modern Dance class is designed for the dancer with a curiosity for modern/ contemporary dance. This class develops strong creative dancers and introduces integral concepts like body awareness, alignment, strength, flexibility, and endurance. Dancers focus on musicality, dynamics, footwork and artistic expression. Skill and self-confidence are developed in a fun environment. Course fee: \$43

#251872	Jan 4-25	Sa	11:45 AM-12:45 PM
#251873	Feb 8-29	Sa	12:00 PM-12:45 PM
#251874	Mar 7-28	Sa	12:00 PM-12:45 PM
#251875	Apr 4-25	Sa	12:00 PM-12:45 PM

**Martial Arts - Youth Shotokan Karate-Do**

Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Instructor: Eric Blaize. Course fee: \$20

**Beginning Shotokan (Ages 6-14 yrs)**

#250963	Jan 6-29	M, W	6:00 PM-7:00 PM
#250964	Feb 3-26	M, W	6:00 PM-7:00 PM
#250965	Mar 2-30	M, W	6:00 PM-7:00 PM
#250966	Apr 6-29	M, W	6:00 PM-7:00 PM

**Intermediate Shotokan (ages 9-16 yrs)**

#250967	Jan 6-29	M, W	7:00 PM-8:00 PM
#250968	Feb 3-26	M, W	7:00 PM-8:00 PM
#250969	Mar 2-30	M, W	7:00 PM-8:00 PM
#250970	Apr 6-29	M, W	7:00 PM-8:00 PM

**Gymnastics- Youth Tumbling**

Age: 6-11 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, hand-stands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun! Course fee: \$40

#250939	Jan 7-28	Tu	6:15 PM-7:00 PM
#250940	Feb 4-25	Tu	6:15 PM-7:00 PM
#250941	Mar 3-24	Tu	6:15 PM-7:00 PM
#250942	Apr 7-28	Tu	6:15 PM-7:00 PM

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Youth Escape School (YES Days)

Age: 5-12 yrs. Need something for your child to do on school holidays and teacher workdays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while their parents work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Each participant must bring a lunch, drinks, two snacks and should dress for play. Elections may impact site availability. If the minimum registration requirements are not met for a specific date at a location, guardians will be notified at least five days in advance and given the option to change locations or receive a full refund for that date. Course fee: \$30 per day.

#243201	Jan 2	Th	7:00 AM-6:00 PM	#243206	Apr 7	Tu	7:00 AM-6:30 PM
#243198	Jan 29	W	7:00 AM-6:30 PM	#243207	Apr 8	W	7:00 AM-6:30 PM
#243199	Feb 17	M	7:00 AM-6:30 PM	#243208	Apr 9	Th	7:00 AM-6:30 PM
#243203	Feb 18	Tu	7:00 AM-6:30 PM	#243210	Apr 13	M	7:00 AM-6:30 PM
#243204	Mar 9	M	7:00 AM-6:30 PM	#243211	May 1	F	7:00 AM-6:30 PM
#243213	Jan 3	F	7:00 AM-6:00 PM	#249352	May 15	F	7:00 AM-6:30 PM
#243205	Apr 6	M	7:00 AM-6:30 PM				

**ADULT AND TEEN PROGRAMS**

Martial Arts - Adult Shotokan Karate-Do

Age: 15yrs. and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor: Eric Blaize. Course fee: \$20

#250977	Jan 6-29	M, W	7:00 PM-8:30 PM
#250978	Feb 3-26	M, W	7:00 PM-8:30 PM
#250979	Mar 2-30	M, W	7:00 PM-8:30 PM
#250980	Apr 1-29	W, M	7:00 PM-8:30 PM

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### Step It Up Line Dance Class

Age: 17yrs. and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. This class is a great way to exercise and will keep your body and mind fit. So let's get together, make new friends and have fun while dancing to the latest and popular line dance songs! Fee is per night attending. Course fee: \$5 per night.

#248625      Jan 8-Apr 29    W      6:00 PM-7:30 PM

### ZUMBA® at Barwell Road

Age: 13yrs. and up. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Portia Walton. Course fee: \$5 per night.

#250985      Jan 6-Apr 27    M      6:00 PM-7:00 PM

### Fitness Room

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 or older. Please see staff for additional information. Course fee: \$2 per day, \$15 for 30 days or \$75 for 6 months.

## **FAMILY ACTIVITY**

### Egg Hunt - Anderson Point

Age: Up to 10 yrs. Come to your local community center on Saturday, April 13, 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. Hunts start promptly at 11 a.m. This is a free activity, and preregistration is not required.

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## Open Play Sports

Barwell Road Community Center will have open play times for basketball and volleyball as the gyms are available. Days and times are subject to change without notice. Please call the Open Play line at 919-996-6736 to hear a list of weekly open play times.

Open Play Name	Requirement	Schedule
Adult Basketball (18 and older)	Valid ID	Call for schedule
Youth Basketball (17 and younger)	Youth Open Play form	Call for schedule
Volleyball (13 and older)	Valid ID	Sun, 1p-5p (ends March 29th)
50+ Open Play Basketball	Registration Form	Mon & Thur, 3p-6p

## Athletic League Upcoming Registrations

Check out the Leisure Ledger to learn more information about these or other leagues offered by the department. The age as of date for the leagues may vary.

League Name	Registration	Fee	Locations
Youth Spring Soccer (4-8 yr)	January 2-31st	\$55	Laurel Hills/Kiwanis
Youth Lacrosse (2nd-8th grade)	January 20-31 st	\$75	Buffaloe Road/Jaycee
Youth Baseball/Softball (5-17 yr)	February 3-14th	\$40	Various locations
Youth Volleyball (7-15 yr)	February 3-14th	\$65	Optimist
NFL Flag Football (5-13 yr)	Feb 3-23rd	\$55	Williams Park/Kiwanis
Adult Spring Softball	Feb 17-21st	\$500/team	Various locations
Adult Men's Baseball	March 3-7th	\$500/team	Various locations
Adult Kickball	March 9-13th	\$400/team	Various locations

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