



May-August 2019

# Leisure Ledger

A guide to Raleigh Parks, Recreation and Cultural Resources  
Department's programs, special events, and facilities



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

Registration begins **March 26, 2019**  
**919-996-6640 | [parks.raleighnc.gov](http://parks.raleighnc.gov)**

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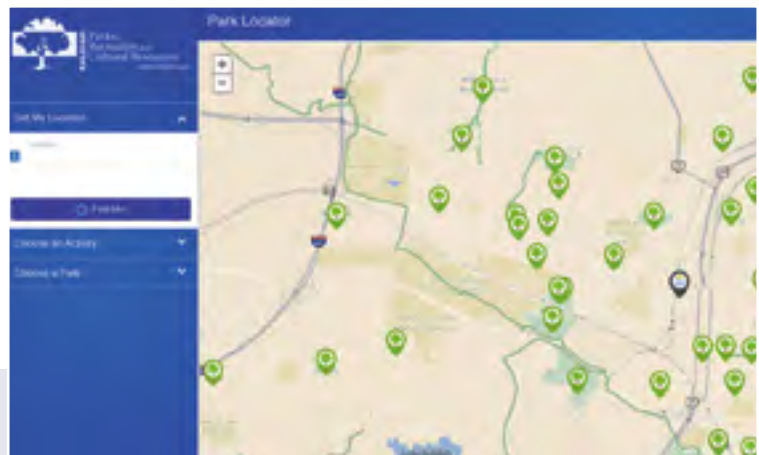
## Together we connect and enrich our community through exceptional experiences.

Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 110 courts, dive into one of 9 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

## Start Exploring With Park Locator!

The Park Locator mapping tool makes it even easier to find the closest parks to your home, search for parks by amenities, get directions and explore program offerings. It is responsive to different devices and is supported by all major, current browsers.

Access Park Locator:  
**<http://maps.raleighnc.gov/parklocator/>**  
\* You may also access Park Locator at  
**[Parks.raleighnc.gov](http://Parks.raleighnc.gov)**



# DISCOVER YOUR

## Raleigh Parks, Recreation and Cultural Resources Department

### 3 WAYS TO REGISTER

Registration Status: Check the status of your registration at any time by going to Reclink at **parks.raleighnc.gov**  
Click on My Account and select View Full Purchase History.



#### Browse or Register online with Reclink

Visit [parks.raleighnc.gov](http://parks.raleighnc.gov)

Reclink allows you to search for classes, programs, and events by age, location, barcode, or keyword. With your Login ID and Family PIN you can then complete your registration and payment online.



#### mail-in

**Raleigh Parks, Recreation and  
Cultural Resources Department**  
Attn: Recreation Business Office  
2401 Wade Avenue  
Raleigh, NC 27607



#### walk-in

Bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

For more information about online registration, visit [parks.raleighnc.gov](http://parks.raleighnc.gov) or call 919-996-2153 (Reclink).  
Program information is accurate at time of printing, but may be subject to change.

### BE SOCIAL



[pinterest.com/raleighparks](http://pinterest.com/raleighparks)



[YouTube.com/raleighparksandrec](http://YouTube.com/raleighparksandrec)



[@raleighparks](https://twitter.com/raleighparks)



[Instagram.com/raleighparks](http://Instagram.com/raleighparks)



[facebook.com/raleighparks](http://facebook.com/raleighparks)



#### My Raleigh Subscriptions

Sign up at [www.raleighnc.gov](http://www.raleighnc.gov)  
to receive emails or text messages  
about a variety of City of Raleigh topics  
including Parks and Recreation.



### **Raleigh City Council\***

**Mayor:** Nancy McFarlane  
Corey Branch  
David Cox  
Kay Crowder  
Stef Mendell  
Russ Stephenson  
Nicole Stewart  
Dickie Thompson

### **Parks, Recreation and Greenway Advisory Board Members\***

**Chair:** Amy Simes  
**Vice Chair:** Brad Johnson  
Carol Ashcraft  
Patrick Buffkin  
Christopher Dillon  
Kendall Harris  
Dexter Hebert  
Jennifer Hoverstad  
Marsha Presnell Jennette  
Carol Love  
Clodagh Lyons-Bastian  
David Millsaps  
Dave Toms  
Charles Townsend  
Jennifer Wagner

\*at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month. Please check the City website for location. The public is invited to attend.

### **Arts Commission Members**

**Chair:** Chanda Branch  
**Vice Chair:** Moses T Alexander Greene  
Natalie Bullock-Brown  
Arrington Clark  
David Clegg  
Laurent de Comarmond  
Bain Jones  
Pam Hartley  
Beth Khalifa  
Andy Martin  
Patty Williams  
Shelley Winters  
R Gene Davis Jr

### **Management Team**

**Director:** Diane Sauer  
**Assistant Director:**  
Scott Payne  
**Assistant Director:**  
Sally Thigpen  
**Assistant Director:**  
Ken Hisler  
**Assistant Director:**  
Stephen Bentley  
**Administration Superintendent:**  
Helene McCullough

### **Historic Resources and Museum Program Advisory Board**

Clare Bass  
Fred Belledin  
Jannette Coleridge-Taylor  
Sally Greaser  
Esther Hall  
Holmes Harden  
Matt Hobbs  
Alicia McGill  
Joe Mobley  
Sam Mordecai  
Edna Rich-Ballentine  
Stephen Rabin  
Jennifer Wagner, PRGAB Liaison

### **City of Raleigh Historic Cemetery Advisory Board**

David Brown  
Danny Coleman  
Barden Culbreth  
Joe Dillon  
Ruby Greene  
Jenny Harper  
Terry Harper  
Amy Howard  
Jane Thurman

### **Public Art and Design Board**

**Chair:** Scott Hazard  
**Vice Chair:** Laurent de Comarmond  
Adam Cave  
Susan Cannon  
Linda Dallas  
Lincoln Hancock  
Kathleen Rieder

## **Financial Assistance**

The City of Raleigh Parks, Recreation and Cultural Resources Department strives to provide programs to all. Thanks to generous donations and support, we are able to provide financial assistance to those in need. Financial assistance is provided on a sliding scale based on income and other financial circumstances. All patrons who wish to register for programs provided by the City of Raleigh Parks, Recreation and Cultural Resources Department are eligible to apply for financial assistance. Please note that financial assistance is not available for: specialty camps, organizations, adult teams, special events, trips, or rentals. For more information on eligibility or to request the financial assistance application, please call **919-996-4839** or email **Fee.Assistance@raleighnc.gov**





## Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



### Play It Forward Financial Assistance Fund

Throughout the past 25 years the Parks, Recreation, and Cultural Resources Department has provided assistance to families and individuals who desire to participate in departmental programs but for financial reasons cannot always afford to. From 1993, when the department held its first employee auction to help raise funds for this purpose, to today, the fund has helped over 7,500 individuals in Raleigh and the surrounding communities to participate in recreation programs that encourage healthy lifestyles, promote self-confidence and teach life-

long lessons. Assistance is awarded based on financial need and is offered to support all who wish to participate in our programs. To make a tax-deductible donation, please mail a completed form to:

#### City Of Raleigh

Financial Assistance Program – 6107

P.O. Box 590 Raleigh, NC 27602

City of Raleigh tax ID number: 56-6000236

### Play It Forward Scholarship Fund

#### BY CHECK

☐ Yes, we/I would like to help by donating to the Financial Assistance Scholarship Fund.

Please accept my gift of: ☐ \$10 ☐ \$20 ☐ \$50 ☐ Other \_\_\_\_\_

☐ My check is enclosed (Payable to the City of Raleigh and Tax Deductible)

Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

#### ONLINE

To make a tax-deductible donation online, visit RecLink and search the unique barcodes below for each donation amount:

\$10 donation code #239366

\$20 donation code #239367

\$50 donation code #239368

\$100 donation code #239370

May 18

# MUD DAY

**All Ages. Celebrate wetlands at our third annual Mud Day festival,** winner of the 2018 NCRPA Innovative Program of the Year! There will be activities, games, live animal exhibits, food trucks, and of course a huge mud pit! Come dressed to get messy and wet!

Walnut Creek Wetland Center – \$0

#236849 May 18 Sa 10:00am-2:00pm





# Adventure

**Outdoor Recreation Director:** Seth Yearout  
Seth.Yearout@raleighnc.gov

For more information about facilities, hours of operation, and available services please visit: <http://www.raleighnc.gov/parks> and search the term "Outdoor Recreation."

## Outdoor Recreation

Our mission is to enrich the lives of our patrons through programs, services and park facilities that connect them with the natural environment. Outdoor Recreation seeks to foster a personal connection to resources through firsthand experience and evaluation of one's relationship with the natural environment.

Our goal is to provide a variety of exceptional programs, services and park facilities that reach all members of the community. Programs, services and park facilities are designed to assist the balance of our participants' physical, mental or social needs through the use of the outdoor environment.

## Facilities:

**Lake Johnson**  
4601 Avent Ferry Rd.  
Raleigh, NC 27606  
Phone: 919-233-2121

**Adventure Program**  
820 Clay Street  
Raleigh, NC 27602  
Phone: 919-996-6855

**Lake Wheeler**  
6404 Lake Wheeler Rd.  
Raleigh, NC 27603  
Phone: 919-662-5704

**Forest Ridge Park**  
2100 Old NC 98 Hwy.  
Wake Forest, NC 27587  
Phone: 919-556-6781

## River Access and Disc Golf Courses:

Visit our Website for more information

## Youth

### Fishing on the Banks

Age: 10-12 yrs. Have fun and learn to fish from the banks of Falls Lake! Join our experienced instructors as they lead the group through fishing techniques and etiquette before heading down to the water to test out your skills. This program is designed to introduce fishing terms and basic casting skills in a fun environment. All equipment and bait is provided but bring your pole if you'd like. Spots are limited to register soon to catch the big one!

**Forest Ridge Park** – Course Fee: \$4

#237911	May 30	Th	6:00-8:00pm
#237912	Aug 1	Th	6:00-8:00pm

### Forest Ridge Park Adventures

Age: 10-12 yrs. This mini-series will introduce many different outdoor activities to youth over the course of 3 sessions. Activities may include wilderness survival skills, fishing, or plant and animal identification along with general recreational activities. All sessions will take place in the outdoors so dress for the weather. Spots are limited so register today!

**Forest Ridge Park** – Course Fee: \$45

#237956	Jun 25-27	Tu-Th	9:00am-12:00pm
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## Adult

### Bike Maintenance Clinic

Age: 14yrs. and up. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty. Sign up today for quality instruction and hands-on experience.

**Forest Ridge Park** – Course Fee: \$15

#237904	May 11	Sa	1:00-3:00pm
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### Fundamentals of Sailing

Age: 16yrs. and up. Spend a day at the lake learning to sail a Sunfish sailboat. This course is perfect for beginners. Instruction includes: terminology, basic sailing theory and practice, rigging, and safety procedures. No previous sailing experience required. Be prepared to get wet. Please bring a bagged lunch. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$60

#236241	Jun 9	Su	10:00am-4:00pm
#236242	Jun 23	Su	10:00am-4:00pm
#236243	Jul 14	Su	10:00am-4:00pm
#236244	Jul 28	Su	10:00am-4:00pm
#236245	Aug 11	Su	10:00am-4:00pm
#236246	Aug 25	Su	10:00am-4:00pm

### Fundamentals of Stand-up Paddle Boarding

Age: 16yrs. and up. This class will introduce the basics of Stand-up Paddle Boarding in a calm setting and at a relaxed pace. Participants will learn the parts of the stand-up paddle board, the different paddling strokes and techniques, maneuverability, and self-rescue techniques. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$25

#236193	May 28	Tu	6:00-8:00pm
#236194	Jun 5	W	6:00-8:00pm
#236195	Jun 25	Tu	6:00-8:00pm
#236196	Jul 10	W	6:00-8:00pm
#236197	Jul 30	Tu	6:00-8:00pm
#236198	Aug 7	W	5:30-7:30pm
#236199	Aug 27	Tu	5:30-7:30pm

### Guided Night Paddle

Age: 16yrs. and up. Explore Lake Johnson in a kayak after hours with an experienced guide and naturalist. Participants will learn about the wonderful wildlife that comes out at night. Look for beavers, owls, bats and more all while enjoying beautiful views of the moon on the water. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#236262	Jun 14	F	8:30-10:30pm
#236263	Jul 19	F	8:30-10:30pm
#236264	Aug 16	F	8:30-10:30pm

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**Guided Sailing**

Age: 16yrs. and up. This course is for those with experience sailing but still need some guidance and practice. Sail around the lake with an experienced instructor close at hand. This course is great opportunity for participants to brush up on their skills while receiving guidance and feedback. Intro to Sailing, Fundamentals of Sailing, or equivalent experience required as a pre-requisite. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#236256	Jun 19	W	6:00-8:00pm
#236257	Jul 24	W	6:00-8:00pm
#236258	Aug 21	W	6:00-8:00pm

**Intermediate Bike Maintenance Clinic**

Age: 16yrs. and up. Ready for the next level of mending and maintaining your bike? In this intermediate clinic, we dive a little deeper into the functionality of your bike and how to keep it in great shape. Topics covered may include wheel, derailleur, and chain adjustments. This course presents topics with demonstrations and allows for practice on your own bike. Although we provide the tools make sure you bring your own bike and clothes that can get dirty. You'll be ready for the trail after you take advantage of our skilled instruction, so register today!

**Forest Ridge Park** – Course Fee: \$15

#237906	Jul 13	Sa	1:00-3:00pm
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**Intro to Sailing**

Age: 16yrs. and up. In this course participants will learn the basics of sailing a Sunfish sailboat. This course is perfect for beginners and a great refresher for those who have experience but are feeling a bit rusty. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$25

#236247	Jun 3	M	6:00-8:00pm
#236248	Jun 17	M	6:00-8:00pm
#236249	Jun 18	Tu	6:00-8:00pm
#236250	Jul 8	M	6:00-8:00pm
#236251	Jul 22	M	6:00-8:00pm
#236252	Jul 23	Tu	6:00-8:00pm
#236253	Aug 5	M	6:00-8:00pm
#236254	Aug 19	M	5:30-7:30pm
#236255	Aug 20	Tu	5:30-7:30pm

**Morning Stand-up Paddle Board Tour**

Age: 16yrs. and up. Early morning is the best time to see wildlife, and what better way to experience it than by paddling with an experienced naturalist? Participants will explore beautiful Lake Johnson learning about the wildlife, history, and natural features of the lake; all while beating the summer heat. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#236223	Jun 1	Sa	8:00-10:00am
#236224	Jun 29	Sa	8:00-10:00am
#236225	Aug 3	Sa	8:00-10:00am
#236226	Aug 31	Sa	8:00-10:00am

**Sunset Stand-up Paddle Board Tour**

Age: 16yrs. and up. Explore Lake Johnson on a stand-up paddle board with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#236210	May 30	Th	6:15-8:15pm
#236211	Jun 27	Th	6:15-8:15pm
#236212	Aug 1	Th	6:15-8:15pm
#236213	Aug 29	Th	5:45-7:45pm

**Wilderness Preparedness Workshop for Adults**

Age: 18yrs. and up. Would you know what to do if you were stranded in the woods? In this workshop our skilled instructor reveal techniques of survival and wilderness preparedness through interactive scenarios. Topics may include trip preparation, gear essentials, and emergency improvisation. This session is hands-on, interactive and set in a fun environment. Spend time outdoors and put your new skills to the test. Sign up today because your survival may depend on it.

**Forest Ridge Park** – Course Fee: \$10

#237965	Jun 22	Sa	9:00am-12:00pm
#237966	Jul 27	Sa	9:00am-12:00pm





## Family

### Fundamentals of Canoeing

Age: 12yrs. and up. This class will introduce the basics of Canoeing in a calm setting and at a relaxed pace. Participants will learn the parts of a canoe, paddling strokes and techniques, maneuverability, and self-rescue techniques. Participants under the age of 16 must be registered with an adult. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#236217	Jun 11	Tu	6:00-8:00pm
#236218	Jul 16	Tu	6:00-8:00pm
#236219	Aug 13	Tu	5:30-7:30pm

### Fundamentals of Kayaking

Age: 12yrs. and up. This class will introduce the basics of Kayaking in a calm setting and at a relaxed pace. Participants will learn the parts of a kayak, paddling strokes and techniques, maneuverability, and self-rescue techniques. Participants under the age of 16 must be registered with an adult. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$20

#236202	May 29	W	6:00-8:00pm
#236203	Jun 4	Tu	6:00-8:00pm
#236205	Jun 26	W	6:00-8:00pm
#236206	Jul 9	Tu	6:00-8:00pm
#236207	Jul 31	W	6:00-8:00pm
#236208	Aug 6	Tu	6:00-8:00pm
#236209	Aug 28	W	5:30-7:30pm

### Morning Kayak Tour

Age: 10yrs. and up. Early morning is the best time to see wildlife, and what better way to experience it than by paddling with an experienced naturalist? Participants will explore beautiful Lake Johnson learning about the wildlife, history, and natural features of the lake; all while beating the summer heat. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#236227	Jun 8	Sa	8:00-10:00am
#236228	Jul 13	Sa	8:00-10:00am
#236229	Aug 10	Sa	8:00-10:00am

### Sunset Canoe Tour

Age: 10yrs. and up. Explore Lake Johnson in a canoe with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the



sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#236220	Jun 13	Th	6:15-8:15pm
#236221	Jul 18	Th	6:15-8:15pm
#236222	Aug 15	Th	5:45-7:45pm

### Sunset Kayak Tour

Age: 10yrs. and up. Explore Lake Johnson in a kayak with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$15

#236214	Jun 6	Th	6:15-8:15pm
#236215	Jul 11	Th	6:15-8:15pm
#236216	Aug 8	Th	5:45-7:45pm

# Aquatatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

## Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult. All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10. Private lessons are also available for individuals wanting one on one instruction. Swim lessons for individuals with disabilities are available following the inclusion model. (For more information, contact Tricia Severa 919-996-6213.)

### All Pools

(with the exception of Buffalo Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$4	\$7
55 and older	\$3	\$5

### Buffalo Road Aquatic Center

At The Door	Resident	Non-Res
1-12 years	\$4	\$7
13-54 years	\$8	\$15
55 and older	\$6	\$11

### All Pools

#### Photo I.D. Pass

may be purchased at all pools.

#### Punch Passes

Purchased at each pool for 15 swims. (valid two years-to-date)

	Resident	Non-Res
1-12 years	\$24	\$36
13-54 years	\$48	\$84
55 and older	\$36	\$60

Monthly Pass	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$36	\$63
55 and older	\$27	\$45

Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

## Preschool

### Parent & Child Aquatics Level 1

Age: 6 mths - 3 yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

#### Biltmore Pool

Course Fee: \$38			
#236385	Jun 15-29	Sa	10:10-10:40am
Course Fee: \$40			
#236386	Jul 13-Aug 3	Sa	10:10-10:40am

#### Buffalo Rd Aquatic Center

Course Fee: \$40			
#236436	Jun 1-22	Sa	11:30am-12:00pm
#236439	Jul 6-27	Sa	11:30am-12:00pm

#236442	Aug 3-24	Sa	11:30am-12:00pm
Course Fee: \$55			
#236434	May 7-23	Tu, Th	11:30am-12:00pm
#236435	May 7-23	Tu, Th	4:30-5:00pm
#236437	Jun 4-20	Tu, Th	11:30am-12:00pm
#236438	Jun 4-20	Tu, Th	4:30-5:00pm
#236440	Jul 9-25	Tu, Th	11:30am-12:00pm
#236441	Jul 9-25	Tu, Th	4:30-5:00pm
#236443	Aug 6-22	Tu, Th	11:30am-12:00pm
#236444	Aug 6-22	Tu, Th	4:30-5:00pm

#### Lake Johnson Pool

Course Fee: \$38			
#236658	Jul 13-27	Sa	10:10-10:40am
Course Fee: \$40			
#236655	Jun 17-20	M-Th	10:10-10:40am
#236656	Jun 17-20	M-Th	5:10-5:40pm
#236657	Jun 24-27	M-Th	10:10-10:40am

#### Longview Pool

Course Fee: \$38			
#236789	Jun 15-29	Sa	10:10-10:40am
#236790	Jul 13-27	Sa	10:10-10:40am

### Millbrook Pool

Course Fee: \$40			
#236940	Jun 1-22	Sa	9:30-10:00am
#236944	Jun 29-Jul 20	Sa	9:30-10:00am
#236949	Jul 27-Aug 24	Sa	9:30-10:00am
Course Fee: \$55			
#236938	May 14-23	Tu-Th	10:50-11:20am
#236942	Jun 18-27	Tu-Th	9:30-10:00am
#236943	Jun 18-27	Tu-Th	5:10-5:40pm
#236946	Jul 9-18	Tu-Th	9:30-10:00am
#236947	Jul 9-18	Tu-Th	5:10-5:40pm
#236948	Jul 23-Aug 1	Tu-Th	10:10-10:40am

### Optimist Pool

Course Fee: \$40			
#237395	Apr 27-May 18	Sa	10:10-10:40am
#237408	Jun 1-22	Sa	10:10-10:40am
#237413	Jul 13-Aug 10	Sa	10:10-10:40am
Course Fee: \$55			
#237402	May 13-23	M, W-Th	10:10-10:40am
#237407	May 13-23	M, W-Th	5:10-5:40pm
#237409	Jun 10-20	M, W-Th	10:10-10:40am
#237410	Jun 10-20	M, W-Th	5:10-5:40pm
#237411	Jul 8-18	M, W-Th	10:10-10:40am
#237412	Jul 8-18	M, W-Th	5:10-5:40pm
#237414	Jul 29-Aug 8	M, W-Th	10:10-10:40am
#237415	Jul 29-Aug 8	M, W-Th	5:10-5:40pm

### Pullen Aquatic Center

Course Fee: \$55			
#238132	Jun 10-20	M, W-Th	11:30am-12:00pm
#238133	Jun 10-20	M, W-Th	5:10-5:40pm
#238134	Jul 8-18	M, W-Th	11:30am-12:00pm
#238135	Jul 8-18	M, W-Th	5:10-5:40pm
#238136	Jul 29-Aug 8	M, W-Th	11:30am-12:00pm
#238137	Jul 29-Aug 8	M, W-Th	5:10-5:40pm
Course Fee: \$72			
#238130	May 14-Jun 6	Tu, Th	10:50-11:20am
#238131	May 14-Jun 6	Tu, Th	5:10-5:40pm

### Ridge Road Pool

Course Fee: \$38			
#238231	Jul 13-27	Sa	9:30-10:00am
#238232	Jul 13-27	Sa	11:30am-12:00pm
Course Fee: \$40			
#238227	Jun 8-29	Sa	9:30-10:00am
#238228	Jun 10-13	M-Th	5:10-5:40pm
#238229	Jun 17-20	M-Th	10:10-10:40am
#238230	Jun 17-20	M-Th	11:30am-12:00pm
#238233	Jul 22-25	M-Th	5:10-5:40pm
#238298	Jul 29-Aug 1	M-Th	6:30-7:00pm

## Parent & Child Aquatics Level 2

Age: 6 mths - 3 yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

#### Buffalo Rd Aquatic Center

Course Fee: \$40			
#236447	Jun 1-22	Sa	11:30am-12:00pm
#236450	Jul 6-27	Sa	11:30am-12:00pm
#236453	Aug 3-24	Sa	11:30am-12:00pm
Course Fee: \$55			
#236445	May 7-23	Tu, Th	11:30am-12:00pm
#236446	May 7-23	Tu, Th	4:30-5:00pm
#236448	Jun 4-20	Tu, Th	11:30am-12:00pm
#236449	Jun 4-20	Tu, Th	4:30-5:00pm
#236451	Jul 9-25	Tu, Th	11:30am-12:00pm
#236452	Jul 9-25	Tu, Th	4:30-5:00pm
#236454	Aug 6-22	Tu, Th	11:30am-12:00pm
#236455	Aug 6-22	Tu, Th	4:30-5:00pm

#### Lake Johnson Pool

Course Fee: \$38			
#236659	Jul 13-27	Sa	10:50-11:20am

### Millbrook Pool

Course Fee: \$40

#236951	Jun 1-22	Sa	10:10-10:40am
#236955	Jun 29-Jul 20	Sa	10:10-10:40am
#236961	Jul 27-Aug 24	Sa	10:10-10:40am
Course Fee: \$55			
#236950	May 14-23	Tu-Th	11:30am-12:00pm
#236952	Jun 4-13	Tu-Th	11:30am-12:00pm
#236953	Jun 18-27	Tu-Th	10:10-10:40am
#236954	Jun 18-27	Tu-Th	5:50-6:20pm
#236957	Jul 9-18	Tu-Th	10:10-10:40am
#236959	Jul 9-18	Tu-Th	5:50-6:20pm
#236962	Aug 6-15	Tu-Th	10:10-10:40am

### Optimist Pool

Course Fee: \$40

#237416	Apr 27-May 18	Sa	10:50-11:20am
#237419	Jun 1-22	Sa	10:50-11:20am
#237425	Jul 13-Aug 10	Sa	10:50-11:20am
Course Fee: \$55			
#237417	May 13-23	M, W-Th	10:10-10:40am
#237418	May 13-23	M, W-Th	5:10-5:40pm
#237420	Jun 10-20	M, W-Th	10:10-10:40am
#237421	Jun 10-20	M, W-Th	5:10-5:40pm
#237422	Jul 8-18	M, W-Th	10:10-10:40am
#237424	Jul 8-18	M, W-Th	5:10-5:40pm
#237426	Jul 29-Aug 8	M, W-Th	10:10-10:40am
#237427	Jul 29-Aug 8	M, W-Th	5:10-5:40pm

### Pullen Aquatic Center

Course Fee: \$55

#238140	Jun 10-20	M, W-Th	11:30am-12:00pm
#238141	Jun 10-20	M, W-Th	5:10-5:40pm
#238142	Jul 8-18	M, W-Th	11:30am-12:00pm
#238143	Jul 8-18	M, W-Th	5:10-5:40pm
#238144	Jul 29-Aug 8	M, W-Th	11:30am-12:00pm
#238145	Jul 29-Aug 8	M, W-Th	5:10-5:40pm
Course Fee: \$72			
#238138	May 14-Jun 6	Tu, Th	11:30am-12:00pm
#238139	May 14-Jun 6	Tu, Th	5:10-5:40pm

### Ridge Road Pool

Course Fee: \$38

#238239	Jul 13-27	Sa	10:10-10:40am
Course Fee: \$40			
#238234	Jun 8-29	Sa	10:10-10:40am
#238235	Jun 10-13	M-Th	5:50-6:20pm
#238236	Jun 17-20	M-Th	10:50-11:20am
#238237	Jun 17-20	M-Th	5:50-6:20pm
#238238	Jul 8-11	M-Th	5:10-5:40pm
#238240	Jul 15-18	M-Th	10:50-11:20am
#238241	Jul 22-25	M-Th	11:30am-12:00pm
#238242	Jul 22-25	M-Th	5:50-6:20pm

### Preschool Aquatics Level 1

Age: 3-5 yrs. Participants learn to enjoy and feel comfortable in the water. Participants gain elementary aquatic skills such as underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. This course has no prerequisites.

### Biltmore Pool

Course Fee: \$38

#236387	Jun 15-29	Sa	10:10-10:40am
#236388	Jun 15-29	Sa	10:50-11:20am
Course Fee: \$40			
#236389	Jun 17-20	M-Th	5:50-6:20pm
#236390	Jul 13-Aug 3	Sa	10:10-10:40am
#236391	Jul 15-18	M-Th	5:50-6:20pm

### Buffaloe Rd Aquatic Center

Course Fee: \$40

#236458	Jun 1-22	Sa	10:10-10:40am
#236461	Jul 6-27	Sa	10:10-10:40am
#236464	Aug 3-24	Sa	10:10-10:40am

Course Fee: \$55

#236456	May 7-23	Tu, Th	10:10-10:40am
#236457	May 7-23	Tu, Th	5:10-5:40pm
#236459	Jun 4-20	Tu, Th	10:10-10:40am
#236460	Jun 4-20	Tu, Th	5:10-5:40pm
#236462	Jul 9-25	Tu, Th	10:10-10:40am
#236463	Jul 9-25	Tu, Th	5:10-5:40pm
#236465	Aug 6-22	Tu, Th	10:10-10:40am
#236466	Aug 6-22	Tu, Th	5:10-5:40pm

### Lake Johnson Pool

Course Fee: \$38

#236674	Jul 13-27	Sa	9:30-10:00am
Course Fee: \$40			
#236660	Jun 8-29	Sa	9:30-10:00am
#236661	Jun 8-29	Sa	10:10-10:40am
#236662	Jun 8-29	Sa	11:30am-12:00pm
#236663	Jun 10-13	M-Th	5:10-5:40pm
#236664	Jun 10-13	M-Th	5:50-6:20pm
#236665	Jun 17-20	M-Th	10:50-11:20am
#236666	Jun 17-20	M-Th	5:10-5:40pm
#236667	Jun 17-20	M-Th	6:30-7:00pm
#236668	Jun 24-27	M-Th	10:50-11:20am
#236669	Jun 24-27	M-Th	5:10-5:40pm
#236670	Jul 8-11	M-Th	9:30-10:00am
#236671	Jul 8-11	M-Th	10:50-11:20am
#236673	Jul 8-11	M-Th	5:10-5:40pm
#236675	Jul 15-18	M-Th	10:10-10:40am
#236676	Jul 15-18	M-Th	10:50-11:20am
#236677	Jul 22-25	M-Th	10:50-11:20am
#236678	Jul 22-25	M-Th	5:10-5:40pm
#236679	Jul 22-25	M-Th	6:30-7:00pm
#236680	Jul 29-Aug 1	M-Th	10:50-11:20am
#236681	Jul 29-Aug 1	M-Th	5:10-5:40pm

### Longview Pool

Course Fee: \$38

#236856	Jun 15-29	Sa	10:10-10:40am
#236862	Jul 13-27	Sa	10:10-10:40am
Course Fee: \$40			
#236857	Jun 17-20	M-Th	5:10-5:40pm
#236858	Jun 17-20	M-Th	5:50-6:20pm
#236859	Jun 24-27	M-Th	5:10-5:40pm
#236860	Jun 24-27	M-Th	5:50-6:20pm
#236861	Jul 8-11	M-Th	5:50-6:20pm
#236867	Jul 22-25	M-Th	6:30-7:00pm

### Millbrook Pool

Course Fee: \$40

#236965	Jun 1-22	Sa	8:50-9:20am
#236966	Jun 1-22	Sa	9:30-10:00am
#236972	Jun 29-Jul 20	Sa	9:30-10:00am
#236973	Jun 29-Jul 20	Sa	10:50-11:20am
#236980	Jul 27-Aug 24	Sa	8:50-9:20am
#236981	Jul 27-Aug 24	Sa	9:30-10:00am

Course Fee: \$55

#236963	May 14-23	Tu-Th	10:50-11:20am
#236964	May 14-23	Tu-Th	5:10-5:40pm
#236967	Jun 4-13	Tu-Th	10:50-11:20am
#236968	Jun 4-13	Tu-Th	5:10-5:40pm
#236969	Jun 18-27	Tu-Th	9:30-10:00am
#236970	Jun 18-27	Tu-Th	10:50-11:20am
#236971	Jun 18-27	Tu-Th	5:10-5:40pm
#236974	Jul 9-18	Tu-Th	9:30-10:00am
#236975	Jul 9-18	Tu-Th	10:50-11:20am
#236976	Jul 9-18	Tu-Th	5:10-5:40pm
#236977	Jul 23-Aug 1	Tu-Th	9:30-10:00am
#236978	Jul 23-Aug 1	Tu-Th	11:30am-12:00pm
#236979	Jul 23-Aug 1	Tu-Th	5:10-5:40pm
#236982	Aug 6-15	Tu-Th	9:30-10:00am
#236983	Aug 6-15	Tu-Th	11:30am-12:00pm
#236984	Aug 6-15	Tu-Th	5:10-5:40pm
#236985	Aug 20-29	Tu-Th	5:10-5:40pm

### Optimist Pool

Course Fee: \$40

#237428	Apr 27-May 18	Sa	10:10-10:40am
#237429	Apr 27-May 18	Sa	11:30am-12:00pm

#237440	Jun 1-22	Sa	10:10-10:40am
#237441	Jun 1-22	Sa	11:30am-12:00pm
#237450	Jul 13-Aug 10	Sa	10:10-10:40am
#237451	Jul 13-Aug 10	Sa	11:30am-12:00pm
Course Fee: \$55			
#237432	May 13-23	M, W-Th	10:10-10:40am
#237433	May 13-23	M, W-Th	10:50-11:20am
#237438	May 13-23	M, W-Th	5:10-5:40pm
#237439	May 13-23	M, W-Th	5:50-6:20pm
#237442	Jun 10-20	M, W-Th	10:10-10:40am
#237443	Jun 10-20	M, W-Th	10:50-11:20am
#237444	Jun 10-20	M, W-Th	5:10-5:40pm
#237445	Jun 10-20	M, W-Th	5:50-6:20pm
#237446	Jul 8-18	M, W-Th	10:10-10:40am
#237447	Jul 8-18	M, W-Th	10:50-11:20am
#237448	Jul 8-18	M, W-Th	5:10-5:40pm
#237449	Jul 8-18	M, W-Th	5:50-6:20pm
#237452	Jul 29-Aug 8	M, W-Th	10:10-10:40am
#237453	Jul 29-Aug 8	M, W-Th	10:50-11:20am
#237454	Jul 29-Aug 8	M, W-Th	5:10-5:40pm
#237455	Jul 29-Aug 8	M, W-Th	5:50-6:20pm

### Pullen Aquatic Center

Course Fee: \$55

#238148	Jun 10-20	M, W-Th	10:50-11:20am
#238149	Jun 10-20	M, W-Th	5:10-5:40pm
#238150	Jul 8-18	M, W-Th	10:50-11:20am
#238151	Jul 8-18	M, W-Th	5:10-5:40pm
#238152	Jul 29-Aug 8	M, W-Th	10:50-11:20am
#238153	Jul 29-Aug 8	M, W-Th	5:10-5:40pm
Course Fee: \$72			
#238146	May 14-Jun 6	Tu, Th	10:10-10:40am
#238147	May 14-Jun 6	Tu, Th	5:10-5:40pm

### Ridge Road Pool

Course Fee: \$38

#238273	Jul 13-27	Sa	9:30-10:00am
#238276	Jul 13-27	Sa	10:50-11:20am
Course Fee: \$40			
#238243	Jun 8-29	Sa	9:30-10:00am
#238245	Jun 8-29	Sa	10:50-11:20am
#238247	Jun 10-13	M-Th	5:50-6:20pm
#238250	Jun 17-20	M-Th	10:10-10:40am
#238252	Jun 17-20	M-Th	11:30am-12:00pm
#238256	Jun 17-20	M-Th	5:10-6:20pm
#238263	Jun 24-27	M-Th	6:30-7:00pm
#238268	Jul 8-11	M-Th	10:50-11:20am
#238271	Jul 8-11	M-Th	5:10-5:40pm
#238279	Jul 15-18	M-Th	10:10-10:40am
#238282	Jul 15-18	M-Th	11:30am-12:00pm
#238286	Jul 22-25	M-Th	10:50-11:20am
#238287	Jul 22-25	M-Th	5:10-5:40pm
#238289	Jul 29-Aug 1	M-Th	5:50-6:20pm

### Preschool Aquatics Level 2

Age: 3-5 yrs. Participants must be able to perform the exit skills for Level 1 preschool swim lessons. In Level 2, participants go completely under water while blowing bubbles from their mouths and noses. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

### Biltmore Pool

Course Fee: \$38

#236392	Jun 15-29	Sa	10:10-10:40am
#236393	Jun 15-29	Sa	10:50-11:20am
Course Fee: \$40			
#236394	Jun 17-20	M-Th	5:50-6:20pm
#236395	Jul 13-27	Sa	10:10-10:40am
#236396	Jul 13-Aug 3	Sa	10:50-11:20am
#236397	Jul 15-18	M-Th	5:50-6:20pm

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#### Buffaloe Rd Aquatic Center

Course Fee: \$40

#236469	Jun 1-22	Sa	10:10-10:40am
#236472	Jul 6-27	Sa	10:10-10:40am
#236475	Aug 3-24	Sa	10:10-10:40am

Course Fee: \$55

#236467	May 7-23	Tu, Th	10:10-10:40am
#236468	May 7-23	Tu, Th	5:10-5:40pm
#236470	Jun 4-20	Tu, Th	10:10-10:40am
#236471	Jun 4-20	Tu, Th	5:10-5:40pm
#236473	Jul 9-25	Tu, Th	10:10-10:40am
#236474	Jul 9-25	Tu, Th	5:10pm-5:40pm
#236476	Aug 6-22	Tu, Th	10:10am-10:40am
#236477	Aug 6-22	Tu, Th	5:10pm-5:40pm

#### Lake Johnson Pool

Course Fee: \$38

#236691	Jul 13-27	Sa	9:30am-10:00am
#236692	Jul 13-27	Sa	10:10am-10:40am

Course Fee: \$40

#236682	Jun 17-20	M-Th	9:30-10:00am
#236683	Jun 17-20	M-Th	10:50-11:20am
#236684	Jun 17-20	M-Th	5:50-6:20pm
#236685	Jun 24-27	M-Th	9:30-10:00am
#236686	Jun 24-27	M-Th	10:10-10:40am
#236688	Jun 24-27	M-Th	5:50-6:20pm
#236689	Jul 8-11	M-Th	10:10-10:40am
#236690	Jul 8-11	M-Th	5:50-6:20pm
#236693	Jul 15-18	M-Th	9:30-10:00am
#236694	Jul 15-18	M-Th	10:50-11:20am
#236695	Jul 22-25	M-Th	9:30-10:00am
#236696	Jul 22-25	M-Th	5:50-6:20pm
#236697	Jul 29-Aug 1	M-Th	10:50-11:20am
#236698	Jul 29-Aug 1	M-Th	5:50-6:20pm

#### Longview Pool

Course Fee: \$38

#236865	Jul 13-27	Sa	10:50-11:20am
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Course Fee: \$40

#236863	Jun 24-27	M-Th	5:50-6:20pm
#236864	Jul 8-11	M-Th	5:50-6:20pm
#236868	Jul 22-25	M-Th	5:50-6:20pm

#### Millbrook Pool

Course Fee: \$40

#236988	Jun 1-22	Sa	10:10-10:40am
#236989	Jun 1-22	Sa	10:50-11:20am

#236998	Jun 29-Jul 20	Sa	8:50-9:20am
#236999	Jun 29-Jul 20	Sa	10:10-10:40am
#237004	Jul 27-Aug 24	Sa	10:10-10:40am
#237005	Jul 27-Aug 24	Sa	11:30am-12:00pm

Course Fee: \$55

#236986	May 14-23	Tu-Th	11:30am-12:00pm
#236987	May 14-23	Tu-Th	5:50-6:20pm
#236990	Jun 4-13	Tu-Th	10:50-11:20am
#236995	Jun 4-13	Tu-Th	5:50-6:20pm
#236996	Jun 18-27	Tu-Th	10:10-10:40am
#236997	Jun 18-27	Tu-Th	5:50-6:20pm
#237000	Jul 9-18	Tu-Th	10:10-10:40am
#237001	Jul 9-18	Tu-Th	5:50-6:20pm
#237002	Jul 23-Aug 1	Tu-Th	10:10-10:40am
#237003	Jul 23-Aug 1	Tu-Th	5:50-6:20pm
#237006	Aug 6-15	Tu-Th	10:10-10:40am
#237007	Aug 6-15	Tu-Th	5:50-6:20pm
#237008	Aug 20-29	Tu-Th	5:50-6:20pm

#### Optimist Pool

Course Fee: \$40

#237464	Apr 27-May 18	Sa	10:10-10:40am
#237465	Apr 27-May 18	Sa	11:30am-12:00pm
#237470	Jun 1-22	Sa	10:10-10:40am
#237471	Jun 1-22	Sa	11:30am-12:00pm
#237480	Jul 13-Aug 10	Sa	10:10-10:40am
#237481	Jul 13-Aug 10	Sa	11:30am-12:00pm

Course Fee: \$55

#237466	May 13-23	M, W-Th	10:10-10:40am
#237467	May 13-23	M, W-Th	10:50-11:20am
#237468	May 13-23	M, W-Th	5:50-6:20pm
#237469	May 13-23	M, W-Th	6:30-7:00pm
#237472	Jun 10-20	M, W-Th	10:10-10:40am
#237473	Jun 10-20	M, W-Th	10:50-11:20am
#237474	Jun 10-20	M, W-Th	5:50-6:20pm
#237475	Jun 10-20	M, W-Th	6:30-7:00pm
#237476	Jul 8-18	M, W-Th	10:10-10:40am
#237477	Jul 8-18	M, W-Th	10:50-11:20am
#237478	Jul 8-18	M, W-Th	5:50-6:20pm
#237479	Jul 8-18	M, W-Th	6:30-7:00pm
#237482	Jul 29-Aug 8	M, W-Th	10:10-10:40am
#237483	Jul 29-Aug 8	M, W-Th	10:50-11:20am
#237484	Jul 29-Aug 8	M, W-Th	5:50-6:20pm
#237485	Jul 29-Aug 8	M, W-Th	6:30-7:00pm

#### Pullen Aquatic Center

Course Fee: \$55

#238156	Jun 10-20	M, W-Th	10:10-10:40am
#238157	Jun 10-20	M, W-Th	5:50-6:20pm
#238158	Jul 8-18	M, W-Th	10:10-10:40am
#238159	Jul 8-18	M, W-Th	5:50-6:20pm
#238160	Jul 29-Aug 8	M, W-Th	10:10-10:40am
#238161	Jul 29-Aug 8	M, W-Th	5:50-6:20pm

Course Fee: \$72

#238154	May 14-Jun 6	Tu, Th	10:50-11:20am
#238155	May 14-Jun 6	Tu, Th	5:50-6:20pm

#### Ridge Road Pool

Course Fee: \$38

#238319	Jul 13-27	Sa	10:10-10:40am
#238320	Jul 13-27	Sa	11:30am-12:00pm

Course Fee: \$40

#238302	Jun 8-29	Sa	10:10-10:40am
#238304	Jun 17-20	M-Th	11:30am-12:00pm
#238307	Jun 17-20	M-Th	5:10-5:40pm
#238309	Jun 24-27	M-Th	5:10-5:40pm
#238313	Jul 8-11	M-Th	11:30am-12:00pm
#238316	Jul 8-11	M-Th	5:50-6:20pm
#238324	Jul 15-18	M-Th	11:30am-12:00pm
#238326	Jul 22-25	M-Th	11:30am-12:00pm
#238329	Jul 22-25	M-Th	5:50-6:20pm
#238330	Jul 29-Aug 1	M-Th	5:10-5:40pm

#### Preschool Aquatics Level 3

Age: 3-5 yrs. Participants must have completed exit skills in Level 2 preschool swim lessons. While building on skills learned in Level 2, participants learn to coordinate simultaneous and alternating arm and leg actions. Level 3 lets participants master skills without assistance.

#### Biltmore Pool

Course Fee: \$38

#236398	Jun 15-29	Sa	10:50-11:20am
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Course Fee: \$40

#236399	Jun 17-20	M-Th	5:50-6:20pm
#236400	Jul 13-Aug 3	Sa	10:50-11:20am
#236401	Jul 15-18	M-Th	5:50-6:20pm

### Buffaloe Rd Aquatic Center

Course Fee: \$40				
#236480	Jun 1-22	Sa	10:10-10:40am	
#236483	Jul 6-27	Sa	10:10-10:40am	
#236486	Aug 3-24	Sa	10:10-10:40am	
Course Fee: \$55				
#236478	May 7-23	Tu, Th	10:10-10:40am	
#236479	May 7-23	Tu, Th	5:10-5:40pm	
#236481	Jun 4-20	Tu, Th	10:10-10:40am	
#236482	Jun 4-20	Tu, Th	5:10-5:40pm	
#236484	Jul 9-25	Tu, Th	10:10-10:40am	
#236485	Jul 9-25	Tu, Th	5:10-5:40pm	
#236487	Aug 6-22	Tu, Th	10:10-10:40am	
#236488	Aug 6-22	Tu, Th	5:10-5:40pm	

### Lake Johnson Pool

Course Fee: \$40				
#236700	Jun 8-29	Sa	9:30-10:00am	
#236701	Jun 17-20	M-Th	5:10-5:40pm	
#236702	Jul 8-11	M-Th	5:10-5:40pm	
#236703	Jul 22-25	M-Th	10:10-10:40am	
#236704	Jul 22-25	M-Th	5:10-5:40pm	
#236705	Jul 29-Aug 1	M-Th	10:10-10:40am	
#236706	Jul 29-Aug 1	M-Th	5:10-5:40pm	
#236707	Jul 29-Aug 1	M-Th	6:30-7:00pm	

### Longview Pool

Course Fee: \$38				
#236866	Jul 13-27	Sa	10:50-11:20am	

### Millbrook Pool

Course Fee: \$40				
#237010	Jun 1-22	Sa	10:50-11:20am	
#237015	Jun 29-Jul 20	Sa	10:50-11:20am	
#237020	Jul 27-Aug 24	Sa	8:50-9:20am	
#237021	Jul 27-Aug 24	Sa	10:50-11:20am	

Course Fee: \$55				
#237009	May 14-23	Tu-Th	5:50-6:20pm	
#237011	Jun 4-13	Tu-Th	11:30am-12:00pm	
#237012	Jun 4-13	Tu-Th	5:50-6:20pm	
#237013	Jun 18-27	Tu-Th	10:50-11:20am	
#237014	Jun 18-27	Tu-Th	5:50-6:20pm	
#237016	Jul 9-18	Tu-Th	10:50-11:20am	
#237017	Jul 9-18	Tu-Th	5:50-6:20pm	
#237018	Jul 23-Aug 1	Tu-Th	10:50-11:20am	
#237019	Jul 23-Aug 1	Tu-Th	5:50-6:20pm	
#237022	Aug 6-15	Tu-Th	10:50-11:20am	
#237023	Aug 6-15	Tu-Th	5:50-6:20pm	
#237024	Aug 20-29	Tu-Th	5:50-6:20pm	

### Optimist Pool

Course Fee: \$40				
#237487	Apr 27-May 18	Sa	10:50-11:20am	
#237490	Jun 1-22	Sa	10:50-11:20am	
#237495	Jul 13-Aug 10	Sa	10:50-11:20am	

Course Fee: \$55				
#237488	May 13-23	M, W-Th	11:30am-12:00pm	
#237489	May 13-23	M, W-Th	6:30-7:00pm	
#237491	Jun 10-20	M, W-Th	11:30am-12:00pm	
#237492	Jun 10-20	M, W-Th	6:30-7:00pm	
#237493	Jul 8-18	M, W-Th	11:30am-12:00pm	
#237494	Jul 8-18	M, W-Th	6:30-7:00pm	
#237496	Jul 29-Aug 8	M, W-Th	11:30am-12:00pm	
#237497	Jul 29-Aug 8	M, W-Th	6:30-7:00pm	

### Pullen Aquatic Center

Course Fee: \$55				
#238164	Jun 10-20	M, W-Th	10:10-10:40am	
#238165	Jun 10-20	M, W-Th	5:50-6:20pm	
#238166	Jul 8-18	M, W-Th	10:10-10:40am	
#238167	Jul 8-18	M, W-Th	5:50-6:20pm	
#238168	Jul 29-Aug 8	M, W-Th	10:10-10:40am	
#238169	Jul 29-Aug 8	M, W-Th	5:50-6:20pm	

### Ridge Road Pool

Course Fee: \$38				
#238339	Jul 13-27	Sa	10:50-11:20am	

### Course Fee: \$40

#238332	Jun 8-29	Sa	11:30am-12:00pm	
#238333	Jun 10-13	M-Th	6:30-7:00pm	
#238334	Jun 17-20	M-Th	10:50-11:20am	
#238335	Jun 17-20	M-Th	6:30-7:00pm	
#238336	Jun 24-27	M-Th	5:50-6:20pm	
#238337	Jul 8-11	M-Th	10:50-11:20am	
#238338	Jul 8-11	M-Th	6:30-7:00pm	
#238340	Jul 15-18	M-Th	10:50-11:20am	
#238342	Jul 22-25	M-Th	10:50-11:20am	
#238343	Jul 22-25	M-Th	6:30-7:00pm	
#238344	Jul 29-Aug 1	M-Th	5:10-5:40pm	

## Youth

### Swim Lesson - Level 1 Intro Water Skills

Age: 6-13 yrs. School-age participants learn elementary aquatic skills. This class helps participants enjoy and feel comfortable in the water, learn underwater exploration while opening eyes, blow bubbles and float with assistance. Participants start developing good attitudes and safe practices around the water.

### Biltmore Pool

Course Fee: \$40				
#236402	Jun 15-29	Sa	11:30am-12:00pm	
#236403	Jun 17-20	M-Th	6:30-7:00pm	
#236404	Jul 13-Aug 3	Sa	10:50-11:20am	
#236405	Jul 15-18	M-Th	6:30-7:00pm	

### Buffaloe Rd Aquatic Center

Course Fee: \$40				
#236491	Jun 1-22	Sa	10:50-11:20am	
#236494	Jul 6-27	Sa	10:50-11:20am	
#236497	Aug 3-24	Sa	10:50-11:20am	

Course Fee: \$55				
#236489	May 7-23	Tu, Th	10:50-11:20am	
#236490	May 7-23	Tu, Th	5:50-6:20pm	
#236492	Jun 4-20	Tu, Th	10:50-11:20am	
#236493	Jun 4-20	Tu, Th	5:50-6:20pm	
#236495	Jul 9-25	Tu, Th	10:50-11:20am	
#236496	Jul 9-25	Tu, Th	5:50-6:20pm	
#236498	Aug 6-22	Tu, Th	10:50-11:20am	
#236499	Aug 6-22	Tu, Th	5:50-6:20pm	

### Lake Johnson Pool

Course Fee: \$38				
#236721	Jul 13-27	Sa	10:10-10:40am	
#236722	Jul 13-27	Sa	10:50-11:20am	

### Course Fee: \$40

#236709	Jun 8-29	Sa	10:10-10:40am	
#236710	Jun 8-29	Sa	10:50-11:20am	
#236711	Jun 10-13	M-Th	5:50-6:20pm	
#236712	Jun 10-13	M-Th	6:30-7:00pm	
#236713	Jun 17-20	M-Th	9:30-10:00am	
#236714	Jun 17-20	M-Th	10:10-10:40am	
#236715	Jun 17-20	M-Th	5:50-6:20pm	
#236716	Jun 24-27	M-Th	9:30-10:00am	
#236717	Jun 24-27	M-Th	5:50-6:20pm	
#236718	Jul 8-11	M-Th	9:30-10:00am	
#236719	Jul 8-11	M-Th	10:10-10:40am	
#236720	Jul 8-11	M-Th	5:50-6:20pm	
#236723	Jul 15-18	M-Th	9:30-10:00am	
#236724	Jul 22-25	M-Th	9:30-10:00am	
#236725	Jul 22-25	M-Th	10:50-11:20am	
#236726	Jul 22-25	M-Th	5:50-6:20pm	
#236727	Jul 29-Aug 1	M-Th	9:30-10:00am	
#236728	Jul 29-Aug 1	M-Th	10:50-11:20am	
#236729	Jul 29-Aug 1	M-Th	5:10-5:40pm	
#236730	Jul 29-Aug 1	M-Th	5:50-6:20pm	

### Longview Pool

Course Fee: \$38				
#236791	Jun 15-29	Sa	10:50-11:20am	
#236792	Jun 15-29	Sa	11:30am-12:00pm	

Course Fee: \$40				
#236793	Jun 17-20	M-Th	5:50-6:20pm	
#236794	Jun 24-27	M-Th	6:30-7:00pm	
#236795	Jul 8-11	M-Th	6:30-7:00pm	
#236796	Jul 22-25	M-Th	6:30-7:00pm	

### Millbrook Pool

Course Fee: \$40				
#236870	Jun 1-22	Sa	8:50-9:20am	
#237025	Jun 1-22	Sa	9:30-10:00am	
#237031	Jun 29-Jul 20	Sa	9:30-10:00am	
#237032	Jun 29-Jul 20	Sa	11:30am-12:00pm	
#237039	Jul 27-Aug 24	Sa	9:30-10:00am	
#237040	Jul 27-Aug 24	Sa	10:50-11:20am	

Course Fee: \$55				
#236797	May 14-23	Tu-Th	5:10-5:40pm	
#237026	Jun 4-13	Tu-Th	5:10-5:40pm	
#237027	Jun 18-27	Tu-Th	9:30-10:00am	
#237028	Jun 18-27	Tu-Th	11:30am-12:00pm	
#237029	Jun 18-27	Tu-Th	5:10-5:40pm	
#237030	Jun 18-27	Tu-Th	6:30-7:00pm	
#237033	Jul 9-18	Tu-Th	9:30-10:00am	
#237034	Jul 9-18	Tu-Th	11:30am-12:00pm	
#237035	Jul 9-18	Tu-Th	5:10-5:40pm	
#237036	Jul 9-18	Tu-Th	6:30-7:00pm	

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#237037	Jul 23-Aug 1	Tu-Th	9:30-10:00am
#237038	Jul 23-Aug 1	Tu-Th	5:10-5:40pm
#237041	Aug 6-15	Tu-Th	9:30-10:00am
#237042	Aug 6-15	Tu-Th	5:10-5:40pm
#237043	Aug 20-29	Tu-Th	5:10p5:40pm

**Optimist Pool**

Course Fee: \$40

#237503	Apr 27-May 18	Sa	10:10-10:40am
#237507	Apr 27-May 18	Sa	11:30am-12:00pm
#237515	Jun 1-22	Sa	10:10-10:40am
#237516	Jun 1-22	Sa	11:30am-12:00pm
#237527	Jul 13-Aug 10	Sa	10:10-10:40am
#237528	Jul 13-Aug 10	Sa	11:30am-12:00pm

Course Fee: \$55

#237509	May 13-23	M, W-Th	10:50-11:20am
#237510	May 13-23	M, W-Th	5:10-5:40pm
#237512	May 13-23	M, W-Th	6:30-7:00pm
#237517	Jun 10-20	M, W-Th	10:50-11:20am
#237519	Jun 10-20	M, W-Th	5:10-5:40pm
#237520	Jun 10-20	M, W-Th	6:30-7:00pm
#237522	Jul 8-18	M, W-Th	10:50-11:20am
#237523	Jul 8-18	M, W-Th	5:10-5:40pm
#237524	Jul 8-18	M, W-Th	6:30-7:00pm
#237530	Jul 29-Aug 8	M, W-Th	10:50-11:20am
#237531	Jul 29-Aug 8	M, W-Th	5:10-5:40pm
#237533	Jul 29-Aug 8	M, W-Th	6:30-7:00pm

**Pullen Aquatic Center**

Course Fee: \$55

#238171	Jun 10-20	M, W-Th	10:10-10:40am
#238172	Jun 10-20	M, W-Th	5:50-6:20pm
#238173	Jul 8-18	M, W-Th	10:10-10:40am
#238174	Jul 8-18	M, W-Th	5:50-6:20pm
#238175	Jul 29-Aug 8	M, W-Th	10:10-10:40am
#238176	Jul 29-Aug 8	M, W-Th	5:50-6:20pm

Course Fee: \$72

#238170	May 14-Jun 6	Tu, Th	5:50-6:20pm
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**Ridge Road Pool –**

Course Fee: \$38

#238260	Jul 13-27	Sa	9:30-10:00am
#238261	Jul 13-27	Sa	11:30am-12:00pm

Course Fee: \$40

#238244	Jun 8-29	Sa	9:30-10:00am
#238246	Jun 8-29	Sa	10:50-11:20am
#238248	Jun 8-29	Sa	11:30am-12:00pm
#238249	Jun 10-13	M-Th	5:10-5:40pm
#238251	Jun 10-13	M-Th	5:50-6:20pm
#238253	Jun 10-13	M-Th	6:30-7:00pm
#238254	Jun 17-20	M-Th	5:50-6:20pm
#238255	Jun 24-27	M-Th	5:10-5:40pm
#238257	Jul 8-11	M-Th	10:10-10:40am
#238258	Jul 8-11	M-Th	5:10-5:40pm
#238259	Jul 8-11	M-Th	5:50-6:20pm
#238262	Jul 15-18	M-Th	10:10-10:40am
#238264	Jul 15-18	M-Th	11:30am-12:00pm
#238265	Jul 22-25	M-Th	11:30am-12:00pm
#238266	Jul 22-25	M-Th	5:10-5:40pm
#238267	Jul 29-Aug 1	M-Th	5:50-6:20pm

**Swim Lesson - Level 2  
Fundamental Skills**

Age: 6-13 yrs. Participants must have completed exit skills in Level 1. In Level 2, participants go underwater completely while blowing bubbles from their noses and mouths. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotor skills while building on the skills learned in Level 1.

**Biltmore Pool**

Course Fee: \$38

#236406	Jun 15-29	Sa	11:30am-12:00pm
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Course Fee: \$40

#236407	Jun 17-20	M-Th	6:30-7:00pm
#236408	Jul 13-Aug 3	Sa	11:30am-12:00pm
#236409	Jul 15-18	M-Th	6:30-7:00pm

**Buffaloe Rd Aquatic Center**

Course Fee: \$40

#236502	Jun 1-22	Sa	10:50-11:20am
#236505	Jul 6-27	Sa	10:50-11:20am
#236508	Aug 3-24	Sa	10:50-11:20am

Course Fee: \$55

#236500	May 7-23	Tu, Th	10:50-11:20am
#236501	May 7-23	Tu, Th	5:50-6:20pm
#236503	Jun 4-20	Tu, Th	10:50-11:20am
#236504	Jun 4-20	Tu, Th	5:50-6:20pm
#236506	Jul 9-25	Tu, Th	10:50-11:20am
#236507	Jul 9-25	Tu, Th	5:50-6:20pm
#236509	Aug 6-22	Tu, Th	10:50-11:20am
#236510	Aug 6-22	Tu, Th	5:50-6:20pm

**Lake Johnson Pool**

Course Fee: \$38

#236743	Jul 13-27	Sa	11:30am-12:00pm
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Course Fee: \$40

#236731	Jun 8-29	Sa	10:10-10:40am
#236732	Jun 8-29	Sa	10:50-11:20am
#236733	Jun 8-29	Sa	11:30am-12:00pm
#236734	Jun 10-13	M-Th	5:10-5:40pm
#236735	Jun 10-13	M-Th	5:50-6:20pm
#236736	Jun 17-20	M-Th	10:10-10:40am
#236737	Jun 17-20	M-Th	5:50-6:20pm
#236738	Jun 17-20	M-Th	6:30-7:00pm
#236739	Jun 24-27	M-Th	10:10-10:40am
#236740	Jun 24-27	M-Th	5:50-6:20pm
#236741	Jul 8-11	M-Th	10:10-10:40am
#236742	Jul 8-11	M-Th	5:50-6:20pm
#236744	Jul 15-18	M-Th	10:10-10:40am
#236745	Jul 22-25	M-Th	10:10-10:40am
#236746	Jul 22-25	M-Th	10:50-11:20am
#236747	Jul 22-25	M-Th	5:50-6:20pm
#236748	Jul 29-Aug 1	M-Th	9:30-10:00am
#236749	Jul 29-Aug 1	M-Th	10:10-10:40am
#236750	Jul 29-Aug 1	M-Th	5:50-6:20pm

**Longview Pool**

Course Fee: \$38

#236798	Jun 15-29	Sa	10:50-11:20am
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Course Fee: \$40

#236799	Jun 24-27	M-Th	6:30-7:00pm
#236800	Jul 8-11	M-Th	6:30-7:00pm
#236871	Jul 22-25	M-Th	5:50-6:20pm

**Millbrook Pool**

Course Fee: \$40

#237045	Jun 1-22	Sa	10:10-10:40am
#237046	Jun 1-22	Sa	11:30am-12:00pm
#237051	Jun 29-Jul 20	Sa	8:50-9:20am
#237052	Jun 29-Jul 20	Sa	10:10-10:40am
#237057	Jul 27-Aug 24	Sa	10:10-10:40am

Course Fee: \$55

#237044	May 14-23	Tu-Th	6:30-7:00pm
#237047	Jun 4-13	Tu-Th	6:30-7:00pm
#237048	Jun 18-27	Tu-Th	10:10-10:40am
#237049	Jun 18-27	Tu-Th	11:30am-12:00pm
#237050	Jun 18-27	Tu-Th	6:30-7:00pm
#237053	Jul 9-18	Tu-Th	10:10-10:40am
#237054	Jul 9-18	Tu-Th	6:30-7:00pm
#237055	Jul 23-Aug 1	Tu-Th	10:50-11:20am
#237056	Jul 23-Aug 1	Tu-Th	6:30-7:00pm
#237058	Aug 6-15	Tu-Th	10:50am-11:20am
#237059	Aug 6-15	Tu-Th	6:30pm-7:00pm
#237060	Aug 20-29	Tu-Th	6:30-7:00pm

**Optimist Pool**

Course Fee: \$40

#237560	Apr 27-May 18	Sa	10:50-11:20am
#237561	Apr 27-May 18	Sa	11:30am-12:00pm
#237565	Jun 1-22	Sa	10:50-11:20am
#237566	Jun 1-22	Sa	11:30am-12:00pm



#237573	Jul 13-Aug 10	Sa	10:50-11:20am
#237574	Jul 13-Aug 10	Sa	11:30am-12:00pm

**Pullen Aquatic Center**

Course Fee: \$55

#238178	Jun 10-20	M, W-Th	10:50-11:20am
#238179	Jun 10-20	M, W-Th	6:30-7:00pm
#238180	Jul 8-18	M, W-Th	10:50-11:20am
#238181	Jul 8-18	M, W-Th	6:30-7:00pm
#238182	Jul 29-Aug 8	M, W-Th	10:50-11:20am
#238183	Jul 29-Aug 8	M, W-Th	6:30-7:00pm

Course Fee: \$72

#238177	May 14-Jun 6	Tu, Th	6:30-7:00pm
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**Ridge Road Pool**

Course Fee: \$38

#238280	Jul 13-27	Sa	10:10-10:40am
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Course Fee: \$40

#238269	Jun 8-29	Sa	10:10-10:40am
#238270	Jun 10-13	M-Th	6:30-7:00pm
#238272	Jun 17-20	M-Th	10:50-11:20am
#238274	Jun 24-27	M-Th	6:30-7:00pm
#238275	Jul 8-11	M-Th	10:10-10:40am
#238277	Jul 8-11	M-Th	10:50-11:20am
#238278	Jul 8-11	M-Th	5:50-6:20pm
#238281	Jul 15-18	M-Th	10:10-10:40am
#238283	Jul 22-25	M-Th	10:10-10:40am
#238284	Jul 22-25	M-Th	5:50-6:20pm
#238285	Jul 29-Aug 1	M-Th	5:50-6:20pm

**Swim Lesson - Level 3 Stroke  
Development**

Age: 6-13 yrs. Participants must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to coordinate alternating and simultaneous arm and leg actions. Level 3 lets participants perform skills



without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

#### **Biltmore Pool**

Course Fee: \$38  
 #236410 Jun 15-29 Sa 11:30am-12:00pm  
 Course Fee: \$40  
 #236411 Jun 17-20 M-Th 6:30-7:00pm  
 #236412 Jul 13-Aug 3 Sa 11:30am-12:00pm  
 #236413 Jul 15-18 M-Th 6:30-7:00pm

#### **Buffaloe Rd Aquatic Center**

Course Fee: \$40  
 #236546 Jun 1-22 Sa 10:50-11:20am  
 #236548 Jul 6-27 Sa 10:50-11:20am  
 #236551 Aug 3-24 Sa 10:50-11:20am  
 Course Fee: \$55  
 #236545 May 7-23 Tu, Th 5:50-6:20pm  
 #236547 Jun 4-20 Tu, Th 5:50-6:20pm  
 #236549 Jul 9-25 Tu, Th 10:50-11:20am  
 #236550 Jul 9-25 Tu, Th 5:50-6:20pm  
 #236552 Aug 6-22 Tu, Th 10:50-11:20am  
 #236553 Aug 6-22 Tu, Th 5:50-6:20pm

#### **Lake Johnson Pool**

Course Fee: \$38  
 #236765 Jul 13-27 Sa 11:30am-12:00pm  
 Course Fee: \$40  
 #236751 Jun 8-29 Sa 11:30am-12:00pm  
 #236752 Jun 10-13 M-Th 6:30-7:00pm  
 #236753 Jun 17-20 M-Th 10:50-11:20am  
 #236754 Jun 17-20 M-Th 6:30-7:00pm  
 #236755 Jun 24-27 M-Th 10:50-11:20am  
 #236756 Jun 24-27 M-Th 6:30-7:00pm  
 #236757 Jul 8-11 M-Th 10:50-11:20am  
 #236764 Jul 8-11 M-Th 6:30-7:00pm  
 #236766 Jul 15-18 M-Th 10:50-11:20am  
 #236767 Jul 22-25 M-Th 6:30-7:00pm  
 #236768 Jul 29-Aug 1 M-Th 10:10-10:40am  
 #236769 Jul 29-Aug 1 M-Th 6:30-7:00pm

#### **Longview Pool**

Course Fee: \$38  
 #236801 Jul 13-27 Sa 10:10-10:40am

#### **Millbrook Pool**

Course Fee: \$40  
 #237062 Jun 1-22 Sa 10:50-11:20am  
 #237066 Jun 29-Jul 20 Sa 10:50-11:20am  
 #237071 Jul 27-Aug 24 Sa 10:50-11:20am  
 Course Fee: \$55  
 #237061 May 14-23 Tu-Th 6:30-7:00pm  
 #237063 Jun 4-13 Tu-Th 6:30-7:00pm  
 #237064 Jun 18-27 Tu-Th 10:50-11:20am  
 #237065 Jun 18-27 Tu-Th 6:30-7:00pm  
 #237067 Jul 9-18 Tu-Th 10:50-11:20am  
 #237068 Jul 9-18 Tu-Th 6:30-7:00pm  
 #237069 Jul 23-Aug 1 Tu-Th 11:30am-12:00pm  
 #237070 Jul 23-Aug 1 Tu-Th 6:30-7:00pm  
 #237072 Aug 6-15 Tu-Th 11:30am-12:00pm  
 #237073 Aug 6-15 Tu-Th 6:30-7:00pm  
 #237074 Aug 20-29 Tu-Th 6:30-7:00pm

#### **Optimist Pool**

Course Fee: \$40  
 #237580 Apr 27-May 18 Sa 10:50-11:20am  
 #237584 Jun 1-22 Sa 10:50-11:20am  
 #237590 Jul 13-Aug 10 Sa 10:50-11:20am  
 Course Fee: \$55  
 #237582 May 13-23 M, W-Th 11:30am-12:00pm  
 #237583 May 13-23 M, W-Th 5:50-6:20pm  
 #237586 Jun 10-20 M, W-Th 11:30am-12:00pm  
 #237587 Jun 10-20 M, W-Th 5:50-6:20pm  
 #237588 Jul 8-18 M, W-Th 11:30am-12:00pm  
 #237589 Jul 8-18 M, W-Th 5:50-6:20pm  
 #237591 Jul 29-Aug 8 M, W-Th 11:30am-12:00pm  
 #237592 Jul 29-Aug 8 M, W-Th 5:50-6:20pm

#### **Pullen Aquatic Center**

Course Fee: \$55  
 #238186 Jun 10-20 M, W-Th 10:50-11:20am  
 #238189 Jun 10-20 M, W-Th 6:30-7:00pm  
 #238190 Jul 8-18 M, W-Th 10:50-11:20am  
 #238191 Jul 8-18 M, W-Th 6:30-7:00pm  
 #238192 Jul 29-Aug 8 M, W-Th 10:50-11:20am  
 #238193 Jul 29-Aug 8 M, W-Th 6:30-7:00pm  
 Course Fee: \$72  
 #238184 May 14-Jun 6 Tu, Th 6:30-7:00pm

#### **Ridge Road Pool**

Course Fee: \$38  
 #238295 Jul 13-27 Sa 10:50-11:20am  
 Course Fee: \$40  
 #238288 Jun 8-29 Sa 11:30am-12:00pm  
 #238290 Jun 10-13 M-Th 5:50-6:20pm  
 #238291 Jun 17-20 M-Th 6:30-7:00pm  
 #238292 Jun 24-27 M-Th 5:50-6:20pm  
 #238293 Jul 8-11 M-Th 11:30am-12:00pm  
 #238294 Jul 8-11 M-Th 6:30-7:00pm  
 #238296 Jul 15-18 M-Th 10:50-11:20am  
 #238297 Jul 22-25 M-Th 6:30-7:00pm  
 #238299 Jul 29-Aug 1 M-Th 5:10-5:40pm

#### **Swim Lesson - Level 4 Stroke Improvement**

Age: 6-13 yrs. Participants must have completed exit skills in Level 3. In Level 4 swim lessons, the back crawl and breaststroke are introduced. Endurance is also a key factor for this course. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

#### **Biltmore Pool**

Course Fee: \$40  
 #236414 Jul 13-Aug 3 Sa 11:30am-12:00pm

#### **Buffaloe Rd Aquatic Center**

Course Fee: \$40  
 #236555 Jun 1-22 Sa 11:30am-12:00pm  
 #236557 Jul 6-27 Sa 11:30am-12:00pm  
 #236559 Aug 3-24 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #236554 May 7-23 Tu, Th 6:30pm-7:00pm  
 #236556 Jun 4-20 Tu, Th 6:30pm-7:00pm  
 #236558 Jul 9-25 Tu, Th 6:30pm-7:00pm  
 #236560 Aug 6-22 Tu, Th 6:30pm-7:00pm

#### **Lake Johnson Pool**

Course Fee: \$38  
 #236776 Jul 13-27 Sa 10:50am-11:20am  
 Course Fee: \$40  
 #236770 Jun 8-29 Sa 10:50am-11:20am  
 #236771 Jun 10-13 M-Th 6:30pm-7:00pm  
 #236772 Jun 24-27 M-Th 10:50am-11:20am  
 #236773 Jun 24-27 M-Th 6:30pm-7:00pm  
 #236774 Jul 8-11 M-Th 10:50am-11:20am  
 #236775 Jul 8-11 M-Th 6:30pm-7:00pm  
 #236777 Jul 15-18 M-Th 10:10am-10:40am  
 #236778 Jul 22-25 M-Th 10:10am-10:40am  
 #236779 Jul 22-25 M-Th 6:30pm-7:00pm  
 #236780 Jul 29-Aug 1 M-Th 6:30pm-7:00pm

#### **Millbrook Pool**

Course Fee: \$40  
 #237076 Jun 1-22 Sa 11:30am-12:00pm  
 #237080 Jun 29-Jul 20 Sa 11:30am-12:00pm  
 #237084 Jul 27-Aug 24 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #237075 May 14-23 Tu-Th 7:10pm-7:40pm  
 #237077 Jun 4-13 Tu-Th 7:10pm-7:40pm  
 #237078 Jun 18-27 Tu-Th 11:30am-12:00pm  
 #237079 Jun 18-27 Tu-Th 7:10pm-7:40pm  
 #237081 Jul 9-18 Tu-Th 11:30am-12:00pm  
 #237082 Jul 9-18 Tu-Th 7:10pm-7:40pm  
 #237083 Jul 23-Aug 1 Tu-Th 7:10pm-7:40pm  
 #237085 Aug 6-15 Tu-Th 7:10pm-7:40pm  
 #237086 Aug 20-29 Tu-Th 7:10pm-7:40pm

#### **Optimist Pool**

Course Fee: \$40  
 #237593 Apr 27-May 18 Sa 9:30am-10:00am  
 #237596 Jun 1-22 Sa 9:30am-10:00am  
 #237603 Jul 13-Aug 10 Sa 9:30am-10:00am  
 Course Fee: \$55  
 #237594 May 13-23 M, W-Th 11:30am-12:00pm  
 #237595 May 13-23 M, W-Th 7:10-7:40pm  
 #237597 Jun 10-20 M, W-Th 11:30am-12:00pm  
 #237600 Jun 10-20 M, W-Th 7:10-7:40pm  
 #237601 Jul 8-18 M, W-Th 11:30am-12:00pm  
 #237602 Jul 8-18 M, W-Th 7:10-7:40pm  
 #237620 Jul 29-Aug 8 M, W-Th 11:30am-12:00pm  
 #237621 Jul 29-Aug 8 M, W-Th 7:10-7:40pm

#### **Pullen Aquatic Center**

Course Fee: \$55  
 #238195 Jun 10-20 M, W-Th 11:30am-12:00pm  
 #238196 Jun 10-20 M, W-Th 7:10-7:40pm  
 #238197 Jul 8-18 M, W-Th 11:30am-12:00pm  
 #238198 Jul 8-18 M, W-Th 7:10-7:40pm  
 #238199 Jul 29-Aug 8 M, W-Th 11:30am-12:00pm  
 #238200 Jul 29-Aug 8 M, W-Th 7:10-7:40pm  
 Course Fee: \$72  
 #238194 May 14-Jun 6 Tu, Th 6:30-7:00pm

#### **Ridge Road Pool - Course Fee: \$40**

#238300 Jun 8-29 Sa 10:50-11:20am  
 #238301 Jun 24-27 M-Th 5:10-5:40pm  
 #238303 Jun 24-27 M-Th 5:50-6:20pm  
 #238305 Jul 8-11 M-Th 11:30am-12:00pm  
 #238306 Jul 8-11 M-Th 6:30-7:00pm  
 #238308 Jul 22-25 M-Th 10:10-10:40am  
 #238310 Jul 22-25 M-Th 6:30-7:00pm  
 #238311 Jul 29-Aug 1 M-Th 6:30-7:00pm

#### **Swim Lesson - Level 5 Stroke Refinement**

Age: 6-13 yrs. Participants must have completed exit skills in Level 4 swim lessons. In Level 5 swim lessons, participants coordinate and refine all strokes. Flip turns on both front and back are introduced in this course. Endurance and distance are important in this course.

#### **Buffaloe Rd Aquatic Center**

Course Fee: \$40  
 #236562 Jun 1-22 Sa 11:30am-12:00pm  
 #236564 Jul 6-27 Sa 11:30am-12:00pm  
 #236566 Aug 3-24 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #236561 May 7-23 Tu, Th 6:30-7:00pm  
 #236563 Jun 4-20 Tu, Th 6:30-7:00pm  
 #236565 Jul 9-25 Tu, Th 6:30-7:00pm  
 #236567 Aug 6-22 Tu, Th 6:30-7:00pm

#### **Lake Johnson Pool**

Course Fee: \$38  
 #236783 Jul 13-27 Sa 11:30am-12:00pm  
 Course Fee: \$40  
 #236781 Jun 24-27 M-Th 6:30-7:00pm  
 #236782 Jul 8-11 M-Th 6:30-7:00pm

#### **Millbrook Pool**

Course Fee: \$40  
 #237087 Jun 1-22 Sa 11:30am-12:00pm  
 #237089 Jul 27-Aug 24 Sa 11:30am-12:00pm  
 Course Fee: \$55  
 #237088 Jul 9-18 Tu-Th 11:30am-12:00pm

#### **Optimist Pool**

Course Fee: \$40  
 #237622 Apr 27-May 18 Sa 9:30-10:00am  
 #237625 Jun 1-22 Sa 9:30-10:00am  
 #237630 Jul 13-Aug 10 Sa 9:30-10:00am  
 Course Fee: \$55  
 #237623 May 13-23 M, W-Th 11:30am-12:00pm  
 #237624 May 13-23 M, W-Th 7:10-7:40pm

continued on page 16 —

#237626	Jun 10-20	M, W-Th	11:30am-12:00pm
#237627	Jun 10-20	M, W-Th	7:10-7:40pm
#237628	Jul 8-18	M, W-Th	11:30am-12:00pm
#237629	Jul 8-18	M, W-Th	7:10-7:40pm
#237631	Jul 29-Aug 8	M, W-Th	11:30am-12:00pm
#237632	Jul 29-Aug 8	M, W-Th	7:10-7:40pm

**Pullen Aquatic Center**

Course Fee: \$55

#238201	Jun 10-20	M, W-Th	7:10-7:40pm
#238202	Jul 8-18	M, W-Th	7:10-7:40pm
#238203	Jul 29-Aug 8	M, W-Th	7:10-7:40pm

**Ridge Road Pool**

Course Fee: \$38

#238315	Jul 13-27	Sa	11:30am-12:00pm
#238312	Jun 24-27	M-Th	6:30-7:00pm
#238314	Jul 8-11	M-Th	10:10-10:40am
#238317	Jul 22-25	M-Th	10:50-11:20am
#238318	Jul 29-Aug 1	M-Th	6:30-7:00pm

**Swim Team - Intra-City Swim Association**

Age: 3-18 yrs. Experience competitive swimming in a fun, enjoyable and relaxed environment. Prerequisite: Participants must be able to swim 25 yards unassisted.

**Biltmore Pool Barracudas**

Course Fee: \$76

**Ages 3-18**

#236594	Jun 17-Aug 5	M, W, F	6:15-7:00pm
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**Buffaloe Road Aquatic Center Blue Whales**

Course Fee: \$76

**Ages 3-10**

#236606	Jun 17-Aug 5	M, W, F	5:15-6:00pm
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**Ages 11-18**

#236607	Jun 17-Aug 5	M, W, F	6:15-7:00pm
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**Lake Johnson Pool Green Rays**

Course Fee: \$76

**Ages 3-18**

#236784	Jun 17-Aug 5	M, W, F	8:30-9:15am
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**Ages 3-10**

#236785	Jun 17-Aug 5	M, W, F	6:15-7:00pm
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**Ages 11-18**

#236786	Jun 17-Aug 5	M, W, F	7:15-8:00pm
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**Longview Pool Yellow Sharks**

Course Fee: \$76

**Ages 3-18**

#236891	Jun 17-Aug 5	M, W, F	9:00-9:45am
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**Ages 3-10**

#236900	Jun 17-Aug 5	M, W, F	6:15-7:00pm
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**Ages 11-18**

#236901	Jun 17-Aug 5	M, W, F	7:15-8:00pm
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**Millbrook Pool Marlins**

Course Fee: \$76

**Ages 3-18**

#237090	Jun 17-Aug 5	M, W, F	8:30-9:15am
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**Ages 3-10**

#237091	Jun 17-Aug 5	M, W, F	6:00-6:45pm
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**Ages 11-18**

#237092	Jun 17-Aug 5	M, W, F	7:00-7:45pm
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**Optimist Pool Otters**

Course Fee: \$76

**Ages 3-18**

#237650	Jun 17-Aug 5	M, W, F	9:00-9:45am
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**Ages 3-10**

#237652	Jun 17-Aug 5	M, W, F	6:00-6:45pm
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**Ages 11-18**

#237653	Jun 17-Aug 5	M, W, F	7:00-7:45pm
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**Pullen Aquatic Center Pirates**

Course Fee: \$76

**Ages 3-10**

#238213	Jun 17-Aug 5	M, W, F	5:30-6:15pm
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**Ages 11-18**

#238214	Jun 17-Aug 5	M, W, F	6:30-7:15pm
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**Ridge Road Dolphins**

Course Fee: \$76

**Ages 3-18**

#238331	Jun 17-Aug 5	M, W, F	9:00-9:45am
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**Ages 3-10**

#238341	Jun 17-Aug 5	M, W, F	6:15-7:00pm
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**Ages 11-18**

#238345	Jun 17-Aug 5	M, W, F	7:15-8:00pm
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**Adult****Adult Fitness Swimming Class**

Age: 13yrs. and up. This class is for adults who swim for fitness and want to refine their strokes. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a master swimming program or other competitive sports, such as triathlons or open water distance swimming.

**Buffaloe Rd Aquatic Center**

Course Fee: \$61

#236590	May 7-23	Tu, Th	6:30-7:10pm
#236591	Jun 4-20	Tu, Th	6:30-7:10pm
#236592	Jul 9-25	Tu, Th	6:30-7:10pm
#236593	Aug 6-22	Tu, Th	6:30-7:10pm

**Millbrook Pool**

Course Fee: \$46

#236933	Jun 29-Jul 20	Sa	11:30-12:10pm
#236935	Jul 27-Aug 24	Sa	8:40-9:20am

Course Fee: \$61

#236934	Jul 9-18	Tu-Th	7:10-7:50pm
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**Adult Learning the Basics Swim Class**

Age: 13yrs. and up. This class helps teens and adults overcome their fear of the water and learn the basic skills for a minimum level of water competency. Participants strive for skill and stroke performance, to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

**Buffaloe Rd Aquatic Center**

Course Fee: \$46

#236570	Jun 1-22	Sa	12:10-12:50pm
#236573	Jul 6-27	Sa	12:10-12:50pm
#236576	Aug 3-24	Sa	12:10-12:50pm

Course Fee: \$61

#236568	May 7-23	Tu, Th	11:30am-12:10pm
#236569	May 7-23	Tu, Th	6:30-7:10pm
#236571	Jun 4-20	Tu, Th	11:30am-12:10pm
#236572	Jun 4-20	Tu, Th	6:30-7:10pm
#236574	Jul 9-25	Tu, Th	11:30am-12:10pm
#236575	Jul 9-25	Tu, Th	6:30-7:10pm
#236577	Aug 6-22	Tu, Th	11:30am-12:10pm
#236578	Aug 6-22	Tu, Th	6:30-7:10pm

**Longview Pool**

Course Fee: \$44

#236787	Jun 15-29	Sa	10:50-11:30am
#236788	Jul 13-27	Sa	10:10-10:50am

**Millbrook Pool**

Course Fee: \$46

#236924	Jun 1-22	Sa	8:40-9:20am
#236921	May 14-23	Tu-Th	7:10-7:50pm
#236925	Jun 4-13	Tu-Th	7:10-7:50pm
#236926	Jun 18-27	Tu-Th	7:10-7:50pm
#236927	Jul 23-Aug 1	Tu-Th	7:10-7:50pm
#236928	Aug 20-29	Tu-Th	7:10-7:50pm

**Optimist Pool**

Course Fee: \$46

#237388	Apr 27-May 18	Sa	9:20-10:00am
#237634	Jun 1-22	Sa	9:20-10:00am
#237637	Jul 13-Aug 10	Sa	9:20-10:00am

Course Fee: \$61

#237633	May 13-23	M, W-Th	7:10-7:50pm
#237635	Jun 10-20	M, W-Th	7:10-7:50pm
#237636	Jul 8-18	M, W-Th	7:10-7:50pm
#237638	Jul 29-Aug 8	M, W-Th	7:10-7:50pm

**Pullen Aquatic Center**

Course Fee: \$61

#238205	Jun 10-20	M, W-Th	6:30-7:10pm
#238206	Jul 8-18	M, W-Th	6:30-7:10pm
#238207	Jul 29-Aug 8	M, W-Th	6:30-7:10pm

Course Fee: \$78

#238204	May 14-Jun 6	Tu, Th	7:10-7:50pm
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**Ridge Road Pool**

Course Fee: \$46

#238321	Jun 24-27	M-Th	7:10-7:50pm
#238322	Jul 8-11	M-Th	7:10-7:50pm
#238323	Jul 29-Aug 1	M-Th	7:10-7:50pm

**Adult Refining Swim Strokes Class**

Age: 13yrs. and up. This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water.

**Buffaloe Rd Aquatic Center – Course Fee: \$46**

#236581	Jun 1-22	Sa	12:10-12:50pm
#236584	Jul 6-27	Sa	12:10-12:50pm
#236587	Aug 3-24	Sa	12:10-12:50pm

Course Fee: \$61

#236579	May 7-23	Tu, Th	11:30am-12:10pm
#236580	May 7-23	Tu, Th	6:30-7:10pm
#236582	Jun 4-20	Tu, Th	11:30am-12:10pm
#236583	Jun 4-20	Tu, Th	6:30-7:10pm
#236585	Jul 9-25	Tu, Th	11:30am-12:10pm
#236586	Jul 9-25	Tu, Th	6:30-7:10pm
#236588	Aug 6-22	Tu, Th	11:30am-12:10pm
#236589	Aug 6-22	Tu, Th	6:30-7:10pm

**Millbrook Pool**

Course Fee: \$46

#236930	Jun 29-Jul 20	Sa	8:40-9:20am
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Course Fee: \$61

#236929	Jun 18-27	Tu-Th	7:10-7:50pm
#236931	Jul 9-18	Tu-Th	7:10-7:50pm
#236932	Aug 6-15	Tu-Th	7:10-7:50pm

**Optimist Pool**

Course Fee: \$46

#237642	Apr 27-May 18	Sa	9:20-10:00am
#237644	Jun 1-22	Sa	9:20-10:00am
#237647	Jul 13-Aug 10	Sa	9:20-10:00am

Course Fee: \$61

#237643	May 13-23	M, W-Th	7:10-7:50pm
#237645	Jun 10-20	M, W-Th	7:10-7:50pm
#237646	Jul 8-18	M, W-Th	7:10-7:50pm
#237648	Jul 29-Aug 8	M, W-Th	7:10-7:50pm

**Pullen Aquatic Center**

Course Fee: \$61

#238209	Jun 10-20	M, W-Th	7:10-7:50pm
#238210	Jul 8-18	M, W-Th	7:10-7:50pm
#238211	Jul 29-Aug 8	M, W-Th	7:10-7:50pm

Course Fee: \$78

#238208	May 14-Jun 6	Tu, Th	7:10-7:50pm
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**Ridge Road Pool**

Course Fee: \$46

#238325	Jun 24-27	M-Th	7:10-7:50pm
#238327	Jul 8-11	M-Th	7:10-7:50pm
#238328	Jul 29-Aug 1	M-Th	7:10-7:50pm



### Lifeguarding - American Red Cross

Age: 15yrs. and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes first aid and CPR/AED for the professional rescuer. To participate, you must pass a prerequisite skills evaluation. This evaluation requires the following:

**A.** Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. (You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed.) **B.** Tread water for two minutes using only the legs while keeping your hands under your armpits. **C.** Complete a timed event within 1 minute, 40 seconds. This event includes starting in the water, swimming 20 yards (swim goggles are not allowed), surface diving to a depth of 7 to 10 feet to retrieve a 10-pound object, returning to the surface and swimming 20 yards on your back to return to the starting point while holding the object with both hands and keeping your face at or near the surface, and exiting the water without using a ladder or steps. The prerequisite skills evaluation will occur on the first day of the course.

**Optimist Pool** – Course Fee: \$200

#237655	May 13-Jun 5	M, W	5:00-9:00pm
#237656	May 18-Jun 8	Sa	9:00am-5:00pm
#237657	Jun 10-19	M-Th	9:00am-1:00pm
#237658	Jun 10-19	M-Th	5:00-9:00pm
#237659	Jul 15-24	M-Th	9:00am-1:00pm

**Pullen Aquatic Center** – Course Fee: \$200

#238215	Jun 17-27	M-Th	5:00-8:30pm
#238216	Jul 8-18	M-Th	5:00-8:30pm

### Water Safety Instructor - American Red Cross

Age: 16yrs. and up. This American Red Cross course will certify candidates to teach water safety, including a basic water rescue course,

learn-to-swim program and parent-and-child classes. All course materials are included.

**Millbrook Pool** – Course Fee: \$225

#237386	May 7-28	Tu	5:00-9:00pm
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**Optimist Pool** – Course Fee: \$225

#237930	Jun 17-Jul 17	M, W	5:00-9:00pm
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#237931	Jul 13-Aug 10	Sa	9:00am-5:00pm
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**Pullen Aquatic Center** – Course Fee: \$225

#238217	Jun 10-14	M-F	9:00am-5:00pm
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### Family

#### Deep Water Exercise - Intervals

Age: 13yrs. and up. Intervals, Intensity Level 3, offers a combination of high- and low-intensity exercises designed to keep you moving.

**Optimist Pool**

M, W, F	11:00am-12:00pm
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**Pullen Aquatic Center**

M, W, F	8:30-9:30am
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#### Deep Water Exercise - Power Hour

Age: 13yrs. and up. Power Hour, Intensity Level 4-5, teaches quick, continuous and powerful movements with no impact for the advanced exerciser.

**Millbrook Pool**

Tu, Th	6:00-7:00pm
Sa	8:00-9:00am

#### Shallow Water Exercise - Current Channel

Age: 6yrs. and up. Current Channel Challenge, Intensity Level 2-4, offers combination use of current channel, water resistance, shallow water area and exercise equipment. It is modified into a family format for all ages as noted on the schedule.

**Buffaloe Rd Aquatic Center**

Tu, Th	10:30-11:30am
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#### Shallow Water Exercise - Hydro-fusion

Age: 13yrs. and up. Hydro-fusion, Intensity Level 2-4, is designed for all fitness levels.

This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.

**Optimist Pool**

M, W, F	10:00-11:00am
Tu, Th	9:00-10:00am

#### Shallow Water Exercise - Join-t Class

Age: 13yrs. and up. Intensity Level 1-2, is designed for people with arthritis, fibromyalgia or other conditions who would benefit from a range-of-motion exercise.

**Pullen Aquatic Center**

M, W, F	9:45-10:45am
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#### Shallow Water Exercise - Pool Pilates

Age: 13yrs. and up. Pilates is designed for all ages. It is a class with a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance. Pilates improves flexibility, emphasizes alignment, breathing and developing a strong core.

**Pullen Aquatic Center**

Tu, Th	10:00-11:00am
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#### Shallow Water Exercise - Water Walking

Age: 13yrs. and up. Water Walking, Intensity Level 1-2, is designed for all fitness levels. This class focuses on flexibility and cardiovascular endurance, allowing participants to improve range of motion using long movements.

**Millbrook Pool**

M, W, F	9:00-10:00am
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**Optimist Pool**

M, W, F	9:00-10:00am
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The **City of Raleigh** has a vision to get art everywhere! Raleigh Arts oversees the City's growing investments in the arts including:

- **GRANTS:** The Arts Partners grant program provides more than \$1.8M in grants to arts organizations each year, funding operating support as well as innovative and educational projects.
- **PUBLIC ART:** Raleigh reserves one percent of capital construction projects for public art and also partners with the community for temporary projects like GoRaleigh's Art-On-The-Move art buses, Art-Line performances and pop-up projects like Banjostand at Wide-Open Bluegrass.
- **EXHIBITIONS:** Block Gallery art exhibitions in the Raleigh Municipal Building, the Block2 Video Series at Market Plaza in downtown Raleigh as well as exhibitions at Pullen and Sertoma Arts Centers.
- **ARTS CENTERS:** Pullen and Sertoma Arts Centers host classes, workshops and programs for artists of all ages. Pullen is closed for renovations, so look out for pop-up studios around town.
- **EVENTS & AWARDS:** The Medal of Arts ceremony and the Piedmont Laureate writers' program honor special contributions to the community. Gifts of Gold, organized in conjunction with the Wake County Public School System, recognizes artistic talent in students. Events like the Fall Arts Fair and pop-up events connect local artists with the community.
- **MUNICIPAL ART COLLECTION:** Raleigh has 450 artworks throughout the City including work by local artists and major public art works.
- **OPPORTUNITIES FOR ARTISTS:** Raleigh Arts and arts partners have open calls for talent all year round. Subscribe to our newsletter or check social media for the latest listings.

**Raleigh Arts** has two resident advisory groups: the **Arts Commission**, and the **Public Art and Design Board**. For more information, contact the Office of Raleigh Arts at 919-996-3610 or [www.raleighnc.gov/arts](http://www.raleighnc.gov/arts) #arteverywhere  
Facebook: @OfficeofRaleighArts, Twitter: @RaleighArts, Instagram: @Raleigh\_Arts

## Pullen Arts Center

105 Pullen Road Raleigh, NC 27607  
(919)996-4895  
Director: Eliza Kiser

### Pullen Arts Center Closed for Renovation

Pullen Arts Center has been providing visual arts classes for artists of all ages and at all levels of experience since 1961. Raleigh has grown and changed over time and so has the demand for arts programs! In 2014, voters passed a Parks Bond that included \$6 million for improving Pullen Arts Center. After a two year public participation process, the center has closed to undergo a full renovation. Pullen Arts will gain 7500 square feet of space, expand and improve studios, and increase gallery space! During the closure, some of your favorite classes will be offered at Five Points Center for Active Adults, Glen Eden Neighborhood Center, and Sertoma Arts Center, listed here by class name as usual, but with new locations. Questions? Email [Pullen.Arts@raleighnc.gov](mailto:Pullen.Arts@raleighnc.gov).

## Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612  
(919)996-2329  
Director: Julia Meder

Sertoma offers classes in painting, drawing, fiber arts, printmaking, jewelry, kids' art classes and pottery. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

**Gallery Hours** – Exhibits are on display in the lobby and hall gallery during normal operating hours. For exhibits in the Raleigh Room please call Sertoma for viewing hours.

### Raleigh Room, Display Case and Hall Gallery:

M-Th	9am-10pm
F	9am-1pm
Sa	10am-5pm
Su	12-5pm

### Sertoma Arts Center's Gallery Exhibits

#### May-June

**Raleigh Room:** Jean Gray Mohs

**Hall Gallery:** Davis Choun

**Display Cases:** William Hinton & Jewelry Exhibit

#### July-August

**Raleigh Room and Display Cases:**

Gabrielle Graber Hall

**Gallery:** Britt Flood

## Preschool

### Art - Krafty Kids

Age: 3-5 yrs. Get your creative juices flowing in this class focused on creating! Join us for a different and creative arts-and-craft project or edible creation. A new project is introduced with each theme class. Staff will provide supplies; you provide the fun! Preregistration is required, and the fee is per class.

**Optimist Community Center** – Course Fee: \$7

#### Mother's Day Surprise

#239383 May 3 F 12:30-1:30pm  
#239384 May 4 Sa 12:30-1:30pm

#### Father's Day Surprise

#239390 Jun 7 F 12:30-1:30pm  
#239385 Jun 8 Sa 12:30-1:30pm

#### Summer Daze

#239386 Jul 12 F 12:30-1:30pm  
#239387 Jul 13 Sa 12:30-1:30pm

#### Slice of Fun!

#239388 Aug 9 F 12:30-1:30pm  
#239389 Aug 10 Sa 12:30-1:30pm

### Art - Storyland Adventures with Mr. Moo Monet

Age: 18 mths - 4 yrs. Join our adventure through Storyland with Mr. Moo Monet each month. We will start our adventure by waking up Mr. Moo Monet and sharing a story that goes with the theme for that day. Children will participate in story time and make arts and crafts projects at each adventure. Parent participation is required. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

**Optimist Community Center** – Course Fee: \$45  
#239417 May 1-22 W 10:30-11:15am

### Ballet and Tap for Preschoolers

Age: 3-4 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

#### Millbrook Exchange Community Center

Course Fee: \$36  
#239694 May 1-22 W 10:15-11:00am

### Ballet Basics I - Beginner

Age: 3-5 yrs. Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals, including body alignment, basic ballet terminology and principles of postures. Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Tanesha Patrick

**Green Road Community Center** – Course Fee: \$70  
#238464 Jun 1-Jul 20 Sa 9:15-10:00am  
#238465 Jun 1-Jul 20 Sa 10:15-11:00am

### Ballet Basics II - Intermediate

Age: 6-8 yrs. Young ballet dancers will work on each movement in barre and center exercises and gradually move into combining

## Raleigh Little Theatre

Box Office: 919-821-3111  
Website: <http://raleighlittletheatre.org/>  
Email: [info@raleighlittletheatre.org](mailto:info@raleighlittletheatre.org)

Winner of Indy Week's Best Live Theater Company in the Triangle for the last three years, Raleigh Little Theatre is a welcoming community using theatre to enrich, educate, entertain and engage volunteers, students, and audiences of all ages. Programs include plays for adult and family audiences, classes and camps for all ages, and volunteer opportunities.

### Upcoming Performances and Events

#### May 18 - 19

**West Side Story** – Symphony Concert

#### May 31 - June 16

**Pippin** – Musical

#### Thursdays from July 11 - August 8

**Movies in the Garden**

#### July 19 - 28

**Antigone** – Classic Drama

For tickets, visit [raleighlittletheatre.org](http://raleighlittletheatre.org) or call 919-821-3111.

## Theatre In The Park

Box Office 919-831-6058  
Business Office: 919-831-6936  
Website: [www.theatreinthepark.com](http://www.theatreinthepark.com)  
Email: [info@theatreinthepark.com](mailto:info@theatreinthepark.com)

Theatre In The Park, located in the northern end of Raleigh's scenic Pullen Park, provides a quality theatre experience to a diverse audience base in Raleigh and the surrounding areas. We also offer the public an opportunity to become involved and participate in the creation and development of live theatre through classes, productions and volunteer opportunities in order to nurture a general appreciation and respect for the arts.

### Upcoming Performances and Events

#### June 7-23

**Of Good Stock**

For tickets, visit [www.theatreinthepark.com](http://www.theatreinthepark.com) or call 919-831-6058.

each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary but encouraged. Instructor: Tanesha Patrick  
**Green Road Community Center** – Course Fee: \$70  
#238468 Jun 1-Jul 20 Sa 11:15am-12:00pm

### Ballet/Tap for Mini Stars Level 1

Age: 4-5 yrs. Your preschooler will learn techniques to grow as a dancer. Class is split from ballet and then into tap. We will work on flexibility and ballet terminology. Students will learn how to turn without getting dizzy and leap as high as they can without falling! Students should wear white or pink tights, ballet slippers/ tap shoes and black or pink leotards. Ballet skirt is optional. Ages 4-5 yrs old.

**Lake Lynn Community Center** – Course Fee: \$50  
#239209 May 4-Jun 8 Sa 11:15am-12:00pm

### Birthday Parties with Bollywood

Age: 3-11 yrs. Bollywood style themed games and dancing is led by our engaging hostess in costume, who can provide instruction suited to your audience's age & preference! Whether you are hosting a 'Aladdin-Jasmine', 'Maharaja', Shimmer & Shine' or 'Jungle Book' party or just wanting to dance, our hostess has vast experience leading and engaging youth with upbeat music, costumes, and dance instruments! Party includes: 45 minutes of

themed instruction and 3 hour room rental. Instructor, Priya Chellani.

**Brier Creek Community Center** – Course Fee: \$185  
#240281 May 5 Su 1:00-5:00pm

### Butterfly Ballerinas

Age: 2-3 yrs. Your little dancer will have tons of fun learning the basics of ballet. The class will help develop balance, coordination and self-confidence. Students will learn basic technique, body position and steps. Everything dancers learn will come together in an end-of-course performance for parents to enjoy.

**Hill Street Center** – Course Fee: \$25

#239379 May 7-28 Tu 5:30-6:00pm  
#239380 Jun 18-Jul 9 Tu 5:30-6:00pm  
#239381 Jul 16-Aug 6 Tu 5:30-6:00pm  
#239382 Aug 13-Sep 3 Tu 5:30-6:00pm

### Dance - Ballet/Tap

Age: 3-5 yrs. This class will introduce preschoolers to ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop coordination, self-confidence and imagination. Ballet and tap shoes are preferred but not required. Instructor: Judy Gardo.

**Optimist Community Center** – Course Fee: \$36  
#239436 May 6-27 M 10:45-11:30am

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# Strut

## A Runway Exhibit of Extreme Ornament

Sertoma Art Center  
Saturday, June 22, 2019  
2:00 - 5:00 pm

Come join us for this juried selection of wearable work. Presented as a runway exhibit with music and light refreshments.

This show is a celebration of work created for wearable body ornamentation. The materials used are varied: recycled, upcycled, precious and or nonprecious. The key element is the object is wearable by a human. Curated by Betty McKim and Sarah West.



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### Dance- Tap and Twirl

Age: 4-5 yrs. Your little dancer will have tons of fun learning the basics of ballet and tap. The class will help develop balance, coordination and self-confidence. Students will learn basic technique, body position and steps. Everything dancers learn will come together in an end-of-course performance for parents to enjoy.

**Hill Street Center** – Course Fee: \$35

#239482	May 7-28	Tu	6:15-7:15pm
#239483	Jun 18-Jul 9	Tu	6:15-7:15pm
#239484	Jul 16-Aug 6	Tu	6:15-7:15pm
#239485	Aug 13-Sep 3	Tu	6:15-7:15pm

### Little Crafters

Age: 2-5 yrs. Children will explore each theme through crafts and activities. The class will meet at the small shelter near the playground. Parent participation is required for children ages 2-3 and encouraged for children ages 4-5. Preregistration is required.

**Anderson Point** – Course Fee: \$5

#239565	May 22	W	10:00-10:45am
#239566	Jun 26	W	10:00-10:45am
#239567	Jul 24	W	10:00-10:45am
#239568	Aug 28	W	10:00-10:45am

### Mini Stars Ballet/Tap/Jazz Level 2

Age: 4-5 yrs. This class is a continuing training of the previous year. We will learn more techniques and more challenging choreography, but we will never lose the fun! White/pink tights. Black/pink leotard. Ballet skirt optional. Ballet slippers and tap shoes.

Ages 4-5 yrs old.

**Lake Lynn Community Center** – Course Fee: \$50

#239213	May 4-Jun 8	Sa	12:15-1:00pm
Course Fee: \$60			
#239218	May 2-Jun 6	Th	1:00-1:45pm

### Preschool - Mini Monets

Age: 18 mths - 2 yrs. This class introduces little ones to a variety of art materials through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center**

Course Fee: \$50

#237894	May 9-Jun 13	Th	9:30-10:15am
#237895	Jul 11-Aug 15	Th	9:30-10:15am

### Preschool - Petite Picassos

Age: 3-4 yrs. Classes will encourage children to create unique works of art as we explore different painting and craft techniques. Each week, we'll read a new book that will inspire our projects. The classes provide preschool prep with a focus on student independence. No parent/guardian participation. Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** – Course Fee: \$65

#237888	May 9-Jun 13	Th	10:45-11:45am
#237889	Jul 11-Aug 15	Th	10:45-11:45am
#237892	May 7-Jun 11	Tu	9:30-10:30am
#237893	Jul 9-Aug 13	Tu	9:30-10:30am



**Preschool - Wild Animal Art**

Age: 3-5 yrs. We'll read about wild animals and create wild art projects! Projects include painted masks, clay sculptures, watercolor habitats, recycled object sculptures, salt painting and more. Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** – Course Fee: \$65

#237898 May 9-Jun 13 Th 1:30-2:30pm  
#237899 Jul 11-Aug 15 Th 1:30-2:30pm

**REC-Creations**

Age: 3-6 yrs. Join your friends at Green Road Community Center on the 3rd Wednesday of each month for crafts, games and activities! A different theme will be celebrated each month. Be sure to wear shoes and clothes that you can get dirty. Parent/caregiver attends and assists their participant as needed.

**Green Road Community Center** – Course Fee: \$10  
#239883 May 15-Aug 21 W 6:30-8:30pm

**Twinkle Stars Ballet and Tap Level 1**

Age: 2-3 yrs. Learn Tendues, Shuffles and more with this class as it splits from ballet and into tap. Ages 2-3 yrs old. White/pink tights and pink/black leotard. Ballet skirt optional. Ballet slippers and tap shoes.

**Lake Lynn Community Center** – Course Fee: \$50  
#239223 May 4-Jun 8 Sa 9:15-10:00am  
#239224 May 3-Jun 14 F 10:00-10:45am

**Twinkle Stars Tap/Ballet/ Jazz Level 2**

Age: 2-3 yrs. This class is a continuing training of the previous year. We will learn more techniques and more challenging choreography, but we will never lose the fun! Ages 2-3 yrs old. White/pink tights and pink/black leotard. Ballet skirt optional. Ballet slippers and tap shoes.

**Lake Lynn Community Center** – Course Fee: \$50  
#239225 May 4-Jun 8 Sa 10:15-11:00am  
Course Fee: \$65  
#239225 May 4-Jun 8 Sa 10:15-11:00am

**Youth****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.

**Barwell Road Community Center** – Course Fee: \$43  
#240339 May 4-25 Sa 11:00-11:45am  
#240340 Jun 1-22 Sa 11:00-11:45am

**All American Girls Create & Play**

Age: 6-11 yrs. Bring your favorite doll and enjoy some special create-and-play time together! We may make crafts and accessories, read stories, play games, sing and dance and more for you and your doll to enjoy. Each session has a different theme. Cost is per session.

**Optimist Community Center** – Course Fee: \$10

**My Doll & Me Tea**

#239277 May 4 Sa 10:00am-12:00pm  
**Campout**  
#239278 Jun 8 Sa 10:00am-12:00pm  
**Day at the Beach**  
#239279 Jul 13 Sa 10:00am-12:00pm  
**Back to School Blast**  
#239280 Aug 10 Sa 10:00am-12:00pm

**Art - Fantastic Beasts and How to Make Them**

Age: 6-11 yrs. We'll create fantastic creatures, letting our imaginations run wild! We'll build them out of recycled materials, polymer clay, paper, paint, oil pastel, wood, rocks, leaves, fabric, yarn and more. What will you create? A dinodogbat? A flying cathopper with webbed feet? A blue tortoise with spiky hair? Come create with us! Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** – Course Fee: \$85  
#237885 May 7-Jun 11 Tu 4:00-6:00pm  
#237886 Jul 9-Aug 13 Tu 4:00-6:00pm

**Art - Game Creators**

Age: 7-10 yrs. If you've ever wanted to design your own game for which you make up the rules, the board and all the game pieces, here's your chance! Become a toy maker, and create an entire game, including the logo, box, board, playing pieces and book of rules. Then we'll play everyone's game on the last day of class. Michelle Davis Petelinz instructs.

**Sertoma Arts Center** – Course Fee: \$85  
#237909 May 8-Jun 12 W 1:00-3:00pm  
#237910 Jul 10-Aug 14 W 1:00-3:00pm

**Art - Monday Masterpieces**

Age: 7-11 yrs. We'll paint like Picasso, find out why the Blue Dog is blue, paint landscapes with odd palettes, create stables, become abstract expressionists and more! After exploring the work of well-known artists, we'll create our own masterpieces. Each session is different. Instructor: Michelle Davis Petelinz.

**Sertoma Arts Center** – Course Fee: \$85  
#237882 May 6-Jun 17 M 4:00-6:00pm  
#237883 Jul 8-Aug 12 M 4:00-6:00pm

**Ballet - Prime Time Ballet**

Age: 6-12 yrs. This is a formal ballet class that will focus on correct arm and foot positions and the fundamentals that give ballet its grace and beauty. Flexible clothing and ballet shoes are preferred for this class. Class length is six weeks, with a makeup class, if needed, added the week following the scheduled end of the session.

**Optimist Community Center** – Course Fee: \$45  
#239437 May 7-Jun 11 Tu 4:30-5:30pm

**Ballet Basics III - Advanced**

Age: 9-12 yrs. Young dancers will gain a sense of awareness of body coordination and alignment. Participants will work on ballet movements in barre and center exercises. While dancers focus on structural lesson plans, they are encouraged to develop their own creativity. Prior experience is required for this course. Instructor: Tanesha Patrick

**Green Road Community Center** – Course Fee: \$70

#238470 Jun 1-Jul 20 Sa 12:15-1:00pm

**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 be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Students focus on building balance, strength, coordination and poise. Instructor Ms. E is the owner of Ethlyn Lassiter's Dance Ensemble.

**Barwell Road Community Center** – Course Fee: \$43  
#240332 May 4-25 Sa 10:00-10:45am  
#240333 Jun 1-15 Sa 10:00-11:00am

**Ballet/Lyrical/Tap for Shooting Stars**

Age: 6-13 yrs. The first half of this class is a mixture of ballet and lyrical, emphasizing technique and discipline. The second half shuffles into tap. Tights, leotard, ballet slippers, tap shoes and ballet skirt are preferred but not required.

**Lake Lynn Community Center** – Course Fee: \$50  
#239208 May 4-Jun 8 Sa 1:15-2:00pm

**Dance - Bollywood Dance Kids**

Age: 4-7 yrs. Bollywood Dance is the genre arising out of the song and dance routines on screen in Indian cinema. 'Bollywood' = Bombay's Hollywood, one of the largest movie production industries in the world. Get in early and watch them quickly blossom! Our Bollywood Dance class for younger kids offers a fun, relaxed introduction to this style and helps them capture the essence of the modern & traditional culture of India. Children learn by imagination, creativity and encouragement and this class has tons to offer in that respect. Over 20 years of international teaching experience has given our tutor a refined edge in imparting even complex dance steps with ease! Instructor: Priya Chellani

**Brier Creek Community Center** – Course Fee: \$60  
#240282 Jun 1-Jul 6 Sa 10:30-11:15am  
#240283 Jul 20-Aug 24 Sa 10:30-11:15am

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### Dance - Boys Hip Hop

Age: 7-10 yrs. Hip Hop is a street influenced type of dance infused with funky jazz and break dancing. Our class will include many techniques of Hip Hop such as Popping, Tutting, Freezes, Breaking, Gliding and more. The movements and exercises increase strength, muscle tone, musicality, and stamina. The dance choreography develops muscle memory and performance personality. The routines often have a fun theme or tell a story. This exciting, high energy class is fun at all levels. Instructor: Moriah Womble, Owner of Triangle Dance Company

**Brier Creek Community Center** – Course Fee: \$42  
 #240286 Jun 4-25 Tu 6:45-7:30pm  
 #240287 Jul 9-30 Tu 6:45-7:30pm  
 #240288 Aug 6-27 Tu 6:45-7:30pm

### Dance - Girls Hip Hop!

Age: 7-10 yrs. Hip Hop is a street influenced type of dance infused with funky jazz and break dancing. Our class will include many techniques of Hip Hop such as Popping, Tutting, Freezes, Breaking, Gliding and more. The movements and exercises increase strength, muscle tone, musicality, and stamina. The dance choreography develops muscle memory and performance personality. The routines often have a fun theme or tell a story. This exciting, high energy class is fun at all levels. Instructor: Moriah Womble.

**Brier Creek Community Center** – Course Fee: \$42  
 #240290 Jun 4-25 Tu 6:00-6:45pm  
 #240291 Jul 9-30 Tu 6:00-6:45pm  
 #240292 Aug 6-27 Tu 6:00-6:45pm

### Dance - Preschool Dance

Age: 3-5 yrs. This class will consist of learning and practicing the basics of ballet along with other fun and simple dance moves! Coordination, self-confidence and imagination soar as preschoolers dance across the floor with props to age appropriate music. Not required but recommended: tights and leotard. Instructor: Moriah Womble, owner of Triangle Dance Company.

**Brier Creek Community Center** – Course Fee: \$38  
 #240295 Jun 1-22 Sa 10:00-10:30am  
 #240296 Jul 13-Aug 3 Sa 10:00-10:30am

### Drawing - Drawing Fundamentals

Age: 6-10 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers. Supplies included. Instructor: Sarah Clover.

**Sertoma Arts Center** – Course Fee: \$70  
 #237872 May 6-Jun 17 M 4:30-6:00pm  
 #237873 Jul 8-Aug 12 M 4:30-6:00pm

### Drawing and Painting

Age: 6-10 yrs. Explore your creativity with drawing, watercolor and acrylic paints. This class is ideal for those wanting to work on individual projects. Supplies included. Instructor: Sarah Clover.

**Sertoma Arts Center** – Course Fee: \$70  
 #237876 May 8-Jun 12 W 4:00-5:30pm  
 #237877 Jul 10-Aug 14 W 4:00-5:30pm

### Girls & Their Dolls Night Out

Age: 5-12 yrs. Girls and their dolls are invited to come spend the evening with us. We will play games, eat pizza, watch movies, make crafts and more. Don't forget to bring your dolls and your imagination.

**Optimist Community Center** – Course Fee: \$15  
 #239400 May 17 F 5:30-8:30pm  
 #239401 Jun 21 F 5:30-8:30pm  
 #239402 Jul 26 F 5:30-8:30pm  
 #239403 Aug 23 F 5:30-8:30pm

### Hip-Hop Fun

Age: 5-8 yrs. This fun, high-energy class uses the latest pop music to teach students hip-hop dance moves. Emphasis will be on coordination, rhythm, timing and confidence. Class will include time to freestyle, which develops an individual sense of style and promotes artistic expression, movement and teamwork in a fun, musical environment. Hip-hop is always age appropriate and always a blast for both boys and girls! Dance to today's hottest music!

**Greystone Community Center** – Course Fee: \$30  
 #240205 May 6-20 M 5:00-5:55pm

### Homeschool & Afterschool Art Time

Age: 7-12 yrs. Come join us for this four-week class. We will explore art elements such as line and color composition. We will use many kinds of media, such as watercolor, tempera, chalk and acrylic paint. This class will at times get a little messy, so

it is advisable to wear old clothes or bring an old T-shirt. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

**Optimist Community Center** – Course Fee: \$47  
 #239424 May 1-22 W 1:30-3:00pm  
 #239430 May 1-22 W 4:30-6:00pm

### Homeschool Art Time (ages 4 - 6)

Age: 4-6 yrs. Join us for this four-week art class. We will explore art elements such as line and color composition and use many kinds of media, such as watercolor, tempera, chalk and acrylic paint. This class will at times get a little messy, so it is advisable to wear old clothes or bring an old T-shirt. Class length is four weeks with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

**Optimist Community Center** – Course Fee: \$40  
 #239420 May 1-22 W 11:45am-12:45pm

### It's Showtime

Age: 5-13 yrs. Students build confidence and find their voice with beginning acting lessons. Students will be taking on different emotions and environments as they work on skits. It's time for your close up! Instructor: Gabriellia Whitaker.

**Lake Lynn Community Center** – Course Fee: \$70  
 #239211 May 1-Jun 12 W 6:30-7:30pm

### Jazz/Hip Hop Duo

Age: 6-11 yrs. Beginner level dance Jazz/ Hip Hop Dance instruction in a fun and supportive environment. Come learn some cool moves! Instructor: Tanesha Patrick

**Green Road Community Center** – Course Fee: \$70  
**Green Road Community Center**  
 #238473 Jun 1-Jul 20 Sa 1:15-2:00pm  
 #238474 Jul 27-Sep 7 Sa 1:15-2:00pm



### Mixed Media - Garden Art

Age: 6-10 yrs. This class will explore several sculptural projects to create unique art for your garden. Mosaic stepping stones, bird feeders, painted flower pots, wind chimes, and fairy houses are some of the projects this class will create. Instructor: Sarah Clover

**Sertoma Arts Center** – Course Fee: \$90

#237880 May 9-Jun 13 Th 4:30-6:30pm

#237881 Jul 11-Aug 15 Th 4:30-6:30pm

### Music - Raleigh Children's Orchestra

Age: 6-13 yrs. The Raleigh Children's Orchestra is a multilevel string orchestra for students in grades 1-7 who have played for six months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an ensemble setting. For those who are not yet proficient in reading music, parts are available with string names and finger numbers. More experienced players have more difficult parts and leadership opportunities. All will gain fluency in playing and ensemble skills. The semester ends with a free public concert. Students provide their own instruments, music stands and three-ring binders. Director: Ilse Mann.

**Sertoma Arts Center** Course Fee: \$100

**Full session**

#237398 Jun 6-Aug 1 Th 6:15-7:30pm

### Music Classes-Youth

Age: 5-12 yrs. Introduction to Music will allow participants to master musical skills and concepts by hands-on participation. Students will perform with instruments such as guitar, violin, piano, cello, harp, drums, flute and voice. The class will foster the ability to read and notate music, develop a listening ear and create compositions that translate thoughts and emotions into musical expression.

**Biltmore Hills Community Center**

**Introduction to Music-Youth** – Course Fee: \$50

#240135 May 7-28 Tu 6:30-7:30pm

#240136 Jun 4-25 Tu 6:30-7:30pm

#240137 Jul 9-30 Tu 6:30-7:30pm

#240138 Aug 6-27 Tu 6:30-7:30pm

**Individual Lessons-Youth** – Course Fee: \$60

#240139 May 5-26 Su 1:30-4:30pm

#240140 Jun 2-23 Su 1:30-4:30pm

#240141 Jul 7-28 Su 1:30-4:30pm

#240142 Aug 4-25 Su 1:30-4:30pm

### Pottery - Flowers and Flower Pots

Age: 7-11 yrs. Using nature and imagination as a guide, children in this pottery class will be able to play while they create a spring flower pot with flowers. Pottery will be ready for pick-up two weeks after class is over. 3 sessions. Instructor: Lynn Kurisko.

**Sertoma Arts Center** – Course Fee: \$60

#238107 Jul 15-29 M 4:15-5:30pm

### Pottery - Funky Fungi

Age: 6-11 yrs. Children will create splendidly speckled and spotted toadstools using textures and handbuilding techniques during the first class. During the second class, young potters will decorate with vibrant glazes. Pottery will be ready for pick-up two weeks after class is over. 2 sessions. Instructor: Patty Merrell.



**Sertoma Arts Center** – Course Fee: \$45

#238111 Aug 19-26 M 4:15-5:30pm

### Pottery - Handbuilding for Children

Age: 5-8 yrs. Children work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class, so don't miss it! Pottery will be ready for pick-up two weeks after class is over. 4 sessions. Lynn Kurisko instructs.

**Sertoma Arts Center** – Course Fee: \$70

#238096 May 6-Jun 3 M 4:15-5:30pm

#238097 May 30-Jun 20 Th 4:15-5:30pm

### Pottery - Snails and Bugs

Age: 6-11 yrs. If you like slimy or squirmy creatures then this is the class for you! We will form, texture, incise, and join clay during the first class. During the second class we will decorate the pottery with glazes. Pottery will be ready for pick-up two weeks after class is over. 2 sessions. Instructor: Patty Merrell.

**Sertoma Arts Center** – Course Fee: \$45

#238112 Aug 21-28 W 4:15-5:30pm

### Pottery - Sun Faces

Age: 6-11 yrs. We are going to anticipate some bright sunny days by making happy sun faces to hang on the wall. Children will take clay slabs and create a sun with a face. During the second class, children will decorate with glazes. They will be ready to pick up two weeks after the last class. 2 sessions. Instructor: Patty Merrell.

**Sertoma Arts Center** – Course Fee: \$45

#238105 May 2-9 Th 4:15-5:30pm

### Pottery - Wind Chimes (or Mobile)

Age: 7-14 yrs. This is a hands-on clay project in which kids will make their own wind chimes or mobile for indoors or outdoors in the garden. We will design, make, glaze and assemble the wind chimes. Kids will design shapes and textures for their projects. Pottery will be ready for pick-up two weeks after class is over. 3 sessions. Instructor: Lynn Kurisko.

**Sertoma Arts Center** – Course Fee: \$60

#238109 Jul 17-31 W 4:15-5:30pm

## Teen

### Ballet/Lyrical for Teens

Age: 13-18 yrs. This class for ages 13-18 offers a mixture of ballet and lyrical with more mature technique. Wear pink or white tights, black or pink leotard and ballet slippers.

**Lake Lynn Community Center** – Course Fee: \$70

#239207 May 2-Jun 13 Th 6:30-7:30pm

### Drawing - Drawing Fundamentals for Teens

Age: 11-15 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers.

Supplies included. Instructor: Sarah Clover.

**Sertoma Arts Center** – Course Fee: \$90

#237874 May 6-Jun 17 M 6:30-8:30pm

#237875 Jul 8-Aug 12 M 6:30-8:30pm

### Drawing and Painting for Teens

Age: 11-15 yrs. Explore your creativity with drawing, watercolor and acrylic paints. This class is ideal for those wanting to work on individual projects. Supplies included. Instructor: Sarah Clover.

**Sertoma Arts Center** – Course Fee: \$90

#237878 May 8-Jun 12 W 6:00-8:00pm

#237879 Jul 10-Aug 14 W 6:00-8:00pm

### Hip-Hop for Teens

Age: 13-18 yrs. Students will learn more advanced routines and tricks from the younger ages in this funky class! The class will show techniques of isolating body parts and sliding like MJ. Please wear comfortable attire.

**Lake Lynn Community Center** – Course Fee: \$70

#239210 May 2-Jun 13 Th 7:30-8:30pm

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**Music Classes-Teens**

Age: 12-17 yrs. Introduction to Music will allow students to master musical skills and concepts by hands-on participation. Students will perform with instruments such as guitar, violin, piano, cello, harp, drums, flute and voice. The class will foster the ability to read and notate music, develop a listening ear and create compositions that translate thoughts and emotions into musical expression.

**Biltmore Hills Community Center** – Course Fee: \$50  
**Introduction to Music-Teens**

#240111	May 7-28	Tu	7:30-8:30pm
#240112	Jun 4-25	Tu	7:30-8:30pm
#240113	Jul 9-30	Tu	7:30-8:30pm
#240114	Aug 6-27	Tu	7:30-8:30pm

Course Fee: \$60

**Individual Lessons-Teens**

#240115	May 5-26	Su	1:30-4:30pm
#240116	Jun 2-23	Su	1:30-4:30pm
#240117	Jul 7-28	Su	1:30-4:30pm
#240118	Aug 4-25	Su	1:30-4:30pm

**Pottery - Beginning Handbuilding for Youth & Teens**

Age: 11-15 yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class. Pottery will be ready for pick-up two weeks after class is over. 4 sessions. Instructor: Lynn Kurisko.

**Sertoma Arts Center** – Course Fee: \$80  
#238104 May 8-29 W 4:00-6:00pm

**Pottery - Continuing Handbuilding for Youth & Teens**

Age: 11-15 yrs. This class is catered to students who have already taken a clay class before and want to continue to create individual handbuilt pottery. Students work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Glazing during the last class, so don't miss it! Pottery will be ready for pick-up two weeks after class is over. 6 sessions. Instructor: Sarah Clover.

**Sertoma Arts Center** – Course Fee: \$100  
#238108 Jul 9-Aug 13 Tu 4:00-6:00pm

**Pottery - Fairy Houses**

Age: 11-15 yrs. We will make magical fairy houses that will only be limited by your imagination. We will take two class periods to form them with clay. The final week we will paint/glaze them to look whimsical. Two weeks after the last class, the projects will be available for pick up. Instructor: Lynn Kurisko.

**Sertoma Arts Center** – Course Fee: \$65  
#239612 Jun 17-Jul 1 M 4:00-6:00pm

**Pottery - Handbuilt Sculpture for Youth & Teens**

Age: 11-15 yrs. Students work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique sculptural creations. This class is catered to students who have

already taken a clay class and are wanting to create individual sculptural pottery pieces. Glazing during the last class, so don't miss it! Pottery will be ready for pick-up two weeks after class is over. 6 sessions. Instructor: Sarah Clover.

**Sertoma Arts Center** – Course Fee: \$100  
#238106 May 7-Jun 11 Tu 4:00-6:00pm

**Pottery - Wheel Throwing for Teens**

Age: 12-16 yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Class does not qualify participants for a studio card. 6 sessions. Instructor: Amanda Wilson.

**Sertoma Arts Center** – Course Fee: \$100  
#238110 Jul 11-Aug 15 Th 4:30-6:30pm

**Adult****Adult Ballet/Lyrical**

Age: 18yrs. and up. It's never too late to be a ballerina or cabaret star! We'll start with basic dance techniques and barre exercises that correct posture and balance while improving flexibility. We'll then go into hip hop and jazz dance! Why choose when you can have both worlds? Please wear comfortable attire. Tights, leotard, ballet slippers and ballet skirt are preferred but not required.

**Lake Lynn Community Center** – Course Fee: \$65  
#239206 May 7-Jun 11 Tu 7:00-7:50pm

**Art History Part 5: Non-Western Art**

Age: 18yrs. and up. Join us for a fun introduction to Art History as we look at, discuss, and even make our own (inspired by) East Asian, Nativeamerican, African, and Oceanic Art. Please bring sketchbook (roughly 9 inches x 12 inches) and \$10 due to instructor for art supplies. Instructor: Chelsea Brown.

**Sertoma Arts Center** – Course Fee: \$70  
#237423 Jul 10-Aug 14 W 9:30-11:00am

**Ballroom Dance - Beginners Rhythm**

Age: 18yrs. and up. During this program you will have the opportunity to step into the world of American Rhythm Ballroom Dance. We will be working on the basic movements of Rumba, Cha Cha, and Swing. These dances are exciting and energetic. You will find yourself having fun and listening to great music that is just contagious. These basic movements will give you the ability to hold your own and feel comfortable and confident on the dance floor. No experience needed, all you need to do is just have fun.

**Lake Lynn Community Center**  
**Level 2** – Course Fee: \$120  
#239790 May 15-Jul 3 W 7:00-7:50pm  
#239792 Jul 10-Aug 28 W 7:00-7:50pm  
**Level 1** – Course Fee: \$90  
#239789 May 29-Jul 3 W 8:00-8:50pm  
#239791 Jul 24-Aug 28 W 8:00-8:50pm

**Ballroom Dance - Beginners Smooth**

Age: 18yrs. and up. During this program you will have the opportunity to step into a world of American Smooth Ballroom Dance. We will be working on the basic movements of Waltz, Tango, and Foxtrot. These dances are elegant and whimsical. You will find yourself having a fancy time and being taken away to a place of royalty. These basic movements will give you the ability to hold your own and feel comfortable and confident on the dance floor. No experience needed, all you need to do is just have fun.

**Lake Lynn Community Center**  
**Level 2** – Course Fee: \$120  
#239820 May 6-Jul 1 M 7:00-7:50pm  
#239822 Jul 8-Aug 26 M 7:00-7:50pm  
**Level 1** – Course Fee: \$90  
#239819 Jun 3-Jul 8 M 8:00-8:50pm  
#239821 Jul 22-Aug 26 M 8:00-8:50pm

**Ballroom Dancing at Optimist Park**

Age: 15yrs. and up. This fun and active class teaches the smooth dances of fox-trot, waltz and tango with the rhythm dances of East Coast swing, cha-cha and rumba. Intermediate class is a continuation of the beginning ballroom dance learning the bronze level syllabus.

**Optimist Community Center** – Course Fee: \$45  
**Beginner Ballroom Dance**  
#239438 May 7-Jun 11 Tu 5:30-6:30pm  
**Intermediate Ballroom Dance**  
#239439 May 7-Jun 11 Tu 6:30-7:30pm

**Dance - Hemlock Bluff Cloggers Club**

Age: 12yrs. and up. Are you an advanced clogger? The Hemlock Bluffs Cloggers perform at area functions and events under the direction of Bryan Craddock. To learn more or register, visit the Advanced Clogging Class at 7 p.m.

**Jaycee Community Center**  
#239285 May 2-Jun 27 Th 7:30-9:00pm  
#239286 Jul 4-Aug 29 Th 7:30-9:00pm

**Dance - Raleigh International Folk Dancers**

Age: 16yrs. and up. Exercise, socialize and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers take newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian and Bulgarian. Membership dues are \$1 per person per meeting. No registration is necessary. Classes are held at Glen Eden Pilot Park, 1500 Glen Eden Drive.

**Glen Eden Pilot Park** – Course Fee: \$1  
#239287 May 3-31 F 6:00-10:30pm  
#239288 Jun 7-28 F 6:00-10:30pm  
#239289 Jul 5-26 F 6:00-10:30pm  
#239290 Aug 2-30 F 6:00-10:30pm

**Dance - Scottish**

Age: 12yrs. and up. Exercise, socialize and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcome, beginners are taught basic skills

to become competent dancers quickly and easily. Membership dues are \$1 per person per meeting. No registration is necessary. Classes are held every Wednesday night at Glen Eden Pilot Park, 1500 Glen Eden Drive. **Glen Eden Pilot Park** – Course Fee: \$1  
#239301 May 1-Aug 28 W 7:00-10:00pm

### **Dance-Advanced Clogging**

Age: 10yrs. and up. Looking for a clogging challenge? Give our advanced class a try. It's fun and great exercise, in an open, noncompetitive environment. Clogging began in the mountains of North Carolina and has spread worldwide. It is the wonderful percussive dance often seen when bluegrass or old-time music is playing. This class incorporates pop songs as well. Bryan Craddock, director of the Hemlock Bluffs Cloggers, is an excellent instructor. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Please note that a beginner class is offered at 6 p.m., and the Hemlock Bluff Cloggers Club is offered at 8 p.m. **Jaycee Community Center** – Course Fee: \$35  
#239304 May 2-Jun 27 Th 6:00-7:30pm  
#239305 Jul 4-Aug 29 Th 6:00-7:30pm

### **Drawing - Beginning Drawing Part 1**

Age: 16yrs. and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space and perspective. A drawing course is recommended before any painting course. This will provide a great foundation. Supply lists are available on Sertoma's webpage. Amanda Wilson instructs. **Sertoma Arts Center** – Course Fee: \$95  
#237920 May 8-Jun 12 W 6:30-9:00pm

### **Drawing - Beginning Drawing Part 2**

Age: 16yrs. and up. This class is for students who have taken a basic drawing class. Students will explore value, style, space, texture and portraiture. Supply lists are available on Sertoma's webpage. Amanda Wilson instructs. **Sertoma Arts Center** – Course Fee: \$95  
#237924 Jul 10-Aug 14 W 6:30-9:00pm

### **Drawing - Intermediate Drawing**

Age: 16yrs. and up. This course is for the student who has completed a beginning drawing class and is ready to move towards independent art making. Intermediate drawing offers the structure of weekly meetings, regular critiques, and one-on-one instructor assistance of a drawing class with the independence to choose your drawing medium and subject matter similar to open studio. Instructor: Chelsea Brown. **Sertoma Arts Center** – Course Fee: \$95  
#237430 Jul 12-Aug 16 F 9:30am-12:00pm

### **Drawing - Workshop: Introduction to Zentangle**

Age: 16yrs. and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and

creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world by people of all ages, skills and interests. It is easy to learn and easy to do. Materials fee of \$12 is due to instructor at start of workshop and includes all supplies needed. Instructor: Cathy Boytos.

**Sertoma Arts Center** – Course Fee: \$30  
#236805 Jun 26 W 6:30-9:00pm

### **Fibers - Beginning Sewing: Piped Pillows**

Age: 16yrs. and up. Piping is a great way to add some color contrast and 'pop' to a decorative pillow. Once you learn how to make and attach piping, you can use this skill to add piping to many other kinds of projects. In this beginner class, you will learn how to construct a pillow, create your own piping, and trim your pillow with it. You will learn the basics of operating a sewing machine and develop fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. \$13 supply fee due to instructor at first class for cording fiberfill and interfacing. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$100  
#237860 May 30-Jun 27 Th 6:30-8:30pm

### **Fibers - Traditional Japanese Embroidery**

Age: 18yrs. and up. The technique of Japanese embroidery goes back more than 1,600 years. We use silk and metallic fibers on silk fabrics to produce traditional and modern designs for framing. Instruction follows an orderly progression of steps with a new design at each level. This workshop is open to beginners as well as current students at all levels. Current students should bring projects they are working on. New students are required to purchase kit and supplies

from the instructor, payable at first class. Two options are available, see the supply list on Sertoma's webpage for details and cost. Instructor needs one month's notice to order supplies for new students. Additional supplies will be available for purchase from instructor in class. New students are highly encouraged to contact the instructor for more information before enrolling. Instructor: Pam Reading.

**Sertoma Arts Center** – Course Fee: \$75  
#236804 Jun 29-30 Sa-Su 9:30am-4:30pm

### **Fibers - Workshop: Beginning Sewing - Zipper Pouch**

Age: 16yrs. and up. Sewing zippers can be intimidating, but this class is a great way to get comfortable with them. You will be making a cute zippered pouch that is great for storing small personal items such as cosmetics, pens and pencils or electronics accessories. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. A supply fee of \$2 is due to instructor at start of workshop.

Instructor: Joy Kelley.  
**Sertoma Arts Center** – Course Fee: \$30  
#237861 May 4 Sa 1:00-4:00pm

### **Fibers - Workshop: Quilting Basics - Piecing with a Machine**

Age: 16yrs. and up. The goal of this class is to introduce you to quilting and help you discover whether you enjoy it. We will do this by exploring one of the fundamental quilting skills: piecing. Piecing is the process of joining cut fabric pieces together into a quilt block (the basic unit which composes a quilt). If you find you like piecing, you will enjoy the rest of the quilting process as well. Please note this class is focused on learning one of the many necessary quilting skills - we won't be completing a quilt. We will be sewing several different types of quilt blocks

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focusing on developing your piecing skills. No prior sewing experience is necessary. We will be using Sertoma's machines. A \$10 supply fee to be paid to instructor at first class covers all you will need for this workshop - no need to buy materials or collect tools. Instructor: Joy Kelley  
**Sertoma Arts Center** – Course Fee: \$30  
#237869 Jul 20 Sa 1:00-4:00pm

### **Fibers - Workshop: Sew a Reversible Table Runner**

Age: 16yrs. and up. Reversible table runners are an easy way to change your table decoration to fit a new season, to celebrate a special occasion, or just to show off a special fabric that you love. In this workshop you will design and sew a reversible table runner while learning some fundamental skills that will enable you to progress to other home decor projects. No prior sewing experience necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#237871 Aug 17 Sa 1:00-4:00pm

### **Fibers - Workshop: Sewing a Crossbody Bag**

Age: 16yrs. and up. If you want to create your own personalized accessories, this project is for you! We will get you started by teaching you some basic bag making skills. In this two day workshop we will sew a small crossbody bag, including learning about zippers, interfacing and strap making. After completing the bag, we will discuss additional ways to progress your bag making skills by changing various design features, hardware options. No prior sewing experience necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. \$5 supply fee for bag and interfacing due to instructor in class. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$50  
#237862 May 7-14 Tu 9:30am-12:30pm

### **Fibers - Workshop: Sewing Machine - Beyond the Basics**

Age: 16yrs. and up. Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies. This class is intended for students who can confidently and independently thread and operate a sewing machine. A supply fee of \$10 is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#237868 Jun 1 Sa 1:00-4:00pm

### **Fibers - Workshop: Sewing Machine Basics**

Age: 16yrs. and up. Sewing machines are wonderful tools, but they are also complex and can be intimidating for beginners. This hands-on class offers a fun and supportive environment where beginners will gain the confidence to set up and use a sewing machine. We will cover machine set-up, operation, accessories, safety and basic maintenance. We will also address your particular sewing goals and offer advice on sewing machines and supplies to consider as you progress. A supply fee of \$7 is paid to the instructor at start of workshop. Note: This class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
#237865 May 18 Sa 1:00-4:00pm

### **Fibers - Workshop: Shibori and the Grid**

Age: 16yrs. and up. Very basically, a grid is defined as a network of horizontal and perpendicular lines. It's a basic universal element in design, providing structure and

harmony. It will be a basis for exploring pattern in shibori and indigo dyeing in this class. The emphasis will be on stitch, but also for quick studies, we'll also work with itajime - board clamping. The supply fee is \$60 and should be paid to the instructor at start of the workshop. Instructor: Susan Fennell.

**Sertoma Arts Center** – Course Fee: \$300  
#239832 Aug 26-30 M-F 10:00am-4:00pm

### **Jewelry: Anodizing Niobium**

Age: 16yrs. and up. Experiment by adding beautiful color to your jewelry! With anodized niobium, you can add color to your pieces. Students will learn to anodize niobium with an electrolyte solution and electrical current. Anodizing brings out amazing color and highlights texture on niobium. The pieces created can be added to other metals by cold joining or be the centerpiece in a set of earrings or necklace. The creative possibilities are endless! Must have had a jewelry class at Sertoma or Pullen Arts Center. \$35 kit will be available for purchase at the first class. Instructor: Amy Veatch (4 Sessions)

**Sertoma Arts Center** – Course Fee: \$100  
#238092 Jun 3-24 M 6:30-9:30pm

### **Jewelry: Beautiful Bracelets!**

Age: 16yrs. and up. Adorn your wrists (or someone else's) with bracelets! Students will experience using the hydraulic press, the anodizer, and many other tools in the jewelry studio to make cuff, bangle and link bracelets. This class explores different ways to make bracelets using the standard tools in a jewelry studio, plus some specialty tools. All levels of experience are welcome. Instructor: Amy Veatch

**Sertoma Arts Center** – Course Fee: \$100  
#238103 May 3-24 F 9:30am-12:30pm

### **Jewelry: Beginning Jewelry**

Age: 16yrs. and up. Come learn to saw, file and make a rivet. We will cover finishing techniques and patinas, use of the rollmill and general studio tool usage and safety procedures. This class will enhance your





skills for other classes we offer. It will also allow you to get a studio card so you can practice the skills you have learned. Instructor: Amy Veatch or Betty McKim (6 Sessions)

**Sertoma Arts Center** – Course Fee: \$130

**Amy Veatch instructs**

#238087 May 8-Jun 12 W 10:00am-12:30pm

**Betty McKim instructs**

#238088 Jul 10-Aug 14 W 10:00am-12:30pm

### **Jewelry: Earrings! Earrings! Earrings!**

Age: 16yrs. and up. Put some new earrings into your jewelry wardrobe! As the class studies design and creation of the ever popular earring, students will explore different metal smithing techniques using standard jewelry studio tools, plus some specialty tools. All levels of experience are welcome. Instructor: Amy Veatch.

**Sertoma Arts Center** – Course Fee: \$75

#238099 May 6-20 M 6:30-9:30pm

### **Jewelry: Etching for Jewelry**

Age: 16yrs. and up. In this class we will learn the basics of etching on copper to add texture and imagery to your jewelry designs. Students will have time to complete samples in class and will also learn how to safely set up their own etching system at home. All materials included. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$75

#238086 Aug 3-17 Sa 10:30am-1:30pm

### **Jewelry: Flex Shaft Finishing Tips and Tool Talk**

Age: 16yrs. and up. The Flex Shaft is a staple tool in the jewelry studio that can be used for more than just drilling holes. In this one day class, we will go over different burs, abrasive wheels, polishing compounds and finishing techniques. We will also discuss the best basic tools to get when setting up your own studio. Instructor: Sarah West.

**Sertoma Arts Center** - Course Fee: \$50

#238102 May 18 Sa 10:30am-2:30pm

### **Jewelry: Guided Open Studio**

Age: 16yrs. and up. This open studio class will focus on creating jewelry at your own pace. We will explore and have access to enameling and etching as ways to develop ideas. Basic jewelry making skills helpful. Instructor: Betty McKim (4 sessions)

**Sertoma Arts Center** – Course Fee: \$110

#238090 Aug 1-22 Th 10:00am-2:00pm

### **Jewelry: Make Your Own Textured Hoop Earrings**

Age: 16yrs. and up. In this one day class, students will learn the basics of jewelry making while learning to make a unique pair of hoop earrings in copper or brass. All materials included. More materials available for purchase. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$50

#238101 May 11 Sa 10:30am-2:30pm

### **Jewelry: Open Studio for Enameling**

Age: 16yrs. and up. Enameling open studio is for those who have taken an enameling class at Pullen or Sertoma. This will allow you to finish up projects and explore new ideas. No instruction provided. You may bring your own enamels as long as they are lead free. We will supply some supplies and provide enameling kits for purchase if necessary. (1 session).

**Sertoma Arts Center** – Course Fee: \$5

#237938 May 7 Tu 1:00-4:00pm

#237939 May 14 Tu 1:00-4:00pm

#237940 May 21 Tu 1:00-4:00pm

#237941 May 28 Tu 1:00-4:00pm

#237942 Jul 9 Tu 1:00-4:00pm

#237943 Jul 16 Tu 1:00-4:00pm

#237944 Jul 23 Tu 1:00-4:00pm

#237945 Jul 30 Tu 1:00-4:00pm

### **Jewelry: Open Studio for Etching**

Age: 16yrs. and up. Open studio for etching is for those who have taken an etching class at Pullen or Sertoma Art Center. This studio is provided to complete projects or explore new ideas. Supervision of equipment will be provided. Some supplies available for use and metal will be available to purchase if needed. (1 session).

**Sertoma Arts Center** – Course Fee: \$5

#237953 Aug 6 Tu 1:00-4:00pm

#237954 Aug 13 Tu 1:00-4:00pm

#237955 Aug 20 Tu 1:00-4:00pm

### **Jewelry: Open Studio for Niobium**

Age: 16yrs. and up. Open studio for Niobium is for those who have taken Niobium at Sertoma or the Douglas Wunder workshop or the Kathryn Osgood Color on Metal workshop. You will be able to finish projects and explore new ideas using this space-age metal. Supervision of the studio will be provided by Amy Veatch. Kits and metal will be available for sale. (1 session)

**Sertoma Arts Center** – Course Fee: \$5

#237933 Jun 4 Tu 1:00-4:00pm

#237934 Jun 11 Tu 1:00-4:00pm

#237935 Jun 18 Tu 1:00-4:00pm

#237936 Jun 25 Tu 1:00-4:00pm

### **Jewelry: Playful Enameling**

Age: All Ages. In this workshop we will investigate the world of possibilities for surface color and design, when enameling techniques are mixed and layered. Experimenting with different techniques and layering the enamels, participants will learn how to work with: liquid, powder, transparent, and opaque enamels as well as watercolor enamels. Participants will learn the proper application techniques used for each and then be allowed to explore in as many ways as possible. We will work on pre-made forms, allowing the focus to be on enamel. Bring your sketchbooks, favorite photos, or work from your imagination to develop your visual library. No previous

experience with enamels is required. Expect to leave with a variety of enamels to further inspire your studio work. Instructor: Jenn Wells

**Sertoma Arts Center** – Course Fee: \$150

#238094 Aug 24-25 Sa-Su 9:00am-4:00pm

### **Jewelry: Powdercoat Workshop**

Age: 16yrs. and up. Experiment with powdercoating, an alternative way to add color to your jewelry and small metal objects. Powdercoated pieces are baked at 400 degrees to set the finish so a variety of fabrication techniques may be used to create your piece. Powdercoating can be used on a variety of metal surfaces and provides a durable, flexible and colorful finish. All levels are welcome. Instructor: Kathryn Osgood (2 Sessions).

**Sertoma Arts Center** – Course Fee: \$160

#238095 Jun 1-2 Sa-Su 9:00am-4:00pm

### **Painting - Beginning Watercolors**

Age: 16yrs. and up. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create a landscape after learning how to do wet-on-wet washes, wet-on-dry washes, trees, water, rock and skies. Students will learn how to achieve a beautiful glowing sky in watercolor. Supply list available on Sertoma's webpage.

Instructor: Ryan Fox.

**Sertoma Arts Center** – Course Fee: \$95

#239166 May 6-Jun 17 M 9:30am-12:00pm

### **Painting - Continuing Watercolor with Rick Bennett**

Age: 16yrs. and up. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one-on-one assistance. Topics will include use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett. (6 sessions)

**Glen Eden Pilot Park** – Course Fee: \$95

#238713 May 7-Jun 11 Tu 7:00-9:30pm

#238714 Jul 9-Aug 13 Tu 7:00-9:30pm

### **Painting - Continuing Watercolors**

Age: 18yrs. and up. In this class the basics of watercolor will be reinforced as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Beginning watercolorists are welcome. Supply list available on Sertoma's webpage. Ryan Fox instructs.

**Sertoma Arts Center** – Course Fee: \$95

#239179 May 6-Jun 17 M 1:00-3:30pm

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**Painting - Intermediate Oils**

Age: 16yrs. and up. This class is for anyone who has previous oil painting experience who wants to further their technical development while exploring the conceptual elements in their paintings. This class will focus on the choices behind compositions, color and subject matter as it relates to the artist's intent. The course will introduce students to the practice of critiques, which will allow students to gain feedback on their work from a community of artists seeking to improve their skills and knowledge. Students will need to bring their own supplies. Amanda Wilson instructs.

**Sertoma Arts Center** – Course Fee: \$95

#237922 Jul 10-Aug 14 W 1:00-3:30pm

**Painting - Introduction to Oils**

Age: 16yrs. and up. This class is an introduction to oil painting, intended for anyone who is curious about this medium and needs a place to start. The course will cover the basics of oil painting, including: materials used, basic color theory and color mixing, form, value, perspective, composition, themes and painting techniques. The class will include brief lectures and instructor demonstrations. Supply list available on Sertoma's webpage. Amanda Wilson instructs.

**Sertoma Arts Center** – Course Fee: \$95

#237918 May 8-Jun 12 W 1:00-3:30pm

**Painting - Landscapes in Acrylic**

Age: 16yrs. and up. Have you ever seen a beautiful landscape painting and thought to yourself, I wish I could paint like that. Guess what!? You absolutely can!! In this class you will learn how to create your very own landscapes and leave with at least one completed painting. We will cover use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one on one assistance from the instructor as well as class demonstrations and mid course critiques to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush before you will be able to go home with something you are proud of! Supply list on Sertoma's webpage. Instructor: Amanda Wilson.

**Sertoma Arts Center** – Course Fee: \$95

#237925 Jul 11-Aug 15 Th 1:00-3:30pm

**Painting - Larry Dean's Acrylics Studio**

Age: 16yrs. and up. This class is ideal for those with some acrylic experience. However, beginners are welcome. Students will bring

their own projects and proceed with advice and demonstrations from the instructor. Assistance with choosing and mixing colors, composition, perspective and more will help you develop your own style of painting. Come hone your skills in this friendly, informal environment. Supply list is available on Sertoma's webpage. Instructor: Larry Dean.

**Sertoma Arts Center** – Course Fee: \$95

#237288 May 7-Jun 11 Tu 6:30-9:00pm

#237289 Jul 9-Aug 13 Tu 6:30-9:00pm

**Painting - Larry Dean's Beginning Acrylics**

Age: 16yrs. and up. This true beginners class offers a gentle introduction to acrylic painting or a reintroduction to basic concepts with a focus on getting started. Students will work from their own photos, simple still-life arrangements or their imagination. Students will learn about materials, color mixing, shape and perspective. Informal lessons and paint-along demonstrations will assist as you learn at your own pace. Supply list is available on Sertoma's webpage. Instructor: Larry Dean.

**Sertoma Arts Center** – Course Fee: \$95

#237286 May 6-Jun 17 M 6:30-9:00pm

#237287 Jul 8-Aug 12 M 6:30-9:00pm

**Painting - Larry Dean's Studio**

Age: 16yrs. and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works-in-progress. Instructions will include color mixing, shape and perspective. Topics range from selecting a subject to varnishing the finished work. Informal advice will assist as you learn at your own pace. Supply list is available on Sertoma's webpage. Instructor: Larry Dean.

**Sertoma Arts Center** – Course Fee: \$95

#237290 May 7-Jun 11 Tu 1:00-3:30pm

#237291 Jul 9-Aug 13 Tu 1:00-3:30pm

**Painting - Open Studio Painting**

Age: 16yrs. and up. This is an uninstructed open studio environment where students work on their own projects. Students may paint in acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (1 session)

**Glen Eden Pilot Park** – Course Fee: \$8

#238715 May 6 M 9:30am-12:30pm

#238716 May 13 M 9:30am-12:30pm

#238717 May 20 M 9:30am-12:30pm

#238718 Jun 3 M 9:30am-12:30pm

#238719 Aug 12 M 9:30am-12:30pm

#238720 Aug 19 M 9:30am-12:30pm

#238721 Aug 26 M 9:30am-12:30pm

**Painting - Workshop: A Taste of Watercolor**

Age: 16yrs. and up. Come and explore painting using watercolors. Three transparent colors, three brushes and watercolor paper will be supplies for the class. Learn the excitement of mixing colors and find your hidden talent. Instructors: Joann Mathews and Diann Irwin from the SPAA.

**Sertoma Arts Center** – Course Fee: \$40

#239272 Aug 24 Sa 10:00am-1:00pm

**Painting - Workshop: Chinese Brush Painting-Flowers & Birds**

Age: 16yrs. and up. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Flowers and birds is one of the tree major categories for Chinese brush painting. Students will learn how to paint flowers such as poppy, lily, rose, iris or Chinese national flower, the peony, as well as birds, which are popular brush painting subjects. Instructor will provide step by step demo and individual help. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. In addition, the students will learn some basic Chinese calligraphy technique as the title of the paintings or the artist's names. This course is for both experienced and beginning students. The instructor will provide all the supplies and student will pay \$5 for supplies per workshop. Or the students can bring their own supplies if they prefer, supply list provided upon registration. Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes.

**Sertoma Arts Center** – Course Fee: \$50

#237900 May 8 W 12:00-3:00pm

#237901 Jun 5 W 12:00-3:00pm

#237902 Jul 10 W 12:00-3:00pm

#237903 Aug 7 W 12:00-3:00pm

**Painting - Workshop: Crayon Resist Watercolor Greeting Cards**

Age: 12yrs. and up. No more Dollar Store or Hallmark cards for you. We will create unique cards start to finish. This class is good for beginners or anyone who wants to let their creativity flow in a free spirited way. You will explore your intuitive side with wax and crayon mark making. Then you will feel the magic as you add watercolor to your wax design. Then you will cut and glue your paper batik patterns to your cards. Bring your best buddy or child (12 years or older; must be accompanied by an adult) to double your pleasure and fun. Instructors: Alice Whyte and Joann Mathews from the SPAA.

**Sertoma Arts Center** – Course Fee: \$40

#239266 Aug 10 Sa 1:00-4:00pm

**Painting - Workshop: Painting Color, Painting Light!**

Age: 16yrs. and up. In reality, we see color because of light, but in paintings we see light because of color. In this two-day workshop, students will be inspired with their use of colors through slide-show presentations, live demos, class critiques and discussions, as well as one-on-one individual critiques. By using fearless and non-traditional painting warm-up exercises, we will create a fresh and dynamic composition to work upon. The next step is all about putting the color



to work; blocking in values, considering the intensity of colors, playing with temperature. It is with the use of color that an artist can really kick-start their paintings into life. Subject matter will be provided in class, but students are welcome to bring in their photos for inspiration. Previous painting experience is required; oils and acrylics are welcome. A suggested supplies list is available on Sertoma's webpage. Instructor: Leslie Pruneau.

**Sertoma Arts Center** – Course Fee: \$185  
#238118 Jun 25-26 Tu-W 10:00am-5:00pm

### **Painting - Workshop: Painting Outside of the Lines**

Age: 16yrs. and up. One might think a painting is created in two phases. The first stage is drawing, where the artist works to compose the shapes on a picture plane, and the second stage is applying the color. While these are enormously important steps to consider, it was the invention of the 'tube of paint' in 1841 that really changed things a lot in painting. A door was opened that led some artists to skip the under-drawing altogether and go straight to painting. New styles were born such as impressionism, expressionism, color-field painting and more. In this two-day workshop, we will explore some non-traditional painting processes, that are meant to keep the artist working and seeing their paintings fresh with every brush mark. Yes, accidents will happen, but learning which ones to keep is a most valuable step for an artist to take. Subject matter will be provided in class, but students are welcome to bring in their photos for inspiration. Previous painting experience is required; oils and acrylics are welcome.

A suggested supplies list is available on Sertoma's webpage. Instructor: Leslie Pruneau

**Sertoma Arts Center** – Course Fee: \$185  
#238119 Aug 26-27 M-Tu 10:00am-5:00pm

### **Painting in the Park**

Age: 13yrs. and up. Join us on the beautiful grounds of Roberts Park for painting to capture the essence of nature. Artists of all levels are welcome. Rewind at Roberts Park for this relaxing event. Participants will take home their painting. See you at Roberts!

**Roberts Park Community Center** – Course Fee: \$10  
#240086 Jun 20 Th 6:00-7:30pm  
#240104 Jun 27 Th 6:00-7:30pm  
#240105 Jul 11 Th 6:00-7:30pm  
#240106 Jul 18 Th 6:00-7:30pm  
#240107 Jul 25 Th 6:00-7:30pm  
#240108 Aug 1 Th 6:00-7:30pm  
#240109 Aug 8 Th 6:00-7:30pm  
#240110 Aug 15 Th 6:00-7:30pm

### **Pottery - Carving on Clay Surfaces**

Age: 16yrs. and up. Explore the tools and techniques that will make your pottery surfaces more unique and professional. This class focuses on ways to get a more consistent look, putting ideas into practice and fine-tuning a carving style that sets your work apart! Clay slab work will be the primary format, but wheel-thrown pieces may also be used. Basic pottery tools are necessary, and additional carving tools will be suggested at the first class. Beginning Handbuilding at Sertoma or Pullen Arts Centers is required to qualify for this class. This course does not qualify for a studio card. Instructor: Steve Karloski.

**Sertoma Arts Center** – Course Fee: \$60  
#236816 Aug 5-26 M 7:00-9:15pm

### **Pottery - Handbuilding: Beginning**

Age: 16yrs. and up. This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome!

**Sertoma Arts Center** – Course Fee: \$100

**Tim Cherry instructs**

#236810 May 15-Jun 26 W 9:30-11:45am

**Steve Karloski instructs**

#236811 May 15-Jun 26 W 7:00-9:15pm

### **Pottery - Handbuilding: Continuing**

Age: 16yrs. and up. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts.

**Sertoma Arts Center** – Course Fee: \$100

**Tim Cherry instructs**

#236812 Jul 17-Aug 28 W 9:30-11:45am

**Steve Karloski instructs**

#236813 Jul 17-Aug 28 W 7:00-9:15pm

### **Pottery - More Creatures!**

Age: 16yrs. and up. The popularity of the Creatures of Habitat workshop has led to a second session of animal-building. This new workshop involves small-scale creations of cats, dogs, rabbits, bears and elephants ... oh my! Bring all of your handbuilding skills together for this fun exploration of creatures great and small. Basic handbuilding tools are necessary, along with a notebook for the planning process. Prerequisite: completion of Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

**Sertoma Arts Center** – Course Fee: \$60

#236814 Jun 3-24 M 7:00-9:15pm

### **Pottery - Wheel Throwing: Beginner**

Age: 16yrs. and up. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing.

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Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$42). Please arrive 20 minutes early for first class to buy materials. This is a seven-week class.

**Sertoma Arts Center** – Course Fee: \$100

**Ashlyn Biggers instructs**

#236806 May 15-Jun 26 W 7:00-9:15pm

**Andy McKenzie instructs**

#236807 May 15-Jun 26 W 9:30-11:45am

### **Pottery - Wheel Throwing: Continuing**

Age: 16yrs. and up. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. This is a seven-week class. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center.

**Sertoma Arts Center** – Course Fee: \$100

**Andy McKenzie instructs**

#236808 Jul 17-Aug 28 W 7:00-9:15pm

**Tina Granville instructs**

#236809 Jul 17-Aug 28 W 9:30am-11:45am

### **Wednesday Night Social Ballroom Dance**

Age: 18yrs. and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to check out the Pullen Park Wednesday Night Social Ballroom Dance at Pullen Community Center. Dancers meet every Wednesday night to enjoy and dance to live ballroom music. Some of the popular dances are fox-trot, waltz, swing and Latin. Fee is \$8 per person per week. First-time dancers get in for free!

**Pullen Community Center**

#240380 May 1-29 W 7:00-9:30pm

#240381 Jun 5-26 W 7:00-9:30pm

#240382 Jul 3-31 W 7:00-9:30pm

#240383 Aug 7-28 W 7:00-9:30pm

## **Senior**

### **Bluegrass Jam**

Age: 18yrs. and up. Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

**Five Points Center for Active Adults**

#237242 May 1-Aug 28 W 2:00-4:30pm

### **Craft Group**

Age: 18yrs. and up. Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

**Five Points Center for Active Adults**

#237539 May 1-Aug 27 W-Th, M-W 10:00-11:30am

### **Gel Press: Printing Leaves**

Age: 18yrs. and up. Capture the beauty of leaves for your hand-made cards, art journal, or wall art! Gel Press Plates are fun and easy to use. The instructor will provide leaves, printing plates, brayers, paints, and deli-paper. Bring some leaves if you would like to. Instructor: Marie Lawrence

**Five Points Center for Active Adults**

Course Fee: \$20

#238116 May 14-21 Tu 1:00-3:00pm

### **Joyful Chorus**

Age: 18yrs. and up. Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for clubs, organizations, groups and events.

**Five Points Center for Active Adults**

#237598 May 6-Aug 26 M 12:15-1:15pm

#237599 May 6-Aug 26 M 11:15am-12:15pm

### **Knitting and Crocheting**

Age: 18yrs. and up. This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

**Anne Gordon Center for Active Adults**

Course Fee: \$10

#239749 May 7-Jun 25 Tu 2:00-4:00pm

#239750 Jul 9-Aug 27 Tu 2:00-4:00pm

#239751 May 9-Jun 27 Th 2:00-4:00pm

#239752 Jul 11-Aug 29 Th 2:00-4:00pm

### **Paint with Stamps**

Age: 18yrs. and up. Explore making patterns and designs with rubber and foam stamps to create beautiful art for cards, art journals, and walls. Stamps, paint, and paper will be provided by the instructor. Bring stretched canvas/canvas board and your own stamps if you have them. Instructor: Marie Lawrence.

**Five Points Center for Active Adults** – Course Fee: \$20

#238114 Jul 16-23 Tu 1:00-3:00pm

### **Paint with Stencils**

Age: 18yrs. and up. Explore using nature stencils and ones with geometric designs to create beautiful art for cards, art journals, and walls. Stencils, paint, and paper will be provided. Bring stretched canvas/canvas board and your own stencils if you have them. Instructor: Marie Lawrence

**Five Points Center for Active Adults** – Course Fee: \$20

#238115 Aug 13-20 Tu 1:00-3:00pm

### **Quilting - Intermediate**

Age: 18yrs. and up. This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Bringing your own sewing machine is required. Each session will have a main design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720. Instructor: Martha Killian.

**Anne Gordon Center for Active Adults**

Course Fee: \$15

#239756 May 13-Jul 22 M 1:00-4:00pm

### **Raleigh Miniatures Guild**

Age: 18yrs. and up. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

**Anne Gordon Center for Active Adults**

Course Fee: \$4

#239757 May 2-Aug 15 Th 10:00am-12:00pm

### **Readers Theatre**

Age: 18yrs. and up. Readers Theatre is much like radio: The script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd and 4th Monday of the month.

**Five Points Center for Active Adults**

#238767 May 13-Aug 26 M 3:30-5:30pm

## **Family**

### **Juggling for Genius**

Age: 10yrs. and up. Join an activity that has been shown to increase brain mass. Juggling can trigger the non dominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test-taking time. This course is free.

**Method Road Community Center**

#240058 May 6-20 M 6:30-8:00pm

#240059 Jun 3-24 M 6:30-8:00pm

#240060 Jul 1-29 M 6:30-8:00pm

#240061 Aug 5-26 M 6:30-8:00pm

# Athletics Teams/ Leagues

## Athletics Programs

athletics@raleighnc.gov  
919-996-6836

## Athletic Program Director

Jason Simpson  
jason.simpson@raleighnc.gov

## Athletic Program Managers

Toni Moyer  
toni.moyer@raleighnc.gov

Ryan Ryba  
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Jason Clemons  
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## Athletic Program Assistant Manager

Raven Johnson  
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The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults through camps, clinics, and leagues. The Youth Athletics Program caters to children ages 5-17 and offers numerous benefits from playing in organized sports. Youth sports, sponsored by the Raleigh Parks Recreation and Cultural Resources Department, provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program makes available a great opportunity to stay active, engage in social interaction and community involvement while providing a safe, fun, family atmosphere. The Raleigh Parks, Recreation and Cultural Resources Department continues to recruit people that are interested in scorekeeping and coaching for both youth and adult programs.

### Athletic Teams/Leagues are not currently available for online registration.

Note that Athletic League registration does not follow the standard registration period. Please visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov) for athletic league registration forms. Registration periods and locations are indicated in each program/league description. For additional information please call 919-996-6836

## Youth

### District 2 Summer Basketball League

Age: 5-12 yrs. A recreational basketball program designed to develop skills, confidence and teamwork in a fun environment. Registration will be held Monday, March 19 - Monday, May 14. Practices will start in June. Games will start in June and end mid August. Game and practice schedules will not be determined until after registration is complete. League age is as of August 31, 2019. 5-6 will play and practice at Green Road. 9-10 will play and practice at Lions Park. 7-8 and 11-12 will play and practice at Worthdale Community Center.

**Green Road Community Center** – Course Fee: \$60

**Age: 5-6**

#238857

**Worthdale Community Center** – Course Fee: \$60

**Age: 7-8**

#238858

**Lions Park Community Center** – Course Fee: \$60  
Games and practices held at Lions Park may be relocated due to renovation.

**Age: 9-10**

#238859

**Worthdale Community Center** – Course Fee: \$60

**Age: 11-12**

#238860

### Fall Mini-Girls Softball

Age: 7-9 yrs. Mini-Girls Machine Pitch Softball registration is July 1-12, 2019 (or until filled). This league is for girls ages 7-9 years old who are looking to learn the basic fundamentals of the sport of softball as well as learn good sportsmanship. All games will be held at Lions Park. This league does not keep score or records wins and losses. Volunteer coaches are needed who enjoy softball, want to teach youth, and to develop league participants' skills and knowledge of softball. League age is determined by

participant's age on August 31, 2019. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

**Location To Be Announced**

Course Fee: Residents \$63, Non-Residents \$78  
#240690

### Girls Fall Fast Pitch Softball

Age: 10-17 yrs. Youth Girls Fast Pitch Softball registration is July 1-12, 2019 (or until filled). The Fast Pitch Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Leagues are offered for Girls (10-13) and Girls (14-17). All games will be held at Buffalo Road Athletic Park. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy softball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League age is determined by participant's age on August 31, 2019. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

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### Buffaloe Road Athletic Park

Course Fee: Residents \$63, Non-Residents \$78  
#239753 M, W 6:00-7:30pm  
#239754 Tu, Th 6:00-7:30pm

### Lake Lynn Youth Flag Football

Age: 7-12 yrs. An introduction to the game of football skills, fundamentals and sportsmanship will be taught to the beginning athlete. Leagues are offered to children ages 7-12 (age is as of August 31, 2019). All games and practices will primarily be held on Saturdays, starting in August and ending in November. Games will be played in North West Raleigh. Registration fees include a shirt. Registration will be held July 1-28 at your local community center or online at [reclink.raleighnc.gov](http://reclink.raleighnc.gov).

**Lake Lynn Community Center** – Course Fee: \$55  
#239841 Ages 7-9  
#239842 Ages 10-12

### Youth Cheerleading

Age: 7-13 yrs. The Athletics Division, in coordination with the community centers, is offering cheerleading for ages 7-13. Registration is July 15th until filled (through July 26th). Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined by age of participant as of August 31, 2019. For more information, please contact the Athletics Division at 919-996-6836.

**Brier Creek Community Center** – Course Fee: \$55  
#239995 Aug 5-Oct 26 M 6:00-7:30pm

**Chavis Community Center** – Course Fee: \$55  
#240004 Aug 5-Oct 26 M 6:00-7:30pm

**Green Road Community Center** – Course Fee: \$55  
#239996 Aug 5-Oct 26 M 6:00-7:30pm

**Lake Lynn Community Center** – Course Fee: \$55  
#239994 Aug 5-Oct 26 M 6:00-7:00pm

**Laurel Hills Community Center** – Course Fee: \$55  
#240000 Aug 5-Oct 26 M 6:30-8:00pm

**Lions Park Community Center** – Course Fee: \$55  
#239997 Aug 5-Oct 26 M 6:00-7:30pm

**Marsh Creek Park** – Course Fee: \$55  
#239999 Aug 5-Oct 26 M, Th 6:00-7:30pm

**Cedar Hills Park** – Course Fee: \$55  
#239998 Aug 5-Oct 26 M 6:00-7:30pm

**Optimist Community Center** – Course Fee: \$55  
#240003 Aug 5-Oct 26 M 10:00-11:00pm

**Sgt. Courtney T. Johnson Center** – Course Fee: \$55  
#240001 Aug 5-Oct 26 W 6:00-7:30pm

**Worthdale Community Center** – Course Fee: \$55  
#240002 Aug 5-Oct 26 M 6:00-7:30pm

### Youth Fall Baseball - T-Ball

Age: 5-6 yrs. Didn't get enough baseball in the Spring? Then sign up for more fun with District 1 sponsored T-Ball. This late summer/early fall league will give participants the opportunity to prepare and practice for next Spring's baseball season. Registration is July 1-12. Registration will be remain open, if needed, until league requirements are met, if space is still available. League practices will not start until early August. League age is determined by the participant's age as of August 31, 2019. Games and practices will be held at Optimist Community Center. There

will be six clinic sessions held before the games begin. It allows the opportunity to work on a variety of basic skills.

**Optimist Community Center** – Course Fee: \$63  
#240062

### Youth Fall Baseball - Pinto

Age: 7-8 yrs. Didn't get enough baseball in the Spring? Then sign up for more fun with District 1 sponsored Pinto Coach-Pitch baseball. This late summer/early fall league will give participants the opportunity to prepare and practice for next Spring's baseball season. Registration is July 1-12. Registration will be remain open, if needed, until league requirements are met, if space is still available. League practices will not start until early August. League age is determined by the participant's age as of August 31, 2019. Games and practices will be held at Millbrook Community Center.

**Millbrook Community Center** – Course Fee: \$63  
#240063

### Youth Fall Baseball - Mustang

Age: 9-10 yrs. Didn't get enough baseball in the Spring? This late summer/early fall league will give participants the opportunity to prepare and practice for next Spring's baseball season. Registration is July 1st - 12th. Registration will be remain open, if needed, until league requirements are met, if space is still available. League practices will not start until early August. League age is determined by the participant's age as of August 31, 2019. Games and practices will be held at fields located in District 1.

**Bailewick Park/North Hills Park**  
Course Fee: Residents \$63, Non-Residents \$78  
#240299

### Youth Fall Baseball - Bronco

Age: 11-12 yrs. Youth Fall Bronco (ages 11-12) Baseball registration is July 1st-12th (or until filled). The Bronco Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games are held at Buffaloe Road Athletic Park. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2019. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

**Buffaloe Road Athletic Park**  
Course Fee: Residents \$63, Non-Residents \$78  
#240302

### Youth Fall Baseball - Pony

Age: 13-14 yrs. Youth Fall Pony (ages 13-14) Baseball registration is July 1st - 12th. The Pony Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games will be held at Buffaloe Road Athletic Park, while practices can be held throughout

the city. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2019. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

**Buffaloe Road Athletic Park**  
Course Fee: Residents \$63, Non-Residents \$78  
#240303

### Youth Fall Baseball- Colt

Age: 15-17 yrs. Youth Fall Colt (ages 15-17) Baseball registration is July 1st-12th. The Colt Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games will be held at Buffaloe Athletic Park and Optimist Park, while practices can be held throughout the city. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2019. For more information please go to: [www.raleighnc.gov](http://www.raleighnc.gov).

**Buffaloe Road Athletic Park**  
Course Fee: Residents \$63, Non-Residents \$78  
#240306

### Youth Girls Netball League

Age: 9-16 yrs. Registration is April 29th-May 10th, for Youth Girls Netball League (ages 9-10; 11-12 and 13-16). The league is a way for youth to learn the fundamentals of netball and to teach positive sportsmanship. This league keeps score and records wins and losses. Volunteer coaches are needed who enjoy netball and want to teach youth and help develop league participants' skills and knowledge of netball. Eligibility is determined by participant's age on August 31st, 2019.

**Green Road Community Center**  
Course Fee: \$40 Raleigh Resident, \$55 Non-Resident  
#240018 Mitey Mite (ages 9-10) T/Th/Sat  
**Chavis Community Center**  
Course Fee: \$40 Raleigh Resident, \$55 Non-Resident  
#240019 Little League (ages 11-12) M/W/Sat  
#240066 Junior League (ages 13-16) M/W/Sat

### Youth Girls Volleyball

Age: 7 - 15yrs. Are you looking to BUMP, SET and ROTATE into a new sport? Then sign up for fun with District 1 sponsored youth volleyball. This Spring league will give participants the opportunity to be introduced, prepare and practice their skills. Registration is July 2 - 13. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until end of July and games will be played in August - October. League age is determined by the participant's age as of August 31st, 2019. Games will be held at Optimist Community Center and practice will be held at Optimist.





#### Optimist Community Center

Course Fee: Residents \$65, Non-Residents \$80  
#240051 Ages 7 - 9  
#240052 Ages 10 - 12  
#240053 Ages 12 - 15

#### Youth Junior League Tackle Football (11-13)

Age: 11-13 yrs. The Athletics Division, in coordination with community centers, is offering tackle football for ages 11-13 (weight 100-160 pounds). Registration is July 15 until filled. (Last day of registration is July 26.) League age is determined by August 31, 2019.

Course Fee: Residents \$55, Non-Residents \$70

**Brier Creek Community Center** – Course Fee: \$55

#239617 Aug 5-Nov 9 M-F 6:00-9:00pm

**Cedar Hills Park** – Course Fee: \$55

#239614 Aug 5-Nov 9 M-F 6:00-9:00pm

**Chavis Community Center** – Course Fee: \$55

#239615 Aug 5-Nov 9 M-F 6:00-9:00pm

**Green Road Community Center** – Course Fee: \$55

#239620 Aug 5-Nov 9 M-F 6:00-9:00pm

**Jaycee Community Center** – Course Fee: \$55

#239616 Aug 5-Nov 9 M-F 6:00-9:00pm

**Marsh Creek Park** – Course Fee: \$55

#239618 Aug 5-Nov 9 M-F 6:00-9:00pm

**Optimist Community Center** – Course Fee: \$55

#239621 Aug 5-Nov 9 M-F 6:00-9:00pm

**Worthdale Community Center** – Course Fee: \$55

#239619 Aug 5-Nov 9 M-F 6:00-9:00pm

#### Youth Kickball League

Kickball Co-Ed league play for both boys and girls ages 9-13 years old.

**Biltmore Hills Community Center**

Course Fee: Resident and Non-Resident \$10

#240057 Jul 9-Aug 27 Tu 6:00-9:00pm

#### Youth Little League Tackle Football (9-11)

Age: 9-11 yrs. The Athletics Division, in coordination with community centers, is offering tackle football for ages 9-11 (weight 75-125 pounds). Registration is July 15 until filled. (Last day of registration is July 26.) League age is determined by August 31, 2019.

Course Fee: Residents \$55, Non-Residents \$70

**Brier Creek Community Center** – Course Fee: \$55

#239601 Aug 5-Nov 9 M-F 6:00-9:00pm

**Cedar Hills Park** – Course Fee: \$55

#239602 Aug 5-Nov 9 M-F 6:00-9:00pm

**Chavis Community Center** – Course Fee: \$55

#239603 Aug 5-Nov 9 M-F 6:00-9:00pm

**Green Road Community Center** – Course Fee: \$55

#239604 Aug 5-Nov 9 M-F 6:00-9:00pm

**Jaycee Community Center** – Course Fee: \$55

#239605 Aug 5-Nov 9 M-F 6:00-9:00pm

**Lake Lynn Community Center** – Course Fee: \$55

#239606 Aug 5-Nov 9 M-F 6:00-9:00pm

**Laurel Hills Community Center** – Course Fee: \$55

#239607 Aug 5-Nov 9 M-F 6:00-9:00pm

**Lions Park Community Center** – Course Fee: \$55

#239609 Aug 5-Nov 9 M-F 6:00-9:00pm

**Marsh Creek Park** – Course Fee: \$55

#239611 Aug 5-Nov 9 M-F 6:00-9:00pm

**Optimist Community Center** – Course Fee: \$55

#239608 Aug 5-Nov 9 M-F 6:00-9:00pm

**Sgt. Courtney T. Johnson Center** – Course Fee: \$55

#239600 Aug 5-Nov 9 M-F 6:00-9:00pm

**Worthdale Community Center** – Course Fee: \$55

#239610 Aug 5-Nov 9 M-F 6:00-9:00pm

#### Youth Mini-Mite Flag Football (Coed)

Age: 5-7 yrs. The Athletics Division in coordination with community centers will be offering youth coed flag football for boys and girls ages 5-7. Registration will be held July 15-26. Registration is \$40 for residents and \$55 for non-residents. All participants must be the league's appropriate age as of August 31, 2019.

**Brier Creek Community Center** – Course Fee: \$40

#239862 Aug 10-Nov 9 Sa 9:00-10:00am

**Cedar Hills Park** – Course Fee: \$40

#239863 Aug 10-Nov 9 Sa 9:00-11:00am

**Chavis Community Center** – Course Fee: \$40

#239868 Aug 10-Nov 9 Sa 9:00-10:00am

**Green Road Community Center** – Course Fee: \$40

#239865 Aug 10-Nov 9 Sa 9:00-10:00am

**Sgt. Courtney T. Johnson Center** – Course Fee: \$40

#239873 Aug 10-Nov 9 Sa 9:00-10:00am

**Worthdale Community Center** – Course Fee: \$40

#239866 Nov 2-9 Sa 9:00-10:00am

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### Youth Mitey Mite Rookie Tackle Football (7-9)

Age: 7-9 yrs. The Athletics Division, in coordination with community centers, is offering rookie tackle football for ages 7-9 (weight 45-95 pounds). This is a modified tackle football program, meant to introduce youth athletes to the basic fundamentals of football. Registration is July 15 until filled. (Last day of open registration is July 26.) League age is determined by August 31, 2019. Course Fee: Residents \$55, Non-Residents \$70

#### Brier Creek Community Center

#239586 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Biltmore Hills Community Center – Course Fee: \$55

#239592 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Cedar Hills Park – Course Fee: \$55

#239587 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Chavis Community Center – Course Fee: \$55

#239588 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Green Road Community Center – Course Fee: \$55

#239589 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Jaycee Community Center – Course Fee: \$55

#239590 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Lake Lynn Community Center – Course Fee: \$55

#239591 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Laurel Hills Community Center – Course Fee: \$55

#239594 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Lions Park Community Center – Course Fee: \$55

#239593 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Marsh Creek Park – Course Fee: \$55

#239596 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Sgt. Courtney T. Johnson Center – Course Fee: \$55

#239585 Aug 5-Nov 9 M-Sa 6:00-9:00pm

#### Worthdale Community Center – Course Fee: \$55

#239595 Aug 5-Nov 9 M-Sa 6:00-9:00pm

### Youth Soccer - Fall

Age: 4-8 yrs. Our Youth Soccer Leagues are for boys and girls ages 4-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31, 2019. Practices will start in September and be one weeknight and Saturdays, games start in October and will be held on Saturdays through November. Games and practices will be played in the North Raleigh area. Registration fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents and will be July 1-28 at your local community center or online at [raleighnc.gov](http://raleighnc.gov).

Course Fee: \$55

#239852 U4 Coed

#239853 U6 Boys

#239854 U6 Girls

#239855 U8 Boys

#239856 U8 Girls

### Youth Summer Basketball

#### Double-Elimination Tournament

##### Biltmore Hills Community Center

Course Fee: Residents \$25, Non-Residents \$45

#240121 9-10 Summer Youth Tournament

Aug 3-4 Sa 9:00am-3:00pm

Su 1:00-6:00pm

#240128 11-12 Summer Youth Tournament

Aug 3-4 Sa 9:00am-3:00pm

Su 1:00-6:00pm

## Adult

### Adult Baseball

Age: All Ages. The Athletics Division will be holding registration for the Adult Baseball League from July 29th-August 1st (or until filled). Team fee is \$500. Registration will be located at 2401 Wade Ave. Raleigh 27607 from 8:30am-6pm Monday-Thursday. For more information please contact (919) 996-6836.

**Optimist Park Field #3** – Team Fee: \$500

#240201

### Adult Fall Kickball

Age: All Ages. The Athletics Division is offering adult kickball registration from August 19th-22nd (or until filled) at 2401 Wade Ave in Jaycee Park from 8:30am-6:00pm. Games will begin the week of September 9th. For more information please contact 919-996-6836. Registration fee is \$400.

**Laurel Hills Park Field #1** – Team Fee: \$400

#240279 M, W

#240280 Tu, Th

### Adult Fall Softball

Age: 18 and up. The Athletics Division will be holding registration for Adult Fall Softball from Monday, July 8th through Thursday, July 11th at Wade Ave Module Building, 2401 Wade Ave from 8:30am- 6pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration will be taken by a team fee of \$450 (includes tournament entry for all teams) with a Non Raleigh Resident





fee of \$24 per player. Plan to begin the week of August 12th. Each team will receive a 10-game season. The single elimination tournament will begin at the end of the regular season games.

Course Fee: \$450 team registration fee

#239406 Co-Ed

#239407 Men's Open

#239408 Women's Open

#239409 Church

### Co-Ed Slowpitch Softball League

This is a Slowpitch Adult Co-ed Softball League for ages 18 and up. Official softball rules will be in play with some modifications.

**Biltmore Hills Community Center**

**Age: 18-70 yrs.**

Course Fee: Resident \$30, Non-Resident \$45

#240087 Jul 9-Aug 29 Tu, Th 6:00-9:00pm

### Sand Volleyball - Summer League

Age: 18yrs. and up. Try summer in the sand! Team registration only: 6-person, 4-person, 3-person and doubles. Leagues will play early June-August at Jaycee Park. Registration is limited based on dates of play. Registration dates: May 1-17, 2019.

**Jaycee Community Center**

**Sand Volleyball-Su Doubles Coed Intermediate**

Course Fee: \$50

#239315 Jun 18-Aug 27 Tu 6:30-10:30pm

**Sand Volleyball-Su 3 Person Coed Intermediate**

Course Fee: \$60

#239317 Jun 20-Aug 29 Th 6:30 PM-10:30pm

**Sand Volleyball-Su 4 Person Coed Intermediate**

Course Fee: \$70

#239318 Jun 18-Aug 27 Tu 6:30 PM-10:30pm

### Sand Volleyball-Su 6 Person Coed Beginner

Course Fee: \$80

#239316 Jun 20-Aug 29 Th 6:30 PM-10:30pm

### Sand Volleyball Fall League at Jaycee

Age: All Ages. Age: 18yrs and up. Continue

volleyball into the fall. Registration dates:

August 16 - 30, 2019. Team Registration:

6-person, 4-person, 3-person and doubles.

League will play mid-September - November at Jaycee Park. Dates may change due to weather or scheduling conflicts.

**Jaycee Community Center**

**Sand Volleyball-Fall Doubles Coed Intermediate**

Course Fee: \$50

#239327 Sep 17-Dec 10 Tu 6:30-10:30pm

**Sand Volleyball-Fall 3 Person Coed Intermediate**

Course Fee: \$60

#239325 Sep 19-Nov 28 Th 6:30-10:30pm

**Sand Volleyball-Fall 4 Person Coed Intermediate**

Course Fee: \$70

#239328 Sep 17-Dec 10 Tu 6:30-10:30pm

**Sand Volleyball-Fall 6 Person Coed Beginner**

Course Fee: \$80

#239326 Sep 19-Dec 12 Th 6:30-10:30pm



# Educational



## Educational Programs

### Preschool

#### Storytime in the Park

Age: 2-6 yrs. Join us at Roberts Park next to the playground for a morning of magical fun! Toddlers and kids alike will hear a story to capture their attention and promote their creativity. We look forward to having your child participate in this outdoor storytime experience. See you at Roberts!

**Roberts Park Community Center**

#240083 Jun 27-Aug 15 Th 11:00-11:30am

#### TKD-Tiny Tigers

Age: 3-6 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

**Biltmore Hills Community Center** – Course Fee: \$60

#240148	May 6-Jun 5	M, W	6:30-7:00pm
#240149	Jun 3-26	M, W	6:30-7:00pm
#240150	Jul 1-24	M, W	6:30-7:00pm
#240151	Aug 5-28	M, W	6:30-7:00pm

### Youth

#### Introduction to Music - Youth

Age: 5-11 yrs. Music will allow students to master musical skills and concepts by hands-on participation. Students will perform with instruments such as guitar, violin, piano, cello, harp, drums, flute and voice. It will foster the ability to read and notate music, develop a listening ear and create compositions that translate thoughts and emotions into musical expression.

**Method Road Community Center** – Course Fee: \$50

**Method Ctr. Intro to Music-PART I - Group**

#240400	May 4-25	Sa	12:30-1:30pm
#240403	Jun 1-22	Sa	12:30-1:30pm
#240406	Jul 6-27	Sa	12:30-1:30pm
#240409	Aug 3-24	Sa	12:30-1:30pm

Course Fee: \$60

**Method Ctr. Intro to Music-PART I**

#240401	May 4-25	Sa	1:30-2:00pm
#240402	May 4-25	Sa	2:00-2:30pm
#240404	Jun 1-22	Sa	1:30-2:00pm
#240405	Jun 1-22	Sa	2:00-2:30pm
#240407	Jul 6-27	Sa	1:30-2:00pm
#240408	Jul 6-27	Sa	2:00-2:30pm
#240410	Aug 3-24	Sa	1:30-2:00pm
#240411	Aug 3-24	Sa	2:00-2:30pm

### Saturday Science for Kids

Age: 6-10 yrs. Get into some science fun Saturday afternoons with hands-on science projects. Different themes each month. Learn and play at Peach Road Park.

**Peach Road** – Course Fee: \$3

#239848	May 25	Sa	3:30-4:30pm
#239849	Jun 29	Sa	3:30-4:30pm
#239850	Jul 27	Sa	3:30-4:30pm
#239851	Aug 31	Sa	3:30-4:30pm

### Spanish for Kids

Age: 5-7 yrs. This course will introduce children to the Spanish speaking world. Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component

**Peach Road** – Course Fee: \$25

#239423	May 8-Jun 5	W	4:15-5:00pm
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### Summertime Science

Age: 6-11 yrs. Summerime is the perfect time to explore and experiment. Figure out the world of science around you through fun, hands-on activities. Each week a different themes.

**Peach Road** – Course Fee: \$5

#240552	Jul 10	W	6:00-7:00pm
#240554	Jul 17	W	6:00-7:00pm
#240555	Jul 24	W	6:00-7:00pm
#240556	Jul 31	W	6:00-7:00pm

### Youth Reading, Writing and Math

Age: 4-9 yrs. Julia's School work with children with the development of life skills. Reading, Writing, Math and Manners are essential for the fundamental development of young people. The school emphasizes the three L's (listen, learn and laugh). Registration for this program will be taken on site at the Tarboro Road Community Center.

**Tarboro Road Community Center**

#239921	May 12	Su	2:30-4:30pm
#239922	Jun 9	Su	2:30-4:30pm
#239923	Jul 14	Su	2:30-4:30pm
#239924	Aug 11	Su	2:30-4:30pm

### Teen

#### NCAA Clearinghouse & College Recruiting Workshops

Age: 14yrs. and up. Are you being recruited by a college to participate in athletics? Are you interested in learning about the recruiting process? Coming to the NCAA Clearinghouse and college recruiting workshops to become familiar with the recruiting process, GPA/ SAT or ACT and important dates, technology today, social media and the high school athlete, speaking to coaches (dos and don'ts), attending official visits, admissions process, understanding scholarship offers (Division 1, 2, and 3) verbal Commitments, understanding the NCAA clearinghouse process, signing the letter of intent and more!

**John P 'Top' Greene Center**

#240123	Jun 18	Tu	6:00-7:00pm
#240129	Aug 6	Tu	6:00-7:00pm

## Adult

### A Love Affair With My Hair - Natural Hair Workshop Series

Age: 13yrs. and up. Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this workshop is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.

**Green Road Community Center** – Course Fee: \$5  
**Taking on the Transition**

#239755	May 13	M	6:30-7:30pm
#239758	Jun 10	M	6:30-7:30pm
#239759	Jul 8	M	6:30-7:30pm
#239770	Aug 12	M	6:30-7:30pm

### Birds - Raleigh-Durham Caged Bird Society

Age: 18yrs. and up. The Raleigh-Durham Caged Bird Society educates the public on the care of caged birds, addresses avicultural concerns and encourages the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park, 1500 Glen Eden Drive. No registration necessary.

**Glen Eden Pilot Park** – Course Fee: \$1

#238853	May 19	Su	1:00-5:00pm
#238854	Jun 16	Su	1:00-5:00pm
#238855	Jul 21	Su	1:00-5:30pm
#238856	Aug 18	Su	1:00-5:30pm

### Bridge 101

Age: 18yrs. and up. If you are new to bridge or just want to brush up on the basics, this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall, scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please preregister for this class. Note that there is a class for beginners on Mondays and a class for intermediate players on Wednesdays.

**Pullen Community Center** – Course Fee: \$35  
#240357 Apr 24-May 29 W 10:00am-12:00pm  
#240358 Apr 22-May 27 M 2:00-4:00pm

### Distraction Proofing for Your Dog

Age: 18yrs. and up. This class is for dogs of any age that know the basics until they go outside. With all the tempting alternatives and distractions, your dog suddenly seems to know nothing. This class will improve your ability to control your dog in unexpected situations by regaining its focus. We'll work on getting your dog's attention without food in your hands! By adding distractions and practicing commands off leash, we'll help your dog improve self-control and make your public outings more fun. Part two will be held outdoors at six different locations. For more, see [www.dreamdogsnrc.com](http://www.dreamdogsnrc.com).

**Jaycee Community Center** – Course Fee: \$125  
#239845 Jun 4-Jul 16 Tu 8:00-9:00pm

### Dog - Basic Dog Obedience 101

Age: 18yrs. and up. We will teach you the importance of your role as leader and teach your dog the ability to have self-control. These two things together will allow your pup to learn to sit, down, wait, come, stay and walk on a loose leash without pulling. In addition, your dog will learn to wait at doorways, wait without lunging out of the car, sit for supper and leave it. We'll also focus on proper body language and communicating clearly with your dog. The result will be improved behavior in public as well as at home and a closer bond between you and your dog. Class is limited to six dogs, so there is plenty of time for individual attention. This course is for dogs older than 3 months. All classes are held indoors. For more, see [www.dreamdogsnrc.com](http://www.dreamdogsnrc.com).

**Jaycee Community Center** – Course Fee: \$125  
#239843 Jun 4-Jul 16 Tu 7:00-8:00pm

### English as a Second Language (ESL) - Clases de Inglés

Age: 18yrs. 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.

**Abbotts Creek Community Center**

#237316	Jun 3-Jul 8	M	7:00-8:30pm
#237317	Jul 22-Aug 26	M	7:00-8:30pm

**Brier Creek Community Center**

#237307	May 15-Jun 19	W	7:00-8:30pm
#237308	Jul 10-Aug 14	W	7:00-8:30pm

**Chavis Community Center**

#237318	Jun 1-29	Sa	11:30am-1:00pm
#237319	Jul 20-Aug 24	Sa	11:30am-1:00pm

**Green Road Community Center**

#237314	May 4-Jun 15	Sa	11:30am-1:00pm
#237315	Jun 29-Aug 10	Sa	11:30am-1:00pm

**Method Road Community Center**

#237309	May 2-Jun 6	Th	6:30-8:00pm
#237320	Jul 27-Aug 1	Th	6:30-8:00pm

**Peach Road**

#237310	May 14-Jun 18	Tu	6:30-8:00pm
#237311	Jul 9-Aug 13	Tu	6:30-8:00pm

### French: Part 3

Age: 18yrs. and up. This basic level French class will continue on from Part 2. Students from previous classes or those with an equivalent background are welcome to attend.

Instructor: Kyle Beale  
**Five Points Center for Active Adults** – Course Fee: \$60  
#236699 Jul 8-Aug 26 M 10:30am-12:00pm

### French: Part 5

Age: 18yrs. and up. This basic level French class will continue on from Part 4. Students from previous classes or those with an equivalent background are welcome to attend.

Instructor: Kyle Beale  
**Five Points Center for Active Adults** – Course Fee: \$60  
#236687 Jun 6-Aug 1 Th 10:30am-12:00pm

### Growing Hostas Plants

Age: 18yrs. and up. Enjoy learning more about hostas, one of the most commonly grown shade garden plants. Participants will learn how to plant, grow and care for beautiful hostas. Also, enjoy our display of hostas plants!

**Worthdale Community Center** – Course Fee: \$8  
#240330 Jun 15 Sa 10:00-11:00am

### How Is Your Garden?

Age: 18yrs. and up. Get the scoop on gardening. Learn the transitions of gardens from season to season, discuss gardening topics and share ideas and experiences.

**Worthdale Community Center** – Course Fee: \$8  
#240318 May 18 Sa 10:00-11:00am

## Senior

### Amazon Alexa Basics 1

Age: 18yrs. and up. Alexa is a virtual assistant developed by amazon. You interact with Alexa using its smart speaker called Echo. The Echo speaker can be placed anywhere in your home. Just ask Alexa to check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. In this class you will learn the basic setup and what it takes to use amazon's Alexa. If you have ever wondered about what Alexa does and are on the fence about purchasing Alexa for your own home, this is one class you don't want to miss!

**Five Points Center for Active Adults** – Course Fee: \$5

#240443	May 7	Tu	10:00-11:30am
#240444	Jun 18	Tu	2:00-3:30pm
#240445	Jul 23	Tu	10:00-11:30am

### App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18yrs. and up. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to get around at your convenience - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your phone! If you can't go out or don't feel like driving no problem, have it delivered or get a car ride! We will show you how. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your phone and your phone's App Store. Plus you must know your ID and Password for your particular phone's App Store. This class will give you an overview of these various applications of what they do. However, if you want to use these applications on your own device you must already understand how to download and install these applications yourself.

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**Anne Gordon Center for Active Adults** – Course Fee: \$5  
 #240518 Jun 17 M 10:00am-12:00pm  
 #240519 Jul 31 W 10:00am-12:00pm  
 #240520 Aug 14 W 10:00am-12:00pm  
**Five Points Center for Active Adults** – Course Fee: \$5  
 #240517 May 30 Th 2:00pm-4:00pm  
 #240521 Aug 27 Tu 10:00am-12:00pm

### Apple Laptop Basics 1

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to WiFi; Web Surfing and saving your favorite websites using the web browser Safari; know the weather at all times using the Weather App; learn how to Shut Down and Restart; plus, how to shop safely using Secure Websites.

**Five Points Center for Active Adults** – Course Fee: \$10  
 #240530 Jun 20-27 Th 10:00-11:30am

### Apple Laptop Basics 2

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages.

**Five Points Center for Active Adults**  
 Course Fee: \$10  
 #240538 Jul 25-Aug 1 Th 10:00-11:30am

### Computer Basics 1

Age: 18yrs. and up. Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to create and save short documents. Students will

also be introduced to the basics of Internet usage, creating a GMAIL email account, sending and receiving messages, uploading and downloading attachments/photos. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

### Anne Gordon Center for Active Adults

Course Fee: \$10  
 #240424 Jul 1-8 M 10:00-11:30am  
 #240425 May 1-8 W 10:00-11:30am  
**Five Points Center for Active Adults**  
 Course Fee: \$10  
 #240422 May 14-21 Tu 2:00-3:30pm  
 #240423 Aug 13-20 Tu 10:00-11:30am

### Computer Basics 2

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save/retrieve data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

### Anne Gordon Center for Active Adults

Course Fee: \$10  
 #240453 May 15-22 W 10:00-11:30am  
 #240455 Jul 22-29 M 10:00-11:30am

### Five Points Center for Active Adults

Course Fee: \$10  
 #240454 Jun 4-11 Tu 2:00-3:30pm

### Computer Basics 3

Age: 18yrs. and up. Prerequisite: Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Have you ever wanted to make copies of your work or maybe store those files as a backup? This class goes into detail on how to save files,

create folders, delete files. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive.

### Anne Gordon Center for Active Adults

Course Fee: \$10  
 #240503 May 29-Jun 5 W 10:00-11:30am  
 #240505 Aug 12-19 M 10:00-11:30am

### Five Points Center for Active Adults

Course Fee: \$10  
 #240504 Jun 18-25 Tu 10:00-11:30am

### Cutting the Cord: What does it mean and how does it work?

Age: 18yrs. and up. 'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge.

### Anne Gordon Center for Active Adults

Course Fee: \$10  
 #240415 May 1-8 W 2:00-3:30pm  
 #240433 Jul 3-10 W 10:00-11:30am

### Five Points Center for Active Adults

Course Fee: \$10  
 #240416 May 16-23 Th 2:00-3:30pm  
 #240417 Jun 6-13 Th 10:00-11:30am

### Electronic Coupons

Age: 18yrs. and up. Most stores are moving to the use of electronic coupons. This can be a great way to save not only paper, but also time and money! Plus it is a way to keep all of your coupons in the same place! We'll show you how to collect coupons using popular apps on your smart phone. Plus we will show you how to redeem them so you that you can save some dough at the register! We will go over stores like Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidel. You may need a key tag account to tie your coupons too - For example a rewards card from those stores.

### Anne Gordon Center for Active Adults

Course Fee: \$5  
 #240527 Jul 24 W 10:00am-12:00pm

### Five Points Center for Active Adults

Course Fee: \$5  
 #240526 Jun 13 Th 2:00-4:00pm  
 #240528 Aug 29 Th 10:00am-12:00pm

### Excel Basics 1

Age: 18yrs. and up. In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System.

### Anne Gordon Center for Active Adults – Course Fee: \$5

#240495 May 20 M 10:00am-12:00pm



### **Finance: Government Benefits for Long Term Care**

Age: 18yrs. and up. The cost of Long Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel

**Five Points Center for Active Adults**  
#237096 Aug 13 Tu 1:00-2:00pm

### **Finance: Medicare 101**

Age: 18yrs. and up. The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

**Anne Gordon Center for Active Adults**  
#237115 Jun 27 Th 1:00-3:00pm

**Five Points Center for Active Adults**  
#237116 May 21 Tu 10:00am-12:00pm  
#237117 Jun 17 M 6:00-8:00pm  
#237118 Aug 21 W 1:00-3:00pm

### **Finance: Planning for Medicaid**

Age: 18yrs. and up. Answers to questions about Medicaid eligibility requirements; coverage options; Look-back Period; asset and income limitations; and spousal or family asset protection will be provided by Huston Law Firm. This is a program to learn the basics for preparing for Medicaid either for you or another family member.

**Anne Gordon Center for Active Adults**  
#237099 Jun 20 Th 1:00-2:00pm

**Five Points Center for Active Adults**  
#237100 Jun 10 M 2:00-3:00pm

### **Finance: Social Security Strategies for Retirement**

Age: 18yrs. and up. Are you thinking of or planning to retire? How does Social Security fit into your retirement income plan? When should you start taking benefits? What about taxes? Learn about the advantages and disadvantages associated with retirement and Social Security. Presented by Edward Jones Investments.

**Anne Gordon Center for Active Adults**  
#237104 Jun 6 Th 1:00-2:00pm

**Five Points Center for Active Adults**  
#237105 Aug 20 Tu 1:00-2:00pm

### **Finance: Understanding Beneficiary Designations**

Age: 18yrs. and up. Not understanding beneficiary designations can ruin an estate plan. There are many ways to pass on an inheritance other than a will or trust. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD)' designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

**Anne Gordon Center for Active Adults**  
#237107 Jul 11 Th 11:00am-12:00pm

**Five Points Center for Active Adults**  
#237108 Jul 11 Th 1:00-2:00pm

### **Finance: Understanding Veterans' Aid and Attendance Benefits**

Age: 18yrs. and up. There is a Veterans benefit that pays between \$1,000 and \$2,000 per month TAX FREE, it helps to pay for the cost of long term care no matter if it is Skilled Nursing, Assisted Living or In-Home Professional Care. War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law, PLLC and Carolina Estate Counsel.

**Anne Gordon Center for Active Adults**  
#237109 Aug 8 Th 11:00am-12:00pm

**Five Points Center for Active Adults**  
#237110 Jul 23 Tu 11:00am-12:00pm

### **Finance: Using a Home Equity Conversion Mortgage to Finance**

Age: 18yrs. and up. Today's retiree's may find themselves having to consider other options in addition to Social Security, retirement plans, and personal savings to help meet their financial needs. HECMs (Home Equity Conversion Mortgage, also called reverse mortgages) can, in the right circumstances and with the right borrower, offer both short-term (immediate need) and long-term benefits to help close in the gaps. HECMs accomplish this by turning part of the equity of their homes into cash they can use today, or a line of credit that will be there when they need it. Retirement shouldn't be about worrying. It should be about enjoying life to the fullest. A HECM might be the financial planning tool that can put you on a path towards a more flexible and satisfying retirement. Sponsored Reverse Mortgage Funding, LLC.

**Anne Gordon Center for Active Adults**  
#237101 Jun 6 Th 2:15-3:15pm

**Five Points Center for Active Adults**  
#237103 Aug 20 Tu 2:00-3:00pm

### **Finance: Wills Versus Trusts**

Age: 18yrs. and up. One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'is your will sufficient to accomplish your estate planning goals?' Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

**Five Points Center for Active Adults**  
#237111 Jun 26 W 1:00-2:00pm

### **Five Wishes**

Age: 18yrs. and up. Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is written by the American Bar association and designed to help you plan for the future. Sponsored by Liberty Hospice and Resources for Seniors.

**Anne Gordon Center for Active Adults**  
#237112 May 16 Th 1:00-2:00pm

**Five Points Center for Active Adults**  
#237113 Aug 22 Th 2:30-3:30pm

**Five Points Center for Active Adults**  
#237114 Jun 18 Tu 10:15-11:15am

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**Gimp Photo Editing Basics 1**

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Want to have more control over how you edit your photos? Maybe you've looked at professional photo editing applications for your computer, but their too expensive. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use.

**Anne Gordon Center for Active Adults**

Course Fee: \$10

#240441 May 6-13 M 10:00-11:30am

**Five Points Center for Active Adults**

Course Fee: \$10

#240440 Aug 1-8 Th 2:00-3:30pm

**Gimp Photo Editing Basics 2**

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use.

**Anne Gordon Center for Active Adults**

Course Fee: \$10

#240516 Jun 3-10 M 10:00-11:30am

**Five Points Center for Active Adults**

Course Fee: \$10

#240515 Aug 22-29 Th 2:00-3:30pm

**GMAIL Basics 1**

Age: 18yrs. and up. Now you need an email address for almost everything: Rewards programs, subscriptions, online receipts, and access to more knowledge through online newsletters require you to have an email. Even some medical offices ask for your email when making appointments! In this class we will show you how to create an email account and how to use it. \*You must have a working knowledge of using a computer or you have taken Computer Basics 1 and 2.

**Anne Gordon Center for Active Adults – Course Fee: \$5**

#240576 Jun 24 M 10:00am-12:00pm

#240578 Aug 26 M 10:00am-12:00pm

**Five Points Center for Active Adults – Course Fee: \$5**

#240577 Jul 11 Th 10:00am-12:00pm

**Google Applications Overview**

Age: 18yrs. and up. Prerequisite: 'Computer Skills 1' or equivalent. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Calendar, and others. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$10

#240436 Jun 19-26 W 2:00-3:30pm

#240439 Aug 21-28 W 2:00-3:30pm

**Five Points Center for Active Adults – Course Fee: \$10**

#240437 May 2-9 Th 2:00-3:30pm

#240438 Jul 2-9 Tu 2:00-3:30pm

**Google Chrome Intro**

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. If you do not have a laptop, one will be provided. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults – Course Fee: \$5**

#240498 May 28 Tu 2:00-4:00pm

**Google Photos Intro**

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent. Class will learn basic photo editing and photo sharing using the Google Photos app. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults**

Course Fee: \$10

#240532 Jul 24-31 W 2:00-3:30pm

**Five Points Center for Active Adults**

Course Fee: \$10

#240533 Jun 20-27 Th 2:00-3:30pm

#240534 Aug 13-20 Tu 2:00-3:30pm

**Guide to Senior Home Safety**

Age: 18yrs. and up. According to the CDC, each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again. Falls are serious and costly. Join Homewatch CareGivers and Legacy Healthcare Services to learn consequences, costs, risk factors and most importantly how to reduce YOUR risk of falling.

**Anne Gordon Center for Active Adults**

#237146 Aug 15 Th 2:00-3:00pm

**Health Talks with Dr. Baldwin**

Age: 18yrs. and up. Dr Casey Baldwin, RFS Senior Care Pharmacist, will be on-site monthly to discuss important health topics for older adults. topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors.

**Five Points Center for Active Adults**

#237147 May 7-Aug 6 Tu 10:15-11:15am

**Health Topic: Blood Pressure and Weight Screening**

Age: All Ages. Take advantage of these FREE blood pressure and weight screenings offered by Dr. Casey Baldwin with Resources for Seniors. This will take place the first Tuesday and third Thursday of the month.

**Five Points Center for Active Adults**

#237145 May 7-30 Tu, Th 9:30-10:15am

**Health Topic: Parkinson's Disease Dialogue**

Age: 18yrs. and up. Are you living actively in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners.

**Five Points Center for Active Adults**

#237210 May 31-Aug 30 F 1:30-3:00pm

**iCloud Basics for iPad/iPhone**

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults – Course Fee: \$5**

#240511 Aug 28 W 10:00am-12:00pm

**Five Points Center for Active Adults – Course Fee: \$5**

#240513 May 30 Th 10:00am-12:00pm

#240514 Jul 11 Th 2:00-4:00pm

**iCloud for Apple Laptops**

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. In this class you will learn how to set up your iCloud for your Apple Laptop. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set and use the iCloud.

**Five Points Center for Active Adults – Course Fee: \$5**

#240543 Aug 22 Th 10:00am-12:00pm

**Introducing SIRI - Your Personal Assistant for iPad/iPhone**

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults** – Course Fee: \$5  
 #240447 Aug 21 W 10:00am-12:00pm  
 #240449 Jul 3 W 2:00-4:00pm  
**Five Points Center for Active Adults** – Course Fee: \$5  
 #240446 May 7 Tu 2:00-4:00pm  
 #240448 Jun 6 Th 2:00-4:00pm  
 #240450 Jun 25 Tu 2:00-4:00pm

### iPad Basics 1

Age: 18yrs. and up. Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults** – Course Fee: \$10  
 #240451 May 14-21 Tu 10:00-11:30am

### iPad Basics 2

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults** – Course Fee: \$10  
 #240497 May 28-Jun 4 Tu 10:00-11:30am

### iPad Basics 3

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how to search and download the great variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center for Active Adults** – Course Fee: \$5  
 #240523 Jun 11 Tu 10:00am-12:00pm

### iPhone 2: Basic Setup and Use

Age: 18yrs. and up. Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly makes the iPhone a 'Smartphone'. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults** – Course Fee: \$10  
 #240489 Jun 19-26 W 10:00-11:30am  
**Five Points Center for Active Adults** – Course Fee: \$10  
 #240490 May 16-23 Th 10:00-11:30am  
 #240492 Jul 23-30 Tu 2:00-3:30pm

### iPhone Basics 1

Age: 18yrs. and up. Introduction to the basics of owning an iPhone. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the

many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center for Active Adults** – Course Fee: \$10  
 #240435 Jun 5-12 W 2:00-3:30pm  
**Five Points Center for Active Adults** – Course Fee: \$10  
 #240419 May 2-9 Th 10:00-11:30am  
 #240434 Jul 2-9 Tu 10:00-11:30am

### Legal: Important Documents Everyone Should Have

Age: 18yrs. and up. Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Huston Law Firm, LLC and Carolina Estate Counsel.

**Anne Gordon Center for Active Adults**  
 #237097 May 23 Th 1:00-2:00pm  
**Five Points Center for Active Adults**  
 #237098 May 14 Tu 1:00-2:00pm

### Microsoft Word Basics 1

Age: 18yrs. and up. Microsoft Word is a powerful program that you can use to create many different documents, brochures, etc. You can create your own document from scratch or select a template that Microsoft has already created. In this class you will learn how to: change the font, font size, create a bulleted list, set line spacing, insert tables, insert pictures, insert clip art, utilize text boxes, add WordArt, adjust the margins, utilize the built-in dictionary/thesaurus and more! This is a fantastic beginner class for Microsoft Word. Prerequisite: You must have taken Computer Basics 1 & 2 or have a working knowledge of the Windows 10 Operating System.

**Anne Gordon Center for Active Adults** – Course Fee: \$5  
 #240493 May 22 W 2:00-4:00pm  
**Five Points Center for Active Adults** – Course Fee: \$5  
 #240494 Jul 25 Th 2:00-4:00pm

### Noggin Joggin'

Age: 18yrs. and up. People who regularly partake in the stimulating activities showed healthier densities of 'white matter'-the parts of the brain that transmit information than those who didn't. In other words: If you don't use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games work to stave off dementia, strengthen critical thinking skills, and promote brain health. Join us monthly in a variety of brain stimulating activities to keep our brains active. Presented by Homewatch Care Givers. This is held the first and third Monday of each month.

**Anne Gordon Center for Active Adults**  
 #237209 May 6-Aug 19 M 1:30-2:30pm

### One-On-One Caregiver Support or Grief Counseling

Age: 18yrs. and up. Are you the primary caregiver for a loved-one, family member or friend and are you looking for support and ways to enhance your caregiving? Kristin Lassiter will provide you with one-on-one counseling to help you in this journey.

Have you recently experienced the loss of a loved-one, family member, friend or employment? Maybe you are challenged by a recent medical diagnosis or the move to a new location. Kristin can help you in this journey. Make an appointment to meet with Kristin and learn ways to manage the challenges of caregiving or adjusting to a loss. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

**Five Points Center for Active Adults**  
 #237119 May 20-Aug 19 M 2:00-4:00pm

### Resources for Seniors: Who Are We and How We Can Help

Age: 18yrs. and up. Resources for Seniors will provide an overview of their agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance.

**Anne Gordon Center for Active Adults**  
 #237124 Jul 8 M 1:00-2:00pm  
**Five Points Center for Active Adults**  
 #237125 Jul 10 W 10:30-11:15am

### SHIIP Counseling

Age: 18yrs. and up. These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65 or retiring and will have Medicare, now is the time to meet with a counselor and review your future Medicare options.

**Anne Gordon Center for Active Adults**  
 #237127 May 6-Aug 26 M, F 9:30am-4:00pm  
**Five Points Center for Active Adults**  
 #237132 May 1-Aug 29 W-Th 1:30-4:30pm

### Should I Stay or Should I Go

Age: 18yrs. and up. Your living and care options in the future should not depend on chance. How do I make the decision when or if I should move? There are many possibilities to 'aging in place.' Our panel of experts will help you explore and learn about the different levels and choices in living options for retirement, the different types of care and who pays. Sponsored by Resources for Seniors and Homewatch Care Givers.

**Five Points Center for Active Adults**  
 #237126 Jun 12 W 1:00-2:00pm

### Southeast Raleigh AARP

Age: 50-120 yrs. AARP is a nonprofit, nonpartisan organization dedicated to helping people ages 50 and older to improve their quality of life as they age. With over 38 million members and growing, we lead positive social change through our extensive product offerings and services.

**Roberts Park Community Center** – Course Fee: \$50  
 #240567 Apr 11 Th 12:00-2:00pm  
 #240568 May 9 Th 12:00-2:00pm

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### **Time Machine: How to back up your Apple Computer**

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided for you. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? Distributed as part of macOS, desktop operating system developed by Apple. The software is designed to work with AirPort Time Capsule, the Wi-Fi router with built-in hard disk, as well as other internal and external disk drives. In this class I will show you how to use Time Machine to back up your computer to an external hard drive.

#### **Five Points Center for Active Adults**

Course Fee: \$5

#240540 Aug 15 Tu 10:00am-12:00pm

### **Tips on Purchasing a Computer**

Age: 18yrs. and up. You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. And only you can decide this. But before you go to the store we will help you understand the differences between a laptop, desktop, and tablet so that you will have an idea of what you should be looking for. Then you can decide which will work best for your needs.

#### **Anne Gordon Center for Active Adults – Course Fee: \$5**

#240506 May 29 W 2:00-4:00pm

#### **Five Points Center for Active Adults – Course Fee: \$5**

#240509 Jul 30 Tu 10:00am-12:00pm

#240510 Aug 27 Tu 2:00-4:00pm

## **Family**

### **Dos and Don'ts of Event Planning**

Age: 13yrs. and up. Looking to throw an event that guests will remember? From arriving on time to choosing the perfect venue, every detail counts. This workshop will help you plan the most memorable event by knowing the do's and don'ts of event planning.

#### **Green Road Community Center – Course Fee: \$5**

#239969 Jun 7 F 6:30-7:30pm

### **Genealogy Basics**

Age: 12yrs. and up. Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots. Preregistration is required at least one day in advance of each class.

#### **John P 'Top' Greene Center**

#240091 Jun 27 W 6:30-7:30pm

### **Homeschool Explorers**

Age: All Ages. This cooperative homeschool support group provides social and educational activities for a minimum cost per family. For additional information, please visit the web site at [www.homeschoolexplorers.org](http://www.homeschoolexplorers.org) or call the Method Community Center.

#### **Method Road Community Center**

Course Fee: \$1

#240044 May 7-28 Tu 11:30am-1:30pm

### **Magic Makers-Event Planning Workshop**

Age: 13yrs. and up. Do you love attending social gatherings? Are you often mesmerized by the decor of an event? Well behind every event is a planner that makes that MAGIC happen. This workshop spark your inner magic and help guide you on your way to developing and designing incredible looking events.

#### **Green Road Community Center – Course Fee: \$5**

#239991 Aug 2 F 6:30-7:30pm

### **TKD-All Belt Open Class**

Age: 7-65 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

#### **Biltmore Hills Community Center – Course Fee: \$75**

#240130 May 6-Jun 5 M, W 7:00-7:45pm

#240131 Jun 3-26 M, W 7:00-7:45pm

#240132 Jul 1-31 M, W 7:00-7:45pm

#240133 Aug 5-28 M, W 7:00-7:45pm

# Fitness



## Preschool

### 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!

**Barwell Road Community Center** – Course Fee: \$40

#239392	May 7-28	Tu	4:30-5:15pm
#239393	Jun 4-25	Tu	4:30-5:15pm
#239394	Jul 9-30	Tu	4:30-5:15pm
#239395	Aug 6-27	Tu	4:30-5:15pm

### Kinder Tae Kwon Do

Age: 4-6 yrs. This martial arts class for youth provides introductory instruction in tae kwon do. Parents are encouraged to sit in and observe.

**Tarboro Road Community Center** – Course Fee: \$28

Classes will be held at Tarboro Road Community Center due to ongoing renovations at Lions Park.

#239241	Jun 6-27	Th	6:30-7:30pm
#239242	Jul 4-25	Th	6:30-7:30pm

**Lions Park Community Center** – Course Fee: \$28

#239244	Aug 1-22	Th	6:30-7:30pm
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### Tennis- Mini Mite

Age: 4-5 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time and meet new friends.

**Worthdale Community Center** – Course Fee: \$5

#### Mini Mite Tennis Indoor

#238359	May 7-28	Tu	10:00-11:00am
#238360	Jun 4-25	Tu	10:00-11:00am
#238361	Jul 2-30	Tu	10:00-11:00am
#238362	Aug 6-27	Tu	10:00-11:00am

### Tumble 'n' Twist

Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motors skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Progressing to the class for ages 4-5, your child will be adding handstands and other moves. Come join in the fun.

**Hill Street Center** – Course Fee: \$40

#### Ages 2-3 Years

#239486	May 8-29	W	5:30-6:15pm
#239487	Jun 5-26	W	5:30-6:15pm
#239488	Jul 10-31	W	5:30-6:15pm
#239489	Aug 7-28	W	5:30-6:15pm

#### Ages 4-5 Years

#239490	May 9-30	Th	5:45-6:45pm
#239491	Jun 6-27	Th	5:45-6:45pm
#239492	Jul 11-Aug 1	Th	5:45-6:45pm
#239493	Aug 8-29	Th	5:45-6:45pm

## Youth

### Athletes of Tomorrow

Age: 5-12 yrs. It's all about young kids having fun, being active and working on their overall fitness and athletic ability. We work on emphasizing the development of the complete athlete. Preregistration required.

**Ralph Campbell Community Center** – Course Fee: \$1

#239332	May 4	Sa	11:30am-12:30pm
#239333	May 11	Sa	11:30am-12:30pm
#239334	May 18	Sa	11:30am-12:30pm
#239335	May 25	Sa	11:30am-12:30pm
#239336	Jun 1	Sa	11:30am-12:30pm
#239337	Jun 8	Sa	11:30am-12:30pm
#239338	Jun 15	Sa	11:30am-12:30pm
#239339	Jun 22	Sa	11:30am-12:30pm
#239340	Jun 29	Sa	11:30am-12:30pm
#239342	Jul 6	Sa	11:30am-12:30pm
#239353	Jul 13	Sa	11:30am-12:30pm
#239354	Jul 20	Sa	11:30am-12:30pm
#239355	Jul 27	Sa	11:30am-12:30pm
#239356	Aug 3	Sa	11:30am-12:30pm
#239357	Aug 10	Sa	11:30am-12:30pm
#239358	Aug 17	Sa	11:30am-12:30pm
#239359	Aug 24	Sa	11:30am-12:30pm
#239360	Aug 31	Sa	11:30am-12:30pm

### Benefit The Birds!

Age: 3yrs. and up. Fly away with us on an amazing journey throughout the world of birds. Join us for some feathery fun on the deck while we bird watch for local species. We will also be making our very own bird feeders from recycled materials. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler** – Course Fee: \$2

#236903	Jun 14	F	3:00-4:00pm
#236905	Aug 6	Tu	3:00-4:00pm

### Cheernastics

Age: 7-9 yrs. Have you always wanted to try a both cheerleading and tumbling, but couldn't decide which to try first? Now you can try both wrapped up in 1 class. Cheernastics is a beginner's level class where students learn the basic fundamentals of Cheerleading and Gymnastics all in one class. Students will learn cheers, motions, dance, jumps, kicks, voice projection, balance and forward rolls. You don't want to miss this combo cheernastics class!

**Hill Street Center** – Course Fee: \$45

#239396	Jun 5-26	W	6:30-7:30pm
#239397	Jul 10-31	W	6:30-7:30pm
#239398	Aug 7-28	W	6:30-7:30pm

### Double Dutch

Age: 16yrs. and up. What goes around, comes around (literally)! Experience one of the most exciting past times of your youth while burning off extra calories. Participants will develop improved hand-eye to foot coordination, synchronization, and rhythm. Double dutch ropes will be provided.

**Green Road Community Center** – Course Fee: \$5

#240171	Jun 2-Aug 18	Su	1:00-2:00pm
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**Gymnastics- Youth Tumbling**

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

**Barwell Road Community Center** – Course Fee: \$40  
 #239371 May 7-28 Tu 5:15-6:00pm  
 #239372 Jun 4-25 Tu 5:15-6:00pm  
 #239373 Jul 9-30 Tu 5:15-6:00pm  
 #239374 Aug 6-27 Tu 5:15-6:00pm

**Hip Hop Tumble Dance for Boys**

Age: 6-11 yrs. Dance the latest hip-hop moves! Mix it, pop it, swing with it, rock with it, step & flop with it, jam it up and 'bring it on!' You'll love dancing and combining tumble gymnastic stunts to the moves. You don't have to know gymnastics to join. Instruction based on student's level.

**Barwell Road Community Center** – Course Fee: \$40  
 #239410 May 7-28 Tu 6:00-6:45pm  
 #239411 Jun 4-25 Tu 6:00-6:45pm  
 #239412 Jul 9-30 Tu 6:00-6:45pm  
 #239413 Aug 6-27 Tu 6:00-6:45pm

**Jazzy Cheer-Hip Hop Fusion**

Age: 6-13 yrs. This fun, high-energy class offers a mixture of cheerleading and hip-hop. So get those Poms Poms ready and learn to do some footwork with jazz hands! Please wear comfortable attire. Ages 6-13 years old.  
**Lake Lynn Community Center** – Course Fee: \$50  
 #239212 May 4-Jun 8 Sa 2:15-3:00pm

**JKC Self Defense for Kids**

Age: 8-11 yrs. 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 is 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 martial artists can benefit too! Instructor is my Benevento.

**Abbotts Creek Community Center** – Course Fee: \$5  
 #236624 May 6-Aug 26 M 6:15-7:00pm

**Kamp Kason Karate**

Age: 5-13 yrs. Learn the traditional forms of three combat styles: taekwon-do, goju and shotokan karate. The discipline is supervised by professional certified karate instructor Khashon Beyallah of the Action Martial Arts Hall of Fame, with over 40 years of teaching experience. The class emphasizes total body alignment exercises through kata and a series of punch, kick, block and stance techniques. Kata is the imaginary fighting tool of self-defense. Your child will build personal control and confidence in this fun-filled activity. Skills learned through this course will help prepare each participant for championship competition. A one-time \$40 uniform payment will be given directly to the instructor.

**Tarboro Road Community Center** – Course Fee: \$20  
 #239899 May 3-31 F 6:00-7:30pm  
 #239900 Jun 7-28 F 6:00-7:30pm  
 #239901 Jul 5-26 F 6:00-7:30pm  
 #239902 Aug 2-30 F 6:00-7:30pm

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

Age: 6-14 yrs. Shotokan builds character through training in martial arts. Participants will master the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, self-control and more. This class is taught in a group setting with some individual instruction. Instructor: Eric Blaize.

**Barwell Road Community Center** – Course Fee: \$20  
 #239470 May 6-29 M, W 6:00-7:00pm  
 #239471 Jun 3-Jul 3 M, W 6:00-7:00pm  
 #239472 Jul 1-24 M, W 6:00-7:00pm  
 #239473 Aug 5-28 M, W 6:00-7:00pm  
 #239474 May 6-29 M, W 7:00-8:00pm  
 #239475 Jun 3-Jul 3 M, W 7:00-8:00pm  
 #239476 Jul 1-24 M, W 7:00-8:00pm  
 #239477 Aug 5-28 M, W 7:00-8:00pm

**Step Team at Hill Street**

Age: 10-14 yrs. Learn the core values of stepping: teamwork, commitment and discipline while working together seeing how every member of the team adds value to their performance. Students also gain self-confidence through performing their dancing skills and ability to create beats using their hands and feet. At the end of the session students will have the opportunity to show off what they have learned at a culminating performance.

**Hill Street Center** – Course Fee: \$20  
 #239494 May 9-30 Th 7:00-8:00pm  
 #239495 Jun 6-27 Th 7:00-8:00pm  
 #239496 Jul 11-Aug 1 Th 7:00-8:00pm  
 #239497 Aug 8-29 Th 7:00-8:00pm

**Tae Kwon Do Youth**

Age: 5-13 yrs. Learn the art of self-defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness.

**Worthdale Community Center** – Course Fee: \$25  
 #238351 May 7-Jun 6 Tu, Th 6:30-7:30pm  
 #238352 Jun 4-27 Tu, Th 6:30-7:30pm  
 #238353 Jul 2-30 Tu, Th 6:30-7:30pm  
 #238354 Aug 6-Sep 5 Tu, Th 6:30-7:30pm

**Youth Wah Lum Kung Fu**

Age: 6-13 yrs. Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. Wah Lum Kung Fu will develop your child's flexibility, coordination, concentration, confidence, and discipline. The classes are exciting, educational, and fun, and children will increase their speed, stamina, strength, and overall health. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu.

**Lake Lynn Community Center** – Course Fee: \$200

**Full Session**

#239231 May 2-Aug 29 Th, M 5:15-6:00pm  
 Course Fee: \$60  
 #239227 May 2-30 Th, M 5:15-6:00pm  
 #239228 Jun 3-27 M, Th 5:15-6:00pm  
 #239229 Jul 1-29 M, Th 5:15-6:00pm  
 #239230 Aug 1-29 Th, M 5:15-6:00pm

**Adult****Adult Tap Dance**

Age: 18yrs. and up. Learn basic tap dance patterns that will be incorporated into short dances to music. This will be a good physical and mental workout as you learn (or maybe re-learn) classic patterns. Tap dance does not require a partner or a group so you can practice any time. If you can walk you can dance!

**Five Points Center for Active Adults** – Course Fee: \$8  
 #237128 May 1-29 W 12:00-1:00pm  
 #237129 Jun 5-26 W 12:00-1:00pm  
 #237130 Jul 3-31 W 12:00-1:00pm  
 #237131 Aug 7-28 W 12:00-1:00pm

**Bands and Bells**

Age: 18yrs. and up. This class offers strength and conditioning - based on exercise participants who want to tone, gain strength and muscle, as well as develop greater mobility and flexibility. Various equipment will be used in order to meet these goals including, but not limited to, dumbbells, kettle bells, and resistance bands. Medicine balls and body -weight movements will also be utilized.

**Green Road Community Center** – Course Fee: \$5  
 #239898 May 9-Aug 29 Th 11:00am-12:00pm

**Beginner Yoga at Halifax Drop In Rate**

Age: 18yrs. and up. Yoga has become a popular form of physical exercise based upon asanas (physical poses) to promote improved control of mind and body and to enhance well-being. All these benefits are achieved through a combination of physical postures, breathing techniques and relaxation.

**Halifax Community Center** – Course Fee: \$10  
 #240361 May 1 W 6:30-7:30pm

**Belly Dance for Fun and Fitness**

Age: 16yrs. and up. Learn to move your body in ways you never thought possible and bring out your inner goddess. No prior dance experience is necessary for this course as we will cover the basic movements of belly dance while engaging core muscles. Strengthen and tone through low-impact dance. During each class students will learn a different combination of dance moves. Over the 8-week session students will learn an entire choreography and have the opportunity to perform for family and friends. Wear comfortable clothing, such as yoga pants, that allow for stretching. Shoes are not worn in class. Sadiyah instructs.

**Lake Lynn Community Center** – Course Fee: \$80  
 #239838 May 5-Jun 30 Su 3:00-4:00pm  
 #239839 Jul 7-Aug 25 Su 3:00-4:00pm



## Capoeira

Age: 18yrs. and up. Capoeira is a Brazilian martial art form that involves dance, music, gymnastics, self-defense and the Portuguese language. Participants appear to defy gravity as they jump, flip, spin and cartwheel through the air. Capoeira embodies a discipline, mind-set and rhythm that are clever and deceptive. Often appearing vulnerable, the good capoeirista knows the right time to strike back with lethal power and grace. Musically, capoeira is enchanting. Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely-charged atmosphere.

### Marsh Creek Park

#238534 May 6-Sep 4 M, W 6:30-8:30pm

## Cardio Fitness Workout Class

Age: 18yrs. and up. Tae kwon do develops strength, speed, balance, flexibility and stamina. Along with a cardio workout, this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training, this program works on multiple body areas, including core, arms and legs. The class is designed to build physical fitness and a healthier body.

**Tarboro Road Community** – Course Fee: \$12

**Classes will be held at Tarboro Road Community Center due to ongoing renovations at Lions Park**

#239261 May 3-31 F 6:30-7:30pm

#239262 Jun 7-28 F 6:30-7:30pm

**Lions Park Community Center** – Course Fee: \$12

**\$12 for those enrolled in Lions Park Tae Kwon Do**

#239263 Jul 5-26 F 7:30-8:30pm

#239264 Aug 2-23 F 7:30-8:30pm

## Cardio Fuze

Age: 18yrs. and up. Our bodies were made to move! This easy-to-follow class is designed to make you sweat, get your heart rate up and burn some calories! Our total-body workouts combine both cardio and strength conditioning. You will see and feel results in a high-energy, music-filled environment where every class feels new, fun and exciting! Instructor: Raquel Robinson.

**Abbots Creek Community Center** – Course Fee: \$5

#236608 May 4-Aug 31 Sa 9:15-10:00am

## Cardio Kick

Age: 18yrs. 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 a class Thursday evenings for only \$5! Instructor: Shontera Gillespie-Coleman.

**Abbots Creek Community Center** – Course Fee: \$5

#236609 May 2-Aug 29 Th 6:30-7:30pm

## Cardio Kick Boxing

Age: 16-99 yrs. Cardio Kickboxing with Jason Vickory of Vickory Jitsu LLC. This class is for participants of all levels of fitness. Bring

a friend, meet new friends and enjoy this head-to-toe high impact class while losing inches and toning those trouble areas. This is a noncontact class.

**Method Road Community Center** – Course Fee: \$100

#240392 May 7-30 Tu, Th 6:30-7:30pm

#240393 Jun 4-27 Tu, Th 6:30-7:30pm

#240394 Jul 9-Aug 1 Tu, Th 6:30-7:30pm

#240395 Aug 6-29 Tu, Th 6:30-7:30pm

## Chair Yoga/Beginning Crochet

Age: 18yrs. and up. Combination class of fitness and art! Gentle chair base yoga meets 1st and 3rd Monday's. Crochet all levels welcome, meets 2nd and 4th Mondays.

**Brier Creek Community Center** – Course Fee: \$10

#240313 Jun 3-Sep 23 M 10:30-11:00am

## Couch to 5K

Age: 16yrs. and up. Couch to 5K is a free nine-week fitness and wellness program for inexperienced runners interested in working toward running a 5K (or 30 minutes). Participants will receive a step-by-step plan preparing them to walk, jog and then run. Weekly running meetings will allow for continued motivation, support and inspiration. At the end of the nine weeks, participants can sign up for a local 5K to show off newly developed running ability.

**Buffaloe Road Athletic Park**

#238472 Jun 12-Jul 31 W 5:30-6:30pm

## Dance - Bollywood Dance Fitness

Age: 18yrs. and up. Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements.

Energetic routines are taught in this class to inculcate rhythm, fitness and a sense of achievement as you are guided in rhythmic cardio fitness under the personalized attention of tutor Priya Chellani. With more than 20 years of teaching and performing experience, she demonstrates her lifelong love of dance and brings out the best in you. Each participant discovers hidden strengths while working out to upbeat Bollywood music! Get the exercise you need to be healthily engaged throughout the year!

**Brier Creek Community Center** – Course Fee: \$30

#240314 Jun 4-Jul 9 Tu 7:45-8:45pm

#240315 Jul 16-Aug 27 Tu 7:45-8:30pm

## Dance - Contemporary Beginner Line Dance

Age: 18yrs. and up. Learn beginner line dances to all kinds of music, which includes pop, country, and oldies. No experience necessary. Have fun learning the latest dances performed at wedding receptions, cruises and parties. Meets every Wednesday. Instructors: Jackie Wheeler, Drop-in fee: \$2. Pass: \$10, valid May-Aug '19.

**Brier Creek Community Center** – Course Fee: \$10

\$10 Pass (May-Aug 2019)

#240320 May 8-Aug 28 W 6:30-7:45pm

Course Fee: \$2 Drop-In

#240321 May 8-Aug 28 W 6:30-7:45pm

## Dance & Get Fit

Age: 16yrs. and up. Join us for the best of both worlds: dancing and exercising. Dance & Get Fit is a total body workout that uses soul dancing, cardio hip-hop, reggaeton and more to get into shape. You will love the class, and the music is great. Our motto is move, sweat and have fun! Instructor: Jennifer Hampton.

**Optimist Community Center** – Course Fee: \$5

#239405 May 7-Aug 27 Tu 6:30-7:30pm

## Dance Xross Fitness at the Creek

Age: 18yrs. and up. This is an intermediate to advanced level fitness class for our active adults. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training, and soul line dancing.

Instructor: Linda Thomas

**Brier Creek Community Center** – Course Fee: \$5

#240322 May 1-Aug 23 W, F 9:30-10:30am

## Exercise - A.M. Zumba at the Creek

Age: 18yrs. and up. All ladies are welcome to this ladies combo class that burns calories and sculpts lean muscle for a total body workout! The class starts with a five-minute cardio warm-up, followed by a 45-minute calorie burning session and finishing with 5-10 minutes of focus and cool down. Please bring water bottle and have fun! Instructor: Jon, Mr Zumba, \$5 drop in or 30 Day Fit Pass: \$15

**Brier Creek Community Center**

#240323 May 2-Aug 20 Th, Tu 8:45-9:45am

## Exercise - Fitness Centers

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.

**City Wide Membership** – Class Fee: \$20

#238021 May 1-31 Daily 10:00am-9:00pm

#238047 Jun 1-30 Daily 9:00am-3:00pm

#238048 Jul 1-Aug 4 Daily 10:00am-9:00pm

#238060 Aug 1-31 Daily 10:00am-9:00pm

**Abbots Creek Community Center** – Class Fee: \$15

#236611 Jun 1-30 Daily 9:00am-3:00pm

#236610 May 1-31 Daily 7:00am-9:00pm

#236612 Jul 1-31 Daily 7:00am-9:00pm

#236613 Aug 1-31 Daily 7:00am-9:00pm

**Barwell Rd** – Class Fee: \$15.00

#238011 May 1-31 Daily 7:00am-9:00pm

#238022 Jun 1-30 Daily 9:00am-1:00pm

#238062 Jul 1-Aug 4 Daily 7:00am-9:00pm

#238064 Aug 1-31 Daily 7:00am-9:00pm

**Barwell Rd** – 6 month membership: \$75

#238063 May 1-Sep 1 Daily 7:00am-9:00pm

**Biltmore Hills** – Class Fee: \$10

#238013 May 1-31 Daily 10:00am-9:00pm

#238023 Jun 1-30 Daily 9:00am-3:00pm

#238024 Jul 1-Aug 4 Daily 10:00am-9:00pm

#238049 Aug 1-31 Daily 10:00am-9:00pm

**Brier Creek** – Class Fee: \$15

#238014 May 1-Jun 4 Daily 7:00am-9:00pm

#238025 Jun 1-Jul 5 Daily 9:00am-3:00pm

#238026 Jul 1-Aug 4 Daily 7:00am-9:00pm

#238027 Aug 1-Sep 4 Daily 7:00am-10:00pm

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**Brier Creek** – 6 month membership: \$75

#238028 Jun 1-Dec 13 Daily 9:00am-3:00pm

**Carolina Pines** – Class Fee: \$15

#238020 May 1-31 Daily 10:00am-9:00pm

#238044 Jun 1-30 Daily 9:00am-3:00pm

#238045 Jul 1-Aug 4 Daily 10:00am-9:00pm

#238046 Aug 1-31 Daily 10:00am-9:00pm

**Chavis Park** – Class Fee: \$10

#237850 May 1-31 Daily 10:00am-9:00pm

#237851 Jun 1-30 Daily 9:00am-3:00pm

#237852 Jul 1-31 Daily 10:00am-9:00pm

#237853 Aug 1-31 Daily 10:00am-9:00pm

**Green Road Center** – May \$10

#238413 May 1-31 Daily 10:00am-9:00pm

#238414 Jun 1-30 Daily 9:00am-3:00pm

#238415 Jul 1-31 Daily 10:00am-9:00pm

#238416 Aug 1-31 Daily 10:00am-9:00pm

**Halifax Community Center** – Class Fee: \$15

#238018 Aug 1-31 Daily 10:00am-9:00pm

#238038 May 1-31 Daily 10:00am-9:00pm

#238039 Jun 1-30 Daily 9:00am-1:00pm

#238040 Jul 1-30 Daily 10:00am-9:00pm

**Jaycee** – Class Fee: \$15

#238007 May 1-31 Daily 10:00am-9:00pm

#238008 Jun 1-30 Daily 9:00am-3:00pm

#238009 Jul 1-31 Daily 10:00am-9:00pm

#238010 Aug 1-31 Daily 10:00am-9:00pm

**Lake Lynn** – Class Fee: \$10

#237986 May 1-31 Daily 7:00am-9:00pm

#237987 Jun 1-30 Daily 9:00am-3:00pm

#237988 Jul 1-31 Daily 7:00am-9:00pm

#237989 Aug 1-31 Daily 7:00am-9:00pm

**Laurel Hills Center** – Class Fee: \$15

#238002 May 1-31 Daily 10:00am-9:00pm

#238004 Jun 1-30 Daily 9:00am-3:00pm

#238005 Jul 1-Aug 4 Daily 10:00am-9:00pm

#238006 Aug 1-31 Daily 10:00am-9:00pm

**Laurel Hills Center** – 6 Month Membership: \$75

#238003 May 1-Sep 1 Daily 10:00am-9:00pm

**Lions Park** – Class Fee: \$12

#238033 Jul 1-30 Daily 10:00am-9:00pm

#238034 Aug 1-31 Daily 10:00am-9:00pm

**Marsh Creek** – Class Fee: \$10

#238541 May 1-Jun 4 Daily 7:00am-9:00pm

#238542 Jun 1-Jul 5 Daily 9:00am-3:00pm

#238543 Jul 1-31 Daily 7:00am-9:00pm

#238544 Aug 1-Sep 4 Daily 7:00am-9:00pm

**Method Rd** – Class Fee: \$12

#238017 May 1-31 Daily 7:00am-9:00pm

#238035 Jun 1-30 Daily 9:00am-1:00pm

#238036 Jul 1-Aug 4 Daily 7:00am-9:00pm

#238037 Aug 1-31 Daily 7:00am-9:00pm

**Millbrook Exchange** – Class Fee: \$12

#239699 May 1-Jun 4 Daily 10:00am-9:00pm

#239700 Jun 1-Jul 5 Daily 9:00am-3:00pm

#239701 Jul 1-Aug 4 Daily 10:00am-9:00pm

#239702 Aug 1-Sep 4 Daily 10:00am-9:00pm

**Pullen Community Center** – Class Fee: \$10

#239077 May 1-31 W-Sa, M-W 10:00am-9:00pm

#239078 Jun 1-29 Sa, M-Sa 9:00am-3:00pm

#239079 Jul 1-31 M-Sa 10:00am-9:00pm

#239080 Aug 1-31 Th-Sa, M-Th 10:00am-9:00pm

**Roberts Park** – Class Fee: \$10

#238057 May 1-31 Daily 10:00am-9:00pm

#238058 Jun 1-30 Daily 9:00am-3:00pm

#238059 Jul 1-Aug 4 Daily 10:00am-9:00pm

#238061 Aug 1-31 Daily 10:00am-9:00pm

**Tarboro Road Center** – Class Fee: \$10

#238050 May 1-31 Daily 10:00am-9:00pm

#238051 Jun 1-30 Daily 9:00am-3:00pm

#238052 Jul 1-Aug 4 Daily 10:00am-9:00pm

#238053 Aug 1-31 Daily 10:00am-9:00pm

**Worthdale Community Center** – Class Fee: \$10

#238019 May 1-3 Daily 7:00am-9:00pm

#238041 Jun 1-30 Daily 9:00am-1:00pm

#238042 Jul 1-Aug 4 Daily 7:00am-9:00pm

#238043 Aug 1-31 Daily 7:00am-9:00pm

**Exercise - Sertoma Chair Yoga for Seniors**

Age: 50yrs. and up. This chair yoga class is designed for all levels including seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, stabilize joints and strengthen the body. Yoga can also improve digestion, circulation and reduce high blood pressure as well as anxiety. You will learn gentle stretching, breathing techniques and ways to calm the mind.

Before undertaking any exercise program, one should consult a physician. Bring a yoga mat and wear comfortable clothing. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

#237396 Apr 30-Jun 11 Tu 1:30-2:30pm

#237397 Jul 9-Aug 13 Tu 1:30-2:30pm

**Exercise - Sertoma Kripalu Yoga Beginning**

Age: 16yrs. and up. The ancient art of yoga combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

#237389 Apr 29-Jun 10 M 6:15pm-7:15pm

#237390 Apr 29-Jun 10 M 7:30pm-8:30pm

#237391 Jul 8-Aug 12 M 7:30pm-8:30pm

#237392 Jul 8-Aug 12 M 6:15pm-7:15pm

#237393 Apr 30-Jun 11 Tu 12:00pm-1:00pm

#237394 Jul 9-Aug 13 Tu 12:00pm-1:00pm

**Exercise - Sertoma Kripalu Yoga Continuing**

Age: 16yrs. and up. This course is a continuation of the Kripalu Yoga Beginning Class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

#237403 May 1-Jun 12 W 7:30-8:30pm

#237404 Jul 10-Aug 14 W 7:30-8:30pm

#237405 May 2-Jun 13 Th 12:00-1:00pm

#237406 Jul 11-Aug 15 Th 12:00-1:00pm

**Exercise - Sertoma Kripalu Yoga Continuing with Meditation**

Age: 16yrs. and up. This course is a continuation of the Kripalu Yoga Beginning Class and includes a meditation component. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one

should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

#237400 May 1-Jun 12 W 6:15-7:15pm

#237401 Jul 10-Aug 14 W 6:15-7:15pm

**Exercise - The Nia Technique**

Age: 13yrs. and up. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. New to Nia? Take a free class! Instructor: Laura Ghantous.

**Sertoma Arts Center** – Course Fee: \$56

#236922 May 4-Jun 22 Sa 10:15-11:15am

#236923 Jul 13-Aug 24 Sa 10:15-11:15am

**Fitness - ZumbaÆ**

Age: 10yrs. 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 for \$5 per class.

**Abbotts Creek Community Center** – Course Fee: \$5

#236614 May 1-Aug 28 W, Su

7:00pm-8:00pm

**Greystone Community Center** – Course Fee: \$5

#240194 May 2-Aug 31 Th, Sa 6:00-7:00pm

#240278 May 7-Aug 27 Tu 6:30-7:30pm

**Fitness At Peach**

Age: 16yrs. and up. Explore different types of fitness classes at Peach Road Community Center like STRONG by Zumba, Cardio HIIT, Cardio Kickboxing etc. For more information about the class contact us at 919-807-8545

**Peach Road** – Course Fee: \$3

#240551 May 3-Sep 6 F 6:30-7:30pm

**Fitness Pass**

Age: 18yrs. and up. Interested in utilizing the fitness room but want to try it out first? Register for a daily pass.

**Abbotts Creek Community Center** – Course Fee: \$2

#236615 May 1-31 Daily 7:00am-9:00pm

#236616 Jun 1-30 Daily 9:00am-3:00pm

#236617 Jul 1-31 Daily 7:00am-9:00pm

#236618 Aug 1-31 Daily 7:00am-9:00pm

**Green Road Community Center** – Course Fee: \$2

#238417 May 1-31 Daily 10:00am-9:00pm

#238418 Jun 1-30 Daily 9:00am-3:00pm

#238419 Jul 1-31 Daily 10:00am-9:00pm

#238420 Aug 1-31 Daily 10:00am-9:00pm

**Pullen Community Center** – Course Fee: \$2

#239081 May 1-31 W-Sa, M-W 10:00am-9:00pm

#239082 Jun 1-29 Sa, M-Sa 9:00am-3:00pm

#239083 Aug 1-31 Th-Sa, M-Th 10:00am-9:00pm

#239084 Jul 1-31 M-Sa 10:00am-9:00pm

### Full Body Boot Camp

Age: 18yrs. and up. This boot camp will burn excess fat, bring out the best in you, and prove that you can do things you never thought possible. This boot camp is a total body workout that is a high intensity, fast paced training session.

**Green Road Community Center** – Course Fee: \$5  
#240017 May 5-Aug 25 Su 2:00-3:00pm

### Gentle Yoga at Abbotts Creek

Age: 15yrs. and up. Taught by Nadine Morrison, 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 your own mat.

**Abbotts Creek Community Center** – Course Fee: \$30  
#236621 Jul 11-25 Th 6:15-7:00pm  
Course Fee: \$40  
#236619 May 2-23 Th 6:15-7:00pm  
#236620 Jun 6-27 Th 6:15-7:00pm  
#236622 Aug 1-22 Th 6:15-7:00pm

### Green Road Walking Club

Age: 18yrs. and up. Meet new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

**Green Road Community Center**  
#238422 May 1-Jun 14W-F, M-W 10:15am-12:00pm

### Halifax Daily Fit Pass

Age: 18yrs. and up. Want to try out the fitness room at Halifax? Come try our fit pass.

**Halifax Community Center** – Course Fee: \$2  
#238730 May 1-31 Daily 10:00am-8:30pm  
#238731 Jun 1-30 Daily 9:00am-3:00pm  
#238732 Jul 1-30 Daily 10:00am-8:30pm  
#238733 Aug 1-31 Daily 10:00am-8:30pm

### JKC Self Defense

Age: 12yrs. and up. 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 is 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 martial artists can benefit too! Instructor is amy Benevento.

**Abbotts Creek Community Center** – Course Fee: \$5  
#236623 May 4-Aug 31 Sa, M 11:00am-12:00pm

### Kung Fu

Age: 14yrs. and up. This traditional Chinese Kung Fu class is taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is a style of martial arts that is practiced interna-

tionally. Students will learn basic exercises to improve their overall physical condition, with a focus on health, fitness, strength, flexibility, coordination and self-control. Students will learn empty hand forms, self-defense, weapons forms and free sparring. Students will benefit from the strengthening of body and mind that result. A uniform fee of \$85 will be due before the second month of classes.

### Lake Lynn Community Center

**May-Aug Session** – Course Fee: \$225  
#239764 May 2-Aug 29 Th, M 6:30-7:30pm  
**Adult Class** – Course Fee: \$60  
#239760 May 2-30 Th, M 6:30-7:30pm  
#239761 Jun 3-27 M, Th 6:30-7:30pm  
#239762 Jul 1-29 M, Th 6:30-7:30pm  
#239763 Aug 1-29 Th, M 6:30-7:30pm

### 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.

**Barwell Road Community Center** – Course Fee: \$20  
#239466 May 6-29 M, W 7:00-8:30pm  
#239467 Jun 3-Jul 3 M, W 7:00-8:30pm  
#239468 Jul 1-24 M, W 7:00-8:30pm  
#239469 Aug 5-28 M, W 7:00-8:30pm

### Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13yrs. and up. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

**Millbrook Exchange Community Center**  
Course Fee: \$45  
#239834 May 1-29 W, M 7:00-8:30pm  
#239835 Jun 3-26 M, W 7:00-8:30pm  
#239836 Jul 1-31 M, W 7:00-8:30pm  
#239837 Aug 5-28 M, W 7:00-8:30pm

### Men on Weights

Age: 18yrs. and up. Men, it is time to put down the remote and take control of your health! This program is designed to teach you the proper usage of exercise machines, free weights, resistance bands, BOSU and more. You will learn exercise principles and improve your physical fitness. You will also learn how to design a personal exercise program to meet your goals

**Green Road Community Center** – Course Fee: \$5  
#239867 May 9-Aug 29 Th 10:00-11:00am

### MixedFit at the Creek

Age: 18yrs. and up. High energy fitness class which is a people inspired fitness program that incorporates explosive movements and boot camp toning! Instructor: Shaunta Clowney, National Trainer. \$5 drop in or 30 day Fit Pass.

**Brier Creek Community Center** – Course Fee: \$5  
#240324 May 1-Aug 26 W, M 6:30-7:30pm

### MixedFit Fitness

Age: 18-99 yrs. MixedFit is a people-inspired dance fitness program that blends explosive dancing with bootcamp toning. We work out to today's hits and yesterday's favorites. If you are plateauing in your traditional workouts, give MixedFit a try and join the #MixedFitMovement!

**Chavis Community Center** – Course Fee: \$5  
#238889 Jun 6-27 Th 6:45-7:45pm  
#238890 Jul 11-25 Th 6:45-7:45pm  
#238891 Aug 8-29 Th 6:45-7:45pm

### Movin' and Groovin'

Age: 18yrs. and up. The Parks, Recreation and Cultural Resources Department is partnering with the Health Promotion Chronic Disease Prevention and 4-H Youth Development sections of Wake Human Services for the fifth season of the Movin' and Groovin' walking series. This series encourages families to increase their physical activity in a free, fun and safe way. Adults will take part in mini physical activity sessions as well as organized walking. Children will engage in exercise activities and nutrition education. Join us to enjoy beautiful outdoor resources and fun for the whole family.

**Spring Forest Road Park**  
#238479 Aug 22-Oct 10 Th 6:00-7:00pm

### One with Nature - Mindfulness Session

Age: 18yrs. and up. Take a break from a hectic world and enjoy the calmness provided by a connection with nature. Designed for anyone with an open mind; we use the outdoors to rejuvenate mind, body and spirit. This session will help relieve stress, clear the mind, or rekindle a relationship with the natural world. This class combines various mindfulness practices with the unique setting Forest Ridge Park has to offer. Register today or call the Forest Ridge Park office for more information.

**Forest Ridge Park**  
#237863 May 10 F 9:00-10:00am  
#237864 Jun 14 F 9:00-10:00am  
#237866 Jul 12 F 9:00-10:00am  
#237867 Aug 9 F 9:00-10:00am  
#237887 Jun 28 F 7:00-8:00pm  
#237890 Jul 26 F 7:00-8:00pm  
#237891 Aug 23 F 7:00-8:00pm

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**Power Yoga Class Drop In Rate**

Age: 18yrs. and up. The perfect Pilates and Yoga fusion to tone, stretch, lose weight, re-energize, improve your posture and relieve stress. You will leave this class feeling balanced and energetic. All this happens under a very simple choreographed workout with pop music, so you can have fun while you work out and get in shape. This class is for the beginner and intermediate level.

**Halifax Community Center** – Course Fee: \$10

#240178	Jun 6	Th	6:30-7:30pm
#240179	Jun 13	Th	6:30-7:30pm
#240180	Jun 20	Th	6:30-7:30pm
#240181	Jun 27	Th	6:30-7:30pm
#240182	Jul 4	Th	6:30-7:30pm
#240183	Jul 11	Th	6:30-7:30pm
#240184	Jul 11	Th	6:30-7:30pm
#240185	Aug 22	Th	6:30-7:30pm
#240186	Aug 15	Th	6:30-7:30pm
#240187	Aug 8	Th	6:30-7:30pm
#240188	Aug 1	Th	6:30-7:30pm
#240189	Jul 25	Th	6:30-7:30pm
#240190	Aug 29	Th	6:30-7:30pm

**Prenatal Yoga at Abbotts Creek**

Age: 18yrs. and up. This class focuses on safe, gentle, and relaxing poses for pregnant women, in order to increase strength and flexibility. It also helps pregnant women to maintain a healthy body and to develop proper breathing and relaxation techniques for easier and more comfortable labor. All levels are welcome. Please bring a mat. Doctor's permission is required for this class. Instructor: Nadine Morrison

**Abbotts Creek Community Center**

Course Fee: \$30			
#236628	Jul 11-25	Th	7:15-8:00pm
Course Fee: \$40			
#236626	May 2-23	Th	7:15-8:00pm
#236627	Jun 6-27	Th	7:15-8:00pm
#236629	Aug 1-22	Th	7:15-8:00pm

**Soul Line Dance & Get Fit - Abbotts Creek**

Age: 18yrs. 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! Class meets every Sunday from 3 to 4:30 p.m.

**Abbotts Creek Community Center** – Course Fee: \$5  
#236649 May 5-Aug 25 Su 3:00-4:30pm

**Soul Line Dance & Get Fit Class for Beginners - Marsh Creek**

Age: 15yrs. and up. This is a beginner/advanced-beginner class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-moderate pace. Do not be fooled by the title. We will learn and practice great cardio workouts and low/medium/high impact soul line dances. Come prepared to move, sweat and have fun!

**Marsh Creek Park** – Course Fee: \$20

#238596	May 21	Tu	7:00-8:30pm
#238597	May 28	Tu	7:00-8:30pm
#238598	May 14	Tu	7:00-8:30pm
#238599	Jun 4	Tu	7:00-8:30pm
#238600	Jun 11	Tu	7:00-8:30pm
#238601	Jun 18	Tu	7:00-8:30pm
#238602	Jun 25	Tu	7:00-8:30pm
#238603	Jul 2	Tu	7:00-8:30pm
#238604	Jul 9	Tu	7:00-8:30pm
#238605	Jul 16	Tu	7:00-8:30pm
#238606	Jul 23	Tu	7:00-8:30pm
#238607	Jul 30	Tu	7:00-8:30pm
#238608	Aug 6	Tu	7:00-8:30pm
#238609	Aug 13	Tu	7:00-8:30pm
#238610	Aug 20	Tu	7:00-8:30pm
#238611	Aug 27	Tu	7:00-8:30pm
#238613	May 7	Tu	7:00-8:30pm

**Stand-up Paddle Board Fitness**

Age: 16yrs. and up. Our certified instructor will assist participants in training to be their best as they stand-up paddle board around beautiful Lake Johnson. Incorporating yoga, Pilates, and paddling techniques participants will increase their strength, endurance, and flexibility through increasingly difficult exercises. Sign up for multiple classes to create a workout session suited to your schedule. Classes held most Monday evenings. All equipment is provided. Advance registration is required for this class.

Instructor: Alicia Hedges.

**Lake Johnson** – Course Fee: \$15

#236167	May 6	M	6:00-7:30pm
#236168	May 13	M	6:00-7:30pm
#236169	May 20	M	6:00-7:30pm
#236170	Jun 3	M	6:00-7:30pm
#236171	Jun 10	M	6:00-7:30pm
#236172	Jun 17	M	6:00-7:30pm
#236173	Jun 24	M	6:00-7:30pm
#236175	Jul 8	M	6:00-7:30pm
#236176	Jul 15	M	6:00-7:30pm
#236177	Jul 22	M	6:00-7:30pm
#236178	Jul 29	M	6:00-7:30pm
#236179	Aug 12	M	6:00-7:30pm
#236180	Aug 19	M	6:00-7:30pm
#236181	Aug 5	M	6:00-7:30pm
#236182	Aug 26	M	6:00-7:30pm

**Stand-Up Paddle Board Yoga**

Age: 16yrs. and up. SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Total class will be 45 minutes with a 15 minute warm up paddle to and from location. Yoga and/or SUP experience required as a prerequisite. Advance registration is required for this program.

Instructor: Angel Bailey

**Lake Johnson** – Course Fee: \$15

#236362	May 21	Tu	6:30-7:45pm
#236363	Jun 4	Tu	6:30-7:45pm
#236364	Jun 11	Tu	6:30-7:45pm
#236365	Jun 18	Tu	6:30-7:45pm
#236366	Jul 9	Tu	6:30-7:45pm
#236367	Jul 16	Tu	6:30-7:45pm
#236368	Jul 23	Tu	6:30-7:45pm
#236369	Aug 6	Tu	6:30-7:45pm
#236370	Aug 13	Tu	6:30-7:45pm
#236371	Aug 20	Tu	6:30-7:45pm

**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.

**Barwell Road Community Center** – Course Fee: \$5  
**Beginner Line Dance**

#239479 May 1-Aug 28 W 6:00-7:30pm

**Sunrise Yogalates**

Age: 16yrs. and up. Combining the best of yoga and Pilates, you will leave feeling rejuvenated through breath work combined with core work and lengthening/stretching of the body. A mind-body session that improves agility, strength, and flexibility. You will feel more balanced and stand taller ready to take on your day! Advance registration is required for this program. Sign up for multiple classes to make a session suited to your schedule. Instructor: Alicia Hedges.

**Lake Johnson** – Course Fee: \$10

#236126	Jun 13	Th	6:45-7:30am
#236127	Jun 20	Th	6:45-7:30am
#236128	Jun 27	Th	6:45-7:30am
#236130	Jul 11	Th	6:45-7:30am
#236131	Jul 18	Th	6:45-7:30am
#236132	Jul 25	Th	6:45-7:30am
#236133	Aug 1	Th	6:45-7:30am
#236134	Aug 8	Th	6:45-7:30am
#236135	Aug 15	Th	6:45-7:30am
#236136	Aug 22	Th	6:45-7:30am
#236137	Aug 29	Th	6:45-7:30am

**Tae Kwon Do Level 2**

Age: 13yrs. and up. Students will continue to learn the art of self-defense and discipline at an advanced level. Students will refine their skills, learn different techniques and develop physical fitness.

**Worthdale Community Center** – Course Fee: \$25

#238347	May 7-Jun 6	Tu, Th	7:30-8:30pm
#238348	Jun 4-27	Tu, Th	7:30-8:30pm
#238349	Jul 2-30	Tu, Th	7:30-8:30pm
#238350	Aug 6-Sep 5	Tu, Th	7:30-8:30pm

**Tai Chi - Lake Lynn**

Age: 18yrs. and up. Tai Chi is a system of rounded, flowing, balanced movements designed to increase physical health, peace of mind and overall wellness. Often described as meditation in motion, Tai Chi promotes serenity, stamina and strength through gentle, fluid movements. The slow, soft, graceful movements help people of all ages to alleviate tension and stress, tone the body, develop endurance, increase longevity and improve general health and well-being. Students will learn basic Tai Chi stances, hand movements and breathing techniques called chi gung.

Instructor: Sifu Matthew Martin.

**Lake Lynn Community Center** – Course Fee: \$200

4 Month Session

#239236 May 2-Aug 29 Th, M 4:00-5:00pm

Course Fee: \$55  
 #239232 May 2-30 Th, M 4:00-5:00pm  
 #239233 Jun 3-27 M, Th 4:00-5:00pm  
 #239234 Jul 1-29 M, Th 4:00-5:00pm  
 #239235 Aug 1-29 Th, M 4:00-5:00pm

### Tai Chi at Abbotts Creek

Age: 18yrs. 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 participants. Instructoramy Benevento, whose teacher was a student of the late Cheng Man-Ching, has trained in Tai Chi for over 25 years. Only \$5 per class.

**Abbotts Creek Community Center** – Course Fee: \$5  
 #236650 May 5-Aug 25 Su 5:00-5:55pm

### Try this at Home Yoga

Age: 18yrs. and up. Looking for a way to winddown after a long day of work? This beginner yoga class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Participants will be introduced to yoga postures through step-by-step verbal description and demonstration. Many of the postures you learn can be done in your own home.

**Hill Street Center** – Course Fee: \$40  
 #239597 May 6-Jun 3 M 6:30-7:30pm  
 #239599 Jul 1-29 M 6:30-7:30pm  
 #239613 Aug 12-Sep 2 M 6:30-7:30pm

### Urban (Soul) Line Dancing

Age: 16yrs. and up. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

**Green Road Community Center** – Course Fee: \$5  
**May Line Dancing - \$5/day**  
 #238434 May 6-20 M 7:00-8:30pm  
 #238435 Jun 3-24 M 7:00-8:30pm  
 #238436 Jul 1-29 M 7:00-8:30pm  
 #238437 Aug 5-26 M 7:00-8:30pm

### Women on Weights

Age: 18yrs. and up. Ladies - don't shy away from free weights and strength training! This program is designed to teach you the proper use of exercise machines, free weights, resistance bands, balls, BOSU etc. You will build endurance, improve muscle tone, and learn exercise principles. You will also design a personal exercise program to meet your fitness goals.

**Green Road Community Center** – Course Fee: \$5  
 #239846 May 7-Aug 27 Tu 10:00-11:00am

### Yoga - Gentle

Age: 18yrs. and up. Treat your body to much-needed stretches and release stress in a yoga class. Focus is on a gentler yoga,

primarily on the floor, which may include meditations and stretches that help with flexibility, posture and stress relief. Please bring your mats, towels or blankets.

**Pullen Community Center** – Course Fee: \$60  
 #240384 Jun 12-Aug 14 W 5:15-6:15pm

### Yoga - Nice Yoga

Age: 16yrs. and up. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace will be free-flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

**Lake Lynn Community Center** – Course Fee: \$60  
 #237385 May 7-Aug 20 Tu 7:00-7:30pm

### Yoga - Power Yoga Fitness

Age: 18yrs. and up. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your practice. The pace may be faster or include longer holds of poses. This class is most definitely not appropriate for beginners. Please bring your mats, towels or blankets.

**Pullen Community Center** – Course Fee: \$60  
 #240388 Jun 11-Aug 13 Tu 4:00-5:00pm  
 #240389 Jun 14-Aug 16 F 4:30-5:30pm

### Yoga at Brier Creek

Age: 18yrs. and up. Come and discover the benefits of yoga. It is very effective for stress reduction and relaxation. Stretch and find balance, greater strength and overall well-being. This class will focus on where you are in your body with gentle healing postures. Bring a yoga mat to class. Instructor: Monday evenings, N. Williams. Monday and Saturday mornings, Lauren Morris. \$5 drop in or multi-pass will be sold to fit your individual schedule.

**Brier Creek Community Center** – Course Fee: \$5  
 #240327 May 4-Aug 26 Sa, M 10:00-11:00am

### Yoga at Lake Johnson: Restorative Yoga

Age: 18yrs. and up. Slow down your evening and enjoy poses supported by props such as blankets, bolsters, straps, and eye pillows. This class will take you through a sequence of restful postures, in which you are supported by props and encouraged to find comfort and ease in your body. These restorative poses along with basic breathing techniques and gentle stretches, serve to calm the nervous system and promote relaxation and deep healing on all levels. Restorative yoga is a slow and still practice that focuses on passive poses that help to heal the effects of chronic stress on the body, mind, and spirit. It is accessible for both younger and older individuals regardless of experience or level of fitness. It is an excellent practice for those recovering from illness or injury, or anyone living with chronic pain. Jenny Turnage and Tina Stephens are the instructors for this class.  
**Thomas G Crowder Woodland Center** – Course Fee: \$10  
 #236334 Jun 3 M 6:00-7:00pm  
 #236335 Jun 17 M 6:00-7:00pm  
 #236336 Jul 8 M 6:00-7:00pm

#236337 Jul 22 M 6:00-7:00pm  
 #236338 Aug 5 M 6:00-7:00pm  
 #236339 Aug 19 M 6:00-7:00pm

### Yoga at Lake Johnson: Therapeutic Renewal Yoga

Age: 16yrs. and up.nStretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

**Thomas G Crowder Woodland Center** – Course Fee: \$80  
 #236092 May 7-Jun 25 Tu 9:30-11:00am  
 #236093 Jul 9-Aug 27 Tu 9:30-11:00am

### Yoga at Lake Johnson: Yoga for All Levels

Age: 18-65 yrs. This class is for those seeking to unwind the body and mind after a long day. During class you will build internal heat and focus, strength and flexibility. Class will start with conscious breathing and gentle stretches, progressing to more active, fluid styles of yoga. Class will incorporate standing postures and balance work. Expect to be challenged but leave feeling refreshed, relaxed and centered. Modifications for some poses will be offered so you can choose to work at the level appropriate for you. Previous yoga experience is recommended. Certified yoga instructor: Jenny Turnage.

**Thomas G Crowder Woodland Center**  
 Course Fee: \$60  
 #238068 May 30-Jul 11 Th 6:30-7:30pm  
 #238069 Jul 25-Aug 29 Th 6:30-7:30pm

### Yoga at Optimist Community Center

Age: 18yrs. and up. Restorative and chakra yoga for mind and body balance. Your yoga instructor will lead you to rejuvenate through restorative ananas/postures, regulate pranayama/breathing, balance the alignment of the mind within the body, and nurture positive energy to disseminate peace within and beyond. This is an open-level class that will offer options for beginner and experienced practitioners. Instructor: Samia Touati.

**Optimist Community Center** – Course Fee: \$8  
 #239414 May 1-Aug 28 W 7:00-8:15pm

### ZUMBA® Fit

Age: 18yrs. and up. This feel-good workout is based on a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output and fat burning. No dance experience is required. Dance to great music with great people and burn a ton of calories without even realizing it!

**Halifax Community Center** – Course Fee: \$5  
 #238734 Jun 3 M 6:45-7:45pm  
 #238735 Jun 10 M 6:45-7:45pm  
 #238736 Jun 17 M 6:45-7:45pm  
 #238737 Jun 24 M 6:45-7:45pm

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#238738	Jun 7	F	6:45-7:45pm
#238739	Jun 14	F	6:45-7:45pm
#238740	Jun 21	F	6:45-7:45pm
#238741	Jun 28	F	6:45-7:45pm
#238742	Jul 8	M	6:45-7:45pm
#238743	Jul 15	M	6:45-7:45pm
#238744	Jul 5	F	6:45-7:45pm
#238745	Jul 12	F	6:45-7:45pm
#238746	Aug 5	M	6:45-7:45pm
#238747	Aug 12	M	6:45-7:45pm
#238748	Jul 29	M	6:45-7:45pm
#238749	Jul 22	M	6:45-7:45pm
#238750	Jul 1	M	6:45-7:45pm
#238751	Jul 19	F	6:45-7:45pm
#238752	Aug 19	M	6:45-7:45pm
#238753	Aug 26	M	6:45-7:45pm
#238754	Jul 26	F	6:45-7:45pm
#238755	Aug 2	F	6:45-7:45pm
#238756	Aug 9	F	6:45-7:45pm
#238757	Aug 16	F	6:45-7:45pm
#238758	Aug 23	F	6:45-7:45pm
#238759	Aug 30	F	6:45-7:45pm
#238764	May 6	M	6:45-7:45pm
#238765	May 13	M	6:45-7:45pm
#238766	May 20	M	6:45-7:45pm
#238768	May 3	F	6:45-7:45pm
#238769	May 10	F	6:45-7:45pm
#238770	May 17	F	6:45-7:45pm
#238771	May 24	F	6:45-7:45pm
#238772	May 31	F	6:45-7:45pm

### **ZUMBA® & ZUMBA® Toning with Maria - Punch Pass**

Age: 12yrs. and up. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams. Punch pass includes 5 passes that can be used at any time.



### **Green Road Community Center – Course Fee: \$25**

#### **Zumba & Zumba Toning - Bundle Pass**

#238438	Aug 26-30	M-W, F	6:00-7:00pm
#238439	May 1-7	W, F, M-W	6:00p7:00pm
#238440	May 6-10	M-W, F	6:00-7:00pm
#238441	May 13-17	M-W, F	6:00-7:00pm
#238442	May 20-24	M-W, F	6:00-7:00pm
#238443	Jun 3-7	M-W, F	6:00-7:00pm
#238444	Jun 10-14	M-W, F	6:00-7:00pm
#238445	Jun 17-21	M-W, F	6:00-7:00pm
#238446	Jun 24-28	M-W, F	6:00-7:00pm
#238447	Jul 1-5	M-W, F	6:00-7:00pm
#238448	Jul 8-12	M-W, F	6:00-7:00pm
#238449	Jul 15-19	M-W, F	6:00-7:00pm
#238450	Jul 22-26	M-W, F	6:00-7:00pm
#238451	Jul 29-Aug 2	M-W, F	6:00-7:00pm
#238452	Aug 5-9	M-W, F	6:00-7:00pm
#238453	Aug 12-16	M-W, F	6:00-7:00pm
#238454	Aug 19-23	M-W, F	6:00-7:00pm
#238455	May 27-31	M-W, F	6:00-7:00pm

### **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.

#### **Barwell Road Community Center – Course Fee: \$3**

#239480	May 6-Aug 26	M	6:00-7:00pm
#239481	May 2-Aug 29	Th	6:30-7:30pm

### **Zumba® at Lions Park**

Age: 16-99 yrs. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class is designed to help you shed those extra pounds or just give that fun exercise experience you have been looking for. Zumba® classes are held on Wednesdays and Saturdays.

#### **Tarboro Road Community Center – Course Fee: \$5**

**This Class will be held at Tarboro Road Community Center due to ongoing renovations at Lions Park.**

#239352	Jun 5-29	W, Sa	6:30-7:30pm
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#### **Lions Park Community Center – Course Fee: \$5**

#239971	Jul 3-31	W, Sa	6:30-7:30pm
#239972	Aug 3-31	Sa, W	10:00-11:00am

### **ZUMBA® Boom at Laurel Hills**

Age: 16-100 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Passes: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

#### **Laurel Hills Community Center**

Course Fee: \$24 or \$5 Single Class

#239797	May 2-Aug 29	Th, Tu	7:30-8:30pm
#239798	May 2-Aug 29	Th, Tu	7:30-8:30pm
#239800	May 2-Aug 29	Th, Tu	7:30-8:30pm
Course Fee: \$42 or \$5 Single Class			
#239796	May 2-Aug 29	Th, Tu	7:30-8:30pm
#239797	May 2-Aug 29	Th, Tu	7:30-8:30pm
#239799	May 2-Aug 29	Th, Tu	7:30-8:30pm

### **ZUMBA® Toning/Sentao with Maria - Daily Pass**

Age: 12yrs. and up. If you want to blend body-sculpting techniques and Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba toning sticks to enhance rhythm, build strength and tone all the target zones. Zumba Sentao combines strength and resistance exercises with dance moves on and around a chair. Zumba Sentao effectively works your core muscles: your abs and midsection. Certified Zumba Instructor: Maria Elena de Leon Angel Williams.

#### **Green Road Community Center – Course Fee: \$5**

#238456	May 7-Jun 4	Tu	6:00-7:00pm
#238457	Jun 4-25	Tu	6:00-7:00pm
#238458	Jul 2-30	Tu	6:00-7:00pm
#238459	Aug 6-27	Tu	6:00p7:00pm

### **ZUMBA® with Maria - Daily Pass**

Age: 12yrs. and up. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

#### **Green Road Community Center – Course Fee: \$5**

#238460	May 1-31	W, F, M	6:00-7:00pm
#238461	Jun 3-28	M, W, F	6:00-7:00pm
#238462	Jul 1-31	M, W, F	6:00-7:00pm
#238463	Aug 2-30	F, M, W	6:00-7:00pm

## **Senior**

### **Active Adult Line Dance**

Age: 50yrs. and up. This class provides exercise and a social outlet for active adults. Come learn the latest and all-time favorite line dances to the sounds of R&B, jazz, country, Latin, pop music and more.

#### **Marsh Creek Park – Course Fee: \$5**

#238480	May 4	Sa	9:00-10:00am
#238481	May 11	Sa	9:00-10:00am
#238482	May 18	Sa	9:00-10:00am
#238483	May 25	Sa	9:00-10:00am
#238484	Jun 1	Sa	9:00-10:00am
#238485	Jun 8	Sa	9:00-10:00am
#238486	Jun 15	Sa	9:00-10:00am
#238487	Jun 22	Sa	9:00-10:00am
#238488	Jun 29	Sa	9:00-10:00am
#238489	Jul 6	Sa	9:00-10:00am
#238490	Jul 13	Sa	9:00-10:00am
#238491	Jul 20	Sa	9:00-10:00am
#238492	Jul 27	Sa	9:00-10:00am
#238493	Aug 3	Sa	9:00-10:00am
#238494	Aug 10	Sa	9:00-10:00am
#238495	Aug 17	Sa	9:00-10:00am
#238496	Aug 24	Sa	9:00-10:00am



## Ageless Grace

Age: 18yrs. and up. Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

Instructor: Missy Atkinson.

### Anne Gordon Center for Active Adults – Course Fee: \$8

#237141	May 7-28	Tu	2:00-2:45pm
#237142	Jun 4-25	Tu	2:00-2:45pm
#237143	Jul 2-30	Tu	2:00-2:45pm
#237144	Aug 6-27	Tu	2:00-2:45pm

### Five Points Center for Active Adults – Course Fee: \$8

#237133	May 6-20	M	9:30-10:15am
#237134	Jun 3-24	M	9:30-10:15am
#237135	Jul 1-29	M	9:30-10:15am
#237136	Aug 5-26	M	9:30-10:15am

### Walnut Terrace Neighborhood Center– Course Fee: \$0

#237137	May 7-28	Tu	12:00-12:45pm
#237138	Jul 2-30	Tu	12:00-12:45pm
#237139	Jun 4-25	Tu	12:00-12:45pm
#237140	Aug 6-27	Tu	12:00-12:45pm

## AIM Fitness

Age: 18yrs. and up. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through; stretching, low impact aerobics and the use of light hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted. \*Please note that the free classes at the Five Points Center are limited to the first 30 people who arrive each day.\*

### Anne Gordon Center for Active Adults – Course Fee: \$8

#237148	May 7-28	Tu	9:15-10:00am
#237149	Jun 4-25	Tu	9:15-10:00am
#237150	Jul 2-30	Tu	9:15-10:00am
#237151	Aug 6-27	Tu	9:15-10:00am
#237152	May 2-30	Th	9:15-10:00am
#237153	Jun 6-27	Th	9:15-10:00am
#237154	Jul 11-25	Th	9:15-10:00am
#237159	Aug 1-29	Th	9:15-10:00am
#237197	May 7-28	Tu	10:15-11:00am
#237198	Jun 4-25	Tu	10:15-11:00am
#237199	Jul 2-30	Tu	10:15-11:00am
#237200	Aug 6-27	Tu	10:15-11:00am
#237201	May 2-30	Th	10:15-11:00am
#237206	Jun 6-27	Th	10:15-11:00am
#237207	Jul 11-25	Th	10:15-11:00am
#237208	Aug 1-29	Th	10:15-11:00am

### Five Points Center for Active Adults – Course Fee: \$8

#237168	May 2-Aug 27	Th, Tu	9:30-10:00am
#237155	May 6-20	M	12:15-1:00pm
#237156	Jun 3-24	M	12:15-1:00pm
#237157	Jul 1-29	M	12:15-1:00pm
#237158	Aug 5-26	M	12:15-1:00pm

### Greystone Community Center – Course Fee: \$8

#237160	May 6-20	M	10:00-10:45am
#237161	Jun 3-24	M	10:00-10:45am
#237162	Jul 1-29	M	10:00-10:45am
#237163	Aug 5-26	M	10:00-10:45am
#237164	May 3-31	F	10:00-10:45am
#237165	Jun 7-28	F	10:00-10:45am
#237166	Jul 5-26	F	10:00-10:45am
#237167	Aug 2-30	F	10:00-10:45am

### Lake Lynn Community Center – Course Fee: \$8

#237173	May 7-28	Tu	9:00-9:45am
#237174	Jun 4-25	Tu	9:00-9:45am
#237175	Jul 2-30	Tu	9:00-9:45am

#237176	May 2-30	Th	9:00-9:45am
#237177	Jun 6-27	Th	9:00-9:45am
#237178	Aug 1-29	Th	9:00-9:45am
#237179	Jul 11-25	Th	9:00-9:45am
#237192	Aug 6-27	Tu	9:00-9:45am

### Laurel Hills Community Center – Course Fee: \$8

#### Starting in June Classes taking place at Five Points Community Center due to renovations

#237180	May 1-29	W	10:15-11:15am
#237181	Jun 5-26	W	12:00-1:00pm
#237182	Jul 3-31	W	12:00-1:00pm
#237183	Aug 7-28	W	12:00-1:00pm
#237184	May 3-31	F	10:15-11:15am
#237185	Jul 5-26	F	10:15-11:15am
#237186	Jun 7-28	F	10:15-11:15am
#237187	Aug 2-30	F	10:15-11:15am

### Powell Drive Park – Course Fee: \$8

#237193	May 7-28	Tu	2:00-2:45pm
#237194	Jun 4-25	Tu	2:00-2:45pm
#237195	Jul 2-30	Tu	2:00-2:45pm
#237196	Aug 6-27	Tu	2:00-2:45pm
#237202	May 9-Jun 6	Th	2:00-2:45pm
#237203	Jun 6-27	Th	2:00-2:45pm
#237204	Jul 11-25	Th	2:00-2:45pm
#237205	Aug 1-29	Th	2:00-2:45pm

## Balance Fitness

Age: All Ages. 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.

### Abbotts Creek Community Center – Course Fee: \$8

#237213	May 7-28	Tu	10:30-11:15am
#237214	Jun 4-25	Tu	10:30-11:15am
#237215	Jul 2-30	Tu	10:30-11:15am
#237216	Aug 6-27	Tu	10:30-11:15am
#237217	May 2-30	Th	10:30-11:15am
#237218	Jun 6-27	Th	10:30-11:15am
#237219	Jul 11-25	Th	10:30-11:15am
#237233	Aug 1-29	Th	10:30-11:15am

### Five Points Center for Active Adults – Course Fee: \$8

#237220	May 7-28	Tu	10:15-11:00am
#237221	Jun 4-25	Tu	10:15-11:00am
#237222	Jul 16-30	Tu	10:15-11:00am
#237223	Aug 6-27	Tu	10:15-11:00am
#237224	May 1-29	W	2:15-3:00pm
#237225	Jun 5-26	W	2:15-3:00pm
#237226	Jul 3-31	W	2:15-3:00pm
#237227	Aug 7-28	W	2:15-3:00pm
#237228	May 2-30	Th	9:15-10:00am
#237229	Jun 6-27	Th	9:15-10:00am
#237230	Jul 11-25	Th	9:15-10:00am
#237231	Aug 1-29	Th	9:15-10:00am
#237232	May 2-30	Th	11:15am-12:00pm
#237234	Jun 6-27	Th	11:15am-12:00pm
#237235	Jul 11-25	Th	11:15am-12:00pm
#237236	Aug 1-29	Th	11:15am-12:00pm
#237237	May 2-30	Th	6:45-7:30pm
#237238	Jul 11-25	Th	6:45-7:30pm
#237239	Jun 6-27	Th	6:45-7:30pm
#237240	Aug 1-29	Th	6:45-7:30pm

## Bootcamp

Age: 18yrs. 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.

### Abbotts Creek Community Center – Course Fee: \$8

#237243	May 6-20	M	10:30-11:15am
#237244	Jun 3-24	M	10:30-11:15am
#237245	Jul 1-29	M	10:30-11:15am
#237246	Aug 5-26	M	10:30-11:15am
#237247	May 1-29	W	10:30-11:30am
#237248	Jun 5-26	W	10:30-11:15am
#237249	Jul 3-31	W	10:30-11:15am
#237250	Aug 7-28	W	10:30-11:15am
#237251	Jun 7-28	F	10:30-11:15am
#237252	Jul 5-26	F	10:30-11:15am
#237253	Aug 2-30	F	10:30-11:15am
#237260	May 3-31	F	10:30-11:15am

### Five Points Center for Active Adults – Course Fee: \$8

#237254	Jun 4-25	Tu	9:15-10:00am
#237255	Jul 2-30	Tu	9:15-10:00am
#237256	Aug 6-27	Tu	9:15-10:00am
#237257	Jun 5-26	W	1:15-2:00pm
#237258	Jul 3-24	W	1:15-2:00pm
#237259	Aug 7-28	W	1:15-2:00pm
#237261	May 7-28	Tu	9:15-10:00am
#237262	May 1-29	W	1:15-2:00pm

## Boxing for Fitness

Age: 18yrs. and up. This a cardio intensive class involves actual boxing work along with core and abdominal floor work. This is a great overall muscle toning and fat burning exercise class. Bring boxing gloves and mat. Instructor: Sue Payne

### Five Points Center for Active Adults – Course Fee: \$8

#237263	May 7-28	Tu	3:00-3:45pm
#237264	Jun 4-25	Tu	3:00-3:45pm
#237265	Jul 2-30	Tu	3:00-3:45pm
#237266	Aug 6-27	Tu	3:00-3:45pm

## Cardio Sculpt

Age: All Ages. 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.

### Abbotts Creek Community Center – Course Fee: \$8

#237375	May 7-28	Tu	9:30-10:15am
#237376	Jun 4-25	Tu	9:30-10:15am
#237377	Jul 2-30	Tu	9:30-10:15am
#237378	Aug 6-27	Tu	9:30-10:15am
#237379	May 2-30	Th	9:30-10:15am
#237380	Jun 6-27	Th	9:30-10:15am
#237381	Jul 11-25	Th	9:30-10:15am
#237382	Aug 1-29	Th	9:30-10:15am

### Five Points Center for Active Adults – Course Fee: \$8

#237347	May 6-20	M	9:30-10:15am
#237348	Jun 3-24	M	9:30-10:15am
#237349	Jul 1-29	M	9:30-10:15am
#237350	Aug 5-26	M	9:30-10:15am
#237351	May 6-20	M	6:30-7:15pm
#237352	Jun 3-24	M	6:30-7:15pm
#237353	Jul 1-29	M	6:30-7:15pm
#237354	Aug 5-26	M	6:30-7:15pm
#237355	May 7-28	Tu	10:15-11:00am
#237356	Jun 4-25	Tu	10:15-11:00am
#237357	Jul 2-30	Tu	10:15-11:00am
#237358	Aug 6-27	Tu	10:15-11:00am
#237359	May 1-29	W	10:15-11:00am
#237360	Jun 5-26	W	10:15-11:00am
#237361	Jul 3-31	W	10:15-11:00am
#237362	May 1-29	W	11:15am-12:00pm
#237363	Jun 5-26	W	11:15am-12:00pm
#237364	Aug 7-28	W	11:15am-12:00pm
#237365	Jul 3-31	W	11:15am-12:00pm

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#237366	Aug 7-28	W	10:15-11:00am
#237367	Jun 5-26	W	9:15-10:00am
#237368	May 1-29	W	9:15-10:15am
#237369	Jul 3-31	W	9:15-10:00am
#237370	Aug 7-28	W	9:15-11:00am
#237371	May 2-30	Th	10:15-11:00am
#237372	Jun 6-27	Th	10:15-11:00am
#237373	Jul 11-25	Th	10:15-11:00am
#237374	Aug 1-29	Th	10:15-11:00am

### Dance Xross Fitness

Age: 18yrs. and up. This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing.

**Anne Gordon Center for Active Adults** – Course Fee: \$8

#237541	May 6-20	M	11:45am-12:45pm
#237542	Jun 3-24	M	11:45am-12:45pm
#237543	Jul 1-29	M	11:45am-12:45pm
#237544	Aug 5-26	M	11:45am-12:45pm

**Five Points Center for Active Adults** – Course Fee: \$8

#237545	May 7-28	Tu	11:00-11:45am
#237546	Jun 4-25	Tu	11:00-11:45am
#237547	Jul 2-30	Tu	11:00-11:45am
#237548	Aug 6-27	Tu	11:00-11:45am

### Five Points Fitness Room

Age: 18yrs. and up. Take advantage of the variety of cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours.

**Five Points Center for Active Adults**

#237554 May 1-Aug 30 W-F, M-W 9:00am-6:00pm

### Gentle Stretch

Age: 18yrs. and up. In this 45-minute chair class, participants will gently and safely stretch each body part in a quiet relaxing

atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

**Five Points Center for Active Adults** – Course Fee: \$8

#237555	May 1-29	W	12:00-12:45pm
#237556	Jun 5-26	W	12:00-12:45pm
#237557	Jul 3-31	W	12:00-12:45pm
#237558	Aug 7-28	W	12:00-12:45pm

### Line Dance for Active Adults

Age: 18yrs. and up. Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

**Anne Gordon Center for Active Adults**

**Introduction (little to no experience)**

#237604	May 3-31	F	2:15-3:15pm
#237605	Jun 7-28	F	2:15-3:15pm
#237606	Jul 5-26	F	2:15-3:15pm
#237607	Aug 2-30	F	2:15-3:15pm
#237608	May 3-31	F	1:00-2:00pm
#237609	Jun 7-28	F	1:00-2:00pm
#237610	Jul 5-26	F	1:00-2:00pm
#237611	Aug 2-30	F	1:00-2:00pm

**Five Points Center for Active Adults**

**Adv. Beginner/Improver (good experience)**

#237612	May 1-29	W, M	1:00-2:00pm
#237613	Jun 3-26	M, W	1:00-2:00pm
#237614	Jul 1-31	M, W	1:00-2:00pm
#237615	Aug 5-28	M, W	1:00-2:00pm
#237616	May 1-29	W, M	2:00-3:00pm
#237617	Jun 3-26	M, W	2:00-3:00pm
#237618	Jul 1-31	M, W	2:00-3:00pm
#237619	Aug 5-28	M, W	2:00-3:00pm

### Line Dance Open Studio

Age: 18yrs. and up. Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

**Anne Gordon Center for Active Adults**

**Beginner (need to know steps)**

#237639	May 6-Aug 26	M	4:00-5:30pm
#237640	May 7-Aug 27	Tu	4:00-5:30pm

**Five Points Center for Active Adults**

#237641	May 3-Aug 30	F	2:00-3:30pm
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### Line Dance: Learn to Line Dance

Age: 18yrs. and up. This learn to line dance class will teach basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We'll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

**Anne Gordon Center for Active Adults** – Course Fee: \$8

#238121	Jun 6-27	Th	11:15am-12:15pm
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### Mature Adult Fitness

Age: 55yrs. and up. This group exercise program is designed to improve your overall health and fitness. All classes are taught to music. Participants should wear loosely fitted, athletic-style apparel.

**Green Road Community Center**

#239876	May 7-Aug 27	Tu	11:00am-12:00pm
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## Mindful Meditation

Age: 18yrs. and up. Like Yoga, Mindful Meditation is an exercise that integrates mind, body and spirit; but it does not require floor work or strenuous poses. Class will incorporate warm-up movements and guided breathing techniques, with sitting and walking meditation techniques to enhance focus and spinal alignment. This class will allow practitioners to cultivate concentration within oneself and bring awareness to one's body mechanics, balance, and relaxation. Instructor: My Hao Tran

**Anne Gordon Center for Active Adults** – Course Fee: \$8  
 #239685 May 2-30 Th 3:30-4:15pm  
 #239686 Jun 6-27 Th 3:30-4:15pm  
 #239687 Jul 11-25 Th 3:30-4:15pm  
 #239688 Aug 1-29 Th 3:30-4:15pm

## Personal Training Sessions

Age: 18yrs. and up. These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

**Five Points Center for Active Adults** – Course Fee: \$20  
**PT with Sue Payne**  
 #237696 May 1-Aug 30 W-F, M-W 9:30am-5:30pm  
**PT with Linda Lisko**  
 #237697 May 1-Aug 30 W-F, M-W 9:30am-5:30pm

## Pilates for Active Adults

Age: 18yrs. and up. Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles, improve flexibility and balance, and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues. Bring your own mat.

**Five Points Center for Active Adults** – Course Fee: \$8  
 #237699 May 6-20 M 9:15-10:00am  
 #237700 Jun 3-24 M 9:15-10:00am  
 #237701 Jul 1-29 M 9:15-10:00am  
 #237702 Aug 5-26 M 9:15-10:00am  
 #237703 Jul 1-29 M 5:30-6:30pm  
 #237704 May 6-20 M 5:30-6:30pm  
 #237705 Jun 3-24 M 5:30-6:30pm  
 #237706 Aug 5-26 M 5:30-6:30pm  
 #237707 May 1-29 W 10:15-11:00am  
 #237708 Jun 5-26 W 10:15-11:00am  
 #237709 Jul 3-31 W 10:15-11:00am  
 #237710 Aug 7-28 W 10:15-11:00am  
 #237711 May 1-29 W 11:15am-12:00pm  
 #237712 Aug 7-28 W 11:15am-12:00pm  
 #237713 Jun 5-26 W 11:15am-12:00pm  
 #237714 Jul 3-31 W 11:15am-12:00pm  
 #237715 May 2-30 Th 12:00-1:00pm  
 #237716 Jun 6-27 Th 12:00-1:00pm  
 #237717 Jul 11-25 Th 12:00-1:00pm  
 #237718 Aug 1-29 Th 12:00-1:00pm

## Qi Gong

Age: 18yrs. and up. 24-Posture Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, uses 24 simple movements designed to promote internal energy and organ health. Practitioners believe

that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Qi Gong for Joint Health is conducted both seated and standing. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health. Instructor: Kathy Bundy.

**Anne Gordon Center for Active Adults** – Course Fee: \$8  
 #237719 May 7-28 Tu 10:30-11:15am  
 #237720 Jun 4-25 Tu 10:30-11:15am  
 #237721 Jul 2-30 Tu 10:30-11:15am  
 #237722 Aug 6-27 Tu 10:30-11:15am  
 #237723 May 3-31 F 10:30-11:15am  
 #237724 Jun 7-28 F 10:30-11:15am  
 #237725 Jul 5-26 F 10:30-11:15am  
 #237735 Aug 2-30 F 10:30-11:15am  
 #237736 May 3-31 F 11:30am-12:15pm  
 #237737 Jun 7-28 F 11:30am-12:15pm  
 #237738 Jul 5-26 F 11:30am-12:15pm  
 #237739 Aug 2-30 F 11:30am-12:15pm

**Five Points Center for Active Adults** – Course Fee: \$8  
 #237726 May 7-28 Tu 9:15-10:00am  
 #237727 Jun 4-25 Tu 9:15-10:00am  
 #237728 Jul 2-30 Tu 9:15-10:00am

## Shibashi for Active Adults

Age: 18yrs. and up. Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life! These classes are free for 2019!

**Anne Gordon Center for Active Adults**  
 #239498 May 7-28 Tu 11:30am-12:30pm

## Silver Cardio

Age: 18yrs. and up. Classes start with basic warm-up moves, followed by 30 minutes of low-impact moves, including gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! Instructor: Bettie Ittenbach.

**Five Points Center for Active Adults** – Course Fee: \$8  
 #238773 May 2-30 Th 1:00-1:45pm  
 #238774 Jun 6-27 Th 1:00-1:45pm  
 #238775 Jul 11-25 Th 1:00-1:45pm  
 #238776 Aug 1-29 Th 1:00-1:45pm

## Tai Chi Chih

Age: 18yrs. and up. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie.

**Five Points Center for Active Adults** – Course Fee: \$8  
**Tai Chi Chih - Beginner**  
 #238778 May 6-20 M 10:30-11:30am

#238779 Jun 3-24 M 10:30-11:30am  
 #238780 Jul 1-29 M 10:30-11:30am  
 #238781 Aug 5-26 M 10:30-11:30am  
 #238782 May 6-20 M 11:30am-12:30pm  
 #238783 Jun 3-24 M 11:30am-12:30pm  
 #238784 Jul 1-29 M 11:30am-12:30pm  
 #238785 Aug 5-26 M 11:30am-12:30pm

## Tai Chi for Active Adults

Age: 18yrs. and up. Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves coordination, balance and mental focus. Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style has the beginning movements modified for sitting. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination.

Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements. The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements. Instructor: Rita Shaloiko

**Anne Gordon Center for Active Adults** – Course Fee: \$8  
**Beginner Sun Style**

#239541 May 2-30 Th 1:30-2:15pm  
 #239542 Jun 6-27 Th 1:30-2:15pm  
 #239543 Jul 11-25 Th 1:30-2:15pm  
 #239544 Aug 1-29 Th 1:30-2:15pm  
 #239545 May 6-20 M 1:00-1:45pm  
 #239546 Jun 3-24 M 1:00-1:45pm  
 #239547 Jul 1-29 M 1:00-1:45pm  
 #239548 Aug 5-26 M 1:00-1:45pm  
 #239549 May 6-20 M 3:00-3:45pm  
 #239550 Jun 3-24 M 3:00-3:45pm  
 #239551 Jul 1-29 M 3:00-3:45pm  
 #239552 Aug 5-26 M 3:00-3:45pm  
 #239553 May 2-30 Th 2:30-3:15pm  
 #239554 Jun 6-27 Th 2:30-3:15pm  
 #239555 Jul 11-25 Th 2:30-3:15pm  
 #239556 Aug 1-29 Th 2:30-3:15pm  
 #239557 May 6-20 M 2:00-2:45pm  
 #239558 Jun 3-24 M 2:00-2:45pm  
 #239559 Jul 1-29 M 2:00-2:45pm  
 #239560 Aug 5-26 M 2:00-2:45pm  
 #239561 May 2-30 Th 12:30-1:15pm  
 #239562 Jun 6-27 Th 12:30-1:15pm  
 #239563 Jul 11-25 Th 12:30-1:15pm  
 #239564 Aug 1-29 Th 12:30-1:15pm

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**Total Body**

Age: All Ages. 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.

**Abbotts Creek Community Center** – Course Fee: \$8

#238786	May 6-20	M	9:30-10:15am
#238787	Jun 3-24	M	9:30-10:15am
#238788	Jul 1-29	M	9:30-10:15am
#238789	Aug 5-26	M	9:30-10:15am
#238806	May 1-29	W	9:30-10:15am
#238807	Jun 5-26	W	9:30-10:15am
#238808	Jul 3-31	W	9:30-10:15am
#238809	Aug 7-28	W	9:30-10:15am

**Five Points Center for Active Adults** – Course Fee: \$8

#238790	May 7-28	Tu	1:00-1:45pm
#238791	Jun 4-25	Tu	1:00-1:45pm
#238792	Jul 2-30	Tu	1:00-1:45pm
#238793	Aug 6-27	Tu	1:00-1:45pm
#238794	May 2-30	Th	1:00-1:45pm
#238795	Jun 6-27	Th	1:00-1:45pm
#238796	Jul 11-25	Th	1:00-1:45pm
#238797	Aug 1-29	Th	1:00-1:45pm
#238798	May 2-30	Th	5:45-6:30pm
#238799	Jun 6-27	Th	5:45-6:30pm
#238800	Jul 11-25	Th	5:45-6:30pm
#238801	Aug 1-29	Th	5:45-6:30pm
#238802	May 1-29	W	9:15-10:00am
#238803	Jun 5-26	W	9:15-10:00am
#238804	Jul 3-31	W	9:15-10:00am
#238805	Aug 7-28	W	9:15-10:00am

**Workout With Weights**

Age: All Ages. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

**Five Points Center for Active Adults** – Course Fee: \$8

#238815	May 1-29	W	9:15-10:00am
#238816	Jun 5-26	W	9:15-10:00am
#238817	Jul 3-31	W	9:15-10:00am
#238818	Aug 7-28	W	9:15-10:00am

**Yoga at Lake Johnson: Adaptive Chair Yoga**

Age: 18yrs. and up. This class is for anyone who wants to experience the benefits of yoga and have fun. There will be many variations of postures with or without the chair to help relax tense muscles, stabilize joints, and strengthen the body. Adaptive Chair Yoga can also improve balance, digestion, circulation and reduce high blood pressure, as well as anxiety. You will learn gentle stretching, breathing techniques, and ways to calm the mind. Certified Yoga instructor: Tina Stephens

**Thomas G Crowder Woodland Center**

Course Fee: \$32

#238065	Jun 4-25	Tu	6:00-7:00pm
#238066	Jul 9-30	Tu	6:00-7:00pm

Course Fee: \$24

#238067	Aug 13-27	Tu	6:00-7:00pm
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**Yoga Chair**

Age: 18yrs. and up. This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to

calm and release tension. All standing poses may be done with the support of a chair.

Students should provide their own yoga mat.

**Anne Gordon Center for Active Adults** – Course Fee: \$8

#238820	May 6-20	M	9:15-10:15am
#238821	Jun 3-24	M	9:15-10:15am
#238822	Jul 1-29	M	9:15-10:15am
#238823	Aug 5-26	M	9:15-10:15am
#238824	May 2-30	Th	10:30-11:15am
#238825	Jun 6-27	Th	10:30-11:15am
#238826	Jul 11-25	Th	10:30-11:15am
#238827	Aug 1-29	Th	10:30-11:15am
#238828	May 2-30	Th	11:30am-12:15pm
#238829	Jun 6-27	Th	11:30am-12:15pm
#238830	Jul 11-25	Th	11:30am-12:15pm
#238831	Aug 1-29	Th	11:30am-12:15pm
#239622	May 7-28	Tu	11:15am-12:00pm
#239623	Jun 4-25	Tu	11:15am-12:00pm
#239624	Jul 2-30	Tu	11:15am-12:00pm
#239625	Aug 6-27	Tu	11:15am-12:00pm

**Five Points Center for Active Adults** – Course Fee: \$8

#238832	May 7-28	Tu	11:30am-12:45pm
#238833	Jun 4-25	Tu	11:30am-12:45pm
#238834	Jul 9-30	Tu	11:30am-12:45pm
#238835	Aug 6-27	Tu	11:30am-12:45pm
#238836	May 2-30	Th	11:30am-12:45pm
#238837	Jun 6-27	Th	11:30am-12:45pm
#238838	Jul 11-25	Th	11:30am-12:45pm
#238839	Aug 1-29	Th	11:30am-12:45pm

**Yoga Gentle Floor**

Age: All Ages. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props, including using a chair or wall for support, are suggested as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Students should bring your own mat.

**Anne Gordon Center for Active Adults** – Course Fee: \$8

#239085	May 6-20	M	10:30-11:30am
#239086	Jun 3-24	M	10:30-11:30am
#239087	Jul 1-29	M	10:30-11:30am
#239088	Aug 5-26	M	10:30-11:30am
#239089	May 7-28	Tu	12:15-1:15pm
#239090	Jun 4-25	Tu	12:15-1:15pm
#239091	Jul 2-30	Tu	12:15-1:15pm
#239092	Aug 6-27	Tu	12:15-1:15pm
#239093	May 1-29	W	3:30-4:30pm
#239094	Jun 5-26	W	3:30-4:30pm
#239095	Jul 3-31	W	3:30-4:30pm
#239096	Aug 7-28	W	3:30-4:30pm
#239097	May 2-30	Th	9:15-10:15am
#239098	Jun 6-27	Th	9:15-10:15am
#239099	Jul 11-25	Th	9:15-10:15am
#239100	Aug 1-29	Th	9:15-10:15am
#239101	May 2-30	Th	3:30-4:30pm
#239102	Jun 6-27	Th	3:30-4:30pm
#239103	Aug 1-29	Th	3:30-4:30pm
#239124	Jul 11-25	Th	3:30-4:30pm

**Five Points Center for Active Adults** – Course Fee: \$8

#239104	May 6-20	M	2:00-3:00pm
#239105	Jun 3-24	M	2:00-3:00pm
#239106	Jul 1-29	M	2:00-3:00pm
#239107	Aug 5-26	M	2:00-3:00pm
#239108	May 6-20	M	3:15-4:15pm
#239109	Jun 3-24	M	3:15-4:15pm
#239110	Jul 1-29	M	3:15-4:15pm
#239111	Aug 5-26	M	3:15-4:15pm
#239112	May 1-29	W	3:15-4:15pm
#239113	Jun 5-26	W	3:15-4:15pm
#239114	Jul 3-31	W	3:15-4:15pm
#239115	Aug 7-28	W	3:15-4:15pm

**Yoga Vinyasa Yoga Flow**

Age: 18yrs. and up. Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat or towel.

**Five Points Center for Active Adults** – Course Fee: \$8

#239125	May 7-28	Tu	3:15-4:15pm
#239126	Jun 4-25	Tu	3:15-4:15pm
#239127	Jul 2-30	Tu	3:15-4:15pm
#239128	Aug 6-27	Tu	3:15-4:15pm
#239129	May 2-30	Th	6:15-7:15pm
#239130	Jun 6-27	Th	6:15-7:15pm
#239131	Jul 11-25	Th	6:15-7:15pm
#239132	Aug 1-29	Th	6:15-7:15pm

**ZUMBA Gold®**

Age: All Ages. Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music while combining cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be given so you may work at your own level.

**Anne Gordon Center for Active Adults** – Course Fee: \$8

#239133	May 7-28	Tu	9:15-10:00am
#239134	Jun 4-25	Tu	9:15-10:00am
#239135	Jul 2-30	Tu	9:15-10:00am
#239136	Aug 6-Sep 3	Tu	9:15-10:00am
#239137	May 2-30	Th	1:00-1:45pm
#239138	Jun 6-27	Th	1:00-1:45pm
#239139	Jul 11-25	Th	1:00-1:45pm
#239140	Aug 1-29	Th	1:00-1:45pm
#239141	May 3-31	F	9:15-10:00am
#239142	Jun 7-28	F	9:15-10:00am
#239143	Jul 5-26	F	9:15-10:00am
#239144	Aug 2-30	F	9:15-10:00am

**Five Points Center for Active Adults** – Course Fee: \$8

#239145	May 6-20	M	7:30-8:15pm
#239146	Jun 3-24	M	7:30-8:15pm
#239147	Jul 1-29	M	7:30-8:15pm
#239148	Aug 5-26	M	7:30-8:15pm
#239149	May 7-28	Tu	12:00-12:45pm
#239150	Jun 4-25	Tu	12:00-12:45pm
#239151	Jul 2-30	Tu	12:00-12:45pm
#239152	Aug 6-27	Tu	12:00-12:45pm
#239153	Aug 2-30	F	1:00-1:45pm
#239154	May 3-31	F	1:00-1:15pm
#239155	Jun 7-28	F	1:00-1:45pm
#239156	Jul 5-26	F	1:00-1:45pm

**Zumba Gold® Chair**

Age: 18yrs. and up. Seated classes are offered for people who have limited mobility, are recovering from injuries, are getting back to exercising again or have any other reason for not feeling ready to participate in a standing class. Come exercise to the beat of fun dance music. Benefits include improved posture, muscle strength, endurance, balance, flexibility, range of motion, mental awareness and ability to accomplish day-to-day activities. Instructor: Maria Bolanz.

**Anne Gordon Center for Active Adults** – Course Fee: \$8  
 #239647 May 7-28 Tu 1:00-1:45pm  
 #239648 Jun 4-25 Tu 1:00-1:45pm  
 #239649 Jul 2-30 Tu 1:00-1:45pm  
 #239651 Aug 6-27 Tu 1:00-1:45pm

## Family

### Gentle Yoga at Carolina Pines

Age: 15yrs. and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, help you become more flexible, relieve muscle tension and reduce stress.

**Carolina Pines Community Center** – Course Fee: \$10

#238921 May 22-Jun 19 W 7:00-8:15pm  
 #238922 May 29-Jun 19 W 7:00-8:15pm  
 #238923 Jun 5-26 W 7:00-8:15pm  
 #238924 Jun 12-Jul 3 W 7:00-8:15pm  
 #238925 Jun 19-Jul 17 W 7:00-8:15pm  
 #238926 Jun 26-Jul 17 W 7:00-8:15pm  
 #238927 Jul 3 W 7:00-8:15pm  
 #238928 Jul 10 W 7:00-8:15pm  
 #238929 Jul 17 W 7:00-8:15pm  
 #238930 Jul 24 W 7:00-8:15pm  
 #238931 Jul 31 W 7:00-8:15pm  
 #238932 Aug 7 W 7:00-8:15pm  
 #238933 Aug 14 W 7:00-8:15pm  
 #238934 Aug 21 W 7:00-8:15pm  
 #238935 Aug 28 W 7:00-8:15pm  
 #239059 May 8 W 7:00-8:15pm  
 #239060 May 15-Jun 5 W 7:00-8:15pm  
 #239063 May 1 W 7:00-8:15pm

**Four Week Class** – Course Fee: \$35

#238917 May 1-29 W 7:00-8:15pm  
 #238918 Jun 5-26 W 7:00-8:15pm  
 #238919 Jul 3-31 W 7:00-8:15pm  
 #238920 Aug 7-28 W 7:00-8:15pm

### Martial Arts -Tae Kwon Do

Age: 10yrs. and up. Tae Kwon Do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

**Jaycee Community Center** – Course Fee: \$40  
 #239308 May 2-30 Th, Tu 6:30-8:00pm  
 #239309 Jun 4-27 Tu, Th 6:30-8:00pm  
 #239310 Jul 2-30 Tu, Th 6:30-8:00pm  
 #239311 Aug 1-29 Th, Tu 6:30-8:00pm

### Open Play

Age: 18-99 yrs. Community open time for gym use. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call specific Community Center for days & times.

**Lions Park Community Center**

**Due to ongoing renovations at Lions Park, Open Play will not start till July 6.**

#240068 Jul 6-Aug 25 Su 3:30-5:30pm

### Qigong: Cultivating Improved Health

Age: 18yrs. and up. Open to all ages, this class offers the opportunity to engage in numerous therapeutic postures that utilize gentle, safe movements. Qigong (pronounced: chee-gong) postures promote energy and health. Posture modifications can be made for those with physical limitations. We also will spend time on qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health. Instructor: Angie Mitchell.

**Tarboro Road Community Center**

#239912 May 2-30 Th 11:00am-12:00pm  
 #239913 Jun 6-27 Th 11:00am-12:00pm  
 #239914 Jul 4-25 Th 11:00am-12:00pm  
 #239915 Aug 1-29 Th 11:00am-12:00pm

### REFIT Classes at Optimist Community Center

Age: 13yrs. and up. Rhythms and easy-to-follow moves make this upbeat fitness class fun for all. You don't need to be a dancer or a seasoned fitness class junkie! Just be ready to have fun, sweat a little and groove for only \$5 a class. Instructor: Sam Potter.

**Optimist Community Center** – Course Fee: \$5

#239404 May 6-Aug 26 M 6:30-7:30pm

### Sports Training and Conditioning - DAILY

Age: 6-9 yrs. Athletic strength and conditioning workouts will be held each

class to focus on movement, training, injury reduction, linear and lateral speed and agility techniques, foot speed, core stability, plyometric and explosive power development with out the use of wiegths. Instructor: Monique Fearington, trainer, certified coach, former collegiate and international player and coach.

**Optimist Community Center** – Course Fee: \$10

#239947 May 1-Jun 5 W 6:15-7:30pm  
 #239964 Jul 10-Aug 14 W 6:15-7:30pm  
 #239965 May 1-Jun 5 W 7:30-8:45pm  
 #239966 Jul 10-Aug 14 W 7:30-8:45pm

### Tae Kwon Do - Martial Arts

Age: 7yrs. and up. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

**St. Monica Teen Center** – Course Fee: \$35

**This Class will be held at St. Monica Teen Center due to ongoing renovations at Lions Park.**

#239252 Jun 4-27 Tu, Th 6:30-7:30pm  
**Lions Park Community Center** – Course Fee: \$35  
 #239253 Aug 6-29 Tu, Th 6:30-7:30pm  
 #239255 Jul 2-25 Tu, Th 6:30-7:30pm

### Volleyball

Age: All Ages. Bring your friends, practice your moves, make a new friends, prepare for leagues and stay active. Join us every Tuesday night from 6:30 to 8:30 for open play volleyball. No reservations are necessary. The court will available on a first-come, first-served basis.

**Tarboro Road Community Center**

#239963 May 7-Aug 27 Tu 6:30-8:30pm

### Wado-Ryu Karate-Martial Arts

Age: 8-65 yrs. Wado-Ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. The first hour of class is for kids 8-16 and their parents. The second hour is for ages 16 and up. Instructors are members of the U.S. Eastern Wado-Ryu Federation. There are yearly opportunities to learn from the highest ranks of the discipline. Uniforms are required after two months of practice. Membership to USEWF is available after the first belt test. Belt test fee is minimal, including the price of the belt and certificate.

**Carolina Pines Community Center** – Course Fee: \$40

#238905 May 2-30 Th, Tu 7:00-8:30pm  
 #238906 Jun 4-27 Tu, Th 7:00-8:30pm  
 #238907 Jul 2-30 Tu, Th 7:00p-8:30pm  
 #238908 Aug 1-29 Th, Tu 7:00-8:30pm



# Nature Education

**Annie Louise Wilkerson, MD**  
**Nature Preserve Park**  
 919-996-6764

**Durant Nature Preserve and**  
**Horseshoe Farm Nature Preserve**  
 919-870-2871

**Forest Ridge Park**  
 919-556-6781

**Lake Johnson Park**  
 919-233-2121

**Lake Wheeler Park**  
 919-662-5704

**Thomas G. Crowder Woodland Center**  
 919-996-3141

**Walnut Creek Wetland Park**  
 919-996-2760

Programming for organized groups (schools, scout troops, churches and others) is available by request from the Nature Program office. For more information on group programming, contact Nature Programs at 919-996-6856.

## Preschool

### Baby Mammals

Age: 3-5 yrs. Enjoy stories, crafts and a hike to learn more about the baby mammals at the preserve this summer. We will focus on white-tailed deer and Virginia opossum. Children must be accompanied by an adult. Adult attends free. Preregistration is required. Parts of this program take place on trails that may not be accessible by strollers.

#### Annie Louise Wilkerson Nature Preserve

Course Fee: \$5  
 #237969 Jun 12 W 10:30am-12:00pm  
 #237970 Jun 15 Sa 10:30am-12:00pm

### Birds and Nests

Age: 3-5 yrs. Meet Mama and Papa Bluebird and take a peek in their nest box. We'll also go on a hunt to find hidden birds and identify the birds we see. Design a bird of your own and make a nest with eggs to take home.

Children must be accompanied by an adult. Adult attends free of charge. Preregistration is required. Part of this program takes place on trails that may not be accessible by strollers.

#### Annie Louise Wilkerson Nature Preserve

Course Fee: \$3  
 #237967 May 4 Sa 10:30am-12:00pm  
 #237968 May 8 W 12:45-2:15pm

### Butterflies

Age: 3-5 yrs. Enjoy a caterpillar's story and play butterfly games outdoors. Hopefully we will see lots of beautiful butterflies in our gardens, too! Make a caterpillar, butterfly and chrysalis to take home. Children must be accompanied by an adult. Adults attend free. Preregistration is required.

#### Annie Louise Wilkerson Nature Preserve

Course Fee: \$5  
 #237979 Aug 7 W 10:30am-12:00pm  
 #237980 Aug 10 Sa 10:30am-12:00pm

### Diggin' the Dirt!

Age: 3-5 yrs. Learn about rocks and soil by digging in the dirt. Find hidden rock treasures, make a mud painting, and plant a seed to take home and grow. You'll get dirty for sure, so wear old clothes. Children must be accompanied by an adult. Adults attend free. Preregistration is required. Parts of this program take place on trails that may not be accessible by strollers.

#### Annie Louise Wilkerson Nature Preserve

Course Fee: \$5  
 #237972 Jun 26 W 10:30am-12:00pm

### Digging Into the Past

Age: 3-6 yrs. How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, youth will dig through the dirt to find some dinosaur 'fossils.' They will create some mold fossils to take home along with a hatched dinosaur egg. Come join the fun as we learn about what fossils can tell us about the past!

#### Forest Ridge Park – Course Fee: \$2

#237858 May 7 Tu 10:30am-12:00pm  
 #237859 Jul 9 Tu 10:30am-12:00pm

### Eye Spy!

Age: 2-6 yrs. Big eyes, little eyes. Eyes for seeing in the day, eyes for seeing in the night. Eyes in the front of one's head, eyes on the side of one's head. The eyes have it! Preschoolers will enjoy games, stories and songs in this eye-opening program as we discover how creatures in the wild view the world around them. Preregistration is required. Children must be accompanied by adults.

Adults attend free. For more information, contact Nature Programs at 919-996-6856.

#### Carolina Pines Community Center – Course Fee: \$2

#236538 Jul 24 W 10:30-11:30am

#### Lake Lynn Community Center – Course Fee: \$2

#236536 Jul 17 W 10:30-11:30am

#### Laurel Hills Community Center – Course Fee: \$2

#236535 Jul 16 Tu 10:30-11:30am

#### Sertoma Arts Center – Course Fee: \$2

#236537 Jul 23 Tu 10:30-11:30am

### Flappers!

Age: 2-6 yrs. Birds are inspiring creatures. Budding naturalists will learn all about birds, feathers, eggs, nests and more. With hands-on activities, songs and crafts, this program is sure to 'fit the bill' for young nature lovers! Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

#### Lake Lynn Community Center – Course Fee: \$2

#236528 May 14 Tu 10:30-11:30am

#### Laurel Hills Community Center – Course Fee: \$2

#236527 May 7 Tu 10:30-11:30am

#### Sertoma Arts Center – Course Fee: \$2

#236530 May 15 W 10:30-11:30am



### Flying Dragons!

Age: 3-5 yrs. Dragonflies may look a little scary at first, but these beautiful insects are our friends because they eat mosquitoes. Hear a story about dragonflies, meet some baby dragonflies and take a walk to see them flying over the pasture and big pond. Children must be accompanied by adults. Adults attend free. Preregistration is required. This program takes place on trails that may not be accessible by strollers. Wear closed-toe shoes you don't mind getting wet or muddy.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$5

#237977 Jul 24 W 10:30am-12:00pm

### Forest Bugs

Age: 3-5 yrs. We'll dig around to find bugs that live in decaying logs and forest soil. Make friends with ants, millipedes, slugs and beetles! Maybe we will see a toad or a snake, too. Bug crafts included. Children must be accompanied by an adult. Adults attend free. Preregistration is required. Part of this program takes place on trails that may not be accessible by strollers.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$5

#237978 Jul 31 W 10:30am-12:00pm

### Hiding in Plain Sight

Age: 2-6 yrs. Camouflaged animals are often right in front of our eyes! Young naturalists will love this program filled with hands-on activities, songs and crafts as they discover how creatures stay safe in the wild by blending into their surroundings. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

**Carolina Pines Community Center** – Course Fee: \$2

#236542 Aug 28 W 10:30-11:30am

**Laurel Hills Community Center** – Course Fee: \$2

#236540 Aug 27 Tu 10:30-11:30am

**Sertoma Arts Center** – Course Fee: \$2

#236541 Aug 29 Th 10:30-11:30am

### Hoppin' Hoppers

Age: 4-7 yrs. Explore the life of grasshoppers as we enter their wild meadow world and catch 'hoppers to study. We'll investigate how such cool creatures move, eat, see, and sing. Get to know these amazing insects up CLOSE and make a grasshopper craft to take home. Preregistration is required. Children must be accompanied by adults. Adults attend free. This program takes place on trails that may not be accessible by strollers.

**Horseshoe Farm Nature Preserve** – Course Fee: \$2

#239196 Aug 25 Su 3:30-4:30pm

### Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings.



Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Registration is recommended but not required.

**Forest Ridge Park** – Course Fee: \$4

#237854 May 1 W 9:00-10:00am

#237855 Jun 5 W 9:00-10:00am

#237856 Jul 3 W 9:00-10:00am

#237857 Aug 7 W 9:00-10:00am

### Junior Kids Fishing

Age: 4-6 yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Your child will leave with stickers and fishing themed coloring pages. We will teach them that fishing is fun, join us today. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$3

#236189 Jun 20 Th 5:30-7:00pm

#236190 Jul 25 Th 5:30-7:00pm

### Kritter Kids

Age: 4-6 yrs. Hop, skip and slither your way to Lake Johnson Park. Together, we will learn about the wonders of nature that are found right here in the park. We will play hands-on games, complete a take-home craft and perhaps even see one of our wild friends close up! With a different theme each class, there's

something here for everyone. Adult(s) must accompany child(ren). Adult(s) attend free.

**Thomas G Crowder Woodland Center** – Course Fee: \$2

**Frogs & Toads**

#236064 May 2 Th 1:00-2:00pm

**Insects**

#236065 May 16 Th 1:00-2:00pm

**Ducks & Geese**

#236066 May 30 Th 1:00-2:00pm

**Lizards**

#236067 Jun 13 Th 1:00-2:00pm

**Songbirds**

#236068 Jun 27 Th 1:00-2:00pm

**Camouflage**

#236069 Jul 11 Th 1:00-2:00pm

**Squirrels**

#236070 Jul 25 Th 1:00-2:00pm

**Pollinators**

#236071 Aug 8 Th 1:00-2:00pm

**Seeds**

#236072 Aug 22 Th 1:00-2:00pm

### Meet Terrific Turtles

Age: 3-5 yrs. Meet a real turtle and hear a funny story about turtles. Play exciting turtle games! Bring home a water 'turtle' for your bathtub and a rock 'turtle' in a terrarium that you design for him. Children must be accompanied by an adult. Adults attend free of charge. Preregistration is required.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$5

#237975 Jul 17 W 10:30am-12:00pm

#237976 Jul 20 Sa 10:30am-12:00pm

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**Preschool Swamp Romp**

Age: 2-6 yrs. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity and guided walk through the wetland will awaken your preschooler's sense of wonder. Each month will feature a different nature-inspired theme. Please register at least four days prior to the program.

**Walnut Creek Wetland Center** – Course Fee: \$2

**Birds**

#236837	May 7	Tu	11:00am-12:00pm
#236838	Jun 18	Tu	11:00am-12:00pm
#236839	Jul 23	Tu	11:00am-12:00pm
#236840	Aug 13	Tu	11:00am-12:00pm

**Small Wonders!**

Age: 2-6 yrs. Little explorers are invited to this special program focusing on tiny creatures like insects, worms and spiders. We'll search under stones and within rotting logs for some of nature's smallest wonders. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

**Carolina Pines Community Center** – Course Fee: \$2

#236534	Jun 26	W	10:30-11:30am
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**Lake Lynn Community Center** – Course Fee: \$2

#236532	Jun 19	W	10:30-11:30am
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**Laurel Hills Community Center** – Course Fee: \$2

#236531	Jun 18	Tu	10:30-11:30am
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**Sertoma Arts Center** – Course Fee: \$2

#236533	Jun 25	Tu	10:30-11:30am
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**Snakes and Lizards**

Age: 3-5 yrs. Story, crafts and a hike to look for snakes and lizards! Our friendly program reptiles will visit the children so that they get an up-close look. Children must be accompanied by an adult. Adults attend free. Preregistration is required. Parts of this program take place on trails that may not be accessible by strollers.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$5

#237974	Jul 10	W	10:30am-12:00pm
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**Storybook Summer**

Age: 2-6 yrs. Get excited about stories at the Preserve this summer! Join a nature instructor to read a nature-themed storybook and then head out onto the trail to look for elements of the story within the Preserve. Preregistration is required. Children must be accompanied by adults. Adults attend free. This program takes place on trails that may not be accessible by strollers.

**Durant Nature Preserve** – Course Fee: \$2

**Frogs**

#239168	May 7	Tu	10:00-11:00am
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**Seeds**

#239169	May 21	Tu	10:00-11:00am
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**Toads**

#239170	Jun 4	Tu	10:00-11:00am
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**Rabbits**

#239171	Jun 18	Tu	10:00-11:00am
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**Rainbows**

#239172	Jul 2	Tu	10:00-11:00am
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**Turtles**

#239173	Jul 16	Tu	10:00-11:00am
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**Ducks**

#239174	Jul 30	Tu	10:00-11:00am
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**Butterflies**

#239175	Aug 13	Tu	10:00-11:00am
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**Pond & Puddle**

#239176	Aug 27	Tu	10:00-11:00am
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**Toads and Frogs**

Age: 3-5 yrs. Learn about different frogs and toads that live in our area and what they sound like. Make frog sounds with combs, balloons and other objects. Hop along the park trails and look for toads. Make a model of a tadpole that transforms into a frog. Other crafts might include paper bag frog puppet or a toad abode to take home and put in your own garden. Children must be accompanied by an adult. Adults attend free. Preregistration is required. Some parts of this program take place on trails that may not be accessible by strollers.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$5

#237971	Jun 19	W	10:30am-12:00pm
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**Wee Walkers**

Age: Up to 5 yrs. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the Preserve. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature. Preregistration is not required but is helpful for planning purposes. This program takes place on trails that may not be accessible by strollers.

**Durant Nature Preserve**

#239157	May 2	Th	10:00-11:00am
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#239158	Jun 6	Th	10:00-11:00am
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#239159	Jul 11	Th	10:00-11:00am
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#239160	Aug 1	Th	10:00-11:00am
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**Wee Wetland Walkers**

Age: All Ages. This free program is designed to move at a toddler's pace: Run. Stop. Pick dandelions. Run. Climb on a rock. Find an interesting leaf! Join others for an easy-paced hike around the greenway, accompanied by one of our naturalists. Please register at least 24 hours in advance.

**Walnut Creek Wetland Center**

#236845	May 9	Th	11:00am-12:00pm
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#236846	Jun 20	Th	11:00am-12:00pm
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#236847	Jul 25	Th	11:00am-12:00pm
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#236848	Aug 15	Th	11:00am-12:00pm
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**Youth****All About Plant Life**

Age: 5yrs. and up. Are you interested in how plants grow, eat, and live? Come learn all about plants, from their roots to their leaves. We will be planting our own seeds to take home and grow so you can see the magic of plant life with your very own eyes. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler** – Course Fee: \$3

#236917	May 7	Tu	1:30-2:30pm
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#236918	Jul 21	Su	2:00-3:00pm
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#236919	Aug 26	M	1:30-2:30pm
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**Daring Discoverers Series**

Age: 6-9 yrs. Make new friends and discover the wonders of nature with a park naturalist. The focus will be on hands-on outdoor discovery and respect for nature and all living things. In case of rain, indoor activities will be available. Each Thursday will have a different theme. Come to one or more! Wear clothes you don't mind getting dirty and closed-toed shoes, not sandals or flip-flops! Don't forget to put on bug spray and sunscreen before you come.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$5

**Mysterious Mammals**

#238078	Jun 13	Th	10:30am-12:00pm
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**Scaly Predators**

#238079	Jun 20	Th	10:30am-12:00pm
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**Turtle Search**

#238080	Jun 27	Th	10:30am-12:00pm
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**Bird Bonanza**

#238081	Jul 11	Th	10:30am-12:00pm
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**Water Critters**

#238082	Jul 18	Th	10:30am-12:00pm
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**Tree Cookies**

#238083	Jul 25	Th	10:30am-12:00pm
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**Insect Inspectors**

#238084	Aug 1	Th	10:30am-12:00pm
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**Spectacular Spiders**

#238085	Aug 8	Th	10:30am-12:00pm
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**Food Chain Fun**

Age: 7yrs. and up. Do you know how a food chain works? We will learn about each stage of a food chain with an interactive activity and apply it to the wildlife within the park. Learn something new about the natural world around you! A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler**

#236915	Jul 18	Th	2:00-3:00pm
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#236916	Aug 16	F	2:00-3:00pm
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**Kids Fishing**

Age: 7-12 yrs. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if your child can hook one and reel it in. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$3

#236191	Jun 21	F	5:30-7:00pm
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#236192	Jul 26	F	5:30-7:00pm
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**Nature Walk**

Age: 4yrs. and up. Come enjoy the outdoors while participating in a nature scavenger hunt throughout the park. We will be learning all about local plant and animal species here at Lake Wheeler Park. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler**

#236956	May 28	Tu	4:00-5:00pm
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#236958	Jun 18	Tu	5:00-6:00pm
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#236960	Jul 10	W	4:00-5:00pm
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## Pollinator Chronicles: Life in the Garden

Age: 4-7 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You create a tie dye butterfly to take home!

**Forest Ridge Park** – Course Fee: \$2

#237963	Jun 11	Tu	10:30-11:30am
#237964	Aug 13	Tu	10:30-11:30am

## Power to The Pollinator

Age: 4yrs. and up. Beautiful flowers are able to spread and grow all thanks to the bees and butterflies. Come learn about their role as pollinators and their overall importance to the environment with a fun activity. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler**

#236869	May 11	Sa	11:00am-12:00pm
#236872	Jun 4	Tu	2:00-3:00pm
#236873	Jun 24	M	2:00-3:00pm

## Reduce, Reuse, Recycled Art

Age: 5yrs. and up. Have you ever wondered what happens to old newspapers or egg cartons? We will make use out of those recycled materials and create something amazing. You can bring your own recycled goods or use provided materials for the crafts. We will also learn about the importance of recycling and how we can help the environment!

**Lake Wheeler** – Course Fee: \$2

#236912	May 15	W	12:00-1:00pm
#236913	Jun 15	Sa	12:00-1:00pm
#236914	Aug 2	F	3:00-4:00pm

## The Story at Falls Lake

Age: 4-7 yrs. Through storytelling and interactive participation, children will learn about Falls Lake and the animals that make the park home. Come join us on an adventure as we make props to participate in the stories of the area. Children will learn a little history and science and make some art.

**Forest Ridge Park** – Course Fee: \$2

#237958	May 15	W	9:00-10:00am
#237959	Jun 19	W	9:00-10:00am
#237960	Jul 17	W	9:00-10:00am
#237961	Aug 21	W	9:00-10:00am

## Wetland Art & Nature

Age: 9-15 yrs. Join us for a day of art and nature exploration as we use natural materials and found objects from our wetland to produce artwork and make crafts.

**Walnut Creek Wetland Center** – Course Fee: \$25

#236852	Jul 2	Tu	9:00am-5:00pm
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## What's Up With Water Pollution?

Age: 5yrs. and up. Did you know that most trash ends up in a waterway such as an ocean, lake or river? You can help Earth by learning cool ways to reduce litter and clean

up the environment. A parent or guardian must accompany children for the duration of the event.

**Lake Wheeler** – Course Fee: \$2

#236883	May 25	Sa	2:00-3:00pm
#236887	Aug 21	W	11:00am-12:00pm

## Wondrous Water: Kids Kayaking

Age: 10-13 yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the headwaters to get a hands-on look at life in the lake. Be prepared to get wet and dirty. No paddling experience needed. All equipment is provided. Parent(s)/guardian(s) are not required to accompany child(ren). This program is designed to give parent(s)/guardian(s) time to enjoy the park while child(ren) enjoy the program. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$8

#236259	Jun 12	W	6:00-8:00pm
#236260	Jul 17	W	6:00-8:00pm
#236261	Aug 14	W	5:30-7:30pm

## Worm Composting for Kids

Age: 7-14 yrs. Learn how worms turn food waste into nutritious soil for the garden using games and fun activities. We'll have fun meeting different worms and help keep food waste from our landfills.

**Walnut Creek Wetland Center** – Course Fee: \$5

#236851	Jun 15	Sa	10:00am-12:30pm
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## Adult

### Early Bird Walk

Age: 16yrs. and up. This program is for beginning birders and well-practiced watchers alike. Join us as we take a morning trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl. Bring your own binoculars if possible as supplies are limited. Please bring water and wear comfortable footwear. Advance registration is not required but is helpful for planning purposes.

**Thomas G Crowder Woodland Center**

Course Fee: \$4

#236087	Jul 21	Su	8:00-10:00am
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### Early Birds

Age: 14yrs. and up. Grab your binoculars and meet us at Horseshoe Farm for a bird-watching hike led by guest naturalist Erla Beegle from Wake Audubon. The walk will be approximately 1 mile in length. For beginning and advanced birders alike. Bring your binoculars or borrow some of ours. Preregistration is required.

**Horseshoe Farm Nature Preserve**

**Spring Migrants**

#239165	May 11	Sa	8:00-9:30am
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## Envir/Cont Ed- Environmental Experiences for Early Childhood

Age: 16yrs. and up. Developed with early childhood specialists, this program from Project Learning Tree includes over 130

experiences that engage children in outdoor play and exploration. It is specifically designed for educators who work with children ages three to six. Topics include exploring nature with five senses, meeting neighborhood trees, and experiencing trees through the seasons. Please bring a bag lunch and dress for the weather. Advance registration is required. Upon registration, a link will be sent to pay the class fee of \$20 directly to Project Learning Tree.

**Durant Nature Preserve**

#239200	Aug 12	M	9:00am-3:30pm
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## Environmental Education/Continuing Ed - Flying WILD

Age: 18yrs. and up. Flying WILD provides activities to teach middle school students about birds, their migration, and what people can do to help birds and their habitats. Participants are eligible for Criteria I credit of NC Environmental Education Certification or CEU credit upon request. Participants should bring a bag lunch and dress for the weather. Advance registration is required for this program. Instructor: CC King

**Thomas G Crowder Woodland Center**

#236109	Jul 20	Sa	9:00am-3:30pm
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## Environmental Education/Continuing Ed. Project WILD

Age: 18yrs. and up. Project WILD workshops are for adults interested in teaching young people about wildlife. Participants receive the Project WILD K-12 educator guide along with materials specifically about North Carolina wildlife. Expect to learn innovative techniques for teaching nature based education. Participants are eligible for Criteria I credit of NC Environmental Education Certification or CEU credit upon request. Please bring a bagged lunch. Advance Registration is required for this program. Instructor: Casey Williams

**Thomas G Crowder Woodland Center**

#236108	Jun 8	Sa	9:00am-3:30pm
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## Environmental Educator Continuing Ed: Project Wet

Age: 18yrs. and up. Come join us as we learn several activities that you can take back to your classroom on Monday! Not only will you learn about North Carolina's Water Resources, but you'll also learn how to implement fun, hands-on lessons to support your science curriculum. Best for grades 3rd-9th grade teachers. Activities topics include: How water resources are managed, what is a watershed, how humans impact our streams/waterways and much more. Hosted by Lauren Daniel, North Carolina's Project WET Coordinator. Earn up to 10 Hours towards Environmental Education Certification Criteria I credit. Come dressed to spend time outside and bring a lunch and a refillable water bottle

**Walnut Creek Wetland Center**

#236850	Jun 15	Sa	9:00am-3:30pm
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**Environmental Lecture Series**

Age: 16yrs. and up. Join us at the Thomas G. Crowder Woodland Center for an exciting environmental lecture series held every 2nd Monday of the month. With a new speaker each month, there is something for everyone. We will have professionals and graduate students presenting on topics that they know best! Call 919-996-3141 to find out more about our upcoming speakers and topics. Advance registration is not required but is helpful for planning purposes.

**Thomas G Crowder Woodland Center**

#236077	May 13	M	7:00-8:00pm
#236078	Jun 10	M	7:00-8:00pm
#236079	Jul 8	M	7:00-8:00pm
#236080	Aug 12	M	7:00-8:00pm

**Environmental/Continuing Ed - Project WILD**

Age: 16yrs. and up. This nature-based workshop is appropriate for use by classroom teachers, as well as resource specialists, naturalists, rangers, scout and youth leaders, camp counselors and other informal educators. Expect to learn innovative techniques for teaching nature based education. The course counts as 6 hours of Criteria I credit in the NC Environmental Educator certification program. Please bring a bag lunch and dress for the weather. Advance registration is required.

**Durant Nature Preserve**

#240195	Jul 3	W	9:00am-3:30pm
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**Environmental/Continuing Ed - WILD Herps**

Age: 16yrs. and up. This workshop with the NC Wildlife Resources Commission will include classroom and field work to learn about identification, natural history, habitat requirements and human interactions with reptiles and amphibians. This program qualifies for 5 hours of Criteria II credit for NC Environmental Educator certification; schoolteachers may receive CEU credit. Advance registration is required. Please bring a bag lunch and dress for the weather.

**Durant Nature Preserve**

#240175	May 6	M	9:00am-2:30pm
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**Environmental/Continuing Ed - WILD Raptors**

Age: 16yrs. and up. This workshop is designed for both formal and non-formal educators to introduce participants to the variety, habitats, needs, and human interactions of the raptors in our region. Learn to identify raptors in flight and how to present related lessons and activities for youth and adult learners. Eligible for 5 hours of Criteria II credit with the NC Environmental Educator certification program. Participants should bring a bag lunch, dress for the weather in comfortable clothing, and bring binoculars if you have them. Advance registration is required.

**Horseshoe Farm Nature Preserve**

#240204	Jun 3	M	9:00am-2:30pm
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**Environmental/Continuing Education - EE Weekend**

Age: 18yrs. and up. Spend the weekend at Lake Johnson Park participating in a variety of environmental education programs. We will be offering Criteria I, II, and III programs over the weekend. All programs are registered independent of each other allowing you to pick and choose which you would like to attend. For more information or to register contact Julia Babuin at julia.babuin@raleighnc.gov. Advance registration is required for all activities as space is limited. Registration closes May 1st.

**Lake Johnson****NC Catch - Course Fee: Free**

#236059	May 17	F	9:00am-4:00pm
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**Night Paddle - Course Fee: \$4**

#236060	May 17	F	8:15-10:15pm
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**Thomas G Crowder Woodland Center****Backyard Habitats - Course Fee: \$10**

#236062	May 18	Sa	2:00-6:00pm
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**Tree ID Trek - Course Fee: \$4**

#236061	May 18	Sa	10:00am-12:00pm
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**Early Bird Walk - Course Fee: \$4**

#236063	May 19	Su	8:00-10:00am
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**Introduction to Birding**

Age: 13yrs. and up. What kind of bird is that? In this program, participants will learn bird identification techniques. This program will start inside and then venture through the park to spot our feathered friends. Participants will receive field guides to take home of local birds. This is an outdoor event, and participants should dress for weather conditions. We will provide some binoculars, but you are encouraged to bring your own if you have them.

**Forest Ridge Park - Course Fee: \$10**

#237957	Aug 17	Sa	8:00-10:00am
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**Seasonal Tree Identification**

Age: 16yrs. and up. What's that tree? Participants will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and participants should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification.

**Walnut Creek Wetland Center - Course Fee: \$10**

#237241	Aug 7	W	5:00-8:00pm
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**Tree ID Trek**

Age: 16yrs. and up. Come join our naturalists and learn how to identify some common trees in the park. Participants will learn features of tree ID that will help year round. No prior tree identification knowledge is necessary. Earn 2 hours criteria II or III EE credit upon request.

**Thomas G Crowder Woodland Center - Course Fee: \$4**

#236085	Jul 27	Sa	9:00-11:00am
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**Wild Reads - Nature Book Club**

Age: 16yrs. and up. Gather with other readers and nature lovers for a community book club! Explore the natural world from the comfort of your coziest chair, then come together to discuss and meet like-minded friends. Quarterly selections will include nature, science, memoir, environmental conservation, and more. Tea and snacks provided. Preregistration is required.

**Durant Nature Preserve****The Big Burn: Teddy Roosevelt and the Fire that Saved America - Timothy Egan**

#239191	Jul 24	W	6:00-7:00pm
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**Wildlife Cam 101**

Age: 16yrs. and up. Take your best shot! This program introduces the use of wildlife cameras for viewing animals in their natural environment. In this two-session course, you will get tips on use and etiquette, location identification and setting up a camera trap. The course will start indoors and then move outdoors to set up cameras in the park. In the second session we will retrieve the cameras to see what we have captured. Dress for the weather in comfortable clothing and close-toe shoes that can get messy. Advance registration is required.

**Thomas G Crowder Woodland Center - Course Fee: \$10**

#236084	May 25-Jun 1	Sa	9:00-11:00am
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**Family****All About Beavers**

Age: All Ages Join us to learn all about the amazing beaver - nature's ecosystem engineers. Participants will learn about beaver adaptations with a fun filled activity and even go on a short hike to look for signs of beavers. Participants 3 years old and under attend free. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center - Course Fee: \$4**

#238071	Jun 23	Su	1:00-3:00pm
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**Astronomy Nights**

Age: 5yrs. and up. What's up in space this month? Find out the answer in our monthly astronomy program. Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the moon, stars and planets with the preserve's telescope. Advance registration is required for this program. Adults must accompany children. Adults and children (5 years and up) must register and pay the program fee.

**Annie Louise Wilkerson Nature Preserve - Course Fee: \$2**

#238073	Jul 11	Th	8:00-9:30pm
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#238074	Aug 13	Tu	8:00-9:30pm
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## City of Oaks Foundation urges children to get outside

Did you know that American children spend an average of 10 minutes each day in outdoor play? 10 minutes a day! As you might suspect, this is a fraction of the time that kids spent playing outdoors 20 years ago, and most of the time that was spent outside has been soaked up by screen time—children in front of phones, tablets, computers and televisions.

Playing outside in nature is vital to childhood development—not to mention physical health. Inventing games and establishing rules helps kids hone their social skills. Unstructured play with natural materials sparks

a child's imagination and creativity. Accomplishments bolster self-confidence, and failings teach them how to handle adversity. Nature play is a time-tested way for children to find their own paths and learn how to get along with others.

If playing outside is so beneficial, then why are children doing so little of it? Richard Louv, author of *Last Child in the Woods*, believes there are 5 barriers to nature play. First, America is growing more urbanized, and our cities' growth is without adequate natural areas and access to them. Second, many parents are afraid to let their children play in the woods and creeks. Third, technology dominates every aspect of our lives (children and adults alike). Fourth, we no longer consider nature play as an enriching activity. Fifth, nature often is seen as the problem (e.g. climate change, species extinction) and not the solution.

This is why the City of Oaks Foundation is busy conserving natural places around Raleigh and providing scholarships to help children participate in the City's incredible summer camps and nature programs.

Through our Raleigh, Naturally land conservation program, we work with landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land. Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers.

Support the City of Oaks Foundation with your tax-deductible contribution and help reverse our nature deficit.

For more information:

visit [www.cityofoaksfoundation.org](http://www.cityofoaksfoundation.org) call us at **(919) 996-4773**, or send us mail to:  
**City of Oaks Foundation** 222 W. Hargett Street, Suite 608 Raleigh, NC 27601

**The City of Oaks Foundation, a great outdoors for a great Raleigh!**

**Boat Bonanza**

Age: All Ages. Soak up summer sun and splash on the lake as you paddle a canoe with family or friends. Explore the borders under the trees, cruise past turtles, and enjoy an afternoon playing on the water. Get wet on shore with water games, or make a little boat of your own out of natural materials and set it to sail from the dock. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$5  
#239199 Aug 10 Sa 3:00-5:00pm

**Boats Afloat**

Age: 5yrs. and up. Hike the woods together on a quest to find materials that will make a trusty, homemade boat. What floats, and what sinks? Examine several kinds of natural boats, then build your own model barge. When our boats are complete, we'll test them out in the creek! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$2  
#239185 May 19 Su 3:00-4:00pm

**Citizen Science - Monarch Larva Monitoring Project**

Age: 6yrs. and up. Join us in the field to do real science and learn about the incredible Monarch butterfly. We'll collect data from our milkweed plants to send to the Monarch Larva Monitoring Project. Scientists will use this data to study the butterflies. In addition to monarch larva, we'll see what other caterpillars call the Preserve home. Preregistration is required. Children must be accompanied by adults. Children and adults must register.

**Horseshoe Farm Nature Preserve**  
#239195 Aug 11 Su 4:30-5:30pm

**Decode Durant!**

Age: 7yrs. and up. Join in as we discover the patterns hidden everywhere in nature. We'll investigate plants and animals to uncover the codes that help them grow, and we'll sleuth out the symmetry and secret math that guide art, beauty, and animal behaviors. The forest will never look the same again once you know its secret language! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$3  
#239197 Aug 24 Sa 3:00-4:30pm

**Family Fishing**

Age: All Ages. Join us for this fun fishing program! Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment is provided including rod, reel, and bait. Participants 3 years old and under attend free and do not need to register. Adult(s) must accompany child(ren), register, and pay the

program fee. Advance registration is required for this program.

**Lake Johnson** – Course Fee: \$4  
#236185 May 11 Sa 10:00am-12:00pm  
#236186 Jun 22 Sa 10:00am-12:00pm  
#236187 Jul 27 Sa 10:00am-12:00pm  
#236188 Aug 24 Sa 10:00am-12:00pm

**Family Naturalists: Snakes**

Age: 5yrs. and up. Slither your way to Walnut Creek Wetland Park to celebrate snakes with us. Learn about snake habitat, the differences between venomous and nonvenomous snakes, and meet some of our friendly snake ambassadors. This program will include outdoor activities so please dress for the weather. The fee for this program is per family, and is designed for ages 5 and older.

**Walnut Creek Wetland Center** – Course Fee: \$5  
#236853 Aug 11 Su 2:00-3:30pm

**Family Naturalists: What Floats?**

Age: 18yrs. and up. In this Family Naturalists series we will explore what floats. We will collect trash and natural materials found in the wetland to make boats, and learn how wetlands and watersheds work. This program is appropriate for ages 4 and older. Fee is per family. Please come dressed expecting to get wet in the creek. Bring your own rain boots or borrow a pair of ours.

**Walnut Creek Wetland Center** – Course Fee: \$5  
#236855 Jun 23 Su 2:00-3:30pm

**Family Vermicomposting**

Age: 18yrs. and up. Come learn all about how red wiggler worms can recycle your leftover food into soil. One lucky family will win a new worm bin (minus the worms). Resources for where to purchase or order worms will be provided. Registration is per family and the program is most appropriate for families with children elementary age and older.

**Walnut Creek Wetland Center** – Course Fee: \$5  
#236854 Aug 17 Sa 10:00-11:30am

**For Goodness Snakes**

Age: 5yrs. and up. Come discover the truth about these remarkable, often misunderstood animals. Learn where snakes live, what they eat and what to do if you see one in the wild. You will even get a chance to see and touch some captive snakes. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Horseshoe Farm Nature Preserve** – Course Fee: \$2  
#239187 Jul 13 Sa 3:00-4:00pm

**Fun with Fireflies**

Age: 5yrs. and up. You know it's summer when fireflies light up the night sky. What better way to spend a summer evening than learning all about these fun, flying, flashing insects? Participants will make a firefly catcher and spend time catching fireflies for closer inspection. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$2  
#239190 Jun 21 F 8:00-9:00pm

**Guided Nature Hike**

Age: 5yrs. and up. Join us for a 2 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. The program will run rain or shine. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

**Thomas G Crowder Woodland Center** – Course Fee: \$1  
#236073 May 11 Sa 10:00am-12:00pm  
#236074 Jul 13 Sa 10:00am-12:00pm

**Insect Olympics**

Age: 4yrs. and up. Come one, come all to the first-ever Summer Insect Olympics! We're celebrating the season with games and challenges inspired by our most talented insect friends. Test your flying power on the Grasshopper Hop Long Jump. Wiggle, weave, and navigate like a beetle through the Spiderweb Scramble. Solve puzzles and race to the finish line in the Firefly Flash Relay. Bring family and friends along to compete for fun and prizes in this bugged out day of play. Children must be accompanied by adults. Preregistration is required for all children and adults.

**Durant Nature Preserve**  
#239203 Jun 15 Sa 2:00-3:30pm

**Lake Wheeler Family Fishing Class**

Age: 6yrs. and up. Bring the family out for a day of fishing and fun! You and your family will learn all about the fundamentals of fishing as well as local fish biology and their importance. Equipment will be provided but you are welcome to bring your own fishing gear. Limited spots are available so register today.

**Lake Wheeler** – Course Fee: \$2  
#236920 May 17 F 3:00-4:30pm  
#236936 Jun 8 Sa 3:00-4:30pm  
#236937 Jun 22 Sa 3:00-4:30pm  
#236939 Jul 13 Sa 3:00-4:30pm  
#236941 Jul 27 Sa 5:00-6:30pm  
#236945 Aug 10 Sa 4:00-5:30pm

**May Flowers - Garden Open House**

Age: All Ages. Visit the Preserve this afternoon to frolic in flowers in our many gardens.

Learn about migratory songbirds in the Bird Garden, and make a bird-feeder to take home. Watch butterflies and beetles in the Butterfly Garden. Learn about compost and beneficial insects. Look, listen, touch, and sniff as you help us plant new flowers in the Nature and Sensory Garden. Go home with inspiration and wildflower seeds to start a garden of your own. Advance registration is not required but is helpful for planning purposes. Please sign in with Preserve staff upon arrival.

**Durant Nature Preserve**  
#239205 May 12 Su 2:00-5:00pm



## National Trails Day

Age: 9yrs. and up. Join this nation-wide celebration of trails on the winding, woodland paths of Durant! Pitch in to help up rake, mulch, and maintain our popular, heavily trafficked trail system. Compete to see who can collect the most litter, and wrap up the morning with a mini fun run and walk-race. Blend play, community, service, and a dash of competition as we keep our trails well-maintained and well-loved. Individuals and groups are encouraged to attend. Children must be accompanied by adults. Advance registration is required.

### Durant Nature Preserve

#240319 Jun 1 Sa 9:00am-12:00pm

## Nature and Sensory Play Day

Age: All Ages. Come check out Durant's Sensory and Nature Play Garden! Self-guided activities to delight the senses and encourage nature play will be provided. Children must be accompanied by an adult. Walk-in registration is on a first come first served basis. If the garden is full when you arrive, staff will be happy to point out other areas of interest to visit until a spot opens up.

### Durant Nature Preserve

#239161	May 10	F	10:00am-12:00pm
#239162	Jun 14	F	10:00am-12:00pm
#239163	Jul 19	F	10:00am-12:00pm
#239164	Aug 9	F	10:00am-12:00pm

## Nature Art - Flower Power

Age: 6yrs. and up. Explore the famous flowers of Georgia O'Keeffe and share her inspiration as your paint masterworks of your own. Learn about the parts of a flower and how to show them off in vibrant close-ups just like Georgia. We'll get to know several native flowers blooming in nature and capture them in artwork to stay bright all summer long.

Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

### Horseshoe Farm Nature Preserve - Course Fee: \$3

#239204 May 11 Sa 3:00-4:30pm

## Nature Art - Gyoatoku Fish Printing

Age: 4yrs. and up. Join us to learn about the ancient art of gyoatoku fish printing. Participants will make painted fish prints from replica fish native to North Carolina for lots of fishy fun with none of the fishy smell. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

### Horseshoe Farm Nature Preserve - Course Fee: \$3

#239194 Aug 3 Sa 4:00-5:00pm

## Nature Play Days

Age: All Ages. Join us anytime between 11 a.m. and 3 p.m. to enjoy our latest ideas for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig for gemstones, make a fort out of natural materials, fly a kite, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure, free of charge! Note: Adults must



accompany their children. No large groups please! This play day is designed for small family groups.

### Annie Louise Wilkerson Nature Preserve

#237973 Jul 5 F 11:00am-3:00pm

## Nocturnal Nature

Age: 5yrs. and up. Watch as the park comes alive when the sun slips behind the trees.

Please join us on this full moon trek to unveil the nocturnal wildlife of Lake Johnson. We will call for owls and nightjars, look for evidence of mammals and identify singing amphibians. Participants should dress for the weather in comfortable clothing and close-toed shoes that can get messy. Adult(s) must accompany child(ren), register, and pay the program fee.

### Thomas G Crowder Woodland Center - Course Fee: \$3

#236082	Jun 15	Sa	8:30-10:00pm
#236083	Aug 17	Sa	8:00-9:30pm

## Sample Durant

Age: All Ages. Try everything Durant has to offer in one non-stop day of outdoor play. Meet our critters, look for birds, take on a nature scavenger hunt, search for aquatic animals, investigate insects, track wildlife, build a boat, hike, play, create, and more! Look for the registration table at the North entrance next to the Preserve office. Preregistration is not required but is helpful for planning purposes. Children must be accompanied by adults.

### Durant Nature Preserve

#239184 May 4 Sa 10:00am-2:00pm

## Shell-ebrating Turtles

Age: All Ages. Ever wonder what makes turtles so unique? We will learn about the different types of turtles, what makes each so special, and what you can do if you find one in the wild. You will even get an up close and personal look at Lake Johnson Park's very own box turtle! Adult(s) must accompany child(ren), register, and pay the program fee.

### Thomas G Crowder Woodland Center - Course Fee: \$3

#238072 Aug 24 Sa 10:00am-12:00pm

## Slip-N-Slimy

Age: 5yrs. and up. Splish and splash together as we search for aquatic wildlife in the lake and creek and learn about tadpoles, salamanders, frogs, and fish! Dive in to water games to get really wet and race to the finish line. We'll have more fun than ducks in a puddle and cool off from the summer sun. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

### Durant Nature Preserve - Course Fee: \$3

#239198 Jul 21 Su 3:00-4:30pm

## Spring Campout

Age: 6yrs. and up. Sleep under the springtime stars with family and friends at our popular campout! Cook a feast over the campfire, enjoy a night hike in the woods, make s'mores, and lay back for evening stargazing. In the morning, we'll look for wildlife, play in the woods, and explore the creek before packing to go home. Bring your tent or borrow one of ours. Preregistration is required at least four days prior to the program. Children must be accompanied by an adult. All adults and children must register and pay the program fee: \$20 per adult, \$15 per youth.

### Durant Nature Preserve

Course Fee: Youth \$15, Adults \$20

#239186 May 18 Sa 5:00pm-11:00am

## Summer Night Hike

Age: 5yrs. and up. Come along for a guided night hike through the Preserve's forest. Look for nocturnal animals and learn what it takes to survive in the night woods. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

### Durant Nature Preserve - Course Fee: \$3

#239193 Jul 27 Sa 8:30-10:00pm

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### Summer Scavenger Hunt

Age: 4yrs. and up. Enjoy some quality time with your family by coming out for our summer scavenger hunts. Explore our nature preserves together while learning a thing or two about the wild! Have fun seeing if you can uncover the nature-themed treasures we have hidden for you to find. Make an afternoon of it and bring a picnic to enjoy before or after the hunt! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Horseshoe Farm Nature Preserve** – Course Fee: \$2

#239188 Jun 9 Su 4:00-5:00pm

**Durant Nature Preserve**

#239189 Jun 30 Su 4:00-5:00pm

### Tree-mendous Trees

Age: All Ages. Come join us for this tree-mendous program where you'll get to learn all about trees. We will learn what makes trees so unique, how we use them in our everyday lives, and even how to identify some of our common trees that can be found in your backyard! Adult(s) must accompany child(ren), register, and pay the program fee.

**Thomas G Crowder Woodland Center** – Course Fee: \$4

#236081 Jun 9 Su 1:00-3:00pm

### Turtle Trails

Age: 5yrs. and up. It's time for turtles! Come out of your shell to meet our new resident box turtle, and spend the afternoon discovering the many turtles at Durant. Play games, enjoy a speedy-slow race, and solve puzzles to learn how turtles live in the wild. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$3

#239202 Jun 23 Su 3:00-4:30pm

### Twilight Walk

Age: 4yrs. and up. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. This program is designed for families with young children. Advance registration is required for this program. Adults must accompany children. Adults and children (4 years and up) must register and pay the program fee. This program takes place on trails that may not be accessible by strollers. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

**Annie Louise Wilkerson Nature Preserve**

Course Fee: \$2

#238075 May 17 F 7:30-9:00pm

#238076 Jun 21 F 8:00-9:30pm

### Water Wonders

Age: 5-12 yrs. Enjoy a hands-on program exploring the wonders of pond life. We'll use nets and buckets to collect and observe a variety of water creatures. Come and explore with us! Preregistration is required. Children must be accompanied by adults. Adults and younger siblings attend free. For more information, contact Nature Programs at 919-996-6856.

**Powell Drive Park** – Course Fee: \$2

#236539 Jul 18 Th 10:30-11:30am

### Who Lives Here?

Age: All Ages. Ever wonder who may be living in your backyard? From something as small as a worm to something as large as a deer, there are all kinds of animals that call your backyard home! We will learn where they sleep, what they eat, and just what they need to survive. Adult(s) must accompany child(ren), register, and pay the program fee.

**Thomas G Crowder Woodland Center** – Course Fee: \$3

#236089 Aug 11 Su 1:00-3:00pm

### Wild Walkers

Age: All Ages. Join us for a guided twilight walk at Horseshoe Farm, and enjoy the opportunity to stay in the meadow later than usual for a full sunset experience. Along the way, our staff will point out interesting natural features of the preserve. Bring a picnic blanket and some snacks to enjoy a leisurely late afternoon before the program. Children must be accompanied by adults. Children and adults must register in advance.

**Horseshoe Farm Nature Preserve**

#239180 May 25 Sa 7:30-8:30pm

#239181 Jun 15 Sa 8:00-9:00pm

#239182 Jul 20 Sa 8:00-9:00pm

#239183 Aug 17 Sa 8:00-9:00pm

### Woodsong

Age: 5yrs. and up. Search for nature's music on this melodic walk in the woods. What is the sound of the wind in the trees? Which birds are singing to you? Where is the voice of the river? We'll use our ears to hunt for critters and surprises before returning to the farmhouse to build natural musical instruments all our own. What kind of instrument will you make? What songs will you discover? Come listen and see! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Horseshoe Farm Nature Preserve** – Course Fee: \$2

#239201 Jun 2 Su 4:00-5:00pm

# Social Programs



## Preschool

### Lil Kicks Karate

Age: 3-5 yrs. Children will gain an edge by learning american karate, the kid-friendly way to develop important skills necessary to make the right choices. Students will practice physical techniques to develop motor skills and coordination and will have fun while learning. Instructor: Frank Pierce.

**Abbotts Creek Community Center** – Course Fee: \$21  
 #237436 Jul 3-24 W 5:45-6:15pm  
 Course Fee: \$28  
 #237434 May 1-22 W 5:45-6:15pm  
 #237435 Jun 5-26 W 5:45-6:15pm  
 #237437 Aug 7-28 W 5:45-6:15pm

### Peach Road Play Time

Age: All Ages. Open play time for crawlers up to three years old. Join us for some indoor play time where the little ones can burn off some energy. Let them crawl around on mats, shoot some mini-basketball hoops and play ball. Parents must stay with their children at all times. Tiempo de juego para bebés que arrastran se hasta tres años. Nase en Peach Rd para un poco de tiempo de juego interior donde los m-s pequeños pueden gastar un poco de energía. Déjalos arrastrarse sobre las esteras, jugar baloncesto o la pelota. Los padres deben quedarse con sus hijos todo el tiempo.

### Peach Road

#239831 May 1-Jun 18 W-F, M-W 2:30-4:30pm  
 #239833 Aug 19-30 M-F 2:30-4:30pm

### Playgroup Tot Time

Age: 1-5 yrs. The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Registration (online or on-site) is required.

**Abbotts Creek Community Center**  
 #236625 May 1-Aug 31 W-Sa, M-W 8:00am-12:00pm  
**Barwell Road Community Center**  
 #239478 May 1-Aug 30 W, F 10:00am-12:00pm  
**Jaycee Community Center**  
 #239313 May 1-Jun 7 W, F 10:30am-12:30pm  
**Lake Lynn Community Center**  
 #238187 May 1-Jun 5 W 8:30-11:30am  
**Laurel Hills Community Center**  
 #239788 May 2-Jun 6 Th, Tu 10:00am-12:00pm

### Tunes Tuesday

Age: 4-5 yrs. Preschoolers will enjoy music, movement and sing-alongs. Participants will engage in exciting activities and learn through music and songs. Must pre-register.

**Worthdale Community Center** – Course Fee: \$25  
 #238392 May 7-Jun 4 Tu 11:00am-12:00pm

## Youth

### Birthday Parties - Birthday Bash

Age: 3-13 yrs. Looking for a new idea for birthday entertainment? Does the idea of entertaining a crowd of children leave you weak in the knees? Let Optimist Community Center help you with your next birthday party. We will do the work for you! Our staff are knowledgeable in a variety of recreational games, sports and crafts. Activities vary based on the size and age of party participants. Theme options include, but are not limited to, basketball, hockey, soccer, baseball and dolls. If you have an idea of something else, please feel free to request it. Goody bags are included with your package. For more information and questions, please call the front desk at 919-870-2880 or email us at [optimistic@raleighnc.gov](mailto:optimistic@raleighnc.gov). Package One (12 or fewer attendees): \$110. Package Two (13-20 attendees): \$145

**Optimist Community Center** – Course Fee: \$110  
 #239441 May 4-4 Sa 10:00-11:00am

### Birthday Parties at Pullen Community Center

Age: 3-12 yrs. Pullen Community Center offers birthday parties for children 3-12 years old. We offer two packages of two hours each. The first package includes an hour at the center and an hour at Pullen Park. The second package includes an hour at the center and an hour making crafts. A birthday staff member stays with your group during the two hours. The room is decorated with balloons and tablecloths for you; all you have to do is bring the children and cake. Please call the center at 919-831-6052 for more information.

### Campbell Kaboose

Age: 6-12 yrs. When the Xpress train pulls out of the FUN station, the Campbell Kaboose is ready with loads of EVEN MORE FUN! Parents, you can now take your time getting off work and stop rushing through traffic when your child joins the Campbell Kaboose. Your child will enjoy the activities of organized game play, movies, arts & crafts and more. Now it's okay to be the last one picked up.

**Ralph Campbell Community Center** – Course Fee: \$10  
 #239312 Jun 17-20 M-Th 6:00-7:00pm  
 #239314 Jun 24-27 M-Th 6:00-7:00pm  
 #239319 Jul 1-4 M-Th 6:00-7:00pm  
 #239320 Jul 8-11 M-Th 6:00-7:00pm  
 #239321 Jul 15-18 M-Th 6:00-7:00pm  
 #239322 Jul 22-25 M-Th 6:00-7:00pm  
 #239323 Jul 29-Aug 1 M-Th 6:00-7:00pm  
 #239324 Aug 5-8 M-Th 6:00-7:00pm  
 #239329 Aug 12-15 M-Th 6:00-7:00pm

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**Game Room**

Age: 6-16 yrs. Peach Road's game room will be open on designated weeknights from 6:30 to 8 p.m. Play Nintendo, Wii, billiards or table tennis. You must register to drop in and be 12 or older to play billiards.

**Peach Road**

#239418 May 1-Aug 31 W, F-Sa, M 6:30-8:00pm

**Hip Hop Dance**

Age: 10-17 yrs. This class is perfect for those who want to get into hip hop dancing and learn basic step routines. These type of dance moves are some of the most popular and can be used to dance at parties with family and friends, social gatherings and other events. All dance and step routines will be taught one move at a time. Participants will show skills learned at the end of class sessions with a performance.

**Worthdale Community Center** – Course Fee: \$25

#239282 Jul 10-Aug 28 W 6:30-8:00pm

**Kids' Night Out**

Age: 5-12 yrs. Parents, enjoy this time to relax, relate, and release while the staff at Green Road and your child enjoy a night filled with pure fun and excitement. Each month we will offer a different theme. Preregistration is required. Please contact the facility for additional details.

**Green Road Community Center** – Course Fee: \$10

#238894 May 17 F 5:30-8:30pm  
#238895 Jun 21 F 5:30-8:30pm  
#238896 Jul 19 F 5:30-8:30pm  
#238897 Aug 16 F 5:30-8:30pm

**Open Activities**

Age: 6-14 yrs. Play games, create crafts and have fun. Call 919-807-8545 or come visit us to see what we have planned.

**Peach Road**

#239419 May 4-Aug 31 Sa 11:30am-1:30pm

**Stay-cation**

Age: 6-12 yrs. Kids! staying around town for break? Bored in the house. Join us in the afternoon for hands-on activities. Create, build and compete...what did you do during the break? Different themes every day.

**Peach Road** – Course Fee: \$3

#240546 Aug 19 M 5:00-6:30pm  
#240547 Aug 20 Tu 5:00-6:30pm  
#240548 Aug 21 W 5:00-6:30pm  
#240549 Aug 22 Th 5:00-6:30pm  
#240550 Aug 23 F 5:00-6:30pm

**Summer is On!**

Age: All Ages. Celebrate the first day of Summer vacation. Join us for ice cream and games.

**Peach Road**

#240545 Jun 14 F 5:00-6:30pm

**Worthdale's Video Game Challenge**

Age: 10yrs. and up. Calling all ages 10 and up! Come show off your gaming skills during Worthdale's Video Game Challenge. Enjoy Fortnite, NBA2K, and Madden NFL tournaments. Pre-registration is required.

**Worthdale Community Center** – Course Fee: \$5

#239450 Jun 4 Tu 6:00-8:00pm  
#239451 Jun 18 Tu 6:00-8:00pm  
#239452 Jul 2 Tu 6:00-8:00pm  
#239453 Jul 16 Tu 6:00-8:00pm

**Adult****Bridge - Capitol Bridge Club**

Age: 18yrs. and up. Come join the Capitol Bridge Club, which meets twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1 per person per meeting.

**Glen Eden Pilot Park** – Course Fee: \$1

#238866 Jul 2-30 Tu, F 9:00am-1:00pm  
#238867 Aug 2-30 F, Tu 9:00am-1:00pm  
**Jaycee Community Center** – Course Fee: \$1  
#238864 May 3-31 F, Tu 9:00am-2:00pm  
#238865 Jun 4-28 Tu, F 9:00am-2:00pm

**Bridge Club**

Age: 18yrs. and up. Join fellow bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$2 per person per meeting.

**Tarboro Road Community Center** – Course Fee: \$2

#239895 May 7-28 Tu 12:30-4:00pm  
#239896 Jun 4-11 Tu 12:30-4:00pm

**Card Game Night for Adults**

Age: 18yrs and up. Laugh, learn and play! Enjoy learning new card games or teach a game you know to others. A great way to socialized and exercise the brain.

**Tarboro Road Community Center**

#239945 May 2-Aug 22 Th 6:00-8:30pm

**Card Night for Adults**

Age: 18yrs. and up. Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6 p.m.

**Millbrook Exchange Community Center**

#239698 May 3-Aug 30 F 6:00-8:30pm

**Chicas, Conversation and Coffee Book Club**

Age: 18-99 yrs. If you want great conversations and discussion while enjoying a good cup o' Joe, then this book club is for you. Oh, the places we will go! The group will select books on a monthly basis from a list of captivating best sellers. Club will meet every 2nd Saturday of the month.

**St. Monica Teen Center**

*This class will be held at St. Monica Teen Center due to ongoing renovation at Lions Park.*

#239331 Jun 8 Sa 10:00-11:00am  
**Lions Park Community Center**  
#239886 Jul 13 Sa 10:00-11:00am  
#239911 Aug 10 Sa 10:00-11:00am

**Dad and Me Celebration**

Age: 5yrs. and up. Calling all DADS! Join us at Roberts Park for an event to celebrate all the fathers out there. Bring your children for an event full of fun, games, arts, laughter and food! Dress comfortably if you want to win the dance-off! Only the coolest dads allowed... see you at Roberts!

**Roberts Park Community Center** – Course Fee: \$10

#240067 Jun 14 F 6:00-8:30pm

**Explore North Carolina**

Age: 18yrs. and up. Join other cultural enthusiast for day trips to cultural and historic places of interest in the North Carolina area. Trips depart from Top Greene Center around 8 a.m. and usually return by early evening. This trip we are traveling to the historic Pea Island life saving station. Preregistration is required. Suggestions for future trips locations are welcome! Call Top Greene for more information. Participants are responsible for admission fees and lunch.

**John P 'Top' Greene Center**

#240090 Jul 10 W 8:00am-5:00pm

**German Shepherd Dog Club**

Age: All Ages. The purpose of the German Shepherd Dog Club is to improve the breed through education of club members and the public at large. The club meets the first Wednesday of each month and offers lectures and demonstrations throughout the year. See club president for information on meeting topics and club dues.

**Millbrook Exchange Community Center**

#239704 Jun 5 W 7:00-9:00pm  
#239705 Jul 3 W 7:00-9:00pm  
#239706 Aug 7 W 7:00-9:00pm  
#239707 May 1 W 7:00-9:00pm

**Green Road Open Gym**

Age: 18yrs. and up. Green Road has open gym in Gymnasium #1 for ages 18 and up. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

**Green Road Community Center****Adult - 18 and up**

#238421 Jun 21-Aug 30 F 6:30-8:30pm  
#239598 May 1-Jun 14 W-F, M-W 12:15-2:30pm

**Open Ballroom Dance**

Age: 18yrs. and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of ballroom music, and you are welcome to bring your own. Feel free to call ahead with any questions about the music. Please make sure to read the scheduled dates below, because the dance does not meet every week.

**Pullen Community Center** – Course Fee: \$2

#240362 May 3 F 7:00-9:00pm  
#240363 May 10 F 7:00-9:00pm  
#240364 May 17 F 7:00-9:00pm  
#240365 May 24 F 7:00-9:00pm  
#240366 May 31 F 7:00-9:00pm  
#240367 Jun 7 F 7:00-9:00pm  
#240368 Jun 14 F 7:00-9:00pm  
#240369 Jun 21 F 7:00-9:00pm  
#240370 Jun 28 F 7:00-9:00pm  
#240371 Jul 5 F 7:00-9:00pm  
#240372 Jul 12 F 7:00-9:00pm  
#240373 Jul 19 F 7:00-9:00pm  
#240374 Jul 26 F 7:00-9:00pm  
#240375 Aug 2 F 7:00-9:00pm  
#240376 Aug 9 F 7:00-9:00pm  
#240377 Aug 16 F 7:00-9:00pm  
#240378 Aug 23 F 7:00-9:00pm  
#240379 Aug 30 F 7:00-9:00pm

### Raleigh Hemerocallis Club

Age: 16yrs. and up. This club focuses on day lilies: recognizing their different forms and hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's fundraising allows it to have nationally known speakers at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

**Powell Drive Park** – Course Fee: \$1

#240079	May 14	Tu	6:45-9:30pm
#240080	Jun 11	Tu	6:45-9:30pm
#240081	Jul 9	Tu	6:45-9:30pm
#240082	Aug 13	Tu	6:45-9:30pm

### Raleigh Zig-Zaggers Square Dance Club

Age: 13yrs. and up. The Zig-Zaggers are a challenge-level square dance group. The group is open to all dancers who have completed the A2 (advanced) level and want to take lessons for the C1 level as listed by Callerlab definition. All members also belong to other square dance clubs in the area offering classes at the basic and advanced levels. If you are interested in becoming a square dancer, the Zig-Zaggers are happy to provide contact information to get you started. Visitors are always welcome, but please call ahead to make sure the class is not canceled. This is a small group and must have eight people to dance.

**Powell Drive Park** – Course Fee: \$1

#240085	May 6-Aug 26	M	7:30-9:30pm
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### Reading in the Hills Book Club

Age: 21-100 yrs. Come explore the new journey of reading at Biltmore Hills where readers can come together and talk about books and their reading experience. Club will meet monthly. Reading material not included.

**Biltmore Hills Community Center**

#240088	May 20-Jul 15	M	6:30-8:00pm
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### Self-Defense Training for Women

Age: 16yrs. and up. Would you know what to do if you were attacked? Would you know how to identify your attacker? More important, do you know all the facts to keep from becoming a victim? Jason Vickory of Vickory Jitsu LLC will not only teach you how to defend yourself against a predator but how to arm yourself with knowledge on the measures of prevention. Most attackers use a person's weakness and vulnerability as a means of attacking. Don't let your inability or lack of knowledge allow you to be victimized. In addition, this is also a great means of exercise. Perfect Mother/Daughter training! Each participant will receive a welcome packet.

**Method Road Community Center** – Course Fee: \$120

#240396	May 4-25	Sa	10:30-11:30am
#240397	Jun 8-29	Sa	10:30-11:30am
#240398	Jul 13-Aug 3	Sa	10:30-11:30am
#240399	Aug 10-31	Sa	10:30-11:30am

### Sister Enrichment Club

Age: 18yrs. and up. This program geared towards women will feature informative speakers who will uplift, encourage and motivate. The club will also include a Book of the Month. Take a moment for yourself, share social time and meet new friends.

**Tarboro Road Community Center**

#239946	May 6-Aug 26	M	6:30-8:30pm
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### Sister Share at CP

Age: 18yrs. and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

**Carolina Pines Community Center**

#238900	May 9	Th	6:30-8:00pm
#238901	Jun 13	Th	6:30-8:00pm
#238904	May 23	Th	6:30-8:00pm

### Summer Camp for Women

Age: 18yrs. and up. The camp provides a place where women can gather on summer evenings for a special Ladies Night. Why should the children have all the fun? Come join us. We'll even take care of the children for you!

**Carolina Pines Community Center**

#238899	Jun 27-Jul 25	Th	6:00-9:00pm
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### Senior

#### Bingo

Age: 18yrs. and up. This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card.

**Anne Gordon Center for Active Adults**

#239944	May 3-Aug 30	F	9:30am-12:00pm
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**Marsh Creek Community Center**

#238517	May 7-Jun 11	Tu	10:00am-1:00pm
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#### Bingo for Adults

Age: 55yrs. and up. Come and enjoy making friends and sharing lots of laughs while playing bingo! This is not your typical bingo. We play a variety of games from straight bingo to Four Corners, Postage Stamp and Clear All. Cost is 50 cents per card or \$1 for 3 cards.

**Green Road Community Center**

#238411	May 7-Jun 11	Tu	10:00am-1:00pm
#238412	Jun 18-Aug 27	Tu	8:00am-11:00am

#### Bridge Club - Laurel Hills

Age: 55yrs. and up. Join members of the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!

**Laurel Hills Community Center**

#239769	May 7-Jun 4	Tu	10:15am-1:00pm
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#### Bridge: Open Play

Age: 18yrs. and up. Join other bridge players for this open play program. All experience levels are welcome.

**Five Points Center for Active Adults**

#237269	May 2-Aug 29	Th	10:00am-1:00pm
#237270	May 3-Aug 30	F	12:30-3:00pm

**Greystone Community Center**

#240173	May 6-Aug 26	M	11:00am-1:00pm
#240174	May 1-Aug 28	W	11:15am-2:30pm

### Cards and Mahjong Open Play

Age: 18yrs. and up. Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served space is limited.

**Anne Gordon Center for Active Adults**

#239960	May 7-Aug 27	Tu	12:30-5:00pm
#239961	May 1-Aug 28	W	1:00-3:00pm
#239962	May 3-Aug 30	F	12:30-5:00pm

### Cribbage Open Play

Age: 18yrs. and up. Join other cribbage players for an open play opportunity. All experience levels are welcome.

**Five Points Center for Active Adults**

#237540	May 2-Aug 29	Th	2:00-4:00pm
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### Greystone Blanketeers

Age: 16yrs. and up. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Linda Seanor 919-413-3548.

**Greystone Community Center**

#240196	May 28-Aug 27	Tu	1:00-4:00pm
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### Intermediate Bridge and Game Day

Age: 18yrs. and up. Join your fellow game players for intermediate bridge, canasta, dominoes and board games. Bring your own games to share with the group if you wish.

**Five Points Center for Active Adults**

#237559	May 6-Aug 19	M	1:00-4:00pm
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### Mah Jongg Open Play

Age: All Ages. This program is for those who know how to play and do not need instructions. Bring your game boards and cards. Some supplies are available.

**Greystone Community Center**

#240197	May 6-Aug 26	M	2:00-4:00pm
#240199	May 7-Aug 27	Tu	12:30-3:30pm

### Mahjong Madness

Age: 18yrs. and up. Mahjong is a 2-4 player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

**Green Road Community Center**

#238424	May 7-Aug 27	Tu	1:00-4:00pm
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**Men's Friday Morning**

Age: 18yrs. and up. Men, are you looking for a place to hang out, play some games and socialize with the 'Guys'? Men's Friday Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also options, or just pop in for a visit. Registration is not required, you will be asked to sign in upon arrival.

**Anne Gordon Center for Active Adults**

#239968 May 3-Aug 30 F 9:00am-12:00pm

**Senior Fridays**

Age: 55yrs. and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

**Greystone Community Center**

#240203 May 3-Aug 30 F 1:00-3:00pm

**Senior Gaming Club at Roberts Park**

Age: 55yrs. and up. Join us at Roberts Park for a morning of fun! Adults 50 and better can come together for socializing and game options like bingo, bridge, chess and more! See you soon!

**Roberts Park Community Center**

#240124 Jun 4-25 Tu 11:00am-12:00pm

#240125 Jul 2-30 Tu 11:00am-12:00pm

#240126 Aug 6-27 Tu 11:00am-12:00pm

**Wednesday Movies at the Anne Gordon Center**

Age: 18yrs. and up. Join us for a movie that just recently left the theaters. Items from the drink and candy machines cost \$1 each or bring your own. We have a microwave available for your use. No registration, it is first come first serve starting at 1:15pm and space is limited to 60 people. Free. You will be asked to sign in upon arrival.

**Anne Gordon Center for Active Adults**

#239970 May 1-Aug 28 W 2:00-4:30pm

**Family****80's Flashback Night**

Age: 12yrs. and up. Have you ever wanted to be a kid again for a day? Come to the Top Greene center for an evening of '80s board games, trivia, music, fun and more. Be sure to rock your old school gear and get ready to reminisce on the 'fresh' old days!

**John P 'Top' Greene Center**

#240089 Jul 19 F 6:30-8:00pm

**Abbotts Creek Sport Karate**

Age: 5yrs. and up. Abbotts Creek Sport Karate will increase core training, bring sport into the field of martial arts competition at the highest level and improve balance, hand-eye coordination, confidence and respect. Looking for something to do with your child? Parents are welcome to sign up, too! Instructor: Frank Pierce.

**Abbotts Creek Community Center****Abbotts Creek Sport Karate - Beginner**

Course Fee: \$30

#237458 Jul 3-17 W 6:15-6:45pm

#237459 Aug 7-21 W 6:15-6:45pm

#237462 Jul 3-17 W 6:45-7:45pm

#237463 Aug 7-21 W 6:45-7:45pm

**Abbotts Creek Sport Karate - Beginner**

Course Fee: \$40

#237456 May 1-22 W 6:15-6:45pm

#237457 Jun 5-26 W 6:15-6:45pm

#237460 May 1-22 W 6:45-7:45pm

#237461 Jun 5-26 W 6:45-7:45pm

**Family Summer Fun**

Age: 5yrs. and up. Join us for some fun in the sun! We will bring out different games and activities each week, such as oversized yard games, water sprayers, bubbles, and more. There will be plenty for parents and children to enjoy.

**Anderson Point**

#240352 Jun 13 Th 6:00-7:00pm

#240353 Jul 18 Th 6:00-7:00pm

#240354 Aug 15 Th 6:00-7:00pm

**Fun Friday at Roberts Park**

Age: 5yrs. and up. Join us at Roberts Park for fun, friends and family! Activities are not limited to movies - there will be arts and crafts, active games, board games and more! Celebrate Friday with us at Roberts Park! See you soon!

**Roberts Park Community Center**

#240102 Jun 28 F 6:00-8:00pm

#240103 Jul 26 F 6:00-8:00pm

**Historic Method Day**

Age: All Ages. Join us in celebrating the history of the Method Community. There will be informational vendors, a book-bag giveaway, games, music, arts and crafts and food. Come socialize with old friends while enjoying this special event.

**Method Road Community Center**

#240030 Aug 24 Sa 11:00am-3:00pm

**Line Dance**

Age: 16yrs. and up. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions. Cost per class is \$5.

**Tarboro Road Community Center - Course Fee: \$5**

#239903 May 7 Tu 6:30-7:30pm

#239904 May 21 Tu 6:30-7:30pm

#239905 Jun 4 Tu 6:30-7:30pm

#239906 Jun 18 Tu 6:30-7:30pm

#239907 Jul 2 Tu 6:30-7:30pm

#239908 Jul 16 Tu 6:30-7:30pm

#239909 Aug 6 Tu 6:30-7:30pm

#239910 Aug 20 Tu 6:30-7:30pm

**Make it & Take it**

Age: 12yrs. and up. Fun for the whole family, these project-based programs allow you to create and construct a take home, useable craft. All projects allow you to connect your home with nature. Registration covers all the materials and equipment needed to complete the project from start to finish. Pre-registration required.

**Forest Ridge Park - Course Fee: \$10****Hummingbird Feeders**

#237907 Jun 17 M 10:00am-12:00pm

**Movie Thursday at Top Greene**

Age: 20yrs. and up. Do you enjoy movie classics, Westerns, romance, suspense or box office hits? Come enjoy popcorn while you watch a movie with your friends!

**John P 'Top' Greene Center**

#240099 Jul 18 Th 6:30-8:00pm

#240100 Aug 15 Th 6:30-8:00pm

**Parents Night Out Xtreme**

Age: 6-11 yrs. Parents it's time for a night on the town without the kids. This program offers a night out for parents while your children are being safely supervised in a fun and exciting environment. This program will offer a night of fun games, pizza, movies, craft projects, and team sports.

**Lions Park Community Center - Course Fee: \$20**

#239238 Jul 26 F 5:45-8:45pm

#239239 Aug 9 F 5:30-8:30pm

**Tot Time Play Group**

Age: Up to 5 yrs. Tot Time is a non-structured play time for young children to enjoy the fun atmosphere of a gym environment. It is geared toward parents looking for indoor play space with their toddlers in a safe, clean environment. We have age-appropriate equipment designed to let toddlers explore and learn new skills. Parents will need to supervise their children.

**Worthdale Community Center**

#238391 May 3-31 F 10:00-11:00am

**Worthdale Movie Night**

Age: 7-12 yrs. Come enjoy a movie with family, friends and other members of the community. Age appropriate movie and refreshments will be provided.

**Worthdale Community Center - Course Fee: \$1****Youth (ages 7-12)**

#239415 Jun 14 F 6:30-8:30pm

#240607 Jun 28 F 6:30-8:30pm

#240608 Jul 12 F 6:30-8:30pm

**Youth and Family Movie Night**

Age: All Ages. Come join us for a night of movie watching with your family and friends! We will provide the popcorn and a drink as well as an age-appropriate movie everyone will enjoy! Participants under 5 years old must be accompanied by an adult.

**Tarboro Road Community Center**

#239916 May 24 F 6:30-8:00pm

#239917 Jun 21 F 6:30-8:00pm

#239918 Jul 19 F 6:30-8:00pm

#239919 Aug 16 F 6:30-8:00pm



# Specialized Recreation and Inclusion Services

## Specialized Recreation and Inclusion Services

919.996.2147

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Specialized Recreation and Inclusion Services offers a variety of programs for individuals who have developmental and/or physical disabilities, and provides inclusion support for individuals with disabilities who participate in typical programs. Each program is designed to meet the needs and interests of the participants. We offer a variety of programs, including specific programs in the areas of Adapted Aquatics, Social Clubs, Special Olympics sport opportunities, Wheelchair Sports, Track Out programs, programs for individuals with Visual Impairments, etc. Please review our program listings for more information. Some eligibility restrictions may apply. Please note that non-resident fees currently do not apply to our programs. For more information on how to receive program information, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations to:

Raleigh Parks, Recreation and Cultural Resources Department

**Specialized Recreation and Inclusion Services**

2401 Wade Avenue • Raleigh, NC 27607

## Art Time

Age: 15yrs. and up. Join us to create some unique, one-of-a-kind art on the 4th Monday of the month! Each class will focus on a different theme, and various types of materials will be used. Materials will be provided. An instructor will be available to facilitate and assist participants at a ratio of 1:5. Individuals requiring a higher level of support may attend with a personal assistant. For more information, please call 919-996-2147 or email SRIS@raleighnc.gov.

**Pullen Community Center** – Course Fee: \$24

#239627	May 20	M	6:30-8:00pm
#239628	Jun 24	M	6:30-8:00pm
#239629	Jul 22	M	6:30-8:00pm
#239630	Aug 26	M	6:30-8:00pm

## Bingo Night

Age: 18yrs. and up. Join us the second Wednesday of the month for a fun-filled night of bingo! There will be prizes and time with friends. A program instructor will be available to facilitate and assist all participants. No one-on-one assistance will be provided. Individuals requiring a higher level of support may attend with a personal assistant. Pre-registration is required. For more information, please call 919-996-2147 or email SRIS@raleighnc.gov.

**Chavis Community Center** – Course Fee: \$10

#238658	May 8	W	6:00-8:00pm
#238659	Jun 12	W	6:00-8:00pm
#238660	Jul 10	W	6:00-8:00pm
#238661	Aug 14	W	6:00-8:00pm

## Cooking for Adults

Age: 18yrs. and up. This program is designed to meet the needs of adults with developmental or physical disabilities. We will teach the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe and basic kitchen skills needed to prepare various dishes. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with an approved personal assistant. For more information, call 919-996-2147 or email SRIS@raleighnc.gov.

**Marsh Creek Park** – Course Fee: \$60

#236827	May 21-Jun 11	Tu	6:00-8:00pm
#236828	Jul 16-Aug 6	Tu	6:00-8:00pm

## Friendly Track Out

Friendly Track Out is designed to meet the needs of students with developmental disabilities who attend school on Track 4. The program is offered at Lake Lynn Community Center and Marsh Creek Community Center. Each week features structured recreation, leisure and social activities specifically for these students, in addition to field trips and inclusive activities with participants in the Track Out X-Press program. Participants must be able to participate successfully within a 1:3 ratio of staff to participants. Students

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who require more assistance or supervision may attend with a personal assistant. Behavior: staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate program behavior, without presenting a safety concern to themselves, other campers or staff.

Feeding: staff will provide verbal and visual prompting, reminders, assist with placement of food, break up food into small pieces, open containers for the participant. Participants should be able to physically feed themselves. Participation: staff will engage participant through multiple means of instruction, sensory engagement, supported transitions, and program modifications. Participants are expected to stay with their group, follow given/modeled direction, and demonstrate engagement during program activities, during transitions, and in the community on field trips. Toileting and Personal Care: staff will provide verbal and visual prompting, assist camper with pull-up/diaper and/or clothing. Participant should be able to clean/wipe themselves with minimal assistance from staff. Registration for each break will close 1 month in advance. Additional forms and either a phone or live interview are required to complete the registration process. The interview is now part of the registration process to ensure that your participant is appropriately registered, so they can be the most successful in the program. This interview not only allows us to get to know the participant better but also provides a forum where we can answer any of your

more specific questions. If at this interview, it is determined that Friendly Track Out is not appropriate for your participant, we will grant a full refund for the weeks in which they are registered. Please contact Specialized Recreation and Inclusion Services at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov) for more information.

### HIP Silent Supper

Age: All Ages. Silent Suppers are held the 3rd Tuesday of each month. All are welcome. This program is designed for individuals who are deaf or hard of hearing and their family members. It provides an opportunity for beginner and advanced signers to socialize in a fun and relaxed setting. Preregistration is encouraged but not required. All attendees must sign in with staff upon arrival. For more information, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

#### Non-City Owned Site

##### Cary Towne Center

#238670	May 21	Tu	:30-8:30pm
#238672	Jul 16	Tu	5:30-8:30pm

##### Crabtree Valley Mall

#238671	Jun 18	Tu	7:30-9:00pm
#238673	Aug 20	Tu	7:30-9:00pm

### Jr. Thunder Wheelchair Basketball

This program is a collaboration of Bridge II Sports and the Raleigh Parks, Recreation & Cultural Resources Department, and is designed for youth with a physical disability. We have two (2) divisions: Prep and JV. Thunder has weekly practices from August to March. In practices, we work on sports skills, as well as building confidence, goal setting and independence. The team does travel for

tournaments in and out of state. If you are interested in participating or learning more, please visit [www.bridge2sports.org](http://www.bridge2sports.org) or call 866-880-2742.

### Music for Beginners

Age: 15yrs. and up. Music for beginners will allow participants to master musical skills and concepts by hands-on participation. Students will perform with instruments such as guitar, violin, piano, cello, harp, drums, flute and voice. This program is designed to meet the needs of participants with developmental disabilities and will be facilitated at a 1 to 6 ratio. One-on-one assistance is not provided, but personal assistants are welcome. For more information, please call 919-996-2147.

#### Biltmore Hills Community Center – Course Fee: \$50

#239632	May 2-30	Th	6:30-7:30pm
#239633	Jun 6-27	Th	6:30-7:30pm
#240625	Jul 11-25	Th	6:30-7:30pm
#240626	Aug 8-Sep 5	Th	6:30-7:30pm

### Next Step

Age: 17yrs. and up. Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for an adult child with disabilities. Now what? Moving away from home is often the next step! Join this group as guest speakers from the community help us: (1) examine residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life after the move into a new home. Meetings are 9:30-11:00 a.m. every third Saturday of the month at Millbrook Exchange Community Center, 1905 Spring Forest Road. Meetings are free, and light refreshments will be





available. No reservations are necessary. For more information, contact Dave Curro at [davecurro11@gmail.com](mailto:davecurro11@gmail.com).

#### **Millbrook Exchange Community Center**

#238712 May 18 Sa 9:30-11:00am

#### **Open Mic Night**

Age: 18yrs. and up. If you love to sing or perform, then it is your time to shine! Grab your friends and join us on the 3rd Friday of each month for karaoke open mic! We have thousands of songs to choose from in an encouraging, family-friendly atmosphere. We provide a staff to facilitate and supervise performers. If performers require a higher level of support, assistants are welcome to attend. Preregistration is required. For more information, contact 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

#### **Chavis Community Center**

#238674	May 17	F	6:00-8:30pm
#238675	Jun 21	F	6:00-8:30pm
#238676	Jul 19	F	6:00-8:30pm
#238677	Aug 16	F	6:00-8:30pm

#### **Quest Adult Day Program**

Age: 22-99 yrs. This program is designed for participants with developmental and/or physical disabilities who are interested in daytime recreation, healthy living and community engagement. Participants must be able to work in a small group setting, manage personal care with minimal assistance and follow basic rules of safety and interaction. Individuals who require more support may attend with a personal assistant. Personal assistants must complete additional paperwork and a background check before attending. Registration and additional participant information forms are required at least two weeks before each monthly program start date. Please call 919-996-2147 or email [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov) for more information.

#### **Five Points Center for Active Adults**

Course Fee: \$125

#238680	May 7-28	Tu	9:15am-2:15pm
#238681	Jun 4-25	Tu	9:15am-2:15pm
#238682	Jul 2-30	Tu	9:15am-2:15pm
#238683	Aug 6-27	Tu	9:15am-2:15pm

#### **Millbrook Exchange Community Center**

Course Fee: \$125

#238684	May 2-30	Th	9:15am-2:15pm
#238685	Jun 6-27	Th	9:15am-2:15pm
#238686	Jul 11-25	Th	9:15am-2:15pm
#238687	Aug 1-29	Th	9:15am-2:15pm

#### **Walnut Terrace Neighborhood Center**

Course Fee: \$125

#238722	May 1-29	W	9:15am-2:15pm
#238727	Jun 5-26	W	9:15am-2:15pm
#238728	Jul 10-31	W	9:15am-2:15pm
#238729	Aug 7-28	W	9:15am-2:15pm

#### **Raleigh Sidewinders Quad Rugby**

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), [www.quadrugby.com](http://www.quadrugby.com). The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit [www.ncscia.org/theraleighsidewinders](http://www.ncscia.org/theraleighsidewinders).

#### **Recreational Bowling**

Age: 6yrs. and up. This bowling program provides a fun and exciting place for youth and adults with developmental and/or physical disabilities to participate in bowling. This is a recreational program and does not provide instruction. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 20 games of bowling and shoe rental. This program will be facilitated on a 1 to 10 staff to participant ratio. Individuals needing additional assistance are welcome to bring a personal assistant. For more information, call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site** – Course Fee: \$65

#### **AMF Pleasant Valley**

#238678 May 18-Jul 20 Sa 10:00am-12:00pm

#### **AMF South Hills**

#238679 May 18-Jul 20 Sa 10:00am-12:00pm

#### **Social Clubs**

Specialized Recreation and Inclusion Services offers three (3) Social Clubs for individuals with developmental and/or physical disabilities: the Adventure Club is for ages 15-24, the Wildcats Club is for ages 25-34 and the Dragons Club is for ages 35 and up. Most club activities are suggested by club members and range from local outings, day trips and/or overnight trips. Activities are generally planned on a 4 participant to 1 chaperone ratio – some other requirements may apply. To receive more information about any of these club activities, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

#### **Special Olympics Wake County**

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations. To receive more information on Special Olympics Wake County sport opportunities, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

#### **Specialized Recreation Dances**

Come dance the night away! We'll provide volunteer chaperones, music, refreshments and lots of friends. Participants who need higher support, supervision or assistance are welcome to attend with a chaperone or personal assistant. Chaperones attend for free but must fill out a registration form. Specific dance flyers and registration forms will be sent out in advance, and are available on our website. No pre-registration accepted. Cost is \$5 cash at the door. For more information, call 919-996-2147 or email [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

#### **Specialized Recreation Guided Nature Hike**

Age: 16yrs. and up. Join us for a fun and friendly learning session and an accessible walk along the Walnut Creek Greenway. Along the way we will experience the sounds, sights, smells and texture as we learn about the plants and animals that call this area home. Each session will feature a different topic. Come join us! Please register at least 3 days in advance.

#### **Walnut Creek Wetland Center**

#236841	May 8	W	1:00-2:00pm
#236842	Jun 19	W	1:00-2:00pm
#236843	Jul 24	W	1:00-2:00pm
#236844	Aug 14	W	1:00-2:00pm

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**Triangle Taiko**

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail [yokoishima@gmail.com](mailto:yokoishima@gmail.com).

**Triangle Thunder Wheelchair Basketball**

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit [www.trianglethunder.org](http://www.trianglethunder.org).

**Visually Impaired Programs**

The following programs, noted as VIP, are designed for individuals who are blind or who have vision impairment. Visually Impaired programs are not currently available for online registration. To receive our bi-monthly Newsletter, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**VIP Bingo**

Age: 14yrs. and up. Join us for an evening of fellowship, fun and bingo. Braille and large print cards are available. There will be no food or drink provided. Participants are welcome to bring or order food to be delivered to the program location. Food, delivery and eating should not interrupt the program. For more information, please contact 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Chavis Community Center** – Course Fee: \$4

#238689	May 22	W	7:00-8:45pm
#238690	Jun 26	W	7:00-8:45pm
#238691	Jul 24	W	7:00-8:45pm
#238692	Aug 28	W	7:00-8:45pm

**VIP Darts**

Age: 18yrs. and up. Come enjoy a competitive evening playing darts. You must register for a month in order to participate. Weekly Registration is not available. This program is designed for individuals with visual impairments. For more information, call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Five Points Center for Active Adults****May - Course Fee: \$12**

#239689	May 6-20	M	6:30-8:15pm
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**June - Course Fee: \$16**

#239690	Jun 3-24	M	6:30-8:15pm
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**July - Course Fee: \$20**

#239691	Jul 1-29	M	6:30-8:15pm
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**August - Course Fee: \$16**

#239692	Aug 5-26	M	6:30-8:15pm
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**VIP Dinner and a Movie**

Age: 18yrs. and up. This program is for individuals with visual impairments. Join us the first Sunday of each month for dinner and a movie at a local restaurant and movie theatre. As new releases come out, we'll socialize and enjoy each other's company and then continue on to the feature of the month. Location and movie will be determined one week in advance. For more information, please contact 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site** – Course Fee: \$4

#238693	May 5	Su	4:00-9:00pm
#238694	Jul 7	Su	4:00-9:00pm

**VIP Fitness**

Age: 14yrs. and up. These fitness programs are designed for participants with visual impairments. For more information, please call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site** – Course Fee: \$4

#238632	May 28	Tu	6:00-7:00pm
#238633	Jun 25	Tu	6:00-7:00pm
#238634	Jul 23	Tu	6:00-7:00pm
#238635	Aug 27	Tu	6:00-7:00pm

**VIP Fun Bowl**

Age: 18yrs. and up. This program is designed for participants with visual impairments. Come out and bowl! Participants must be able to carry balls to and from the lane, and bowl unassisted. No instruction or one-on-one assistance will be provided. Pin spotters will be provided, and guide rails are available. A fee of \$1 cash per game is paid directly to the bowling alley each day. All participants must register in advance for each month. Weekly registration is not available. For more information, please call 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site**

#236819	May 1-29	W	12:30-2:30pm
#236820	Jun 5-26	W	12:30-2:30pm
#236821	Jul 10-31	W	12:30-2:30pm
#236822	Aug 7-28	W	12:30-2:30pm

**VIP Trivia**

Age: 18yrs. and up. This program is designed for participants with visual impairments. Enjoy an evening playing competitive trivia every 3rd Thursday of each month. Participants must be able to meet at trivia location. Transportation home is offered within the Raleigh city limits. Pre-registration is required. For more information, please contact us at 919-996-2147 or [SRIS@raleighnc.gov](mailto:SRIS@raleighnc.gov).

**Non-City Owned Site** – Course Fee: \$4

#236823	May 16	Th	6:00-8:30pm
#236824	Jun 20	Th	6:00-8:30pm
#236825	Jul 18	Th	6:00-8:30pm
#236826	Aug 15	Th	6:00-8:30pm

# Sports



## Preschool

### All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

**Green Road Community Center** – Course Fee: \$36

#238395 Jun 8-29 Sa 11:00-11:45am

#238396 Jul 13-Aug 3 Sa 11:00-11:45am

#238397 Aug 10-31 Sa 11:00-11:45am

#238398 May 4-Jun 1 Sa 11:00-11:45am

**Lake Lynn Community Center** – Course Fee: \$36

#240152 May 7-28 Tu 10:00-10:45am

#240153 Aug 3-24 Sa 10:15-11:00am

**Optimist Community Center** – Course Fee: \$36

#239361 May 8-29 W 5:00-5:45pm

#239362 Jun 5-26 W 5:00-5:45pm

#239363 Jul 10-31 W 5:00-5:45pm

#239364 Aug 7-28 W 5:00-5:45pm

### Baseball - Little Sluggers

Age: 3-5 yrs. This class, an introduction to skills development, teaches the basics of baseball, including fielding, hitting, throwing and catching. The class will help develop your child's hand-eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

**Lake Lynn Community Center** – Course Fee: \$27

#240143 May 4-18 Sa 9:15-10:00am

**Lake Lynn Community Center** – Course Fee: \$36

#240144 Aug 3-24 Sa 9:15-10:00am

**Lake Lynn Community Center**

with Coach K – Course Fee: \$36

#239251 Jun 8-29 Sa 11:00-11:45am

### Basketball - Kinderbasketball

Age: 3-5 yrs. This sports class focuses on the fundamental skills of basketball each week. Participants will be introduced to skills such as passing, dribbling, shooting and team play in a safe, rewarding, noncompetitive environment.

**Barwell Road Community Center** – Course Fee: \$40

#240328 Jun 2-23 Su 2:00-2:45pm

### Basketball - Little Shooters

Age: 3-5 yrs. This is a skills, drills and play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding, noncompetitive sports experience.

**Green Road Community Center** – Course Fee: \$36

#238399 May 7-28 Tu 6:00-6:45pm

#238400 Jun 4-25 Tu 6:00-6:45pm

#238401 Jul 2-23 Tu 6:00-6:45pm

#238402 Aug 6-27 Tu 6:00-6:45pm

**Lake Lynn Community Center** – Course Fee: \$36

#240145 Jul 6-27 Sa 9:15-10:00am

**Laurel Hills Community Center** – Course Fee: \$36

#239240 May 4-Jun 1 Sa 10:1-11:00am

#239246 Jul 6-27 Sa 10:15-11:00am

### Basketball - Twos Sport Zone

Age: 2-2 yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy tiny hoop games, touch-n-go dribbling, catch, pass and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K.

**Laurel Hills Community Center**

Course Fee: \$27

#239267 May 4-Jun 1 Sa 9:30-10:00am

#239268 Jul 6-27 Sa 9:30-10:00am

Course Fee: \$36

#239269 May 4-Jun 1 Sa 9:30-10:00am

### Football - Little Tacklers

Age: 3-5 yrs. Hut one, hut two ... hike! This class is an introduction in skills development that teaches the basics of football, including passing, kicking, catching and running. The class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Touchdown!

**Lake Lynn Community Center** – Course Fee: \$36

#240158 Jun 8-29 Sa 10:15-11:00am

### Futsal Junior

Age: 3-4 yrs. Bring the little ones inside to play fun pick-up games with friends and meet people with a shared passion for futsal. The game of quick-paced indoor soccer will be played on a smaller basketball-style court with walls and a smaller, low-bouncing ball. Space, goals, futsal ball and chairs for parents provided. Participants must be accompanied and supervised by an adult. Onsite registration is required.

**Ralph Campbell Community Center**

#239330 May 4-Aug 31 Sa 2:00-4:00pm

### Hockey - Little Goalies

Age: 3-5 yrs. This class is an introduction in skills development that teaches the basics of hockey, including passing, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

**Lake Lynn Community Center** – Course Fee: \$36

#240157 Jun 8-29 Sa 9:15-10:00am

### Optimist Wide World of Sport Clinics (Ages 4-5)

Age: 4-5 yrs. Looking for a non-competitive sports environment through repetition and teamwork in a fun, safe and nurturing environment. Look no further. We are offering instructional sport clinics for preschool aged children. This is a highly structured format for beginners that want to learn the game the right way. We will work on keys skills in each of the sports as well as developing hand-eye coordination, listening skills, goods sportsmanship, and teamwork. The

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first part of the 5 week program focuses on fundamentals while the second part of the program focuses on scrimmages and playing the game.

#### **Optimist Community Center**

**Basketball** – Course Fee: \$45

#239448 May 6-Jun 10 M 6:00-7:00pm

#239449 Jul 8-Aug 5 M 6:00-7:00pm

**Soccer** – Course Fee: \$60

#239448 May 6-Jun 10 M 6:00-7:00pm

#239449 Jul 8-Aug 5 M 6:00-7:00pm

#### **smALL-Stars - All Sports**

Age: 3-5 yrs. Introduce your future all-star to various sports in this fun and engaging look at sports for preschoolers. Your child will learn the basics of different sports while developing hand-eye coordination, listening skills, good sportsmanship and teamwork.

**Abbotts Creek Community Center** – Course Fee: \$40

#236630 May 2-23 Th 4:45-5:30pm

#### **smALL-Stars - Baseball**

Age: 3-5 yrs. 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.

**Abbotts Creek Community Center** – Course Fee: \$40

#236635 May 6-27 M 4:45-5:30pm

#### **smALL-Stars - Basketball**

Age: 3-5 yrs. Introduce your future all-star to basketball in this fun and engaging look at basketball for preschoolers. Your child will learn the basics of basketball while developing hand-eye coordination, listening skills, good sportsmanship and teamwork.

**Abbotts Creek Community Center** – Course Fee: \$40

#236641 May 7-28 Tu 4:45-5:30pm

#### **smALL-Stars - Soccer**

Age: 3-5 yrs. 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.

**Abbotts Creek Community Center** – Course Fee: \$40

#236645 May 1-22 W 4:45-5:30pm

#### **Soccer - Little Kickers**

Age: 3-5 yrs. This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

**Brier Creek Community Center** – Course Fee: \$40

#239583 Jun 6-27 Th 4:30-5:15pm

#239584 Jul 11-Aug 1 Th 4:30-5:15pm

#239635 Aug 8-29 Th 4:30-5:15pm

**Lake Lynn Community Center** – Course Fee: \$27

#240159 May 4-18 Sa 10:15-11:00am

**Lake Lynn Community Center** – Course Fee: \$36

#240160 Jul 6-27 Sa 10:15-11:00am

#240161 May 7-28 Tu 11:00-11:45am

**Laurel Hills Community Center**

**with Coach K** – Course Fee: \$36

#239299 Aug 3-24 Sa 10:15-11:00am

#### **Soccer - Mini Kickers**

Age: 3-5 yrs. This class is an introduction to skill development that teaches the basics of soccer, including drills like passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork.

**Green Road Community Center** – Course Fee: \$27

#238430 May 6-Jun 3 M 6:00-6:45pm

**Green Road Community Center** – Course Fee: \$36

#238431 Jun 10-Jul 1 M 6:00-6:45pm

#238432 Jul 8-29 M 6:00-6:45pm

#238433 Aug 5-26 M 6:00-6:45pm

#### **Soccer - Twos Sport Zone**

Age: 2-2 yrs. Parent and child come off the sidelines and get into the game, learning soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

**Laurel Hills Community Center** – Course Fee: \$27

#239295 Aug 3-24 Sa 9:30-10:00am

#### **T- Ball - Twos Sport Zone**

Age: 2-2 yrs. This parent-lot class is a great way to play while learning about the basics of baseball on a toddler's level. Little all-stars will enjoy the tiny T-ball games, hitting, catching, throwing and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K.

**Laurel Hills Community Center** – Course Fee: \$27

#239294 Jun 8-29 Sa 9:30-10:00am

#### **Toddler Intro to Sports**

Age: 3-5 yrs. Calling all toddlers that like to have fun! Join us at Roberts Park for a Toddler Introduction to Sports! Participants will explore sports including basketball, soccer, t-ball and hockey. A new sport will be introduced each class. Participants will take home a reward for participation. See you at Roberts!

**Roberts Park Community Center** – Course Fee: \$25

#240084 Jul 10-31 W 11:00am-12:00pm

### **Youth**

#### **All Stars-All Sports**

Age: 3-5 yrs. Have an active child that LOVES sports! This is the class for them. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

**Brier Creek Community Center** – Course Fee: \$40

#239645 Jun 4-25 Tu 4:45-5:30pm

#239646 Jul 9-30 Tu 4:45-5:30pm

#239684 Aug 6-27 Tu 4:45-5:30pm

#239748 Jun 4-25 Tu 5:45-6:15pm

#239818 Jul 9-30 Tu 5:45-6:15pm

#239829 Aug 6-27 Tu 5:45-6:15pm

#### **Ballin' Basics Level I**

Age: 5-12 yrs. This is an opportunity for beginners and those who may have just started to play basketball. Enjoy learning the fundamentals of basketball. Each session participant will learn basic skills such as dribbling, passing, defense and shooting.

**Worthdale Community Center** – Course Fee: \$25

#239250 May 1-29 M, W 6:15-7:15pm

#### **Baseball - Sluggers**

Age: 6-9 yrs. Crack! It's going, going ... gone! This class helps develop the skills of baseball, including running, hitting, throwing, pitching and fielding. The class also will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

**Laurel Hills Community Center** – Course Fee: \$40

#239259 Jun 8-29 Sa 12:00-1:00pm

#### **Basketball - Chavis Ballers**

Age: 5-6 yrs. Let's shoot some hoops! Participants will be placed on teams for scrimmage-style games that will develop fundamental basketball skills, including dribbling, passing and shooting. This league is designed to help your child become familiar with the game of basketball as well as develop good listening skills and the value of good sportsmanship. All games will be played at Chavis. Registration will be held May 19-June 1.

**Chavis Community Center** – Course Fee: \$35

#237843 Jun 25-Aug 27 Tu 6:15-8:15pm

#### **Basketball - Shooters**

Age: 6-9 yrs. This skills development sports program teaches the basics of basketball, including passing, dribbling and shooting. The program helps develop good hand-eye coordination as well as listening skills and good sportsmanship.

**Laurel Hills Community Center**

**with Coach K** – Course Fee: \$40

#239265 Jul 6-27 Sa 12:00-1:00pm

#### **Basketball - Skill Development and Training Clinic**

Age: 10-14 yrs. This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will have the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

**Green Road Community Center** – Course Fee: \$45

#238403 May 4-Jun 1 Sa 12:00-1:30pm

#238404 Jun 8-29 Sa 12:00-1:30pm

#238405 Jul 13-Aug 3 Sa 12:00-1:30pm

#238406 Aug 10-31 Sa 12:00-1:30pm

#### **Basketball- Chavis AND 1 Hoops**

Age: 7-8 yrs. Let's shoot some hoops! Participants will be placed on teams for scrimmage-style games that will develop fundamental basketball skills, including dribbling, passing and shooting. This league is designed to help your child become familiar with the game of basketball as well as develop good listening skills and the value of good sportsmanship. All games will be played at Chavis. Registration will be held May 19-June 1.

**Chavis Community Center** – Course Fee: \$35

#237845 Jun 27-Aug 29 Th 6:15-8:15pm





### Basketball Fundamentals 101

Age: 5-12 yrs. Participants will learn more advanced fundamentals skills of basketball in each session. The skills sessions will cover all aspects of basketball, including shooting, passing, defense, offense, agility and dribbling. Scrimmage games will be included to add to the fun.

**Worthdale Community Center** – Course Fee: \$25  
#239256 May 1-29 M, W 7:30-8:30pm

### Basketball Skills

Age: 6-11 yrs. This class will help participants improve their fundamental skills through practice drills. The instructor will help participants master dribbling, passing, shooting and defense. This program is great for beginners just learning basketball and those who want to improve their skills.

**Barwell Road Community Center** – Course Fee: \$40  
#240331 Jun 2-23 Su 3:00-3:45pm  
#240336 Aug 4-25 Su 3:00-3:45pm

### Basketball Skills for Beginners

Age: 6-9 yrs. Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Learn the basic techniques of dribbling, shooting and passing along with other drills for ball control. Be prepared to sweat, learn and have a good time!

**Green Road Community Center** – Course Fee: \$40  
#238407 May 4-Jun 1 Sa 10:00-10:45am  
#238408 Jun 8-29 Sa 10:00-10:45am  
#238409 Jul 13-Aug 3 Sa 10:00-10:45am  
#238410 Aug 10-31 Sa 10:00am-10:45am  
**Lake Lynn Community Center** – Course Fee: \$30  
#240167 May 4-18 Sa 11:15am-12:00pm  
**Lake Lynn Community Center** – Course Fee: \$40  
#240168 Aug 3-24 Sa 11:15am-12:00pm

### Basketball Skills Intermediate

Age: 8-14 yrs. This class will help participants build on their skills to take their game to the next level. The instructor will help participants improve their dribbling, passing, shooting and defense. This program is geared towards participants with some basketball experience.

**Barwell Road Community Center** – Course Fee: \$40  
#240337 Aug 4-25 Su 4:00-5:00pm

### Soccer - Intro To Soccer

Age: 6-8 yrs. Intro to soccer is designed to introduce youth to the game of soccer. Participants will learn basic skills in a fun, non-competitive setting. Participants will be divided into groups based on age and/or experience to learn the rules and movements to develop the skills to play soccer.

**Worthdale Community Center** – Course Fee: \$25  
#239273 Jul 6-Aug 10 Sa 9:00-10:00am  
#239275 Jul 6-Aug 10 Sa 10:15-11:15am

### Soccer - Kickers

Age: 6-9 yrs. G-O-O-O-A-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

**Brier Creek Community Center** – Course Fee: \$40  
#239642 Jun 6-27 Th 5:30-6:15pm  
#239643 Jul 11-Aug 1 Th 5:30-6:15pm  
#239644 Aug 8-29 Th 5:30-6:15pm  
**Lake Lynn Community Center** – Course Fee: \$40  
#240170 Jul 6-27 Sa 11:15am-12:00pm  
**Laurel Hills Community Center** – Course Fee: \$40  
#239302 Aug 3-24 Sa 11:15am-12:15pm

### Sports Skills for Beginners

Age: 6-9 yrs. It's time to play! The session introduces sports such as baseball, basketball, soccer, lacrosse, hockey and more. Fundamentals of each sport will be taught at an age-appropriate level.

**Lake Lynn Community Center** – Course Fee: \$40  
#240169 Jun 8-29 Sa 11:15am-12:00pm

### Sports Training and Conditioning

Athletic strength and conditioning workouts will be held each class to focus on movement, training, injury reduction, linear and lateral speed and agility techniques, foot speed, core stability, plyometric and explosive power development with out the use of weights. Focus on fitness and athletic skills will be modified based on age range growth and development. Instructor: Monique Fearington, trainer, certified coach, former collegiate and international player and coach.

### Optimist Community Center

#### Ages 6-9

#239864 May 1-Jun 5 W 6:15-7:30pm  
#239887 Jul 10-Aug 14 W 6:15-7:30pm

#### Ages 10-15

#239920 May 1-Jun 5 W 7:30-8:45pm  
#239925 Jul 10-Aug 14 W 7:30-8:45pm

### Tennis Camp

This weeklong program provides tennis instruction and play for juniors of all levels. Players with no experience will learn how to play matches and those with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training and the week finishes with match play on Friday.

**Millbrook Tennis Center** – Course Fee: \$120

#### Ages 8-10

#239858 Jun 17-21 M-F 9:00am-12:00pm  
#239859 Jun 24-28 M-F 9:00am-12:00pm  
#239860 Jul 8-12 M-F 9:00am-12:00pm  
#239861 Jul 15-19 M-F 9:00am-12:00pm  
#239870 Jul 22-26 M-F 9:00am-12:00pm  
#239871 Jul 29-Aug 2 M-F 9:00am-12:00pm  
#239872 Aug 5-9 M-F 9:00am-12:00pm  
#239874 Aug 12-16 M-F 9:00am-12:00pm

#### Ages 10-18

#239877 Jun 17-21 M-F 9:00am-12:00pm  
#239878 Jun 24-28 M-F 9:00am-12:00pm  
#239879 Jul 8-12 M-F 9:00am-12:00pm  
#239880 Jul 15-19 M-F 9:00am-12:00pm  
#239881 Jul 22-26 M-F 9:00am-12:00pm  
#239882 Jul 29-Aug 2 M-F 9:00am-12:00pm

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#239884 Aug 5-9 M-F 9:00am-12:00pm  
 #239885 Aug 12-16 M-F 9:00am-12:00pm  
**Ages 8-10** – Course Fee: \$72  
 #239857 Jun 12-14 W-F 9:00am-12:00pm  
 #239875 Jun 12-14 W-F 9:00am-12:00pm

### Tennis Jr. Level 1

Age: 6-8 yrs. No experience needed for this class. Players will work on building rallying skills; learn basic strokes, scorekeeping, and the rules of tennis. To graduate into level 2, players must be able to sustain a rally, make 6 out of 10 serve from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

#### Lake Lynn age 6-8 – Course Fee: \$120

#239722 May 6-Jun 19 M, W 4:30-5:30pm  
 #239731 Jul 8-Aug 21 M, W 4:30-5:30pm  
 #239738 May 7-Jun 20 Tu, Th 5:30-6:30pm  
 #239743 Jul 9-Aug 22 Tu, Th 5:30-6:30pm

#### Lake Lynn age 6-8 – Course Fee: \$60

#239730 May 11-Jun 22 Sa 10:00-11:00am  
 #239737 Jul 13-Aug 24 Sa 10:00-11:00am  
 #239742 May 11-Jun 22 Sa 11:00-12:00pm  
 #239747 Jul 13-Aug 24 Sa 11:00-12:00pm

#### Millbrook Tennis Center

##### Millbrook age 6-8 – Course Fee: \$120

#239708 May 6-Jun 19 M, W 5:00-6:00pm  
 #239709 May 6-Jun 19 M, W 6:00-7:00pm  
 #239710 May 7-Jun 20 Tu, Th 5:00-6:00pm  
 #239711 May 7-Jun 20 Tu, Th 6:00-7:00pm  
 #239714 Jul 8-Aug 21 M, W 6:00-7:00pm  
 #239715 Jul 9-Aug 22 Tu, Th 6:00-7:00pm  
 #239717 Jul 8-Aug 21 M, W 5:00-6:00pm  
 #239718 Jul 9-Aug 22 Tu, Th 5:00-6:00pm

#### Millbrook Ages 8-10

#239723 May 6-Jun 19 M, W 6:00-7:00pm  
 #239724 Jul 9-Aug 22 Tu, Th 6:00-7:00pm  
 #239725 May 6-Jun 19 M, W 5:00-6:00pm  
 #239726 May 7-Jun 20 Tu, Th 5:00-6:00pm  
 #239727 May 7-Jun 20 Tu, Th 6:00-7:00pm  
 #239732 Jul 8-Aug 21 M, W 5:00-6:00pm  
 #239733 Jul 8-Aug 21 M, W 6:00-7:00pm  
 #239734 Jul 9-Aug 22 Tu, Th 5:00-6:00pm

#### Millbrook Ages 10-18

#239739 May 6-Jun 19 M, W 4:00-5:00pm  
 #239740 May 7-Jun 20 Tu, Th 4:00p5:00pm  
 #239744 Jul 8-Aug 21 M, W 4:00-5:00pm  
 #239745 Jul 9-Aug 22 Tu, Th 4:00-5:00pm

#### Millbrook Ages 6-8 – Course Fee: \$60

#239712 May 11-Jun 22 Sa 9:00-10:00am  
 #239713 May 11-Jun 22 Sa 10:00-11:00am  
 #239716 May 11-Jun 22 Sa 11:00am-12:00pm  
 #239719 Jul 13-Aug 24 Sa 9:00-10:00am  
 #239720 Jul 13-Aug 24 Sa 10:00-11:00am  
 #239721 Jul 13-Aug 24 Sa 11:00am-12:00pm

#### Millbrook Ages 8-10

#239728 May 11-Jun 22 Sa 9:00-10:00am  
 #239729 May 11-Jun 22 Sa 11:00am-12:00pm  
 #239735 Jul 13-Aug 24 Sa 11:00am-12:00pm  
 #239736 Jul 13-Aug 24 Sa 9:00-10:00am

#### Millbrook Ages 10-18

#239741 May 11-Jun 22 Sa 10:00-11:00am  
 #239746 Jul 13-Aug 24 Sa 10:00-11:00am

### Tennis Jr. Level 2

Age: 8-18 yrs. Requirements: Must be able to sustain a rally with another student, serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full-swing forehand, backhand, full-swing serve, overhead and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

#### Lake Lynn Community Center

##### Lake Lynn age 8-18 – Course Fee: \$120

#239802 May 7-Jun 20 Tu, Th 4:00-5:00pm  
 #239809 Jul 9-Aug 22 Tu, Th 4:00-5:00pm

#### Millbrook Tennis Center

##### Millbrook age 8-10 – Course Fee: \$120

#239803 May 6-Jun 19 M, W 5:00-6:00pm  
 #239804 May 7-Jun 20 Tu, Th 5:00-6:00pm  
 #239805 May 6-Jun 19 M, W 4:00-5:00pm  
 #239806 May 7-Jun 20 Tu, Th 4:00-5:00pm  
 #239810 Jul 9-Aug 22 Tu, Th 4:00-5:00pm  
 #239811 Jul 8-Aug 21 M, W 5:00-6:00pm  
 #239812 Jul 8-Aug 21 M, W 4:00-5:00pm  
 #239813 Jul 9-Aug 22 Tu, Th 5:00-6:00pm

##### Millbrook ages 8-10 – Course Fee: \$60

#239801 May 11-Jun 22 Sa 11:00am-12:00pm  
 #239807 May 11-Jun 22 Sa 9:00-10:00am  
 #239808 May 11-Jun 22 Sa 10:00-11:00am  
 #239814 Jul 13-Aug 24 Sa 9:00-10:00am  
 #239815 Jul 13-Aug 24 Sa 10:00-11:00am  
 #239816 Jul 13-Aug 24 Sa 11:00am-12:00pm

### Tennis Jr. Level 3

Age: 8-10 yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to Level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

#### Millbrook Tennis Center

##### Millbrook age 8-10 – Course Fee: \$120

#239823 May 6-Jun 19 M, W 5:00-6:00pm  
 #239824 Jul 8-Aug 21 M, W 5:00-6:00pm

##### Millbrook age 10-18 – Course Fee: \$60

#239825 May 7-Jun 20 Tu, Th 4:00-5:00pm  
 #239827 Jul 9-Aug 22 Tu, Th 4:00-5:00pm  
 #239826 May 11-Jun 22 Sa 11:00am-12:00pm  
 #239828 Jul 13-Aug 24 Sa 11:00am-12:00pm

**Tennis Jr. Tiny Tots**

Age: 4-6 yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose-fitting clothing, nonmarking sneakers and a 19- or 21-inch junior racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Lake Lynn Community Center** – Course Fee: \$60

**Tennis Jr Tiny Tots at Lake Lynn**

#239574	May 6-Jun 19	M, W	5:30-6:00pm
#239575	May 7-Jun 20	Tu, Th	5:00-5:30pm
#239579	Jul 8-Aug 21	M, W	5:30-6:00pm
#239580	Jul 9-Aug 22	Tu, Th	5:00-5:30pm

**Millbrook Tennis Center** – Course Fee: \$30

**Tennis Jr Tiny Tots at Millbrook**

#239577	May 11-Jun 22	Sa	11:00-11:30am
#239578	May 11-Jun 22	Sa	11:30am-12:00pm
#239581	Jul 13-Aug 24	Sa	11:00-11:30am
#239582	Jul 13-Aug 24	Sa	11:30am-12:00pm

**Tennis Jr Tiny Tots at Millbrook** – Course Fee: \$60

#239569	May 6-Jun 19	M, W	4:00-4:30pm
#239570	May 6-Jun 19	M, W	4:30-5:00pm
#239571	Jul 8-Aug 21	M, W	4:00-4:30pm
#239572	Jul 8-Aug 21	M, W	4:30-5:00pm
#239573	Jul 9-Aug 22	Tu, Th	4:30-5:00pm
#239576	May 7-Jun 20	Tu, Th	4:30-5:00pm

**Tennis USTA Jr. Team Tennis**

Come to tryouts at Millbrook Exchange Tennis Center to be placed on a team. Year-round practices for 8U+10U are 5-6:30 p.m. Fridays with matches 9-10:30 a.m. Saturdays. Fall and spring practices for 12U, 14U, 18U are once a week after school, and matches are on Saturday mornings. Summer practices for 12U, 14U, 18U are once a week on a weekday morning, and matches are on another weekday morning. An end-of-the-season tournament is held each season. Players must pay USTA annual membership (\$20) plus local league fee (\$22).

**Non-City Owned Site** – Course Fee: \$120

#239954	Jun 12-Jul 31	W, M	9:30-11:30am
#239955	Jun 13-Aug 1	Th, Tu	9:30-11:30am
#239956	Jun 13-Aug 1	Th, Tu	9:30-11:30am
#239957	Jun 12-Jul 31	W, M	9:30-11:30am
#239958	Jun 13-Aug 1	Th, Tu	9:30-11:30am
#239959	Jun 14-Aug 2	F	9:30-11:30am

**Volleyball - Skills - DAILY**

Age: 7-15 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing and setter training. Use of correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more!

**Optimist Community Center** – Course Fee: \$20 per day you attend

#239445	May 3-Jun 7	F	6:30-8:30pm
#239446	Jun 14-Jul 19	F	6:30-8:30pm
#239447	Jul 26-Aug 30	F	6:30-8:30pm

**Volleyball - Skills Training**

Age: 7-14 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing and setter training. Using correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more!

**Optimist Community Center** – Course Fee: \$80

#239442	May 3-Jun 7	F	6:30-8:30pm
#239443	Jun 14-Jul 19	F	6:30-8:30pm
#239444	Jul 26-Aug 30	F	6:30-8:30pm

**Adult****Adult Basketball Open Play**

Age: All Ages. Adult basketball players can come out and participate in a few friendly pick up games of basketball with your peers.

**Halifax Community Center**

#238862	May 7-28	Tu	6:00-8:30pm
#238863	Jun 4-25	Tu	6:00-8:30pm
#238877	Jul 2-30	Tu	6:00-8:30pm
#238878	Aug 6-27	Tu	6:00-8:30pm

**Adult Open Play at Jaycee**

Age: 18yrs. and up. Open play basketball for ages 18 and up takes place at Jaycee Community Center on Tuesdays and Thursdays from 10:30 a.m. to 1 p.m. Photo ID is required.

**Jaycee Community Center**

#238852	May 2-Aug 30	Th-F	6:30-8:30pm
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**Adult Volleyball Open Play**

Age: 16yrs. and up. If you enjoy playing volleyball with others in a competitive atmosphere, then this is for you!

**Halifax Community Center**

#238760	May 3-31	F	6:00-8:45pm
#238761	Jun 7-28	F	6:00-8:45pm
#238762	Jul 5-26	F	7:00-8:30pm
#238763	Aug 2-30	F	6:00-8:30pm

**Basketball Open Gym - Biltmore Hills**

Age: 16yrs. and up. This is community open gym time. Players must present a valid photo ID to staff, who will hold it while you play. You must fill out an Adult Open Play registration form and sign in at front desk.

**Biltmore Hills Community Center**

#240163	May 6-Jun 7	M-F	11:00am-3:00pm
#240164	Jun 2-30	Su	1:30-5:30pm
#240165	Jul 7-28	Su	1:30-5:30pm
#240166	Aug 11-25	Su	1:30-5:30pm

**Basketball Open Gym - Tarboro Road**

Age: 18yrs. and up. This is community open gym time. Adults must have a photo ID to play. Youth must have a signed participation form on file to enter during specified times. Please call 919-831-6505 for the weekly schedule.

**Tarboro Road Community Center - Adults**

#239888	May 5-Aug 25	Su	2:00-5:00pm
#239889	May 1-Sep 30	W, F	6:30-8:30pm
#239890	May 6-Sep 5	M, Th	6:30-8:30pm

**Biltmore Hills Futsal Open Gym**

Age: 16yrs. and up. Play pick-up games with friends and meet people with a shared passion for futsal. The game of quick-paced indoor soccer is played on a basketball-style court with no walls and a smaller, low-bouncing ball. Gym space, goals and futsal ball provided.

**Biltmore Hills Community Center**

#240092	May 3-31	F	6:30-8:30pm
#240095	Jun 7-28	F	6:30-8:30pm
#240097	Jul 5-26	F	6:30-8:30pm
#240098	Aug 2-30	F	6:30-8:30pm

**Pickleball Pass - Indoor Play**

Age: 18yrs. and up. What is pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Drop-in fee is \$2 daily, per site. A full session pass is available for \$10. Session pass is valid for all indoor pickleball courts at Laurel Hills, Brier Creek, Green Road, Lake Lynn, Method and Optimist community centers. Please contact each site for court times and site-specific information.

Course Fee: \$10

#238188 May 1-Aug 30

**Table Tennis - Open Play**

Age: All Ages Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome!

**Lake Lynn Community Center**

#238185	May 2-Aug 26	Th, Sa, M	10:00-11:30am
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**Table Tennis Brier Creek**

Age: 8yrs. and up. Drop in on Friday evenings for fun and competition playing table tennis. All levels and ages are welcome and encouraged to play. Enjoy open play / pick games, and USATT-affiliated tournaments are held throughout the year. Drop In: \$5. Session Pass: \$15. Coordinator: Jim McQueen.

**Brier Creek Community Center**

#240325	May 3-Aug 23	F	5:45-8:30pm
Table Tennis \$ 5 drop in			
#240326	May 3-Aug 23	F	5:45-8:30pm

**Tennis Adult Cardio - All Levels**

Age: 18yrs. and up. Cardio tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, cardio tennis includes a warm-up, cardio workout and cool-down phases. If you are looking for a great new way to get in shape and to burn calories, you must try cardio tennis. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Millbrook Tennis Center** – Course Fee: \$60

#240037	May 9-Jun 6	Th	9:00-10:00am
#240038	Jul 11-Aug 22	Th	9:00-10:00am
#240039	Jul 9-Aug 20	Tu	9:00-10:00am
#240040	May 7-Jun 18	Tu	9:00-10:00am
#240042	May 10-Jun 7	F	9:00-10:00am
#240043	Jul 12-Aug 23	F	9:00-10:00am

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**Tennis Adult Doubles Ladder**

Age: 18yrs. and up. In recreational doubles ladder play for all adult levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament for the top eight players.

**Millbrook Tennis Center** – Course Fee: \$24

#239765 May 20-Jul 29 M  
 #239766 May 20-Jul 29 M  
 #239767 Aug 19-Oct 28 M  
 #239768 Aug 19-Oct 28 M

**Tennis Adult Level 1**

Age: 18yrs. and up. No experience needed for this class. Players will work on building rallying skills; learn basic strokes, scorekeeping, and the rules of tennis. To graduate into level 2, players must be able to sustain a rally, make 6 out of 10 serve from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and your racquet. Racquets are available to borrow. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can

be made up during other class times.

**Lake Lynn Community Center**

**Lake Lynn Adult Level 1** – Course Fee: \$120

#239978 May 6-Jun 19 M, W 6:00-7:00pm  
 #239984 Jul 8-Aug 21 M, W 6:00-7:00pm

**Lake Lynn Adult Level 1** – Course Fee: \$60

#239983 May 11-Jun 22 Sa 9:00-10:00am  
 #239986 Jul 13-Aug 24 Sa 9:00-10:00am

**Millbrook Tennis Center**

**Millbrook Adult Level 1** – Course Fee: \$120

#239973 May 6-Jun 19 M, W 7:00-8:00pm  
 #239975 Jul 8-Aug 21 M, W 7:00-8:00pm  
 #239976 Jul 9-Aug 22 Tu, Th 7:00-8:00pm  
 #239979 May 6-Jun 10 M, W 10:00-11:00am  
 #239980 May 7-Jun 11 Tu, Th 11:00am-12:00pm  
 #239981 May 6-Jun 19 M, W 6:00-7:00pm  
 #239982 May 7-Jun 20 Tu, Th 7:00-8:00pm  
 #239985 Jul 8-Aug 21 M, W 6:00-7:00pm  
 #239987 Jul 8-Aug 21 M, W 10:00-11:00am  
 #239988 Jul 9-Aug 22 Tu, Th 11:00am-12:00pm

**Millbrook Adult Level 1** – Course Fee: \$60

#239974 May 11-Jun 22 Sa 9:00-10:00am  
 #239977 Jul 13-Aug 24 Sa 9:00-10:00am  
 #239992 May 11-Jun 22 Sa 12:00-1:00pm  
 #239993 Jul 13-Aug 24 Sa 12:00-1:00pm

**Tennis Adult Level 2.0/2.5 Drills**

Age: 18yrs. and up. Players must be able to sustain a rally with another student, serve 6 out of 10 in from the baseline, keep score

and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Lake Lynn Community Center** – Course Fee: \$120

#240009 May 7-Jun 20 Tu, Th 6:30-7:30pm  
 #240012 Jul 9-Aug 22 Tu, Th 6:30-7:30pm

**Millbrook Tennis Center**

Course Fee: \$120

#240005 May 6-Jun 10 M, W 11:00am-12:00pm  
 #240006 May 7-Jun 11 Tu, Th 10:00-11:00am  
 #240010 May 6-Jun 19 M, W 6:00-7:00pm  
 #240011 May 7-Jun 20 Tu, Th 7:00-8:00pm  
 #240013 Jul 8-Aug 21 M, W 6:00-7:00pm  
 #240014 Jul 9-Aug 22 Tu, Th 7:00-8:00pm  
 #240015 Jul 8-Aug 21 M, W 11:00am-12:00pm  
 #240016 Jul 9-Aug 22 Tu, Th 10:00-11:00am

Course Fee: \$60

#240007 May 11-Jun 22 Sa 10:00-11:00am  
 #240008 Jul 13-Aug 24 Sa 10:00-11:00am  
 #240020 May 11-Jun 22 Sa 12:00-1:00pm  
 #240021 Jul 13-Aug 24 Sa 12:00-1:00pm

**Tennis Adult Level 3.0 Drills**

Age: 18yrs. and up. Requirements: Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to Level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Lake Lynn Community Center** – Course Fee: \$120

#240024 May 6-Jun 19 M, W 8:00-9:00pm  
 #240027 Jul 8-Aug 21 M, W 8:00-9:00pm

**Millbrook Tennis Center**

Course Fee: \$120

#240025 May 6-Jun 19 M, W 7:00-8:00pm  
 #240026 May 7-Jun 20 Tu, Th 6:00-7:00pm  
 #240028 Jul 8-Aug 21 M, W 7:00-8:00pm  
 #240029 Jul 9-Aug 22 Tu, Th 6:00-7:00pm

Course Fee: \$60

#240022 May 11-Jun 22 Sa 11:00am-12:00pm  
 #240023 Jul 13-Aug 24 Sa 11:00am-12:00pm

**Tennis Adult Level 3.5 Drills**

Age: 18yrs. and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class, which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Millbrook Tennis Center** – Course Fee: \$120

#240033 May 7-Jun 20 Tu, Th 6:00-7:00pm  
 #240034 Jul 9-Aug 22 Tu, Th 6:00-7:00pm

Course Fee: \$60

#240031 May 11-Jun 22 Sa 12:00-1:00pm  
 #240032 Jul 13-Aug 24 Sa 12:00-1:00pm



**Tennis Adult Level 4.0/4.5 Drills**

Age: 18yrs. and up. Requirements: Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches. This is a drill class, which has less instruction and more drilling. We don't work on your technique ñ we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times.

**Millbrook Tennis Center** – Course Fee: \$120

#240035 May 6-Jun 19 M, W 7:00-8:00pm

#240036 Jul 8-Aug 21 M, W 7:00-8:00pm

**Tennis Adult Singles Ladder**

Age: 18-99 yrs. In recreational singles ladder play for all levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament.

**Millbrook Tennis Center** – Course Fee: \$24

#239771 May 20-Jul 22 M

#239772 May 20-Jul 22 M

#239773 May 20-Jul 22 M

#239774 May 20-Jul 22 M

#239775 May 20-Jul 22 M

#239776 May 20-Jul 22 M

#239777 May 20-Jul 22 M

#239778 Aug 19-Oct 28 M

#239779 Aug 19-Oct 28 M

#239780 Aug 19-Oct 28 M

#239781 Aug 19-Oct 28 M

#239782 Aug 19-Oct 28 M

#239783 Aug 19-Oct 28 M

#239784 Aug 19-Oct 28 M

#239785 Aug 19-Oct 28 M

#239786 May 20-Jul 22 M

**Tennis Adult World Team Tennis**

Age: 18yrs. and up. In WTT, coed teams compete in a format of six no-ad sets (one set each of men's and women's doubles and men's and women's singles and two sets of mixed doubles). Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match.

**Millbrook Tennis Center** – Course Fee: \$150

#240120 May 6-Jul 8

**Tennis Quadrants**

Age: 18yrs. and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format ñ eight games with each of the three other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up, and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

**Millbrook Tennis Center** – Course Fee: \$40

#240073 May 22-Jul 31 W 9:30-11:30am

#240076 May 20-Jul 29 M 7:00-9:00pm

#240078 May 23-Aug 6 Th, Tu 7:00-9:00pm

**Volleyball Open Gym Jaycee**

Age: 18yrs. and up. Interested in volleyball? Visit Jaycee Community Center on Monday and Wednesday nights for volleyball open gym meet-up.

**Jaycee Community Center**

#239847 Jun 4-Oct 1 Tu 6:30-8:30pm

**Senior****Basketball - Active Adults Open Play**

Age: 50yrs. and up. Join other active adults in playing basketball, staying healthy and learning the Senior Games rules! Participants play competitive half-court pickup games, and all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat!

**Barwell Road Community Center**

#239369 May 2-Sep 2 Th, M 3:00-6:00pm

**Basketball - Senior Women's Open Play**

Age: 50yrs. and up. Did you play basketball in high school or college or on a church or community team? Do you want to play again? Please join other women on Monday evenings from 7 to 9 at Green Road Community Center to enjoy new friends, fitness and fun and to play and compete under Senior Games rules. The game is played on half the basketball court with the three players from each team on offense and defense.

**Green Road Community Center**

#238898 May 6-Aug 26 M 7:00-9:00pm

**Pickleball - Open Play**

Age: 18yrs. and up. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

**Five Points Center for Active Adults**

#237698 May 3-Aug 30 F, Tu 3:00-5:30pm

**Table Tennis Free Play**

Age: 18yrs. and up. Learn to play table tennis. All ability levels are welcome.

**Five Points Center for Active Adults**

#238777 May 2-Aug 29 Th 1:30-3:30pm

**Tennis - Free Play For Seniors**

Age: 55yrs. and up. This drop-in mixer offers free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this program offers all levels of play. Simply show up and play.

**Millbrook Tennis Center**

#240119 May 2-Aug 29 Th, M 9:00am-12:00pm

# Additional Facility and Program Information

## Facilities

### Amusements

#### Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606  
Phone: 919-996-6468

**Program Manager:** Matthew Wright  
Email: matthew.wright@raleighnc.gov

**Program Manager:** Scott Mott  
Email: scott.mott@raleighnc.gov

#### Pullen Amusements offers popular amenities

such as a recently renovated 1911 Gustave A. Dentzel menagerie carousel, updated C.P. Huntington Train ride, pedal boat rentals on Lake Howell, a kiddie boat ride, fresh and stimulating playground, picnic shelter rentals, and "Pullen Place" our park's café with seasonal menus as well as standard park fare menu.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied on most rides.

#### Hours of Operation

April-September	10:00am-9:00pm
October-March	10:00am-6:00pm

#### John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

**Carousel Supervisor:** Scott Mott

Phone: (919) 996-6468

Email: scott.mott@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1 for all ages 13 months and older. Riders 12 months and younger are free with a paying adult. Riders must be at least 42 inches tall to ride unaccompanied.

#### Hours of Operation

April-September	M-F	10:00am-9:00pm
	Sa	10:00am-8:00pm
	Su	10:00am-6:00pm
October-March	M-Sa	10:00am-6:00pm
	Su	12:00-6:00pm

### Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please

call 996-3285. You can also view the map using a KML file and Google Earth—visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov) To Apply for the Greenway Volunteer Program email [rpvolunteer@raleighnc.gov](mailto:rpvolunteer@raleighnc.gov)

### Historic Homes

#### Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

[www.raleighnc.gov/museums](http://www.raleighnc.gov/museums)

**Site Manager:** Joshua Ingersoll

Email: [joshua.ingersoll@raleighnc.gov](mailto:joshua.ingersoll@raleighnc.gov)

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

#### The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

#### The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

### Lakes

#### Lake Johnson Park and Nature Preserve

4601 Avenet Ferry Road, Raleigh NC, 27606  
(919) 233-2121

**Park Manager:** Mark Elmore

Email: [Mark.Elmore@raleighnc.gov](mailto:Mark.Elmore@raleighnc.gov)

Year-round (October-March closed Mondays)

**Assistant Park Manager:** Chris Hill

Email: [christopher.hill@raleighnc.gov](mailto:christopher.hill@raleighnc.gov)

#### Lake Wheeler Park

6404 Lake Wheeler Road, Raleigh NC, 27603

(919) 662-5704

**Park Manager:** Chris Murray

Email: [Chris.Murray@raleighnc.gov](mailto:Chris.Murray@raleighnc.gov)

**Assistant Park Manager:** Ben Coats

Email: [Ben.Coats@raleighnc.gov](mailto:Ben.Coats@raleighnc.gov)

Year-round (October-March closed Mondays)

#### Lake Facility Rentals

Both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/receptions, family reunions, company outings, business meetings, etc. For more information about available rentals contact the facility or visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov)

#### Boat Rentals

Both Lake Johnson and Lake Wheeler have a variety of boats available for rental, some motorized and some nonmotorized (weather and temperature conditions permitting). Please contact each facility for additional information.

#### Private Boat Launchings

Lake Wheeler and Lake Johnson (non-motorized only) permit private boat launches with a fee. Contact each site for current fees, pass options, permitted types of boats, no-wake hours, and other guidelines.

#### Fishing Opportunities

Bank fishing from the shores is restricted from the banks of Lake Wheeler and Lake Johnson. Fishing is permitted from Lake Johnson's Boardwalk and Shelley Lake's shorelines and docks. A fee is required for fishing at Lake Wheeler and is permitted from designated fishing piers and the banks of Simpkins Pond. Fishing from any boat is allowed. Please check each facility for additional regulations.

#### Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, Jaycee Park and Oakwood Park.



# Additional Facility and Program Information

## Museums

### COR Museum

**Museum Director:** Ernest Dollar  
Email: [ernest.dollar@raleighnc.gov](mailto:ernest.dollar@raleighnc.gov)  
220 Fayetteville St. Raleigh, NC 27601  
Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

### Pope House Museum

511 South Wilmington St. Raleigh, NC 27601  
Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state. The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve its appearance and make the house more closely resemble its appearance from the 1930s.

## Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit [www.parks.raleighnc.gov](http://www.parks.raleighnc.gov)

### Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge,

fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Free membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

## Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 110 public tennis courts (106 are lighted) located at 24 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from [www.raleightennis.com](http://www.raleightennis.com). To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-872-4128.

## Programs

### The Cultural Outreach and Enrichment (COE) Program

**Cultural Outreach Coordinator:** Lisa-Ann Utsumi  
**Phone:** 919-996-6844  
**Email:** [coeprogram@raleighnc.gov](mailto:coeprogram@raleighnc.gov)

The Cultural Outreach and Enrichment Program invites people of all ages to discover the ethnic and cultural richness of the community. The program provides meaningful leisure experiences for people of other cultures and the local community to connect in an open and welcoming environment. Highlights of some of the current recreation programming include: Virtual Tours of the World, Multicultural Camp Specialists, and English as a Second Language classes. The COE program also supports events such as the Raleigh Tamale Festival and has created meaningful partnerships that serve the needs of the local community through the International Festival; and North Carolina State University through the Foreign Language Department with programs like VOLAR (Voluntarios Ahora in Raleigh) and TESOL (Teaching English to Speakers of Other Languages). Volunteers are always needed to assist with community outreach, teaching English, and many other opportunities. For more information, please visit our website at [parks.raleighnc.gov](http://parks.raleighnc.gov), keyword search "COE".

## Historic Resources and Museum Program

**HRM Program Administrator:** Troy Burton  
**Downtown Cultural Resources Director:** Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher Amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

## School Programs

**Youth Programs:** 919-996-6165

### Program Director:

Toni Webb  
Email: [toni.webb@raleighnc.gov](mailto:toni.webb@raleighnc.gov)

### Program Managers:

Beth Soles  
Email: [beth.soles@raleighnc.gov](mailto:beth.soles@raleighnc.gov)  
Joseph Voska  
Email: [joseph.voska@raleighnc.gov](mailto:joseph.voska@raleighnc.gov)  
Katie Walker  
Email: [katie.walker@raleighnc.gov](mailto:katie.walker@raleighnc.gov)

Youth Programs offers School Based Programs (After School, Before School, and Track Out Programs) and Summer Camps throughout the city for elementary and rising middle school aged participants. To obtain specific program descriptions and to register for these programs, visit your local community center to obtain at School-Based Programs or Summer Camp Brochure. Also, you can visit [www.raleighnc.gov](http://www.raleighnc.gov) and search for the specific program name for more information.

## Adult Program

### Recreation Program Director:

Todd Riddick 919-996-2151  
Email: [todd.riddick@raleighnc.gov](mailto:todd.riddick@raleighnc.gov)

### Recreation Program Manager:

Carmen Rayfield 919-996-4734  
Email: [carmen.rayfield@raleighnc.gov](mailto:carmen.rayfield@raleighnc.gov)

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international

continued on page 82 —

## Additional Facility and Program Information

travel; educational seminars and workshops on a wide range of topics; and a network of 48 adult clubs throughout the city. Further information can be found throughout this brochure

under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

### Teen Programs

#### Program Supervisors:

Kent Hunt, Chiffonda Holloway, Jason Jones and Carmen Myles

The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

#### Portable Challenge Course for Teens

Age: 12-19yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$25 per staff hour of program with a minimum of 2 hours; we require a 1 to 10 staff member to student ratio.

### Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year. Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

### Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

#### Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects:

- Gardening/Landscaping
- Tree plantings
- Mulching
- Litter and debris removal
- Painting projects
- Removal of invasives

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

### Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- **Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- **Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- **Specialized Recreation Services** – Assist individuals with developmental and/or physical disabilities in diverse events and activities including Wake County Special Olympics.
- **COE (Cultural Outreach and Enrichment) Program** – Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteers are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at

**[parks.raleighnc.gov](http://parks.raleighnc.gov)**

For more information contact Mary Owens at **[mary.owens@raleighnc.gov](mailto:mary.owens@raleighnc.gov)** or call 919-996-3292.



## Account and Program Registration Form

Remember you can also register online with RecLink at [parks.raleighnc.gov](http://parks.raleighnc.gov)

### Main Contact

☐ **Raleigh Resident** ☐ **Non-resident** Add \$15 to course. Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ \*Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

**Registration Receipt:** (for mail-in) I would like my receipt (please check one) ☐ emailed (valid email address required) ☐ printed/mailed

\* By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources.

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. **To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program.** For more information please contact Inclusion Services 919.996.2147

### Participant #1 Information

Participant #1 Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: \_\_\_\_\_

I request ADA accommodation for the disability/medical condition listed. ☐ Yes ☐ No

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

### Participant #2 Information

Participant #2 Name \_\_\_\_\_ DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: \_\_\_\_\_

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: \_\_\_\_\_

I request ADA accommodation for the disability/medical condition listed. ☐ Yes ☐ No

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

### Account Information

☐ **Create a New Account**

☐ **Update my Account**

☐ **Please send me My Family PIN and Client Barcode**

### Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ \_\_\_\_\_

I would like to make a donation to support a child's participation in  
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ \_\_\_\_\_

**TOTAL AMOUNT DUE** \$ \_\_\_\_\_





## Account and Program Registration Form

Remember you can also register online with RecLink at [parks.raleighnc.gov](http://parks.raleighnc.gov)

### Payment Information

☐ **Check #** \_\_\_\_\_ (checks payable to City of Raleigh) ☐ **Money Order**

**Credit Card** payments may be made at a staffed facility or through the online registration system **RecLink**. Visit [parks.raleighnc.gov](http://parks.raleighnc.gov) and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.

### Refund Policy

- 100% refund/credit/transfer if the Department cancels the program or the facility rental.
- Refund requests received in writing at least 14 or more days in advance of the program/rental/team placement date are entitled to:
  - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
  - B. 85% refund based on the total cost of the program or rental;
  - C. 85% credit/transfer/refund of eligible rental fees
- Refund/credit/transfer requests received less than 14 days in advance of the program/rental/team placement date will not be granted.
- Refunds for medical circumstances requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
- A transfer must be requested at the time of withdrawal.
- A credit may be used by any family member on the same registration account.
- Non-attendance/non-participation in a program does not entitle the patron to a refund.

Refund requests may be sent to: **Raleigh Parks, Recreation and Cultural Resources Department** [Rbo.registration@raleighnc.gov](mailto:Rbo.registration@raleighnc.gov)

### Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

### Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

### Release, Indemnity, and Agreement Not To Sue

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

### Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, **March 26, 2019**

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of parent/legal guardian if child is under 18** \_\_\_\_\_ **Date** \_\_\_\_\_

# Directory

**Explore Your Parks with Park Locator!** Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

## Frequently Called Numbers

<b>Adopt-A-Park</b>	919-996-3292
<b>City Cemeteries</b>	919-996-6548
<b>General Park Maintenance</b>	919-996-4115
<b>Facilities and Operations</b>	
Facilities, Irrigation, Lighting	919-996-3420
<b>General Recreation</b>	919-996-6640
<b>Greenways</b>	919-996-4786
<b>Greenway Map Request</b>	919-996-3285
<b>Reclink Support</b>	919-996-2153
<b>Recreation Business Office</b>	919-996-4800

## Division

<b>Administration</b>	919-996-3285
<b>Design/Development</b>	919-996-4824
<b>Maintenance/Parks</b>	919-996-4115
<b>Marketing</b>	919-996-3285
<b>Raleigh Arts</b>	919-996-3610
<b>Recreation</b>	919-996-6640
<b>Urban Forestry</b>	919-996-4115

## Programs

<b>Adult Program</b>	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
<b>Adventure Program</b>	919-996-6855
<b>Amusements</b>	
520 Ashe Avenue	919-996-6468
<b>Aquatics and Swimming Pools</b>	
2401 Wade Avenue	919-996-6852
<b>Arts Program</b>	919-996-4683
<b>Athletic Program</b>	
2401 Wade Avenue	919-996-6836
<b>Athletics Leisure Line Update</b>	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
<b>Community Centers Program</b>	
2401 Wade Avenue	919-996-6640
<b>Cultural Outreach and Enrichment Program</b>	
2401 Wade Avenue	919-996-6844
<b>Nature Programs</b>	
820 Clay Street	919-996-6856
<b>Specialized Recreation Services</b>	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145
Social Clubs	or 919-996-2146
Visually Impaired	919-996-2148
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
<b>Tennis Program – Millbrook Exchange Tennis Center</b>	
1905B Spring Forest Road	919-872-4128
<b>Teen Program</b>	
820 Clay Street	919-996-2139
<b>Urban Forestry</b>	919-996-4115 / 919-872-4137(fax)
<b>Volunteer Programs</b>	
222 W. Hargett Street	919-996-3292
<b>Youth Programs</b>	
820 Clay Street, 27605	919-996-6165
After School Program, Before School Program, Summer Camps, Track Out Program	

### Abbotts Creek Community Center

— •AEZ  
9950 Durant Road, 27614  
919-996-2770

### All Children's Playground c/o Laurel Hills Park

— •BEG  
3808 Edwards Mill Road, 27612  
919-420-2383

### Anderson Point Park c/o Barwell Road

— •EKMN  
20 Anderson Point Drive, 27610  
919-996-5994

### Anne Gordon Center for Active Adults

— •L  
1901 Spring Forest Road, 27615  
919-996-4720

### Annie Louise Wilkerson, MD Nature Preserve Park

— •K  
5229 Awls Haven Drive, 27614  
919-996-6764

### Bailewick Road Park c/o Lake Lynn

— •BEM  
9501 Bailewick Road, 27615  
919-996-2911

### Barwell Road Community Center

— •AWZ  
5857 Barwell Park Drive, 27610  
919-996-5994

**Barwell's Open Play Line:** 919-996-6736

### Biltmore Hills Park and Community Center

— •ABCDEGMZ  
2615 Fitzgerald Drive, 27610  
919-831-6895

### Biltmore Hills Swimming Pool

— •D  
701 Crown Crossing Lane, 27610  
919-831-6736

### Borden Building at Fletcher Park

— •GMV  
820 Clay Street, 27605  
919-996-4363

### Brentwood Neighborhood Park and Center

c/o Green Road  
— •BCEGM  
3315 Vinson Court, 27604  
919-996-4141

### Brier Creek Community Center

— •AEGMWZ  
10810 Globe Road, 27617  
919-420-2340

### Brookhaven Nature Park

— •K  
5125 Berkeley Street, 27612

### Buffaloe Road Aquatics Center

— •D  
5908 Buffaloe Road, 27616  
919-996-5600

### Buffaloe Road Athletic Park

— •BEW  
5900 Buffaloe Road, 27616  
919-996-6836

### Carolina Pines Park, Community Center, and

### Off-Leash Dog Park

— •ABCEUZ  
2305 Lake Wheeler Road, 27603  
919-831-6435

### Cedar Hills Park c/o Optimist

— •BCEFGHM  
5600 Sweetbriar Drive, 27609  
919-996-2880

### City of Raleigh Museum (COR)

220 Fayetteville Street, 27601  
919-996-2220

### Durant Nature Preserve

— •EKMOQ  
8305 Camp Durant Road, 27614  
919-870-2871

### Eastgate Neighborhood Park Center c/o Millbrook

— •CEJM  
4200 Quail Hollow Drive, 27609  
919-996-4156

### Fallon Park c/o Optimist

2601 Oxford Road 27608  
919-870-2880

### Five Points Center for Active Adults

— •LZ  
2000 Noble Road, 27608  
919-996-4730

### Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605  
919-996-6833

### Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587  
919-556-6781

### Garris Building c/o Jaycee

820 Clay Street, 27605  
919-996-6833

### Glen Eden Pilot Neighborhood Center c/o Jaycee

— •CM  
1500 Glen Eden Drive, 27612  
919-996-6833

### Green Road Park and Community Center

— •ABCEGMZ  
4201 Green Road, 27604  
919-996-4141

### Greystone Recreation Center

— •E  
7713-55 Lead Mine Road, 27615  
919-996-4848

### Halifax Park and Community Center

— •AEG  
1023 Halifax Street, 27604  
919-996-6378

### Hill Street Park and Neighborhood Center

— •EM  
2307 Hill Street, 27604  
919-996-5300

### Honeycutt Park c/o Millbrook Exchange

— •BEGRMN  
1032 Clear Creek Farm Road, 27615  
919-996-4156

### Horseshoe Farm Nature Preserve

— •KN  
2900 Horseshoe Farm Road, 27587  
919-870-2871

### Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608  
919-996-6833

### Jaycee Park and Community Center

— •ABCEJMRVZ  
2405 Wade Avenue, 27607  
919-996-6833

### John Chavis Memorial Park and Community Center

— •ABCDEMNWZ  
505 MLK Jr. Boulevard, 27601  
919-831-6989

### John Chavis Memorial Park Swimming Pool

— •D  
720 Chavis Way, 27601  
919-831-6565

# Directory

## John P. "Top" Greene Center

— •  
401 MLK Jr. Boulevard, 27601  
919-831-6527

## Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606  
919-831-6435

## Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610  
919-831-6895

## Kiwanis Neighborhood Park and Center c/o Optimist

— •BEGM  
**Closed for renovations; reopening late 2019.**  
2525 Noble Road, 27608  
919-996-2880

## Lake Lynn Park and Community Center

— •ABCENOZ  
7921 Ray Road, 27613  
919-996-2911

## Lake Johnson Park and Nature Preserve

— •MNOPQ  
4601 Aventura Ferry Road, 27606  
919-233-2121

## Lake Johnson Swimming Pool

— •D  
5623 Jaguar Park Drive, 27606  
919-233-2111

## Lake Wheeler Park

— •EJMOPQ  
6404 Lake Wheeler Road, 27603  
919-662-5704

## Laurel Hills Park and Sassafras Community Center

Sassafras Playground  
— •ABEGMZ  
3808 Edwards Mill Road, 27612  
919-996-2383

## Leesville Community Park c/o Lake Lynn

— E  
E 5105 Country Trail, 27613  
919-996-2911

## Lions Park and Community Center

Programs held at Lions Park may be relocated during facility renovations.

— •ABCEGMZ  
516 Dennis Avenue, 27604  
919-996-4726

## Lions Park BMX Track

— S  
516 Dennis Avenue, 27604  
919-996-4726

## Longview Swimming Pool

321 Bertie Drive, 27610  
919-831-6343

## Marsh Creek Park, Community Center,

Skate Park and Inline Hockey Rink  
— •ABEMTYZ  
3050 N. New Hope Road, 27604  
919-996-4920

## Method Road Park and Community Center

— •AEGZ  
514 Method Road, 27607  
919-996-6066

## Millbrook Exchange Community Center

— •ABEGMUZ  
1905 Spring Forest Road, 27615  
919-996-4156

## Millbrook Exchange Swimming Pool

— •D  
1905 Spring Forest Road, 27615  
919-996-4130

## Millbrook Exchange Tennis Center

— C  
1905 B Spring Forest Road, 27615  
919-872-4128

## Mordecai Historic Park

— V  
1 Mimosa Street, 27604  
919-996-4364

## North Hills Park c/o Optimist

— BCEMN  
100 Chowan Circle, 27609  
919-870-2880

## Oakwood Off-Leash Dog Park c/o Lions

— BMGU  
910 Brookside Drive, 27604  
919-996-4726

## Optimist Park and Community Center

— •ABCDEN  
5900 Whittier Drive, 27609  
919-996-2880

## Optimist Swimming Pool

— •D  
5902 Whittier Drive, 27609  
919-996-2790

## Peach Road Neighborhood Center

— •EG  
911 Ileagnes Road, 27603  
919-807-8545

## Pope House Museum

511 South Wilmington Street, 27601  
919-996-2220

## Powell Drive Park c/o Method

— •CEG  
740 Powell Drive, 27606  
919-996-6066

## Pullen Park Amusements

— •CEMOPZ  
520 Ashe Avenue, 27606  
919-996-6468

## Pullen Aquatic Center

— •D  
410 Ashe Avenue, 27606  
919-996-6197

## Pullen Arts Center

Closed for renovations

— •L  
105 Pullen Road, 27607  
919-996-6126

## Pullen Community Center

— Z  
408 Ashe Avenue, 27606  
919-831-6052

## Raleigh Little Theatre/Rose Garden

— •V  
301 Pogue Street, 27607  
919-821-4579

## Ralph Campbell Community Center

— •G  
756 Lunar Drive, 27610  
919-250-2757

## Ridge Road Swimming Pool

— •D  
1709 Ridge Road, 27607  
919-420-2322

## Roberts Park and Community Center

— •ABCEGLMZ  
1300 E. Martin Street, 27610  
919-831-6830

## Saint Monica Teen Center

15 North Tarboro Street, 27610  
919-996-4770

## Sanderford Road Park and Neighborhood Center

— •BCEGM  
2623 Sanderford Road, 27610  
919-831-1898

## Sgt. Courtney T. Johnson Neighborhood Center

— •EGM  
1801 Proctor Road, 27610  
919-831-6719

## Sertoma Arts Center

— •L  
1400 W. Millbrook Road, 27612  
919-996-2329

## Spring Forest Road Park c/o Green Road

— BCEMN  
4203 Spring Forest Road 27616  
919-996-4141

## Strickland Road Park c/o Lake Lynn

— E  
E 12804 Strickland Road, 27613  
919-996-2911

## Tarboro Road Park and Community Center

— •ACEMZ  
121 N. Tarboro Street, 27610  
919-831-6505

## Theatre in the Park

— •  
107 Pullen Road, 27607  
919-831-6936

## Thomas G. Crowder Woodland Center

— •KN  
5611 Jaguar Drive, 27606  
919-996-3141

## Tucker House

— •  
418 N. Person Street, 27601  
919-996-4363

## Walnut Creek Softball Complex

— •B  
1201 Sunnybrook Road, 27610  
919-250-2725

## Walnut Creek Wetland Center

— •KN  
950 Peterson Street, 27610  
919-996-2760

## Walnut Terrace Neighborhood Center

— •  
1256 McCauley Street, Ste. 126, 27601  
919-996-6160

## Williams Park c/o Sertoma Arts Center

— CEMR  
6601 Leadmine Road, 27612  
919-996-2329

## Worthdale Park and Community Center

— •ACEFZ  
1001 Cooper Road, 27610  
919-996-2730

\* Inquiries and mail for unstaffed centers should be sent to c/o site.

## Amenities Legend

<b>A</b>	Gymnasiums	<b>P</b>	Boat Rental
<b>B</b>	Lighted Ballfield(s)	<b>Q</b>	Fishing
<b>C</b>	Tennis Courts	<b>R</b>	Sand Volleyball
<b>D</b>	Pool	<b>S</b>	BMX Track
<b>E</b>	Play Equipment	<b>T</b>	Inline Skating
<b>F</b>	Mini Park	<b>U</b>	Dog Park
<b>G</b>	Outdoor Basketball	<b>V</b>	Gardens
<b>H</b>	Frisbee Golf	<b>W</b>	Walking Track
<b>J</b>	Exercise Trail	<b>Y</b>	Skate Park
<b>K</b>	Nature Study	<b>Z</b>	Weight Room
<b>L</b>	Arts	•	Handicap Accessible
<b>M</b>	Picnic Shelter		
<b>N</b>	Greenway Trail		
<b>O</b>	Lake		





#RaleighParks





City of Raleigh Parks,  
Recreation and Cultural Resources  
P.O. Box 590 Raleigh, NC 27602  
PRCR 6501

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# PLAY IT FORWARD RALEIGH

Raleigh Parks, Recreation,  
and Cultural Resources  
Department provides  
assistance to families and  
individuals who desire to  
participate in departmental  
programs but for financial  
reasons cannot always  
afford to.

**Donate now and  
give the gift of play!**

See page 5 for details.



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