

Green Road Community Center

Winter/Spring 2020 Programming Guide



Preschool Programs



Ballet Basics I - Beginner: (age 3) - Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals of ballet, 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: Tanisha Patrick, BA in dance and private studio teaching.

Class Fee: \$70.00

#247628	Jan 4 - Feb 15	Sat	9:15 - 10 am
#247629	Jan 4 - Feb 15	Sat	10:15 - 11 am
#247630	Feb 29 - Apr 18	Sat	9:15 - 10 am
#247631	Feb 29 - Apr 18	Sat	10:15 - 11 am

Ballet Basics II - Intermediate: (ages 4-6) - Young ballet dancers will work on each ballet movement in barre exercise and center exercise and gradually move into combining 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. Instructor Tanisha Patrick has a BA in dance and private studio teaching.

Class Fee: \$70.00

#247632	Jan 4 - Feb 15	Sat	11:15 am - 12 pm
#247633	Feb 29 - Apr 18	Sat	11:15 am - 12 pm

Soccer - Mini Kickers: (ages 3-5) - This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling & shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship & teamwork.

Class Fee: \$36.00

#249358	Feb 3 - 24	Mon	6:15 - 7 pm
#249359	Mar 2 - 23	Mon	6:15 - 7 pm
#249360	Apr 6 - 27	Mon	6:15 - 7 pm

Basketball - Little Shooters: (ages 3-5) - This is a skills, drills & play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense & team play fundamentals for a rewarding, noncompetitive sports experience.

Class Fee: \$36.00

#247573	Feb 4 - 25	Tue	6 - 6:45 pm
#247574	Mar 3 - 24	Tue	6 - 6:45 pm
#247575	Apr 7 - 28	Tue	6 - 6:45 pm

All Sports - Little Starters: (ages 3-5) - 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!

Class Fee: \$36.00

#247569	Feb 1 - 22	Sat	11 - 11:45 am
#247570	Mar 7 - 28	Sat	11 - 11:45 am
#247571	Apr 4 - 25	Sat	11 - 11:45 am

Tot Time: (6mo - 5yrs) - 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.

Class Fee: Free

#247595	Jan 2 - Apr 28	M-F	10:30 - 12:00 pm
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Youth/Teen Programs

Ballet Basics III - Advanced: (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly & safely. They will discover the joy of combining movements into phrases, while also developing their own creativity & expression. Instructor Tanisha Patrick has a BA in dance and private studio teaching.

Class Fee: \$70.00

#247634	Jan 4 - Feb 15	Sat	12:15 - 1 pm
#247635	Feb 29 - Apr 18	Sat	12:15 - 1 pm

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Jazz/Hip Hop Dance: (ages 8-13) - Beginner level dance Jazz/Hip Hop Dance instruction in a fun and supportive environment. Come learn some cool moves! Instructor: Tanesha Patrick

Class Fee: \$70.00

#247626 Jan 4 - Feb 15 Sat 1:15—2 pm

#247627 Feb 29 - Apr 18 Sat 1:15—2 pm



Basketball Skills for Beginners: (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting & passing along with other drills for ball control will be taught. Be prepared to sweat, learn & have a good time!

Class Fee: \$40.00

#247577 Feb 1 - 22 Sat 10:15 - 11am

#247578 Mar 7— 28 Sat 10:15 - 11am

#247579 Apr 4 – 25 Sat 10:15 - 11am

Urban (Soul) Line Dancing: (ages 16+) - 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.

Class Fee: \$5.00 per day

Jan 6 - Apr 27 Mon 7 - 8:30 pm



Zumba at Green Road with Maria Williams: (ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their 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.

Class Fee: \$5.00 per day or Class Pass: \$25.00

Jan 3 - Apr 29 M, W, F 6 - 7 pm

Hair Workshop Series: (ages 13+) - Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this series of workshops is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.

Class Fee: \$5.00

#249365 Jan 13 - Taking on the Transition Mon 6:30 - 7:30 pm

#249366 Feb 10 - Protective Styling Mon 6:30 - 7:30 pm

#249367 Mar 9 - It's All About Conditioning Mon 6:30 - 7:30 pm

#249368 Apr 13 - DIY Hair Product Making Mon 6:30 - 7:30 pm

Do's and Don'ts of Event Planning: (ages 13+) - 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.

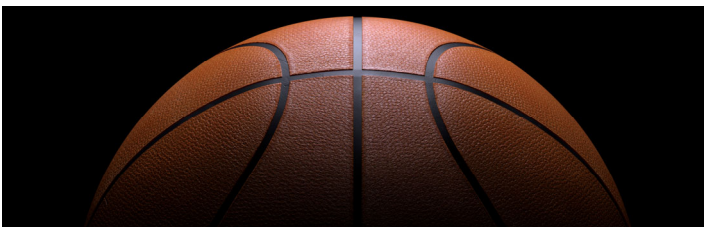
Class Fee: \$5.00

#250981 Feb 21 F 6:30pm - 7:30pm

Magic Makers - Event Planning Workshop: (ages 13+) - 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.

Class Fee: \$5.00

#250982 Mar 20 F 6:30pm - 7:30pm



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CAPS: (ages 5-12) The Community Afterschool Program is being offered at several local community centers for children K-6th grade following the Wake County traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts/crafts. For registration information, Green Road Community Center.

Class Fee: Free

#248312 Aug 26 - Jun 12 M-F 3 - 6 pm

TOPs- Teen Outreach Program: (ages 12-17) - The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at nine community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and their environment. The TOP program will not be open on teacher workdays or days when WCPSS is closed due to inclement weather. For more information about the program, please call 919-996-2139.

Class Fee: Free

#251055 Jan 2 - May 29 M-F 3 - 6 pm

Y.E.S. Days- Youth Escape School: (ages 5-12) - Need something for your child to do on school holidays and teacher workdays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Each participant must bring a lunch, drinks, and 2 snacks and should dress for play. If the minimum registration requirements are not met for a specific date at a location, parents/guardians will be notified at least five days in advance and given the option to change locations or receive a full refund for that date.

Class Fee: \$30.00

#243306	Jan 2	Th	7:30 am - 6 pm
#243307	Jan 3	F	7:30 am - 6 pm
#243308	Jan 29	W	7:30 am - 6 pm
#243309	Feb 17	M	7:30 am - 6 pm
#243310	Feb 18	T	7:30 am - 6 pm
#243311	Mar 9	M	7:30 am - 6 pm
#243312	Apr 6	M	7:30 am - 6 pm
#243313	Apr 7	T	7:30 am - 6 pm
#243314	Apr 8	W	7:30 am - 6 pm
#243315	Apr 9	Th	7:30 am - 6 pm
#243316	Apr 13	M	7:30 am - 6 pm
#243317	May 1	F	7:30 am - 6 pm

Adult Programs

Urban (Soul) Line Dancing: (ages 16+) - 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.

Class Fee: \$5.00 per day

Jan 6 - Apr 27 Mon 7—8:30 pm



Zumba at Green Road with Maria Williams: (ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their 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.

Class Fee: \$5.00 per day or Class Pass: \$25.00

Jan 3 - Apr 29 M, W, F 6 - 7 pm

Hair Workshop Series: (ages 13+) - Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this series of workshops is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.

Class Fee: \$5.00

#249365	Jan 13 - Taking on the Transition	Mon	6:30 - 7:30 pm
#249366	Feb 10 - Protective Styling	Mon	6:30 - 7:30 pm
#249367	Mar 9 - It's All About Conditioning	Mon	6:30 - 7:30 pm
#249368	Apr 13 - DIY Hair Product Making	Mon	6:30 - 7:30 pm

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Exercise - Weight Room/Fitness Room Pass: (ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

Jan 2 - Apr 30

Fee:

City Wide Membership - \$20.00

Daily Fee - \$2.00

Monthly Fee - \$10.00

Monday - Friday 10 am - 9 pm

Saturday 9 am - 3 pm

Sunday 1 pm - 6 pm

English as Second Language (ESL): (ages 18+) These beginner-level classes are designed for people who use a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a niveles basicos. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

Class Fee: Free

#249318 Jan 11 - Feb 15 Sat 11:30 am - 1 pm

#249319 Mar 7 - Apr 11 Sat 11:30 am - 1 pm

Pickleball: (ages 18+) - 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.

Class Fee: \$2.00 per day

#247594 Jan 5 - Apr 26 Sun 1:30 - 5:30 pm

Green Road Open Gym: (ages 18+) - 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.

Class Fee: Free

#247590 Jan 3 - Apr 27 M, W, F 12:15 - 2:30pm

Bingo: (age 18+) - Come & enjoy making friends & 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 & Clear All. Cost is 50 cents per card, or \$1 for 3 cards.

#247580 Jan 7 - Apr 28 T 10:00 - 1:00 pm



Mahjong Madness: (ages 18+) 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!

Class Fee: Free

#247592 Jan 7 - Apr 28 T 1:00 - 4:30pm

Do's and Don'ts of Event Planning: (ages 13+) - 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.

Class Fee: \$5.00

#250981 Feb 21 F 6:30 - 7:30pm

Magic Makers - Event Planning Workshop: (ages 13+) - 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.

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Men on Weights: (ages 18+) - 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.

Class Fee: \$5.00 per day

#250983 Jan 2 - Apr 30 TH 10 - 11:00am

Women on Weights: (ages 18+) - 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.

Class Fee: \$5.00 per day

#247636 Jan 7 - Apr 28 T 10 - 11:00am

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Class Fee: Free

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Class Fee: \$2.00 per day

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Active Adult Programs

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Class Fee: \$5.00 per day

Jan 6 - Apr 27 Mon 7 - 8:30 pm

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Class Fee: \$5.00 per day or Class Pass: \$25.00

Jan 3 - Apr 29 M, W, F 6 - 7 pm



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Class Fee: Free

#247592 Jan 7 - Apr 28 T 1 - 4:30pm

Bingo: (Age 18+) - Come & enjoy making friends & 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 & Clear All. Cost is 50 cents per card, or \$1 for 3 cards.

#247580 Jan 7 - Apr 28 T 10am - 1pm

Mature Adult Fitness: (ages 55+) - 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.

Class Fee: \$5.00

#250984 Jan 7 - Apr 28 T 11am - 12pm

Special Events

Egg Hunt: (all ages) - Come to your local community center on Saturday, April 13, for a fun-filled morning! Check with the center closest to you to find out what exciting pre-hunt events are planned and for the inclement weather policy. Hunts start promptly at 11 a.m. This is a free activity, and preregistration is not required.

Class Fee: Free

#251375 Apr 4 Sa 11am - 12pm

Athletic Teams/Leagues

Youth T-ball: (ages 5-6) Youth T-Ball Baseball registration is February 3-14, 2020. The T-Ball Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record 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, 2018. For more information please go to: www.raleighnc.gov.

Marsh Creek Park

#251118 Mar 1 - Jun 1

League Fee:

\$40 for Raleigh residents

\$55 for non-Raleigh residents



Youth Pinto Baseball: (ages 7-8) Youth Pinto Baseball registration is February 3-14, 2020. The Pinto Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record 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, 2018. For more information please go to: www.raleighnc.gov.

Worthdale Park and Brentwood Park

#251128 Mar 1 - Jun 1

League Fee:

\$40 for Raleigh residents

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Youth Mustang Baseball: (ages 9-10) Youth Mustang Baseball registration is February 3-14, 2020. The Mustang Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. 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, 2018. For more information please go to: www.raleighnc.gov.

Spring Forest Park, Biltmore Hills Park, and Buffaloe Road Athletic Park

#251155 Mar 1 - Jun 1

League Fee:

\$40 for Raleigh residents

\$55 for non-Raleigh residents

Youth Bronco Baseball: (ages 11-12) Youth Bronco (ages 11-12) Baseball registration is February 3-14, 2020. The Bronco Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. 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, 2018. For more information please go to: www.raleighnc.gov.

Buffaloe Road Athletic Park

#251166 Mar 1 - Jun 1

League Fee:

\$40 for Raleigh residents

\$55 for non-Raleigh residents

Youth Pony Baseball: (ages 13-14) Youth Pony Baseball registration is February 3-14, 2020. The Pony Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. 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, 2018. For more information please go to: www.raleighnc.gov.

Laurel Hills Park

#251195 Mar 1 - Jun 1

Buffaloe Road Athletic Park

#251196 Mar 1 - Jun 1

League Fee:

\$40 for Raleigh residents

\$55 for non-Raleigh residents

Youth Colt Baseball: (ages 15-17) Youth Colt Baseball registration is February 3-14, 2020. The Colt Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. 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, 2018. For more information please go to: www.raleighnc.gov.

Buffaloe Road Athletic Park and Optimist Park

#251218 Mar 1 - Jun 1

League Fee:

\$40 for Raleigh residents

\$55 for non-Raleigh residents

Raleigh Rockets: (ages 7-12) Interested in Track and Field? Raleigh Rockets is a recreational track and field program developed to introduce young athletes to this sport rich in tradition and history. The program combines technical development and fundamental techniques with safety and a major focus on fun! We want to inspire athletes to have a love for running and be active! Participants will have weekly practice sessions at team sites as well as opportunities to put it all together in fun-filled track meets and competitions. Uniform shirts provided.

Green Road Park and Buffaloe Road Athletic Park

#248601 Mar 3 - May 21

Program Fee:

\$25 for Raleigh residents

\$40 for non-Raleigh residents



Youth Lacrosse: (Grades 2nd-4th) Registration is scheduled for January 20th through 31st, 2020. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the North Carolina Lacrosse Academy offers Youth LAX for boys grades 2nd through 8th. Registration can be done online at reclink.raleighnc.gov. Practices and games will be primarily held at Jaycee Community Center & Buffaloe Road Athletic Park. Game and practice days will vary, but expect to practice and play two weekdays and on Saturday.

Jaycee Park and Buffaloe Road Athletic Park

#251108 Feb 5 - May 1

League Fee:

\$75 for Raleigh residents

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Youth Lacrosse: (Grades 5th-6th) Registration is scheduled for January 20th through 31st, 2020. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the North Carolina Lacrosse Academy offers Youth LAX for boys grades 2nd through 8th. Registration can be done online at reclink.raleighnc.gov. Practices and games will be primarily held at Jaycee Community Center & Buffalo Road Athletic Park. Game and practice days will vary, but expect to practice and play two weekdays and on Saturday.

Jaycee Park and Buffalo Road Athletic Park
#251109 Feb 19 - May 1

League Fee:

\$75 for Raleigh residents

\$90 for non-Raleigh residents

Youth Lacrosse: (Grades 7th-8th) Registration is scheduled for January 20th through 31st, 2020. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the North Carolina Lacrosse Academy offers Youth LAX for boys grades 2nd through 8th. Registration can be done online at reclink.raleighnc.gov. Practices and games will be primarily held at Jaycee Community Center & Buffalo Road Athletic Park. Game and practice days will vary, but expect to practice and play two weekdays and on Saturday.

Jaycee Park and Buffalo Road Athletic Park
#251116 Feb 19 - May 1

League Fee:

\$75 for Raleigh residents

\$90 for non-Raleigh residents



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