

ADULT

Try this at Home Yoga

Cost: \$40

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. All levels of yoga are welcomed. Dress comfortably and bring a yoga mat if you have one.

Ages: 18-up Thurs, 6:30-7:30pm

Jan 9-30

Feb 6-27

March 5-26



PARKS, RECREATION
AND CULTURAL
RESOURCES



Hill St. Community Center Hours:
Monday—Friday : 2pm—8pm
Saturday: 11am—5pm
Sunday: CLOSED



Winter 2020 Program Guide

**Hill Street
Community Center
2307 Hill St.
Raleigh NC, 27604
919-996-5300**





YOUTH

Preschool Programs Butterfly Ballerinas

Cost: \$25

Your little dancer will have tons of fun learning the basics of ballet. The class will help them develop balance, coordination, and self confidence.

Ages: 2-3 Tues, 4:30-5:00pm

Jan 7-	Feb 4-	March 3-	April 14-
28	25	24	May 5

Tap and Twirl

Cost: \$35

Your little dancer will have tons of fun learning the basics of ballet and tap. They will learn basic technique, body positions, and steps.

Ages: 4-5 Tues, 5:15-6:15 pm

Jan 7-	Feb 4-	March 3-	April 14-
28	25	24	May 5



Tumble N' Twist

Cost: \$40

Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on their gross motors skills while being taught the Forward roll, Backwards roll, Straddle roll, Intro to cart-wheels, and much more.

Ages: 2-3 Wed, 5:00-5:45

Ages: 4-5 Wed, 5:45-6:45

Jan 8-	Feb 5-	March 4-	April 1-
29	26	25	29



Preschool Crafts

Cost: \$8

Ages: 2-5

Mondays, 3:30-4:30 pm

Cupids Cuties

Monday, February 10th, #250307

Little Leprechauns

Monday, March 16th, #250308

Hop into Spring

Monday, April 13th, #250314



CAPS

Community Afterschool Program

The community afterschool Program is a free recreation based program for youth in K-6th grade that is offered at 14 different community centers across Raleigh. The program includes recreational games, arts, crafts, and various specialty activities. A light snack is provided daily. Participants will also have time to work on homework with some assistance, however we do not provide tutoring services.

Ages: 5-12

Cost: FREE

Monday-Friday

FAMILY

Parent and Toddler Yoga

Cost: \$40

This fun yoga series combines age-appropriate poses with imaginative yoga adventures, delightful books and music while offering a special time for parents and caregivers to connect with their child.

Ages: 3-5 Sat, 11:15-12pm

Jan 11-	Feb 8-	March 7-	April 18-
Feb 1	29	28	May 9



Family Movie Night at Hill St

Cost: FREE for all ages

Friday, 6-8pm

Jan 24th #250293

Feb 21st #250294

March 20th #250295