

Summer Program Guide

for Lake Johnson Park



Lake Johnson Park Nature Explorers

All Ages. Flip over logs, dig a hole, or sift through leaves with one of our naturalists. Participants will immerse themselves in nature and learn about the interesting things they find. All ages welcome, but most appropriate for families with children elementary school age or older. **Cost:** \$5

TGC Woodland Center

Sunday May 15 1:30—3 p.m.



Adult Fishing

Ages 16+ This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting techniques, what fish are found in the lake, and cover state rules and regulations. Then we will go fishing off our bridge and learn some tips and tricks to becoming an experienced fisherman. No prior experience required. All equipment is provided. **Cost:** \$10

Waterfront Center

Friday May 20 5:30—7:30 p.m.

All Levels Yoga

Ages 18+ 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.

Cost: \$60 Residents / \$75 Non-Residents

TGC Woodland Center

Thursdays June 2—July 7 6:30—7:30 p.m.
Thursdays July 28—Sept. 1 6:30—7:30 p.m.

Guided Nature Hike

Ages 5+ 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. **Cost:** \$2

TGC Woodland Center

Saturday June 4 9—11 a.m.

Adult(s) must accompany participant(s) under 16, register, and pay program fee unless otherwise stated. Advanced registration required for all programs. Register online at relink.raleighnc.gov keyword "Johnson"

PARKS, RECREATION
AND CULTURAL
RESOURCES

Lake Johnson Park Office

5611 Jaguar Park Dr
Raleigh NC 27606
(919) 996 - 3141
LJWoodlandCtr@raleighnc.gov

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Fundamentals of Sailing

Ages 16+ This course introduces the basics of sailing in a calm setting and at a relaxed pace. Participants will learn the parts of a sunfish sailboat, rigging a sunfish, maneuverability, and self-rescue techniques. Participants should be prepared to get wet during the program. Please bring a bagged lunch, water bottle, and sunscreen. No previous sailing experience required.

Cost: \$75 Resident / \$90 Non-Resident

Waterfront Center

Sunday	June 5	10 a.m.—4 p.m.
Sunday	July 10	10 a.m.—4 p.m.
Sunday	August 7	10 a.m. - 4 p.m.



Fundamentals of Paddling

Ages 15+ These classes will introduce the basics of paddling in a calm setting and at a relaxed pace. Participants will learn the parts of each watercraft, paddling strokes and techniques, maneuverability, and self-rescue techniques. All equipment is provided.

Cost: \$25 Resident / \$40 Non-Resident

Tuesdays 6—8 p.m.

June 14	Standup Paddleboard
August 2	Kayak



Evening Paddling Tour

Ages 14+ Explore Lake Johnson on the water 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 birds, 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.

Cost: Resident \$20 / \$35 Non-Resident

Tuesday 6—8 p.m.

June 21	Kayak
July 12	Standup Paddleboard

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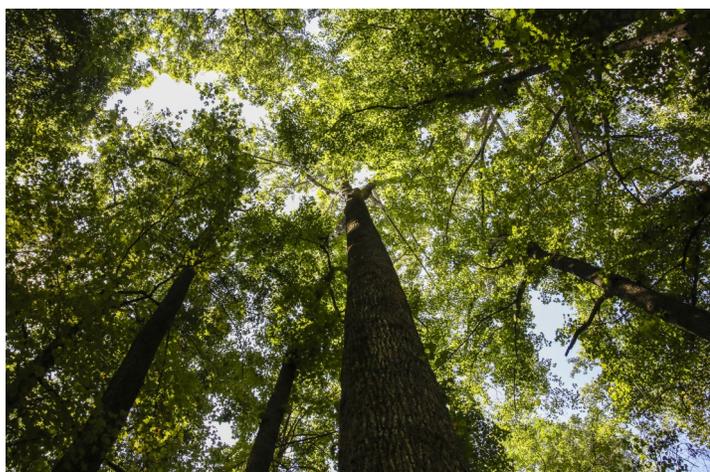
Tree ID Trek

Ages 14+ Come join our naturalists and learn how to identify some common trees found 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.

Cost: \$10

TGC Woodland Center

Saturday July 9 1—3 p.m.



Family Fishing

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. **Cost:** \$4

Waterfront Center

Saturday July 23 9:30—11:30 a.m.

Pond Explorers

Ages 5+ Curious as to what lives in the water at Lake Johnson? During this program, you'll get to sample along the shore edge and find out just what kind of creatures live in the leaf litter and mud at the lake's edge. We'll learn to identify some common aquatic invertebrates, learn more about their different life stages, and take a closer look at them. Come prepared to get dirty and meet some amazing creatures. **Cost:** \$4

Waterfront Center

Saturday August 13 9 a.m.—11 a.m.

MELT Method Workshop

Ages 18+ . MELT is a self-care treatment that helps improve joint function, reduce chronic pain and restore neurological efficiency by making the body more relaxed. Come experience positive changes you'll feel immediately using a MELT Soft Body Roller and small MELT balls during this introduction workshop. We will perform specific sequences for the hands, feet and entire body allowing tension to release from the neck, shoulders and low back. Participants will need to be able to get on the floor for this class. Equipment will be available to purchase for anyone interested in continuing MELT on their own.

Cost: \$25 Resident / \$40 Non-Resident

TGC Woodland Center

Sunday August 14 10:30 a.m.—12 p.m.

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