

2022 | September – December

# Leisure Ledger



**Raleigh  
Parks**

**Online Registration Starts  
July 26, 2022**

[parks.raleighnc.gov](https://parks.raleighnc.gov)

919.996.6640

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

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

### Raleigh Parks, Recreation and Cultural Resources

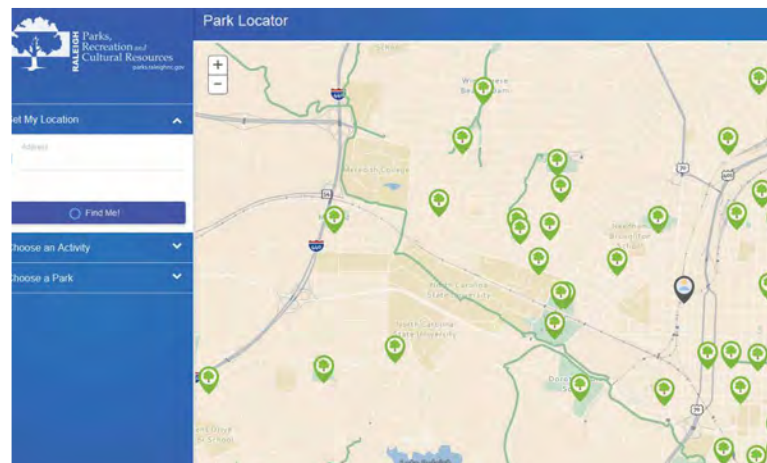
Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 104 courts, dive into one of 8 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](https://parks.raleighnc.gov)*



### Browse or Register Online with RecLink

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

RecLink allows you to search for classes, programs, and events by age, location, or keyword. With your Login ID and password 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](https://parks.raleighnc.gov) or call 919-996-2153 (RecLink). Program information is accurate at time of printing, but may be subject to change.



### My Raleigh Subscriptions

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

## BE SOCIAL



[Instagram.com/  
raleighparks](https://www.instagram.com/raleighparks)



[YouTube.com/  
raleighparksandrec](https://www.youtube.com/raleighparksandrec)



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



[pinterest.com/  
raleighparks](https://www.pinterest.com/raleighparks)



[facebook.com/  
raleighparks](https://www.facebook.com/raleighparks)





## PLAY SAFELY

The health and safety of the community and our staff remain our top priorities. While we are hopeful that the programs included will give you an opportunity to stay active and healthy, all offerings are subject to modification or cancellation based upon state and local guidelines. Visit [parks.raleighnc.gov](http://parks.raleighnc.gov) to view the status of park facilities, amenities, and programs.

### Social Distancing Best Practices

- Always keep at least 6 feet between you and others.
- Walk, jog, hike, and bike in a single file on the trail.
- When crossing a bridge on the trail, allow one group or trail user to pass at a time to maintain 6 feet of distance.
- Avoid gathering in groups at trailheads or other areas.
- To improve social distancing, consider visiting less busy trails or parks. Use our Park Locator <http://maps.raleighnc.gov/parklocator/> to find the park closest to you.
- If you are exhibiting symptoms, do not visit the park or trails. However, people with COVID-19 may not exhibit symptoms, so it is important to practice the above guidelines even when feeling well.

**Thank you for staying safe, Raleigh!**





# Raleigh Parks

## Raleigh City Council\*

Mayor: Mary-Ann Baldwin  
Corey Branch  
Patrick Buffkin  
David Cox  
Stormie D. Forte  
David Knight  
Jonathan Melton  
Nicole Stewart

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

Chair: Jennifer Wagner  
Vice Chair: Beverley Clark  
Carol Ashcraft  
Gregory Etheridge  
Van Fletcher  
Lex Janes  
Christina Jones  
Rashawn King  
Carol Love  
Malay Patel  
Chris Pereira  
Marsha Presnell Jennette  
Lindsay Saunders  
Kara Strang  
Dave Toms

*\*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: David Clegg  
Vice Chair: Patty Williams  
Nada Eshmaeel  
Toni Gadsden  
Moses T Alexander Greene  
Pam Hartley  
Judy Payne  
Angela Salamanca  
Mary Silver  
Isabel Villa-Garcia  
Billy Warden  
Carl Wilkins

## Management Team

Interim Director:  
Scott Payne  
Assistant Director:  
Ken Hisler  
Assistant Director:  
Stephen Bentley  
Assistant Director:  
Sally Thigpen  
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: Linda Dallas  
Vice Chair: Angela Lombardi  
Lincoln Hancock  
Vershae Hite  
Derek Ham  
Phillip Jefferson  
Jackie Turner

## 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

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### 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 [parks.raleighnc.gov](http://parks.raleighnc.gov) and search "Play It Forward".

# Special Events

## Moore Square Market

Pick up your local produce and treats, meet up with friends and enjoy live music at Moore Square Market! Enjoy a picnic and games in the park or lunch from local restaurants, get some shopping done at nearby stores and make an afternoon in DTR. The market features vendors selling fresh, seasonal goods as well as original, high-quality crafts. Fruits, vegetables, meats, seafood, eggs, dairy, artisanal goods, pastries and much more can all be found at the market.

### Moore Square

Sep 4-Oct 30      Su      10:00am-2:00pm



## Dodge for a Cause

**Ages:** 18yrs. and up. Join us for a glow-in-the-dark dodgeball tournament benefitting our financial assistance program. All proceeds from the event go to Play it Forward Raleigh, which provides scholarships and financial assistance for Parks, Recreation and Cultural Resources programs. The cost is \$200 per team before August 15 and \$240 per team after August 15. The price includes a Glow-in-the-Dark shirt for each player. Each team should have 5-8 players. Registration is for complete teams only. If an individual is interested, please contact Ryan Ryba at 919.996.2128. Register at any City of Raleigh Community Center or online at [reclink.raleighnc.gov](https://reclink.raleighnc.gov) under "Adult League Team Registration."

### Tarboro Road Community Center

Sep 17      Sa      10:00am-5:00pm

## Halloween at Pullen Arts Center: Art is not Scary!

Have you been afraid to try an art class? Join Pullen Arts Center for a special spooky and creative day focused on creating opportunities for you to try out short Halloween-themed classes in our studios, explore the arts center on a spooky scavenger hunt, and visit make-and-take stations for self-guided crafting. Spaces are limited in each class; pre-registration is required. Classes will be available for preregistration at [reclink.raleighnc.gov](https://reclink.raleighnc.gov) on October 3 using Activity Search "Location: Pullen Arts Center" and "Keyword: Halloween." \$5 per class.

### Pullen Arts Center

Oct 29      Sa      10:00am - 2:00pm

## Fall Arts Fair

### Produced by Pullen and Sertoma Arts Center at Fred Fletcher Park

Do you love supporting local artists? Get an early start on your holiday shopping and buy gifts for yourself and others from wonderful local artists at the Fall Arts Fair. The Fall Arts Fair showcases the work of jewelers, potters, painters, printmakers, bookmakers, glass artists and fiber artists who participate in Pullen and Sertoma Arts Centers' programs. A fun outing for the whole family, visitors can enjoy participating in a variety of hands on art activities and watching demonstrations by Arts Center teaching artists. All are invited to join us for this free outdoor event. (Artists interested in exhibiting and selling their work should contact Pullen or Sertoma Arts Center directly for registration information.)

### Fred Fletcher Park

Nov 5      Sa      10:00am-5:00pm





# Aquatics

For information about dates of operations, hours of operation, and amenities please visit [www.raleighnc.gov/aquatics](http://www.raleighnc.gov/aquatics).

## 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 Specialized Recreation and Inclusion Services at 919-996-2147.)

### 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

The Aquatics Division offers the following certification courses:

Lifeguarding, Lifeguarding Instructor, and Water Safety Instructor. Please check [www.raleighnc.gov/aquatics](http://www.raleighnc.gov/aquatics) for course requirements and schedules.

### 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

## Aquatic Swim Lessons

Private swim lessons and stroke development are offered at Buffalo Road Aquatic Center, Millbrook Pool, Optimist Pool, and Pullen Aquatic Center. Private lessons are offered at times when group lessons are not being conducted and based on instructor availability. Contact the aquatic center for information on requesting private swim lessons.

**Private Lesson - Single:** \$32

**Private Lesson - Package:** \$110

## Aquatic Water Exercise Membership

**Senior Resident:** \$32

**Adult Resident:** \$40

**Senior Non-Resident:** \$44

**Adult Non-Resident:** \$52

Passes are valid for any 8 classes for one (1) year after date of purchase.

### Drop-In Rates

Drop-in rates are available for single classes.

**Senior Resident:** \$6

**Adult Resident:** \$8

**Senior Non-Resident:** \$7

**Adult Non-Resident:** \$9

The aquatics program offers a variety of programs at pools across the City of Raleigh. Please visit [reclink.raleighnc.gov](http://reclink.raleighnc.gov) or contact one of the aquatic facilities for detailed information on class availability at each location.

## Aquatics Lessons

### Preschool

#### Parent & Child Aquatics Level 1

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.

#### Parent & Child Aquatics Level 2

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.

#### Preschool Aquatics Level 1

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.

#### Preschool Aquatics Level 2

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.

#### Preschool Aquatics Level 3

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.

## Youth

### Intra City Swim Team

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



### Swim Lesson - Level 1 Intro Water Skills

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.

### Swim Lesson - Level 2 Fundamental Skills

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.

### Swim Lesson - Level 3 Stroke Development

They will learn to coordinate alternating and simultaneous arm and leg actions of several strokes. Level 3 lets participants perform skills without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

### Swim Lesson - Level 4 Stroke Improvement

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.

### Swim Lesson - Level 5 Stroke Refinement

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.

### Adult

#### Adult Learning the Basics Swim Class

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.

#### Adult Refining Swim Strokes Class

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.

### Water Exercise

#### Intensity Scale for all classes

Level 1–2: Low intensity

Level 3: Moderate intensity

Level 4–5: High intensity

#### Deep Water Classes (exercise belts provided)

Intervals (Level 3–4) Combination of high- and low-intensity exercises.

### Power Hour (Level 4–5)

Quick, continuous, and powerful aerobic movements for the overall body workout with no impact for the advanced exerciser.

### Shallow Water Classes Ai-Chi/Aqua Moves (Level 1–2)

Exercises focus on building strength, encouraging flexibility, and improving balance and gait. Ai-Chi is a combination of deep breathing and slow broad movements using nineteen postures balancing the whole body, invite awareness, relaxation and tranquility.

### Advanced Pool-Pilates (Level 1–2)

A more advance version of the intro class with more intense level of exercises for flexibility and control of the body.

### Intro Pool-Pilates (Level 1–2)

This non-impact exercise routine improves flexibility, builds strength, and develops control and endurance. Alignment, breathing, developing a strong core, and improving coordination and balance are the emphasis.

### Hydro-fusion (Level 2–4)

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

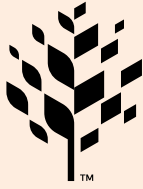
### Join-T Class (Level 1–2)

This class is designed for people with arthritis, fibromyalgia, or other conditions that would benefit from range-of-motion exercises.

### Range of Motion+ (Level 1–2)

The focus of this class is on all muscle groups and joints of the body with a target of strengthening and lengthening.





## Raleigh Arts

The City of Raleigh believes that arts, culture, and creativity enhance our quality of life, boost the economy, and help connect our communities. With the help of two volunteer advisory groups, the Arts Commission and the Public Art and Design Board, Raleigh Arts oversees a portfolio of programs, funding opportunities and creative placemaking initiatives including:

- Artist Opportunities, resources, and capacity building
- Arts Grants that provide \$1.9 million to non-profit organizations each year
- Exhibitions and the Municipal Art Collection
- Medal of Arts and Gifts of Gold Awards
- Neighborhood Art Funds
- Piedmont Laureate Program
- Public Art including the Percent for Art program and Citizen-Initiated Projects
- Pullen and Sertoma Arts Centers
- Universal Access and the Arts Initiatives

To learn more visit [www.raleighnc.gov/arts](http://www.raleighnc.gov/arts) and follow us on social media.

Facebook: @OfficeofRaleighArts  
Instagram: @Raleigh\_Arts  
Twitter: @RaleighArts



### Pullen Arts Center

105 Pullen Road Raleigh, NC 27607, (919)996-6126

**Director:** Eliza Kiser

Pullen Arts Center is a community arts education facility focused on serving beginning to advanced visual artists of all ages by providing quality instruction by professional teaching artists, gallery exhibition opportunities, and studio access. Programming is focused in five studio areas - pottery, glass, bookmaking & printmaking, painting & drawing, and jewelry.

In addition to the art classes, studio memberships, and summer camps that Pullen Arts Center has been known for, Pullen Arts Center now also offers a Teen Art Pass, Monday Creative Aging memberships, Studio Assistantships, kiln rentals, and facility rentals. Learn more at [www.raleighnc.gov/arts](http://www.raleighnc.gov/arts). Questions? Email [Pullen.Arts@raleighnc.gov](mailto:Pullen.Arts@raleighnc.gov).

#### Pullen Arts Center's Gallery Exhibits

##### September – October 2022

Closing Reception: Saturday, October 29, 2:30-4:30pm

Tracie Fracasso	Dominick Rapone
Tina Marcus	Kelly Schrader
Coelum McCal	Susan Soper

##### November 2022 – January 2023

Closing Reception: Saturday, January 21, 2:30-4:30pm

Tammy Kaufman	Karen Rose
Ruth Little	Galina Stockstill
Lori Patterson	

Exhibitions are free, open to the public, and on display during normal operating hours.

### Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612, (919)996-2329

**Director:** Julia Meder

Sertoma Arts Center is a hub of community creativity, offering classes in painting, drawing, sewing & fiber arts, printmaking, jewelry, glass fusing, pottery, music, dance and fitness. Sertoma's programming serves all ages, all abilities, and all levels of art experience. Memberships are available to those qualified students wishing to continue their artistic journey by working independently in our studios. Located in beautiful Shelley Lake Park, Sertoma provides the perfect location for creativity in a natural setting. Visitors are welcome to borrow an art pack to create their own work of art in the park. Gallery displays of local artist's work are shown throughout the center all year long. Want to host an event surrounded by creativity? Our large room is available for facility rentals such as parties, weddings, and more. Learn more at [www.raleighnc.gov/arts](http://www.raleighnc.gov/arts). Questions? Email [sertomaartscenter@raleighnc.gov](mailto:sertomaartscenter@raleighnc.gov).

**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 Cases and Hall Gallery:

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

#### Sertoma Arts Center's Gallery Exhibits

##### Sept/Oct:

**Raleigh Room:** Shawn Etheridge

**Hall Gallery:** Dian Sourelis

**Display Cases:** José Pablo Barreda + Andy McKenzie

##### Nov/Dec:

**Raleigh Room:** Professional Art Quilters of the South

**Hall Gallery:** Arts Access/Artist Link Project

**Display Cases:** Elijah Kell



## Preschool

### Ballet and Tap for Preschoolers

Age: 4-5 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

#### Ages 4-5

Sep 6-Sep 27 Tu 10:15-11:00am

#### Ages 4-5

Oct 4-Oct 25 Tu 10:15-11:00am

#### Ages 4-5

Nov 1-Nov 22 Tu 10:15-11:00am

#### Ages 4-5

Nov 29-Dec 20 Tu 10:15-11:00am

#### Ages 2-3

Sep 7-Sep 28 W 10:15-11:00am

#### Ages 2-3

Oct 5-Oct 26 W 10:15-11:00am

#### Ages 2-3

Nov 2-Nov 23 W 10:15-11:00am

#### Ages 2-3

Nov 30-Dec 21 W 10:15-11:00am

### Ballet/Tap Tots Basics at Greystone

Age: 3-5 yrs. Enroll your budding ballet/tap dancers in Ballet and Tap Basics! Steps, combinations and technical training will enhance your young dancer's coordination, vocabulary and knowledge of music. Dancers will refine their technique in a fun and safe environment with Ms. Gabbie.

#### Greystone Recreation Center

Sep 1-Sep 22 Th 10:15-11:00am Fee: \$40

Oct 6-Oct 27 Th 10:15-11:00am Fee: \$40

Nov 3-Nov 17 Th 10:15-11:00am Fee: \$30

Dec 1-Dec 29 Th 10:15-11:00am Fee: \$40

### Ballet/Tap Basics Tiniest

Age: 2-3 yrs. Enroll your budding ballet/tap dancers in Ballet and Tap Basics! Steps, combinations and technical training will enhance your young dancer's coordination, vocabulary and knowledge of music. Dancers will refine their technique in a fun and safe environment with Ms. Gabbie.

#### Greystone Recreation Center

Sep 1-Sep 22 Th 11:00-11:45am Fee: \$40

Oct 6-Oct 27 Th 11:00-11:45am Fee: \$40

Nov 3-Nov 17 Th 11:00-11:45am Fee: \$30

Dec 1-Dec 29 Th 11:00-11:45am Fee: \$40

### Butterfly Ballerina's

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

#### Hill Street Neighborhood Center – Course Fee: \$25

Sep 6-Sep 27 Tu 4:45-5:15pm

Oct 4-Oct 25 Tu 4:45-5:15pm

Nov 1-Nov 22 Tu 4:45-5:15pm

Nov 29-Dec 20 Tu 4:45-5:15pm

## Raleigh Little Theatre

Website: <http://raleighlittletheatre.org/>

Email: [info@raleighlittletheatre.org](mailto:info@raleighlittletheatre.org)

Box Office: 919-821-3111

Since 1936, 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

July 22-31

*Xanadu* - Musical

August 11-20

*The 25th Annual Putnam County*

*Spelling Bee* - Musical

September 16-October 2

*Pride and Prejudice* - Romantic Comedy

December 2-18

*Cinderella* - Holiday Musical

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

## Theatre In The Park

Website: [www.theatreinthepark.com](http://www.theatreinthepark.com)

Email: [info@theatreinthepark.com](mailto:info@theatreinthepark.com)

Box Office 919-831-6058

Business Office: 919-831-6936

Theatre In The Park, located in the northern end of Raleigh's 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

September 30 - October 16

*Let the Right One In*

December 2022 at The Duke Energy Center Raleigh and DPAC in Durham  
*A Christmas Carol 2022*

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

## Crafts for Kids

Age: 3-5 yrs. During this course, your kids will learn to explore their imagination. This class will include seasonal, holiday, and other themed crafts. Get your glue sticks and glitter ready - it's time for some crafty fun!

#### Marsh Creek Community Center – Course Fee: \$10

Sep 6 Tu 9:00-10:00am

Oct 4 Tu 9:00-10:00am

Nov 1 Tu 9:00-10:00am

Dec 6 Tu 9:00-10:00am

### Create Together- Art For Fun

Age: 2-6 yrs. This art class allows the parent and their child to participate in an art project together! We will give you all of the supplies and the instruction to enjoy your opportunity to create. The artistic expression may include drawing, painting, coloring, and creative expression! See you at Chavis!

#### John Chavis Community Center – Course Fee: \$5

Feb 2-Mar 30 W 1:00-2:00pm

### 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.

#### Hill Street Neighborhood Center – Course Fee: \$35

Sep 6-Sep 27 Tu 5:15-6:15pm

Oct 4-Oct 25 Tu 5:15-6:15pm

Nov 1-Nov 22 Tu 5:15-6:15pm

Nov 29-Dec 20 Tu 5:15-6:15pm

## Family - Preschool Process Art

Age: 3-4 yrs. Do you love picture book art? A caregiver and child will explore different art techniques and materials as we use picture book art to inspire young artists. This process art class is a wonderful place to get a little messy and try new ways to create and see connections between art, literacy, and science. All supplies included. Instructor: Sarah Johnston (1 session)

#### Pullen Arts Center – Course Fee: \$20

Oct 4 Tu 10:00-11:00am

Oct 11 Tu 10:00-11:00am

Oct 18 Tu 10:00-11:00am

Oct 25 Tu 10:00-11:00am

Nov 1 Tu 10:00-11:00am

## Monster Mash

Age: 3-6 yrs. Halloween is coming and Abbotts Creek has a fun morning planned! Have you ever wanted to create your very own party mask? Participants will create a fun mask followed by story time. Pre-registration is required.

#### Abbotts Creek Community Center – Course Fee: \$7

Oct 20 Th 10:00-10:45am

## Preschool - Mini Monets

Age: 1.5-2 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. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

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

Sep 9-Oct 14 F 9:30-10:15am

Oct 28-Dec 16 F 9:30-10:15am

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### 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. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

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

Sep 14-Oct 19	W	1:00-2:00pm
Nov 9-Dec 14	W	1:00-2:00pm

### Preschool - What Can You See Under the Sea?

Age: 3-5 yrs. Each week we'll explore books about the wonders of the undersea world and create sea-themed art. Projects include salt painting, sand painting, watercolors, and torn paper seascapes. Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

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

Sep 13-Oct 18	Tu	1:00-2:00pm
Nov 8-Dec 13	Tu	1:00-2:00pm

### Suzuki Music for Babies

Age: 0-3 yrs. In this interactive music class for parent and child (birth to age 3), parents enjoy watching their babies develop rhythm, melodic awareness, memory and movement. Through activities such as singing, dancing and story time, children learn self-control, sharing, independence and listening skills. A home CD and booklet (one-time purchase from instructor) reinforce class songs and activities. For the most rewarding experience, start early (age 1 or younger) and repeat as often as you wish. Caregiver does not enroll.

Instructor: Jeanne Beegle

**Greystone Recreation Center** – Course Fee: \$55

Sep 14-Oct 19	W	10:00-10:50am
Nov 2-Dec 14	W	10:00-10:50am

### Thankful Turkeys

Age: 3-6 yrs. With turkey day approaching join us at Abbotts Creek for a morning of fun art! Participants will create decorations to display for their family. We're also going to share a story and play a fun game! Preregistration is required

**Abbotts Creek Community Center** – Course Fee: \$7

Nov 10	W	10:00-10:45am
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### Twinkle Stars Ballet and Tap

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. Instructed by Ms. Gabbie.

**Lake Lynn Community Center**

Sep 10-Oct 1	Sa	9:15-10:00am	Fee: \$40
Oct 8-Oct 29	Sa	9:15-10:00am	Fee: \$40
Nov 5-Nov 26	Sa	9:15-10:00am	Fee: \$40
Dec 3-Dec 17	Sa	9:15-10:00am	Fee: \$30

### Young Artists at Worthdale

Age: 3-4 yrs. Spark your child's inner artist in our cheerful and interactive art program. Our children classes focus on honing essential art skills that will boost their future artistic endeavors. We make sure that your child develops confidence and pride in every masterpiece that they bring into life!

**Worthdale Community Center** – Course Fee: \$20

Sep 5-Sep 26	M	11:00am-12:00pm
Oct 3-Oct 31	M	11:00am-12:00pm
Nov 7-Nov 28	M	11:00am-12:00pm
Dec 5-Dec 26	M	11:00am-12:00pm

### Youth Pottery - Intergeneration Clay Exploration

Age: 3-4 yrs. Bring your curiosity and the child in your life to Pullen Arts Center for a special cooperative art-making experience! We'll spend time in the new Youth Pottery Studio, where you'll learn a little about working with clay while learning even more about your child and the creative process. Pieces will be left for firing and available for pickup two weeks after the class. Class fee includes one adult and one child; please register child only. All materials provided. Instructor: Emily Malpass (1 session)

**Pullen Arts Center** – Course Fee: \$20

Oct 20	Th	10:00-11:15am
Oct 23	Su	2:00-3:15pm
Nov 17	Th	10:00-11:15am
Dec 1	Th	10:00-11:15am
Dec 4	Su	2:00-3:15pm

## 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

Sep 3-Sep 24	Sa	11:00-11:45am
Oct 1-Oct 22	Sa	11:00-11:45am
Nov 5-Nov 26	Sa	11:00-11:45am
Dec 3-Dec 24	Sa	11:00-11:45am





### Art - Artrageous Artists!

Age: 7-11 yrs. We'll paint like Picasso, find out why the Blue Dog is blue, paint landscapes with odd palettes, create stabiles, become abstract expressionists and more! After exploring the work of well-known artists, we'll create our own masterpieces. No two sessions are alike! Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

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

Sep 15-Oct 20	Th	4:00-6:00pm
Nov 3-Dec 15	Th	4:00-6:00pm

### Art - Get Your Passport: Art Explorers!

Age: 6-10 yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by it's art. Destinations include Australia, China, Egypt, Ghana, India, Mexico, Peru, and more. No two sessions are alike! Supplies included. 6 sessions. Instructor: Michelle Davis Petelinz.

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

Sep 14-Oct 19	W	4:00-6:00pm
Nov 9-Dec 14	W	4:00-6:00pm

### Art - Imagination Station

Age: 6-12 yrs. Let your imagination soar! This class will focus on fundamentals of art by exploring a variety of materials, techniques. Creating unique art with drawing, painting, collage, paper craft and sculpture. Supplies included. 6 sessions. Instructor: Sarah Clover.

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

Sep 13-Oct 18	Tu	4:00-6:00pm
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### Art - Painting with Light: Cyanotype Print Making

Age: 8-13 yrs. Every Tuesday during track out come and make photographic prints while learning about the science and magic of photography; painting with light. Discover the Art of one of the original forms of Photography, Cyanotype. Anna Atkins created the first photographic book in 1842 made entirely of botanical Cyanotypes. Learn how to mix photosensitive emulsion, coat your own paper, and make one of a kind prints with objects and plant life from around the Arts Center and from your own garden or home. Supplies included. 3 sessions. Instructor: Sarah Ann Austin.

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

#### Track 4 - Track Out

Oct 6-Oct 20	Th	10:00am-2:00pm
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#### Track 2 - Track Out

Nov 14-Nov 28	M	10:00am-2:00pm
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### Art for Kids!

Age: 6-12 yrs. With the guidance of a professional art instructor, young artists can come and enjoy fun art classes created for ages 6-12. Children will explore all types of mediums, learn techniques, and experiment with their creative minds. Within the one hour class, your young artist will create an amazing art piece to keep and take home to show to family!

**Marsh Creek Community Center**

Sep 3-Sep 24	Sa	10:00-11:00am	Fee: \$40
Oct 1-Oct 22	Sa	10:00-11:00am	Fee: \$40
Nov 5-Nov 19	Sa	10:00-11:00am	Fee: \$30
Dec 3-Dec 17	Sa	10:00-11:00am	Fee: \$30

### 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

Sep 3-Sep 24	Sa	10:00-10:45am
Oct 1-Oct 29	Sa	10:00-10:45am
Nov 5-Nov 26	Sa	10:00-10:45am
Dec 3-Dec 24	Sa	10:00-10:45am

### 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. Instructed by Ms. Gabbie.

**Lake Lynn Community Center**

Sep 10-Oct 1	Sa	12:15-1:00pm	Fee: \$40
Oct 8-Oct 29	Sa	12:15-1:00pm	Fee: \$40
Nov 5-Nov 26	Sa	12:15-1:00pm	Fee: \$40
Dec 3-Dec 17	Sa	12:15-1:00pm	Fee: \$30

### Ballet/Tap for Mini Stars

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. Instructed by Ms. Gabbie.

**Lake Lynn Community Center**

Sep 10-Oct 1	Sa	10:15-11:00am	Fee: \$40
Oct 8-Oct 29	Sa	10:15-11:00am	Fee: \$40
Nov 5-Nov 26	Sa	10:15-11:00am	Fee: \$40
Dec 3-Dec 17	Sa	10:15-11:00am	Fee: \$30

### Ballet/Tap/Jazz Competition Team

Age: 5-13 yrs. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie - No experience necessary.

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

Sep 10-Oct 1	Sa	1:15-2:00pm
Oct 8-Oct 29	Sa	1:15-2:00pm
Nov 5-Nov 26	Sa	1:15-2:00pm
Dec 3-Dec 17	Sa	1:15-2:00pm

### Dance- Modern Dance

Age: 8-13 yrs. Fundamentals of Contemporary/Modern Dance class is designed for the beginner/intermediate dancer with a curiosity for modern/contemporary dance, this class builds on basic movement for a foundation to better prepare you for more advanced techniques in modern dance. It also develops strong creative dancers that allows beginners/intermediate to experience the sheer joy of dance and introduces integral concepts like body awareness, alignment, strength, flexibility, and endurance through the study of technique and improvisation with a focus on musicality, dynamics, footwork and artistic expression. The class is Rooted in Graham technique, which explores principles like contraction, release, and spiral. Skill and self-confidence are developed in a fun, and open environment.

**Barwell Road Community Center** – Course Fee: \$43

Sep 3-Sep 24	Sa	1:00-1:45pm
Oct 1-Oct 22	Sa	1:00-1:45pm
Nov 5-Nov 26	Sa	1:00-1:45pm
Dec 3-Dec 24	Sa	1:00-1:45pm

### Dancin' Feet

Age: 6-8 yrs. Your dancer will have tons of fun learning the basics of ballet, tap, and jazz. This class will help them develop balance, coordination, and self-confidence. All while learning basic technique, body positions and steps in each style of dance. Everything they learn will come together for an end of session performance for the parents to enjoy.

**Hill Street Neighborhood Center** – Course Fee: \$40

Sep 8-Sep 29	Th	5:30-6:30pm
Oct 6-Oct 27	Th	5:30-6:30pm
Nov 3-Dec 1	Th	5:30-6:30pm

### It's Showtime Theater!

Age: 6-13 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: \$40

Sep 7-Sep 28	W	7:00-8:00pm
Oct 5-Oct 26	W	7:00-8:00pm
Nov 2-Nov 30	W	7:00-8:00pm
Dec 7-Dec 21	W	7:00-8:00pm

### Jazzed to Jive

Age: 5-10 yrs. Leap, twirl, and Jazz Hands!! The first half of class will focus on ballet technique and choreography; in the second half, we will let our hair down and bust a move with Jazz and Hip Hop steps. Freestylin' freedom is encouraged in the "final bow" of each class. Instructor: Ms. Gabbie

**Greystone Recreation Center**

Sep 12-Sep 26	M	5:00-5:55pm	Fee: \$30
Oct 3-Oct 24	M	5:00-5:55pm	Fee: \$40
Nov 7-Nov 28	M	5:00-5:55pm	Fee: \$40
Dec 5-Dec 19	M	5:00-5:55pm	Fee: \$30

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### 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. Instructed by Ms. Gabbie.

#### Lake Lynn Community Center

Sep 10-Oct 1	Sa	11:15am-12:00pm	Fee: \$40
Oct 8-Oct 29	Sa	11:15am-12:00pm	Fee: \$40
Nov 5-Nov 26	Sa	11:15am-12:00pm	Fee: \$40
Dec 3-Dec 17	Sa	11:15am-12:00pm	Fee: \$30

### 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. 11 sessions. Director: Ilse Mann.

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

Sep 8-Nov 17	Th	6:15-7:30pm
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### Pottery - Autumn Leaves

Age: 7-11 yrs. Create decorative or functional ceramic works by creating autumn leaves from clay and molding them into forms. The first day of class students will create their works, and the second day they will decorate them using vibrant colored glazes. This class is a great way for kids to explore art! Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

#### Sertoma Arts Center – Course Fee: \$48

Sep 8-Sep 15	Th	4:00-5:30pm
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### Pottery - Autumn Wall Decor

Age: 5-11 yrs. Celebrate the first day of fall by creating Autumn themed wall decor using the slab handbuilding technique. The first day of class students will make their creations, and the second day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

#### Sertoma Arts Center – Course Fee: \$48

Sep 22-Sep 29	Th	4:00-5:30pm
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### Pottery - Eccentric Elephants

Age: 6-11 yrs. Students will create a unique and eccentric elephant in the first class. In the second class, students will add color with glaze to decorate. Pieces will be ready to pick up two weeks after the last class. Supplies included. 2 sessions. Instructor: Patty Merrell.

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

Sep 14-Sep 21	W	4:15-5:30pm
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### Pottery - Gothic Spires and Gargoyles

Age: 7-11 yrs. Gargoyles are found outside fancy medieval castles or on the outside walls of cathedrals. It was believed that they would protect the building. During the first week we will look at photos of examples and talk briefly about the function of gargoyles. Then the students will construct a tower or spire. During the second week the students will create a fanciful, imaginative gargoyle. The third week is glazing. Pieces will be ready for pick up 2 weeks after the last class. Supplies included. 3 sessions. Instructor: Patty Merrell.

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

Oct 5-Oct 19	W	4:15-5:30pm
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### Pottery - Kids Handbuilding Skills

Age: 5-8 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a glaze day so don't miss it! This class is a great way for kids to explore art and relax. Supplies included. Pottery will be ready for pick up 2 weeks after the last class. 4 sessions.

#### Sertoma Arts Center – Course Fee: \$85

Sep 19-Oct 10	M	4:30-6:00pm
Oct 4-Oct 25	Tu	4:00-5:30pm

### Pottery - Monster Making

Age: 5-11 yrs. Get ready for halloween by creating your own monster! The first day of class we will create our monsters and the second day we will decorate them with vibrant glazes. This class is a great way for kids to explore art! Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

#### Sertoma Arts Center – Course Fee: \$48

Oct 17-Oct 24	M	4:00-5:30pm
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### Pottery - Winter Gifts

Age: 5-11 yrs. Create decorative and functional ceramic gifts using different techniques such as slab, coil, and pinch techniques. Students will make gifts for friends and family the first day and then decorate them with vibrant glazes the second day. This class is a great way for kids to explore art! Projects will be ready for pickup 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

#### Sertoma Arts Center – Course Fee: \$48

Nov 28-Dec 5	M	4:00-5:30pm
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### Pottery - Winter Ornaments

Age: 6-10 yrs. Potters will make ceramic ornaments out of wet clay the first class. Snowflakes, snowmen, snowbears. The second class we will be decorating the ornaments with different color glazes. Pieces will be ready for pickup 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Lynn Kurisko.

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

Nov 2-Nov 9	W	4:15-5:30pm
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**Pottery - Youth Handbuilding Skills**

Age: 9-12 yrs. Introduction to Handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil and pinch techniques. The last class will be a day for glazing so don't miss it! This class is a great way for youth to explore art and relax! Supplies included. Pottery will be ready for pick up 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** – Course Fee: \$85  
Nov 1-Nov 29 Tu 4:00-5:30pm

**Step Dance Program**

Age: 8-14 yrs. Join us for a program that will teach youth the foundation and techniques of Step, while empowering them to influence positive changes in their communities, schools and families. Students will learn basic step rhythms, formations and performance structure.

**Barwell Road Community Center** – Course Fee: \$40  
Sep 1-Sep 22 Th 6:00-7:00pm  
Oct 6-Oct 27 Th 6:00-7:00pm  
Nov 3-Nov 24 Th 6:00-7:00pm  
Dec 1-Dec 22 Th 6:00-7:00pm

**Teacher Workday at Pullen Arts Center**

Age: 5-8 yrs. Looking to get creative on your day off from school? Join us at Pullen Arts Center for an artful day of creative exploration. On this Teacher Workday youth will spend time in our Youth Pottery Studio and Creative Studio making artwork inspired by nature! Program hours are 9:00 am to 5:00 pm. Early drop-off will begin at 8:30 am. Participants must be picked up by 5:30 pm. Participants should bring a lunch, two snacks, and a water bottle each day.

**Pullen Arts Center** – Course Fee: \$65  
Sep 27 Tu 9:00am-5:00pm  
Oct 10 M 9:00am-5:00pm

**Youth - Hand-Lettered Signs**

Age: 9-12 yrs. Be inspired by skilled sign painters and graphic designers to create a sign with a word or catchphrase of your choice. Study a variety of fonts and hand-lettering techniques. All supplies included. Instructor: Megan O'Connor (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Dec 6 Tu 4:30-6:00pm

**Youth Fibers - Beginning Knitting**

Age: 9-12 yrs. Are you interested in making your own hat, scarf, or other cozy accessories? Students will learn beginning knitting skills such as casting on, the knit stitch, the purl stitch, and binding off. After choosing a beginning project, students will be able to knit in class and at home. This class will get you started on learning about fiber arts and the meditative joy of knitting. All supplies included. Instructor: Sarah Johnston (3 sessions)

**Pullen Arts Center** – Course Fee: \$60  
Nov 5-Nov 19 Sa 10:00-11:30am

**Youth Mixed Media - Memory Pots**

Age: 9-12 yrs. The memory pot, a popular craft from Victorian times remembers those who have passed. Families would often use late members' jewelry or knick-knacks to preserve and cherish a sense of their presence. Students will be grouting pots with a mosaic of small objects the more you bring from home the more personal your pot will be. Examples of items to bring include old magnets, pins, coins, keys, seeds, buttons, stones, shells, bottle caps, and beads. All supplies included. Instructor: Megan O'Connor (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Nov 1 Tu 4:30-6:00pm

**Youth Mixed Media - Mind Maps**

Age: 9-12 yrs. Using principles of design, cartography, hand-lettering, and pulling on maps from storybooks and other imaginary places, students will make "mind maps" illustrated diagrams of their internal world. Learning this practice builds organizational and spatial thinking skills, strengthens the ability to recall and retain knowledge, and promotes mindfulness and abstract thought. All supplies included. Instructor: Megan O'Connor (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Sep 6 Tu 4:30-6:00pm

**Youth Mixed Media - Mini Cactus Sculptures**

Age: 9-12 yrs. Inspired by the artist, Kim Sielbeck, students will create a colorful, succulent garden using cut paper, paints, and a terra-cotta pot. All supplies included. Instructor: Megan O'Connor (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Dec 20 Tu 4:30-6:00pm

**Youth Mixed Media - Their Story / Your Story**

Age: 5-8 yrs. In this class teaching artist, Pamela Cola will share an artful storybook created by a visual artist. Then students will create their own inspired story working with mixed media including acrylic and collage. All supplies included. Instructor: Pamela Cola (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Oct 2 Su 10:00-11:30am

**Youth Painting - Birds Soar**

Age: 5-8 yrs. In this class youth will explore color, pattern, and mark-making while painting a bird portrait. All supplies included. Instructor: Pamela Cola (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Oct 16 Su 10:00-11:30am

**Youth Painting - Faith Ringgold's Art Museum Visit**

Age: 5-8 yrs. Art museums are fun places to explore. In this class, students will visit the Louvre Museum through the artist, Faith Ringgold's eyes. After exploring the Louvre students will create their own museum visit. All supplies included. Instructor: Pamela Cola (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Nov 6 Su 10:00-11:30am

**Youth Painting - Flowers Smile At Us!**

Age: 5-8 yrs. In this class, youth will explore various flowers and what makes them unique. Students will then paint their own colorful flowers using mark-making and color combinations to create flowers that will smile! All supplies included. Instructor: Pamela Cola (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Sep 18 Su 10:00-11:30am

**Youth Painting - Pattern & Color with Alma Thomas**

Age: 5-8 yrs. In this class, youth will learn about the artist Alma Thomas and create an inspired painting using patterns and vibrant colors. All supplies included. Instructor: Pamela Cola (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Dec 4 Su 10:00-11:30am

**Youth Pottery - Artful Gifts of Clay**

Age: 5-8 yrs. Create a gift for the giving season. Youth potters will learn the art of building a box using the slab technique, and enjoy adding designs with decorative ribbons made of clay. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Dec 3 Sa 10:00-11:30am  
Dec 3 Sa 1:00-2:30pm

**Youth Pottery - Botanical Sculptures**

Age: 5-8 yrs. In this workshop, youth potters will create botanical sculptures inspired by native botanicals. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Sep 10 Sa 10:00-11:30am

**Youth Pottery - Ceramic Mosaics**

Age: 9-12 yrs. In this special three-part workshop, youth potters will create mosaic magic. Students will learn to handbuild a unique set of ceramic tiles, add color using underglazes, and set their tiles to reveal a decorative mosaic design perfect for a favorite outdoor space. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Julia Einstein (3 sessions)

**Pullen Arts Center** – Course Fee: \$60  
Sep 17-Oct 1 Sa 10:00-11:00am

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**Youth Pottery - Clay Masks**

Age: 9-12 yrs. In this class, youth potters will learn about masks created by different cultures and make a clay mask of their own from a slumped slab. Each student will showcase their personal style and select a color scheme for their mask that will be added with underglazes. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Sue Chegari (2 sessions)

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

Oct 22-Oct 29 Sa 10:00am-12:00pm

**Youth Pottery - Curious Coil Creations**

Age: 5-8 yrs. Build a vessel while we explore ancient coiling techniques to create a modern piece of art. Youth potters will learn handbuilding skills, how to use clay tools, and how to add underglaze to their pottery. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Sue Chegari (2 sessions)

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

Dec 10-Dec 17 Sa 10:00am-12:00pm

**Youth Pottery - Mixing Media: Ceramics & Drawing**

Age: 9-12 yrs. In this workshop, youth potters will experiment with mixing media. Students will learn how to use drawing techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

**Pullen Arts Center** – Course Fee: \$30

Oct 8 Sa 10:00-11:30am

**Youth Pottery - Mixing Media: Ceramics & Painting**

Age: 9-12 yrs. In this workshop, youth potters will experiment with mixing media. Students will learn how to use painting techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

**Pullen Arts Center** – Course Fee: \$30

Oct 15 Sa 10:00-11:30am

**Youth Pottery - Mixing Media: Ceramics & Printmaking**

Age: 9-12 yrs. In this workshop, youth potters will experiment with mixing media. Students will learn how to use printmaking techniques in creating pottery. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

**Pullen Arts Center** – Course Fee: \$30

Nov 5 Sa 10:00-11:30am

**Youth Pottery - Pinch Pots and More!**

Age: 5-8 yrs. An invitation for small hands to try out the most basic, most fun, and ancient way to make pottery - using the pinch technique! Bring your thumb & finger and lots of creative energy! Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Instructor: Julia Einstein (1 session)

**Pullen Arts Center** – Course Fee: \$30

Nov 12 Sa 10:00-11:30am

**Youth Printmaking - Intro to Printmaking**

Age: 9-12 yrs. Learn how to use linocut carving tools to design your own block prints. Students will take their drawings and designs and learn to transfer them onto blocks before carving. This four-week class will allow students to explore different printmaking techniques as they learn how to print on paper and fabric using water-based inks. All supplies included. Instructor: Sarah Johnston (4 sessions)

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

Sep 7-Sep 28 W 5:30-6:30pm

**Teen****Drawing - Drawing Fundamentals for Teens**

Age: 12-16 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. 6 sessions. Instructor: Anne Terry.

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

Sep 12-Oct 17 M 4:30-6:00pm

Nov 7-Dec 12 M 4:30-6:00pm

**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 M.J. Please wear comfortable attire.

Instructed by Ms. Gabbie.

**Lake Lynn Community Center** – Course Fee: \$48

Sep 8-Sep 29 Th 7:30-8:15pm

Oct 6-Oct 27 Th 7:30-8:15pm

Nov 3-Nov 17 Th 7:30-8:15pm

Dec 1-Dec 22 Th 7:30-8:15pm

**Mixed Media - Optical Art for Beginners**

Age: 13-16 yrs. Learn all about Optical Art! Students will create optical illusions using lines, color, and movement. Supplies included. 6 sessions. Instructor: Sarah Clover.

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

Nov 8-Dec 13 Tu 4:00-6:00pm

**Pottery - Autumn Leaves**

Age: 12-16 yrs. Celebrate Autumn by creating decorative and functional works using the slab handbuilding technique. The first day of class students will make ceramic leaves and mold them, the second day they will decorate their creations with vibrant glazes. This class is a great way for teens to explore art! Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** – Course Fee: \$48

Nov 3-Nov 10 Th 4:00-5:30pm

**Pottery - Autumn Wall Decor**

Age: 12-16 yrs. Celebrate Autumn by creating fall themed wall decor! Students will create their wall hangings during the first class and then glaze them with vibrant colors during the second. This class is a great way for middle and high schoolers to explore art! Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** – Course Fee: \$48

Nov 7-Nov 14 M 4:00-5:30pm

**Pottery - Haunted Houses**

Age: 12-16 yrs. Prepare for Halloween by creating Spooky Haunted Houses using the slab handbuilding technique. The first day of class students will create their houses, the second day they will add details and, the final day they will decorate them with vibrant glazes. This class is a great way for middle and high schoolers to explore art! Projects will be ready for pickup about 2 weeks after the last class. Supplies included. 3 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** – Course Fee: \$72

Oct 6-Oct 20 Th 4:00-5:30pm

**Pottery - Teen Handbuilding**

Age: 13-18 yrs. Introduction to handbuilding with clay. Create decorative and functional ceramic works using different techniques such as slab, coil, and pinch techniques. Each day of class will have a different focus, with the final class being a glaze day. This class is a great way for Teens in middle and high school to explore art! Supplies included. Pottery will be ready for pick up 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** – Course Fee: \$85

Sep 6-Sep 27 Tu 4:00-5:30pm

**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. Supplies included. 6 sessions. Instructor: Anne Terry.

**Sertoma Arts Center** – Course Fee: \$135

Sep 15-Oct 20 Th 4:00-6:30pm

Nov 3-Dec 15 Th 4:00-6:30pm

**Pottery - Winter Gifts**

Age: 12-16 yrs. Create decorative and functional ceramic gifts using different techniques such as slab, coil, and pinch techniques. Students will make gifts for friends and family the first day and then decorate them with vibrant glazes the second day. This class is a great way for middle and high schoolers to explore art! Projects will be ready for pickup 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

**Sertoma Arts Center** – Course Fee: \$48

Nov 30-Dec 7 W 4:00-5:30pm





### Teen - Create Your Own Stamped Jewelry

Age: 13-16 yrs. Have you ever wanted to create unique, personalized jewelry for yourself or your friends? In this workshop students will learn the basics of metal stamping to design and create one-of-a-kind pieces incorporating monograms, mantras, or simple images. All supplies included. Instructor: Sarah West (1 session)

**Pullen Arts Center** – Course Fee: \$50  
Dec 8 Th 5:00-7:30pm

### Teen - Mixed Media & Collage Weekend Workshop

Age: 13-17 yrs. In this workshop, teens will be experimenting with different media on paper and canvas. Media will include different drawing and painting materials. Teens will also be introduced to collage techniques and some introductory printmaking. This is an exploratory class that teaches the process and encourages imagination and play. Teens are encouraged to bring in source materials to work with including but not limited to: photographs, magazines, papers, fabrics, and sketches that tell a personal narrative. All supplies included. Instructor: Joanna Moody (2 sessions)

**Pullen Arts Center** – Course Fee: \$99  
Sep 10-Sep 11 Sa 10:00am-4:00pm  
Su 12:00-4:00pm

### Teen Ballet / Lyrical

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. Instructed by Ms. Gabbie.

**Lake Lynn Community Center** – Course Fee: \$48  
Sep 8-Sep 29 Th 6:30-7:15pm  
Oct 6-Oct 27 Th 6:30-7:15pm  
Nov 3-Nov 17 Th 6:30-7:15pm  
Dec 1-Dec 22 Th 6:30-7:15pm

### Teen Fibers - Hand Embroidered Accents

Age: 13-17 yrs. In this class, teens will embellish a tote bag with a fun design while learning to use tracing paper, embroidery hoops, a needle, and thread. Optional: Bring your own textile to embellish (such as a shirt, thin backpack, tea towel, or pillowcase.) All supplies included. Instructor: Megan O'Connor (1 session)

**Pullen Arts Center** – Course Fee: \$30  
Oct 18 Tu 4:30-6:00pm

### Teen Jewelry - Jewelry Basics

Age: 13-17 yrs. Learn your way around the Jewelry Studio at Pullen Arts Center in this introductory class. Teens will learn basic metalsmithing skills to use creatively in their own designs. All supplies included. Instructor: Amy Veatch (6 sessions)

**Pullen Arts Center** – Course Fee: \$140  
Sep 28-Nov 2 W 4:30-7:00pm  
Oct 4-Nov 8 Tu 4:30-7:00pm

### Teen Jewelry - Simple Enameled Rings

Age: 12-16 yrs. In this workshop, teens will learn the basics of kiln-fired enameling while creating wire wrapped sterling silver rings. All supplies included. Instructor: Nididi Kowalczyk (1 session)

**Pullen Arts Center** – Course Fee: \$50  
Dec 15 Th 4:30-7:30pm

### Teen Painting - Composition Experimentation with Acrylics

Age: 13-17 yrs. This class explores the medium of acrylic paint through specific projects that deal with compositional themes including abstraction, cropping, the illusion of depth, and reducing a subject to the essentials. This class encourages aesthetic curiosity and experimentation while guiding students through each project. All supplies included. Instructor: Joanna Moody (6 sessions)

**Pullen Arts Center** – Course Fee: \$99  
Oct 18-Nov 22 Tu 6:00-8:00pm

### Teen Pottery - Beginning Wheel Intensive

Age: 13-17 yrs. Level up and get behind the potter's wheel! Spend four evenings with other creative teens in the new Pullen Arts Center clay studio, learning the fundamentals of wheelthrowing. Focuses will be on learning about the creative process and persistence, the properties of clay, wedging, centering, throwing, refining shapes, trimming/finishing, and glazing. Pieces will be glazed during the last class meeting. Pieces will be left for firing and available for pickup two weeks after the last class. All supplies included. Instructor: Emily Malpass (4 sessions)

**Pullen Arts Center** – Course Fee: \$75  
Nov 3-Nov 15 Tu & Th 6:00-8:00pm  
*Class starts on a Thursday*

### Teen Printmaking - Beginner Block Printing

Age: 13-16 yrs. Bring your imaginations! Teens will design their own linoleum blocks, carve their images, and then print them onto a variety of decorative papers. Teens will also create original artist trading cards to share, or keep for themselves! If you are curious about printmaking this is the class for you! All supplies included. Instructor: Sue Soper (1 session)

**Pullen Arts Center** – Course Fee: \$75  
Nov 12 Sa 1:00-5:00pm

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## Adult

### Adult Ballet/Lyrical

Age: 18-99 yrs. 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. Instructed by Ms. Gabbie.

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

Sep 6-Sep 27 Tu 7:30-8:30pm

Oct 4-Oct 25 Tu 7:30-8:30pm

Nov 1-Nov 22 Tu 7:30-8:30pm

Nov 29-Dec 20 Tu 7:30-8:30pm

**Daily Fee** – Course Fee: \$15

Sep 6-Dec 20 Tu 7:30-8:30pm

### Barn Quilts

Age: 16-99 yrs. You don't have to have a barn or live in the country to enjoy the beauty of barn quilting. The quilt patterns that grace the sides of old barns, bring communities together and provide a creative way to honor family heritage. Learn how quilt trails along the countryside came to be as you join instructor Beth Ball in a quilt painting workshop. The farming history and peaceful setting of Horseshoe Farm will provide inspiration, as you paint a quilt masterpiece that you will be proud to display. Quilt patterns, instruction, paints and other needed materials for completing a 2' x 2' painted quilt board are provided in this all inclusive workshop. Please bring a water bottle and dress to be outdoors. Preregistration is required.

**Horseshoe Farm Nature Preserve** – Course Fee: \$65

Oct 1 Sa 9:00am-12:00pm

Oct 15 Sa 9:00am-12:00pm

### Basketry - Garlic Basket Workshop

Age: 16-99 yrs. This one day workshop will cover making a hanging basket, traditionally used for storing garlic or onions, from start to finish. It's a great introduction to working with natural reed and creating a structural vessel by following a simple weaving pattern. Students will leave with your own basket to hang in the kitchen! Supply fee of 5 due to instructor at start of workshop will cover all supplies needed. 1 session. Instructor: Angela Eastman.

**Sertoma Arts Center** – Course Fee: \$48

Sep 17 Sa 11:00am-3:00pm

### Basketry - Small Round Reed Basket Workshop

Age: 16-99 yrs.

In this 5 hour workshop, learn the basics of basketweaving by creating your own functional basket from reed. Students will learn techniques for creating a small round basket with options for your own creative twist. Expect to leave with a basket and instructions to help you make more at home! Supply fee of \$10 due to the instructor at the start of the workshop and will cover all supplies needed. 1 session. Instructor: Angela Eastman.

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

Sep 10 Sa 10:00am-3:00pm

### Bellydance for Fun & Fitness

Age: 18-99 yrs. 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. No special clothing needed, just wear what makes you feel comfortable!

**Lake Lynn Community Center** – Course Fee: \$5

Sep 11-Dec 18 Su 3:15-4:00pm

### Bookmaking - Tiny Books As Ornaments

Age: 16-199 yrs. Make a tiny coptic book with Mica covers, a tiny Japanese Stab book, and a tiny leather spine case-bound book. Use recycled tea bags, beautiful Japanese and Italian decorative papers, and Kathy's own marbled and paste papers. A supply fee of \$15 is payable to the instructor on the first class. Instructor: Kathy Steinsberger. No class November 21st.

**Pullen Arts Center** – Course Fee: \$99

Oct 24-Dec 5 M 1:00-4:00pm

### Bookmaking - Two Sewn Books

Age: 16-199 yrs. In this class you'll use a sewing frame to sew a cord-bound book and a book on linen tapes. You'll cover both text blocks with a cased-in cover. You'll also receive directions to make your own sewing frame if you wish to continue making this form of book after class ends. Sewing frame kits are also available. A supply fee of \$35 is payable to the instructor on the first day of class. Instructor: Kathy Steinsberger

**Pullen Arts Center** – Course Fee: \$79

Oct 5-Oct 26 W 3:00-6:00pm

### Bookmaking - Two Woven Spine Books and a Weaving Journal

Age: 16-199 yrs. Honor the tradition of weaving by making books that use weaving as the binding or pages. We'll first learn the Romanesque Binding and Belgian Binding. Then we'll make a book with weaving frames as the pages and a longstitch binding. A supply fee of \$50 is payable to the instructor on the first class. Instructor: Kathy Steinsberger

**Pullen Arts Center** – Course Fee: \$99

Sep 14-Oct 19 W 10:00am-1:00pm

### Bookmaking - Zine Making

Age: 16-199 yrs. Zines mini, self-published magazines offer endless possibilities for creative expression. Throughout the workshop, learn from examples and pull from an ephemera collection to practice principles of graphic design, illustration, collage, and hand-lettering, all in service to the first issue of your own themed zine. Supply fee of \$10 due to Pullen Arts at first class. Instructor: Megan O'Connor

**Pullen Arts Center** – Course Fee: \$99

Sep 12-Oct 10 M 6:30-8:30pm

### Crafty DIY

Age: 15-99 yrs. Do you need some help with decorating this season? During this course, we will be making fun and festive DIY projects to spice up your living area. From fall and spring to holiday decor, we have it all and it will follow the season! Take some time to de-stress and make something you will always remember.

**Marsh Creek Community Center**

Sep 3-Sep 24 Sa 11:30am-12:30pm Fee: \$40

Oct 1-Oct 22 Sa 11:30am-12:30pm Fee: \$40

Nov 5-Nov 19 Sa 11:30am-12:30pm Fee: \$30

Dec 3-Dec 17 Sa 11:30am-12:30pm Fee: \$30

### Drawing - Beginning Drawing

Age: 16-99 yrs. Would you like to begin to draw or improve the minimal drawing skills you already have? Work with charcoal, pencil, and other tools to complete exercises and projects that help you increase skills and confidence in your drawing abilities. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Megan O'Connor.

**Sertoma Arts Center** – Course Fee: \$105

Oct 12-Nov 9 W 9:30am-12:30pm

### Drawing - Beginning Drawing Continued with Tracie Fracasso

Age: 16-199 yrs. This is a course for both beginners and those who are looking to sharpen their drawing skills. Students may select their own subject matter. Emphasis will be upon surface textures and composition. Students will also study composition. Students will experiment with drawing materials such as pencil, charcoal and pastel/conté crayons. Students will draw natural, man-made objects and reproductions. This course provides a good foundation for all art classes. Supplies for use during class time are provided.

Students wishing to practice outside of class time should provide their own supplies; supplies list prints on receipt. Instructor: Tracie Fracasso

No class on November 23rd.

**Pullen Arts Center** – Course Fee: \$114

Nov 2-Dec 14 W 9:30am-12:30pm



### Drawing - Beginning Drawing with Tracie Fracasso

Age: 16-99 yrs. This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will study drawing elements such as line, value, color and texture. Students will learn to break down subjects into basic shapes and how to render an object as correct proportions. Students will learn drawing elements such as contour hatching and creating the impression of form in 2D using value. Students will also study composition. Students will experiment with drawing materials such as pencils and charcoal. Students will draw natural, man-made objects and reproductions. Students may select their own subject matter. This course provides a good foundation for all art classes. Supplies used during class time are provided. Students who intend to practice outside of class time should provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso  
**Pullen Arts Center** – Course Fee: \$114  
 Sep 14-Oct 19 W 9:30am-12:30pm

### Drawing - Beginning Sketching

Age: 16-99 yrs. Do you want to capture a scene quickly? Students will practice various sketching techniques to capture the moment. Techniques of line, mass, and color sketching will be explored. A variety of materials and subject matter will be practiced. Master drawings will be referenced. Supplies used during class time are provided. Students who intend to practice outside of class time should provide their own supplies. Supplies list provided upon registration. Instructor: Susan Soper  
**Pullen Arts Center** – Course Fee: \$99  
 Sep 29-Oct 27 Th 2:00-5:00pm

### Drawing - Intro to Drawing in English & Spanish with Peter Marin

Age: 16-199 yrs. This course covers the elemental visual languages of drawing- line, value, form, figure/field, composition and narrative- and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Supplies for use during class time are provided; students provide supplies for use outside of class time. Supply list prints on receipt. Este curso se enfoca en los idiomas básicos del dibujo- línea, valor, forma, espacio positivo/negativo, composición y narrativa- y de estos un desarrollo a lo que es el dibujo para poder expresarse efectivamente al nivel personal. Al estudiante se le recomienda practicar dibujo con las tareas

que se dan cada semana para fortalecer su capacidad de observación. La clase consiste de lecturas visuales y tiempo de práctica en el estudio. Cualquier nivel es bienvenido.

Instructor: Peter Marin  
**Pullen Arts Center** – Course Fee: \$114  
 Nov 7-Dec 12 M 6:00-9:00pm

### Drawing - Intro to Drawing with Peter Marin

Age: 16-99 yrs. This course covers the elemental visual languages of drawing- line, contour, mass, gesture and value- and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Peter Marin.  
**Sertoma Arts Center** – Course Fee: \$115  
 Sep 15-Oct 20 Th 6:00-9:00pm

### Educational - Fashion/Costume History

Age: 12-99 yrs. Learn about the history of fashion and costume from the 20th century to present day. This is a presentation/lecture where you will learn about how fashion was influenced by historical events, society, and economics during time periods from 1900s to now. This presentation will be primarily focused on Western European and American fashion. 1 session. Instructor: Brandy Godsil.  
**Sertoma Arts Center** – Course Fee: \$15  
 Oct 8 Sa 1:00-3:30pm

### Fibers - Beginning Sewing: Holiday Gift Bag

Age: 18-99 yrs. Sewing for the holidays is fun and this is a great project for getting into the holiday spirit! Set your gifts apart with the personal touch of a custom-sewn gift bag with your choice of holiday themed fabric. In this workshop, you will create a unique gift bag and leave with the skills to make more bags on your own. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. 1 session. Instructor: Joy Kelley.  
**Sertoma Arts Center** – Course Fee: \$36  
 Dec 3 Sa 1:00-4:00pm

### Fibers - Beginning Sewing: Holiday Table Runner

Age: 18-99 yrs. If you're a holiday decorator, this is a nice class to kick-off the holiday season. You'll love how this project enables you to create a unique look for your holiday table. In this fun workshop, you will sew a table runner while learning some fundamental sewing skills that will enable you to progress to other home decor projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. 1 session. Instructor: Joy Kelley.  
**Sertoma Arts Center** – Course Fee: \$36  
 Nov 19 Sa 1:00-4:00pm

### Fibers - Beginning Sewing: Piped Pillows

Age: 18-99 yrs. 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. \$18 supply fee due to instructor at first class for cording fiberfill and interfacing. 5 sessions. Instructor: Joy Kelley.  
**Sertoma Arts Center** – Course Fee: \$120  
 Aug 30-Sep 27 Tu 10:00am-12:00pm  
 Sep 1-Sep 29 Th 6:30-8:30pm

### Fibers - Beginning Sewing: Sew an Apron

Age: 18-99 yrs. In this fun beginner's class you will gain experience tracing and cutting from a basic apron pattern, sewing with a consistent seam allowance and other fundamental sewing skills that are essential for progressing to more advanced projects. The goal of this one day workshop is for participants to leave with a completed apron and a personalized pattern to use in making other aprons. No prior sewing experience necessary. We will be using Sertoma's sewing machines. A \$5 supply fee for pattern and apron ties due to instructor at start of workshop. Supply list available on Sertoma's webpage. Pictures of a finished apron can be found at the instructor's website: [creativesewingstudios.com](http://creativesewingstudios.com). 1 session. Instructor: Joy Kelley.  
**Sertoma Arts Center** – Course Fee: \$36  
 Sep 24 Sa 1:00-4:00pm

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### Fibers - Garment Sewing: Hems

Age: 18-99 yrs. A successful hem does more than just adjust the garment's length. The right hem can help the garment hang and move as intended. A skillfully made hem can prolong the life of the piece by providing appropriate support to the garment. In this class, we will be sewing samples of several of the most versatile hem techniques that are applicable to a variety of hem locations - sleeve and shirt hems as well as pants and skirt hems. You will learn how to determine which hem technique to use based on garment type and fabric characteristics. This class will also introduce you to some sewing machine presser feet and specialty tools which make sewing hems easier and more successful. This class is part of a series for sewists who want to advance their sewing skills by exploring the techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is paid to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
Nov 17 Th 6:30-9:00pm

### Fibers - Garment Sewing: Preparing to Sew

Age: 18-99 yrs. If you are excited about sewing clothes but not sure how to get started, this class will help you find your path. We will cover the preparatory steps necessary to make your garment sewing projects both successful and enjoyable. You will learn the ins and outs of patterns as well as how to choose fabric and supplies. The class will also cover what essential tools you need as you get started and what tools would be helpful to add as you progress in your skills. Please note that this class is focused on getting ready to sew - we will not be sewing a garment. A supply fee of \$10 is due to the instructor at the start of class. 3 sessions. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$72  
Oct 20-Nov 3 Th 6:30-8:30pm

### Fibers - Garment Sewing: Seam Finishes

Age: 18-99 yrs. Applying a seam finish to the raw edges of your fabric will improve the look of your garment and increase its durability and longevity. In this class, we will be sewing samples of various seam finishes, focusing on those that will be most useful across a range of garment styles. You will learn how to choose a seam finish based on garment type and fabric characteristics. This class will also introduce you to some specialty sewing machine presser feet that will make finishing your seams quicker and easier. This class is part of a series for sewists who want to advance their sewing skills by exploring the

techniques of garment making in more detail. To complete the class exercises you will need to be comfortable using a sewing machine and have basic sewing skills. A supply fee of \$12 is paid to the instructor for the materials needed to sew the class samples. We will be using Sertoma's sewing machines. 1 session. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$30  
Nov 10 Th 6:30-9:00pm

### Fibers - Sewing Machine - Beyond the Basics

Age: 18-99 yrs. 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. 1 session. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$36  
Nov 5 Sa 1:00-4:00pm

### Fibers - Sewing Machine Basics

Age: 18-99 yrs. 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. 1 session. Instructor: Joy Kelley.

**Sertoma Arts Center** – Course Fee: \$36  
Sep 10 Sa 1:00-4:00pm  
Oct 8 Sa 1:00-4:00pm

### Fibers - Traditional Japanese Embroidery

Age: 18-99 yrs. 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. 1 session. Instructor: Pam Reading.

**Sertoma Arts Center** – Course Fee: \$40  
Nov 5 Sa 9:30am-4:30pm  
Nov 6 Su 9:30am-4:30pm



### Glassmaking - Fused Mosaics

Age: 16-99 yrs. In this class you'll learn the basics of glass fusing while we create a variety of mosaic designs with fusible art glass. We will piece together colorful patterns and images and then fire our glass in a kiln. Your finished glass art can be used flat as coasters or wall art, or be fired in a mold and used as a dish. \$40 supply fee due to the instructor at the first class. 6 sessions. Instructor: Danielle Cozart.

**Sertoma Arts Center** – Course Fee: \$115  
Sep 14-Oct 19 W 6:30-9:00pm

### Introduction to International Folk Dance

Age: 18-99 yrs. This class introduces students to the world of International Folk dance. These are traditional and new social dances from various countries including, Turkey, Bulgaria, Greece, Israel, and many others. Wherever you travel in America and the world, you will find other folk-dance groups doing many of the same dances that are taught in this class. These are mostly circle dances and line dances that have been modified to be individual dances during the duration of social distancing required by Covid-19. Partners are not necessary, so individuals are encouraged to join. Instructor: Steve Barsky

**Greystone Recreation Center** – Course Fee: \$7  
Sep 12-Dec 19 M 2:00-3:30pm

### Jewelry - Anodizing Niobium

Age: 16-99 yrs. 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! \$35 kit will be available for purchase at the first class. Must have had a jewelry class at Sertoma or Pullen Arts Center. 5 sessions. Instructor: Amy Veatch.

**Sertoma Arts Center** – Course Fee: \$135  
Sep 30-Nov 4 F 9:30am-12:30pm

### Jewelry - Beginning Beading

Age: 12-99 yrs. Learn to make earrings, necklaces, and bracelets with beads! Beads, tools and findings will be provided. Also, repairing jewelry will be discussed. 3 sessions. Instructor: Anne Terry.

**Sertoma Arts Center** – Course Fee: \$60  
Oct 9-Oct 23 Su 1:00-3:00pm

### Jewelry - Beginning Enamels

Age: 16-99 yrs. This class is designed for the aspiring enamelist. Starting with the absolute basics, we will explore color on metal with transparent and opaque enamels. The sky's the limit – there will be tons of room for experimentation! Students will come away

with the basic knowledge and confidence to enamel and oodles of samples to make into finished jewelry. Enamels will be provided during class. Students will need to bring 20 gauge copper sheet or they can purchase it from Sertoma. After class, students will be able to stay from 3:30-5:00pm each week to work on class projects. If using Sertoma's enamels outside of class, there is a \$5 fee. 6 sessions. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$180  
Sep 3-Oct 8 Sa 12:30-3:30pm

### Jewelry - Beginning Metal

Age: 16-99 yrs. Design and construct earrings, pins, pendants, charms, or other small objects, and tokens in this basic metalworking class. Students will learn how to saw, drill, file, hammer, and texture metal before joining it with rivets, and solder to create individual projects. Students may purchase and/or bring their own metal for projects. Supply kits will be available for \$25. The kit will provide each student with solder, saw blades, drill bits, sandpaper and a small amount of copper to get started on projects.

**Pullen Arts Center** – Course Fee: \$140  
Instructor: Amy Veatch (skips Oct 17)  
Sep 12-Oct 24 M 10:00am-12:30pm  
Instructor: Sarah West (skips Oct 17)  
Sep 12-Oct 24 M 4:30-7:00pm  
Instructor: Naidi Kowalczyk  
Sep 15-Oct 20 Th 6:30-9:00pm  
Instructor: Hsiang-Ting Yen  
Sep 22-Oct 27 Th 1:30-4:00pm  
Instructor: Naidi Kowalczyk  
Nov 2-Dec 14 W 1:30-4:00pm  
Instructor: Amy Veatch (skips Nov 23)  
Nov 9-Dec 21 W 6:30-9:00pm

### Jewelry - Beginning Metals

Age: 16-99 yrs. Design and construct earrings, pins, pendants, charms or other small objects and tokens in this basic metalworking class. Students will learn to saw, file, hammer and solder wire and sheet metals to create individual projects. Students may purchase and bring in their own silver for projects. Optional jewelry kits will be available for \$25. The kit will provide each student with solder, sawblades, drill bits, sandpaper and a small amount of copper to get started on projects. 6 sessions.

**Sertoma Arts Center** – Course Fee: \$135  
Sep 13-Oct 18 Tu 7:00-9:30pm  
Sep 14-Oct 19 W 6:30-9:00pm  
Sep 8-Oct 20 Th 10:00am-12:30pm

### Jewelry - Chain Making

Age: 16-99 yrs. Learn how to make your own chain! Hone your soldering skills while learning tips and tricks to make beautiful one-of-a-kind chains. Using sterling silver, brass, and copper wire students will be working with pliers, hammers, and the rolling mill along with an acetylene torch to create their own designs. Leave class with a completed chain and the skills to create

many more! Class kits will be available to purchase for \$15 on the first day of class. Students are encouraged to bring their own materials. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Samantha Clarke.

**Sertoma Arts Center** – Course Fee: \$135  
Nov 7-Dec 12 M 6:30-9:00pm

### Jewelry - Continuing Enamel: Expanding the Palette

Age: 16-99 yrs. In this class, we will delve into alternative techniques in enameling. Student will experiment with decals, iridescent powders, underglazes, enamel paints and crayons. We will also learn about silver foil and how to use it with transparent enamels. Students should bring their own 18g (0.040 inches) or 20g (0.032 inches) copper sheet to class or purchase it through the Pullen Arts Center supply store. All supplies included in price of class EXCEPT for copper. Prerequisite: Beginning Enamel at Pullen or Sertoma. Instructor: Sarah West  
No class on November 22nd.

**Pullen Arts Center** – Course Fee: \$145  
Nov 1-Dec 13 Tu 10:00am-12:30pm

### Jewelry - Continuing Metals

Age: 16-99 yrs. Prerequisite: Beginning Metals class at Pullen or Sertoma Arts Center. Continue to expand your jewelry making skills learning to solder, make a simple ring, set a stone and form a hollow bead. Students may purchase and bring in their own silver for projects. Optional jewelry kits will be available for \$25. The kit will provide each student with solder, sawblades, drill bits, sandpaper and a small amount of copper to get started on projects. 6 sessions.

**Sertoma Arts Center** – Course Fee: \$135  
Oct 27-Dec 15 Th 10:00am-12:30pm  
Nov 8-Dec 13 Tu 7:00-9:30pm

### Jewelry - Enameling and Fabrication for Enameled Components

Age: 16-99 yrs. This is a two-day workshop suitable for those new to enameling but who have basic metalsmithing skills, such as soldering and sawing. On day 1, we will cover the basics of enameling and delve into surface design, including the use of stencils, lusters, decals, and graphite; textures such as sugar firing and glass beads; and folded, domed, and other dimensional forms. On day 2, we will learn how to fabricate settings for enameled components. We will cover prong settings, tab settings, frames, and a variety of cold connections. \$30 kit available for purchase at start of workshop - enamels will be provided. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 2 sessions. Instructor: Lauren Markley.

**Sertoma Arts Center** – Course Fee: \$140  
Oct 15-Oct 16 Sa & Su 10:00am-5:00pm

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### **Jewelry - Enameling Introduction**

Age: 16-99 yrs. This class is designed for the aspiring enamelist. Starting with the absolute basics, we will explore color on metal with transparent and opaque enamels. The sky's the limit – there will be tons of room for experimentation! Students will come away with the basic knowledge and confidence to enamel oodles of samples to make into finished jewelry. Students should bring their own 18g (0.040 inches) or 20g (0.032 inches) copper sheet to class or they can purchase it through the Pullen Arts Center supply store. All supplies included in price of class EXCEPT copper. Instructor: Sarah West

**Pullen Arts Center** – Course Fee: \$145  
Sep 6-Oct 11 Tu 10:00am-12:30pm

### **Jewelry - Etching for Jewelry**

Age: 16-199 yrs. In this class, we will learn the basics of etching on copper to add texture and imagery to our jewelry designs. Students will have time to complete samples in class and will also learn how to safely set up their own etching systems at home. Students should bring their own 18g (0.040 inches) or 20g (0.032 inches) copper sheet to class or they can purchase copper through the Pullen Arts Center supply store. All supplies except copper included in price of class. Etching is not offered as part of our studio membership program; take advantage of this rare opportunity to try the process. Prerequisite: Beginning Metals at Pullen or Sertoma. Instructor: Sarah West

**Pullen Arts Center** – Course Fee: \$120  
Sep 13-Sep 27 Tu 1:30-5:30pm

### **Jewelry - Hydraulic Press Class**

Age: 16-99 yrs. Design and make hollow forms, lockets, bracelets, and more! Learn to emboss, form, and raise metal while maintaining surface embellishment and texture by using the hydraulic press. Metals can be purchased at the Center or ordered at the first class (approximately \$30). Prerequisite: Beginning Jewelry at Pullen Arts or Sertoma Arts. No class meeting on November 21. Instructor: Amy Veatch

**Pullen Arts Center** – Course Fee: \$100  
Nov 14-Dec 12 M 1:30-4:00pm

### **Jewelry - Intermediate Fabrication**

Age: 16-99 yrs. We will cover fabrication techniques such as scoring and folding, cage construction, slotted construction, and other forms of complex fabrication. We will explore creative mechanisms for brooches and other jewelry formats. Students will have the opportunity to experiment with more sculptural forms and to hone their soldering and order-of-operation skills. \$30 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Lauren Markley.

**Sertoma Arts Center** – Course Fee: \$135  
Sep 6-Oct 11 Tu 1:30-4:00pm

### **Jewelry - Intro to Tube Setting**

Age: 16-99 yrs. Whether you have never set a stone before or you just need a little practice with the technique, this tube setting class is not to be missed! We will learn how to cut our tubing and solder it onto flat and curved surfaces. Then we will set a small faceted cubic zirconia into our tubing. We will start with practice pieces but if you want to add a stone to a piece of jewelry that you made in a previous class, we can work on that, too. Supplies included. Prerequisite: Beginning and Continuing Metals at Sertoma or Pullen Arts Centers. 2 sessions. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$100  
Dec 3-Dec 10 Sa 12:30-4:30pm

### **Jewelry - Liquid Enamels**

Age: 16-99 yrs. In this class we will primarily be using liquid enamels. We will play with layering liquid enamels, over-firing to produce new colors, torch firing and much more! Students will need to bring their own 20g and 22g copper. Enamels will be provided. Prerequisite: Beginning Enamels at Sertoma or Pullen Arts Centers. 3 sessions. Instructor: Sarah West.

**Sertoma Arts Center** – Course Fee: \$120  
Oct 22-Nov 5 Sa 12:30-4:30pm

### **Jewelry - Locket Pendant**

Age: 16-99 yrs. This class will involve making a pendant with movable parts. We will explore use of hydraulic press, use of found objects and settings for your special treasure. Also simple hinges and connectors will be addressed. Understanding of soldering and sawing helpful for this class. \$30 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Betty McKim.

**Sertoma Arts Center** – Course Fee: \$135  
Sep 13-Oct 18 Tu 10:00am-12:30pm

### **Jewelry - Make a Ring**

Age: 16-99 yrs. This ring making class will explore stone setting for cabochons, faceted stones and/or found objects. We will use texture and fabrication techniques to embellish the surfaces. A \$35 kit will be available for purchase at the first class and will include a strip of silver, some silver wire, setting tube and bezel strip. Students may also provide their own supplies. Supply list will be provided 2 weeks before class to registrants. 6 sessions. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Betty McKim.

**Sertoma Arts Center** – Course Fee: \$135  
Nov 8-Dec 13 Tu 10:00am-12:30pm

### **Jewelry - Metal Continuing**

Age: 16-99 yrs. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone-setting and hollow-form construction.

Students may purchase and/ or bring in their own metal for projects. Supply kits will be available for \$25. The kit will provide each student with solder, saw blades, drill bits, sandpaper and a small amount of copper to get started on projects. Prerequisite: Beginning Metals at Pullen or Sertoma Arts Center.

**Pullen Arts Center** – Course Fee: \$140  
Instructor: Amy Veatch (skips Nov 21)  
Oct 31-Dec 12 M 10:00am-12:30pm  
Instructor: Nididi Kowalczyk  
Nov 1-Nov 17 Tu & Th 7:00-9:30pm

### **Jewelry - Prong and Tab Settings**

Age: 16-99 yrs. Prong and tab settings are easy to build and customize which makes them perfect for capturing free form cabochons and irregularly shaped found objects. In this class students will learn to construct several types of settings to hold stones and other objects. We will cover how to fabricate simple caged prong settings from wire, saw and pierce tab settings from sheet, and how to combine the concepts together. Please bring a selection of 3-5 small objects to choose from, (shells, cabochons, coins, river rocks, sea glass, etc are all perfect for this project). \$10 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Sonya Rook.

**Sertoma Arts Center** – Course Fee: \$135  
Nov 9-Dec 14 W 6:30-9:00pm

### **Jewelry - Soldering Boot Camp**

Age: 16-199 yrs. Let's get serious about soldering! In this class, we will cover the different types of soldering and learn how to solder multiple pieces together. But mostly we will practice, practice, practice until you feel confident that you can solder in your sleep! A kit with all you need will be included in the cost of this class. Prerequisite: Beginning and Continuing Metal. Limit 6 students. Skips Nov 21. Instructor: Sarah West

**Pullen Arts Center** – Course Fee: \$185  
Nov 7-Dec 19 M 6:00-9:00pm

### **Jewelry - Soldering Techniques**

Age: 16-99 yrs. Soldering is an important part of your jewelry and metalsmith learning because it opens a lot of design opportunities. No matter where you are in your learning process, this class will meet you where you are and will help you advance and master your soldering skills. In 6 weeks we will learn and practice 3 kinds of soldering: capillary, direct and sweat methods and will complete a project that will use 2 or 3 of these soldering methods. \$10 kit available for purchase at first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Centers. 6 sessions. Instructor: Suijin Li.

**Sertoma Arts Center** – Course Fee: \$135  
Sep 22-Oct 27 Th 6:30-9:00pm

### **Jewelry - Surface Impressions: Continued Adventures in Torch-fired Enamels**

Age: 16-99 yrs. Students will work with stencils, masks, and screens to create layers of color on copper while honing enameling skills. Some experience with enamel is helpful. A \$25 materials fee due to instructor on the first day of class. Instructor accepts Cash, Venmo, or credit card. Additionally, students should plan to provide their own copper; copper is available through Pullen Arts onsite store. Students are required to wear N95 mask and safety glasses in this class; Pullen Arts will provide PPE for any student who does not have their own. No class meeting on November 23. Instructor: Nididi Kowalczyk

**Pullen Arts Center** – Course Fee: \$165  
Nov 2-Dec 14 W 9:45am-12:30pm

### **Jewelry - Textured and Twisted -Bangle Bracelets**

Age: 16-99 yrs. In this fun make and take class, you will learn some jewelry making basics. Each student will make at least two bangle bracelets - one with twisted wire and one with a hammer texture. All supplies included! Beginners welcome! Instructor: Sarah West

**Pullen Arts Center** – Course Fee: \$45  
Dec 6 Tu 1:30-5:00pm  
Dec 11 Su 1:30-5:00pm

### **Jewelry - Torch-fired Champeve**

Age: 16-99 yrs. In this class students will create vibrant enamelwork on copper by filling etched cells with the wet-packing technique. Although etching will not be covered in class, the technique will be discussed. Students will have several pre-etched copper canvas choices from which to choose. Familiarity with enamels/enameling is helpful. Understanding of basic metalsmithing practices is required. A supply list will be made available before class. \$15 fee due to instructor at class time. Students must wear N95 mask and safety glasses during this class; students may bring their own or use PPE supplied by Pullen Arts Center. Instructor: Nididi Kowalczyk

**Pullen Arts Center** – Course Fee: \$165  
Sep 14-Oct 19 W 9:45am-12:30pm

### **Jewelry - Zen and the Art of the Jewelers Saw**

Age: 16-199 yrs. This one day class is designed to get you in the groove with your jeweler's saw! We will talk about best practices when planning our designs and then we will create a unique drawing for a pendant. Next we will transfer our drawing onto the copper by sawing and texturing the day away! Finally we will learn the basics of filing and finishing techniques. Students will leave class with a finished pendant and some basic jewelry making knowledge. All materials, including one 2"x3" piece of 20 gauge copper and saw blades, provided! All levels welcome! Instructor: Sarah West

**Pullen Arts Center** – Course Fee: \$35  
Oct 2 Su 1:00-4:30pm

### **Make It Take It - Wreath Making**

Age: 14-99 yrs. Get ready to decorate! Create a decorative wreath with real greenery provided from the park. This is a perfect opportunity to use your creativity, have fun, and design a live wreath that will last through the winter months. Our instructors will hand select greenery, provide wreath frame, and tips on how to bring out the natural beauty. All materials are provided. Pre-registration is required.

**Forest Ridge Park** – Course Fee: \$14  
Dec 6 Tu 10:00am-12:00pm

### **Mixed Media - Cyanotype Photography & Handmade Books Workshop**

Age: 14-99 yrs. Discover the Art of one of the original forms of Photography, Cyanotype. Anna Atkins created the first photographic book in 1842 made entirely of botanical Cyanotypes. Learn how to mix photosensitive emulsion, coat your own paper, and make one of a kind prints with objects and plant life from around the Arts Center and from your own garden or home. The final outcome will be a handmade book structure of your cyanotype prints. Instructor will supply their handmade paper to cover your books with and even to make a print on if you choose. No previous Photographic or book making experience necessary. Supplies included. 4 sessions. Instructor: Sarah Ann Austin.

**Sertoma Arts Center** – Course Fee: \$115  
Sep 1-Sep 22 Th 10:00am-12:30pm

### **Painting - Acrylic and Oil Still Life Painting**

Age: 16-99 yrs. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. Students will learn to break down complicated subjects into basic shapes. Students will learn to render an object's correct proportions and create the impression of form in 2D using value. They will also study composition. Students may select their own subject/props. Students provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

**Pullen Arts Center** – Course Fee: \$152  
Oct 6-Nov 10 Th 1:30-4:30pm

### **Painting - Advanced Painting Lab**

Age: 16-99 yrs. Join me in this creative, motivating and informative class so you may focus deeper into painting and improve your painting practice. Whether it is creating a body of work, preparing for an exhibition, continuing your practice or provoking change through experimentation, this is a course for you. Students work independently and share through critiques directly with instructor and class to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery. This class is an artistic community. Many

of the students have been taking this class for over 4 years now! Student supplies own materials. Any wet media welcome. Instructor: Peter Marin

**Pullen Arts Center** – Course Fee: \$76  
Sep 12-Oct 17 M 9:30am-12:30pm  
Nov 7-Dec 12 M 9:30am-12:30pm

### **Painting - Beginning Acrylics**

Age: 16-100 yrs. In this course, students will be taught the beginning basics of painting with acrylics. We will discuss understanding your materials, paint application, color mixing, using value to create form, and the steps to painting a still life. This foundational course is for anyone wanting to learn to paint or improve their existing skills. Paint and brushes will be provided, students are responsible for providing their own canvases. Canvas recommendations will be provided.

Instructor: Joanna Moody  
**Pullen Arts Center** – Course Fee: \$198  
Oct 12-Nov 16 W 10:00am-12:30pm  
**Sertoma Arts Center** – Course Fee: \$105  
Sep 7-Oct 5 W 9:30am-12:30pm  
Oct 12-Nov 9 W 1:00-4:00pm

### **Painting - Beginning Oil Painting**

Age: 16-99 yrs. Through a combination of color theory lessons, follow-along demos, and a master copy project of your choice, learn the basics of handling oil paints, brushes, and solvents. Fundamentals of composition, value, and color mixing will be covered. This class is designed for beginners. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Megan O'Connor.

**Sertoma Arts Center**  
Sep 7-Oct 5 W 1:00-4:00pm

### **Painting - Beginning Watercolor Groundwork for Adventure**

Age: 16-99 yrs. Students will learn the basic skills of watercolor painting that create colorful and glowing effects. We will demonstrate the properties of paints, paper and brushes, wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting. Students will gain an understanding of how pigment and water work along with specific brush skills. Skills to be taught include: use of color wheel, how values work, the importance of leaving your whites and mixing bright colors, neutrals and darks.

Paints and brushes provided for use during class. Students should plan to purchase Arches 140lb cold press watercolor paper for use during class. An optional supply list is available for students who want to practice outside of class time. Instructor: Rick Bennett  
**Pullen Arts Center** – Course Fee: \$99  
Sep 6-Oct 11 Tu 10:00am-12:30pm  
Sep 8-Oct 13 Th 7:00-9:30pm

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### Painting - Beginning Watercolors

Age: 15-99 yrs. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create multiple paintings after learning how to do wet-on-wet washes, wet-on-dry washes, and building layers of colors. Students can copy the instructor's paintings or work on their own subjects. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Ryan Fox.

**Sertoma Arts Center** – Course Fee: \$105

Sep 12-Oct 24 M 9:30am-12:30pm

Nov 14-Dec 12 M 9:30am-12:30pm

### Painting - Chinese Brush Painting

Age: 16-99 yrs. 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. Students will learn how to paint flowers, birds, vegetables and fruits, 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 techniques such as the title of the paintings or the artist's names. This course is for both experienced and beginning students. A \$5 supply fee is due to the instructor at the start of each class or students can purchase their own supplies (supply list available on Sertoma's webpage). 1 session. 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

Sep 7 W 12:00-3:00pm

Nov 2 W 12:00-3:00pm

### Painting - Collage Mixed Media Workshop with Joanna Moody

Age: 16-199 yrs. In this workshop we will be experimenting with different media on paper and canvas. Media will include different drawing and painting materials. We will also cover collage techniques and some introductory printmaking. No previous experience is necessary. This is an exploratory class which teaches process and encourages imagination and play. Bring source materials to work with including but not limited to: photographs, magazines, papers, fabrics, and sketches you want to use in your collages. Photographs and other images of interest that tell a personal narrative are helpful. Supply fee of \$25 due to Pullen Arts Center at start of class. Instructor: Joanna Moody

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

Nov 12-Nov 13 Sa 10:00am-4:00pm

Su 12:00pm-4:00pm



### Painting - Color Theory and Abstraction with Tracie Fracasso

Age: 16-99 yrs. This is a course in which the student will explore the amazing world of color. Students will learn about the nature and use of color. Emphasis will be upon color mixing, manipulation and the creation of color harmonies. This is a great starter class for students interested in painting. Students provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

**Pullen Arts Center** – Course Fee: \$114

Sep 15-Oct 20 Th 9:30am-12:30pm

### Painting - Color Theory with Acrylic and Collage

Age: 16-99 yrs. If you've ever grouped your bookshelf or closet in rainbow order, this class is for you! Gain a solid understanding of color theory while building confidence with acrylics as you work through hands-on color mixing projects. Use recycled print materials to create harmonized collages and abstracted paintings. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Megan O'Connor.

**Sertoma Arts Center** – Course Fee: \$105

Nov 16-Dec 21 W 9:30am-12:00pm

### Painting - Color Theory with Acrylic and Collage with Megan O'Connor

Age: 16-99 yrs. Learn how to recognize and use color schemes in art and life! Gain an understanding of color theory while building confidence with acrylics as you learn how to mix any color you see. Elevate your collage game by building color-coded scrap files, and use these materials to create harmonized collages and abstracted paintings. Students provide their own supplies. Supplies list provided upon registration. Instructor: Megan O'Connor

**Pullen Arts Center** – Course Fee: \$99

Nov 14-Dec 19 M 6:30-8:30pm

### Painting - Continuing Watercolor with Rick Bennett

Age: 16-99 yrs. 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. Supply list will be provided. Instructor: Rick Bennett

**Pullen Arts Center** – Course Fee: \$99

Sep 13-Oct 18 Tu 1:30-4:00pm

Nov 1-Dec 13 Tu 1:30-4:00pm

### Painting - Designing the Successful Landscape Painting in Oil or Acrylic - Part 1

Age: 16-199 yrs. This course is for painters who wish to work on developing their artistic and technical skills using the subject matter of landscape. Students may choose to use either the mediums of Oil or Acrylic to further their knowledge and technical skill as a painter. This class is open to all levels of students. The instructor will provide a set of reference photos for the students to use for each landscape subject. (Both a black and white as and a color photo 8 x 10 will be provided for each of the three painting assignments. The demonstrations that the instructor will provide will correspond to the reference photos that the instructor has personally taken and provided. For each set of photos provided by the instructor a lab fee of \$5.00 is payable directly to the instructor in the form of cash or check to Nancy Carty.) Note: After the first assignment is completed if students want to bring their own photos for a project that they wish to work on independently they are welcome to do so. The quality of the light



source in the photo is very important and it would be preferable if the students used photos references that they have personally taken. This course will focus on the study of 1-3 three distinct landscape designs over the six-week class period. Emphasis will be placed on the following: The composition and design of the canvas Value Placement of the subject matter before applying color The color wheel: Primary, Secondary, Intermediate, and Complimentary color uses Color temperature harmony Color mixing: intensity, saturation, and the creating a center of interest through light and color will be discussed Linear versus aerial perspective with regards to the use of color in the landscape. The effects of warm versus cool light in the landscape Color as it appears in the shadows and high lights Most students will complete a study every two weeks- however, students are encouraged to work at their own pace. Depending on the size of the canvas or panel students may complete anywhere from 1 to 3 works during the six-week class. Weeks 1, 3, and 5 will focus on the value study of the landscape design before working with color. Supplies: Students will supply the painting materials for this class. If students want to use the reference photos provided by the instructor there will be a \$5 fee for each set of black and white and color 8 x 10 photograph of the subject matter for each image. The group will paint the first landscape study provided by the instructor as a class. After the first painting is completed the lab fee applies only to students who wish to use the reference photos provided by the instructor for the remaining painting projects. Students provide their own materials; a supply list is provided on the receipt. No class on Oct 18. Instructor: Nancy Carly  
**Pullen Arts Center** – Course Fee: \$114  
 Sep 13-Oct 25 Tu 1:00-4:00pm

### **Painting - Designing the Successful Landscape Painting in Oil or Acrylic - Part 2**

Age: 16-199 yrs. This course is for painters who wish to work on developing their artistic and technical skills using the subject matter of landscape. Students may choose to use either the mediums of Oil, or Acrylic to further their knowledge and technical skill as a painter. This class is open to all levels of students. The instructor will provide a set of reference photos for the students to use for each landscape subject. (Both a black and white as and a color photo 8 x 10 will be provided for each of the three painting assignments. The demonstrations that the instructor will provide will correspond to the reference photos that the instructor has personally taken and provided. For each set of photos provided by the instructor a lab fee of \$5.00 is payable directly to the instructor in the form of cash or check to Nancy Carly.) Note: After the first assignment is completed if students want to bring their own photos for a project

that they wish to work on independently they are welcome to do so. The quality of the light source in the photo is very important and it would be preferable if the students used photos references that they have personally taken. This course will focus on the study of 1-3 three distinct landscape designs over the six-week class period. Emphasis will be placed on the following: The composition and design of the canvas Value Placement of the subject matter before applying color The color wheel: Primary, Secondary, Intermediate, and Complimentary color uses Color temperature harmony Color mixing: intensity, saturation, and the creating a center of interest through light and color will be discussed Linear versus aerial perspective with regards to the use of color in the landscape. The effects of warm versus cool light in the landscape Color as it appears in the shadows and high lights Most students will complete a study every two weeks- however, students are encouraged to work at their own pace. Depending on the size of the canvas or panel students may complete anywhere from 1 to 3 works during the six-week class. Weeks 1, 3, and 5 will focus on the value study of the landscape design before working with color. Supplies: Students will supply the painting materials for this class. If students want to use the reference photos provided by the instructor there will be a \$5 fee for each set of black and white and color 8 x 10 photograph of the subject matter for each image. The group will paint the first landscape study provided by the instructor as a class. After the first painting is completed the lab fee applies only to students who wish to use the reference photos provided by the instructor for the remaining painting projects. Supply list prints on receipt. Instructor: Nancy Carly No class on November 22nd.

**Pullen Arts Center** – Course Fee: \$114  
 Nov 8-Dec 20 Tu 1:00-4:00pm

### **Painting - Intro to Painting with Peter Marin**

Age: 16-199 yrs. This course introduces the student to the practice of painting by examining practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Student provides supplies; supply list provided on receipt.

**Pullen Arts Center** – Course Fee: \$114  
 Sep 12-Oct 17 M 6:00-9:00pm  
**Sertoma Arts Center** – Course Fee: \$115  
 Nov 3-Dec 15 Th 6:00-9:00pm

### **Painting - Introduction to Painting with Pastels**

Age: 16-99 yrs. Students will learn the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn how to make you own tools to blend and crush the color together rather than using fingers or tortillions. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Connie Mansfield.

**Sertoma Arts Center** – Course Fee: \$125  
 Oct 1-Oct 2 Sa & Su 10:00am-5:00pm

### **Painting - Introduction to Painting with Pastels Continued**

Age: 16-99 yrs. Beginning with semi-soft pastels, you will be introduced to the properties and application of pastels. How to layer the colors and create crisp realism, abstracts to soft impressionism paintings. You will also learn to make your own tools to blend and crush the colors together rather than to use your fingers or a tortillon to smudge. You will leave this workshop with a completed painting, the knowledge of how to use pastels as a painting medium and the different levels of pastels available to work with and to blend with. Students who have participated with earlier pastel workshops can come and continue to grow as I will work with individuals on their levels. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Connie Mansfield.

**Sertoma Arts Center** – Course Fee: \$125  
 Nov 12-Nov 13 Sa & Su 10:00am-5:00pm

### **Painting - ISMS with Peter Marin**

Age: 16-99 yrs. ISMS is a wonderful course that explores the major ISMS that formed the theoretical, self-aware, intuitive and complex, character that is the art of our times. Starting with the Expressionism, and ending with Postmodernism, we investigate and assess the influence of these periods and how they came to be part of the cultural fabric of artmaking today. Weekly assignments based on lectures. Students should have prior painting experience and should feel comfortable working in their chosen medium. Materials: Bring your usual painting materials and supports to class. Any wet media welcome. Instructor: Peter Marin

**Pullen Arts Center** – Course Fee: \$114  
 Nov 7-Dec 12 M 1:30-4:30pm

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

Age: 16-99 yrs. 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 available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.

**Sertoma Arts Center** – Course Fee: \$105

Sep 12-Oct 17	M	6:30-9:00pm
Nov 7-Dec 12	M	6:30-9:00pm
Sep 13-Oct 18	Tu	6:30-9:00pm
Nov 8-Dec 13	Tu	6:30-9:00pm

**Painting - Larry Dean's Studio**

Age: 16-99 yrs. 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 available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.

**Sertoma Arts Center** – Course Fee: \$105

Sep 13-Oct 18	Tu	1:00-3:30pm
Nov 8-Dec 13	Tu	1:00-3:30pm

**Painting - Oil and Acrylic with Tracie Fracasso**

Age: 16-99 yrs. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. Students will learn composition, proportion and how to create form using value and color. Students may select their own subject matter. Students may paint from their own objects/props, photos or copy old masters paintings. Independent study, self-expression and experimentation are encouraged. Students provide their own supplies. Supplies list provided upon registration. Instructor: Tracie Fracasso

**Pullen Arts Center** – Course Fee: \$132

Sep 14-Nov 2	W	1:30-4:30pm
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**Painting - Watercolor Again!**

Age: 15-99 yrs. This class will explore various watercolor techniques and styles ranging from unique color combinations, alternate surfaces, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Ryan Fox.

**Sertoma Arts Center** – Course Fee: \$105

Sep 12-Oct 24	M	1:00-4:00pm
Nov 14-Dec 12	M	1:00-4:00pm

**Painting - Watercolor Home Portraits**

Age: 16-99 yrs. House and building portraits make fantastic housewarming or Christmas gifts, as well as unique mementos of places you've lived. Through demos and exercises, explore the basics of watercolor painting and architectural sketching, and learn some transfer methods that ensure an accurate drawing. Finally, complete a watercolor painting of a building of your choice. No prior watercolor experience necessary. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Megan O'Connor.

**Sertoma Arts Center** – Course Fee: \$105

Nov 16-Dec 21	W	12:30-3:00pm
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**Painting - Watercolor II**

Age: 16-99 yrs. Intermediate students will refine and learn new brush skills to allow them to paint with confidence, achieve glowing colors and rich darks. Three major styles of developing a watercolor painting: Quick Sketch, Layered Approach and Sectional Development will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and given assistance with problem areas. Students provide their own supplies; a supply list will be provided. No class meeting on November 22. Instructor: Rick Bennett

**Pullen Arts Center** – Course Fee: \$99

Oct 25-Dec 6	Tu	10:00am-12:30pm
Oct 27-Dec 8	Th	7:00-9:30pm

**Painting - Workshop: Watercolor Weekend**

Age: 16-99 yrs. Experience the joy of watercolor in a casual environment at Sertoma Arts Center. We will explore traditional techniques as well as some experimental techniques. Janie will demonstrate in the morning. We will break for lunch (bring your own) and we will have both of the afternoons to explore and enjoy art. Bring lots of photos, ideas and enthusiasm. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Janie Johnson.

**Sertoma Arts Center** – Course Fee: \$120

Sep 24-Sep 25	Sa & Su	9:45am-3:30pm
Oct 15-Oct 16	Sa & Su	9:45am-3:30pm
Nov 19-Nov 20	Sa & Su	9:45am-3:30pm
Dec 17-Dec 18	Sa & Su	9:45am-3:30pm

**Photography - Cyanotype: Printing on Your Own Basics**

Age: 13-99 yrs. Discover the Art of one of the original forms of Photography, Cyanotype. Anna Atkins created the first photographic book made entirely of botanical Cyanotypes. Learn how to coat your own paper and make one of a kind prints with objects or plant life from around the Arts Center. Supplies included. 1 session. Instructor: Sarah Ann Austin.

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

Sep 3	Sa	10:00am-1:00pm
Sep 10	Sa	10:00am-1:00pm

**Photography - Digital Photography & Photoshop**

Age: 14-99 yrs. An introduction to digital photography practices in Photoshop and Bridge. The emphasis is on the individual development of each student's vision and ideas. Photography is viewed as a means for personal exploration and expression- your images will reflect your own interests. No prior technical knowledge or experience with a camera is expected. You will be using your own laptop and camera. Supply information for this class can be found on Sertoma's webpage. 5 sessions. Instructor: Sarah Ann Austin.

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

Nov 7-Dec 5	M	4:00-6:00pm
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**Photography - Film Photography Camera Basics**

Age: 13-99 yrs. During this course you will learn in Photoshop how to retouch your family photographs, scan old negatives, and mend a damaged torn photograph. No prior technical knowledge or experience with a camera is expected. You will be using your own laptop. Photoshop is required. 3 sessions. Instructor: Sarah Ann Austin.

**Sertoma Arts Center** – Course Fee: \$55

Dec 6-Dec 20	Tu	6:30-9:00pm
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**Pottery - Beginning Wheel**

Age: 16-99 yrs. Beginning Wheel is one of our most popular classes! Demonstrations will focus on the fundamentals of wheel-thrown pottery. Projects will teach skills such as wedging, sticking, and centering clay on the wheel, use of throwing tools and basic glazing techniques. Instructors offer individualized attention as skill progression is unique to each person. Students purchase clay and tools from Pullen Arts Center's store (approximately \$29 for clay; tool kit available for \$24 or students may buy individual tools). This class qualifies students for a pottery studio membership on completion of the class.

**Pullen Arts Center** – Course Fee: \$105

Sep 13-Oct 25	Tu	4:00-6:30pm
Sep 13-Oct 25	Tu	7:00-9:30pm
Nov 7-Dec 19	M	6:30-9:00pm
Sep 8-Oct 20	Th	7:00-9:30pm
Oct 27-Dec 15	Th	1:30-4:00pm

**Pottery - Carving on Clay Surfaces**

Age: 16-99 yrs. 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. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. 4 sessions. Instructor: Steve Karloski.

**Sertoma Arts Center** – Course Fee: \$65  
 Sep 19-Oct 10 M 7:00-9:15pm

**Pottery - Continuing Handbuilding**

Age: 16-199 yrs. Building on techniques covered in Beginning Handbuilding, students will continue to explore the possibilities of soft slabs, stiff slabs, and coils through a combination of demonstrations and individual work time, with an emphasis on details, finishing techniques, and expanding possibilities into more distinctive pieces that reflect the student's unique style. Students should plan to provide their own tools and purchase clay from Pullen Arts Center (approximately \$29). This class qualifies students for a pottery studio membership. Prerequisite: Beginning Handbuilding class at Pullen or Sertoma. No class meeting on Nov 22. Instructor: Tim Cherry

**Pullen Arts Center** – Course Fee: \$105  
 Nov 1-Dec 20 Tu 10:00am-12:30pm  
 Oct 27-Dec 15 Th 6:00-8:30pm

**Pottery - Continuing Wheel**

Age: 16-99 yrs. Looking for the next step beyond Beginning Wheel? Instructors offer individual attention as skill progression is unique to each person. In Continuing Wheel, learn how to apply confidence and steadiness to your work with clay as you continue to practice and build your skill in centering, use of throwing tools and basic glazing techniques. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Practice time outside of class time is strongly suggested to develop throwing skills. Students purchase clay (approximately \$29 for 25 lbs) from Pullen Arts Center. Continuing students provide their own tools. Completion of this class qualifies students for a Pullen Arts Center studio membership. Class meets Tuesdays and Thursdays. Instructor: Doug Debastiani

**Pullen Arts Center** – Course Fee: \$105  
 Nov 29-Dec 20 Tu & Th 7:00-9:30pm

**Pottery - Decorating Wheel Thrown Pieces with Lauren Wellborn**

Age: 16-99 yrs. Looking for ways to add interest to your wheel thrown pots? Join teaching artist Lauren Wellborn for a 7 week class where you can explore slip trailing and texturizing with slips, decorating using slip with paper resist, using transfers to apply slip and underglaze drawings to vessels, carving decorations, and decorating using layers and patterns. Open to anyone who has at least basic wheel throwing skills (wedging, centering, able to make a basic bowl or cylinder without instruction). Students should plan to purchase Standard 153 clay from Pullen Arts Center (approx \$28 for 25 lbs) and to bring their own throwing tools. Optional tools: X-acto knife, cutting mat, and carving tool (Kemper wire stylus or similar) available in Pullen Arts store. Instructor: Lauren Wellborn

**Pullen Arts Center** – Course Fee: \$105  
 Sep 12-Oct 24 M 6:30-9:00pm

**Pottery - Decorating with Underglaze**

Age: 16-99 yrs. This class will explore different options for decorating with underglaze on both raw and bisqued clay. Some options we will explore are sgraffito, sponging, blending, and washes. These techniques can be done with both slab built and wheel thrown forms. Prerequisite: Beginning Handbuilding or Wheel at Sertoma or Pullen Arts Centers. This course does not qualify for a studio card. \$8 supply fee due to instructor at first class will provide each student with approximately 8oz of underglaze. Supply list available on Sertoma's webpage. 4 sessions. Instructor: Jeannette Stevenson.

**Sertoma Arts Center** – Course Fee: \$65  
 Sep 26-Oct 24 M 4:00-6:15pm

**Pottery - Glaze Overview**

Age: 16-99 yrs. Explore the fundamentals of glazing, one of the most challenging areas of finishing pottery. Demonstrations and projects involving underglaze, wax resist application, brushing/dipping/spray techniques, and glaze component basics will all be covered. Improve your glazing game! A \$15 supply fee due to the instructor at first class will include prepared test tiles, underglazes and additional glazes. Prerequisite: Beginning Handbuilding and/or Wheel at Sertoma or Pullen Arts Center. This class does not qualify for a studio membership. 4 sessions. Instructor: Steve Karloski.

**Sertoma Arts Center** – Course Fee: \$65  
 Nov 7-Nov 28 M 7:00-9:15pm

**Pottery - Going Big: A History of Reduction in Ceramics**

Age: 16-199 yrs. Interested in cone 10, reduction firing and the history of ceramics? In this class, we will demystify the reduction firing process by exploring traditional and contemporary ceramics through the lens of cone 10. The class will end by making a body of work for the gas kiln. Students purchase clay from Pullen Arts (approx \$29 - \$39, depending on clay body) and provide their own tools. Wheel throwing and handbuilding are accommodated in this class. October 17 & 24 students work independently in the studio without an instructor. Prerequisite: Beginning Wheel or Handbuilding at Pullen or Sertoma. Instructor: Laura Casas

**Pullen Arts Center** – Course Fee: \$110  
 Sep 12-Oct 31 M 1:00-4:00pm

**Pottery - Handbuilding Techniques Intro**

Age: 16-99 yrs. Expand your possibilities with clay! If you can imagine it, you can build it with clay. We will cover the basics of handbuilding with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller, extruder, and other handbuilding tools. Students purchase clay through Pullen Arts Center's store (approximately \$29). Instructor: Michelle Miolla

**Pullen Arts Center** – Course Fee: \$105  
 Sep 8-Oct 20 Th 6:00-8:30pm  
 Sep 8-Oct 20 Th 10:00am-12:30pm  
 Sep 13-Oct 25 Tu 10:00am-12:30pm

**Pottery - Handbuilding: Beginning**

Age: 16-99 yrs. 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! 7 sessions.

**Sertoma Arts Center** – Course Fee: \$110  
 Sep 14-Oct 26 W 9:30-11:45am  
 Sep 14-Oct 26 W 7:00-9:15pm

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### Pottery - Illustrated Clay: Surface Design Crash Course

Age: 16-199 yrs. Interested in learning how to create original and personal surfaces? In this class, students will focus on surface design techniques on pottery with an emphasis on experimentation and mark making. Participants will learn sgraffito, slip inlay, stenciling, monoprinting, as well as water etching and using wax. This workshop is designed for students who have some experience with clay; either wheel or handbuilding. Students are encouraged to prioritize process and risk taking! While students receive access to 1st floor classroom for the duration of the class, this is not a qualifying class for Pullen Arts Center membership. Clay must be purchased from Pullen Arts Center (approximately \$28 for a 25 lb bag). Additionally, students should plan to bring your favorite clay tools, an X-acto knife, your favorite drawing tools, sketchbook, slip trailers, newspaper, and stickers or tape of your choice. (X-acto knives, slip trailers, and other clay tools are available for purchase through Pullen Arts store.) Instructor: Laura Casas  
**Pullen Arts Center** – Course Fee: \$110  
 Nov 14-Dec 19 M 1:00-4:00pm

### Pottery - Introduction to Majolica

Age: 16-99 yrs. Developed in the Middle East during the 9th century and made famous by Italian artisans, majolica is earthenware pottery with a white opaque glaze decorated with ceramic colorants brushed on top of the raw, unfired glaze. The glaze is formulated to be viscous which restricts the flow and movement of the glaze retaining most of the line quality of the decoration. In this class we will examine historical aspects, designs of majolica and explore the process using commercial glazes & majolica colors making the techniques easy to use. Formulas for mixing your own majolica glazes/colors will be provided & discussed. If you like color and painting designs on pottery, this class is for you. This class does not qualify for a studio card at Sertoma Arts Center. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters who have completed the Studio Orientation at Sertoma prior to registration only. Students must be able to throw or hand build forms for decorating. Students pay glaze and color fee of \$45 at the first class to the instructor. Registrants will be emailed information on tools and brushes shortly after registration. 4 sessions. Instructor: Randy Hinson.  
**Sertoma Arts Center** – Course Fee: \$75  
 Sep 12-Oct 3 M 9:30am-12:00pm

### Pottery - Majolica Holiday Ornaments

Age: 16-99 yrs. Create beautiful and colorful holiday ornaments using the majolica pottery technique. Students select terracotta ornaments that are glazed and ready to decorate with majolica colors. An assortment of shapes and variety of decorating colors gives you unlimited possibilities. Ornaments are left for firing after the workshop and can be picked up the next week. Ornaments cost \$2 and include clay, glaze, decorating colors and ribbon. The number of pieces created is up to the individual. This workshop is easy and fun, even for those with no pottery experience! Although open to new students, this workshop does not qualify students for a studio card. 1 session. Instructor: Patty Merrell.

**Sertoma Arts Center** – Course Fee: \$35  
 Dec 4 Su 12:30-4:30pm

### Pottery - Pots for the Table

Age: 16-199 yrs. The first piece of pottery ever made by mankind was likely a serving dish, and, to this day, the main purpose of pottery is to serve food and drink on the table. This class will focus on wheel thrown dinnerware and serving dishes. We will start by imagining the form, scale, surface, and structure of pots. Students will learn and practice throwing a cohesive place setting including soup bowl, salad bowl, dinner plate, and drinking vessel, as well as large serving dishes like platter and casserole on the wheel. Students will also experiment on surface and glaze decoration techniques to add their personal touch and bring the pots to life. Skill Level: Intermediate + Beyond. Completion of Continuing Wheel class (at Pullen Arts or elsewhere) is required. Students should have basic wheel

throwing skills such as centering 3 lbs clay comfortably. Students purchase clay from Pullen Arts Center (approx \$29 for 25 lbs). Students provide their own tools; Pullen Arts onsite store has tool kits and individual tools available for purchase. This class does not qualify students for a studio membership. Instructor: Wei Sun  
**Pullen Arts Center** – Course Fee: \$130  
 Sep 14-Oct 26 W 6:00-9:00pm

### Pottery - Wheel Throwing: Beginner

Age: 16-99 yrs. 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. 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. 7 sessions.

**Sertoma Arts Center** – Course Fee: \$110  
 Sep 12-Oct 24 M 7:00-9:15pm  
 Sep 14-Nov 2 W 9:30-11:45am  
 Sep 14-Oct 26 W 7:00-9:15pm



### Printmaking - Collage Intaglio: Exploring Collograph

Age: 16-99 yrs. Utilizing collograph techniques press-printed intaglio style, we will explore options with paper, plastic and recycled plates. Textures will be incorporated with carborundum (a grit suspended acrylic medium) to explore tone and density. Techniques using sandpaper, stylus, adhesive tapes and matte and gloss acrylic mediums will also be demonstrated. Open to artists of all levels, repeat students welcome, printmaking curiosity appreciated! Printing paper and plastic plates purchased from Pullen for approx. \$15-20. Additional supply fee to instructor at class start of approx. \$20.

Instructor: Susan Martin

**Pullen Arts Center** – Course Fee: \$125

Dec 10-Dec 11 Sa & Su 10:00am-5:00pm

### Printmaking - Drypoint Intaglio, Continued!

Age: 16-199 yrs. Open to students who have taken Drypoint Intaglio at Pullen and/or artists comfortable in the intaglio method of printmaking. We will build on past skills of mark making and learn how to print multiple copper plates together. Two or three plates will be printed together to create multiple color intaglio works. Watercolor monotypes will also be demonstrated for additional color. Registration, image offsetting, inking and editioning topics will all be covered. Copper plates and printing paper purchased from Pullen, approximately \$25-30. Reusing old copper plates may be an option; bring in any for consideration to the first class. Saturday class meetings are instructed; on Sundays, studio equipment, tools, and inks are reserved exclusively for use by students in this class to use independently. Instructor: Susan Martin

**Pullen Arts Center** – Course Fee: \$125

Sep 24-Oct 2 Sa & Su 10:00am-5:00pm

### Printmaking - Intro to Linoleum Block

Age: 16-99 yrs. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Whelan press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome. Students purchase linoleum and printing papers through Pullen Arts onsite store (approx \$25). Instructor: Keith Norval No class on November 22nd.

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

Nov 1-Dec 13 Tu 7:00-9:30pm

### Printmaking - Intro to Linoleum Block Print

Age: 16-99 yrs. This class will focus on block printing using unmounted linoleum to produce a small series of prints or multiple prints. Learn how to transfer your design to your block, carving and inking techniques and print using the Whelan press. Topics to be covered include single color prints, multiple block prints, reduction block and white line techniques. Class time will be composed of demonstrations and working time, allowing students to focus on the technique of their choice. Beginning and continuing students welcome. Supply list is available on Sertoma's webpage. 6 sessions. Instructor: Keith Norval.

**Sertoma Arts Center** – Course Fee: \$115

Sep 14-Oct 19 W 7:00-9:30pm

### Printmaking - Learn to Screen Print

Age: 16-99 yrs. If you want to make your own T-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, making transparencies, exposing the screen and printing techniques. You can use store-bought screens or learn how to build your own inexpensive screens. You can also print on tote bags, dish towels, paper and more. All skill levels welcome. Supply list provided on receipt. Instructor: Keith Norval

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

Sep 13-Oct 18 Tu 7:00-9:30pm

**Sertoma Arts Center** – Course Fee: \$115

Nov 2-Dec 14 W 7:00-9:30pm

### Printmaking - Printmaking Projects Guided Studio

Age: 16-199 yrs. In this weekly session students will work on their own and in tandem with the instructor to create cohesive printed works on paper. At the first class we will talk about ideas, goals and map out technical demonstrations based on the groups desires. Interested in utilizing a studio pass but feel like you need a bit more help before approaching the Print Studio solo? This class should empower you to work on your own! Bring past work, drawings, ideas to class one. Open to intaglio, woodcut and mono printing techniques, on or off the etching press. Open to students who have taken one or more printmaking classes at Pullen and/or have comparable past printmaking experience. Supply fee will vary based on project. Instructor: Susan Martin

**Pullen Arts Center** – Course Fee: \$140

Sep 20-Oct 25 Tu 10:00am-1:30pm

### Printmaking - The Beauty of Black and White

Age: 16-99 yrs. Throughout history artists have used black and white ink and paint as their major means of expression. Students will learn several printmaking techniques: relief, monotypes, and pressure printing all while creating their own black and white prints. An assortment of printmaking papers will be available, as well as, creating your own decorative papers. Safe printmaking practices will be followed. Please bring image ideas, or photos for reference and a \$30.00 supply fee which is paid directly to the instructor at first class. No experience necessary. No class meeting on November 24. Instructor: Susan Soper

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

Nov 10-Dec 15 Th 9:30am-12:30pm

### Printmaking - Waterless Lithography

Age: 16-99.9 yrs. Discover the magic of Waterless Lithography. Try your hand at a printmaking technique that can be suited to your drawing style and color sense. Using this safer printmaking process, students will create multicolored originals. You will learn how to transfer your images to aluminum plates, process plates for printing, and come away with multiples. Paper, ink selection, and master printmakers will be discussed. Please bring 5" X 7" image ideas, or photos for reference. A \$30.00 supply fee is paid directly to instructor at first class. No experience necessary. Instructor: Susan Soper

**Pullen Arts Center** – Course Fee: \$105

Sep 29-Oct 27 Th 9:30am-1:00pm

### Raleigh Miniatures Guild

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** – Course Fee: \$4

Sep 1-Dec 15 Th 10:00am-12:00pm

### Sertoma Pottery Studio Orientation

Age: 16-99 yrs. Sertoma Arts Center Pottery Studio Orientation is for qualified Pullen or Sertoma Arts Center potters who wish to use Sertoma's Pottery Studio. Once you register, Sertoma Arts Center will confirm that you are a qualified pottery patron. We will offer these orientations each session. For further information, please call 919-996-2329.

**Sertoma Arts Center** – Course Fee: \$25

Sep 19 M 1:00-1:45pm

Oct 12 W 6:00-6:45pm

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### Sewing - Make a Basic Waldorf-style Doll

Age: 16-99 yrs. Interested in growing your sewing skills? Join teaching artist Pam Currie for this multi-weekend workshop learning to construct a Waldorf-style doll. One of the Waldorf beliefs is that a doll should have a simple face so that the doll reflects the child's emotions. It is thought that if a child is sad, the doll should not be grinning back at the child. The dolls made in this workshop are 13-18" tall, and in the tradition of Waldorf, they are made with all natural materials. No prior doll making experience is needed. Pullen Arts Center will provide use of one sewing machine per student; students who have their own sewing machine are welcomed to bring them. Supply fee of \$40 due to instructor at the start of class. Students will have open use of sewing machines between classes during scheduled open studio hours - TBA. Instructor: Pam Currie

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

Oct 1-Oct 15 Sa & Su 9:30am-4:30pm

### Sewing For Beginners

Age: yrs. In this class you will learn about needles, fabric, notions and how to read a pattern. No knowledge of sewing is required. The instructor will select a pattern and you will be responsible for fabric and additional items. Student will receive a class list. Class cost do not include material.

**Biltmore Hills Community Center** – Course Fee: \$40

Oct 1-Oct 22 Sa 10:00-11:00am

### Sewing: 101

Age: 11-16 yrs. Some knowledge of a sewing machine and ability to read a pattern required. You will select a pattern, fabric and notions. Instructor will assist in the construction of the garment. This class will assist you in becoming more confident in your sewing skills.

**Biltmore Hills Community Center** – Course Fee: \$60

Oct 29-Nov 19 Sa 10:00am-12:00pm

## Senior

### Knitting and Crocheting

Age: 18+ yrs. Do you like to knit or crochet? Please come and share your skills and projects with other like minded patrons. This is a free informal social time.

**Anne Gordon Center**

Sep 1-Dec 29 Th 1:00-3:00pm

## Family

### A Taste of Art at Lions

Age: 16-99 yrs. Taste of the Arts at Lions Park celebrates and supports the rich diversity of arts and cultural experiences in our community. The monthly class will highlight a specific art form each class and is open to all.

**Lions Park Community Center**

**Let's Glow Leaf Printing with Watercolors** – Course Fee: \$15

Sep 17 Sa 10:30-11:30am

**Gobble, Gobble Turkey Craft** – Course Fee: \$15

Nov 12 Sa 10:30-11:30am

**Holiday Craft** – Course Fee: \$15

Dec 10 Sa 10:30-11:30am

**Trunk or Treat**

Oct 29 Sa 3:00-5:00pm

### Family Drawing - Blind Contour Portraits

Age: 8-12 yrs. This workshop is fun to take with a family member or friend! Spend the day drawing blind contour portraits of each other and then add paint to your drawing to create a one-of-a-kind portrait. All supplies included. Class fee includes one adult and one child; please register child only. Instructor: Joanna Moody (1 session)

**Pullen Arts Center** – Course Fee: \$30

Nov 5 Sa 12:00-3:00pm

### Juggling for Genius

Age: 10-99 yrs. 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. Masks are REQUIRED for all participants due to the nature of this program. Pre-registration is preferred. All participants 10-16 years of age are required to have a parent/guardian present during class.

**Method Road Community Center**

Sep 5-Sep 26 M 6:30-8:00pm

Oct 3-Oct 31 M 6:30-8:00pm

Nov 7-Nov 28 M 6:30-8:00pm

Dec 5-Dec 19 M 6:30-8:00pm

### Pottery - Winter Ornaments

Age: 5-99 yrs. Get ready for the holidays by making festive ornaments! The first day of class we will create the ornaments using slab clay techniques, and the second day we will decorate them with vibrant glazes. Projects will be ready for pickup 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Ashley Bonner.

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

Dec 1-Dec 8 Th 4:00-5:30pm

### Powell Park PIZZAZ

Age: 12-99 yrs. Let's recycle some old rags that we will turn into usable bags. Participants will need to bring 3-4 old t-shirts to class as we do a simple ART PIZZAZ!

**Powell Drive Neighborhood Center** – Course Fee: \$7

Sep 15 Th 4:30-6:30pm

### Pumpk-n-Paint

Age: 3-12 yrs. Come join us for an evening of family fun and creativity as we decorate pumpkins, enjoy our fall photo booth, and create a fall craft to inspire the most outrageous designs and creations. Pre-registration is required and one parent must accompany child.

**Brier Creek Community Center** – Course Fee: \$10

Oct 14 F 6:30-8:00pm



# Athletic Instruction



## 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!

**Jaycee Community Center** – Course Fee: \$27  
Sep 10-Sep 24 Sa 10:15-11:00am

### 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. This gym does not have air conditioning.

**Green Road Community Center** – Course Fee: \$36

Sep 12-Oct 3	M	7:15-8:00pm
Oct 10-Oct 31	M	7:15-8:00pm
Nov 7-Nov 28	M	7:15-8:00pm

**Jaycee Community Center** – Course Fee: \$36  
Oct 1-Oct 22 Sa 10:15-11:00am

### Basketball - Twos Sport Zone

Age: 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! This gym does not have air conditioning.

**Jaycee Community Center** – Course Fee: \$36  
Oct 1-Oct 22 Sa 9:30-10:00am

## Mini Mite Tennis

Age: 4-6 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time with peers.

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

Sep 6-Sep 27	Tu	10:00-11:00am
Oct 4-Oct 25	Tu	10:00-11:00am
Nov 1-Nov 29	Tu	10:00-11:00am
Dec 6-Dec 27	Tu	10:00-11:00am

## smALL Stars Toddler 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. Class goes on hiatus each June-August.

**Marsh Creek Community Center**

Sep 6-Sep 27	Tu	10:15-11:00am	Fee: \$40
Oct 4-Oct 25	Tu	10:15-11:00am	Fee: \$40
Nov 1-Nov 29	Tu	10:15-11:00am	Fee: \$40
Dec 6-Dec 20	Tu	10:15-11:00am	Fee: \$30

## 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!

**Green Road Community Center** – Course Fee: \$36

Sep 12-Oct 3	M	6:15-7:00pm
Oct 10-Oct 31	M	6:15-7:00pm
Nov 7-Nov 28	M	6:15-7:00pm

## Soccer - Twos Sport Zone

Age: 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.

**Jaycee Community Center** – Course Fee: \$36  
Apr 2-Apr 30 Sa 9:30-10:00am

## Youth

### All Sports - Youth

Age: 6-9 yrs. Interested in introducing your athlete into a variety of sports? This fundamental class will introduce your athlete to a different sport each week. Sports may include Baseball, Soccer, Basketball, Football, Hockey, Lacrosse and more. Participants will also practice balancing, catching, agility, aiming, motor skills, and much more. Let's Get our Game on!

**Jaycee Community Center** – Course Fee: \$30  
Sep 10-Sep 24 Sa 11:15am-12:15pm

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**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. This gym does not have air conditioning.

**Jaycee Community Center**— Course Fee: \$40  
Oct 1-Oct 22 Sa 11:15am-12:15pm

**Basketball Skills & Drills**

Age: 8-14 yrs. This fun and instructional clinic is designed to focus on a player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork. Instructor: Daron Gibson, former college basketball player.

**Brier Creek Community Center** — Course Fee: \$40  
Sep 8-Sep 29 Th 6:30-7:30pm  
Oct 6-Oct 27 Th 6:30-7:30pm

**Cricket for Beginning Youth**

Age: 7-12 yrs. Learn the sport of Cricket from Nate Hays, the Marketing Director of the Triangle Cricket League. This is a cricket class for youth who are wanting to try something completely new. Cricket for Beginning Youth is free to participants (only registration will be required). The class will take place from 5:30-7 each Wednesday evening and will be followed by a free unstructured open gym time from 7-8:30.

**Abbotts Creek Community Center**  
Sep 7-Oct 19 W 5:30-7:00pm

**Tennis Jr. Level 1**

No experience needed for this class. Players will work on building rallying skills, learning 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 eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Millbrook Exchange Tennis Center**

**Age 6-8**  
Sep 3-Nov 19 Sa 11:00am-12:00pm Fee: \$114  
Sep 5-Nov 16 M & W 5:00-6:00pm Fee: \$209  
Sep 6-Nov 17 Tu & Th 5:00-6:00pm Fee: \$209

**Age 8-10**

Sep 3-Nov 19 Sa 9:00-10:00am Fee: \$114  
Sep 3-Nov 19 Sa 10:00-11:00am Fee: \$114  
Sep 3-Nov 19 Sa 11:00am-12:00pm Fee: \$114  
Sep 5-Nov 16 M & W 5:00-6:00pm Fee: \$209  
Sep 6-Nov 17 Tu & Th 5:00-6:00pm Fee: \$209

**Age 10-18**

Sep 3-Nov 19 Sa 10:00-11:00am Fee: \$114  
Sep 6-Nov 17 Tu & Th 4:00-5:00pm Fee: \$209  
Sep 5-Nov 16 M & W 4:00-5:00pm Fee: \$209

**Tennis Jr. Level 2**

Age: 10-18 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 eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Millbrook Exchange Tennis Center**

**Age 10-18**— Course Fee: \$209  
Sep 6-Nov 17 Tu & Th 4:00-5:00pm  
**Age 10-18**— Course Fee: \$114  
Sep 3-Nov 19 Sa 9:00-10:00am  
**Age 10-18**— Course Fee: \$209  
Sep 5-Nov 16 M & W 4:00-5:00pm

**Tennis USTA Junior Team Tennis**

Come to tryouts (TBD) at Millbrook Exchange Tennis Center to be placed on a team. Practices for 8U+10U are Fridays 5-6:30pm with matches Saturdays 9-10:30am. Practices for 12U, 14U, 18U are Friday afternoons in the Fall and Spring seasons with matches on Saturdays. Practices for 12U, 14U, 18U are once a week on a weekday morning in the Summer season and matches are on another weekday morning. An end-of-the season tournament is held each season. Players must be a USTA member (free) plus pay a local league fee (\$22).

**Millbrook Exchange Tennis Center** — Course Fee: \$132

**8U Beginner**  
Sep 9-Nov 5 F 5:00-6:30pm  
**10U Beginner**  
Sep 9-Nov 5 F 5:00-6:30pm  
**10U Intermediate**  
Sep 9-Nov 5 F 5:00-6:30pm  
**12U Yellow**  
Sep 9-Nov 5 F 5:00-6:30pm  
**12U Bronze**  
Sep 9-Nov 5 F 5:00-6:30pm  
**12U Silver**  
Sep 9-Nov 5 F 5:00-6:30pm  
**14U Bronze**  
Sep 9-Nov 5 F 5:00-6:30pm  
**14U Silver**  
Sep 9-Nov 5 F 5:00-6:30pm  
**18U Bronze**  
Sep 9-Nov 5 F 5:00-6:30pm  
**18U Silver**  
Sep 9-Nov 5 F 5:00-6:30pm  
**18U Gold**  
Sep 9-Nov 5 F 5:00-6:30pm

**Adult****Tennis Adult 2.5 Drills**

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. To advance to 3.0 Drills, players must be at the 3.0 level or be able to hit topspin or underspin on some groundstrokes or volleys. Class length is eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Lake Lynn Community Center** — Course Fee: \$114

Sep 3-Nov 19 Sa 10:00-11:00am

**Millbrook Exchange Tennis Center** — Course Fee: \$209

Sep 5-Nov 16 M & W 6:00-7:00pm

Sep 6-Nov 17 Tu & Th 6:00-7:00pm

**Tennis Adult 3.0 Drills**

Age: 18-99 yrs. 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 3.5 Drills, 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 eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Lake Lynn Community Center** — Course Fee: \$114

Sep 3-Nov 19 Sa 11:00am-12:00pm

**Lake Lynn Community Center** — Course Fee: \$209

Sep 5-Nov 17 Tu & Th 6:00-7:00pm

Sep 6-Nov 17 Tu & Th 7:00-8:00pm

**Tennis Adult 3.5 Drills**

Age: 18-99 yrs. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on groundstrokes, underspin volleys and slice serves during match play. This is a drills class, which will work on all of your strokes. Class length is eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Lake Lynn Community Center** — Course Fee: \$114

Sep 3-Nov 19 Sa 12:00-1:00pm

**Tennis Adult Cardio**

Age: 18-99 yrs. This is a drills class using all of your strokes. Class length is eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Millbrook Exchange Tennis Center** – Course Fee: \$114  
Sep 9-Nov 18 F 9:00-10:00am

**Tennis Adult Level 1**

Age: 18-99 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 your racquet. Racquets are available to borrow. Class length is eleven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Lake Lynn Community Center**

Sep 3-Nov 19 Sa 9:00-10:00am Fee: \$114

**Millbrook Exchange Tennis Center**

Sep 3-Nov 19 Sa 9:00-10:00am Fee: \$114

Sep 3-Nov 19 Sa 12:00-1:00pm Fee: \$114

Sep 5-Nov 16 M & W 10:00-11:00am Fee: \$209

Sep 5-Nov 16 M & W 6:00-7:00pm Fee: \$209

Sep 6-Nov 17 Tu & Th 11:00am-12:00pm Fee: \$209

Sep 6-Nov 17 Tu & Th 7:00-8:00pm Fee: \$209

**Tennis Adult Level 2**

Age: 18-99 yrs. Must be able to 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 and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class length is eleven weeks which includes one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

**Millbrook Exchange Tennis Center**

Sep 3-Nov 19 Sa 10:00-11:00am Fee: \$114

Sep 3-Nov 19 Sa 11:00am-12:00pm Fee: \$114

Sep 5-Nov 16 M & W 11:00am-12:00pm Fee: \$209

Sep 5-Nov 16 M & W 7:00-8:00pm Fee: \$209

Sep 6-Nov 17 Tu & Th 10:00-11:00am Fee: \$209

Sep 6-Nov 17 Tu & Th 6:00-7:00pm Fee: \$209

**Tennis Quads**

Age: 18-99 yrs. 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 – 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 Exchange Tennis Center** – Course Fee: \$44

**All levels**

Sep 5-Nov 14 M 7:00-9:00pm

Sep 7-Nov 16 W 9:30-11:30am

Nov 30-Feb 15 W 10:00am-12:00pm

**Coed 2.0/2.5**

Sep 8-Nov 17 Th 7:00-9:00pm



# Athletics Open Play



## Adult

### Basketball Open Play - Adults

Age: 18-99 yrs. Open gym basketball is an opportunity for adults to shoot around and play basketball games with others using our indoor basketball gyms. Participants must register for a free Adult Open Play pass at a community center. Capacity is limited and available on a first come, first serve basis. Participants may bring their own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

#### Green Road Community Center

Sep 2-Dec 30 M,W,F 12:15-2:30pm

### Futsal Open Gym

Age: 13-99 yrs. Play pick-up games with friends and meet people with a similar passion for Futsal. Quick paced indoor soccer played with a five person team on a basketball-style court with no walls and a smaller, low-bouncing ball. It is a great way to develop foot skills, speed, agility, and stay in shape.

#### Biltmore Hills Community Center

Aug 5-Dec 16 F 6:30-8:30pm  
Aug 7-Dec 18 Su 1:30-5:30pm

### Pickleball Open Play

Age: 18-99 yrs. 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 pre-registration is required. Dates and times listed below may show as "Unavailable" or "Full" due to online registration not being activated. If the date and time is shown, Open Play Pickleball will be offered. Each session has a \$2 fee, or a 4 month pass can be purchased for \$10 and provides access to all sessions shown on [reclink.raleighnc.gov](http://reclink.raleighnc.gov).

#### Brier Creek Community Center

Sep 4-Dec 18 Su 3:00-5:30pm  
Sep 12-Oct 31 M 6:30-8:30pm

#### Green Road Community Center

Sep 6-Dec 29 Tu & Th 10:30am-2:30pm

### Table Tennis - Open Play

Age: 18-99 yrs.

#### Lake Lynn Community Center

Sep 1-Dec 31 M,W,Th,Sa 9:00am-12:00pm







# Athletics Teams/Leagues

## Athletics Programs

athletics@raleighnc.gov  
919-996-6836

## Athletic Program Director

Jason Simpson  
jason.simpson@raleighnc.gov

## Athletic Program Managers

Josh Hardin  
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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.

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

### Fall Youth NFL Flag Ages 11-13

Age: 11-13 yrs. The Athletics Division, is offering youth flag football for ages 11-13. Open registration is July 11-22. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email [athletics@raleighnc.gov](mailto:athletics@raleighnc.gov).

**Jaycee Community Center** – Course Fee: \$40

#### District 3

Aug 13-Nov 12 Sa 9:00am-12:00pm

#### District 4

Aug 13-Nov 12 Sa 9:00-11:00am

**Lake Lynn Community Center** – Course Fee: \$40

#### District 1

Aug 13-Nov 19 Sa 9:00am-12:00pm

#### District 2

Aug 15-Nov 18 M-F 6:00-8:00pm

### Fall Youth NFL Flag Ages 5-7

Age: 5-7 yrs. The Athletics Division, is offering youth flag football for ages 5-7. Open registration is July 11-22. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin tentatively in August and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email [athletics@raleighnc.gov](mailto:athletics@raleighnc.gov).

**Brier Creek Community Center** – Course Fee: \$40

#### District 1

Aug 8-Nov 16 M & W 6:00-8:00pm

**Jaycee Community Center** – Course Fee: \$40

#### District 3

Aug 8-Nov 18 M,W,F 6:00-8:00pm

**John Chavis Community Center** – Course Fee: \$40

#### District 4

Aug 8-Nov 18 M,W,F 6:00-8:00Ppm

**Lions Park Community Center** – Course Fee: \$40

#### District 2

Aug 15-Nov 18 M,W,F 6:00-8:00pm



### Fall Youth NFL Flag Ages 8-10

Age: 8-10 yrs. The Athletics Division, is offering youth flag football for ages 8-10. Open registration is July 11-22. Registration may be left open pending number of available spots. League age as of date is August 31, 2022. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email [athletics@raleighnc.gov](mailto:athletics@raleighnc.gov).

**Jaycee Community Center** – Course Fee: \$40

#### District 3

Aug 9-Nov 17 Tu & Th 6:00-8:00pm

**John Chavis Community Center** – Course Fee: \$40

#### District 4

Aug 8-Nov 17 M-F 6:15-8:00pm

**Lake Lynn Community Center** – Course Fee: \$40

#### District 1

Aug 8-Nov 18 M-F 6:00-8:00pm

**Lions Park Community Center** – Course Fee: \$40

#### District 2

Aug 9-Nov 17 Tu & Th 6:00-8:00pm

### Mini Girls Softball

Age: 7-9 yrs. 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. Registration is July 11-22 (or until filled). Cost will be \$55 for Raleigh Residents and \$70 for Non-Raleigh Residents. Players age will be determined with an age as of date by August 31, 2022. Practices and games will take place at Lions Park.

**Lions Park Community Center** – Course Fee: \$55

Aug 9-Oct 27 Tu & Th 6:30-8:30pm

### Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is July 11-22, 2022. 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, 2022.

**Buffaloe Road Athletic Park** – Course Fee: \$83

#### Citywide

Aug 1-Nov 18 M-F 6:30-8:00pm

### Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is July 11-22, 2022. 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, 2022.

**Buffaloe Road Athletic Park** – Course Fee: \$63

#### City Wide

Aug 1-Nov 18 M-F 6:00-9:00pm

### Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is July 11-22, 2022. 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, 2022.

**North Hills Park** – Course Fee: \$63

#### Citywide

Aug 1-Nov 18 M-F 6:30-8:00pm

### Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is July 11-22, 2022. 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, 2022.

**Buffaloe Road Athletic Park** – Course Fee: \$63

#### Citywide

Aug 1-Nov 18 M & W 6:00-9:00pm

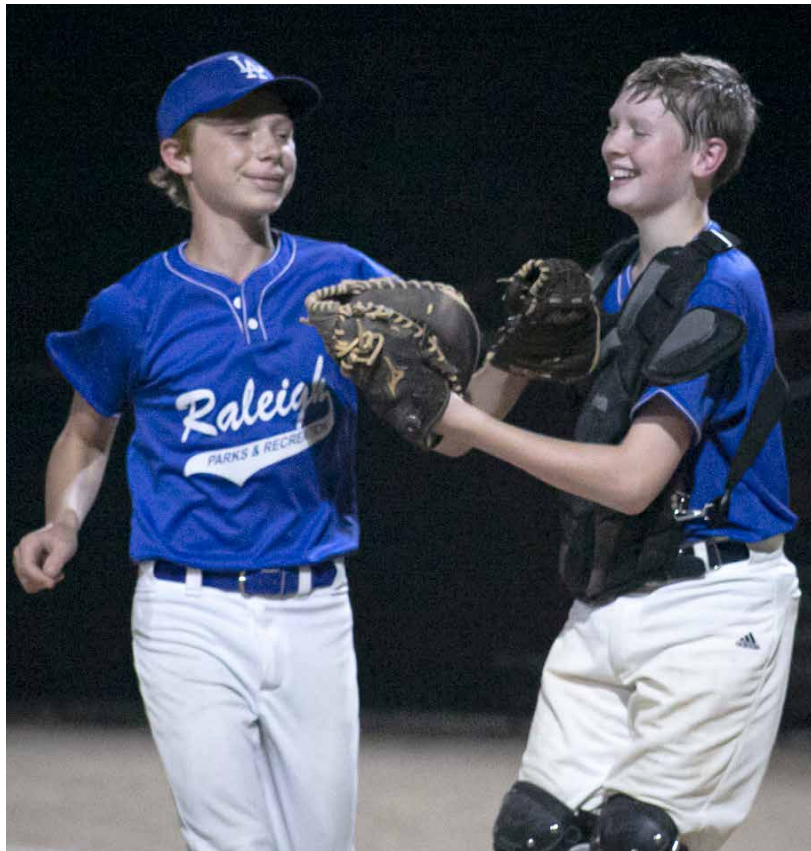
### Youth Baseball - T-Ball

Age: 5-6 yrs. Baseball registration is July 11-22, 2022. The T-ball 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, 2022.

**Jaycee Community Center** – Course Fee: \$63

#### Citywide

Aug 1-Nov 18 M-F 6:00-9:00pm



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**Youth Basketball- Little League Girls (age 11-12)**

Age: 11-12 yrs. Youth Winter Basketball registration is October 3-14. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**John Chavis Community Center** – Course Fee: \$50  
Nov 1-Mar 2 Tu & Th 6:00-9:00pm

**Youth Cheerleading**

Age: 5-13 yrs. Youth cheerleading (ages 5-13) registration is July 11-22 (or until filled). The youth cheerleading program is a way for youth to learn the fundamentals of cheerleading and teach positive sportsmanship. Cheerleaders will cheer for teams in our youth football league. Teams will be determined by district. League age is determined by participants age on August 31st of the current calendar year. The registration fee is \$55 for residents and \$70 for non-residents.

**Brier Creek Community Center** – Course Fee: \$55  
**District 1**

Aug 10-Nov 18 Tu,Th,Sa 6:30-8:30pm

**Jaycee Community Center**

**District 3**

Aug 8-Oct 27 Tu,Th,Sa 6:30-8:30pm

**John Chavis Community Center**

**District 4**

Aug 8-Oct 27 M,Tu,Th,Sa 6:30-8:30pm

**Lions Park Community Center**

**District 2**

Aug 8-Oct 27 M-Th & Sa 6:30-8:30pm

**Youth Softball**

Age: 13-17 yrs. Youth Girls Fall Softball registration is July 11-22, 2021. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Fast Pitch is offered for Girls ages 10-17 years old. 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, 2022.

**Buffaloe Road Athletic Park** – Course Fee: \$55

**Fall Fast Pitch**

Aug 8-Oct 26 M,W,Sa 6:30-7:30pm

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

**Fall Fast Pitch**

Aug 8-Oct 27 M-Th 6:30-7:30pm

**Youth Winter Basketball- Junior League Citywide-Girls (age 13-17)**

Age: 13-17 yrs. Youth Winter Basketball registration is October 3-14. The Junior League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**John Chavis Community Center** – Course Fee: \$50  
Nov 5-Feb 26 Sa & Su 12:00-5:00pm

**Youth Winter Basketball- Junior League Boys (age 13-14)**

Age: 13-14 yrs. Youth Winter Basketball registration is October 3-14. The Little League is competitive league play. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**Brier Creek Community Center** – Course Fee:

\$50 **District 1**

Oct 31-Mar 17 M,W,F 6:00-9:00pm

**Carolina Pines Community Center** – Course Fee: \$50

**District 4**

Nov 1-Feb 28 Tu & Th 6:00-9:00pm

**Halifax Community Center** – Course Fee: \$50

**District 3**

Oct 31-Mar 22 M & W 6:00-9:00pm

**Marsh Creek Community Center** – Course Fee: \$50

**District 2**

Oct 31-Mar 10 M,W,F 6:00-9:00pm

**Youth Winter Basketball- Little League Boys (age 11-12)**

Age: 11-12 yrs. Youth Winter Basketball registration is October 3-14. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**Carolina Pines Community Center** – Course Fee: \$50  
**District 4**

Nov 8-Feb 25 M & W 6:00-9:00pm

**Green Road Community Center** – Course Fee: \$50

**District 2**

Oct 31-Feb 27 M,W,F 6:00-9:00pm

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

**District 1**

Oct 31-Feb 27 M,W,Th 6:00-9:00pm

**Method Road Community Center** – Course Fee: \$50

**District 3**

Oct 31-Mar 18 M-Su 6:00-9:00pm

**Youth Winter Basketball- Mini-Mite (age 7-8)**

Age: 7-8 yrs. Youth Winter Basketball registration is October 3-14. The Mini-Mite League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**Barwell Road Community Center** – Course Fee: \$50

**District 2**

Nov 1-Feb 25 Tu & F 6:00-8:00pm

**Jaycee Community Center** – Course Fee: \$50

**District 3**

Nov 1-Feb 25 Tu,Th,Sa 6:00-9:00pm

**Millbrook Exchange Community Center** – Course Fee:

**District 1**

Oct 31-Feb 25 Tu,Th,Sa 6:00-8:00pm

**Tarboro Road Community Center** – Course Fee: \$50

**District 4**

Nov 5-Feb 25 Sa 9:00AM-12:00pm

**Youth Winter Basketball- Mitey-Mite Boys (age 9-10)**

Age: 9-10 yrs. Youth Winter Basketball registration is October 3-14. The Mitey-Mite League is a introduction to competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. However, there is NO postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**Abbotts Creek Community Center** – Course Fee: \$50

**District 1**

Oct 31-Mar 1 M & W 6:00-9:00pm

**Biltmore Hills Community Center** – Course Fee: \$50

**District 4**

Oct 31-Mar 3 M-W & F 6:00-8:00pm

**Laurel Hills Community Center** – Course Fee: \$50

**District 3**

Oct 31-Mar 3 M-F 6:00-9:00pm

**Lions Park Community Center** – Course Fee: \$50

**District 2**

Nov 1-Mar 3 Tu,Th,F 6:00-9:00pm

### Youth Winter Basketball- Mitey-Mite Citywide-Girls (age 9-10)

Age: 9-10 yrs. Youth Winter Basketball registration is October 3-14. The Mitey-Mite League is a introduction to competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. However, there is NO postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2021.

**John Chavis Community Center** – Course Fee: \$50  
Nov 1-Feb 22 M & W 6:00-9:00pm

### Youth Winter Basketball- Pee Wee (age 5-6)

Age: 5-6 yrs. Youth Winter Basketball registration is October 3-14. The Pee Wee League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**Optimist Community Center** – Course Fee: \$50  
District 1

Nov 3-Feb 25 Th & Sa 6:00-8:00pm

**Roberts Park Community Center** – Course Fee: \$50  
District 3

Oct 3-Feb 25 M,W,F,Sa 6:00-8:00pm

District 4

Oct 31-Feb 25 M,W,F,Sa 6:00-8:00pm

**Worthdale Community Center** – Course Fee: \$50  
District 2

Oct 31-Feb 25 M,W,F,Sa 6:00-8:00pm

### Youth Winter Basketball- Senior League Boys (age 15-17)

Age: 15-17 yrs. Youth Winter Basketball registration is October 3-14. The Senior Boys League is competitive league play. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2022.

**Green Road Community Center** – Course Fee: \$50  
District 1-2

Nov 1-Mar 9 Tu & Th 6:00-9:00pm

**Laurel Hills Community Center** – Course Fee: \$50  
District 3-4

Nov 16-Mar 10 Tu & Th 6:15-7:15pm



## Adult

### Adult Baseball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Baseball League on August 1-5, 2022. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$600.

**Optimist Community Center**

Aug 8-Nov 18 M-F 6:00-9:00pm

### Adult Basketball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Basketball League on October 17-21, 2022. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only and team fee is \$450.

**Jaycee Community Center**

Oct 31-Mar 30 M & W 6:30-9:30pm

### Adult Softball

Age: 18-99 yrs. The Athletics Division will be holding registration for Adult Spring Softball from Monday, July 25th through Friday, July 29th either online or in person at the Wade Avenue Building (2401 Wade Ave.) from 8:30am- 5pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration is a team fee of \$500 (includes tournament entry for all teams) with a Non Raleigh Resident fee of \$24 per player. Each team will receive a 10-game season. The single elimination tournament will begin at the end of the regular season games.

**Millbrook Exchange Community Center**

**Women's Open**

Aug 15-Oct 27 M-Th 6:00-9:00pm

**Church**

Aug 15-Oct 13 M-Th 6:00-9:00pm

**Walnut Creek Athletic Complex**

**Men's Open**

Aug 15-Oct 27 M-Th 6:00-9:00pm

**Co-ed**

Aug 15-Oct 27 M-Th 6:00-9:00pm

### Spikeball League

Age: 18-23 yrs. Come join us at Method Road Park for our Spikeball League. Teams will consist of 2 players that will play in a 10 game league and then participate in a single elimination tournament at the end of the regular season. Trophies will be awarded to the season and tournament champs.

**Method Road Community Center** – Course Fee: \$25

Sep 19-Oct 25 M & Tu 4:30-6:30pm



# Educational



## Preschool

### Let's Ride! An Introduction to Bike Riding

Age: 3-4 yrs. Sign your child up for this introduction to bike riding using Strider Balance Bikes. Taught by Certified Strider Bike Instructors, this class will go through the basics of bike riding, including safety, and will get your child more comfortable with peddling by the end of the four-week class. Participants should come wearing comfortable clothes for biking (including athletic shoes) and bring a helmet. Class will be held indoors. Parents should plan to stay for the entire class. The last 15 minutes will be used for a "free ride" with parents.

**Marsh Creek Community Center** – Course Fee: \$40  
Sep 1-Sep 22 Th 5:30-6:30pm

### Little Learners Preschool Program

Age: 3-5 yrs. Little Learners is an interactive preschool program for ages 3-5. The students will engage in developmentally appropriate educational activities such as arts and crafts, music, imaginative play, group games and stories. Activities will be geared to develop and enhance their social, emotional, fine and gross motor skills. This is the ideal program for your child to learn, grow, and make new friends in a fun and safe environment. Our goal is to create an environment that will nurture positive character, development and an excitement for learning. Little Learners runs September through May. Participants must be toilet-trained; no diapers or pull-ups. All children will need to bring a snack and drink each day.

### Greystone Recreation Center

Sep 7-Sep 30	M,W,F	9:15am-12:15pm	Fee: \$220
Oct 3-Oct 31	M,W,F	9:15am-12:15pm	Fee: \$260
Nov 2-Nov 30	M,W,F	9:15am-12:15pm	Fee: \$200
Dec 2-Dec 21	M,W,F	9:15am-12:15pm	Fee: \$180

### Little Ones Storybook Social

Age: 2-5 yrs. It's storytime! Young children will be introduced to books, nursery rhymes, and other interactive activities. Toddlers will be introduced to the joys of reading in a fun and interactive environment. See you at Chavis!

### John Chavis Community Center

Jan 5-Apr 27 W 11:30am-12:15pm

### Science Fun for Everyone

Age: 3-5 yrs. Come have some fun while your little ones explore age appropriate hands-on science experiments. Please note that this is the same class being offered at each site. Parent participation recommended

**Pullen Community Center** – Course Fee: \$12

Oct 4 Tu 10:00-11:00am

**Hill Street Neighborhood Center** – Course Fee: \$12

Nov 7 M 3:30-4:30pm

## Youth

### Sister 2 Sister Mentoring Program

Age: 11-13 yrs. Our Sister 2 Sister Mentoring program is for girls ages 11-13 years old who are interested in the game of basketball. Each night we will have a hour and half basketball skills clinic, and then finish up the program for the night with a guest speaker.

### Method Road Community Center

Oct 5-Oct 26 W 6:15-8:15pm

### Workday Playdate

Age: 6-11 yrs. Join your friends at Kiwanis Park for a fun, jam-packed time on this Teacher Workday! Each session will focus on either art or science and features several projects and activities based on the theme. Today's a great day to let your kiddos have some fun on their day off from school! Please bring a snack and water bottle.

### Kiwanis Community Center

**Science Spectacular** – Course Fee: \$40

Sep 26 M 9:00am-12:00pm

**Art Extravaganza** – Course Fee: \$40

Oct 10 M 1:00-4:00pm

**Spooky Science Spectacular** – Course Fee: \$40

Nov 4 F 9:00am-12:00pm

## Teen

### Future Parks and Recreation Professionals

Age: 13-18 yrs. This program is designed for teens that may be interested in a career in recreation or giving back to the community. Participants will have the opportunity to learn about how to gain community service hours for school and learn about job options in the field of parks recreation.

### John Chavis Community Center

Apr 27 Th 6:30-8:00pm

Apr 27 Th 6:30-8:00pm

## Adult

### Bridge 101- Beginner

Age: 18-99 yrs. 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 pre-register for this class. Please note this is a beginner level class.

**Pullen Community Center** – Course Fee: \$35

Sep 12-Oct 17	M	2:00-4:00pm
Oct 31-Dec 5	M	2:00-4:00pm

### Bridge 101- Intermediate

Age: 18-99 yrs. Please join us for this intermediate level bridge class. Participants interested in this class should be familiar with Weak Twos and the Stamen and Transfer Conventions, Take Out Doubles, the Gerber and Blackwood Convention, and Pre-Emptive bids. Each table will draw to find out what hand they should construct for the other table to play.

**Pullen Community Center** – Course Fee: \$35

Sep 14-Oct 19	W	10:00am-12:00pm
Nov 2-Dec 7	W	10:00am-12:00pm

### Cool Season Lawn Care for Beginners

Age: 15-99 yrs. Have you ever wondered how to get your lawn to look lush and green? Have you ever looked at a bag of fertilizer wonder what 20-20-20 means? How do you know if you need to add lime to your soil? When do you apply fertilizer, grub preventative, pre-emergent, and fungicide? When is the right time to aerate your lawn? All these questions, and more, will be answered in this class. This class will focus on cool season lawns (Fescue and Kentucky Bluegrass) only.

**Marsh Creek Community Center** – Course Fee: \$5

Sep 12	M	6:15-7:30pm
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### English as a Second Language (ESL) - Clases de Ingles

Age: 18-99 yrs. 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.

**Peach Road Cultural Center**

Sep 1-Dec 22	Tu & Th	10:30am-12:00pm
Sep 6-Dec 20	Tu	6:00-7:30pm

### English Language Learners Program In Person Classes

Age: 18-99 yrs. Improve your communication, build your confidence, and understand cultural differences in your community. We will be using the "Confidence and Connections" English language textbook designed for adult language learners. Lessons are focused on vocabulary development, grammar, writing and conversing with classmates. Classes are fun and all inclusive. All levels welcome. Classes run for 15 weeks. Registration in RecLink is required. Course fee is for the entire 15 weeks. Financial Assistance is available.

**Green Road Community Center** – Course Fee: \$50

Sep 7-Dec 21	W	6:30-8:00pm
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**Method Road Community Center** – Course Fee: \$50

Sep 6-Dec 20	Tu	6:30-8:00pm
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### English Language Lounge Virtual

Age: 18-99 yrs. Join our virtual English Language Learner Lounge and engage in conversations with other participants. Learn about American culture, new vocabulary with various themes and much more. All classes are fun and in a welcoming atmosphere. All levels are welcome. Registration in RecLink is required.

**Virtual Programming**

Sep 6-Sep 29	T & Th	7:00-8:15pm
Oct 4-Oct 27	T & Th	7:00-8:15pm
Nov 1-Nov 29	T & Th	7:00-8:15pm
Dec 1-Dec 22	T & Th	7:00-8:15pm

### Gardening for Beginners

Age: 15-99 yrs. Join your fellow 'newbies' at Abbotts Creek Community Center to learn the basics gardening in this three-part series. 'Introduction to Gardening' will go through the basics of starting your garden; including what you'll need, your timeline, and how to start seeds indoors in preparation for the growing season that's right around the corner. Part two, 'Hands-on Gardening' will teach you how to plant the baby plants we started in part one of the series, how to direct sow your seeds, how to water/fertilize, and how to space your crops. Be sure to check back in the Summer session for 'Continuing the Harvest' - a class that will focus on Fall crops and preserving your harvests. It's never too late to start your garden and prepare for the next growing season - be sure to sign up even if you missed the previous class!

**Abbotts Creek Community Center** – Course Fee: \$5

**Continuing the Harvest**

Sep 14	W	6:15-8:00pm
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### Introduction to Rain Barrels and Rain Gardens

Age: 18-99 yrs. Learn the basics of how to design and install a rain garden or rain barrel for your home and how these simple measures can help protect our streams and wildlife. After a brief introduction to stormwater and its impacts to streams, this class will focus on choosing appropriate locations and sizes for rain barrels and rain gardens and maintaining them for maximum aesthetic and environmental benefits. This class will also discuss using native plants and other DIY practices for protecting our natural resources.

**Walnut Creek Wetland Park**

Oct 8	Sa	10:00-11:30am
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### Living Frugally

Age: 15-99 yrs. Bring your ideas and a pad of paper for this exciting exploration into living frugally! The staff at Marsh Creek Community Center and Lake Lynn Community Center are excited to discuss and brainstorm concepts of living 'on-the-cheap'. Topics discussed will include couponing, growing food, storing and preserving food/supplies, cost-effective 'DIY' options, and the importance of having a network for like-minded enthusiasts to work together on your journey! Join us as we challenge you to think outside of your current budget

**Lake Lynn Community Center** – Course Fee: \$5

Nov 14	M	6:15-7:30pm
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**Marsh Creek Community Center** – Course Fee: \$5

Nov 7	M	6:15-7:30pm
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## Senior

### Android Phone Basics 1

Age: 18-99 yrs. Get comfortable using your Android Phone in this Android Phone Basics 1 course. Please bring your Android Phone because none will be provided. Please know your Android Account information which is typically your Google account info (GMAIL). Please be advised the screenshots shown in class may not match your Android phone exactly due to the different manufacturers that sell Android phones. Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center** – Course Fee: \$12

Sep 7-Sep 14 W 10:00-11:30am

Aug 8-Aug 15 M 10:00-11:30am

**Five Points Center** – Course Fee: \$12

Oct 6-Oct 13 Th 10:00-11:30am

### Android Phone Basics 2

Age: 18-99 yrs. Prerequisite: Android Phone Basics 1. Learn about Google Assistant and how you can say or type commands to get help by: having Google Assistant tell you how the traffic is, Finding the News, Playing Relaxing Music, Directions, the Weather, and more. Learn about Google Lens which helps you find product prices in stores with only a barcode! Plus learn about the Google Play Store and how to download and install useful apps on your smartphone. Learn how to use your quick settings, calendar settings, Clock, Alarm, and Memos. Please bring your Android Phone because none will be provided. Please know your Android Account Information (typically your GMAIL account).

**Anne Gordon Center** – Course Fee: \$12

Sep 21-Sep 28 W 2:00-3:30pm

**Five Points Center** – Course Fee: \$12

Oct 20-Oct 27 Th 10:00-11:30am

### App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18-99 yrs. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom 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 smartphone and the Internet! 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 you can do it safely and easily. 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 smartphone and your phone's App Store.

**Anne Gordon Center** – Course Fee: \$6

Oct 10 M 10:00-11:30am

Dec 7 W 2:00-4:00pm

**Five Points Center** – Course Fee: \$6

Nov 10 Th 10:00am-12:00pm

### Apple Laptop Basics 1

Age: 18-99 yrs. 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. 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 Wi-Fi; Web Surfing and saving your favorite websites using the web browser Safari; always know the weather using the Weather App; learn how to Shut Down and Restart; plus, how to utilize gestures and adjust some system preferences.

**Anne Gordon Center** – Course Fee: \$12

Nov 16-Nov 23 W 10:00-11:30am

### Apple Laptop Basics 2

Age: 18-99 yrs. 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. We cover a multitude of quick key commands and multiple ways to handle, copy, and move files. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center** – Course Fee: \$12

Nov 30-Dec 7 W 10:00-11:30am

### Apple Time Machine: How to back up your Apple Computer

Age: 18-99 yrs. 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. 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? In this class I will show you how to use Time Machine to back up your computer to an external hard drive. In addition to Time Machine, you will also learn how to create a disk image as well as a boot disk. If you want to learn how to back up your files then you definitely should attend.

**Anne Gordon Center** – Course Fee: \$12

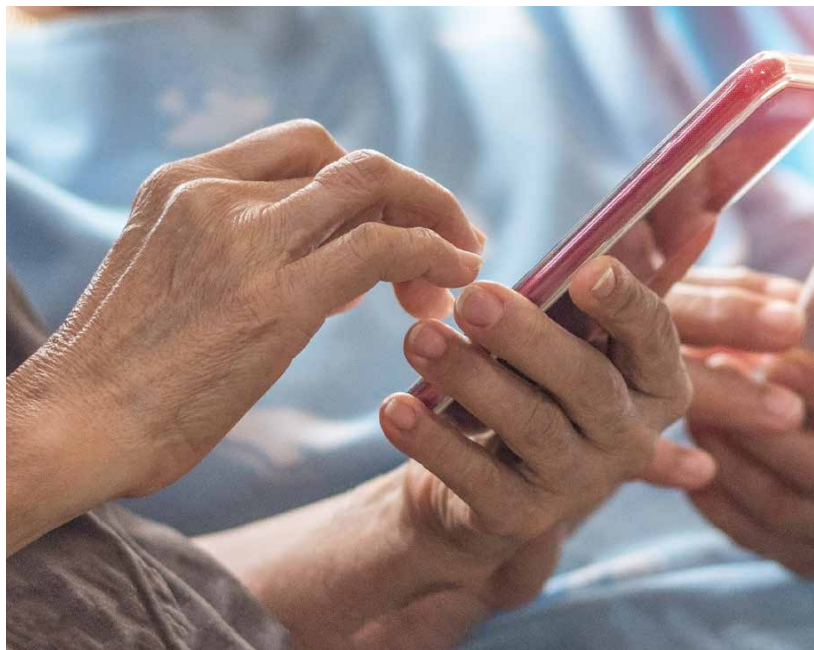
Dec 14 W 10:00-11:30am

### Chromecast Basics 1

Age: yrs. What exactly is a Google Chromecast? You've probably seen boxes of them at the stores. They can stream things to your television. And they can make a dumb tv smart. So how does it work? Join us as we dive into Google Chromecast as we show you all of its features for free. Get a better understanding of what it means to stream! There are no prerequisites for this class. However, if you are interested in more information about cable television options please check out our more detailed Cutting the Cord class. If you have any questions please contact Tommy Hodges 919-996-2458.

**Five Points Center** – Course Fee: \$6

Dec 1 Th 10:00-11:30am





### Computer Basics 1

Age: 18-99 yrs. 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 use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center** – Course Fee: \$12  
 Sep 21-Sep 28 W 10:00-11:30am  
**Five Points Center** – Course Fee: \$12  
 Nov 1-Nov 8 Tu 10:00-11:30am

### Computer Basics 2

Age: 18-99 yrs. 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. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you don't want it to. And learn how to download images from the web and find them once you done so.

**Anne Gordon Center** – Course Fee: \$12  
 Oct 5-Oct 12 W 10:00-11:30am  
**Five Points Center**  
 Nov 15-Nov 22 Tu 2:00-3:30pm

### Computer Basics 3

Age: 18-99 yrs. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. 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 and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer. Ever wondered how much space items are using on your computer? We'll show you how. Plus learn how to create zip files, cut, copy, and rename files.

**Anne Gordon Center** – Course Fee: \$12  
 Oct 19-Oct 26 W 10:00-11:30am  
**Five Points Center** – Course Fee: \$12  
 Dec 6-Dec 13 Tu 2:00-3:30pm

### Computer Basics 4

Age: 18-99 yrs. In this course we concentrate solely on the Windows 10 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 10 Operating System. \*A computer will be provided\* Learn about Windows Troubleshoot, Quick Actions in the Action Center, Sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings. Contact Tommy Hodges for more information about this class at 919-996-2458.

**Anne Gordon Center** – Course Fee: \$12  
 Nov 2-Nov 9 W 10:00-11:30am  
**Five Points Center** – Course Fee: \$12  
 Sep 6-Sep 13 Tu 10:00-11:30am

### Cutting the Cord: What does it mean and how does it work?

Age: 18-99 yrs. '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. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center** – Course Fee: \$12  
 Oct 19-Oct 26 W 2:00-3:30pm  
 Dec 14-Dec 21 W 2:00-3:30pm  
**Five Points Center** – Course Fee: \$12  
 Sep 20-Sep 27 Tu 10:00-11:30am

### Decluttering

Age: 18-99 yrs. Did you know that physical clutter can also cause psychological clutter? Psychological clutter is known to create depression, anxiety, and even physical illness and disease. If your current environment is cluttered and you desire to create a more organized and personally satisfying space, this is the seminar for you! Presented by Freda Hamlett, Milestone Movers.

**Anne Gordon Center**  
 Nov 10 Th 10:00-11:00am  
**Five Points Center**  
 Nov 17 Th 2:00-3:00pm

### Estate Liquidation Options

Age: 18-99 yrs Liquidating personal household items is not as easy and straightforward as it may sound. Finding out what will sell and for how much requires research and experience. Common questions include: What is my china and crystal worth? Do I have enough excess "stuff" for a professional estate sale? How do I prepare for an estate sale? Get all your estate liquidation questions answered at our upcoming seminar featuring industry experts who know the secrets to liquidating your excess "stuff!" Presented by Freda Hamlett, Milestone Movers.

**Anne Gordon Center**  
 Dec 8 Th 10:00-11:00am  
**Five Points Center**  
 Dec 15 Th 2:00-3:00pm

### Excel Basics 1

Age: 18-99 yrs. 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. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center** – Course Fee: \$6  
 Oct 31 M 10:00am-12:00pm  
 Nov 21 M 10:00am-12:00pm  
**Five Points Center** – Course Fee: \$6  
 Sep 20 Tu 2:00-4:00pm  
 Dec 20 Tu 2:00-4:00pm

### Finance: Medicare 101

Age: 18-99 yrs. 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**  
 Sep 22 Th 10:00-11:30am  
**Five Points Center**  
 Sep 21 W 2:00-3:30pm

### Finance: Understanding Beneficiary Designations

Age: 18-99 yrs. Beneficiary designations are an important part of an estate plan. 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.

**Five Points Center**  
 Sep 13 Tu 2:00-3:00pm

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### Finance: Wills vs. Trusts

Age: 18-99 yrs. Trusts are used for many different purposes. 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. Learn the various types of trusts and how they may benefit you. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

**Anne Gordon Center**

Nov 8 Tu 10:00-11:00am

### Five Wishes

Age: 18-99 yrs. 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**

Oct 13 Th 10:30-11:30am

### FO AGC Gardening Club

Age: 18-99 yrs. The Friends of the Anne Gordon Center Gardening Club. Interested in gardening or horticulture or maybe you would be willing to help with a beautification project around the park? The gardening club will have guest speakers, plant and seed swaps, occasional service projects and anything else related that the participants would like to do. The club generally meets on the 2nd Thursday of each month.

**Anne Gordon Center**

Sep 8-Dec 8 Th 3:30-4:45pm

### Gimp Photo Editing Basics 1

Age: 18-99 yrs. Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

**Anne Gordon Center** – Course Fee: \$12

Nov 28-Dec 5 M 10:00-11:30am

**Five Points Center** – Course Fee: \$12

Oct 4-Oct 11 Tu 10:00-11:30am



### Gimp Photo Editing Basics 2

Age: 18-99 yrs. If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. 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 like Adobe Photoshop! For more information about this class please contact Tommy Hodges at 919-996-2458.

Prerequisite: 'Computer Basics 1', Gimp Basics 1 – or equivalent computer knowledge.

**Anne Gordon Center** – Course Fee: \$12

Dec 12-Dec 19 M 10:00-11:30am

**Five Points Center** – Course Fee: \$12

Oct 18-Oct 25 Tu 10:00-11:30am

### GMAIL Basics 1

Age: 18-99 yrs. Nowadays, 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 account. Even medical offices ask for your email when making appointments because they want you to use their online portal! 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 already taken Computer Basics 1 and 2. For more information about this class please contact Tommy Hodges at 919-996-2458.

**Anne Gordon Center**

Nov 16 W 2:00-4:00pm Fee: \$6

**Five Points Center**

Oct 4 Tu 2:00-4:00pm Fee: \$6

### Google Applications Overview

Age: 18-99 yrs. Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your fingertips for FREE and you probably didn't even know you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458.

Prerequisite: 'Computer Skills 1' or equivalent.

**Five Points Center** – Course Fee: \$12

Sep 8-Sep 15 Th 10:00-11:30am

### Google Chrome Intro

Age: 18-99 yrs. Did you know that you should consider having more than one web browser on your computer for security purposes? A web browser is an application on your computer that allows you to view websites. Your computer already came with one, but you should have at least 2. In this class you will learn about the Google Chrome web browser or just Chrome for short. Learn how it protects you from security issues like phishing and dangerous sites. Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. \*A laptop will be provided\*

**Five Points Center** – Course Fee: \$6

Nov 17 Th 10:00am-12:00pm

### Google Photos Intro

Age: 18-99 yrs. Does your phone no longer have storage space because of all those photos you've taken? Wish there was an alternative solution to storing and editing pictures to clear storage space on your phone's cloud service without costing you money? Or maybe you're just looking for a basic way to edit photos and create a physical photo book. Introducing Google Photos! Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. Please bring your own smart phone, iPad or tablet - but it is not required. If you have a Google account already you will not need to create an account, but you will need to bring your Google account's Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

**Anne Gordon Center**— Course Fee: \$12  
Sep 7-Sep 14 W 2:00-3:30pm

### Government Benefits for Long-Term Care

Age: 18-99 yrs. Can I get government assistance with my Long-Term Care? 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**  
Oct 11 Tu 10:00-11:00am

### Hearing Loss and Accessibility

Age: 18-99 yrs. Learn about hearing loss, different accessibility tools available to promote more independence and state programs that provide assistance with technology at no cost for those that qualify. Join this presentation to find out more on these topics to help you or a loved one connect to life. This will be a ZOOM presentation sponsored by CapTel NC.

**Virtual Programming**  
Nov 15 Tu 2:00-3:00pm

### How Useful Can a Smart Speaker Really Be for You and Your Home?

Age: 18-99 yrs. Want to learn how register for City of Raleigh programs and courses? Stop standing in long lines to register! Take this free course and start registering online instead! Learn how to create a RECLINK account and register for City of Raleigh programs and classes online using a web browser on a computer or other connected devices like smart phones and tablets. It is highly recommended that you have basic working

knowledge of using a computer before registering for this free course. \*Computers will be provided for you to use during the class. You may bring your own laptop computer or tablet if you prefer. However, it is highly encouraged that you use the classroom computers.

**Five Points Center**— Course Fee: \$6  
Sep 29 Th 10:00-11:30am  
Nov 3 Th 10:00-11:30am

### iCloud Basics for iPad/iPhone

Age: 18-99 yrs. If you own an Apple product then you have iCloud. But are you using it to its fullest potential? Did you know if you lost your Apple Device, iCloud could help you find it? It even comes with free word processing, spreadsheet, and presentation software that can be accessed by both Windows and Apple computers via the web -for free! The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

**Anne Gordon Center**— Course Fee: \$6  
Oct 17 M 10:00-11:30am  
Nov 7 M 10:00am-12:00pm  
**Five Points Center**— Course Fee: \$6  
Dec 8 Th 10:00-11:30am

### iPad Basics 1

Age: 18-99 yrs. You just got your iPad, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center**— Course Fee: \$12  
Oct 11-Oct 18 Tu 2:00-3:30pm

### iPad Basics 2

Age: 18-99 yrs. Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customize Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you

are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Five Points Center**— Course Fee: \$12  
Oct 25-Nov 1 Tu 2:00-3:30pm

### iPad Basics 3

Age: 18-99 yrs. Want to read books and listen to Audio books and Music on your iPad? Or maybe find some cool apps? Learn how to search and download a 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. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password.

**Five Points Center**— Course Fee: \$6  
Nov 8 Tu 2:00-4:00pm

### iPhone Basics 1

Age: 18-99 yrs. You just got your iPhone, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPhone. Must bring: Your own iPhone PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center**— Course Fee: \$12  
Oct 5-Oct 12 W 2:00-3:30pm

**Five Points Center**— Course Fee: \$12  
Nov 15-Nov 22 Tu 10:00-11:30am

### iPhone Basics 2

Age: 18-99 yrs. Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPhone PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

**Anne Gordon Center**— Course Fee: \$12  
Sep 12-Sep 19 M 10:00-11:30am

**Five Points Center**— Course Fee: \$12  
Nov 29-Dec 6 Tu 10:00-11:30am

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### iPhone Basics 3

Age: 18-105 yrs. What is left to learn about your iPhone? What about your privacy? Learn how you can control which applications can track you across other applications. Learn how to see which apps are using your location and when they are doing it. And is your phone working slower than usual? You may not need a new phone. See our tips. Plus, learn how to use Siri, your very own personal assistant to open applications, construct text messages, conduct searches, add reminders, schedule appointments on your calendar and more by using your voice!

**Anne Gordon Center**— Course Fee: \$12  
 Sep 26-Oct 3 M 10:00am-11:30pm  
**Five Points Center**— Course Fee: \$12  
 Dec 13-Dec 20 Tu 10:00-11:30am

### Learn how to Register for City of Raleigh Programs and Courses Online

Age: 18-99 yrs. Want to learn how register for City of Raleigh programs and courses? Stop standing in long lines to register! Take this free course and start registering online using a computer. Learn how to create a RECLINK account and register for City of Raleigh programs and classes online using a web browser on a computer or other connected devices like smart phones and tablets. It is highly recommended that you have basic working knowledge of using a computer before registering for this free course.

\*Computers will be provided for you to use during the class. You may bring your own laptop computer or tablet if you prefer.

### Anne Gordon Center

Oct 24 M 10:00am-12:00pm  
 Nov 23 W 2:00-4:00pm

### Five Points Center

Sep 1 Th 10:00am-12:00pm  
 Dec 15 Th 10:00am-12:00pm

### Peach Road Cultural Center

Nov 7 M 2:00-4:00pm

### Legal: Important Documents Everyone Should Have

Age: 18-99 yrs. 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.

### Five Points Center

Dec 8 Th 2:00-3:00pm

### Microsoft Word Basics 1

Age: 18-99 yrs. 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— Course Fee: \$6

Nov 30 W 2:00-4:00pm  
 Dec 21 W 10:00am-12:00pm

### Five Points Center— Course Fee: \$6

Sep 13 Tu 2:00-4:00pm  
 Sep 22 Th 10:00am-12:00pm

### New To Computers 1

Age: 18-99 yrs. This is the first in a series of Digital Literacy classes where you can learn the essentials to using a computer. If you are brand new to computers, then you are signing up for the right class! In this first program we break down the essentials for you to get on any computer and get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse while understanding the key differences between left-clicking and right-clicking. Understand how to get on the Internet and 'Surf' the World Wide Web safely and most importantly, securely! Plus learn how to play games for free on your computer. \*A computer will be provided\*

### Peach Road Cultural Center

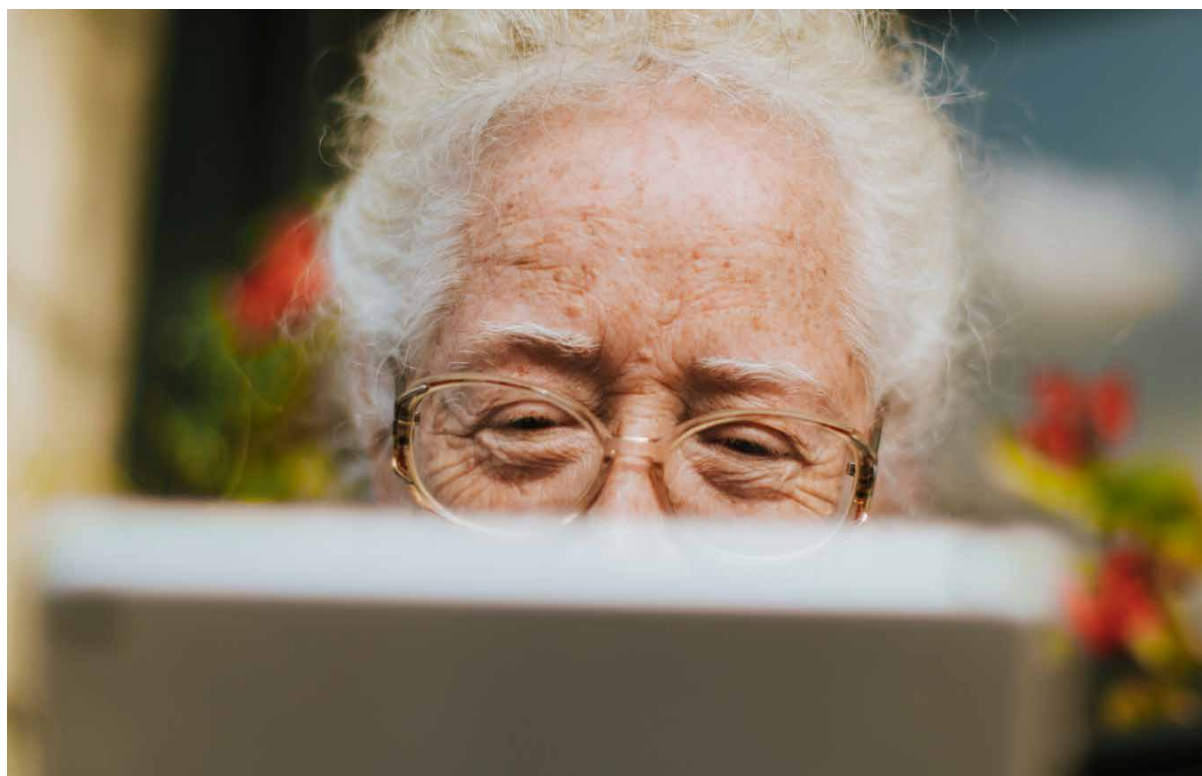
Sep 19 M 2:30-4:30pm  
 Dec 19 M 2:30-4:30pm

### New To Email 1

Age: 18-99 yrs. Email is a form of communication that citizens and businesses use daily. We will show you how to set up and use GMAIL in this 2 hour long class. \*A computer will be provided\*

### Peach Road Cultural Center

Oct 3 M 2:30-4:30pm



### Paying for Assisting Living

Age: 18-99 yrs. Moving to an assisted living community is sometimes desirable and sometimes necessary. The question many people have is how they will pay for it. Our expert panelists will discuss the costs associated with assisted living and the financial aid sources available to pay for it. We will cover Medicaid, Medicare, Veteran's benefits and long-term care insurance and how they do and don't fund assisted living care. Presented by Freda Hamlett, Milestone Movers.

#### Anne Gordon Center

Sep 8 Th 10:00-11:00am

#### Five Points Center

Sep 15 Th 2:00-3:00pm

### Resources for Seniors:

#### Who Are We and What We Do

Age: 18-99 yrs. 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

Sep 27 Tu 10:00-11:00am

#### Five Points Center

Sep 14 W 2:00-3:00pm

### Restorative Writing

Age: 18-99 yrs. Restorative Writing is an activity that anybody can participate in. No writing experience necessary! Join us for a time to consider the experiences that have made us the people we are today. We will remember the challenges as well as the blessings, and we will find new ways to be thankful! Sponsored by Heartland Hospice, a Division of Promedica.

#### Five Points Center

Sep 8-Sep 29 Th 2:00-3:00pm

### Selling Your Home In This Market

Age: 18-99 yrs. Get the facts about what is involved in selling a home in today's market and the Top 10 Mistakes to Avoid! Selling a home you have lived in for decades can seem like a daunting task, but it doesn't need to be so overwhelming. Whether you are planning to sell this month or not for a few years, do your homework now and be prepared! Presented by Freda Hamlett, Milestone Movers.

#### Anne Gordon Center

Oct 27 Th 10:00-11:00am

#### Five Points Center

Oct 11 Tu 2:00-3:00pm

### SHIIP Counseling

Age: 18-99 yrs. The Senior Health Insurance Information Program (SHIIP) sponsored by the NC Department of Insurance provides certified counselors to help you to understand your Medicare options. Are you turning 65, retiring, or needing to sign-up during open enrollment; make a 1:1 appointment to review your future Medicare options. Please call the Anne Gordon Center 919-996-4720 or Five Points Center 919-996-4730 to make an appointment. Appointment dates and times vary by location.

#### Anne Gordon Center

Sep 12-Dec 19 M 1:00-5:00pm

#### Five Points Center

Sep 6-Dec 22 Tu-Th 1:00-5:00pm

### TechRefresh

Age: 18-99 yrs. TechRefresh is an exciting new program that allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that was previously covered or requires further explanation. Only those who have completed a course related to the refresh topic during a predetermined grace period are eligible to participate in this free program. Your TechRefresh time with an instructor is scheduled in advance and we require you to show up 15 minutes early for set up.

#### Anne Gordon Center

Nov 2 W 2:00-4:00pm

Nov 14 M 10:00-11:30am

#### Five Points Center

Sep 6 Tu 2:00-4:00pm

Nov 29 Tu 2:00-4:00pm

### Tips on Purchasing a Computer

Age: 18-99 yrs. You're finally ready to purchase a computer, but aren't sure what to buy. Let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. We will also discuss what you should be looking for when you make your decision.

#### Anne Gordon Center- Course Fee: \$6

Nov 9 W 2:00-4:00pm

#### Five Points Center- Course Fee: \$6

Sep 27 Tu 2:00-4:00pm

## Family

### WOW WREATHS

Age: 12-99 yrs. Holiday wreaths will be the star of the show as we add decorations and lights for a simple glow. We will furnish all materials needed for decorating and or sprucing up your holiday wreath.

#### Powell Drive Neighborhood Center- Course Fee: \$17

Dec 3 Sa 2:00-4:30pm

# Health & Wellness



## Preschool

### Gymnastics - Tumbling Tots

Age: 1.5-3 yrs. Parent and child participate in a fun-filled class that enhance motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child, while he or she releases energy in a fun and safe setting.

Instructor: Ms. Gabbie

**Greystone Recreation Center** – Course Fee: \$40

Sep 2-Sep 23	F	10:30-11:15am
Oct 7-Oct 28	F	10:30-11:15am
Nov 18-Dec 16	F	10:30-11:15am

### 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

Sep 6-Sep 27	Tu	5:30-6:15pm
Oct 4-Oct 25	Tu	5:30-6:15pm
Nov 1-Nov 22	Tu	5:30-6:15pm
Dec 6-Dec 27	Tu	5:30-6:15pm

### Kidokinetics

Age: 3-5 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! Through the introduction of a variety of sports, games, and fitness activities, we focus on basic gross motor skills and sports fundamentals. Promotion of physical activity and play in the early years sets a foundation for a positive relationship to overall health and wellness. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more! Instructor: Kidokinetics Triangle NC

**Greystone Recreation Center** – Course Fee: \$50

Sep 19-Oct 10	M	10:15-11:00am
Oct 24-Nov 14	M	10:15-11:00am
Nov 28-Dec 19	M	10:15-11:00am

### Kidokinetics Jr.

Age: 2-4 yrs. Kidokinetics Jr. is an introductory sports class for kids and their grown-ups! Move, stretch, and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get young children engaged in active play to encourage a positive attitude toward sports and physical activity, while providing opportunities for interaction with other children in a structured setting. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacles courses, hula hoops, and lots more! Instructor: Kidokinetics Triangle NC

**Greystone Recreation Center** – Course Fee: \$50

Sep 19-Oct 10	M	9:15-10:00am
Oct 24-Nov 14	M	9:15-10:00am
Nov 28-Dec 19	M	9:15-10:00am

### Kinder Tae Kwon Do

Age: 4-6 yrs. This martial arts class for youth provides introductory instruction in Tae Kwon Do. A parent per family is encouraged to sit in and observe. Social distancing and Covid-19 guidelines will be in place during the class.

**Lions Park Community Center** – Course Fee: \$25

Sep 1-Sep 29	Th	6:30-7:15pm
Oct 6-Oct 27	Th	6:30-7:15pm
Nov 3-Nov 24	Th	6:30-7:15pm
Sep 1-Sep 29	Th	6:30-7:15pm

### Parent and Toddler Yoga

Age: 3-5 yrs. 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. Grown ups, get your silly hats on! We will hiss in cobra pose, bark in downward dog, and flutter our wings in butterfly all while building strength, coordination, and balance! Your little yogi will love this class with you and everyone will leave more centered and ready to face the weekend. Grown-ups and children should both wear clothes for movement. Please bring a yoga mat. Register child only.

**Hill Street Neighborhood Center** – Course Fee: \$40

Sep 10-Oct 1	Sa	11:15am-12:00pm
Oct 8-Oct 29	Sa	11:15am-12:00pm
Nov 5-Dec 3	Sa	11:15am-12:00pm



## 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 motor skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Come join in the fun.

**Hill Street Neighborhood Center** – Course Fee: \$40

### Ages: 2-3

Sep 7-Sep 28	W	4:45-5:30pm
Oct 5-Oct 26	W	4:45-5:30pm
Nov 2-Nov 30	W	4:45-5:30pm

### Ages: 4-5

Sep 7-Sep 28	W	5:30-6:30pm
Oct 5-Oct 26	W	5:30-6:30pm
Nov 2-Nov 30	W	5:30-6:30pm

## Youth

### Bollywood Dance Kids

Age: 4-11 yrs. Bollywood Dance is a fusion of dance styles based on traditional Indian dances blended with world elements. This class offers a fun, relaxed intro to this fusion and gives children a glimpse into modern and traditional dances of India. Children learn with imagination, creativity, and encouragement, benefiting from the expertise of our gifted and highly experienced tutor Priya Chellani. They are taught vivacious routines with age appropriate music, in a fun loving atmosphere. Priya's experience makes even complex dance routines easy to follow. Instructor: Priya Chellani, Indigo Dance Evolution Academy.

#### Brier Creek Community Center

Sep 3-Sep 24	Sa	1:30-2:30pm	Fee: \$40
Oct 1-Oct 22	Sa	1:30-2:30pm	Fee: \$40
Nov 5-Nov 26	Sa	1:30-2:30pm	Fee: \$40
Dec 3-Dec 17	Sa	1:30-2:30pm	Fee: \$30

### Boxing at Worthdale

Age: 8-12 yrs. This class will teach basic boxing skills and techniques such as; stance, guard, movement, jab, cross, hook to participants. This class will increase strength and improves endurance. Class will also include shadow boxing, partner drills and pad work. These skills will give youth self-defense tools as well as self-confidence.

#### Worthdale Community Center

Sep 1-Sep 29	Th	6:00-7:00pm
Oct 6-Oct 27	Th	6:00-7:00pm
Nov 3-Nov 24	Th	6:00-7:00pm
Dec 1-Dec 29	Th	6:00-7:00pm

### Fighting Tiger Family Karate

Age: 7-65 yrs. This style is rooted in a Traditional Okinawan style. Our focus is personal development mentally and physically. Our students learn age appropriate self-defense. Karate is an art like playing the piano, the more you seek to learn the better you will become. We give each student the time and attention to grow at their own level. We require our students to show up and give

their best. Uniforms are required before belt promotions. Our instructors are qualified by an international organization.

#### Brier Creek Community Center

Sep 6-Sep 29	Tu & Th	6:00-7:00pm
Oct 4-Oct 27	Tu & Th	6:00-7:00pm
Nov 8-Nov 29	Tu & Th	6:00-7:00pm
Dec 6-Dec 29	Tu & Th	6:00-7:00pm

### Gymnastics- Youth Tumbling

Age: 6-11 yrs.

#### Barwell Road Community Center

Sep 6-Sep 27	Tu	6:15-7:00pm
Oct 4-Oct 25	Tu	6:15-7:00pm
Nov 1-Nov 29	Tu	6:15-7:00pm
Dec 6-Dec 27	Tu	6:15-7:00pm

### Martial Arts - Youth Shotokan

Age: 6-17 yrs. Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Registrations completed after the start of class must be done in person. Instructor: Eric Blaize.

#### Barwell Road Community Center

Sep 5-Sep 28	M & W	6:00-7:00pm
Oct 3-Oct 31	M & W	6:00-7:00pm
Nov 2-Nov 30	M & W	6:00-7:00pm
Dec 5-Dec 28	M & W	6:00-7:00pm

### Tae Kwon Do Youth

Age: 6-12 yrs. Participants will learn the art of self-defense, discipline, continue to refine their skills, learn different techniques and develop physical fitness.

#### Worthdale Community Center

Sep 1-Sep 29	Tu & Th	6:30-7:30pm
Oct 4-Oct 27	Tu & Th	6:30-7:30pm
Nov 1-Nov 29	Tu & Th	6:30-7:30pm
Dec 1-Dec 29	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 over 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, focus, coordination, confidence, and discipline. The classes are exciting, educational, and fun. Children will increase their speed, stamina, strength, and overall health, while focusing on the Wah Lum values of respect, kindness, fellowship, self-control, and patience. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu.

\*\*\*A uniform fee of \$85 will be due before the second month of classes.

#### Lake Lynn Community Center

Sep 1-Sep 29	Tu & Th	5:30-6:15pm
Oct 4-Oct 27	Tu & Th	5:30-6:15pm
Nov 1-Nov 29	Tu & Th	5:30-6:15pm
Dec 1-Dec 22	Tu & Th	5:30-6:15pm

#### 4 Month Session

Sep 1-Dec 22	Tu & Th	5:30-6:15pm
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## Adult

### Abbotts Creek Tai Chi

Age: 18-99 yrs. End the weekend 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 gentler 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.

#### Abbotts Creek Community Center

Sep 4-Sep 25	Su	5:00-5:55pm
Oct 2-Oct 30	Su	5:00-5:55pm
Nov 6-Nov 27	Su	5:00-5:55pm
Dec 4-Dec 18	Su	5:00-5:55pm

### Adult/Teen Wah Lum Kung Fu

Age: 14-99 yrs. Traditional Chinese Kung Fu class taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 20 years of experience. This class is designed for people who are current Wah Lum students and who have already taken the Intro to Wah Lum Kung Fu class. Students will develop greater strength, flexibility, cardiovascular endurance, and a deeper understanding of the Wah Lum Kung Fu system. This class is a blend of individual exercises, forms, line drill, weapons, and bag work to encourage each student to refine their skills and become a well-rounded martial artist. \*\*\*Intro to Wah Lum Kung Fu is a prerequisite for enrolling in this class

#### Lake Lynn Community Center

Sep 1-Sep 29	M,Tu,Th	6:30-7:30pm
Oct 3-Oct 31	M,Tu,Th	6:30-7:30pm
Nov 1-Nov 29	M,Tu,Th	6:30-7:30pm
Dec 1-Dec 22	M,Tu,Th	6:30-7:30pm

#### 4 Month Session Option

Sep 1-Dec 22	M,Tu,Th	6:30-7:30pm
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### All Levels Yoga

Age: 18-99 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

Sep 15-Oct 20	Th	6:30-7:30pm
Nov 3-Dec 15	Th	6:30-7:30pm

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**Bootcamp At Worthdale**

Age: 18-99 yrs. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

**Worthdale Community Center**

Sep 6-Sep 29	Tu & Th	7:00-8:15pm
Oct 4-Oct 27	Tu & Th	7:00-8:15pm
Nov 1-Nov 29	Tu & Th	7:00-8:15pm
Dec 1-Dec 29	Tu & Th	7:00-8:15pm

**Chavis Cardio Line Dance**

Age: 16-99 yrs. Chavis Cardio Line Dance is a creative and fun workout that fuses dance and aerobics to improve cardio fitness and tone the body.

**John Chavis Community Center** – Course Fee: \$5  
Aug 15-Nov 28 M 6:00-7:00pm

**Dance - Beginner and Improver Contemporary Line Dance**

Age: 16-99 yrs. Join this beginner through improver line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! From 4:00-5:00 is easy beginner through solid beginner dances. You'll learn steps and gain experience doing beginner line dances. From 5:00-6:00 is improver level dancing, work on more challenging dances at the improver level. Knowledge of line dance steps is necessary and prior experience recommended. Instructor: Jackie Wheeler.

**Sertoma Arts Center** – Course Fee: \$3  
Sep 6-Dec 20 Tu 4:00-6:00pm

**Dance - Bollywood Dance Fitness**

Age: 13-99 yrs. 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: \$40

Sep 6-Sep 27	Tu	7:30-8:30pm
Oct 4-Oct 25	Tu	7:30-8:30pm
Nov 1-Nov 22	Tu	7:30-8:30pm
Nov 29-Dec 20	Tu	7:30-8:30pm

**Dance - Contemporary Beginner/Improver Line Dance**

Age: 18-99 yrs. Come and join this line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! You'll learn basic dance steps while having a lot of fun! 6:00- 6:30 New beginner - A great way to start line dancing. You'll learn the steps for beginner line dances. 6:30 - 7:30 Beginner line dancing - Build on your knowledge of line dance steps by dancing contemporary line dances to all kinds of music. 7:30 - 8:00 Beginner plus line dancing- Work on more challenging dances at the high beginner and improve your level. Knowledge of line dance steps and prior experience necessary. Instructors: Jackie Wheeler

**Brier Creek Community Center** – Course Fee: \$5  
Sep 7-Dec 21 W 6:00-8:00pm

**Danz Insanity**

Age: 0-99 yrs. Danz Insanity is an "exercise in disguise" dance fitness format that is cardio-intense and disguised in quality dance studio movement that is easy to follow. It is a hot, fiery, cardio dance format that takes you on a journey for an hour and allows you to become your inner dancing star! Danz Insanity is comprised of three main types of dance styles: latin rhythms, hip hop, and dance athletics. It is a full body workout with no equipment needed - just a ready to dance attitude! Instructor: Elizabeth Sawyer; certified Danz Insanity instructor

**Greystone Recreation Center** – Course Fee: \$5  
Sep 1-Dec 29 Th 6:00-7:00pm

**Exercise - Sertoma Chair Yoga for Seniors**

Age: 16-99 yrs. 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. 6 sessions. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52  
Sep 6-Oct 25 Tu 1:30-2:30pm  
Nov 1-Dec 20 Tu 1:30-2:30pm

**Exercise - Sertoma Kripalu Yoga Beginning**

Age: 16-99 yrs. 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. 6 sessions. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

Sep 12-Oct 24	M	6:15-7:15pm
Sep 12-Oct 24	M	7:30-8:30pm
Nov 7-Dec 19	M	6:15-7:15pm
Nov 7-Dec 19	M	7:30-8:30pm
Sep 6-Oct 25	Tu	12:00-1:00pm
Nov 1-Dec 20	Tu	12:00-1:00pm

**Exercise - Sertoma Kripalu Yoga Continuing**

Age: 16-99 yrs. 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. 6 sessions. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

Sep 7-Oct 19	W	7:30-8:30pm
Nov 2-Dec 14	W	7:30-8:30pm
Sep 8-Oct 13	Th	12:00-1:00pm
Nov 3-Dec 15	Th	12:00-1:00pm

**Exercise - Sertoma Kripalu Yoga Continuing with Meditation**

Age: 16-99 yrs. 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. 6 sessions. Instructor: Susan Kilmon.

**Sertoma Arts Center** – Course Fee: \$52

Sep 7-Oct 19	W	6:15-7:15pm
Nov 2-Dec 14	W	6:15-7:15pm

**Exercise - The Nia Technique**

Age: 13-99 yrs. 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 Ghanthous.

**Sertoma Arts Center** – Course Fee: \$10  
Sep 10-Dec 17 Sa 10:15-11:15am

**Gentle Yoga**

Age: 18-99 yrs. 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**

Aug 31-Oct 19	W	4:30-5:30pm	Fee: \$60
Nov 9-Dec 14	W	4:30-5:30pm	Fee: \$45

### Gentle Yoga at Abbotts Creek

Age: 15-99 yrs. Gentle Yoga classes offer a supportive environment to meet the needs of all levels of yogis, including beginners, at a slower, relaxed pace. Foundational yoga postures are practiced to strengthen and promote flexibility in the body. Also integrated are breathing techniques and meditation to reduce tension and stress. As a result, students leave with an overall sense of calm and well-being in the body and mind. Please bring your own mat and props.

#### Abbotts Creek Community Center

Sep 6-Sep 27	Tu	6:15-7:15pm	Fee: \$40
Oct 4-Oct 25	Tu	6:15-7:15pm	Fee: \$40
Nov 1-Nov 29	Tu	6:15-7:15pm	Fee: \$50
Dec 6-Dec 27	Tu	6:15-7:15pm	Fee: \$40

### Intro to Wah Lum Kung Fu

Age: 14-99 yrs. Traditional Chinese Kung Fu class taught by Sifu Matthew Martin, a certified Wah Lum instructor with over 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. This introductory class is designed for students who are new to Wah Lum, or new to the practice of martial arts entirely. Students will be taught based on their current fitness level and are encouraged to learn at their own pace. Kung Fu training enhances a student's physical strength, stamina, balance, and flexibility, while simultaneously focusing on

the Wah Lum values of self-control, respect, and patience. Sifu Matthew Martin and Simu Kimberly Liberatore have brought Wah Lum Kung Fu to Raleigh to share this ancient art form and help people strengthen both the body and mind, improve their health and wellness, and move through the world with more focus, purpose, kindness, and courage.\*\*\*A uniform fee of \$85 will be due before the second month of classes.

#### Lake Lynn Community Center – Course Fee: \$60

Sep 7-Sep 28	M & W	5:30-6:30pm
Oct 3-Oct 31	M & W	5:30-6:30pm
Nov 2-Nov 30	M & W	5:30-6:30pm
Dec 5-Dec 21	M & W	5:30-6:30pm

#### 4 month session – Course Fee: \$225

Sep 7-Dec 21	M & W	5:30-6:30pm
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### JKC Self Defense

Age: 10-99 yrs. Learn self-defense in a fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's 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 and also for experienced martial artists.

#### Abbotts Creek Community Center – Course Fee: \$5

Sep 3-Dec 17	Sa	11:15am-12:30pm
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### Gentle Yoga Drop in Fee

#### Jaycee Community Center – Course Fee: \$10

Sep 12-Dec 19	M	10:15-11:30am
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#### Laurel Hills Community Center – Course Fee: \$10

May 2-Aug 29	M & Th	10:15-11:30am
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### Martial Arts - Adult/Advanced Youth Shotokan

Age: 14-99 yrs. Shotokan builds character through training in martial arts. Participants learn the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, and self-control. This class is taught in a group setting with some individual instruction. Registrations completed after the start of class must be done in person. Instructor: Eric Blaize.

#### Barwell Road Community Center – Course Fee: \$40

Sep 5-Sep 28	M & W	7:00-8:30pm
Oct 3-Oct 31	M & W	7:00-8:30pm
Nov 2-Nov 30	M & W	7:00-8:30pm
Dec 5-Dec 28	M & W	7:00-8:30pm

### Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13-99 yrs. 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

Sep 7-Oct 3	M & W	7:00-8:30pm
Oct 5-Oct 31	M & W	7:00-8:30pm
Nov 2-Nov 28	M & W	7:00-8:30pm
Nov 30-Dec 28	M & W	7:00-8:30pm

### MixedFit Fitness

Age: 16-99 yrs. MixedFit is a people-inspired dance fitness program that blends explosive dancing with Bootcamp toning. We work out to the latest hits and yesterday's favorites. Give MixedFit a try and join the #MixedFitMovement!

#### John Chavis Community Center – Course Fee: \$5

Jan 6-Apr 28	Th	6:45-7:45pm
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### Nice Yoga

Age: 18-99 yrs. 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: \$75

Sep 6-Dec 20	Tu	6:30-7:30pm
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### **POUND®. Rockout. Workout. Greystone**

Age: 15-99 yrs. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out and releasing stress. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy, appeals to men and women of all ages and abilities. Instructor: Lisa DePinto; Certified Pound® Pro

**Greystone Recreation Center** – Course Fee: \$10  
Sep 7-Dec 28 W 6:30-7:30pm

### **Power Yoga Fitness**

Age: 18-99 yrs. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your yoga practice. The pace may be faster or include longer holds of poses. This class is not appropriate for beginners. Please bring your mats, towels, or blankets.

#### **Pullen Community Center**

Aug 31-Oct 19 W 5:30-6:30pm Fee: \$60  
Nov 9-Dec 14 W 5:30-6:30pm Fee: \$45

### **Soul Line Dance & Get Fit**

Age: 16-99 yrs. 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!

**Abbotts Creek Community Center** – Course Fee: \$5  
Sep 4-Dec 18 Su 3:00-4:30pm

**Barwell Road Community Center** – Course Fee: \$5  
Sep 7-Dec 28 W 6:00-7:30pm

**Greystone Recreation Center** – Course Fee: \$5  
Sep 12-Dec 19 M 6:00-7:30pm

### **Soul Line Dance & Get Fit Class-Advanced**

Age: yrs.

**Marsh Creek Community Center** – Course Fee: \$5  
Sep 6-Dec 27 Tu 6:00-7:30pm

### **Step by Step Aerobics**

Age: 14-99 yrs. Come enjoy fun, faith, and full of fitness step aerobics class at Brier Creek! Step By Step Aerobics is a step aerobics class with a combination of fun traditional step aerobic routines with dance moves set to a DJ mix. It is a very high energy, fun, full body moves to get your heart rate up and experience working out in a different way. This class is fit for every experience level and steps can be modified if desired. We would love to have you join us! Pre-registration highly encouraged. Instructor: Alexis Thurston

**Brier Creek Community Center** – Course Fee: \$5  
Sep 12-Dec 19 M 6:15-7:15pm



### **Sunset Flow Yoga**

Age: 16-99.9 yrs. Join us for an evening wind-down practice session. The idea is to nurture yourself by lengthening all areas of your body that accumulates tension during the day. We will move into a session of fluid movements to deep floor poses, practicing breathing and mental control techniques. A safe, accessible, and effective practice where students are encouraged to move on their own pace. All levels are welcome; please bring your own mat.

**Greystone Recreation Center** – Course Fee: \$40

Sep 6-Sep 27 Tu 6:30-7:30pm  
Oct 4-Oct 25 Tu 6:30-7:30pm  
Nov 1-Nov 22 Tu 6:30-7:30pm  
Dec 6-Dec 27 Tu 6:30-7:30pm

### **Tai Chi at Lake Lynn**

Age: 18-99 yrs. 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: \$60

Sep 7-Sep 28 M & W 4:00-5:00pm  
Oct 3-Oct 31 M & W 4:00-5:00pm  
Nov 2-Nov 30 M & W 4:00-5:00pm  
Dec 5-Dec 21 M & W 4:00-5:00pm

**4 Month Session Option** – Course Fee: \$240

Sep 7-Dec 21 M & W 4:00-5:00pm

### **The Self Compassion Lifestyle**

Age: 16-99 yrs. Have you ever wanted to take better care of your health only to be baffled by a lack of willpower? Then this class is for you. First, you will learn about self-compassion and its mutually beneficial relationship with self-care. Then we'll explore lifestyle measures, such as spending time in nature, that support the physiology of compassion. Instructor: Jennifer Ito

**Thomas G. Crowder Woodland Center** – Course Fee: \$10

Sep 10 Sa 3:30-4:30pm  
Dec 3 Sa 3:00-4:00pm

### **Urban (Soul) Line Dancing**

Age: 16-99 yrs. 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

Sep 6-Dec 27 Tu & Sa 10:00-11:00am

### **Walk This Weight Walking Club**

Age: 18-99 yrs. Come and join is for our Walk This Weigh Walking Club. Enjoy some cool tunes as we walk the weight right off!!! Fun and relax atmosphere for everyone to enjoy. Check for "Monthly Challenges" with prize giveaways!!

**Method Road Community Center**

Sep 6-Sep 29 Tu & Th 10:00am-12:00pm  
Oct 4-Oct 27 Tu & Th 10:00am-12:00pm  
Nov 1-Nov 17 Tu & Th 9:15-10:15am  
Dec 6-Dec 29 Tu & Th 9:15-10:15am

## Yoga @ Laurel Hills

Age: 16-99 yrs. Yoga begins with centering and a warm up followed by poses and movements with breath awareness and finally a relaxation. The practice intends to develop full body awareness, flexibility, strength, and balance and builds mindfulness. Open to all levels. Students should bring a mat or blanket.

### Jaycee Community Center

Sep 12-Sep 26	M	10:15-11:30am	Fee: \$18
Sep 1-Sep 29	Th	10:15-11:30am	Fee: \$30
Oct 3-Oct 31	M	10:15-11:30am	Fee: \$30
Oct 6-Oct 27	Th	10:15-11:30am	Fee: \$24
Nov 7-Nov 28	M	10:15-11:30am	Fee: \$24
Nov 3-Nov 17	Th	10:15-11:30am	Fee: \$18
Dec 5-Dec 19	M	10:15-11:30am	Fee: \$18
Dec 1-Dec 15	Th	10:15-11:30am	Fee: \$18

## Yoga Flow, Flex, and Fun

Age: 13-99 yrs. Nurture your body and mind with a yoga flow for all levels. Whether you are new to yoga or ready to restart your practice, come and be present on your mat and explore movement aligned to your breath. We will finish out the hour with some flexibility work all while enjoying the support of an in person yoga community. Blocks, blankets, or any props are welcome in this judgement free zone.

Instructor: Michelle Mitchell, 200 RYT

### Brier Creek Community Center – Course Fee: \$40

Sep 6-Sep 27	Tu	6:30-7:30pm	
Oct 4-Oct 25	Tu	6:30-7:30pm	
Nov 1-Nov 22	Tu	6:30-7:30pm	
Nov 29-Dec 20	Tu	6:30-7:30pm	

## Zumba®

Age: 14-99 yrs. Zumba® is a feel good workout that combines 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, fat burning and total body toning. No dance experience required. Dance to great music, with great people and burn a lot of calories without even realizing it!

**Halifax Community Center** – Course Fee: \$5

Sep 1-Dec 22	Th	6:00-7:00pm	
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## ZUMBA® at Barwell Road

Age: 13-99.9 yrs. 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: Dionne Taylor.

**Barwell Road Community Center** – Course Fee: \$5

Sep 1-Dec 29	Th	7:00-8:00pm	
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## ZUMBA® at Green Road

Age: 12-99 yrs. 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  
Sep 2-Dec 30 M,W,F 6:00-7:00pm

## ZUMBA® at Greystone

Age: 12-99 yrs. 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. All classes taught by a licensed Zumba Instructor. Instructor: Kaori Isaacson

**Greystone Recreation Center** – Course Fee: \$5

Sep 3-Dec 17	Sa	10:00-11:00am	
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## ZUMBA® at the Creek!

Age: 14-99 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! Pre-registration highly recommended. Instructor: Shay Anderson

**Brier Creek Community Center** – Course Fee: \$5

Sep 3-Dec 17	Sa	9:30-10:30am	
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**Brier Creek Community Center** – Course Fee: \$5

Sep 1-Dec 29	Th	6:30-7:30pm	
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## ZUMBA® at Worthdale

Age: 14-99 yrs. 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: Dionne Taylor.

**Worthdale Community Center** – Course Fee: \$5

Sep 5-Sep 26	M	7:00-8:00pm	
Oct 3-Oct 31	M	7:00-8:00pm	
Nov 7-Nov 28	M	7:00-8:00pm	
Dec 5-Dec 26	M	7:00-8:00pm	

## Senior

### Adult Tap Dance

Age: 18-99 yrs. Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience. Instructor: Bev Norwood

### Five Points Center

Sep 7-Sep 28	W	12:30-1:30pm	Fee: \$12
Oct 5-Oct 26	W	12:30-1:30pm	Fee: \$12
Nov 2-Nov 30	W	12:30-1:30pm	Fee: \$15
Dec 7-Dec 28	W	12:30-1:30pm	Fee: \$15

## AIM Fitness

Age: 18-99 yrs. 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 hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted.

### Anne Gordon Center

Sep 6-Sep 27	Tu	9:15-10:00am	Fee: \$12
Oct 4-Oct 25	Tu	9:15-10:00am	Fee: \$12
Nov 1-Nov 29	Tu	9:15-10:00am	Fee: \$15
Dec 6-Dec 20	Tu	9:15-10:00am	Fee: \$9

### Intermediate

Sep 1-Sep 29	Th	10:15-11:00am	Fee: \$15
Sep 6-Sep 27	Tu	10:15-11:00am	Fee: \$12
Oct 4-Oct 25	Tu	10:15-11:00am	Fee: \$12
Oct 6-Oct 27	Th	10:15-11:00am	Fee: \$12
Nov 1-Nov 29	Tu	10:15-11:00am	Fee: \$15
Nov 3-Nov 17	Th	10:15-11:00am	Fee: \$9
Dec 1-Dec 29	Th	10:15-11:00am	Fee: \$15
Dec 6-Dec 20	Tu	10:15-11:00am	Fee: \$9

### Chair

Sep 6-Sep 27	Tu	2:15-3:00pm	Fee: \$12
Oct 4-Oct 25	Tu	2:15-3:00pm	Fee: \$12
Nov 1-Nov 29	Tu	2:15-3:00pm	Fee: \$15
Dec 6-Dec 20	Tu	2:15-3:00pm	Fee: \$9
Sep 1-Sep 29	Th	9:15-10:00am	Fee: \$15
Oct 6-Oct 27	Th	9:15-10:00am	Fee: \$12
Nov 3-Nov 17	Th	9:15-10:00am	Fee: \$9
Dec 1-Dec 29	Th	9:15-10:00am	Fee: \$15

### Five Points Center

Sep 7-Sep 28	W	10:15-11:15am	Fee: \$12
Oct 5-Oct 26	W	10:15-11:15am	Fee: \$12
Nov 2-Nov 30	W	10:15-11:15am	Fee: \$15
Dec 7-Dec 28	W	10:15-11:15am	Fee: \$12

## Balance Fitness

Age: 18-99 yrs. 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 vary by instructor, difficulty/impact level, and option to use a chair for support.

### Five Points Center

Sep 1-Sep 29	Th	12:30-1:15pm	Fee: \$15
Oct 6-Oct 27	Th	12:30-1:15pm	Fee: \$12
Nov 3-Nov 24	Th	12:30-1:15pm	Fee: \$9
Dec 1-Dec 29	Th	12:30-1:15pm	Fee: \$15

## Blood Pressure and Weight Screenings

Age: 18-99 yrs. Take advantage of these FREE blood pressure and weight screenings offered by Resources for Seniors.

### Five Points Center

Sep 6-Dec 6	Tu	9:30-10:15am	
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**Butts and Guts**

Age: 18-99 yrs. This class will tone your abs and glutes with targeted sculpting movements. The workout incorporates Pilates, Yoga and athletic movements to help your balance and flexibility, with focus on the abs, glutes, legs, and lower back. The goal is to build strength in your core, quads and hamstrings. Instructor: Meg Berg

**Five Points Center**

Sep 12-Sep 26	M	9:15-10:00am	Fee: \$9
Oct 3-Oct 31	M	9:15-10:00am	Fee: \$27
Nov 7-Nov 28	M	9:15-10:00am	Fee: \$12
Dec 5-Dec 19	M	9:15-10:00am	Fee: \$21

**Cardio Sculpt**

Age: 18-99 yrs. Cardio Sculpt 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.

**Five Points Center**

Sep 1-Sep 29	Th	2:30-3:15pm	Fee: \$15
Sep 2-Sep 30	F	10:15-11:00am	Fee: \$15
Oct 6-Oct 27	Th	2:30-3:15pm	Fee: \$12
Oct 7-Oct 28	F	10:15-11:00am	Fee: \$12
Nov 3-Nov 17	Th	2:30-3:15pm	Fee: \$9
Nov 4-Nov 18	F	10:15-11:00am	Fee: \$6
Dec 1-Dec 29	Th	2:30-3:15pm	Fee: \$15
Dec 2-Dec 30	F	10:15-11:00am	Fee: \$12

**Virtual Programming**

Sep 12-Sep 26	M	12:35-1:20pm	Fee: \$9
Oct 3-Oct 31	M	12:35-1:20pm	Fee: \$15
Nov 7-Nov 28	M	12:35-1:20pm	Fee: \$12
Dec 5-Dec 19	M	12:35-1:20pm	Fee: \$9

**Dance Fit**

Age: 18-99 yrs. This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great workout!

**Anne Gordon Center**

Sep 12-Sep 26	M	11:45am-12:30pm	Fee: \$9
Oct 3-Oct 31	M	11:45am-12:30pm	Fee: \$15
Nov 7-Nov 28	M	11:45am-12:30pm	Fee: \$12
Dec 5-Dec 19	M	11:45am-12:30pm	Fee: \$9

**Falls Prevention**

Age: 18-99 yrs. Reduce your risk of falling through exercises that will improve balance, stability, and core strength. Sessions may use a variety of standing, seated, and floor balance activities to achieve this goal.

**Five Points Center**

Sep 1-Sep 29	Th	11:45am-12:30pm	Fee: \$15
Oct 6-Oct 27	Th	11:45am-12:30pm	Fee: \$12
Nov 3-Nov 17	Th	11:45am-12:30pm	Fee: \$9
Dec 1-Dec 29	Th	11:45am-12:30pm	Fee: \$15

**Gentle Stretch**

Age: 18-99 yrs. 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**

Sep 1-Sep 29	Th	1:30-2:15pm	Fee: \$15
Oct 6-Oct 27	Th	1:30-2:15pm	Fee: \$12
Nov 3-Nov 17	Th	1:30-2:15pm	Fee: \$9
Dec 1-Dec 29	Th	1:30-2:15pm	Fee: \$15

**Health Talks with Dr. Baldwin**

Age: 18-99 yrs. 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**

Sep 6-Dec 6	Tu	10:15-11:15am
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**Line Dance for Active Adults**

Age: 18-99 yrs. 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 with limited individualized instruction.

**Anne Gordon Center****Introductory (little to no experience)**

Sep 2-Sep 30	F	1:00-1:45pm	Fee: \$15
Oct 7-Oct 28	F	1:00-1:45pm	Fee: \$12
Nov 4-Nov 18	F	1:00-1:45pm	Fee: \$6
Dec 2-Dec 30	F	1:00-1:45pm	Fee: \$12

**Beginner (good experience)**

Sep 2-Sep 30	F	2:00-2:45pm	Fee: \$15
Oct 7-Oct 28	F	2:00-2:45pm	Fee: \$12
Nov 4-Nov 18	F	2:00-2:45pm	Fee: \$6
Dec 2-Dec 30	F	2:00-2:45pm	Fee: \$12

**Improver (very good experience)**

Sep 2-Sep 30	F	3:00-4:00pm	Fee: \$15
Oct 7-Oct 28	F	3:00-4:00pm	Fee: \$12
Nov 4-Nov 18	F	3:00-4:00pm	Fee: \$6
Dec 2-Dec 30	F	3:00-4:00pm	Fee: \$12

**Five Points Center****Adv. Beginner/Improver Level**

Sep 12-Sep 26	M	1:00-2:00pm
Oct 3-Oct 31	M	1:00-2:00pm
Nov 7-Nov 28	M	1:00-2:00pm
Dec 5-Dec 19	M	1:00-2:00pm

**Intermediate Level**

Sep 12-Sep 26	M	2:15-3:15pm
Oct 3-Oct 31	M	2:15-3:15pm
Nov 7-Nov 28	M	2:15-3:15pm
Dec 5-Dec 19	M	2:15-3:15pm

**Line Dance Open Studio**

Age: 18-99 yrs. 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****Beginner (need to know steps)**

Sep 6-Dec 20	Tu	3:15-4:45pm
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**Adv Beginner/Improver (solid experience)**

Sep 2-Dec 30	F	4:05-4:50pm
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**Five Points Center**

Sep 7-Dec 28	W	2:45-4:15pm
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**Parkinson's Disease Dialogue Group**

Age: 18-99 yrs. If you are living in the early stages of Parkinson's disease, join us for an inviting, open discussion of the disease. The early goal is to equip us to be "prosumers" of PD related healthcare by exchanging information, choosing topics, and by sharing the collective wisdom. Meets the last Friday of the month. Each month a different presenter will share a variety of

topics. Online registration is not available for this class; please call Nancy at 919)996-4738 to register.

**Five Points Center**

Sep 1-Dec 1	Th	1:30-3:30pm
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**Pilates for Active Adults**

Age: 18-99 yrs. 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.

**Five Points Center**

Sep 2-Sep 30	F	12:30-1:30pm	Fee: \$15
Oct 7-Oct 28	F	12:30-1:30pm	Fee: \$12
Nov 4-Nov 18	F	12:30-1:30pm	Fee: \$6
Dec 2-Dec 30	F	12:30-1:30pm	Fee: \$12

**Five Points Center**

Sep 1-Sep 29	Th	11:15am-12:00pm	Fee: \$15
Oct 6-Oct 27	Th	11:15am-12:00pm	Fee: \$12
Nov 3-Nov 17	Th	11:15am-12:00pm	Fee: \$9
Dec 1-Dec 29	Th	11:15am-12:00pm	Fee: \$15

**Qi Gong**

Age: 18-99 yrs. Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Qi Gong for Joint Health combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing. Instructor: Kathy Bundy

**Anne Gordon Center**

Sep 6-Sep 27	Tu	11:15am-12:00pm	Fee: \$12
Oct 4-Oct 25	Tu	11:15am-12:00pm	Fee: \$12
Nov 1-Nov 29	Tu	11:15am-12:00pm	Fee: \$15
Dec 6-Dec 20	Tu	11:15am-12:00pm	Fee: \$9

**Anne Gordon Center**

Sep 2-Sep 30	F	10:45-11:30am	Fee: \$15
Oct 7-Oct 28	F	10:45-11:30am	Fee: \$12
Nov 4-Nov 18	F	10:45-11:30am	Fee: \$6
Dec 2-Dec 30	F	10:45-11:30am	Fee: \$12
Sep 2-Sep 30	F	11:45am-12:30pm	Fee: \$15
Oct 7-Oct 28	F	11:45am-12:30pm	Fee: \$12
Nov 4-Nov 18	F	11:45am-12:30pm	Fee: \$12
Dec 2-Dec 30	F	11:45am-12:30pm	Fee: \$12

**Five Points Center**

Sep 6-Sep 27	Tu	9:15-10:00am	Fee: \$12
Oct 4-Oct 25	Tu	9:15-10:00am	Fee: \$12
Nov 1-Nov 29	Tu	9:15-10:00am	Fee: \$15
Dec 6-Dec 20	Tu	9:15-10:00am	Fee: \$15
Sep 2-Sep 30	F	9:15-10:00am	Fee: \$15
Oct 7-Oct 28	F	9:15-10:00am	Fee: \$12
Nov 4-Nov 18	F	9:15-10:00am	Fee: \$9
Dec 2-Dec 30	F	9:15-10:00am	Fee: \$12





### Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request.

#### Anne Gordon Center

Sep 1-Sep 29	Th	1:30-2:15pm	Fee: \$15
Oct 6-Oct 27	Th	1:30-2:15pm	Fee: \$12
Nov 3-Nov 17	Th	1:30-2:15pm	Fee: \$9
Dec 1-Dec 29	Th	1:30-2:15pm	Fee: \$15

### Soul Line Dancing

Age: 18-99 yrs. Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. All levels are welcome. Instructor: Jourmonya Harris-Rayner

#### Five Points Center

Sep 7-Sep 28	W	1:45-2:30pm	Fee: \$12
Oct 5-Oct 26	W	1:45-2:30pm	Fee: \$12
Nov 2-Nov 30	W	1:45-2:30pm	Fee: \$15
Dec 7-Dec 28	W	1:45-2:30pm	Fee: \$12

### Tai Chi Chih

Age: 18-99 yrs. 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

Sep 12-Sep 26	M	10:30-11:30am	Fee: \$9
Oct 3-Oct 31	M	10:30-11:30am	Fee: \$15
Nov 7-Nov 28	M	10:30-11:30am	Fee: \$12
Dec 5-Dec 19	M	10:30-11:30am	Fee: \$9

### Tai Chi for Active Adults

Age: 18-99 yrs. Tai Chi is an ancient practice that uses low-impact, slow movements to promote health and improve 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 sequence of the movements. Chair modifications are available upon request. This is an 8 week class. Intermediate Sun Style: Pre-requisite is Beginner Sun Style class. This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. This is an 8 week class. Advanced Sun Style: Pre-requisite is beginner and intermediate classes. This class teaches the Sun 73 Long Form which includes movements learned in Beginner and Intermediate classes. The longer sequence builds endurance and previous improvements made in strength, balance and memory. This is a 16 week class. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong.

#### Anne Gordon Center

##### Advanced Sun Style

Sep 12-Sep 26	M	1:00-1:45pm	Fee: \$9
Oct 3-Oct 31	M	1:00-1:45pm	Fee: \$15
Nov 7-Nov 28	M	1:00-1:45pm	Fee: \$12
Dec 5-Dec 19	M	1:00-1:45pm	Fee: \$9

##### Beginner Sun Style

Sep 12-Sep 26	M	2:00-2:45pm	Fee: \$9
Oct 3-Oct 31	M	2:00-2:45pm	Fee: \$15
Nov 7-Nov 28	M	2:00-2:45pm	Fee: \$12
Dec 5-Dec 19	M	2:00-2:45pm	Fee: \$9

##### Intermediate Sun Style

Sep 12-Sep 26	M	3:00-3:45pm	Fee: \$9
Oct 3-Oct 31	M	3:00-3:45pm	Fee: \$15
Nov 7-Nov 28	M	3:00-3:45pm	Fee: \$12
Dec 5-Dec 19	M	3:00-3:45pm	Fee: \$9

### Various Styles

Sep 1-Sep 29	Th	2:30-3:15pm	Fee: \$15
Oct 6-Oct 27	Th	2:30-3:15pm	Fee: \$12
Nov 3-Nov 17	Th	2:30-3:15pm	Fee: \$9
Dec 1-Dec 29	Th	2:30-3:15pm	Fee: \$15

### Workout With Weights

Age: 18-99 yrs. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

#### Five Points Center

Sep 7-Sep 28	Tu	1:15-2:00pm	Fee: \$12
Sep 12-Sep 26	M	11:45am-12:30pm	Fee: \$9
Oct 3-Oct 31	M	11:45am-12:30pm	Fee: \$15
Nov 7-Nov 28	M	11:45am-12:30pm	Fee: \$12
Dec 5-Dec 19	M	11:45am-12:30pm	Fee: \$9

### Yoga Chair

Age: 18-99 yrs. This 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

Sep 7-Sep 28	W	2:30-3:15pm	Fee: \$12
Sep 12-Sep 26	M	9:15-10:00am	Fee: \$9
Oct 3-Oct 31	M	9:15-10:00am	Fee: \$15
Oct 5-Oct 26	W	2:30-3:15pm	Fee: \$12
Nov 2-Nov 30	W	2:30-3:15pm	Fee: \$15
Nov 7-Nov 28	M	9:15-10:00am	Fee: \$12
Dec 5-Dec 19	M	9:15-10:00am	Fee: \$9
Dec 7-Dec 28	W	2:30-3:15pm	Fee: \$12

#### Five Points Center

Sep 6-Sep 27	Tu	10:30-11:30am	Fee: \$12
Oct 4-Oct 25	Tu	10:30-11:30am	Fee: \$12
Nov 1-Nov 29	Tu	10:30-11:30am	Fee: \$15
Dec 6-Dec 27	Tu	10:30-11:30am	Fee: \$12

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### Yoga Gentle Floor

Age: 18-99 yrs. 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 are suggested, as needed.

Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

#### Anne Gordon Center

Sep 1-Sep 29	Th	11:15am-12:15pm	Fee: \$15
Sep 7-Sep 28	W	3:30-4:30pm	Fee: \$12
Sep 12-Sep 26	M	10:15-11:15am	Fee: \$9
Oct 3-Oct 31	M	10:15-11:15am	Fee: \$15
Oct 5-Oct 26	W	3:30-4:30pm	Fee: \$12
Oct 6-Oct 27	Th	11:15am-12:15pm	Fee: \$12
Nov 2-Nov 30	W	3:30-4:30pm	Fee: \$15
Nov 3-Nov 17	Th	11:15am-12:15pm	Fee: \$9
Nov 7-Nov 28	M	10:15-11:15am	Fee: \$12
Dec 1-Dec 29	Th	11:15am-12:15pm	Fee: \$15
Dec 5-Dec 19	M	10:15-11:15am	Fee: \$9
Dec 7-Dec 28	W	3:30-4:30pm	Fee: \$12

#### Five Points Center

Sep 7-Sep 28	W	10:30-11:45am	Fee: \$12
Oct 5-Oct 26	W	10:30-11:45am	Fee: \$12
Nov 2-Nov 30	W	10:30-11:45am	Fee: \$15
Dec 7-Dec 28	W	10:30-11:45am	Fee: \$12

### ZUMBA Gold®

Age: 18-99 yrs. Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

#### Anne Gordon Center

Sep 2-Sep 30	F	9:15-10:00am	Fee: \$15
Oct 7-Oct 28	F	9:15-10:00am	Fee: \$12
Nov 4-Nov 18	F	9:15-10:00am	Fee: \$9
Dec 2-Dec 30	F	9:15-10:00am	Fee: \$12

## Family

### Chavis Fun Run

Age: 6-99 yrs. The Chavis fun run is a friendly race that participants will run or walk through the beautiful John Chavis Memorial Park.

This fun run will include novelty categories, such as wearing costumes, and categories for children, teens, and active adults.

#### John Chavis Community Center

Apr 9	Sa	10:00am-12:00pm
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### Family Tree Yoga

Age: 5-8 yrs. This class is for parents, caregiver, and their child to have an opportunity to strengthen the family bond through the practice of yoga. We'll include age appropriate poses to build confidence, partner poses to promote bonding, acroyoga to foster trust, as well as yoga games that make learning yoga fun! Reinforce your family's roots while creating a strong and grounded practice that will last for years to come. All levels of yoga are welcomed. Dress comfortably and bring a yoga mat.

#### Hill Street Neighborhood Center – Course Fee: \$40

Sep 8-Sep 29	Th	6:30-7:30pm
Oct 6-Oct 27	Th	6:30-7:30pm
Nov 3-Dec 1	Th	6:30-7:30pm

### Flow for Health and Happiness

Age: 5-99 yrs. Meet, Get to Know, and Move for a Healthy and happy you in this new and exciting look at total wellness and happiness at all ages. This class will promote healthy living/well-being by integrating Eastern and Western culture Creative Movements. No pre-registration is required.

#### Marsh Creek Community Center

Sep 4-Dec 18	Su	4:00-5:45pm
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### Martial Arts -Tae Kwon Do

Age: 16-99 yrs. 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: \$30

Sep 6-Sep 29	Tu & Th	6:30-8:00pm
Oct 4-Oct 27	Tu & Th	6:30-8:00pm

### Tae Kwon Do - Martial Arts

Age: 7-99 yrs. 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.

#### Lions Park Community Center – Course Fee: \$35

Sep 1-Sep 29	Tu & Th	6:30-7:30pm
Oct 4-Oct 27	Tu & Th	6:30-7:30pm
Nov 1-Nov 29	Tu & Th	6:30-7:30pm
Nov 1-Nov 29	Tu & Th	6:30-7:30pm

### Wado-Ryu Karate-Martial Arts

Age: 12-99 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. Kids are encouraged to bring their parents to practice as well! 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."

#### Carolina Pines Community Center – Course Fee: \$40

Sep 6-Sep 29	Tu & Th	7:00-8:30pm
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# Nature Education

**Annie Louise Wilkerson, MD**  
**Nature Preserve Park**  
 919-996-6764

**Durant Nature Preserve and**  
**Horseshoe Farm Nature Preserve**  
 919-996-2271

**Forest Ridge Park**  
 919-996-5800

**Lake Johnson Park Waterfront Center**  
 919-996-3141

**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 (such as schools, daycare centers and preschools) is available by request from the Nature Program office. For more information 919-996-6856.

## Preschool

### Digging into the past

Age: 3-5 yrs. How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, participants 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: \$4

Nov 16	W	10:30am-12:00pm
Dec 21	W	10:30am-12:00pm

### Eager Explorers

Age: 3-6 yrs. Join us as we explore nature in the Preserve! There will be stories, crafts and nature walks on various themes. These programs are designed for an adult to attend with their preschooler. There is no charge for the adults. Note: Most programs will include an activity along a nature trail that is not stroller accessible.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3

#### Butterfly Stroll

Sep 7	W	10:30am-12:00pm
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#### Fur, Feathers, and Scales

Sep 14	W	10:30am-12:00pm
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#### Life in a Tree

Oct 12	W	10:30am-12:00pm
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#### Go Batty!

Oct 26	W	10:30am-12:00pm
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#### Fall Fun Walk

Nov 1	Tu	10:30am-12:00pm
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#### Life in a Log

Nov 9	W	10:30am-12:00pm
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#### Wiggly Worms

Nov 16	W	10:30am-12:00pm
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#### Beaver Pond

Nov 30	W	10:30am-12:00pm
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#### Wildlife in Winter

Dec 15	Th	10:30am-12:00pm
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### For Goodness Snakes!

Age: 2-6 yrs. Little explorers are invited to slither on over to the park and discover the truth about snakes, these often misunderstood animals. Through songs and stories, little ones will learn where snakes live, what they

eat and how they grow. We will even get to see up close and touch some captive snakes. 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

Oct 13	Th	10:30-11:30am
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**Kiwanis Community Center** – Course Fee: \$2

Oct 12	W	10:30-11:30am
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**Lake Lynn Community Center** – Course Fee: \$2

Oct 18	Tu	10:30-11:30am
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Oct 18	Tu	12:30-1:30pm
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**Sertoma Arts Center** – Course Fee: \$2

Oct 20	Th	10:30-11:30am
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### 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. Pre-Registration is highly recommended.

**Forest Ridge Park** – Course Fee: \$3

Sep 7	W	10:30am-12:00pm
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Oct 5	W	10:30am-12:00pm
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Nov 2	W	10:30am-12:00pm
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Dec 7	W	10:30am-12:00pm
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### Little Adventurers

Age: 4-6 yrs. Are you ready for an adventure at Lake Johnson Park? Each month will be a dive into a grand adventure about a different theme. We will spend time outside in the park and in the classroom learning about the theme of the month. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register.

**Thomas G. Crowder Woodland Center** – Course Fee: \$3

#### Reptiles

Sep 10	Sa	10:00-11:30am
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#### Animal Tracks

Oct 8	Sa	10:00-11:30am
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#### Habitat

Dec 10	Sa	10:00-11:30am
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### Masters of Disguise

Age: 3-6 yrs. Do you know that adaptation is the key to survival in the wild? Successful animals and plants can hide really well through disguises. Come learn about camouflage, mimicry, blending and other ways to hide in plain sight. This program will include games and activities to see if you can find the hidden creatures as well as the creation of some camouflage artwork.

**Forest Ridge Park** – Course Fee: \$3

Sep 21	W	10:30am-12:00pm
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### Pollinators at Forest Ridge Park

Age: 3-6 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 will create a tie dye butterfly to take home!

**Forest Ridge Park** – Course Fee: \$3

Sep 14 W 10:30am-12:00pm

### Way up High in an Apple Tree!

Age: 2-6 yrs. With this engaging program, little ones will delight in the wonders of apple trees as they grow from tiny seeds to tall, fruit-filled trees! Budding botanists will enjoy songs, hands-on activities and great fun. 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

Sep 22 Th 10:30-11:30am

**Kiwanis Community Center** – Course Fee: \$2

Sep 21 W 10:30-11:30am

### Wee Wetland Walkers

Age: yrs. This stroller-friendly program is designed to run at a toddler's pace: Run. Stop. Pick a dandelion. Run. Climb a rock. Find an interesting leaf! Join others for an easy-paced walk along the greenway with one of our naturalists. Fee applies ONLY to adults. Children are free.

**Walnut Creek Wetland Park** – Course Fee: \$2

Sep 20 Tu 10:00-11:00am

### What is a fossil?

Age: 3-5 yrs. What is a fossil? Where do you find fossils? What types of rock hide fossils? Let's search for fossils from North Carolina and learn about the different types of fossils and how they formed. Fossils are the remains or traces of plants and animals that lived long ago. ...For this reason, fossils are important to paleontology, or the study of prehistoric life. Most fossils are found in earth that once lay underwater. They usually formed from the hard parts – such as shells or bones – of living things. Children will leave with the fossils they found, mold, cast, and track fossils they created. They will learn how each of these fossils formed long ago.

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

Oct 19 W 10:30am-12:00pm

Oct 26 W 10:30am-12:00pm



### Whooo's That?

Age: 2-6 yrs. Preschoolers will love this program featuring OWLS, silent flyers of the night. Songs, games and dissecting owl pellets will surely engage even our youngest naturalists. 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

Nov 10 Th 10:30-11:30am

**Kiwanis Community Center** – Course Fee: \$2

Nov 9 W 10:30-11:30am

**Lake Lynn Community Center** – Course Fee: \$2

Nov 15 Tu 10:30-11:30am

Nov 15 Tu 12:30-1:30pm

**Sertoma Arts Center** – Course Fee: \$2

Nov 17 Th 10:30-11:30am

### Youth

#### All About Evergreens

Age: 8-13 yrs. As winter approaches, evergreens are all around us! We will learn what makes a plant an evergreen, and how to identify our native evergreen species, by making our own evergreen mini-field guides. Weather permitting, we'll take a short hike to find evergreens (large and small) in the wild.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3

Dec 7 W 3:00-4:30pm

#### Butterfly Life Cycles

Age: 6-10 yrs. Learn how a caterpillar becomes a moth or butterfly and how they survive in nature during their transformation. Then go on a hike to discover the best places to find caterpillars and butterflies and learn about some of the native plants that they depend on for survival.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3

Sep 2 F 3:30-5:00pm

### Deer Tracking

Age: 8-13 yrs. It's the peak of the rutting season and the deer are very active in our woods. Let's see if we can track some deer and find their hiding places. Learn how to think like a whitetail. Dress for the weather and outdoor adventure. Parents and guardians are welcome but not required to accompany their children.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3  
Nov 22 Tu 3:30-5:00pm

### Discovering Decomposers

Age: 7-12 yrs. How does nature clean up after itself? Learn about the variety of species that serve as nature's clean up crew. Then take a hike to look for a variety of decomposers here in the park!

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3  
Oct 5 W 3:30-5:00pm

### Equinox Astronomy

Age: 8-13 yrs. Why do we have seasons? Why do we say days are 'getting shorter' or 'longer'? How do animals know when to migrate, and flowers know when to grow? In this investigation, we will use simulations and construct models to understand how the source of the seasons is literally 'out of this world.'

**A.L. Wilkerson Nature Preserve** – Course Fee: \$4  
Sep 22 Th 3:30-5:00pm

### Explore a Rock Outcrop

Age: 7-13 yrs. Learn all about rocks and take home a few for your collection! We'll hike to a rock outcrop to explore how rocks are changed by plants, water and people. Wear sturdy shoes and clothes for the outdoors.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$3  
Dec 2 F 3:00-4:30pm

### Owl Pellet Study

Age: 8-13 yrs. Learn about the owls that live here in Raleigh, and the amazing adaptations that help them survive. What do they eat? What happens after they eat? We'll take a close look as we dissect owl pellets and determine exactly what an owl had for dinner.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$5  
Nov 10 Th 3:30-5:00pm

### Tracks and Skulls

Age: 7-12 yrs. Learn to identify the tracks and skulls of common animals that live in or near the preserve. Make a plaster cast of a track to take home. Weather permitting, we will take a short hike to look for tracks!

**A.L. Wilkerson Nature Preserve** – Course Fee: \$4  
Oct 21 F 3:30-5:00pm

### What is a fossil?

Age: 6-10 yrs. What is a fossil? Where do you find fossils? What types of rock hide fossils? Let's search for fossils from North Carolina and learn about the different types of fossils and how they formed. Fossils are the remains or traces of plants and animals that lived long ago. ... For this reason, fossils are important to paleontology, or the study of prehistoric life. Most fossils are found in earth

that once lay underwater. They usually formed from the hard parts – such as shells or bones – of living things. Children will leave with the fossils they found, mold, cast, and track fossils they created. They will learn how each of these fossils formed long ago.

**Forest Ridge Park** – Course Fee: \$4  
Oct 23 Su 3:00-4:30pm

## Teen

### Birding by App

Age: 12-99 yrs. Have you noticed the wonderful variety of birds that enjoy Raleigh? If you want to learn more about these birds and get some tips on how to identify them, join us on this birding hike at Horseshoe Farm! We'll teach you about different phone apps available to help you identify birds and how to document your findings in eBird, so that you can help contribute to the conservation of North Carolina birds! For beginner teens and adults, all participants must register.

**Horseshoe Farm Nature Preserve** – Course Fee: \$4  
Oct 7 F 8:30-10:00am

### Citizen Science: Nest Watch

Age: 12-99 yrs. Become a scientist for a day! Learn how we collect data from our bluebird boxes for NestWatch, investigate the different species of birds that use our nest boxes, and see nests and eggs up close! We'll send you home with all the information you need to start your own NestWatch in your backyard. Youth must be accompanied by adults. Youth and adults must register and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$4  
Sep 10 Sa 3:00-4:00pm

### Scout Merit Badge

Age: 10.5-18 yrs. Come to Walnut Creek Wetland Park to meet most of the requirements for earning your merit badge. Dress for walking and exploring in the forest, and bring a water bottle, spiral notebook or sketchbook, your Blue Card, and the Merit Badge Workbook for the subject being taught. You will be contacted at least a week in advance if there are additional prerequisites.

**Walnut Creek Wetland Park** – Course Fee: \$15  
**Scout Merit Badge: Insect Study**  
Sep 18 Su 2:00-5:00pm

## Adult

### Advanced Tree ID

Age: 17-99 yrs. This class will focus on tree identification using dichotomous keys, scientific names, growth habits, tree measurements of growth, and forest composition. The focus will be on wetland species. Participants should have previously taken Seasonal Tree ID or Winter Tree ID, or an equivalent. Please come dressed to spend time outdoors. This class is eligible for 3 hours of Criteria II credit towards NC Environmental Educator certification.

**Walnut Creek Wetland Park** – Course Fee: \$10  
Sep 14 W 12:30-3:30pm

### Advanced Wild: Bats

Age: 17-99 yrs. Join the NC Wildlife Resources Commission in a learning adventure about bats, one of our most misunderstood animals. We'll learn about the biology and habitats of these amazing mammals and learn ways to communicate this information to students. This workshop qualifies for Criteria 2 or 3 credit towards NC Environmental Educator certification.

**Walnut Creek Wetland Park**  
Oct 17 M 4:00-9:00pm

### Basic Tree ID

Age: 13-99 yrs. Have you ever wanted to identify a tree and didn't know where to start? Learn the basic characteristics and tools to get you started on basic tree identification. Walk with a park naturalist to visit some of Raleigh's most common native trees to see those characteristics up close.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$2  
Oct 1 Sa 10:30am-12:00pm

### Beginning Birding

Age: 13-99 yrs. You don't have to be an expert to enjoy birdwatching! We'll start with the basic observational skills you'll need to help you identify the birds at your feeder. After observing a bird feeder, we'll go on a short walk in search of birds in the park. Bring your own binoculars, we also have some to borrow. Dress for the weather and prepare for a short walk.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$2  
Dec 3 Sa 10:30am-12:00pm

### Birding for Adults

Age: 17-99 yrs. Have you ever been curious about the birds you see or hear in your yard or on a walk? Have you ever wondered what people are talking about when they say they are going "birding?" Whether you are casually observing what is in your own backyard or going on hikes just to see new and exciting birds, anyone can enjoy "birding" (or watching birds)! Learn how to spot birds, use or get better at using binoculars, and how to identify what you are seeing or hearing. Spring and Fall are the migratory seasons and the best time to enjoy the largest diversity of species. Bring a set of binoculars (or borrow a pair of ours) and come prepared to enjoy the weather and a short hike while looking for birds in the park! This course is also eligible for 2 hours of Criteria 2 credit towards NC Environmental Educator certification.

**Walnut Creek Wetland Park** – Course Fee: \$10  
Oct 8 Sa 8:00-10:00am

### Early Birds

Age: 16-99 yrs. Grab your binoculars and meet us at beautiful Horseshoe Farm for a bird-watching hike led by Wake Audubon guest naturalist, Erla Beegle. Spend your morning watching and learning about birds that prefer a meadow or edge habitat, on an approximately 1-mile walk. For beginning and advanced birders. Bring your binoculars, or borrow a pair of ours. Pre-registration is required.

**Horseshoe Farm Nature Preserve**  
Oct 8 Sa 8:00-9:30am

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**Environmental Lecture Series**

Age: 12-99 yrs. Join us for an exciting environmental lecture series held every 2nd Monday of the month. With a new topic 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. Earn 1 hour of criteria III EE credit. This is a virtual program. Registered participants will receive email invitation to lecture on lecture date.

**Thomas G. Crowder Woodland Center**

Sep 12	M	7:00-8:00pm
Oct 10	M	7:00-8:00pm
Nov 14	M	7:00-8:00pm
Dec 12	M	7:00-8:00pm

**Fall Nature Walk**

Age: 13-99 yrs. Join a park naturalist on a general nature walk to see what is happening at the park this fall. Come prepared for trail walking because we'll visit various parts of the park to discover the peak fall highlights!

**A.L. Wilkerson Nature Preserve** – Course Fee: \$2  
Oct 15 Sa 10:30am-12:00pm

**Herping for Adults**

Age: 18-99 yrs. When it comes to exploring, why should kids have all the fun? In this program for adults, we will learn about the reptiles and amphibians ("herps") in Walnut Creek Wetland Park, and then go on a hunt. The bulk of this program will be spent outdoors. Please dress for the weather, and wear waterproof boots), and bring a pair of gloves (we will have loaner boots and gloves if you need them). This program will take place in some areas where terrain is uneven and wet/muddy, and will involve walking up to a mile. This program is also worth 1.5 hours of Criteria 2 towards NC Environmental Educator Certification.

**Walnut Creek Wetland Park** – Course Fee: \$7  
Sep 11 Su 2:00-3:30pm

**Invasive Plant ID**

Age: 18-99 yrs. What does an invasive plant look like? How can they harm an ecosystem? Learn this and more, along with a chance to practice a little invasive plant removal in an urban wetland. Come dressed for a natural encounter! Criteria 2 environmental education credit is available for this course.

**Walnut Creek Wetland Park**

Oct 4 Tu 10:00am-12:00pm

**Seasonal Tree ID**

Age: 17-99 yrs. What kind of tree is that? Participants will learn to identify local trees based on bark, limbs, 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 program and participants should dress for the weather conditions. This course is worth 3 hours of Criteria 2 credit towards NC Environmental Educator certification.

**Walnut Creek Wetland Park** – Course Fee: \$10  
Sep 14 W 9:00am-12:00pm

**Storytelling for Environmental Educators**

Age: 17-99 yrs. Have you ever been mesmerized by a good storyteller, and perhaps wished you could tell stories like that? In this workshop we will learn about the origins of storytelling, how to gauge your audience, many storytelling techniques. This program is eligible for Criteria 3 credit and Continuing Education Credit towards NC Environmental Educator certification. Please come dressed to spend time outdoors, bring a water bottle and a bag lunch.

**Walnut Creek Wetland Park**

Nov 21 M 9:30am-4:30pm

**Wild Reads - Nature Book Club**

Age: 16-99 yrs. What's the first thing you want to do when you finish a great book? Talk about it! Join our community book club of nature lovers as we read and discuss quarterly selections on wildlife, science, environmental conservation, memoir, and more. Our relaxed meetings are an ideal way to meet like-minded friends and share ideas, questions, and perspectives inspired by notable books on nature. Preregistration is required for planning purposes.

**Durant Nature Preserve****Fuzz by Mary Roach**

Oct 26 W 5:30-6:30pm

**Family****Astronomy Nights**

Age: 5-99 yrs. 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. Children must be accompanied by an adult. Adults and children must register to attend.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$2

Oct 7	F	7:00-8:30pm
Nov 4	F	5:00-6:30pm
Dec 16	F	5:00-6:30pm

**Autumnal Equinox: Hike & Campfire**

All ages. Gather with us for an afternoon hike to celebrate the Autumnal Equinox. During this hike, you will encounter wildlife and plants along the way and learn about their adaptations and how they're starting to prepare for the coming winter. We'll close with a campfire, where we'll share in a reflective meditation. This easy, social hike is a great way to spend quality time with friends or family. Children must be accompanied by adults. Preregistration is required for planning purposes.

**Durant Nature Preserve** – Course Fee: \$4

Sep 22 Th 3:00-4:30pm

**Batty for Bats**

All ages. Join us for an evening of fun where we will learn about the mysteries of bats. We will play games, make a craft, and even spend some time looking for bats. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advanced Registration required.

**Thomas G. Crowder Woodland Center** – Course Fee: \$4

Oct 29 Sa 10:00-11:30am

**Campfire Story & Marshmallow Roast**

All ages. Gather 'round the campfire to enjoy an evening of storytelling, nature, and community. As dusk falls, we'll come together to make new friends, share a tale connected to the forests and wildlife of the Preserve, and roast marshmallows. Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

**Durant Nature Preserve** – Course Fee: \$5

Oct 29	Sa	5:30-6:30pm
Nov 12	Sa	4:00-5:00pm
Dec 3	Sa	4:00-5:00pm
Dec 17	Sa	4:00-5:00pm

**Fall Foliage Hike**

Age: 5-99 yrs. You don't have to travel far to experience the changing colors of fall. Come see Wilkerson Nature Preserve's forest in full fall color and join a naturalist guide for a hike focused on our beautiful deciduous trees. Any children must be accompanied by an adult.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$2

Nov 19 Sa 2:00-3:30pm

**Family Naturalists: Gardening for Pollinators**

Age: 5-99 yrs. Join us to learn about creating a pollinator-friendly garden in this Family Naturalists program. We'll also go for a nature walk and pot up a couple of plants that you can bring home to start or add to your garden. Please come dressed to spend some time outside. Best suited for ages 5 and older. Fee applies to all participants.

**Walnut Creek Wetland Park** – Course Fee: \$3

Oct 2 Su 2:00-3:00pm

**Family Naturalists: Nocturnal Nature**

Age: 2-99 yrs. As you are getting sleepy and letting go of a yawn, many of the wetland's inhabitants are stretching and getting ready for their 'day.' We'll look at which animals are active in the wetland and go for a night hike. What might we see and hear? After our program, we'll enjoy hot chocolate and roast marshmallows by the campfire! This is a family program and the fee applies to all participants ages 2 and older. Please register at least 4 days in advance and come dressed for the weather.

**Walnut Creek Wetland Park** – Course Fee: \$4**Night Hike**

Oct 28 F 6:30-8:00pm



### Guided Nature Hike

Age: 5-99 yrs. 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. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advanced registration is required for this program.

**Thomas G. Crowder Woodland Center** – Course Fee: \$6  
Nov 17 Th 8:00-10:00am

### Lake Johnson Park Nature Explorers

Age: 3-17 yrs. 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. Adult(s) must accompany participant(s), adult(s) & participants under 3 attend free and do not need to register. Advanced registration is required.

**Thomas G. Crowder Woodland Center** – Course Fee: \$3  
Oct 16 Su 1:30-3:00pm

### Nature Art

Age: 6-99 yrs. Come make wild ornaments out of natural items. We'll use invasive plants found on the property and other commonly found nature items to create beautiful ornaments for you to take home. Use these ornaments to brighten up your home during the darkest month of the year! Children must be accompanied by adults. Children and adults must preregister and pay the program fee.

#### Durant Nature Preserve

**Wild Ornaments** – Course Fee: \$5

Dec 4 Su 1:00-2:00pm

#### Horseshoe Farm Nature Preserve

**Wild Ornaments** – Course Fee: \$5

Dec 11 Su 1:00-2:00pm

### Story in the Park

Age: 2-99 yrs. Join us for a story in the park accompanied by a related activity. This family program is best suited to preschoolers through early elementary, though all ages are welcome. Children must be accompanied by an adult, and all participants over age 2 are required to register and pay. Unless weather precludes, the program will occur outdoors.

**Walnut Creek Wetland Park** – Course Fee: \$3

#### Naidra's Pollinator Sight

Sep 17 Sa 11:00am-12:00pm

### Talkin' Turkeys

All ages. Ever wonder why a gobbler's head is bare or what all those feathers are for? Find out the secrets of America's favorite Thanksgiving dish. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany participant(s), register, and pay the program fee.

**Thomas G. Crowder Woodland Center** – Course Fee: \$4

Nov 19 Sa 10:00-11:30am

### Twilight Walk

Age: 5-99 yrs. 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. Adults must accompany children.

**A.L. Wilkerson Nature Preserve** – Course Fee: \$2

Oct 29 Sa 6:00-7:30pm

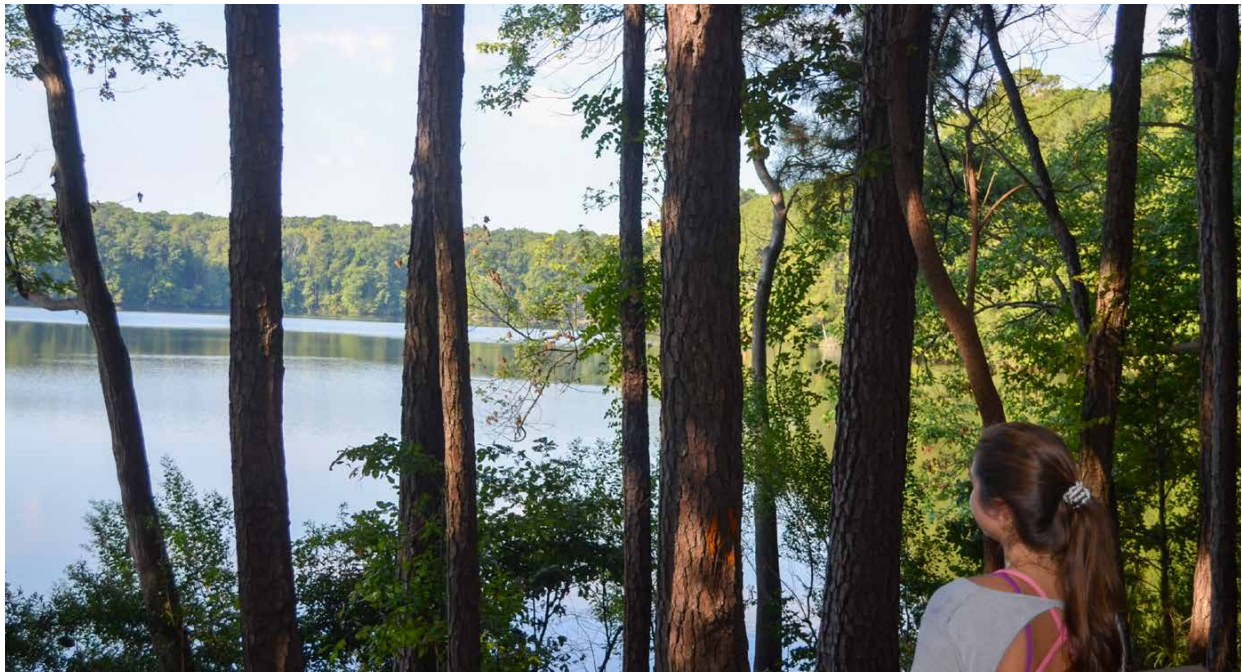
### Winter Solstice: Solstice Stroll

All ages. Gather with us for a Winter Solstice stroll. On this shortest day of the year, we'll enjoy the crisp forest trails before the longest night of winter. Encounter wildlife and plants along the way and learn about their adaptations for cold season survival. We'll close with a reflective meditation around the campfire. This easy walk is a great way to spend quality time with friends or family taking in the quiet, restful phase of the natural year. This program takes place on trails that may not be accessible by strollers. Children must be accompanied by adults. Preregistration is required for all participants.

**Durant Nature Preserve** – Course Fee: \$4

Dec 21 W 3:30-5:00pm

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September 24-30, 2022

# Take A Child Outside Week

Raleigh Parks, Recreation and Cultural Resources invites you to join our celebration of **Take a Child Outside (TACO) Week**! This annual event encourages children and families across the country to get outside, explore, and learn more about the local environment. What will you discover about yourself or your backyard? **Join one – or many- of our special programs this week to learn, play, and spend time together in the wonderful world outdoors. All programs are FREE unless otherwise listed.**

## TACO Week: Nature Journals

Age: 9-12 yrs. Join Pullen Arts Center Teaching Artist, Sarah Johnston at Horseshoe Farm Nature Preserve to create your own nature journal. Youth will make their own stick and band sketchbooks to record notes on the natural world around them and to create sketches of flora and fauna discovered at Horseshoe Farm Nature Preserve. Peerless watercolor sheets will be added to the back of the journals so that youth can draw and paint outside using water brushes. These nature journals will be a place for youth to continue to connect with the natural elements in their backyard, neighborhood, and parks! All supplies included.

**Horseshoe Farm Nature Preserve** – Course Fee: \$10  
Sep 24 Sa 10:00-11:30am  
Activity Code: PUARTACONJ1

## TACO Week: Navigating the Wilderness

Age: 13-16 yrs. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This will take you on a journey off the trails inside Lake Johnson Park. You will learn how to how to take bearings, read a topographic map, read a compass, understand triangulation, and much more. No prior experience is necessary. Adult(s) are not required to accompany participant(s). This program is designed to give adult(s) time to enjoy the park while the participant(s) enjoys the program. Advanced registration is required.

**Thomas G. Crowder Woodland Center**  
Sep 24 Sa 9:00-11:00am  
Activity Code: TCWCTACOOOR

## TACO Week: Dendrology for Kids

Age: 6-13 yrs. Have you ever noticed just how many different kinds of trees there are? Short ones, tall ones, fat ones, skinny ones. Some that have leaves, some that have needles. Some are easy to climb, and some even have thorns! Dendrology is the study of trees. In this FREE TACO program, kids will learn about trees and learn how to identify

the trees that live around us. Hugging of trees is optional. Come dressed to spend the program outdoors. After all, that is where the trees are!

**Walnut Creek Wetland Park**  
Sep 24 Sa 10:00-11:30am  
Activity Code: WCNPTACODENDRO

## TACO Week: Twilight Walk

Age: 5+ yrs. 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. Adults must accompany children.

**Annie Louise Wilkerson Nature Preserve**  
Sep 24 Sa 6:30-8:00pm  
Activity Code: AWNPTACOTWILIGHT

## TACO Week: Know Your Knots

Age: 7-13 yrs. A well tied knot can go a long way. In this program participants will learn how to tie various useful knots. Participants will even put a few to the test to see how well their knots hold up. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register. Advanced registration is required.

**Thomas G. Crowder Woodland Center**  
Sep 25 Su 9:00-11:00am  
Activity Code: TCWCTACOOOR

## TACO Week: Balance Bike Obstacle Course

Age: 2-6 yrs. Riding a balance bike around an obstacle can be a great way for a child to improve their riding skills while having fun! Zig-zag, around and around, limbo, teeter-totter and more! Ride the once or multiple times. Instructors will be onsite to assist with directions and bike set up. Balance bikes and helmets will be provided. Come play bikes with us!

**Forest Ridge Park**  
Sep 25 Su 2:00-4:00pm  
Activity Code: FRORTACOBKE



## TACO Week: Fishing 101

Age: 6+ yrs. Get hooked on fishing by joining us for a fun casting lesson before we send you out to catch the BIG one off our fishing dock. Fishing poles and bait will be provided. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

**Durant Nature Preserve**  
Sep 25 Su 3:00-4:00pm  
Activity Code: DUNPTACOFISH

## TACO Week: Youth Painting - Birds Soar

Age: 5-10 yrs. Join Pullen Arts Center Teaching Artist, Pamela Cola at the Thomas G. Crowder Woodland Center for some birdwatching and Plein air painting. Youth will explore color, pattern, and mark-making while painting a bird portrait. All supplies included.

**Thomas G. Crowder Woodland Center** – Course Fee: \$10  
Sep 25 Su 1:00-2:30pm  
Activity Code: PUARTACOPAINT

## TACO Week: Family Pottery – Go Clay Outside

Age: 5-10 yrs. Celebrate "Take a Child Outside" week with a special outdoor clay exploration! Bring your curiosity and the child in your life to Pullen Arts Center as we take our intergenerational cooperative art-making experience out into nature. We'll explore the textures and shapes of the outdoor areas



surrounding Pullen Arts Center and incorporate what we find into small clay pieces. Pieces will be left for firing and available for pickup two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only. Wear comfortable closed-toe shoes for walking around and bring a blanket or towel to sit on.

**Pullen Arts Center** – Course Fee: \$10

Sep 25 Su 2:00-3:30pm

Activity Code: PUARTACOPOTTERY1

### **TACO Week: Chimney Swifts**

Ages: 7+ yrs. Show children the fascinating world of the migratory chimney swifts in this TACO Week program. After a short education session, we'll head across the street to watch them come together in a magical aeronautical show before roosting for the night in the chimney of Cabbage Magnet Middle School. There is no rain date for this event. The fee ONLY applies to adults. Children are FREE. This program is best suited to children ages 7 and older. Bring your own binoculars or borrow a pair of ours.

**Walnut Creek Wetland Park** – Course Fee: \$3

Sep 27 Tu 6:30-8:00pm

Activity Code: WCNPTACOCHEMNEY

### **TACO Week: Way up High in an Apple Tree!**

Ages: 2-6 yrs. With this engaging program, little ones will delight in the wonders of apple trees as they grow from tiny seeds to tall, fruit-filled trees! Budding botanists will enjoy songs, hands-on activities and great fun. 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**

Sep 27 Tu 10:30-11:30am

Sep 27 Tu 12:30-1:30pm

Activity Code: NPAPPLE

### **TACO Week: Bug Hunt**

Ages: 5-12 yrs. Learn all about bugs! How can you identify an insect? What makes a spider a spider? Then test your skills as a bug-catcher as we learn how to use nets and jars to get a closer look at some of the smaller critters in the park!

**Annie Louise Wilkerson Nature Preserve**

Sep 27 Tu 3:30-5:00pm

Activity Code: AwnPTACOBUGHUNT1

### **TACO Week: Family Printmaking – Leaf Prints**

Age: 3-4 yrs. Join Pullen Arts Center Teaching Artist, Sarah Johnston at Walnut Creek Wetland Park on a leaf collecting mission. Families will gather leaves of varying shapes, sizes, and textures to create one-of-a-kind leaf prints. All supplies included. Class fee includes one adult and one child; please register child only.

**Walnut Creek Wetland Park** – Course Fee: \$10

Sep 28 Wed 10:00-11:00am

Activity Code: PUARTACOPRINT1



## **Grab a Backpack!**

Can't join a group program? Explore nature sites across the city on your own at any time. Check out Self-Guided Explorer Kits at these locations to borrow all the gear you need for nature study and play.

#### **Annie Louise Wilkerson Nature**

**Preserve** – Nature backpacks, gardens kit, sandbox kit, costume kit, fort building kit, fairy houses backpack

**Durant Nature Preserve** – Aquatics, insects, birds, nature art, wildlife tracking

**Forest Ridge Park** – Nature backpacks, fort kit, art, loaner fishing kit (no bait)

#### **Lake Johnson Woodland Center**

– Nature backpacks, art everywhere, loaner fishing poles (no bait)

**Lake Wheeler** – Nature backpacks, loaner fishing poles (no bait)

**Walnut Creek Wetland Park** – Birds, amphibians, trees, bugs, loaner: nets, binoculars, boots

### **TACO Week: Bird Buddies**

Age: 3-6 yrs. Learn all about birds! Why are they colorful? Why do they sing? Can you sing like a bird? Make paper-tube binoculars and take a walk to spy on our bird buddies in the forest and field. Advance registration is required for this program. Adults must accompany their children.

Sep 28 Wed 10:30am-12:00pm

**Annie Louise Wilkerson Nature Preserve**

Activity Code: AwnPTACOBIRDBUDDIES

### **TACO Week: Family Nature Hike**

All ages. Get outside at Lake Wheeler and explore the world around you. This guided hike will encourage you to use multiple senses to make observations along the trail. These walks are designed for the whole family. Routes and topics will be tailored to accommodate the group. Dress for the weather and wear comfortable shoes. Pre-registration is recommended.

**Lake Wheeler Park**

Sep 28 Wed 6:00-7:00pm

Activity Code: NPTACOHKE

### **TACO Week: Family Nature Hike**

All ages. Get outside and explore the trails at Forest Ridge Park! Join one of our experienced naturalists to gain information on flora, fauna, or just enjoy hiking as part of a group. These hikes are designed for the whole family. Routes and topics will be tailored to accommodate the group. Dress for the weather and wear comfortable shoes. Pre-registration is recommended although not required.

**Forest Ridge Park**

Sep 28 Wed 3:30-5:00pm

Activity Code: FRORTACOHKE

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# Take A Child Outside Week September 24-30, 2022

## TACO Week: Way up High in an Apple Tree!

Ages: 2-6 yrs. With this engaging program, little ones will delight in the wonders of apple trees as they grow from tiny seeds to tall, fruit-filled trees! Budding botanists will enjoy songs, hands-on activities and great fun. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

### Sertoma Arts Center

Sep 29 Thurs 10:30-11:30am  
Activity Code: NPAPPLE-005

## TACO Week: Family Pottery – Go Clay Outside

Age: 3-4 yrs. Join Pullen Arts Center Teaching Artist, Emily Malpass at Walnut Creek Wetland Park in celebration of "Take a Child Outside" week with a special outdoor clay exploration! Bring your curiosity and the child in your life as we take our intergeneration cooperative art-making experience out into nature. We'll explore textures and shapes outdoors at Walnut Creek Wetland Park and incorporate what we find into small clay pieces. Pieces will be left for firing and available for pickup at Pullen Arts Center two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only. Wear comfortable closed-toe shoes for walking around and bring a blanket or towel to sit on.

### Walnut Creek Wetland Park – Course Fee: \$10

Sep 29 Thurs 10:00-11:30am  
Activity Code: PUARTACOPOTTERY2

## TACO Week: Fall Flowers and Flyers

Age: 5+. Every fall brings thousands of flowers to Wilkerson Nature Preserve's fields – just in time to fuel fall butterflies and hummingbirds as they prepare for migration. Join us for an outdoor walking program to learn about the flowers of fall, admire their beauty and diversity, and see how protecting fall flowers supports many animals around us.

### Annie Louise Wilkerson Nature Preserve

Sep 29 Thurs 3:30-5:00pm  
Activity Code: AAWNPTACOFLOWERFLYERS

## TACO Week: Teen Jewelry – Textures in Nature

Age: 12-16 yrs. In this workshop, teens will gather inspiration from the outdoor areas surrounding Pullen Arts Center to create a pendant that reflects the textures found in nature. Teens will use natural elements to create imprints into copper using a roll mill and learn basic jewelry skills to complete a one-of-a-kind piece.

### Pullen Arts Center – Course Fee: \$25

Sep 29 Thurs 4:30-6:00pm  
Activity Code: PUARTACOJEWEL1

## TACO Week: Balance Bike Obstacle Course

Ages: 2-6 yrs. Riding a balance bike around an obstacle can be a great way for a child to improve their riding skills while having fun! Zig-zag, around and around, limbo, teeter-totter and more! Ride the once or multiple times. Instructors will be onsite to assist with directions and bike set up. Balance bikes and helmets will be provided. Come play bikes with us!

### Forest Ridge Park

Sep 30 Fri 10:0am-12:00pm  
Activity Code: FRORTACOBKE

## TACO Week: Family Pottery – Nature Hanging Tiles

Age: 3-4 yrs. Join Pullen Arts Center Teaching Artist, Sue Chegari for a story and some artmaking at the Thomas G. Crowder Woodland Center. Collaborate with the child in your life to create a ceramic nature tile hanging. Youth will collect treasures from nature to press into a clay slab creating imprints and texture for a one-of-kind piece. Pieces will be left for firing and available for pickup at Pullen Arts Center two weeks after the class. All supplies included. Class fee includes one adult and one child; please register child only.

### Thomas G. Crowder Woodland Center – Course Fee: \$10

Sep 30 Fri 10:00-11:30am  
Activity Code: PUARTACOPOTTERY3

## TACO Week: Nature Play Day

All ages. Join us to make time 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 in the dirt, build a fairy home out of natural materials, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure. No registration is required; drop in any time between 10:30am and 1:30pm to join the fun! Adults must accompany their children.

### Annie Louise Wilkerson Nature Preserve

Sep 30 Fri 10:30am-1:30pm  
Activity Code: AAWNPTACPLAYDAY

## TACO Week: Outdoor Cooking

Ages: 5+ yrs. Skip the kitchen for a night of family fun and skill-building as you work together to prepare and eat a delicious dinner over the campfire. Practice building a fire, cooking with coals, and assembling a meal sure to please the whole crew. Children must be accompanied by adults. Children and adults must register and pay program fee.

### Durant Nature Preserve – Course Fee: \$15

Sep 30 Fri 6:00-7:30pm  
Activity Code: DUNPTACOCOOL





# CITY OF OAKS *f o u n d a t i o n*



## City of Oaks Foundation Urges Children to Get Outside

Keeping nature nearby for all to enjoy—this mission is at the heart of the City of Oaks Foundation's goal for Raleigh. The connection to the outdoors is fundamental to the health and well-being of everyone, but especially children.

American children today spend less than 10 minutes a day on unstructured outdoor play, according to the National Recreation and Park Association. The rapidly growing role of technology in our world and the increased urbanization of our communities are just some of the reasons that experts have given for the limited time children now spend outside in nature. The City of Oaks Foundation wants to help children grow into stronger and healthier adults who will be connected to their environment. Part of educating children about nature is simply giving them the opportunity to spend more time outside.

Give Play is the City of Oaks' premier youth program. A partnership with Raleigh Parks, Recreation and Cultural Resources, Give Play allows us to provide financial assistance to help children participate in the City's incredible summer camps and nature programs, getting them outdoors and active, making friends and building an appreciation of natural settings and physical activity that will last a lifetime.

Give Play also introduces many children to outdoor sports such as hiking, climbing, canoeing and mountain biking, and helps them build self-confidence and important social skills. Recently, programs like outdoor arts and crafts have been added as a means for more creative and contemplative activities. Through these camps, local youth have safe and healthy ways to spend their summers.

Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers. Additionally, the Foundation's land conservation programs help landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land and future public parks. By supporting the City of Oaks Foundation with your tax-deductible contribution, you will help reverse our nature deficit and help maintain a great outdoors for a great Raleigh!

For more information:

visit [www.cityofoaksfoundation.org](http://www.cityofoaksfoundation.org) call us at **(919)355-6998**, or send us mail to:  
City of Oaks Foundation, PO Box 6147, Raleigh, NC 27628.

**The City of Oaks Foundation, a great outdoors for a great Raleigh!**



# Outdoor Recreation



## Youth

### Compass 101

Age: 10-13 yrs. This course will teach you the skills needed to navigate using a map and compass through fun, hands-on experiences. We will work as a team to complete an orienteering course. Let's venture off the beaten path!

**Forest Ridge Park**  
Nov 19 Sa 1:00-3:00pm

### Compass Basics

Age: 10-13 yrs. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register.

**Thomas G. Crowder Woodland Center** – Course Fee: \$9  
Nov 20 Su 9:00-11:00am

### 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 so register soon to catch the big one!

**Forest Ridge Park**  
Sep 10 Sa 9:00-11:00am  
Oct 22 Sa 9:00-11:00am  
Nov 12 Sa 1:00-3:00pm

### Mountain Bike Basics

Age: 10-13 yrs. Come join our experienced instructors for a fun, entry-level mountain biking class! We will review biking gear, safety, and trail etiquette as well as introduce the fundamentals of mountain biking. All equipment will be provided. If you prefer to use

your own equipment, please bring your own bike and helmet. Preregistration is required.

**Forest Ridge Park** – Course Fee: \$10  
Oct 1 Sa 9:00-11:00am

## Teen

### Mountain Bike Basics

Age: 14-99 yrs. Hit the trails with confidence with this introduction to mountain biking. If you are interested in mountain biking but don't have equipment or don't know where to ride, this course is for you. Utilize our bikes and learn to ride on some of the newest single track trail in the area. One of our experienced instructors that will get you set up to ride and guide you through fundamentals that can prepare you for a lifetime of enjoyment. All equipment will be provided. Preregistration is required so sign up today!

**Forest Ridge Park** – Course Fee: \$10  
Oct 8 Sa 9:00-11:00am  
Dec 3 Sa 9:00-11:00am

## Adult

### Adult Fishing

Age: 16-99 yrs. 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 and experienced fisherman. No prior experience required. All equipment is provided. Advanced registration is required for this program.

**Lake Johnson Waterfront Center** – Course Fee: \$8  
Sep 18 Su 9:00-11:00am

### Bike Maintenance Clinic

Age: 14-99 yrs. 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: \$10  
Sep 24 Sa 1:00-3:00pm  
Nov 19 Sa 1:00-3:00pm

### Orienteering 101

Age: 16-99 yrs. Ever been worried about getting lost in the woods with only a map and no working GPS? This course will take you off trail inside Lake Johnson Park and teach you all about how to navigate without the aid of a GPS or your phone. Walk away understanding how to read a compass, take bearings, understand a topographic map, and much more. No prior experience is necessary. Advanced registration is required for this program.

**Lake Johnson Magnolia Cottage** – Course Fee: \$10  
Oct 2 Su 9:00am-12:00pm  
Dec 4 Su 1:00-4:00pm





SCENIC LOOP





# Social Programs



## Preschool

### Cook Without a Kitchen

Age: 3-5 yrs. What snack do you get when you put ducks in a box? A box of quackers! Bring you "Wee Chef" to Marsh Creek Community Center for their first cooking class! We'll make some snacks AND some friends in this unique culinary class for preschoolers! Be sure to wear clothes that can get dirty - no chef hat required!

**Marsh Creek Community Center** – Course Fee: \$8  
Sep 7 W 9:30-10:30am

### Frozen Without Snow

Age: 3-5 yrs. Brrrr... it's cold enough for snow but we can have some frozen fun without it! We'll have a snow-free snowball fight, make snow-free sno-cones, and make snow-free snow forts. Dress for active games and get ready to make some friends!

**Marsh Creek Community Center** – Course Fee: \$8  
Dec 7 W 9:30-10:30am

### Gobble til' you Wobble

Age: 2-5 yrs. Let your little one come join us for an afternoon of fun, thankfulness and lots of turkey related silliness. Children will participate in arts and crafts, stories, and tasty treats!

**Greystone Recreation Center** – Course Fee: \$10  
Nov 17 Th 10:00-11:30am

### Howling Halloween

Age: 2-5 yrs. Your kids will go BATTY over these fun Halloween crafts. Join us for a fun afternoon of crafts, food experiences, and games to celebrate the spirit of Halloween.

**Hill Street Neighborhood Center** – Course Fee: \$8  
Oct 24 M 3:30-4:30pm

### Kids in Action

Age: 0-5 yrs. Join your friends at Kiwanis Park for this chance to socialize and play! Each session we will have several stations set up with different activities, like preschool centers! Options can include art, reading, sensory, building, and more. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants ages 5 and under.

**Kiwanis Community Center**  
Sep 8 Th 9:30-11:30am  
Oct 13 Th 9:30-11:30am  
Nov 10 Th 9:30-11:30am  
Dec 8 Th 9:30-11:30am

### Color Without Crayons

Age: 3-5 yrs. Bring your "Little Picasso" to this messy and free-spirited art class. In this class, we will avoid painting within the lines and make new friends. Don't forget to wear clothes that can become their own work of art.

**Marsh Creek Community Center** – Course Fee: \$8  
Nov 2 W 9:30-10:30am

### Painting Without Brushes

Age: 2-5 yrs. Fun, Messy, Creative, Oh My! This fun class will give your little one a chance to explore their creativity through painting using different tools to paint with. Your little one will create their own special works of art to take home. Pre-registration is required, and the guardian must stay with child during program.

**Hill Street Neighborhood Center** – Course Fee: \$8  
Sep 19 M 3:30-4:30pm

### Play Without Rules

Age: 3-5 yrs. Okay... maybe there will be some rules; but, in this exciting new class, we'll create them together! Let's build castles, design mazes, and make new friends! Anything is on the table for this class built for your fun-loving and imagination-driven pre-schooler!

**Marsh Creek Community Center** – Course Fee: \$8  
Oct 5 W 9:30-10:30am

### Reindeer Rodeo

Age: 3-6 yrs. It's the most wonderful time of the year for the Reindeer Rodeo! Bring your little one for a fun-filled morning of crafts, games, and treats. Due to the limited number of crafts, pre-registration is required. See you at the Rodeo!

**Abbots Creek Community Center** – Course Fee: \$7  
Dec 9 F 10:00-10:45am

### Santa's Little Helpers

Age: 2-5 yrs. Santa's little helpers will get into the holiday spirit with fun crafts, stories, and games. Enjoy creating one of a kind ornaments to hang from the tree and enjoy making holiday memories.

**Hill Street Neighborhood Center** – Course Fee: \$8  
Dec 12 M 3:30-4:30pm

### Story Corner and Crafts

Age: 3-5 yrs. Join your friends at Kiwanis Park as we dive into a story, let out our sillies with a game, and make a craft related to our book! Each session will feature a different book. Children must be accompanied by adults. Adults attend free.

**Kiwanis Community Center** – Course Fee: \$3  
Sep 20 Tu 10:30-11:30am  
Oct 18 Tu 10:30-11:30am  
Nov 15 Tu 10:30-11:30am  
Dec 20 Tu 10:30-11:30am

### Storytime

Age: 1.5-4 yrs. Bring your little ones out the first Thursday of each month to enjoy story time, interactive rhymes and body movement. Stay after the story for socialization and playtime in the gym to get the extra wiggles out. Parents/caregivers must remain with child.

**Halifax Community Center**  
Sep 1-Dec 1 Th 10:30-11:00am

### Under the Big Top

Age: 3-5 yrs. Come have some carnival fun with your little one! This active program will be enjoyable for all, as we take you and your little one to the carnival for a great time. We will be making some carnival games, carnival themed crafts, and have a chance to play some carnival activities. We will also enjoy some carnival snacks!

**Hill Street Neighborhood Center**  
**Under the Big Top** – Course Fee: \$12  
Aug 15 M 3:00-4:30pm  
**Pullen Community Center**  
**Under the Big Top** – Course Fee: \$12  
Sep 15 Th 10:00-11:30am

## Youth

### Basketball Fundamentals 101

Age: 5-12 yrs. 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  
Sep 6-Sep 27 Tu 6:00-7:00pm  
Oct 4-Oct 25 Tu 6:00-7:00pm  
Nov 1-Nov 29 Tu 6:00-7:00pm  
Dec 6-Dec 27 Tu 6:00-7:00pm

### Campbell After School Fun

Age: 5-12 yrs. The Campbell After school Fun Program is a recreation based program for youth in kindergarten through 5th grade that is offered at The Ralph Campbell Community Center. The program includes recreational games, arts, crafts, and various specialty activities. A light snack is provided daily. Program participants will also have time if needed to work on homework with some assistance; however we do not provide tutoring services.

The Campbell Afterschool Fun Program is available Monday through Friday afternoons following the Wake County School System's traditional school calendar. We do extend hours to cover planned early release days. While there is no program on teacher workdays, holidays or when schools close early due to inclement weather we may choose to offer alternate programs to assist in these times if attendance numbers meet our required minimum. Please make sure to ask about our alternate program offerings for inclement weather days and teacher workdays. Transportation is not provided. Program hours are 4pm-6pm. For more information, please contact the Ralph Campbell Center.

**Ralph Campbell Neighborhood Center**  
**CAF Week 4** – Course Fee: \$36  
Dec 20-Dec 22 M-W 2:00-6:00pm

### Imagination Playground

Age: 0-6 yrs. Join your friends at Abbots Creek Community Center for this opportunity to let your imaginations run wild! We will supply the equipment, you supply the fun! Each day, we will provide Imagination Playground blocks and other fun activities for your tot to put their imagination to work and socialize with friends. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants age 6 and under.

**Abbots Creek Community Center**  
Sep 3-Nov 12 Sa 9:15-11:30am

## Teen

### Girls World

Age: 12-17 yrs. This is a program for girls that will meet once a week for 4 weeks. The program will serve girls age 12-17. The program focuses on self-exploration and encourages girls to be resilient. The program seeks to teach girls how to create, restore and sustain healthy relationships. Topics include: Building Trust, Journaling, Personal Growth and Assertiveness and Goal Setting. The program will be at SMTC from 6:00pm-7:00pm.

**Saint Monica Teen Center**  
Nov 9-Nov 30 Tu 6:00-7:00pm

### Raleigh Youth Council

Age: 14-18 yrs. Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. The Council focuses on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, register online and attend a meeting or call the Teen Program at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

**Laurel Hills Community Center**  
Aug 22-Dec 12 M 7:00-8:00pm

### Step Team of Worthdale

Age: 13-18 yrs. Youth will explore stepping and traditional native dance. Stepping is a form of complex rhythms and sounds through a mixture of footsteps, hand claps and promotes expressive dancing and dramatic acting.

**Worthdale Community Center**  
Sep 1-Sep 29 Tu & Th 6:45-8:00pm  
Oct 4-Oct 27 Tu & Th 6:45-8:00pm  
Nov 1-Nov 29 Tu & Th 6:45-8:00pm  
Dec 1-Dec 29 Tu & Th 6:45-8:00pm

## Adult

### Active Adult Line Dancing

Age: 18-99 yrs. Would you like to dance, but don't have a partner? No problem! Line Dancing is a pattern of steps done repeatedly throughout the course of a song which individuals can do WITHOUT a partner. We'll dance to Soul, R&B, Country music PLUS other types. All the steps will be thoroughly explained. You'll develop your inner dancer, gain confidence, & make lifelong friendships in a safe & personal environment. Wear smooth-soled shoes; no experience necessary.

**Worthdale Community Center** – Course Fee: \$5  
Sep 1-Sep 29 Th 7:00-8:30pm  
Oct 6-Oct 27 Th 7:00-8:30pm  
Nov 3-Nov 24 Th 7:00-8:30pm  
Dec 1-Dec 29 Th 7:00-8:30pm

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### Adult Game Time at Abbotts Creek

Age: 18-99 yrs. Join new and old friends at Abbotts Creek Community Center for game time, cards, and socialization each Saturday from 1-3. Playing cards will be provided but feel free to bring any other games you'd like to play.

#### Abbotts Creek Community Center

Sep 3-Dec 17 Sa 1:00-3:00pm

### Chicas Conversation & 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.

#### Lions Park Community Center

Sep 10 Sa 10:00-11:00am

Nov 12 Sa 10:00-11:00am

### German Shepherd Dog Club

Age: 18-99 yrs.

#### Millbrook Exchange Community Center – Course Fee: \$1

Sep 1 Th 7:00-9:00pm

Oct 6 Th 7:00-9:00pm

Nov 3 Th 7:00-9:00pm

Dec 1 Th 7:00-9:00pm

### Marsh Creek Gardeners Meetup

Age: 15-99 yrs. Bring your "green thumb" and a pad of paper/pen for a fun chance to discuss all things gardening! Each month we'll cover a different subject (and allow for off topic discussion!) and provide a free

seed to plant at home for each registrant.

Topics will include: seed saving, watering/feeding, pruning, preserving your harvest, succession planting, getting started, square foot gardening, planning your space, micronutrients, seed starting, pest/disease prevention, orchard management, organic vs. synthetic gardening, where to lawns fit in, and even some history! Pre-registration is required.

#### Marsh Creek Community Center

Sep 8-Dec 8 Th 8:30-10:00am

### Pinochle Challenge

Age: 50-99 yrs. Pinochle is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. If you do not know how to play, the group will teach you.

#### Biltmore Hills Community Center

Sep 2-Dec 16 F 1:00-8:00pm

### Reading "Between the Spines" Book Club

Age: 16-99 yrs. Bring friends AND make new ones at this once per month book club at Marsh Creek Community Center. Each month will feature a new book to read with discussion to follow. All discussions will be led by a lifelong lover of books. Out-of-the-box theories, ideas for better endings, ideas for subplots, and in-depth character analysis will all be discussed.

#### Marsh Creek Community Center – Course Fee: \$1

Sep 7-Dec 14 W 10:00-11:00am

### Sertoma Group - Sertoma Park Artists

Age: yrs .Come join this creative group of artists who meet every Thursday. Individuals are welcome to visit the group and find out more about joining. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.

#### Sertoma Arts Center

Sep 1-Dec 29 Th 9:00am-12:00pm

### Sew Creative Sewing

Age: 18-99 yrs. All you need is thread plus your imagination and you'll create a masterpiece. This class will cover cross-stitching, embroidery, and sewing projects. We will be making embroidery pillows, DIY fabric masks, and cross-stitch artwork. Sign up and bring your sewing kit!

#### Marsh Creek Community Center

Sep 12-Sep 26 M 9:00-10:00am Fee: \$45

Oct 3-Oct 24 M 9:00-10:00am Fee: \$60

Nov 7-Nov 28 M 9:00-10:00am Fee: \$60

Dec 5-Dec 19 M 9:00-10:00am Fee: \$45

### Zig Zaggers Square Dance Club

Age: 13 yrs. 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 Neighborhood Center** – Course Fee: \$1  
 Sep 7-Dec 14 W 7:00-9:00pm

## Senior

### Bridge: Open Play

Age: 18-99 yrs. Join other bridge players for this open play program. All experience levels are welcome.

#### Greystone Recreation Center

Sep 7-Dec 28 W 10:00am-1:00pm  
 Sep 12-Dec 19 M 10:00am-1:00pm

### Card Making to Lift Spirits

Age: 18-99 yrs. Enjoy fellowship with others while creating cards to send to those who are in need of a smile. All supplies: card stock, stickers, cut-outs and designed paper is provided. No experience needed. Join us as we make cards to be donated to Meals on Wheels.

#### Walnut Terrace Center

##### Fall/Halloween

Sep 15 Th 2:00-4:00pm

##### Thanksgiving

Oct 20 Th 2:00-4:00pm

##### Holidays

Nov 17 Th 2:00-4:00pm

##### Thinking of You

Aug 18 Th 2:00-4:00pm

### Embracing Joy with Craft Making

Age: 18-99 yrs. Does your holiday decor need a pick me up? Join us to create new hand-made decorative elements using re-purposed items from thrift and nature.

#### Walnut Terrace Center

##### Fall/Halloween

Sep 7 W 2:00-4:00pm

##### Thanksgiving

Oct 5 W 2:00-4:00pm

##### Holidays

Nov 9 W 2:00-4:00pm

### Greystone Blanketeers

Age: 16-99 yrs. 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 Recreation Center

Sep 27 Tu 1:00-4:00pm  
 Oct 25 Tu 1:00-4:00pm  
 Nov 22 Tu 1:00-4:00pm  
 Dec 27 Tu 1:00-4:00pm

### Mah Jongg Open Play

Age: 0-99 yrs. 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 Recreation Center

Sep 12-Dec 19 M 1:30-4:00pm  
 Sep 6-Dec 27 Tu 12:00-2:00pm

### Movies at Walnut Terrace Center

Age: 18-99 yrs. Enjoy a recently release movie from the theater or a popular movie from the past. Find a list of the movies on the website or by calling the center. Feel free to bring your own snacks and drinks, there is a microwave available for your use. Movies are Free, but Registration is required and is available on a month by month basis. Register online, in-person or by calling 919-996-6160 to reserve your seat. Seating is limited to 7 people.

#### Walnut Terrace Center

Aug 1-Aug 29 M 1:00-3:30pm  
 Aug 1-Aug 29 M 1:00-3:30pm

Aug 1-Aug 29 M 1:00-3:30pm  
 Aug 1-Aug 29 M 1:00-3:30pm  
 Sep 6-Sep 27 Tu 10:30am-12:30pm  
 Oct 4-Oct 25 Tu 10:30am-12:30pm  
 Nov 1-Nov 29 Tu 10:30am-12:30pm  
 Dec 6-Dec 27 Tu 10:30am-12:30pm

### Open Play Cards and Games

Age: yrs. Want to play bridge, canasta, poker, mahjong or more with your friends? 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 and space is limited.

#### Anne Gordon Center

Sep 6-Dec 20 Tu 1:00-4:30pm  
 Sep 2-Dec 30 F 1:00-4:30pm

#### Walnut Terrace Center

Sep 6-Dec 27 Tu 10:00am-1:00pm

### Senior Fridays

Age: 50-99 yrs. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

#### Greystone Recreation Center

Sep 2-Dec 30 F 1:00-3:00pm

### Trivia Group at Anne Gordon Center

Age: yrs. Test your knowledge and memory in a fun social setting. We will provide trivia game cards to get the group started, but feel free to bring in your own supplies to challenge your friends. Registration is required and space is limited.

#### Anne Gordon Center

Sep 2-Dec 30 F 10:00am-12:00pm

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### What did Grandma do?

Age: 0-99 yrs. Roundtable Discussions: What did Grandma do and what did she use to do it? Discover some useful tips and/or share yours.

#### Walnut Terrace Center Fall/Halloween

Sep 28	W	2:00-4:00pm
Thanksgiving		
Oct 26	W	2:00-4:00pm
Holidays		
Nov 30	W	2:00-4:00pm

### Worthdale Walkers

Age: 55-99 yrs. Come out and enjoy walking, fellowship, and health / life management sessions. Attend special events for older adults and take field trips throughout the year. Join this group each Thursday as they meet from 11:00am - 1:00pm.

#### Worthdale Community Center

Sep 1-Sep 29	Th	11:00am-1:00pm
Oct 6-Oct 27	Th	11:00am-1:00pm
Nov 3-Nov 24	Th	11:00am-1:00pm
Dec 1-Dec 29	Th	11:00am-1:00pm

### Write Your Story

Age: 18-99 yrs. Capture your life experiences by writing them into stories that you can enjoy reliving and sharing the legacy with your children and grandchildren. We will create a safe place that facilitates and encourages us to remember, explore and create word pictures that bring our stories to life.

#### Walnut Terrace Center New Beginnings

Sep 15	Th	1:00-3:00pm
Conversations		
Oct 13	Th	1:00-3:00pm
Togetherness		
Nov 10	Th	1:00-3:00pm
Celebrations		
Dec 8	Th	1:00-3:00pm

## Family

### Family Game Night

All ages. There is no party like a JCMP party! Grab your family and head down to Chavis for an evening filled with laughs, fun, and excitement! This environment will allow families to reconnect and spend quality time together while participating in a little friendly competition as well. Come make some memories at Chavis! See you soon!

#### John Chavis Community Center

Nov 11	F	6:30-8:30pm
Sep 23	F	6:30-8:30pm

### Family Night at the Movies

Age: 5-99 yrs. We've got the movie – you bring the kids, parents or friends! Come out and enjoy popcorn with a family-friendly movie while being comfy in your pajamas!

#### Sanderford Road Neighborhood Center

Sep 30	F	6:00-8:00pm
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### Frosty Festivities

Age: 0-99 yrs. Join us for a frosty festive family night as we venture to the snowy North Pole. We encourage you to wear your favorite PJ's as we enjoy a holiday themed movie and an intermission filled with hot cocoa, popcorn, pizza and more!

#### Greystone Recreation Center – Course Fee: \$10

Dec 2	F	6:00-8:00pm
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### Gingerbread Show Down

Age: 0-99 yrs. Candy! Frosting! Imagination! Celebrate the season by designing your very own gingerbread house using graham crackers, frosting and of course, CANDY! Bring your family and compete with other families for a chance to be crowned the Supreme Gingerbread Jam.

#### Greystone Recreation Center – Course Fee: \$20

Dec 17	Sa	10:30am-12:00pm
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### Holiday Movie Night

Age: 5-99 yrs. Bring your family out for some Holiday fun! We will provide the hot Chocolate as well as an age-appropriate holiday movie everyone will enjoy! Participants under 5 years old must be accompanied by an adult.

#### Sanderford Road Neighborhood Center

Dec 16	F	6:00-8:00pm
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### Pumpkin Palooza

Age: yrs. Come and join us for an evening of family fun and creativity as we ring in the fall season! We will decorate pumpkins and enjoy tasty treats to inspire the most outrageous designs and creations.

#### Greystone Recreation Center – Course Fee: \$12

Oct 7	F	6:00-7:30pm
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### Toys For Tots

Age: 0-99 yrs. Toys for Tots Registration Day. Register children, newborns to 13 years old to receive a toy for Christmas. Registration is one day only. Space is limited. You must register in person.

#### Hill Street Neighborhood Center

##### Registration

Nov 18	F	5:00-7:00pm
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##### Pick up

Dec 17	Sa	1:30-3:30pm
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### Winter Wonderland

Age: 5-10 yrs. We bring you our Wonderland Walk at Method Road Park. Join us for a variety of crafts, games, and our magical trail!!! Bring your camera, and be quick, you might just SNAP OLE™ SAINT NICK!! Pre-registration is required.

#### Method Road Community Center – Course Fee: \$7

##### Wonderland Walk

Dec 16	F	5:00-8:30pm
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## Golden Years Clubs

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the listed club leader for specific club information.

### Asbury Joy Club

Asbury UMC  
6612 Creedmoor Road  
3rd Thursday, 11:00am  
Sept – May: trips, meals, speakers  
Susan: (919) 624-1603

### Chavis Circle of Friends

Chavis Community Center  
505 MLK Blvd  
Last Wednesday, 11:00am  
Jan – Nov: speakers, social  
Clinton: (919) 210-8658

### Fellowship Club

West Raleigh Presbyterian  
1016 Deboy Street  
2nd/4th Tuesday, 10:00am  
Sept – May: speakers, meals, trips  
Brenda: (919) 208-0925

### Fifty-Five Plus Club

Anne Gordon Center  
1901 Spring Forest Road  
Wednesdays, 10:00am  
Sept – May: speakers, cards, trips  
June – Aug: cards only  
Staff: (919) 996-4720

### First Cosmopolitan Club

First Cosmopolitan Baptist  
1515 Cross Link Road  
3rd Wednesday, 1:00pm  
Sept – May: social, trips, cards, speakers  
Gene: (919) 622-1448

### First Friday

Five Points Adult Center  
2000 Noble Road  
Mon – Thur, 10:00am  
Yearly: social, crafts  
Almatha: (919) 266-9597

### Go-Getters Club

Federal Coastal Credit  
7415 Creedmoor Road  
2nd/4th Thursday, 10:00am  
Sept – May: trips only  
Lauren: (919) 612-5164

### Golden Eagles Club

Top Greene Center  
401 MLK Jr. Boulevard  
2nd Wednesday, 11:00am  
Yearly: speakers, meals, trips  
Troy: (919) 996-2730

### Golden Circle

Wilson Temple UMC  
1023 Oberlin Road  
3rd Wednesday, 11:00am  
Sept – May: social, speakers, lunch, trips  
Phylliss: (919) 827-5371

### Golden Jewels

St. Paul AME Church  
402 W. Edenton Street  
Wednesdays, 10:00am  
Sept – May: speakers, trips  
Vallarie: (919) 789-3366

### Grand Age Club

Hayes Barton United Methodist  
2209 Fairview Road  
Thursdays, 11:15am  
Sept – May: speakers, meals, trips  
1x month in the summer  
Margie: (919) 280-4840

### Hi-Milers

Marsh Creek Comm. Center  
3050 N. New Hope Road  
2nd Tuesday, 10:00am  
Aug – June: speakers, meals, trips  
Lianne: (919) 880-7409

### Keenagers

White Memorial Presbyterian  
1704 Oberlin Road  
Thursdays, 10:30am  
Sept – May: social, speakers, lunch, trips  
James: (984) 255-5487

### Lake Lynn Seniors

Lake Lynn Comm. Center  
7921 Ray Road  
Tuesdays, 10:00am  
Sept – May: speakers, meals, trips  
Kathy: (919) 349-8905

### Lions Park Club

Lions Park Community Center  
516 Dennis Avenue  
1st Wednesday, 10:00am  
Sept – June: speakers, meals, cards,  
Christie: (919) 996-4726

### NRUMC—Joy Club

North Raleigh UMC  
8501 Honeycutt Road  
1st, 2nd, 3rd, 5th Wed, 11:00am  
Yearly: speakers, meals, trips  
Cletha: (919) 606-1812

### Pullen Park Club

Pullen Park Community Center  
408 Ashe Avenue  
Wednesdays, 10:00am  
Yearly: cards  
Staff: (919) 996-6052

### St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish  
11401 Leesville Road  
2nd & 4th Wednesday, 11:30am  
Yearly: speakers, meals, cards, trips  
Kathy: (919) 272-4442

### St. Joseph Happy Hearts

St. Joseph Catholic Church  
2817 Poole Road  
1st Wednesday, 1:00pm  
Sept – May: speakers, meals, trips  
Liz: 919-872-2917

### Smiling Age Club

Biltmore Hills Comm. Center  
2615 Fitzgerald Drive  
Tuesdays, 10:00am  
Sept – May: speakers, trips  
Mary: (919) 755-1086

### Snappy Seniors

Marsh Creek Comm. Center  
3050 N. New Hope Road  
1st and 3rd Monday, 10:00am  
Sept – May: speakers, meals  
Sara: (919) 255-3563

### Tarboro Road Movers & Shakers

Tarboro Road Comm Center  
121 N. Tarboro Street  
1st/3rd Monday, 10:30am  
Sept – May: speakers, meals, trips  
Sherri: (919) 996-6505

### Touch of Love

St. Matthew Baptist Ch.  
5410 Louisburg Road  
Wed after the 2nd/4th Sun, 10:30am  
Sept – May: speakers, meals, trips  
Dee: (919) 630-0320

### Watts Seniors

Watts Chapel  
3703 Tryon Road  
3rd Tuesday, 10:00am  
Sept – June: social, speakers  
Ella: (917) 589-2566

### Worthdale Walkers Club

Worthdale Comm. Center  
1001 Cooper Road  
Thursdays, 11:00am  
Sept – May: social, trips, speakers  
Troy: (919) 996-2730

### Young at Heart Club

Five Points Adult Center  
2000 Noble Road  
2nd/4th Wednesday, 10:00am  
Yearly: speakers, meals, trips  
Brenda: (919) 834-8170

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the listed Club Liaison for specific club information.

This information is not to be used for solicitation purposes.

# Specialized Recreation & Inclusion Services

## Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

### Program Director

Christen Winstead, LRT/CTRS

christen.winstead@raleighnc.gov

### Inclusion Manager

Laurel Heizelman, LRT/CTRS

laurel.heizelman@raleighnc.gov

### Inclusion Coordinator

Olivia Atkinson, LRT/CTRS

olivia.atkinson@raleighnc.gov

### Program Coordinator

Casey Johnson, LRT/CTRS

casey.johnson@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.

Specialized Recreation programs are offered to meet the needs and interests of participants. Programs may be modified and/or adaptive equipment may be available to assist participants. Some eligibility requirements may apply. Please review our program listings for more information.

Inclusion Services provides supports to individuals who request modifications due to disability or medical condition, to assist with participation in all Parks, Recreation and Cultural Resource programs. To ensure reasonable modifications are available, the request should be received at least two weeks prior to the start date of the program.

For more information about our programs or inclusion services, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations or forms to:

Raleigh Parks, Recreation and Cultural Resources Department

Specialized Recreation and Inclusion Services

2401 Wade Avenue, Raleigh, NC 27607

## Abilities Tennis Association of NC

Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2-3pm or 3:30-5pm) at Millbrook Exchange Tennis Center.

## Buddy Soccer

Ages: 5-14 years. This is an instructional program focused on developing basic skills such as passing, dribbling, defense and scoring. This program is designed for anyone interested in learning functional skills in a non-competitive environment. Each participant must attend with a "buddy" (sibling, friend, assistant, parent). Only the participant must register for the program; there is no charge for the buddy. For more information, please contact 919-996-2147.

**Peach Road Cultural Center** – Course Fee: \$18

Oct 1-Oct 22    Sa    10:00-11:00am

## Meet-Up Opportunities

Specialized Recreation will offer monthly meet-up opportunities for those interested in spending some time socializing with peers. Participants will meet staff on-site at various locations throughout the City of Raleigh. Participants will be responsible for providing their own transportation to and from these programs and must have current SRIS forms on file.

## Outings & Trips

Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. Some previous activities include local sporting events, trips to museums, seasonal outings, etc. Online registration may not be available for some outings. Participants must have current SRIS forms on file.

## Quest Adult Day Program

Age: 22-99 yrs. The Quest Adult Day Program is for adults with disabilities who can engage appropriately in a small group setting (approximately 6 participants with 1 staff). The program offers age appropriate activities to engage participants in nature, music and movement, arts and crafts, etc. with specialist visits revolving around themes such as Healthy Living, Culture, and Giving Back.

Under normal program guidelines and operations, the following are examples of how staff and participants will engage during the program.

**Behavior:** Staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate behavior, without presenting a safety concern to themselves, other participants or staff. Unsafe behaviors may include, but are not limited to: biting, hitting, kicking, pinching, running, spitting, etc.

**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 participants 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, during specialist visits and in the community on field trips when appropriate.

**Toileting & Personal Care:** Staff will provide verbal and visual prompting and provide occasional assistance with pulling up and/or fastening clothing. Participants should be able to clean/wipe themselves independently or with minimal/prompting from staff. Please contact SRIS@raleighnc.gov or 919.996.2147 for more information.

**Five Points Center**

Sep 6-Sep 27	Tu	10:00am-3:00pm	Fee: \$130
Oct 4-Oct 25	Tu	10:00am-3:00pm	Fee: \$130
Nov 1-Nov 29	Tu	10:00am-3:00pm	Fee: \$130
Dec 6-Dec 13	Tu	10:00am-3:00pm	Fee: \$65

**Millbrook Exchange Community Center**

Sep 1-Sep 29	Th	10:00am-3:00pm	Fee: \$130
Oct 6-Oct 27	Th	10:00am-3:00pm	Fee: \$130
Nov 3-Nov 17	Th	10:00am-3:00pm	Fee: \$97.50
Dec 1-Dec 15	Th	10:00am-3:00pm	Fee: \$97.50

**Raleigh Blind Bowlers Association - The Raleigh Outlaws**

The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

**Raleigh Sidewinders**

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).

**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.

**SRIS Bingo**

Ages 6+ Join us the first Wednesday of every month for a fun-filled night of BINGO! Game winners will have a selection of prizes to choose from! Participants must be able to play in small group settings of 1 staff to 6 participants, 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 (additional paperwork required). For more information, please contact SRIS at 919-996-2147

**John Chavis Community Center – Course Fee: \$4**

Sep 7	W	6:30-7:30pm
Oct 5	W	6:30-7:30pm
Nov 2	W	6:30-7:30pm
Dec 7	W	6:30-7:30pm

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### SRIS Mic Night

Ages: 6+ 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. Participants must be able to work in small group settings of 1 staff to 6 participants, 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 (additional paperwork required). For more information, please call 919-996-2147.

#### John Chavis Community Center – Course Fee: \$5

Sep 16	F	6:00-7:00pm
Oct 21	F	6:00-7:00pm
Nov 18	F	6:00-7:00pm
Dec 16	F	6:00-7:00pm

### SRIS Outdoor Adventure

Age: yrs. Join us for a month of adventure! We will go on a nature hike and hammock, fish, kayak and paddle board, and rock climb! All program equipment will be provided. Please contact us directly about adaptive equipment availability. An instructor will facilitate and assist participants at a ratio of 1:6. Individuals requiring a higher level of support may attend with a personal assistant. For more information, please call 919-996-2147.

#### Lake Johnson Waterfront Center – Course Fee: \$125

Sep 3-Sep 24	Sa	10:00-11:30am
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### SRIS Recreation Bowling

Ages 13 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 program is recreational in nature, and does not provide instructional skill curriculum. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 8 hours of bowling and shoe rental for the month. 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.

#### Offsite Programming – Course Fee: \$36

Sep 10-Sep 24	Sa	12:00-2:00pm
Oct 1-Oct 29	Sa	12:00-2:00pm
Nov 5-Nov 19	Sa	12:00-2:00pm
Dec 3-Dec 17	Sa	12:00-2:00pm

### Triangle Taiko Drumming

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.

### 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).

### VIP Darts

Ages: 16+ Join us for an evening of fellowship, fun and darts every 1st Monday of the month. Audio dart board is available. This program is designed as recreational practice and not instructional in nature. Staff are present to provide support as needed. There is no food or transportation offered during this program. For more information, please contact SRIS at 919-996-2147.

#### Jaycee Community Center

Sep 19	M	6:00-7:30pm	Fee: \$5
Oct 3-Oct 17	M	6:00-7:30pm	Fee: \$10
Nov 7-Nov 21	M	6:00-7:30pm	Fee: \$10
Dec 5-Dec 19	M	6:00-7:30pm	Fee: \$10

## Additional Facility and Program Information

### Facilities

#### Amusements

##### Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606

Phone: 919-996-6468

**Park Manager:** Scott Mott

Email: Scott.Mott@raleighnc.gov

**Assistant Manager:** Andrew Boos

Email: Andrew.Boos@raleighnc.gov

**Assistant Manager:** Deanna Ludwick

Email: Deanna.Ludwick@raleighnc.gov

Pullen Park offers popular amenities such as a renovated 1911 Gustave A. Dentzel menagerie carousel, a C.P. Huntington miniature train ride, pedal boat rentals, a kiddie boat ride and exciting playground equipment. Picnic shelters and our Island Gazebo are also available to rent for all occasions. The Pullen Place Cafe offers seasonal menus in addition to standard park fare.

Tickets are \$1.50 each for all guests over 1 year old. Pedal boat rentals are \$6 per boat for a 30 minute ride. Riders must be at least 42 inches tall to ride unaccompanied on the carousel and train.

##### 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 \$1.50 for all guests over 1 year old. 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

#### Digital Inclusion

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

#### 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 [rdpvolunteer@raleighnc.gov](mailto:rdpvolunteer@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

5611 Jaguar Park Drive, Raleigh NC, 27606

(919) 996-3141

Waterfront Center (Closed Mondays: October - March)

**Park Manager:** Mark Elmore

Email: [Mark.Elmore@raleighnc.gov](mailto:Mark.Elmore@raleighnc.gov)

**Assistant Park Managers:**

Chris Hill

Email: [christopher.hill@raleighnc.gov](mailto:christopher.hill@raleighnc.gov)

Julia Babuin

Email: [Julia.Babuin@raleighnc.gov](mailto:Julia.Babuin@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 rent (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.

## Additional Facility and Program Information

### 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, Oakwood Park and Dorothea Dix Park.

### Museums

**COR 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.

### Teen Zones

Teen Zones are dedicated spaces within City of Raleigh Community Centers for teens. Teen Zones are dedicated to creating safe and diverse environments for the teen community and are designed to empower youth, foster creativity and promote diversity, equity and inclusion. Stop by the Teen Zone closest to you for recreational activities such as PS4, basketball, movies, computer and internet access and music. The Teen Zone will also include classes, special events, field trips, leadership opportunities, service learning, and daily activities for which teens can register. Registration is required for the Teen Zone. Hours of operation: Monday-Friday 3-6pm. Ages: 12-17. For more information contact Teen Programs at 919-996-2139. Teen Zones are located at the following sites:

**Green Road Community Center**—  
4201 Green Road, Raleigh 27604  
**John Chavis Community Center**—  
505 Martin Luther King Jr Blvd, Raleigh 27601  
**Roberts Park Community Center**  
1300 East Martin St, Raleigh NC 27610

### Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 104 public tennis courts (100 are lighted) located at 21 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.Raleighnc.gov](http://www.Raleighnc.gov)/Tennis. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

## Programs

### The Cultural Outreach and Enrichment (COE) Program

**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".

### Digital Inclusion

**Digital Inclusion Program Manager:** Tommy Hodges  
**Phone:** 919-996-2458  
**Email:** [thomas.hodges@raleighnc.gov](mailto:thomas.hodges@raleighnc.gov)

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.



## Additional Facility and Program Information

### 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.

### Youth Programs

**Youth Programs:** 919-996-6165

**Program Managers:**

Beth Soles

**Email:** beth.soles@raleighnc.gov

Chase Sasse

**Email:** chase.sasse@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

**Phone:** 919-996-2151

**Email:** todd.riddick@raleighnc.gov

**Recreation Program Manager:** Carmen Rayfield

**Phone:** 919-996-4734

**Email:** 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 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:** Alec Craven, Chiffonda Holloway Kent Hunt, 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 and Inclusion Services** – Volunteers are needed to lead a variety of specialized programs for individuals of all abilities throughout the City.
- **COE (Cultural Outreach and Enrichment) Program** – Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteer 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)



**Raleigh  
Parks**

## 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 Information

Participant #1 Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? ☐ Yes ☐ No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 \_\_\_\_\_ Parent's First Name \_\_\_\_\_

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? ☐ Yes ☐ No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

## 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** \$ \_\_\_\_\_

## 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.

# Account and Program Registration Form

Remember you can also register online with RecLink at [parks.raleighnc.gov](https://parks.raleighnc.gov)



Raleigh  
Parks

## 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 canceled 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.

## COVID – 19 Risks / Release, Indemnity, and Agreement Not To Sue (revised 7/6/2020)

The City of Raleigh has been forced to confront the potential dangers associated with the COVID-19 pandemic. The City's Parks, Recreation, and Cultural Resources (PRCR) Department remains committed to providing high quality programming. However, in order to comply with guidelines from the Centers for Disease Control (CDC) and other federal, state, and local public health agencies, the PRCR Department has implemented additional safety precautions to ensure that program participants and other PRCR Department staff will have a fun, exceptional experience.

The contents of this document supplement applicable program policies (including Camp Policies and School-Based Program policies), the Program Registration Form, and the online registration for participants who registered through RecLink at [parks.raleighnc.gov](https://parks.raleighnc.gov). Unless amended herein, all prior policies applicable to the program for which you have registered remain in effect. Please review the following information carefully to learn more about what the City is doing to maintain a healthy program environment and what participants (or their Parents/Guardians, if applicable) should do before participating in the PRCR program for which you have registered.

### COVID-19 Risks

COVID-19 is a highly contagious and novel viral agent. Its transmission vectors are imperfectly understood, and it may be possible to transmit or become infected by COVID-19 despite strict adherence to guidelines prescribed by the CDC and other federal, state, and local health agencies.

Participants in Raleigh Parks programs will be in a group setting where they may come into contact with other program participants (instructors, coaches, campers, camp counselors, camp program staff, and camp program administrators, etc.). Many program activities will be conducted in a public community center setting. As a result, while PRCR Department staff will make reasonable efforts to adhere to the above-stated guidelines, participants in PRCR programs may be exposed to increased risk of transmission or infection of COVID-19 through various actions or interventions, including but not limited to contact with or proximity to one or more of the following:

- Other program participants, staff members, or administrators;
- The personal belongings of program participants, staff members, or administrators;
- Programming and activity materials including, but not limited to, markers, books, games, toys, recreational equipment, etc.; and
- City of Raleigh community center fixtures and furnishings, including door knobs, chairs, tables, plumbing apparatus, light switches, etc.

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, musculoskeletal injuries, exposure to and illness from infectious diseases, and any and all risks described in the preceding section. I choose for myself or for my child to participate in the selected programs despite the risks. By signing below, 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 counselors, staff members, and supervisors of the program.

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
Walnut Terrace Center	919-996-6160
<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
	or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
<b>Tennis Program – Millbrook Exchange Tennis Center</b>	
1905B Spring Forest Road	919-996-4129
<b>Teen Program</b>	
820 Clay Street	919-996-2139
<b>Urban Forestry</b>	919-996-4115 / 919-872-4137(fox)
<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  
919-996-2383

### 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

— **•AEWZ**  
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  
919-996-6895

### 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  
919-996-3301

### 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

### Dorothea Dix Park

— **•NUV**  
2105 Umstead Dr, Raleigh, NC 27603  
919-996-6688

### Durant Nature Preserve

— **•EKMOQ**  
8305 Camp Durant Road, 27614  
919-878-9116

### Eastgate Neighborhood Park Center c/o Millbrook

— **•CEJM**  
4200 Quail Hollow Drive, 27609  
919-996-4156

### Fallon Park c/o Kiwanis Park

2601 Oxford Road 27608  
919-996-3135

### 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  
919-996-5800

### 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

— **•ABCEGMRZ**  
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  
919-878-9116

### 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

— **•ABCEMNWZ**  
505 MLK Jr. Boulevard, 27601  
919-996-6590

# 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  
919-996-6895

## Kiwanis Neighborhood Park and Center

— •BEGMU  
2525 Noble Road, 27608  
919-996-3135

## Lake Lynn Park and Community Center

— •ABCENQZ  
7921 Ray Road, 27613  
919-996-2911

## Lake Johnson Park and Nature Preserve

— •MNOPQ  
4601 Avenet Ferry Road, 27606  
919-996-3141

## 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  
5105 Country Trail, 27613  
919-996-2911

## Lions Park and Community Center

— •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  
919-996-4129

## Mordecai Historic Park

— V  
1 Mimosa Street, 27604  
919-996-4364

## North Hills Park c/o Optimist

— BCEMN  
100 Chowan Circle, 27609  
919-996-2880

## Oakwood Off-Leash Dog Park c/o Lions

— BMGU  
910 Brookside Drive, 27604  
919-996-4726

## Optimist Park and Community Center

— •ABCEN  
5900 Whittier Drive, 27609  
919-996-2880

## Optimist Swimming Pool

— •D  
5902 Whittier Drive, 27609  
919-996-2790

## Peach Road Cultural 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

— •L  
105 Pullen Road, 27607  
919-996-6126

## Pullen Community Center

— Z  
408 Ashe Avenue, 27606  
919-996-6052

## 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  
12804 Strickland Road, 27613  
919-996-2911

## Tarboro Road Park and Community Center

— •ACEMZ  
121 N. Tarboro Street, 27610  
919-996-6505

## Theatre in the Park

— •  
107 Pullen Road, 27607  
919-831-6058

## 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 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>O</b>	Lake
<b>B</b>	Lighted Ballfield(s)	<b>P</b>	Boat Rental
<b>C</b>	Tennis Courts	<b>Q</b>	Fishing
<b>D</b>	Pool	<b>R</b>	Sand Volleyball
<b>E</b>	Play Equipment	<b>S</b>	BMX Track
<b>F</b>	Mini Park	<b>T</b>	Inline Skating
<b>G</b>	Outdoor Basketball	<b>U</b>	Dog Park
<b>H</b>	Frisbee Golf	<b>V</b>	Gardens
<b>J</b>	Exercise Trail	<b>W</b>	Walking Track
<b>K</b>	Nature Study	<b>Y</b>	Skate Park
<b>L</b>	Arts	<b>Z</b>	Fitness Room
<b>M</b>	Picnic Shelter	<b>•</b>	Handicap Accessible
<b>N</b>	Greenway Trail		



City of Raleigh  
Parks, Recreation and Cultural Resources  
P.O. Box 590 Raleigh, NC 27602  
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