

2023 | September – December

Leisure Ledger



**Raleigh
Parks**

Online Registration Starts

July 26, 2023

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.

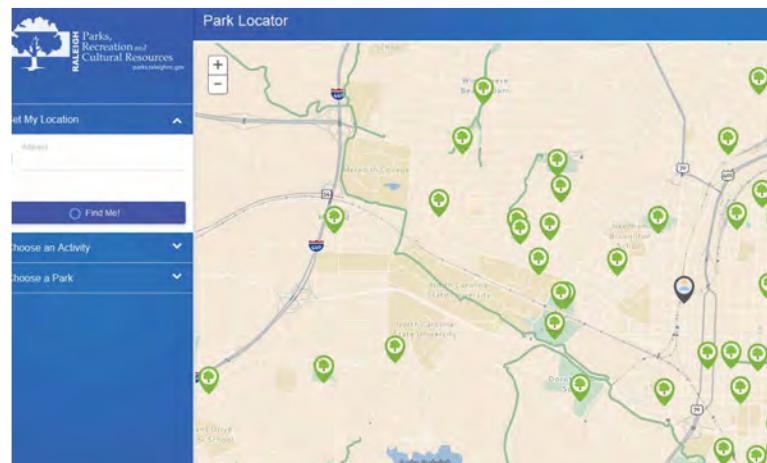
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs 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**



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



Browse or Register Online with RecLink

Visit 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 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 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)



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



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



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Raleigh Parks

Raleigh City Council*

Mayor: Mary-Ann Baldwin
Mary Black
Corey Branch
Stormie D. Forte
Jane Harrison
Christina Jones
Jonathan Melton
Megan Patton

Parks, Recreation and Greenway Advisory Board Members*

Chair: Beverley Clark
Vice Chair: Chris Pereira
Carol Ashcraft
Bob Edgerton
Gregory Etheridge
Van Fletcher
Hugh Fuller
Jeff Havener
Rashawn King
Shangwen Liu
April Love
Marsha Presnell Jennette
Lindsay Saunders
Kara Strang

**at time of printing*

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 6:00pm 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
Aurelia Belfield
Toni Gadsden
Juan Isler
David Moore
Judy Payne
Angela Salamanca
Mary Silver
Billy Warden
Greg Whitt
Carl Wilkins

Management Team

Director:
Stephen Bentley
Assistant Director:
Charles Craig
Ken Hisler
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

Connie Crumpler
James Demby
Amy Fix
Allyson Kuegel
Caleb Smith

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

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 and search "Play It Forward".



There is a place for everyone in Raleigh Parks!

To allow people of all abilities to safely participate and thrive in our programs, you can count on us to:

- **Encourage open lines of communication** about the program schedule and activity changes.
- **Create seamless transitions** through preparedness and the use of verbal and visual cues.
- **Accommodate all types of learners** with varying demonstration styles and instruction methods.
- **Modify activities** to meet participants where they are.
- **Assign helper tasks** as needed to promote a sense of belonging.
- **Provide support** and tools for participants to refocus and rejoin the fun.
 - Quiet spaces
 - Fidgets/sensory items
 - Mind-body techniques and movement
 - One-to-one conversations
- **Use positive reinforcement** for positive behavior.

Raleigh Parks also offers **Specialized Recreation and Inclusion Services** for those interested in additional accommodations (see page 74).

Special Events

First Friday Market & Movie

Grab a blanket or a chair and meet your friends at Moore Square every First Friday from March - December for a fun & free outdoor movie and vendor market! Attendees will enjoy pre-show entertainment on theme with each movie before a full-length screening outside under the stars. The series is free & open to the public and food will be available for purchase on-site.

Market: 5:00-9:00pm

Movies start at dusk* (Approximately 6:30 p.m. for March movie)



Pop-Up Carolina Market

Before our feature film each month, PopUp Carolinas will present the First Friday Pop-Up Market! Shop a curated collection of arts and crafts, baked goods, body products and more! All vendors are local to the Triangle.

2023 Feature Films:

September 1	Back to the Future (1985)
October 6	The Mummy (1999)
November 3	Coco (2017)
December 1	Home Alone (1990)

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 10-Oct 22 Su 11:00am-3:00pm

Artival

One ticket- a lifetime of memories. Join us at JCMP for an art exhibition displaying various mediums of artistic expression. Entertainment will include spoken word, live jazz and canvas painting. Light hors d'oeuvres and wine/beer (2 drink max) are included in the price. This is an adult only event. We look forward to you experiencing our festival of art- Artival.

John Chavis Community Center

Sep 29 F 6:00-9:00pm Fee: \$25

Icky Science

Yucky, super gross, slimy, sticky, stinky science! This STEM program will bring out your inner mad scientist with hands on experiments and fun for all. Costumes are encouraged.

John Chavis Community Center

Oct 14 Sa 10:00am-1:00pm

Fall Wellness Fair at Marsh Creek Community Center

Come one, come all! Neighbors of Marsh Creek Community Center are invited to our first annual Fall Health and Wellness Fair!

Everyone is invited for a fun day for the whole family. Event will run rain or shine!

Marsh Creek Community Center

Oct 28 Sa 10:00am-1:00pm

Bizarre Bazaar

Bizarre, eccentric, odd – anyway you put it – you have not seen anything like this. Join us at JCMP for the ultimate unusual experience! Arts, entertainment, vendors, costumes and the strange combined. Enter the world of weird and explore the unbelievable at our Bizarre Bazaar.

John Chavis Community Center

Nov 4 Sa 12:00-4:00pm

Fall Arts Fair

Produced by Pullen and Sertoma Arts Centers 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 Center's 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 4 Sa 10:00am-5:00pm

JCMP Veteran's Day Luncheon

Join us for a drop in lunch social as we celebrate Veteran's Day!

John Chavis Community Center

Nov 11 Sa 1:00-3:00pm

Soulful Holiday Open House

Let's bring soul and good times to John Chavis Memorial Park and celebrate the holidays with joy and laughter. Festive, jolly and bright activities will be spread throughout the center for the family to enjoy.

John Chavis Community Center

Dec 15 F 5:30-9:00pm



Aquatics

For information about dates of operations, hours of operation, and amenities please visit 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.

All Pools

(with the exception of
Buffaloe Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$5	\$8
55 and older	\$4	\$6

Buffaloe 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 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	\$60	\$96
55 and older	\$48	\$72

Monthly Pass	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$45	\$72
55 and older	\$36	\$54

Annual Pass (valid one year-to-date)	Resident	Non-Res
1-12 years	\$120	\$180
13-54 years	\$300	\$480
55 and older	\$240	\$360

Aquatic Swim Lessons

Private swim lessons and stroke development are offered at Buffaloe 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

Preschool

Parent & Child Aquatics Level 1

Age: 0.5-2 yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

Buffaloe Road Aquatic Center

Sep 5-Sep 14	Tu&Th	4:30-5:00pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	4:30-5:00pm	Fee: \$60
Oct 14-Nov 4	Sa	10:10-10:40am	Fee: \$45
Nov 7-Nov 16	Tu&Th	4:30-5:00pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	4:30-5:00pm	Fee: \$60
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	9:30-10:00am	Fee: \$45
Nov 4-Nov 18	Sa	9:30-10:00am	Fee: \$42
Dec 2-Dec 16	Sa	9:30-10:00am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	9:30-10:00am	Fee: \$45
Oct 14-Nov 4	Sa	9:30-10:00am	Fee: \$45
Dec 2-Dec 16	Sa	9:30-10:00am	Fee: \$42

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 24-Nov 14	Tu&Th	5:10-5:40pm	Fee: \$60

Parent & Child Aquatics Level 2

Age: 0.5-2 yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

Buffaloe Road Aquatic Center

Sep 5-Sep 14	Tu&Th	4:30-5:00pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	4:30-5:00pm	Fee: \$60
Oct 14-Nov 4	Sa	10:10-10:40am	Fee: \$45
Nov 7-Nov 16	Tu&Th	4:30-5:00pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	4:30-5:00pm	Fee: \$60
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	10:10-10:40am	Fee: \$45
Nov 4-Nov 18	Sa	10:10-10:40am	Fee: \$42
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	9:30-10:00am	Fee: \$45
Oct 14-Nov 4	Sa	9:30-10:00am	Fee: \$45
Dec 2-Dec 16	Sa	9:30-10:00am	Fee: \$42

Preschool Aquatics Swim Level 1

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

Buffaloe Road Aquatic Center

Sep 5-Sep 14	Tu&Th	5:10-5:40pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 14-Nov 4	Sa	10:50-11:20am	Fee: \$45

Nov 7-Nov 16	Tu&Th	5:10-5:40pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	8:50-9:20am	Fee: \$45
Sep 9-Sep 30	Sa	9:30-10:00am	Fee: \$45
Oct 30-Nov 15	M&W	5:10-5:40pm	Fee: \$60
Nov 4-Nov 18	Sa	8:50-9:20am	Fee: \$42
Nov 4-Nov 18	Sa	9:30-10:00am	Fee: \$42
Nov 27-Dec 13	M&W	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	8:50-9:20am	Fee: \$42
Dec 2-Dec 16	Sa	9:30-10:00am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	10:10-10:40am	Fee: \$45
Sep 12-Sep 28	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 14-Nov 4	Sa	10:10-10:40am	Fee: \$45
Nov 2-Nov 21	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 24-Nov 14	Tu&Th	5:10-5:40pm	Fee: \$60

Preschool Aquatics Swim Level 2

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

Buffaloe Road Aquatic Center

Sep 5-Sep 14	Tu&Th	5:10-5:40pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 14-Nov 4	Sa	10:50-11:20am	Fee: \$45
Nov 7-Nov 16	Tu&Th	5:10-5:40pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	8:50-9:20am	Fee: \$45
Sep 9-Sep 30	Sa	9:30-10:00am	Fee: \$45
Oct 30-Nov 15	M&W	5:10-5:40pm	Fee: \$60

Nov 4-Nov 18	Sa	8:50-9:20am	Fee: \$42
Nov 4-Nov 18	Sa	9:30-10:00am	Fee: \$42
Nov 27-Dec 13	M&W	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	8:50-9:20am	Fee: \$42
Dec 2-Dec 16	Sa	9:30-10:00am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	10:10-10:40am	Fee: \$45
Sep 12-Sep 28	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 14-Nov 4	Sa	10:10-10:40am	Fee: \$45
Nov 2-Nov 21	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 24-Nov 14	Tu&Th	5:50-6:20pm	Fee: \$60

Preschool Aquatics Swim Level 3

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

Buffaloe Road Aquatic Center

Sep 5-Sep 14	Tu&Th	5:10-5:40pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 14-Nov 4	Sa	10:50-11:20am	Fee: \$45
Nov 7-Nov 16	Tu&Th	5:10-5:40pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	5:10-5:40pm	Fee: \$60
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	10:50-11:20am	Fee: \$45
Oct 30-Nov 15	M&W	6:30-7:00pm	Fee: \$60
Nov 4-Nov 18	Sa	10:50-11:20am	Fee: \$42
Nov 27-Dec 13	M&W	6:30-7:00pm	Fee: \$60
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	10:10-10:40am	Fee: \$45
Sep 12-Sep 28	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 14-Nov 4	Sa	10:10-10:40am	Fee: \$45
Nov 2-Nov 21	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	5:50-6:20pm	Fee: \$60
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42

Youth

Intra City Swim Team

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

Buffaloe Road Aquatic Center

Buffaloe Blue Whales 11-18

Nov 1-Dec 18	M&W	4:15-5:00pm	Fee: \$82
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Buffaloe Blue Whales 3-10

Nov 1-Dec 18	M&W	5:00-5:45pm	Fee: \$82
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Buffaloe Blue Whales 3-18

Nov 1-Dec 18	M&W	6:00-6:45pm	Fee: \$82
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Millbrook Pool

Nov 2-Dec 19	Tu&Th	6:00-6:45pm	Fee: \$82
Nov 2-Dec 19	Tu&Th	7:00-7:45pm	Fee: \$82

Optimist Pool

Oct 30-Dec 18	M&W	6:00-6:45pm	Fee: \$82
Oct 30-Dec 18	M&W	7:00-7:45pm	Fee: \$82

Pullen Aquatic Center

Oct 30-Dec 18	M&W	6:00-6:45pm	Fee: \$82
Oct 30-Dec 18	M&W	7:00-7:45pm	Fee: \$82

Swim Lesson - Level 1

Intro Water Skills

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

Buffaloe Road Aquatic Center

Sep 5-Sep 14	Tu&Th	5:50-6:20pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 14-Nov 4	Sa	11:30am-12:00pm	Fee: \$45
Nov 7-Nov 16	Tu&Th	5:50-6:20pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	5:50-6:20pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

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Millbrook Pool

Sep 9-Sep 30	Sa	10:10-10:40am	Fee: \$45
Sep 9-Sep 30	Sa	10:50-11:20am	Fee: \$45
Nov 4-Nov 18	Sa	10:10-10:40am	Fee: \$42
Nov 4-Nov 18	Sa	10:50-11:20am	Fee: \$42
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	10:50-11:20am	Fee: \$45
Sep 12-Sep 28	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 14-Nov 4	Sa	10:50-11:20am	Fee: \$45
Nov 2-Nov 21	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	5:50-6:20pm	Fee: \$60
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 24-Nov 14	Tu&Th	5:50-6:20pm	Fee: \$60

Swim Lesson - Level 2 Fundamental Skills

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

Buffalo Road Aquatic Center

Sep 5-Sep 14	Tu&Th	5:50-6:20pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 14-Nov 4	Sa	11:30am-12:00pm	Fee: \$45
Nov 7-Nov 16	Tu&Th	5:50-6:20pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	5:50-6:20pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	10:10-10:40am	Fee: \$45
Sep 9-Sep 30	Sa	10:50-11:20am	Fee: \$45
Oct 30-Nov 15	M&W	5:50-6:20pm	Fee: \$60
Nov 4-Nov 18	Sa	10:10-10:40am	Fee: \$42
Nov 4-Nov 18	Sa	10:50-11:20am	Fee: \$42
Nov 27-Dec 13	M&W	5:50-6:20pm	Fee: \$60
Dec 2-Dec 16	Sa	10:10-10:40am	Fee: \$42
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	10:50-11:20am	Fee: \$45
Sep 12-Sep 28	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 14-Nov 4	Sa	10:50-11:20am	Fee: \$45
Nov 2-Nov 21	Tu&Th	6:30-7:00pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	6:30-7:00pm	Fee: \$60
Dec 2-Dec 16	Sa	10:50-11:20am	Fee: \$42

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 24-Nov 14	Tu&Th	6:30-7:00pm	Fee: \$60

Swim Lesson - Level 3 Stroke Development

Age: 6-13 yrs. Participants must have completed exit skills in Level 2. 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.

Buffalo Road Aquatic Center

Sep 5-Sep 14	Tu&Th	5:50-6:20pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 14-Nov 4	Sa	11:30am-12:00pm	Fee: \$45
Nov 7-Nov 16	Tu&Th	5:50-6:20pm	Fee: \$45

Nov 28-Dec 14	Tu&Th	5:50-6:20pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	11:30am-12:00pm	Fee: \$45
Oct 30-Nov 15	M&W	6:30-7:00pm	Fee: \$60
Nov 4-Nov 18	Sa	11:30am-12:00pm	Fee: \$42
Nov 27-Dec 13	M&W	6:30-7:00pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	10:50-11:20am	Fee: \$45
Sep 12-Sep 28	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 14-Nov 4	Sa	10:50-11:20am	Fee: \$45
Nov 2-Nov 21	Tu&Th	6:30-7:00pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	6:30-7:00pm	Fee: \$60

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 24-Nov 14	Tu&Th	6:30-7:00pm	Fee: \$60

Swim Lesson - Level 4 Stroke Improvement

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

Buffalo Road Aquatic Center

Sep 5-Sep 14	Tu&Th	6:30-7:00pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 14-Nov 4	Sa	12:10-12:40pm	Fee: \$45
Nov 7-Nov 16	Tu&Th	6:30-7:00pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	6:30-7:00pm	Fee: \$60
Dec 2-Dec 16	Sa	12:10-12:40pm	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	11:30am-12:00pm	Fee: \$45
Oct 30-Nov 15	M&W	7:10-7:40pm	Fee: \$60
Nov 4-Nov 18	Sa	11:30am-12:00pm	Fee: \$42
Nov 27-Dec 13	M&W	7:10-7:40pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	11:30am-12:00pm	Fee: \$45
Sep 12-Sep 28	Tu&Th	7:10-7:40pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	7:10-7:40pm	Fee: \$60
Oct 14-Nov 4	Sa	11:30am-12:00pm	Fee: \$45
Nov 2-Nov 21	Tu&Th	7:10-7:40pm	Fee: \$60
Nov 28-Dec 14	Tu&Th	7:10-7:40pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Swim Lesson - Level 5 Stroke Refinement

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

Buffalo Road Aquatic Center

Sep 5-Sep 14	Tu&Th	6:30-7:00pm	Fee: \$45
Oct 3-Oct 19	Tu&Th	6:30-7:00pm	Fee: \$60
Oct 14-Nov 4	Sa	12:10-12:40pm	Fee: \$45
Nov 7-Nov 16	Tu&Th	6:30-7:00pm	Fee: \$45
Nov 28-Dec 14	Tu&Th	6:30-7:00pm	Fee: \$60
Dec 2-Dec 16	Sa	12:10-12:40pm	Fee: \$42

Millbrook Pool

Sep 9-Sep 30	Sa	11:30am-12:00pm	Fee: \$45
Nov 4-Nov 18	Sa	11:30am-12:00pm	Fee: \$42
Nov 27-Dec 13	M&W	11:30am-12:00pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Optimist Pool

Sep 9-Sep 30	Sa	11:30am-12:00pm	Fee: \$45
Sep 12-Sep 28	Tu&Th	7:10-7:40pm	Fee: \$60
Oct 10-Oct 26	Tu&Th	7:10-7:40pm	Fee: \$60
Oct 14-Nov 4	Sa	11:30am-12:00pm	Fee: \$45
Nov 2-Nov 21	Tu&Th	7:10-7:40pm	Fee: \$60
Sep 12-Sep 28	Tu&Th	7:10-7:40pm	Fee: \$60
Dec 2-Dec 16	Sa	11:30am-12:00pm	Fee: \$42

Adult

Adult Learning the Basics Swim Class

Age: 13-99 yrs. 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.

Buffalo Road Aquatic Center

Sep 5-Sep 14	Tu&Th	6:30-7:10pm	Fee: \$51
Oct 3-Oct 19	Tu&Th	6:30-7:10pm	Fee: \$66
Oct 14-Nov 4	Sa	12:10-12:50pm	Fee: \$51
Nov 7-Nov 16	Tu&Th	6:30-7:10pm	Fee: \$51
Nov 28-Dec 14	Tu&Th	6:30-7:10pm	Fee: \$66
Dec 2-Dec 16	Sa	12:10-12:50pm	Fee: \$48

Millbrook Pool

Sep 9-Sep 30	Sa	8:40-9:20am	Fee: \$51
Oct 30-Nov 15	M&W	7:10-7:50pm	Fee: \$66
Nov 4-Nov 18	Sa	8:40-9:20am	Fee: \$48
Dec 2-Dec 16	Sa	8:40-9:20am	Fee: \$48

Optimist Pool

Sep 9-Sep 30	Sa	9:20-10:00am	Fee: \$51
Oct 14-Nov 4	Sa	9:20-10:00am	Fee: \$51
Dec 2-Dec 16	Sa	9:20-10:00am	Fee: \$48

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	7:10-7:50pm	Fee: \$66
Oct 24-Nov 14	Tu&Th	7:10-7:50pm	Fee: \$66

Adult Refining Swim Strokes Class

Age: 13-99 yrs. 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.

Buffalo Road Aquatic Center

Sep 5-Sep 14	Tu&Th	6:30-7:10pm	Fee: \$51
Oct 3-Oct 19	Tu&Th	6:30-7:10pm	Fee: \$66
Oct 14-Nov 4	Sa	12:10-12:50pm	Fee: \$51
Nov 7-Nov 16	Tu&Th	6:30-7:10pm	Fee: \$51
Nov 28-Dec 14	Tu&Th	6:30-7:10pm	Fee: \$66
Dec 2-Dec 16	Sa	12:10-12:50pm	Fee: \$48

Optimist Pool

Sep 9-Sep 30	Sa	9:20-10:00am	Fee: \$51
Oct 14-Nov 4	Sa	9:20-10:00am	Fee: \$51
Dec 2-Dec 16	Sa	9:20-10:00am	Fee: \$48

Pullen Aquatic Center

Oct 3-Oct 19	Tu&Th	7:10-7:50pm	Fee: \$66
Oct 24-Nov 14	Tu&Th	7:10-7:50pm	Fee: \$66





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 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: Kendal Draper

Pullen Arts Center is a community arts education facility focused on serving artists of all ages and skill levels. Programs are instructed by professional teaching artists focused in pottery, bookmaking, printmaking, painting, drawing, jewelry, and more. Studio memberships are available to qualified students wishing to continue their artistic journey by working in our studios. Pullen Arts Center is located in the north Pullen Park campus, across from the NCSU Belltower, Gregg Museum, and Theatre in the Park. This vibrant area is the perfect setting to spark creativity. Borrow one of our art packs to create your own work while visiting the center.

Pullen Arts Center's Gallery Exhibits

GALLERY SPACES

Main Gallery: This second-floor gallery features group exhibitions of emerging and professional artists.

Youth & Teen Gallery: This first-floor gallery features works by artists 17 years old and younger.

Chalk Wall Murals: Local artist murals near the first-floor entrance

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. Questions? Email 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

SEPTEMBER/OCTOBER

Raleigh Room: SAQA Central NC

Hall Gallery: Patrizia Ferreira & Katey Morrill

Display Cases: Danielle Cozart, Lauren Markley & Betty McKim

NOVEMBER/DECEMBER

Annual Student, Patron, Instructor show. All gallery spaces will be filled with works created by Sertoma artists.

Preschool

Art - Storyland Adventures with Mr. Moo Monet

Age: 1.5-3 yrs. Join our adventure through Storyland with Mr. Moo Monet. We start by waking up Mr. Moo Monet and sharing a story that goes with the theme for that day. Children will participate in story time and make arts and crafts projects at each adventure. Parent participation is required. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center - Course Fee: \$41

Sep 6-Sep 27	W	10:30-11:15am
Oct 11-Nov 1	W	10:30-11:15am
Nov 15-Dec 13	W	10:30-11:15am

Art Explorers

Age: 3-5 yrs. Your little artist will love to explore the world through different mediums of art and creativity. Artist will love using their hands and getting a little dirty. Adult participation is required for this class.

Halifax Community Center - Course Fee: \$41

Oct 5-Oct 26	Th	11:15am-12:00pm
Dec 7-Dec 28	Th	11:15am-12:00pm

Ballet and Tap for Preschoolers

Age: 2-3 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

Ages 2-3

Sep 6-Sep 27	W	10:15-11:00am	Fee: \$56
Oct 4-Oct 25	W	10:15-11:00am	Fee: \$41
Nov 1-Nov 22	W	10:15-11:00am	Fee: \$41
Nov 29-Dec 20	W	10:15-11:00am	Fee: \$41

Ages 3-5

Sep 5-Sep 26	Tu	10:15-11:00am	Fee: \$41
Oct 3-Oct 24	Tu	10:15-11:00am	Fee: \$41
Oct 31-Nov 21	Tu	10:15-11:00am	Fee: \$41
Nov 28-Dec 19	Tu	10:15-11:00am	Fee: \$41

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: \$26

Sep 5-Sep 26	Tu	4:45-5:15pm
Oct 3-Oct 24	Tu	4:45-5:15pm
Oct 31-Nov 28	Tu	4:45-5:15pm

Raleigh Little Theatre

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

Email: 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.

For tickets, visit raleighlittletheatre.org or call 919-821-3111.

Theatre In The Park

Website: www.theatreinthepark.com

Email: 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 & EVENTS

October 5-15, 2023

The Legend of Sleepy Hollow

For tickets, visit theatreinthepark.com or call 919-831-6058.

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: \$36

Sep 5-Sep 26	Tu	5:15-6:15pm
Oct 3-Oct 24	Tu	5:15-6:15pm
Oct 31-Nov 28	Tu	5:15-6:15pm

Holiday's Around the World

Age: 2-5 yrs. Get your passports ready! We will be traveling to other countries for a little holiday fun! Learn how other countries celebrate this special holiday season through crafts, videos, and stories. By the end of your journey, you will have a passport filled with fun and exciting facts.

Hill Street Neighborhood Center

Dec 11	M	3:30-4:30pm
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It's Turkey Time

Age: 2-5 yrs. Why did the Turkey cross the road? To get to Hill Street for fun crafts and story time! We will be reading stories and creating crafts related to Thanksgiving. Come join the fun!

Hill Street Neighborhood Center - Course Fee: \$8

Nov 13	M	3:30-4:30pm
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JCMP Storytime/Art

Age: 2-5 yrs Calling all toddlers! Come join us at JCMP for a story and craft. Toddlers will listen to a story and create a unique craft to take home!

John Chavis Community Center

Sep 6-Dec 6	W	10:30-11:30am
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Mini Stars Competition Team

Age: 4-6 yrs. This Competition Team is for dancers ages 4-6 years old. 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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 9-Sep 30	Sa	1:15-2:00pm	Fee: \$51
Oct 7-Oct 28	Sa	1:15-2:00pm	Fee: \$51
Nov 4-Nov 25	Sa	1:15-2:00pm	Fee: \$51
Dec 2-Dec 16	Sa	1:15-2:00pm	Fee: \$38

Full Session Option

Sep 9-Dec 16	Sa	1:15-2:00pm	Fee: \$188
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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: \$66

Sep 14-Oct 19	Th	2:00-2:45pm
Nov 2-Dec 14	Th	2:00-2:45pm

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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: \$76

Sep 13-Oct 18 W 10:00-11:00am

Nov 8-Dec 13 W 10:00-11:00am

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. 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 12-Oct 17 Tu 1:00-2:00pm

Nov 7-Dec 12 Tu 1:00-2:00pm

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.

Kiwanis Community Center – Course Fee: \$5

Sep 5 Tu 10:00-11:00am

Oct 10 Tu 10:00-11:00am

Nov 7 Tu 10:00-11:00am

Dec 5 Tu 10:00-11:00am

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: \$56

Sep 13-Oct 18 W 10:00-10:50am

Sep 13-Oct 18 W 11:30am-12:20pm

Nov 1-Dec 13 W 10:00-10:50am

Nov 1-Dec 13 W 11:30am-12:20pm

**Talk like a Pirate**

Age: 2-5 yrs. Ahoy, mateys! It's time to break out your eye patch and get ready for Talk Like a Pirate Day! Come celebrate this day with some pirate slang, fun pirate crafts and a story.

Hill Street Neighborhood Center – Course Fee: \$8

Sep 18 M 3:30-4:30pm

Thankful Turkeys

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

Preregistration is required

Abbotts Creek Community Center – Course Fee: \$7

Nov 16 Th 10:00-10:45am

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. We do 2 recital performances in the dance season, one in Winter (December) and the other in Spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 9-Sep 30 Sa 9:15-10:00am Fee: \$41

Oct 7-Oct 28 Sa 9:15-10:00am Fee: \$41

Nov 4-Nov 25 Sa 9:15-10:00am Fee: \$41

Dec 2-Dec 16 Sa 9:15-10:00am Fee: \$31

Full Session Option

Sep 9-Dec 16 Sa 9:15-10:00am Fee: \$151

Sticky Fingers Finger Painting

Age: 2-4 yrs. Finger painting is a great way for children to explore, learn and develop through sensory play. Encourage your child creativity through using their senses. Build these skills as they create their own unique and cool masterpiece with squishy texture of the paint and experiment with color and patterns. Parent must remain with registered participant during program time.

Lions Park Community Center – Course Fee: \$5

Kindergarten

Sep 18 M 11:00-11:45am

Pumpkins Everywhere

Oct 16 M 11:00-11:45am

Turkey Time

Nov 13 M 11:00-11:45am

Holiday Magic

Dec 18 M 11:00-11:45am

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: \$44

Sep 9-Sep 30 Sa 11:00-11:45am

Oct 7-Oct 28 Sa 11:00-11:45am

Nov 4-Nov 25 Sa 11:00-11:45am

Dec 2-Dec 23 Sa 11:00-11:45am

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: \$101

Sep 19-Oct 24	Tu	4:00-6:00pm
Nov 14-Dec 19	Tu	4:00-6:00pm

Art - Painted Paper Palooza!

Age: 6-10 yrs. We'll use brushes, paints, inks, sponges, body parts (!), feathers, foam and other wacky things to create a variety of painted papers, using lots of techniques, including sgraffito, marbling, mono printing, bubbling, stenciling and stamping. Then, we'll use those papers to create all kinds of wonderful art, both 2-D and 3-D inspired by the colors, textures and patterns we made! Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center - Course Fee: \$101

Sep 14-Oct 19	Th	4:30-6:30pm
Nov 2-Dec 14	Th	4:30-6:30pm

Artistic Adventures

Age: 7-11 yrs. Delight your child's artistic side with instructor Ms. Coni who has taught art for over 30 years. We will awaken your child's creativity with fun and exciting painting techniques. Each month we will develop a new technique and experiment with a different delivery of paint. Children will create their very own masterpieces. Registration must be received 3 days prior to course start date.

Halifax Community Center - Course Fee: \$41

Sep 7-Sep 28	Th	4:00-5:00pm
Oct 5-Oct 26	Th	4:00-5:00pm
Nov 2-Nov 30	Th	4:00-5:00pm
Dec 7-Dec 28	Th	4:00-5:00pm

Ballet I

Age: 3-7 yrs. This is a continual program to allow children to build their skills. New students are welcome each month. Students will be introduced to the structure of a ballet class, basic ballet vocabulary, alignment and posture and the five positions of ballet, stressing the importance of proper posture. Traditional barre work, center work and combinations are included in all classes. Students focus on building balance, strength, coordination and poise. Instructor Ms. E is the owner of Ethlyn Lassiter's Dance Ensemble.

Barwell Road Community Center - Course Fee: \$44

Sep 9-Sep 30	Sa	10:00-10:45am
Oct 7-Oct 28	Sa	10:00-10:45am
Nov 4-Nov 25	Sa	10:00-10:45am
Dec 2-Dec 23	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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 9-Sep 30	Sa	12:15-1:00pm	Fee: \$41
Oct 7-Oct 28	Sa	12:15-1:00pm	Fee: \$41
Nov 4-Nov 25	Sa	12:15-1:00pm	Fee: \$41
Dec 2-Dec 16	Sa	12:15-1:00pm	Fee: \$31
Full Session Option			
Sep 2-Dec 16	Sa	12:15-1:00pm	Fee: \$151

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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 9-Sep 30	Sa	10:15-11:00am	Fee: \$41
Oct 7-Oct 28	Sa	10:15-11:00am	Fee: \$41
Nov 4-Nov 25	Sa	10:15-11:00am	Fee: \$41
Dec 2-Dec 16	Sa	10:15-11:00am	Fee: \$31
Full Session Option			
Sep 9-Dec 16	Sa	10:15-11:00am	Fee: \$151

Crafts for Thankfulness

Age: 6-9 yrs. In this hour-long class we will create crafts centered on thankfulness!

Marsh Creek Community Center - Course Fee: \$8

Nov 6	M	6:00-7:00pm
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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: \$41

Sep 7-Sep 28	Th	5:30-6:30pm
Oct 5-Oct 26	Th	5:30-6:30pm
Nov 2-Nov 30	Th	5:30-6:30pm

Falling into Art

Age: 6-9 yrs. Come fall into art at Marsh Creek! In this hour long class we will be creating fall themed arts and crafts.

Marsh Creek Community Center - Course Fee: \$8

Sep 11	M	6:00-7:00pm
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Fibers - Felted Pet Toys for Cat People

Age: 8-12 yrs. Wool is a great material to use for pet toys durable, attracts pets, and is natural! Come and learn wet-felting techniques to make balls, kickers and chasers for your cat! We will make a total of three toys for you to take home to your fur-baby! Supplies included. 1 session. Instructor: Samantha Pell

Sertoma Arts Center - Course Fee: \$61

Sep 23	Sa	10:30am-2:30pm
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Fibers - Felted Pet Toys for Dog People

Age: 8-12 yrs. Wool is a great material to use for pet toys - its durable, attracts pets and is natural! Come and learn wet-felting techniques to make balls, tugs, and chews for your dog! We will make a total of three toys for you to take home to your fur-baby! All supplies included. 1 session. Instructor: Samantha Pell

Sertoma Arts Center - Course Fee: \$61

Nov 18	Sa	10:30am-2:30pm
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Fibers - Intermediate Sewing: Christmas Stockings

Age: 8-12 yrs. Let's create a holiday stocking that will stand the test of time and be a one-of-a-kind masterpiece! Students will need beginner knowledge of setting up a sewing machine and we can take it from there! If you have a design in mind bring it with you and we can make magic happen. 2 sessions.

Instructor: Sarah Ann Austin

Sertoma Arts Center - Course Fee: \$61

Nov 7-Nov 14	Tu	5:00-7:00pm
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Homeschool & Afterschool Art Time

Age: 7-12 yrs. Come join us for this four-week class. We will explore art elements such as line and color composition. We will use many kinds of media, such as watercolor, tempera, chalk and acrylic paint. This class will at times get a little messy, so it is advisable to wear old clothes or bring an old T-shirt. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center - Course Fee: \$51

Sep 6-Sep 27	W	1:30-3:00pm
Sep 6-Sep 27	W	4:30-5:00pm
Oct 11-Nov 1	W	1:30-3:00pm
Oct 11-Nov 1	W	4:30-5:00pm
Nov 15-Dec 13	W	1:30-3:00pm
Nov 15-Dec 13	W	4:30-5:00pm

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Homeschool Art Time (ages 4 - 6)

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

Optimist Community Center - Course Fee: \$46

Sep 6-Sep 27 W 11:45am-12:45pm

Oct 11-Nov 1 W 11:45am-12:45pm

Nov 15-Dec 13 W 11:45am-12:45pm

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. Our theatre program continues month to month until December. Class will consist of a Winter Play on the last class in December and a Spring Play on the last class in June. Scripts will be given to students and we'll work on practicing lines.

Lake Lynn Community Center

Sep 6-Sep 27 W 7:00-8:00pm Fee: \$51

Oct 4-Oct 25 W 7:00-8:00pm Fee: \$51

Nov 11-Nov 29 W 7:00-8:00pm Fee: \$51

Dec 6-Dec 20 W 7:00-8:00pm Fee: \$37

Full Session Option

Sep 6-Dec 20 W 7:00-8:00pm Fee: \$187

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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 9-Sep 30 Sa 11:15am-12:00pm Fee: \$41

Oct 7-Oct 28 Sa 11:15am-12:00pm Fee: \$41

Nov 4-Nov 25 Sa 11:15am-12:00pm Fee: \$41

Dec 2-Dec 16 Sa 11:15am-12:00pm Fee: \$31

Full Session Option

Sep 9-Dec 16 Sa 11:15am-12:00pm Fee: \$151

Junior Competition Team

Age: 7-12 yrs. This Competition Team is for dancers ages 7-12 years old. 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. We do 2 recital performances in the dance



season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 9-Sep 30 Sa 2:15-3:00pm Fee: \$51

Oct 7-Oct 28 Sa 2:15-3:00pm Fee: \$51

Nov 4-Nov 25 Sa 2:15-3:00pm Fee: \$51

Dec 2-Dec 16 Sa 2:15-3:00pm Fee: \$38

4 Month Session Option

Sep 9-Dec 16 Sa 2:15-3:00pm Fee: \$188

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. 8 sessions. Director: Ilse Mann.

Sertoma Arts Center - Course Fee: \$96

Sep 7-Nov 16 Th 6:15-7:30pm

Pottery - Autumn Leaves

Age: 7-12 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: \$45

Sep 11-Sep 18 M 4:30-6:00pm

Pottery - Autumn Wall Decor

Age: 7-12 yrs. Celebrate Autumn by creating wall decorations using the slab handbuilding technique. The first day of class, students will create ceramic works, and the second day they will decorate them with vibrant glazes. The final day of class we will assemble the pieces. This class is a great way for youth to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 3 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center - Course Fee: \$45

Oct 30-Nov 13 M 4:30-5:30pm

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: \$38

Sep 21-Sep 28 Th 4:15-5:30pm

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 pickup 2 weeks after the last class. Supplies included. 3 sessions. Instructor: Patty Merrell.

Sertoma Arts Center - Course Fee: \$56
Oct 5-Oct 19 Th 4:15-5:30pm

Pottery - Kids Handbuilding Skills

Age: 5-11 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. The final class will be a glaze day, so don't miss it! This class is a great way for kids to explore art. Supplies included. Projects will be ready for pickup 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center - Course Fee: \$59
Sep 6-Sep 27 W 4:30-5:30pm

Pottery - Monster Making

Age: 6-11 yrs. Celebrate Spooky season by creating clay monsters using handbuilding techniques. The first day of class, students will create their ceramic houses, and the last day they will decorate them with vibrant glazes. This class is a great way for kids to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 2 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center - Course Fee: \$30
Oct 10-Oct 17 Tu 4:30-5:30pm

Pottery - Winter Gifts

Age: 6-11 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: \$30
Nov 29-Dec 6 W 4:30-5:30pm

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. Each day of class will have a different focus. The final class will be a glaze day,

so don't miss it! This class is a great way for youth to explore art! Supplies included. Projects will be ready for pickup 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center - Course Fee: \$59
Oct 4-Oct 25 W 4:30-5:30pm

Santa's Workshop and Crafts

Age: 6-9 yrs. Come work in Santa's Workshop by creating toys, crafts, and more!

Marsh Creek Community Center - Course Fee: \$8
Dec 4 M 6:00-7:00pm

Spook-tastic Crafts

Age: 6-9 yrs. Come join us in making "spooky" crafts to get your child in the holiday spirit!

Marsh Creek Community Center - Course Fee: \$8
Oct 5 Th 6:00-7:00pm

Youth Painting - Watercolor Landscapes

Age: 9-14 yrs. Join us for this class and learn basic watercolor techniques to create beautiful landscape compositions! All supplies included. 2 sessions. Instructor: Aurelis Lugo.

Pullen Arts Center - Course Fee: \$61
Oct 14-Oct 21 Sa 10:00am-1:00pm

Youth Pottery - Clay Craft: Snow People

Age: 5-8 yrs. Let's celebrate the winter season and create snow-people from balls of clay! Express your creativity will embellishing details. All supplies included. Projects ready for pickup 2 weeks after last class. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$31
Dec 10 Su 10:00am-12:00pm

Youth Pottery - Clay Craft: Sunflowers

Age: 5-8 yrs. Let's look at Van Gough's sunflower paintings for inspiration to create a 3-D tile of sunflowers in a vase. We will start with a slab and learn different ceramic techniques to create our colorful masterpiece. Projects will be ready for pickup 2 weeks after last class. Supplies included. 1 session. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$31
Sep 10 Su 10:00am-12:00pm

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. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$61
Oct 14-Oct 21 Sa 10:00am-12:00pm

Youth Pottery - Creative Coil Creation

Age: 9-12 yrs. Build a vessel while we explore ancient coiling techniques to create a modern piece of art. Young potters will learn hand-building skills, how to use clay tools, and how to add underglaze to their pottery. All supplies included. Pottery will be ready for pickup 2-3 weeks after the last class. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$61
Dec 2-Dec 9 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. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$61
Sep 16-Sep 23 Sa 10:00am-12:00pm

Youth Pottery - Jack-o'-Lantern Luminaries

Age: 9-12 yrs. Make a one-of-a-kind carved ceramic pumpkin! Students will hand-build and carve a clay pumpkin during the first session, then decorate with underglazes in the second session. The instructor will include a small tealight for each student to take home with their finished piece. Supplies included. Projects will be ready for pickup 2 weeks after last class. 2 sessions. Instructor: Kalee Calhoun.

Pullen Arts Center - Course Fee: \$53
Sep 30 Sa 10:00am-12:00pm
Oct 7 Sa 10:00-11:30am

Youth Pottery - Personalized Breakfast Bowl

Age: 9-12 yrs. Let's create unique and functional ceramic bowls. You will learn how to form your bowl with handbuilding techniques such as pinch, coils and slabs. We will embellish our bowl with a variety of pottery tools, letter stamps and colorful underglazes. The bowls will be dipped in a clear glaze to make them food safe. Projects will be available for pickup two weeks after the last class. Supplies included. 2 sessions. Instructor: Sue Chegari.

Pullen Arts Center - Course Fee: \$61
Sep 17-Sep 24 Su 10:00am-12:00pm

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Teen

Drawing Fundamentals for Teens

Age: 13-16 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.

Sertoma Arts Center

Instructor: Anne Terry

Sep 11-Oct 16 M 4:30-6:00pm Fee: \$76

Instructor: Anne Terry

Nov 6-Dec 11 M 4:30-6:00pm Fee: \$76

Instructor: Sarah Clover

Sep 19-Oct 24 Tu 6:30-8:30pm Fee: \$101

Instructor: Sarah Clover

Nov 14-Dec 19 Tu 6:30-8:30pm Fee: \$101

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: \$45

Nov 8-Nov 15 W 4:30-6:00pm

Pottery - Haunted Houses

Age: 12-16 yrs. Celebrate Spooky season by creating haunted houses using the slab handbuilding technique. The first two weeks of class, students will create their ceramic houses, and the last day they will decorate them with vibrant glazes. This class is a great way for Teens to explore art! Supplies are included. Projects will be ready for pickup about 2 weeks after the last class. 3 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center - Course Fee: \$71

Oct 2-Oct 16 M 4:30-6:00pm

Pottery - Teen Handbuilding

Age: 12-16 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. The final class will be a glaze day, so don't miss it! This class is a great way for teens in middle and high school to explore art! Supplies included. Projects will be ready for pickup 2 weeks after the last class. 4 sessions. Instructor: Ashley Bonner.

Sertoma Arts Center - Course Fee: \$85

Sep 5-Sep 26 Tu 4:30-6:00pm

Pottery - Wheel Throwing for Teens

Age: 12-15 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. Supplies included. 6 sessions. Instructor: Anne Terry.

Sertoma Arts Center - Course Fee: \$136

Sep 7-Oct 12 Th 4:00-6:00pm

Nov 2-Dec 14 Th 4:00-6:00pm

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: \$45

Nov 28-Dec 5 Tu 4:30-6:00pm

Sewing for Beginners

Age: 9-17 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. Students will receive a class list. Class cost does not include materials.

Biltmore Hills Community Center - Course Fee: \$41

Sep 30-Oct 21 Sa 10:00-11:00am

Teen Ballet/Jazz

Age: 13-17 yrs. This class for ages 13-17 offers a mixture of ballet and jazz with more mature technique. Wear pink or white tights, black or pink leotard and ballet slippers. Instructed by Ms. Gabbie. We do 2 recital performances in the dance season, one in Winter (December) and the other in Spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 7-Sep 28 Th 7:00-8:00pm Fee: \$51

Oct 5-Oct 26 Th 7:00-8:00pm Fee: \$51

Nov 2-Nov 30 Th 7:00-8:00pm Fee: \$51

Dec 7-Dec 21 Th 7:00-8:00pm Fee: \$38

Full Session Option

Sep 7-Dec 21 Th 7:00-8:00pm Fee: \$188

Teen Competition Team

Age: 13-17 yrs. This Competition Team is for dancers ages 13-17 years old. 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. We do 2 recital performances in the dance season, one in winter (December) and the other in spring (June) where they will receive a trophy for the dance year. We also participate in Christmas parades.

Lake Lynn Community Center

Sep 7-Sep 28 Th 6:00-6:45pm Fee: \$51

Oct 5-Oct 26 Th 6:00-6:45pm Fee: \$51

Nov 2-Nov 30 Th 6:00-6:45pm Fee: \$51

Dec 7-Dec 21 Th 6:00-6:45pm Fee: \$38

4 Month Session Option

Sep 7-Dec 21 Th 6:00-6:45pm Fee: \$38

Teen Jewelry - Beginning Metals

Age: 13-15 yrs. Learn your way around the Jewelry Studio at Pullen Arts Center in this introductory class. Design and construct earrings, pins, pendants, charms, or other small objects, and tokens in this basic metalworking class. Teens will learn how to saw, drill, file, hammer, and texture metal before joining it with rivets, and solder to create individual projects. All supplies included. 6 sessions. Instructor: Amy Veatch

Pullen Arts Center - Course Fee: \$166

Sep 28-Nov 2 Th 4:30-7:00pm

Teen Jewelry - Wire Wrapped Enamel Rings

Age: 13-15 yrs. In this workshop, teens will learn the basics of kiln-fired enameling while creating wire-wrapped sterling silver rings. All supplies included. 1 session. Instructor: Ndidi Kowalczyk.

Pullen Arts Center - Course Fee: \$61

Sep 23 Sa 10:00am-2:00pm

Teen Pottery - Beginning Wheel

Age: 13-15 yrs. Level up and get behind the potter's wheel! Spend six afternoons with other creative teens in the new Pullen Arts Center wheel classroom, learning the fundamentals of wheel throwing. In this small group class, students will receive individualized attention from instructors. The focus 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. 6 sessions. Emily Malpass & Mary Parker co-teach.

Pullen Arts Center - Course Fee: \$166

Sep 24-Oct 29 Su 2:00-4:00pm

Adult**Adult Ballet/Tap**

Age: 18-99 yrs. It's never too late to be a ballerina or tap star! We'll start with basic dance techniques and barre exercises that correct posture and balance while improving flexibility. We'll then go into tap dance techniques! Why choose when you can have both worlds? Please wear comfortable attire. Tights, leotard, ballet slippers, tap shoes and ballet skirt are preferred but not required. Instructed by Ms. Gabbie.

Lake Lynn Community Center

Sep 11-Oct 2	M	6:30-7:30pm	Fee: \$41
Oct 9-Oct 30	M	6:30-7:30pm	Fee: \$41
Nov 6-Nov 27	M	6:30-7:30pm	Fee: \$41
Dec 4-Dec 18	M	6:30-7:30pm	Fee: \$38

Full Session Option

Sep 11-Dec 18	M	6:30-7:30pm	Fee: \$188
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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: \$66
Oct 7 Sa 9:00am-12:00pm

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! Sadiyah instructs.

Lake Lynn Community Center - Course Fee: \$5
Sep 10-Dec 17 Su 3:15-4:00pm

Bookmaking - Fall Origami

Age: 14-99 yrs. Celebrate the changing of the seasons with some fall themed origami creations! We will have several different design options with both verbal step by step instructions and

paper instructions for different types of learners. Once you have folded your creations you can take them home as is, or have the option to string them into a garland or a mobile! Supplied included. 1 session. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Course Fee: \$46

Nov 18 Sa 1:00-4:00pm

Bookmaking - Halloween Zines

Age: 14-99 yrs. Get into the Halloween Spirit by joining us to make some haunted house inspired zines! In this workshop we will have three different zine design bases that you can learn to make and you'll have plenty of time to customize them with anything from spooky scary skeletons to your favorite horror movie villains. No experience needed and all materials provided! 1 session. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Course Fee: \$31

Oct 28 Sa 1:00-3:00pm

Bookmaking - Longstitch Sampler

Age: 16-99 yrs. This class explores long-stitch bindings by making three books of similar size but with different bindings, cover materials, and closures. The emphasis is to explore the different ways to make long-stitch books so you can eventually create your own long-stitch designs for binding. All levels. A \$40 supply fee is due to the instructor at the first class. This class qualifies students for a book & print studio membership. 6 sessions. Instructor: Kathy Steinsberger.

Pullen Arts Center - Course Fee: \$136

Sep 20-Oct 25 W 1:00-4:00pm

Bookmaking - Ornament Books

Age: 16-99 yrs. Great as tiny little gifts or holiday decorations, these little books are fun for everyone! Using a variety of different papers and basic origami folds we will create little book ornaments that turn into stars when opened. Students are encouraged to bring decorative papers, old books, or magazines to use for the books. Supplies included. 1 session. Instructor: Jennifer Sandry.

Pullen Arts Center - Course Fee: \$61

Dec 9 Sa 12:30-4:30pm

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Bookmaking - Plantable Greeting Cards

Age: 16-99 yrs. Who doesn't love to get a lovely card in the mail? And to make it even more fun, these cards can be used to grow some beautiful plants. You can recycle and plant trees at the same time! In this class we will make our own paper pulp with recycled paper scraps, then after adding different plant seeds, we will create our paper. Once they have dried we will turn them into lovely paper cards with stamps that can also be planted. Supplies included. 3 sessions. Instructor: Jennifer Sandry.

Pullen Arts Center - Course Fee: \$116
Sep 16-Sep 30 Sa 10:00am-1:00pm

Bookmaking - The Etui Dropped Sides Box

Age: 16-99 yrs. Make a fun 3 x 3 x 4-inch box that has all 4 sides drop flat when the lid is removed and custom designed walls for holding a sewing kit or manicure tools. Cover the sidewalls with decorative papers, then finish the lid with vintage costume jewelry beads for a fun top-knot pull. Supply fee of \$40 due to the instructor at the first class covers all materials for the box and interior compartment. This class qualifies students for a book & print studio membership. 4 sessions. No class November 22. Instructor: Kathy Steinsberger.

Pullen Arts Center - Course Fee: \$91
Nov 8-Dec 6 W 1:00-4:00pm

Chavis Line Dancing

Age: 16-99 yrs. Chavis Line Dance is group dancing fitness and fun! Classes are offered weekly for beginners through advanced line dancers and everyone is welcome.

John Chavis Community Center - Course Fee: \$5
Sep 5-Dec 5 Tu 6:30-8:30pm

Coffee and Create

Age: 18-99 yrs. Come out for a relaxing morning of coffee and creating. Paint a fall inspired masterpiece and have fun while doing it! Coffee and supplies provided, but feel free to bring snacks and drinks (non-alcoholic) to enjoy while you paint. Registration must be received 3 days prior to program.

Halifax Community Center - Course Fee: \$36
Oct 18 W 10:00am-1:00pm

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's 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. Supply list is provided on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Tracie Fracasso.

Pullen Arts Center - Course Fee: \$121
Sep 13-Oct 18 W 9:30am-12:30pm

Drawing - Drawing Intensive Workshop

Age: 16-99 yrs. Beginners and seasoned artists spend the day practicing your drawing skills! Students will draw from still life of natural and manmade objects. Demonstrations, drawing and sharing will fill your day. Various drawing techniques such as, contour, positive/negative space

and gestures will be practiced. Students will experiment with pencils, charcoals, and conte, sharpies, and ink. Supply list prints on receipt. 1 session. Instructor: Sue Soper.

Pullen Arts Center - Course Fee: \$61
Dec 2 Sa 10:00am-5:00pm

Drawing - Intro to Drawing with Peter Marin

Age: 16-99 yrs. This course covers the elemental visual languages of drawing-line, form, value, composition, and perspective - 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: \$121
Sep 7-Oct 12 Th 1:00-4:00pm



Drawing - Nature Journaling

Age: 16-99 yrs. Pulling inspiration from the beautiful grounds at Shelley Lake Park, we will take daily walks in search of elements to work with. We will draw, sketch and paint on site, collect nature bits to work with in class, collage, print and make a wide array of marks on our sketchbooks. These pages will invite us to create, to let go and embrace creativity in all its forms. Supply list available on Sertoma's webpage. 4 sessions. Instructor: Patrizia Ferreira

Sertoma Arts Center - Course Fee: \$101
 Sep 5-Sep 26 Tu 9:30-11:30am

Drum it Up!

Age: 16-99 yrs. No prior musical experience is required. Join this class to experience first hand the excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided, or bring your own. We will use the African hand drum (called a Djembe) to work on independence, coordination, basic rhythm patterns, ensemble performance, and ideas for solo improvisation. Each class will focus on four elements of drumming. Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus, for at home practice, a play along video will be provided! If you want to drum, let's get started!

Marsh Creek Community Center - Course Fee: \$41

Sep 7-Sep 28	Th	6:30-7:30pm
Oct 5-Oct 26	Th	6:30-7:30pm
Nov 2-Nov 30	Th	6:30-7:30pm
Dec 7-Dec 28	Th	6:30-7:30pm

Pullen Community Center - Course Fee: \$41

Sep 5-Sep 26	Tu	6:30-7:30pm
Oct 3-Oct 24	Tu	6:30-7:30pm
Nov 7-Nov 28	Tu	6:30-7:30pm

Fibers - Beginner Weaving: Make Your Own Mini Loom

Age: 18-99 yrs. Weaving is meditative and easy to learn. It's a great way to take a break from your screens and focus on something tangible. In this class, you will learn how to make a mini loom that you can carry with you to weave whenever you like! In addition to learning basic weaving techniques, student will experiment with pattern, texture and materials. Supply list available on Sertoma's webpage. 5 sessions. Instructor: Samantha Pell

Sertoma Arts Center - Course Fee: \$151
 Oct 7-Nov 4 Sa 1:30-4:00pm

Fibers - Beginning Knitting

Age: 12-99 yrs. Get started with this fun hobby for the absolute beginner! We will make samples of different stitches, talk about yarn and needles. All supplies included. Instructor: Anne Terry

Sertoma Arts Center - Course Fee: \$58
 Nov 5-Nov 19 Su 1:00-2:30pm

Fibers - Beginning Sewing: Holiday Gift Bag

Age: 16-99 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. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$37
 Dec 16 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Holiday Table Runner

Age: 16-99 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. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$37
 Nov 18 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Piped Pillows

Age: 16-99 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. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$121
 Sep 7-Oct 5 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. 1 session. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$37
 Sep 30 Sa 1:00-4:00pm

Fibers - Beginning Sewing: To-Go Lunch Trio

Age: 15-99 yrs. Learn some sewing skills and make some great additions to your lunchbox: a napkin, snack bag and a utensil holder. Students will learn the basics of sewing and more, with each project increasing in difficulty. No sewing skills required. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Samantha Pell

Sertoma Arts Center - Course Fee: \$73
 Sep 17-Sep 24 Su 12:30-3:30pm

Fibers - Botanical Embroidery

Age: 16-99 yrs. An introduction to contemporary embroidery. Learn to translate a pencil sketch into a full blown, luscious, three -dimensional, tactile textile piece entirely created with thread and yarn. You will learn traditional embroidery stitches while employing an untraditional approach to embroidery. Supply list available on Sertoma's webpage. 4 sessions.

Instructor: Patrizia Ferreira
Sertoma Arts Center - Course Fee: \$97
 Nov 2-Nov 30 Th 10:00am-12:00pm

Fibers - Fabric Dyeing

Age: 15-99 yrs. Learn the basics for dyeing fabric using fiber-reactive dyes and various techniques for even and uneven dyeing. Students' dye samples can be easily hemmed to make dinner napkins. Students will also apply what they learn and dye 1 yard of cloth to use for future projects. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Samantha Pell

Sertoma Arts Center - Course Fee: \$79
 Dec 9-Dec 10 Sa&Su 12:30-3:30pm

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Fibers - Felted Pet Toys for Cat People

Age: 16-99 yrs. Wool is a great material to use for pet toys, it's durable, attracts pets, and is natural! Come and learn wet-felting techniques to make balls, kickers and chasers for your cat! We will make a total of three toys for you to take home to your fur-baby! Supply list available on Sertoma's webpage. 1 session. Instructor: Samantha Pell
Sertoma Arts Center - Course Fee: \$49
 Sep 16 Sa 10:30am-2:30pm

Fibers - Felted Pet Toys for Dog People

Age: 16-99 yrs. Wool is a great material to use for pet toys - its durable, attracts pets and is natural! Come and learn wet-felting techniques to make balls, tugs, and chews for your dog! We will make a total of three toys for you to take home to your fur-baby! Supply list available on Sertoma's webpage. 1 session. Instructor: Samantha Pell
Sertoma Arts Center - Course Fee: \$49
 Dec 2 Sa 10:30am-2:30pm

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: \$31
 Dec 7 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: \$73
 Oct 19-Nov 2 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: \$31
 Nov 30 Th 6:30-9:00pm

Fibers - Intro to Cross Stitch

Age: 14-99 yrs. Create your own cross stitch creation! Learn the basics to cross stitching, and learn techniques to stitch edges and borders on your images. You will be walked through example stitches and have plenty of time to work on your images. Supply fee of \$10 due to instructors at start of class. 1 session. Instructors: Jocelyn Steslicke and Ashley Bonner.

Pullen Arts Center - Course Fee: \$37
 Sep 16 Sa 1:00-4:00pm

Fibers - Nature Inspired Soft Sculptures

Age: 16-99 yrs. Inspired by nature's bountiful wonders students will learn techniques to create unique soft sculptures out of fabric, fabric scraps, traditional and untraditional materials. This is a class open to all levels, to anyone interested in experimenting, and learning ways to bring your textiles into the three dimensions. Supply list prints on receipt. 4 sessions. Instructor: Patrizia Ferreira.
Pullen Arts Center - Course Fee: \$97
 Oct 5-Oct 26 Th 10:00am-12:00pm

Fibers - Painting Portraits with Thread

Age: 16-99 yrs. Learn to paint portraits entirely out of thread. Students will learn basic embroidery and stitching techniques, learn to transfer images from photo or sketch to fabric and learn to transfer colors with stitches versus brush strokes. This is an artistic embroidery class, where students are encouraged to explore and experiment. Supply list prints on receipt. 4 sessions. Instructor: Patrizia Ferreira.
Pullen Arts Center - Course Fee: \$121
 Aug 31-Sep 21 Th 10:00am-12:30pm

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: \$37
 Dec 2 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: \$37
 Sep 9 Sa 1:00-4:00pm
 Oct 21 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: \$41
 Nov 4 Sa 9:30am-4:30pm
 Nov 5 Su 9:30am-4:30pm

Glassmaking - Fused Glass Jewelry

Age: 16-99 yrs. Learn to make stunning glass jewelry from start to finish! You will begin by learning glass fusing and casting techniques to create glass focal pieces for your jewelry designs. Next, we'll explore a variety of techniques including attaching simple findings, working with wire, and creating a one of a kind setting out of metal. You will leave the class with at least 3 finished pieces. A \$30 supply fee paid to the instructor on the first night of class will include all materials and supplies. 5 sessions. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$88.50
 Sep 27-Oct 25 W 6:30-8:30pm

Glassmaking - Fused Glass Ornaments

Age: 16-99 yrs. In this class, we will create winter-themed ornaments and suncatchers from fusible glass. We will start by learning the basics of layering glass and firing projects in a kiln. Next, we'll cover cutting glass and adding additional layers to add dimension. Finally, we will experiment with using paint and other embellishments to add detail to our ornaments. No experience with glass is required! Supply fee of \$30 due to the instructor at first class will cover all materials and supplies. 2 sessions. Instructor: Danielle Cozart.
Sertoma Arts Center – Course Fee: \$53.50
 Dec 9-Dec 10 Sa&Su 12:30-3:30pm

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! A \$35 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Amy Veatch.
Sertoma Arts Center – Course Fee: \$146
 Sep 29-Nov 3 F 10:00am-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. Repairing jewelry will also be discussed. 2 sessions. Instructor: Anne Terry.
Sertoma Arts Center – Course Fee: \$41
 Oct 8-Oct 15 Su 1:00-3:00pm

Jewelry - Beginning Enamels

Age: 16-99 yrs. We will delve into the basics of enameling, or the process of fusing colorful ground glass to a metal substrate. We will explore different techniques including layering, stencils, decals, lusters, and graphite and will learn a few ways to incorporate enameled components into our jewelry. Students will come away from the class with many samples as well as some finished pieces. Enameling after protocols will be discussed and followed at all times. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. All supplies included except for 24g copper -12. Instructor: Lauren Markley
Sertoma Arts Center – Course Fee: \$151
 Sep 13-Oct 18 W 2:30-5:00pm

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 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 purchase 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. This class qualifies students for a jewelry studio membership. 6 sessions.

Pullen Arts Center – Course Fee: \$146
 Instructor: Sarah West
 Sep 12-Oct 17 Tu 6:30-9:00pm
 Instructor: Hsiang-Ting Yen
 Sep 7-Oct 12 Th 1:00-3:30pm
 Instructor: Amy Veatch
 Sep 27-Nov 1 W 10:00am-12:30pm
 Instructor: Ndidi Kowalczyk
 Oct 2-Nov 6 M 1:30-4:00pm
Sertoma Arts Center – Course Fee: \$146
 Instructor: Lauren Markley
 Sep 13-Oct 18 W 6:30-9:00pm
 Instructor: Amy Veatch
 Sep 7-Oct 19 Th 10:00am-12:30pm
 Instructor: Sarah West
 Sep 9-Oct 7 Sa 12:30-3:30pm
 Instructor: Lauren Markley
 Nov 8-Dec 13 W 6:30-9:00pm

Jewelry - Chain Making and the Fabricated Clasp

Age: 16-99 yrs. The purpose of this class is to introduce you to the aspects of hand made chain making while building your technical skills. We will start by working on some chain and clasp samples in copper or brass. Students can choose to continue with these metals or move onto sterling silver for their final project. Individual projects will be based on student's experience, their investigations during sample making and the student's designs. Students should plan to bring a variety of copper (16g, 18g, or 20g) or brass (18g or 20g) wires or purchase materials from Pullen Arts Center's store (approx. \$20). Students may use sterling silver if they choose. Prerequisite: Beginning Metals at Pullen or Sertoma. 5 sessions. Instructor: Sarah West.
Pullen Arts Center – Course Fee: \$146
 Oct 24-Nov 21 Tu 10:00am-1:00pm

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Jewelry - Continuing Metals

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 purchase 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. 6 sessions.

Pullen Arts Center – Course Fee: \$146

Instructor: Amy Veatch

Sep 11-Oct 23 M 10:00am-12:30p

Instructor: Sarah West

Nov 8-Dec 20 W 6:30-9:00pm

Sertoma Arts Center – Course Fee: \$146

Instructor: Lauren Markley

Sep 12-Oct 17 Tu 6:30-9:00pm

Instructor: Amy Veatch

Nov 2-Dec 14 Th 10:00am-12:30pm

Instructor: Lauren Markley

Nov 7-Dec 12 Tu 6:30-9:00pm

Instructor: Sarah West

Nov 25-Dec 16 Sa 12:30-4:15pm

Jewelry - Continuing Torch Fired Enamels

Age: 16-99 yrs. Dive deeper into using the torch with enamels. Students will explore decals, water colors, seed bead embellishment, the use of a crow quill pen, working with mica and more. A supervised open studio will be held for students on November 26 from 9am-3pm. Supply fee of \$15 due to instructor at first class meeting. 4 sessions. Instructor: Ndidi Kowalczyk.

Pullen Arts Center – Course Fee: \$211

Nov 7-Nov 28 Tu 5:00-9:00pm

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. 6 sessions. Instructor: Sarah West.

Pullen Arts Center – Course Fee: \$186

Sep 13-Oct 18 W 6:00-9:00pm

Jewelry - Etching for Jewelry

Age: 16-99 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 Arts Center. 3 sessions. Instructor: Sarah West.

Pullen Arts Center – Course Fee: \$126

Dec 5-Dec 19 Tu 12:30-4:30pm

Jewelry - Foldforming

Age: 16-99 yrs. Foldforming creates surface texture or a three-dimensional shape using the metal's own properties. Using copper, students will learn to fold, repeatedly forge, anneal, and unfold metal to create texture and form. Learning some of the basic folds will open up new possibilities for working with metals! Prerequisite: Beginning Metals at Pullen or Sertoma Arts Center. 2 sheets of 6x3 24g copper included in cost of class. Students will supply any additional metal needs. 6 sessions. No class November 27. Instructor: Amy Veatch.

Pullen Arts Center – Course Fee: \$161

Nov 6-Dec 18 M 4:30-7:00pm

Jewelry - Hydraulic Press

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 Pullen Arts Center or ordered at the first class (approximately \$30). Prerequisite: Beginning Metals at Pullen or Sertoma Arts Center. 6 sessions. Instructor: Amy Veatch.

Pullen Arts Center – Course Fee: \$146

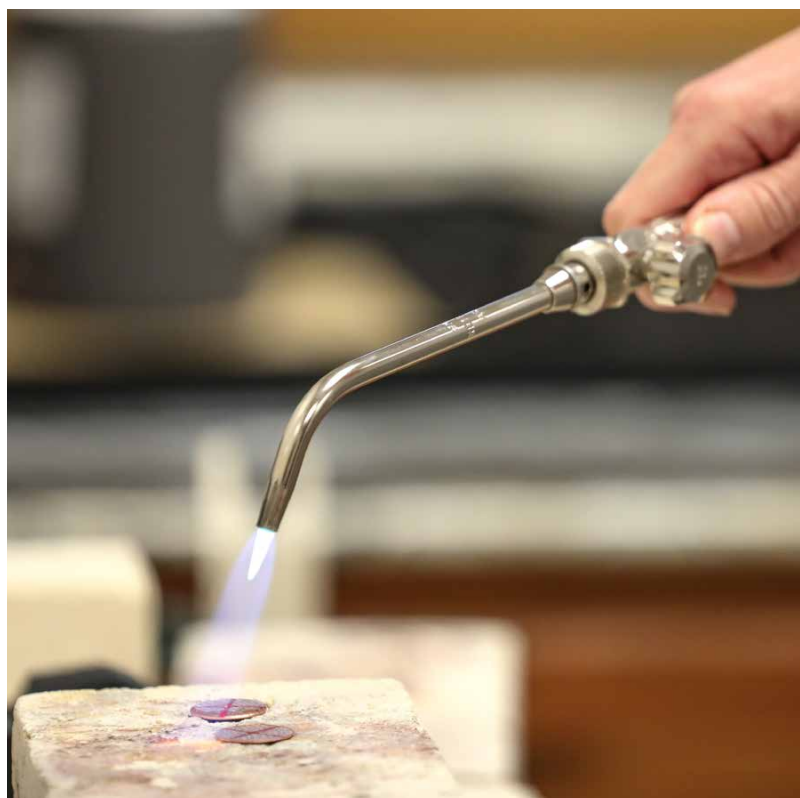
Sep 27-Nov 1 W 1:30-4:00pm

Jewelry - Intro to Torch Fired Enamel

Age: 16-99 yrs. Want to add color to your metalwork without stones? Try torch firing enamels to copper for a beautiful pop of color. Students will learn basic enamel powder application as well as firing techniques and a few embellishment ideas. A kit of materials needed for work during class time can be purchased through the Pullen Arts Center store (approx. \$25). 4 sessions. Instructor: Ndidi Kowalczyk.

Pullen Arts Center – Course Fee: \$156

Oct 2-Oct 23 M 5:00-9:00pm



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. 1 session. Instructor: Sarah West.

Sertoma Arts Center - Course Fee: \$71
Oct 28 Sa 11:30am-4:30pm

Jewelry - Linked Bracelets

Age: 16-99 yrs. This class will focus on designing and making a linked bracelet. We will use a layering technique which includes piercing, soldering, riveting and the hydraulic press. We will incorporate silver, copper and/or nugold in this bracelet. There will also be an option of including tube set stones, texture and patinas as surface embellishment to enhance your bracelet design. Basic soldering and sawing skills needed for this class. Optional jewelry kit available for \$30. Kit will include 1"x1" square of silver sheet, 1"x1" square of copper sheet, 1"x1" square of nugold sheet, one foot 18g silver wire, 1" silver tube, sawblades, drill bit and 3mm faceted gemstones. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Betty McKim.

Pullen Arts Center - Course Fee: \$146
Nov 13-Dec 18 M 1:00-3:30pm

Jewelry - Make a Pendant

Age: 16-99 yrs. We will make a pendant in this class. Techniques to be covered will be design, texture, stone setting, (bezeland tube) and dimension through fabrication and the hydraulic press. A \$25 kit will be available for purchase at the first class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center. 6 sessions. Instructor: Betty McKim
Sertoma Arts Center - Course Fee: \$146
Sep 12-Oct 17 Tu 10:00am-1:00pm

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: \$146
Nov 14-Dec 19 Tu 10:00am-12:30pm

Jewelry - Simple Enameled Rings

Age: 16-99 yrs. In this weekend workshop, students will make rings inspired by abstract art using enamel powder on copper with sterling silver shanks. Students will learn to add inclusions like beads, wire, or casting grain as embellishments to create motif. We'll then explore a couple methods for connecting the motif to a ring shank. Experience with vitreous enamels and/or basic metalsmithing knowledge is helpful but not a prerequisite. A \$15 materials fee due to instructor on the first day of class. Instructor accepts Cash, Venmo, or Credit Card. 2 sessions. Instructor: Ndidi Kowalczyk.

Pullen Arts Center - Course Fee: \$146
Oct 28-Oct 29 Sa&Su 9:00am-4:00pm

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! 1 session. Instructor: Sarah West.

Pullen Arts Center - Course Fee: \$51
Oct 24 Tu 2:00-5:30pm
Nov 30 Th 6:00-9:30pm

Make it Take It

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 5 Tu 10:00am-12:00pm

Painting - Abstraction

Age: 16-99 yrs. This course offers a process to working abstractly by identifying common themes. By revising these themes, students are able to identify their preferences and make abstract work that is representative of its author. Any wet media welcome. Student supplies their own materials - bring at least one support/substrate to class along with all your preferred materials. 6 sessions. Instructor: Peter Marin.

Sertoma Arts Center - Course Fee: \$121
Nov 9-Dec 21 Th 6:00-9:00pm

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 7 years now! Student supplies own materials. Any wet media welcome. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Peter Marin

Pullen Arts Center - Course Fee: \$121
Sep 11-Oct 16 M 9:30am-12:30pm
Nov 6-Dec 11 M 9:30am-12:30pm

Painting - Beginning Watercolor Groundwork for Adventure

Age: 16-99 yrs. Students will learn the basic skills of watercolor painting and how to create colorful and glowing effects. The instructor, Rick Bennett 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 the use of the color wheel, how values work, and the importance of leaving your whites and mixing bright colors, neutrals, and darks. Paints and brushes are 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. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center - Course Fee: \$106
Oct 3-Nov 7 Tu 10:00am-12:30pm
Oct 12-Nov 16 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: \$106

Sep 11-Oct 9 M 9:30am-12:30pm

Nov 6-Dec 4 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: \$51

Sep 6 W 1:00-3:30pm

Oct 4 W 1:00-3:30pm

Nov 1 W 1:00-3:30pm

Dec 6 W 1:00-3:30pm

Painting - Collage & Assemblage

Age: 16-99 yrs. In this class we will create collages with added dimension using 3D elements while exploring methods of adhesion. We will build layered collages on panels enhancing added textures with wet media and glazing. A variety of media, papers, and textures encouraged. Supply list prints on receipt. No class November 23. 4 sessions. Instructor: Joanna Moody.

Pullen Arts Center – Course Fee: \$91

Nov 9-Dec 7 Th 9:30am-12:00pm

Painting - Color Theory 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. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Tracie Fracasso.

Pullen Arts Center – Course Fee: \$121

Sep 13-Oct 18 W 1:30-4:30pm

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 the use of color, demonstration of brushwork, and how to develop a painting and composition. Students bring their own supplies. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center – Course Fee: \$106

Oct 3-Nov 7 Tu 1:30-4:00pm

Nov 14-Dec 19 Tu 1:30-4:00pm

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

Age: 16-99 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. Supply list prints on receipt. No class on October 18. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Nancy Carty.

Pullen Arts Center – Course Fee: \$121

Sep 5-Oct 10 Tu 1:00-4:00pm

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

Age: 16-99 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. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Nancy Carty.

Pullen Arts Center – Course Fee: \$121

Oct 31-Dec 5 Tu 1:00-4:00pm

Painting - Iconic Image Collage

Age: 16-99 yrs. Students will bring imagery of an object(s) they wish to use for the subject of 1-2 iconic collages. We will create neutral paper collage bases onto which our subjects will be placed then added to with additional media and texture. We will discuss iconic images in art history and employ devices to elevate our subjects to symbols of greater meaning. Students will bring sturdy supports (wood cradles, canvas board, etc.) and a variety of papers and media to class to be used in their collages. Supply list prints on receipt. 4 sessions. Instructor: Joanna Moody.

Pullen Arts Center – Course Fee: \$91

Oct 12-Nov 2 Th 9:30am-12:00pm

Painting - Intro to Painting with Peter Marin

Age: 16-99 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. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$121

Sep 7-Oct 12 Th 6:00-9:00pm

Nov 9-Dec 21 Th 1:00-4:00pm

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 your own tools to blend and crush the color together rather than using fingers or tortillons. 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: \$126

Sep 23-Sep 24 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: \$126

Oct 7-Oct 8 Sa&Su 10:00am-5:00pm

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: \$106

Sep 12-Oct 17 Tu 6:30-9:00pm

Nov 7-Dec 12 Tu 6:30-9:00pm

Sep 11-Oct 16 M 6:30-9:00pm

Nov 6-Dec 11 M 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: \$106

Sep 12-Oct 17 Tu 1:00-3:30pm

Nov 7-Dec 12 Tu 1:00-3:30pm

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Painting - Making Mixed Media Papers

Age: 16-99 yrs. This class is designed to be experimental and fun as we explore layering wet and dry media to create a variety of papers that can be used in collaging. We will discuss stamping, stenciling, resists and mark making in this four week course. Bring your paints and pens, markers textures and any found papers you want to personalize. All levels of experience welcome. Supply list prints on receipt. 4 sessions. Instructor: Joanna Moody.

Pullen Arts Center - Course Fee: \$91
Oct 10-Oct 31 Tu 9:30am-12:00pm

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. Supply list prints on receipt. This class qualifies students for a painting studio membership. 8 sessions. Instructor: Tracie Fracasso.

Pullen Arts Center - Course Fee: \$161
Sep 28-Nov 16 Th 1:30-4:30pm

Painting - Painted Paper and Fabric Collage

Age: 16-99 yrs. In this class we will paint papers and fabrics for collages exploring color relationships, value shifts, color temperature and surface textures. Students are encouraged to bring an image or painting they wish to re-create as a collage to the first class or can work intuitively - abstract or otherwise. All levels welcome. Supply list prints on receipt. 4 sessions. Instructor: Joanna Moody.

Pullen Arts Center - Course Fee: \$91
Nov 14-Dec 5 Tu 9:30am-12:00pm

Painting - Painting Pop Art

Age: 16-99 yrs. This class is for absolute beginners and seasoned painters. This is a class for both acrylic and oil painters. Student will create paintings inspired by the Pop Artists Andy Warhol and Roy Lichtenstein. Students can create Pop Art still life paintings and/or portraits. In addition, students will learn composition, how to handle, mix and apply paint. Students may paint

from life and photos. Self-expression and experimentation are encouraged. This class qualifies students for a painting studio membership. Students provide their own supplies. Supply list prints on receipt. 6 sessions. No class on November 22. Instructor: Tracie Fracasso.

Pullen Arts Center - Course Fee: \$121
Nov 1-Dec 13 W 1:30-4:30pm

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: \$106
Sep 11-Oct 9 M 1:00-4:00pm
Nov 6-Dec 4 M 1:00-4:00pm

Painting - Watercolor II

Age: 16-99 yrs. Intermediate students will refine and learn new brush skills to allow them to paint with confidence and 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 space, value, light, shadow, and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, a looser style, and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and will receive assistance with problem areas. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Rick Bennett.

Pullen Arts Center - Course Fee: \$106
Nov 14-Dec 19 Tu 10:00am-12:30pm

Painting - Workshop: Watercolor Weekend

Age: 16-99 yrs. Come spend all day Saturday and Sunday creating wonderful art pieces. The BEST part of the weekend is our "Play Time". Art is at it's best when we play with the colors and put our authentic self in our work. The focus of the workshop is learning a variety of techniques experimenting with the process of painting rather than producing a product. Funny thing happens when you approach it this way, our paintings become more free

and fun. Janie will begin each morning with a demo of various techniques. Afterwards you will go back to your seat and explore the techniques on your own. Janie will give each student individual attention. We typically take our lunch at this time (don't forget to bring one). The atmosphere of the class is relaxed and informal with each student and Janie helping one another. The afternoon is spent working on your own with numerous demonstrations by Janie during this session! Sunday is basically the same format and with this type of concentration of techniques, students experience success and joy! Some watercolor experience is required. Janie will personally guide you with the purchase of supplies. If you have supplies, bring what you have. Contact Janie to discuss the supply list. Each weekend workshop will focus on different techniques so sign up for more than one weekend. 2 sessions. Instructor: Janie Johnson.

Sertoma Arts Center - Course Fee: \$121
Sep 16-Sep 17 Sa&Su 9:45am-3:30pm
Oct 14-Oct 15 Sa&Su 9:45am-3:30pm
Nov 18-Nov 19 Sa&Su 9:45am-3:30pm
Dec 16-Dec 17 Sa&Su 9:45am-3:30pm

Photography - Photography for Beginners Series

Age: 16-99 yrs. Photography for Beginners Series: Aperture, Shutter Speed, and ISO. What are all these numbers anyway? In this course you will learn how to adjust camera settings appropriate to your way of making and light source. Learning the use and harmony of these camera's settings is key to making impeccable images with any camera technology. No experience required; student must bring camera with manual functions. Digital and Film Cameras are welcomed. 3 sessions. Instructor: Sarah Ann Austin

Sertoma Arts Center - Course Fee: \$59.50
Sep 18-Oct 2 M 4:30-6:00pm

Photography - The Art of Capturing Shadows: Cyanotype Photography

Age: 16-99 yrs. Learn how to capture a lovely silhouette of light by creating one of a kind photographic prints with this historical photographic process, Cyanotype. Students will learn the process of creating a composition with found plants and flat objects, coating of the paper, exposing the prints, washing the prints, and displaying them. These beautiful prints will be perfect for framing and giving as gifts. 2 sessions. Instructor: Sarah Ann Austin

Sertoma Arts Center - Course Fee: \$92
Sep 30-Oct 1 Sa&Su 10:30am-1:00pm

Pottery - Altering on the Wheel

Age: 16-99 yrs. Say goodbye to circular wheel-thrown pots! Learn how to wet-alter your thrown pieces on the wheel, including faceting, willow-leafing, rim alteration, and stamping.

Prerequisite: Beginning or Continuing Wheel at Pullen or Sertoma Arts Center and 1+ year of wheel-throwing experience. Students purchase clay at first class from Pullen Arts Center's store (approximately \$29). Students will supply tools needed for class (a tool kit is available for \$24 or students may purchase tools a la cart). This class does not qualify students for a studio membership. 5 sessions. Instructor: Kalee Calhoun.

Pullen Arts Center - Course Fee: \$91

Sep 20-Oct 18 W 1:00-3:30pm

Pottery - Beginning Handbuilding

Age: 16-99 yrs. Expand your possibilities with clay! If you can imagine it, you can build it with clay. In this class, students will learn the basics of handbuilding with clay. Course will include an introduction to the slab roller, extruder, and other handbuilding tools. 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). Please arrive 20 minutes early to the first class to purchase materials. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions. No class November 7.

Pullen Arts Center - Course Fee: \$117

Instructor: Michelle Miolla

Oct 3-Nov 21 Tu 6:00-8:30pm

Instructor: Kalee Calhoun

Nov 1-Dec 20 W 9:30am-12:00pm

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, the 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). Please arrive 20 minutes early to the first class to purchase materials. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

Pullen Arts Center - Course Fee: \$117

Instructor: Doug DeBastiani

Aug 29-Oct 17 Tu 3:30-6:00pm

Instructor: Mary Parker

Sep 5-Oct 17 Tu 9:30am-12:00pm

Instructor: Mary Parker

Sep 6-Oct 18 W 9:30am-12:00pm

Instructor: Kay Parks

Oct 9-Nov 20 M 1:00-3:30pm

Instructor: Kay Parks

Oct 9-Nov 20 M 4:00-6:30pm

Instructor: Olivia Martinez

Oct 25-Dec 13 W 6:00-8:30pm

Instructor: Emily Malpass

Oct 5-Nov 16 Th 10:00am-12:30pm

Instructor: Doug DeBastiani

Aug 31-Oct 12 Th 3:30-6:00pm

Instructor: Kalee Calhoun

Nov 7-Dec 19 Tu 9:30am-12:00pm

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. Must Register in Person at Sertoma Arts Center. This course does not qualify for a studio card. 4 sessions. Instructor: Steve Karloski.

Sertoma Arts Center - Course Fee: \$66

Sep 25-Oct 16 M 7:00-9:15pm

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Pottery - Continuing Handbuilding

Age: 16-99 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). Prerequisite: Students must have prior handbuilding experience (whether at Pullen Arts Center or elsewhere). This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. No class November 23. 7 sessions. Instructor: Michelle Miolla.

Pullen Arts Center – Course Fee: \$117

Oct 26-Dec 14 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, the use of throwing tools, and basic glazing techniques. Cylinders, bowls, 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) from the Pullen Arts Center. Continuing students provide their own tools. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and should be able to comfortably center clay on the wheel to be successful in this class. This class qualifies students for a pottery studio membership upon completion of the class and studio orientation. 7 sessions.

Pullen Arts Center – Course Fee: \$117

Instructor: Doug DeBastiani

Nov 7-Dec 19 Tu 3:30-6:00pm

Instructor: Doug DeBastiani

Nov 7-Dec 19 Tu 7:00-9:30pm

Instructor: Mary Parker

Nov 1-Dec 20 W 9:30am-12:00pm

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: \$66

Nov 6-Nov 27 M 7:00-9:15pm

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: \$111

Instructor: Tim Cherry

Sep 20-Nov 1 W 9:30-11:45am

Instructor: Steve Karloski

Sep 20-Nov 8 W 7:00-9:15pm

Pottery - Haunted Houses

Age: 18-99 yrs. Celebrate Spooky season by creating haunted houses using the slab handbuilding technique. This class is designed to give you all the skills needed to complete this project, no experience required. We will be spending the day brainstorming our haunted houses, creating test models and templates, learning to roll out slabs, and experimenting with beginner friendly surface design. This workshop will be a long day with breaks expected while we wait for our clay to set into a sturdy house building consistency, so bring snacks or lunch! Projects will be ready for pickup about 2 weeks after the class. No experience required. This class does not qualify for a studio card. \$20 supply fee paid to instructor at start of class. 1 session. Instructor: Ashley Bonner

Sertoma Arts Center – Course Fee: \$87

Sep 23 Sa 10:30am-4:30pm

Pottery - Holiday Gifts

Age: 16-99 yrs. In these two-session classes, students will create unique ceramic gifts to give or keep for the holiday season. We will hand-build clay objects in the first class, and then glaze in the second class. No prior ceramics experience necessary. All supplies included. Projects ready for pickup 2 weeks after last class. 2 sessions. Instructor: Kalee Calhoun.

Pullen Arts Center – Course Fee: \$66

Small Nesting Bowls

Sep 12 Tu 9:30am-12:00pm

Sep 19 Tu 9:30-11:00am

Spoon Rests + Coasters

Oct 3 Tu 9:30am-12:00pm

Oct 10 Tu 9:30-11:00am

Ornaments

Oct 24 Tu 9:30am-12:00pm

Oct 31 Tu 9:30-11:00am

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: \$76

Sep 11-Oct 2 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: \$36

Dec 3 Su 12:30-4:30pm

Dec 4 M 12:00-4:00pm

Pottery - Making and Using Your Own Pottery Tools

Age: 16-99 yrs. Join Tim Cherry in this four week intermediate workshop. He'll focus each week on techniques and materials to design numerous tools for forming and decorating pots. Bring your own tools and ideas and explore! Although Tim works exclusively as a handbuilder, wheel potters are welcome as well. Much of what he covers may apply to your work as well. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Centers. This workshop does not qualify you for a studio card. Instructor: Tim Cherry.

Sertoma Arts Center - Course Fee: \$66
Oct 16-Nov 6 M 9:30-11:45am

Pottery - One Day Pottery Projects with Mary Parker

Age: 18-99 yrs. Interested in trying pottery but not ready to commit to a 7-week class? Join teaching artist Mary Parker in the handbuilding studio to create a pottery project that you can successfully finish in one evening. This is a great class to try something new with a friend! All materials and tools for use during class time are provided. With a different project each week, you can sign up for one session or multiple sessions! Pieces must go through the kiln to be complete and will be ready for pick up 2 weeks after class. 1 session. Instructor: Mary Parker.

Pullen Arts Center - Course Fee: \$51

Statement Mug

Oct 9	M	6:00-8:30pm
Nov 6	M	6:00-8:30pm
Dec 4	M	6:00-8:30pm

Espresso Cup Set

Oct 16	M	6:00-8:30pm
Nov 13	M	6:00-8:30pm
Dec 11	M	6:00-8:30pm

Incense Burner

Oct 23	M	6:00-8:30pm
Nov 20	M	6:00-8:30pm
Dec 18	M	6:00-8:30pm

Pottery - Piercing the Form!

Age: 16-99 yrs. Explore how piercing your pottery can create both functional and more decorative wheel forms. This class focuses on taking simple wheel thrown forms to the next level by making holes in them. A few functional examples would be berry bowls/colanders, orchid pots, and candleholders. Holes can also create purely decorative textures and patterns around the rim or all over the form. Basic wheel tools and a fettling knife are necessary; other tools for making holes will be suggested in the first class. Prerequisite: Beginning Wheel at Sertoma or Pullen Arts Center. Must Register in Person at Sertoma Arts Center. 4 sessions. Instructor: Jeannette Stevenson.

Sertoma Arts Center - Course Fee: \$111
Sep 18-Oct 9 M 4:15-6:30pm

Pottery - Special Assistance Needed

Age: 16-99 yrs. For students who are struggling with wheel throwing. Just can't figure out how to center? Not having success with certain forms? Always getting S-cracks? For students who are trying hard but not finding the groove you hope to find, special attention for your specific problems. This class is targeted to beginner level students who have already completed beginning wheel. Small class size (max of 6 students) allows for lots of individual attention. Bring your leftover clay from your Beginning Wheel class at Pullen or, if you're coming from a beginning class elsewhere, be prepared to purchase clay (approximately \$29 for 25 lbs). This class does not qualify students for a studio membership at Pullen Arts. 5 sessions Instructor: Lauren Wellborn.

Pullen Arts Center - Course Fee: \$117
Oct 19-Nov 16 Th 6:00-8:30pm

Pottery - Wheel Throwing Workshop

Age: 18-99 yrs. Not quite sure if you're ready to commit to a 7 week long program? Or maybe you're just looking for something to do on a week night! Look no further because we are now offering a one night wheel throwing experience. You will be able to create your very own one of a kind piece on the pottery wheel, without the commitment of a weekly class. All supplies will be provided. 1 session. Instructor: Mary Parker.

Pullen Arts Center - Course Fee: \$31

Sep 5	Tu	7:00-8:30pm
Oct 30	M	7:00-8:30pm
Nov 27	M	7:00-8:30pm

Pottery - Wheel Throwing: Beginning

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: \$111

Instructor: Jeannette Stevenson		
Sep 18-Oct 30	M	7:00-9:15pm
Instructor: Joan Walsh		
Sep 20-Nov 1	W	7:00-9:15pm
Instructor: Jeannette Stevenson		
Sep 20-Nov 8	W	9:30-11:45am

Printmaking - Beginning Waterless Lithography

Age: 16-99 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. No experience necessary. A \$30.00 supply fee is paid directly to instructor at first class. 5 sessions. This class qualifies students for a print studio membership. Instructor: Susan Soper.

Pullen Arts Center - Course Fee: \$146
Oct 5-Nov 2 Th 9:30am-1:00pm

Printmaking - Block Print in Color

Age: 16-99 yrs. Learn to plan, prep, carve and print a large edition of colorful linoleum block prints! This class will explore the use of color and texture in block printmaking. Print size and color use will be tailored to each individual artist participant. We will also explore various block printmaking inks including both oil and water based. This is an intermediate printmaking class designed for people who have taken at least one print class previously. It's ideal for those who have some experience with linoleum block printmaking. Students purchase linoleum and printing papers through Pullen Arts onsite store (approx. \$25). The studio will have inks, rollers, spatulas, newsprint and carving tools. 8 sessions. Instructor: Maria Frati.

Pullen Arts Center - Course Fee: \$201
Oct 9-Nov 27 M 9:30am-12:30pm

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Printmaking - Drawing the Print - Drypoint Intaglio

Age: 16-99 yrs. A great technique for people who like to draw, or are curious about printmaking. Drypoint is a non-acid intaglio technique where marks are made directly on plates. Plates are then inked and printed on an etching press. The mark of a drypoint can be identified by a characteristically rich and velvety line. In this workshop we'll explore a variety of drypoint techniques, cover proper inking and printing procedures as well various ways to incorporate color. A lovely technique with lots of possibilities! Open to artists of all levels, repeat students welcome. Supply fee for paper and copper plates, purchased from Pullen, approximately \$15-\$20. We will discuss supplies at the start of class. Instructor: Susan Martin.

Pullen Arts Center - Course Fee: \$131
Oct 21-Oct 22 Sa&Su 10:00am-5:00pm

Printmaking - Experimental Reduction Prints in Color

Age: 16-99 yrs. Explore traditional and experimental printmaking techniques to create big, bold, dynamic, colorful prints! In this class you will be encouraged to play, experiment and push the boundaries of what a reduction print can be. Reduction printmaking is easy enough for a beginner or experienced printmaker to take their skill set to a new level. Supply list prints on receipt. 6 sessions. Instructor: Maria Frati.

Pullen Arts Center - Course Fee: \$151
Oct 11-Nov 15 W 9:30am-12:30pm

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 Conrad 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). This class qualifies students for a print studio membership. 6 sessions. Instructor: Keith Norval.

Pullen Arts Center - Course Fee: \$126
Sep 12-Oct 17 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 Dick Blick etching 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: \$126
Sep 13-Oct 18 W 7:00-9:30pm

Printmaking - Learn to Screen Print

Age: 16-99 yrs. Learn how to make screen prints! Students will create images on both paper and textiles (t-shirts). You can also print on tote bags, dish towels, paper and more. This class includes image selection, preparing screens, registration, exposing screens, printing, and reclaiming screens. All skill levels are welcome. The supply list prints on receipt. This class qualifies Pullen Arts Center students for a print studio membership. 6 sessions.

Pullen Arts Center - Course Fee: \$126
Instructor: Pete Borsay
Sep 11-Oct 16 M 6:00-8:30pm
Instructor: Keith Norval
Nov 7-Dec 19 Tu 7:00-9:30pm
Sertoma Arts Center - Course Fee: \$126
Nov 1-Dec 13 W 7:00-9:30pm

Printmaking - Poster Printing and Creating Multiples

Age: 16-99 yrs. If you have a basic understanding of screen-printing techniques, then this class is for you! This class will teach you how to create posters and a limited edition of prints. Students provide supplies; supply list prints on receipt. 3 sessions. Instructor: Pete Borsay.

Pullen Arts Center - Course Fee: \$76
Nov 6-Nov 20 M 6:00-9:00pm

Printmaking - Printmaking Projects Guided Studio

Age: 16-99 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. 6 sessions. Instructor: Susan Martin.

Pullen Arts Center - Course Fee: \$176
Sep 5-Oct 10 Tu 10:00am-1:30pm

Printmaking - Stamp + Print + Make

Age: 16-99 yrs. Learn how to create easy handmade stamps that you can apply to paper or fabric. These easy to make stamps can be reapplied as many times as you want and can add color and interest to any item. Bring fabric scraps or specific items to decorate. Supply list available on Sertoma's webpage. 2 sessions. Instructor: Patrizia Ferreira

Sertoma Arts Center - Course Fee: \$49
Oct 4-Oct 11 W 10:00am-12:00pm

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. 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 November 23. This class qualifies students for a print studio membership. 5 sessions. Instructor: Susan Soper.

Pullen Arts Center - Course Fee: \$146
Nov 16-Dec 21 Th 9:30am-1:00pm

Printmaking - Watercolor Monotypes

Age: 16-99 yrs. In this workshop we will merge watercolor painting with printmaking to create unique prints. Plates will be developed with watercolor paints and other water-soluble materials, then printed on an etching press. There are lots of possibilities with this technique, including layering, experimenting with translucency, and merging the monotypes with other medias. All levels welcome, prior printmaking experience not necessary, repeat students welcome. Supply fee of approximately \$20 for plates and paper purchased through Pullen, supplies will be discussed at the beginning of class. Brushes will be available, bring any favorites. 1 session. Instructor: Susan Martin.

Pullen Arts Center - Course Fee: \$66
Oct 7 Sa 10:00am-5:00pm

Printmaking - Wood Intaglio

Age: 16-99 yrs. In this class we will use a wood block to print intaglio style prints on Pullen's Conrad etching presses. We will cover block preparation, mark making, inking, layering with color and how to incorporate the distinctive wood grain that's characteristic of this technique. Sample work will be on hand for discussion. Students will leave the class with a unique printing technique and their own prints. Some printmaking experience useful but not required. Must be comfortable using an exacto knife. Supply fee of approximately \$30-35 dollars for blocks and paper. Please bring any wood cutting/carving tools you may have. Studio sets will be available. This class qualifies students for a print studio membership. No class November 21. 5 sessions. Instructor: Susan Martin.
Pullen Arts Center - Course Fee: \$146
 Oct 31-Dec 5 Tu 10:00am-1:30pm

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: \$26

Sep 18	M	1:00-2:00pm
Oct 16	M	1:00-2:00pm
Nov 13	M	1:00-2:00pm

Sewing For Beginners

Age: 18-101-99 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: \$41
 Sep 30-Oct 21 Sa 11:00am-12:00pm

Sewing: 101

Age: 18-99 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: \$61
 Nov 4-Dec 2 Sa 10:00am-12:00pm

Senior

Card Making to Lift Spirits

Age: 18-99 yrs. Enjoy fun and fellowship while creating cards to give 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 21	Th	1:30-3:30pm
Oct 19	Th	1:30-3:30pm

Christmas/Hanukkah

Nov 16	Th	1:30-3:30pm
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Crafting Enthusiasts

Age: 18-99 yrs. This is an on-going group. Are you a crafting enthusiast? Bring a craft you are working on and join other crafting enthusiast. This is a great way to socialize, get to know others and learn new craft ideas. Share your crafting knowledge with others as you learn new ones yourself. Brainstorm ideas how to create a new project or build on some old ideas. All levels of crafters are welcome.

Walnut Terrace Center

Sep 13	W	1:00-3:00pm
Oct 11	W	1:00-3:00pm
Nov 8	W	1:00-3:00pm
Dec 13	W	1:00-3:00pm

Crafts

Age: 18-99 yrs Bring your own projects to work on while or work on projects for donation to local charities. This is not an instructor-led class. Students may share skills with each other in this social environment.

Five Points Center

Sep 5-Dec 28 M-Th 9:30am-12:00pm

Drum It Up

Age: 18-99 yrs. No prior musical experience is required. Join this class to experience first-hand the excitement of live drumming. If you are a total beginner, or have a musical background, this is the class for you. All hand drums will be provided or bring your own. We will use the African hand drum, called a Djembe, to work on independence, coordination, basic rhythm patterns, ensemble performance and ideas for solo improvisation. Each class will focus on four elements of drumming. Hand exercises, beat patterns with drum tones, ensemble participation and a goal to complete an extended group composition. As a bonus, for at home practice, a play along video will be provided! If you want to drum, let's get started! Class limited to 10 participants.

Anne Gordon Center

Sep 1-Sep 29	F	9:15-10:15am	Fee: \$38.50
Oct 6-Oct 27	F	9:15-10:15am	Fee: \$31
Nov 3-Nov 17	F	9:15-10:15am	Fee: \$16
Dec 1-Dec 22	F	9:15-10:15am	Fee: \$31

Knitting and Crocheting

Age: 18-99 yrs. If you like to knit and crochet, please come and share your skills and projects with other like-minded patrons. This is an informal social time; there is no instructor.

Anne Gordon Center

Sep 7-Dec 28 Th 2:00-4:00pm

Quilling

Age: 18-99 yrs. Join us as we learn how to quill. Quilling is a simple craft, great for beginners and can be mastered in one to two hours. You will create your own design with quilling by cutting paper into long thin strips, rolling, and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Paper quilling projects can be used to decorate cards, boxes, gift bags, picture frames, and much more. All supplies are provided.

Walnut Terrace Center

Oct 4	W	1:00-3:00pm
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Fall Leaves

Nov 1	W	1:00-3:00pm
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Angel

Dec 6	W	1:00-3:00pm
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Raleigh Miniatures Guild

Age: 18-99 yrs. 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 7-Dec 21 Th 10:00am-12:00pm

Family

Art 4 Fun Series

All ages. Celebrate each month with a themed art activity that will excite the whole family. Come unleash your creative side with art- Art for Fun!

John Chavis Community Center - Course Fee: \$5

Falling Into Art

Sep 5	Tu	6:30-7:30pm
Oct 3	Tu	6:30-7:30pm

Give Thanks Art

Nov 7	Tu	6:30-7:30pm
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Holiday Expressions

Dec 5	Tu	6:30-7:30pm
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Family Paint Night

Age: 8-99 yrs. Drop the electronics and learn new skills. Come out for a fun evening of painting together and see what masterpiece you can create as a group or duo! Feel free to bring snacks and drinks (non-alcoholic) to enjoy while you paint. Art supplies provided, registration must be received 3 days prior to program.

Halifax Community Center – Course Fee: \$61
Oct 20 F 6:00-8:00pm

Family Pottery - Impressions of Nature in Clay

Age: 5-8 yrs. Create a plate inspired by the changing colors of the season. Roll foraged leaves, rocks, and flowers into a slab of clay to make a uniquely textured and patterned piece of pottery and then decorate with underglazes. The instructor will provide some natural materials, but students are also welcome to bring their own. Supplies included. A parent or caregiver attends with child; only child should be registered for class. Projects ready for pickup 2 weeks after class. 1 session. Instructor: Kalee Calhoun.

Pullen Arts Center – Course Fee: \$36
Nov 18 Sa 10:00-11:30am

Optimist Community Center TO GO Craft Kits

Age: 2-12 yrs. Optimist Craft Kits for you to enjoy and complete from the comfort of your own home. You provide the scissors, stapler, tape and glue and we have crafts for you to do. Instructions will be provided. Pre-registration is required while supplies last. You will be notified by email when bags are ready to be picked up. Curbside pick is available for you to pick up your craft kit Monday- Thursday ONLY from 10:30am - 4:30pm, by calling 919-996-2880.

Optimist Community Center – Course Fee: \$5
Dec 7-Dec 21 M-Th 10:30am-4:30pm

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 16 M 6:00-7:30pm



Athletic Instruction



Preschool

All 2's All Stars

Age: 2-2 yrs. This introductory sports class will let your All Star explore the world of sports. Through basketball, baseball, soccer, and hockey we will develop hand eye coordination, spatial awareness, sportsmanship, and teamwork. Adult participation is required for this class.

Halifax Community Center

Sep 11-Sep 25	M	10:15-10:45am	Fee: \$28
Oct 2-Oct 23	M	10:15-10:45am	Fee: \$37
Nov 6-Nov 27	M	10:15-10:45am	Fee: \$37
Dec 4-Dec 18	M	10:15-10:45am	Fee: \$28

All Kids All Stars

Age: 3-5 yrs. This introductory sports class will let your All Star explore the world of sports. Through basketball, baseball, soccer, and hockey we will develop hand eye coordination, spatial awareness, sportsmanship, and teamwork. Adult participation is required for this class.

Halifax Community Center

Sep 11-Sep 25	M	11:00-11:45am	Fee: \$31
Oct 2-Oct 23	M	11:00-11:45am	Fee: \$41
Nov 6-Nov 27	M	11:00-11:45am	Fee: \$41
Dec 4-Dec 18	M	11:00-11:45am	Fee: \$31

Mini Mite Tennis

Age: 3-12 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

Sep 5-Sep 26	Tu	10:00-11:00am
Oct 3-Oct 31	Tu	10:00-11:00am
Nov 7-Nov 28	Tu	10:00-11:00am
Dec 5-Dec 19	Tu	10:00-11:00am

Mini Mite Tennis II

Age: 3-12 yrs.

Worthdale Community Center

Sep 6-Sep 27	W	10:00-11:00am
Oct 4-Oct 25	W	10:00-11:00am
Nov 1-Nov 29	W	10:00-11:00am
Dec 6-Dec 27	W	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 - Course Fee: \$41

Sep 5-Sep 26	Tu	10:15-11:00am
Oct 3-Oct 24	Tu	10:15-11:00am
Nov 7-Nov 28	Tu	10:15-11:00am

Youth

Basketball Clinic

Age: 8-11 yrs. If you are looking for a quality basketball clinic to improve, you're on court skills look no further. Join us in enhancing your fundamental skills in the off-season. We will work on dribbling, passing, shooting, scrimmaging, and defense.

Roberts Park Community Center

Sep 9-Sep 30	Sa	10:00-11:00am
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Basketball Skills & Drills

Age: 8-12 yrs. This fun and instructional clinic is designed for beginner players that are new to basketball skill learning the basic fundamentals of basketball. Drills will put an emphasis on ball handling, shooting mechanics and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork, as well as learn basketball terminology. Goals can be lowered as needed. Instructor: Urysla Cotton, current professional basketball player.

Brier Creek Community Center - Course Fee: \$41

Aug 3-Aug 24	Th	6:30-7:30pm
Sep 7-Sep 28	Th	6:30-7:30pm
Oct 5-Oct 26	Th	6:30-7:30pm

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Basketball Skills Development

Age: 5-15 yrs. To help members development, this instruction will focus on various fundamental skill areas. These beginner to intermediate sessions are a great way to start if you are new to the sport or have little experience in the game of basketball. Instructor Carlos Enriquez, takes pride in properly introducing and developing our young athletes by their abilities. Skills for beginners will be concentrated on Triple Threat possibilities, basic ball handling, basic passing, right and left hand lay-ups, shooting fundamentals, basic defensive stance and body movement, etc. This is a daily drop in class - each day they attend is a separate class.

Marsh Creek Community Center – Course Fee: 5
Sep 3-Dec 17 Su 3:00-4:00pm

Basketball Skills Training

Age: 6.99-10 yrs. Age: 7-10 yrs. Skills training for youth interested in learning the fundamentals of Basketball. This program offers instruction, competition, life skills and opportunities to grow as young athlete. Participants are encouraged to bring appropriate basketball shoes and shorts.

Biltmore Hills Community Center – Course Fee: \$21
Sep 4-Nov 6 M 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 6-Oct 18 W 5:30-7:00pm

Elite Basketball Clinic - Advanced

Age: 10-15 yrs. Do you want to take your game to the next level? This clinic is for intermediate and advanced players that have played or currently on a school, prep, AAU, or recreation team. Players will learn how to improve court vision, move with and without the ball, do various cuts, create shots, and read/react on offense and defense. Everything will be done at game speed! Instructor: Urysla Cotton, current professional basketball player

Brier Creek Community Center – Course Fee: \$41
Sep 7-Sep 28 Th 7:30-8:30pm
Oct 5-Oct 26 Th 7:30-8:30pm

Little Laxers Lacrosse

Age: 5-8 yrs. Scoop, Cradle, and Shoot!! This class is a great introduction to the game of lacrosse, teaching the basic fundamentals. Little Laxers features a number of fun lacrosse-themed games designed to teach kids fundamentals, while keeping them moving and having FUN! Skills learned include scooping, passing, shooting, cradling, and receiving a pass. These skills are hidden inside fun games - kids don't even know they're learning! Little Laxers uses a light-weight lacrosse training ball, making it easier to pass and shoot. Players can bring their own equipment or it'll be provided. Instructor: Tina Rodgers

Brier Creek Community Center – Course Fee: \$41

Ages 5-8
Sep 5-Sep 26 Tu 4:30-5:15pm

Ages 9-12
Sep 5-Sep 26 Tu 5:30-6:15pm

Ages 5-8
Oct 3-Oct 24 Tu 4:30-5:15pm

Ages 9-12
Oct 3-Oct 24 Tu 5:30-6:15pm

Soccer Kickers at Brier Creek

Age: 5-8 yrs. G-O-O-OA-L! This class will help develop the fundamentals of soccer, including passing, dribbling, shooting and defense. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Instructor: Urysla Cotton

Brier Creek Community Center – Course Fee: \$41

Ages 5-8
Sep 7-Sep 28 Th 4:30-5:15pm

Ages 9-12
Sep 7-Sep 28 Th 5:30-6:15pm

Ages 5-8
Oct 5-Oct 26 Th 4:30-5:15pm

Ages 9-12
Oct 5-Oct 26 Th 5:30-6:15pm

SouthEast Raleigh Wrestling Club

Age: 7-12 yrs. Are looking for a new sport to try? Are you new to the sport of wrestling or ready to take your skills to the next level? The SouthEast Raleigh Wrestling Club is the newest place for wrestlers of all skill levels. Wrestlers will be taught and refreshed on the fundamentals of wrestling on a skill level guided approach. Wrestlers will be taught life skills and mentored through coaching and the sport of wrestling. If you want to vastly improve upon your physical and mental athleticism then you want to come out and join the Southeast Raleigh Wrestling Club. **Mask are required - Daily temperature checks required - Hand Sanitizer upon entry required**

Ralph Campbell Community Center – Course Fee: \$51
Nov 1-Mar 2 Tu&Th 6:00-8:00p

Sports Sampler

Age: 6-10 yrs. Not sure of what sport to play? Come join us at Abbotts Creek to get a taste for different sports. In this class we will sample sports including soccer, basketball, and t-ball!

Abbotts Creek Community Center – Course Fee: \$41
Oct 3-Oct 24 Tu 6:00-6:45pm



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 three bonus classes. If there are more than three rained out, classes can be made up during other times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Age 6-8

Sep 4-Nov 15	M&W	5:00-6:00pm	Fee: \$210
Sep 5-Nov 16	Tu&Th	5:00-6:00pm	Fee: \$210
Sep 2-Nov 18	Sa	11:00am-12:00pm	Fee: \$115

Age 8-10

Sep 2-Nov 18	Sa	9:00-10:00am	Fee: \$115
Sep 2-Nov 18	Sa	10:00-11:00am	Fee: \$115
Sep 4-Nov 15	M&W	5:00-6:00pm	Fee: \$210
Sep 5-Nov 16	Tu&Th	5:00-6:00pm	Fee: \$210
Sep 2-Nov 18	Sa	11:00am-12:00pm	Fee: \$115
Sep 4-Nov 15	M&W	4:00-5:00pm	Fee: \$210
Sep 5-Nov 16	Tu&Th	4:00-5:00pm	Fee: \$210

Age 10-18

Sep 2-Nov 18	Sa	10:00-11:00am	Fee: \$115
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Tennis Jr. Level 2

Age: 10-18 yrs. Must be assessed prior to registering for this class. Email david.bell@raleighnc.gov for assessment. Requirements: 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 three bonus classes. If there are more than three rained out, classes can be made up during other times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Age 8-10

Sep 4-Nov 15	M&W	5:00-6:00pm	Fee: \$210
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Age 10-18

Sep 2-Nov 18	Sa	9:00-10:00am	Fee: \$115
Sep 4-Nov 15	M&W	4:00-5:00pm	Fee: \$210
Sep 5-Nov 16	Tu&Th	4:00-5:00pm	Fee: \$210

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. 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: \$133

8U Beginner

Sep 8-Nov 4	F	5:00-6:30pm
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10U Beginner

Sep 8-Nov 4	F	5:00-6:30pm
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10U Intermediate

Sep 8-Nov 4	F	5:00-6:30pm
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12U Yellow

Sep 8-Nov 4	F	5:00-6:30pm
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12U Bronze

Sep 8-Nov 4	F	5:00-6:30pm
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12U Silver

Sep 8-Nov 4	F	5:00-6:30pm
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14U Silver

Sep 8-Nov 4	F	5:30-7:00pm
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14U Bronze

Sep 8-Nov 4	F	5:00-6:30pm
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18U Bronze

Sep 8-Nov 4	F	5:00-6:30pm
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18U Silver

Sep 8-Nov 4	F	5:30-7:00pm
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Adult

JCMP Thrill of Drill Pickleball Clinic

Age: yrs. Ready to take your game to the next level? Join us for the "Thrill of the Drill Pickleball Clinic." Train your muscles and improve your pickleball skills by developing new muscle memory. Develop the ability to reproduce a particular movement without even thinking about it. Improve your game! Drill! In this 8-week program, we will focus on improving serves and return of serves, dinks, volleys, third-shot drops, lobs and more. Students will have completed a beginner class and wish to enjoy the benefits and thrill of drills. No time to chill. Improve your skills. Let's drill!

John Chavis Community Center – Course Fee: \$100

Sep 7-Oct 26	Th	10:30am-12:00pm
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Pickleball Clinics

Age: 50 and up. Join us at John Chavis Community Center to learn how to play pickleball! Weekly "Learn to Play" clinics for beginners ages 50 and over are instructed by local pickleball volunteers to help bring new players to the sport. Each session will involve skill drills, rules overviews, and short game play sessions to put your skills to the test! Limited equipment is available to borrow during each session. \$10 for 8 weeks.

John Chavis Community Center

50+ Learn to Play – Course Fee: \$10

Sep 5-Oct 24	Tu	11:00am-1:00pm
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Millbrook Exchange Tennis Center

Nov 10-Nov 12	F-Su	6:30-8:30pm
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May 5-May 7	F-Su	8:00am-10:00pm
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Nov 18-Nov 19	Sa&Su	12:00-2:00pm
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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. This class will focus more on 2.5 level match skills rather than stroke technique. Class length is eleven weeks, including three bonus classes. If there are more than three rained out, classes can be made up during other times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center – Course Fee: \$210

Sep 4-Nov 15	M&W	6:00-7:00pm
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Sep 5-Nov 16	Tu&Th	6:00-7:00pm
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Tennis Adult Cardio

Age: 18-99 yrs. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class length is eleven weeks, including two bonus classes for rain or other misses.

Millbrook Exchange Tennis Center – Course Fee: \$114

Sep 8-Nov 17	F	9:00-10:00am
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Tennis Adult Doubles Ladder

Age: 18-99 yrs. In recreational doubles ladder play for all adult levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament for the top eight players.

Non-City Owned Tennis Location – Course Fee: \$25

Women's 2.5 Doubles

Nov 20-Feb 4	M&Su
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Women's 3.5 Doubles

Nov 20-Feb 4	M&Su
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Men's 4.0 Doubles

Nov 20-Feb 4	M&Su
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Men's 4.0 Doubles

Nov 21-Feb 5	M&Su
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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 three bonus classes. If there are more than three rained out, classes can be made up during other times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Sep 2-Nov 18	Sa	9:00-10:00am	Fee: \$115
Sep 2-Nov 18	Sa	12:00-1:00pm	Fee: \$115
Sep 4-Nov 15	M&W	10:00-11:00am	Fee: \$210
Sep 4-Nov 15	M&W	6:00-7:00pm	Fee: \$225
Sep 5-Nov 16	Tu&Th	11:00am-12:00pm	Fee: \$210
Sep 5-Nov 16	Tu&Th	7:00-8:00pm	Fee: \$210

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, including three bonus classes. If there are more than three rained out, classes can be made up during other times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Sep 2-Nov 18	Sa	10:00-11:00am	Fee: \$115
Sep 2-Nov 18	Sa	11:00am-12:00pm	Fee: \$115
Sep 4-Nov 15	M&W	11:00am-12:00pm	Fee: \$210
Sep 4-Nov 15	M&W	7:00-8:00pm	Fee: \$210
Sep 5-Nov 16	Tu&Th	10:00-11:00am	Fee: \$210
Sep 5-Nov 16	Tu&Th	6:00-7:00pm	Fee: \$210

Tennis Adult Singles Ladder

Age: 18-99 yrs. In recreational singles ladder play for all levels, participants play challenge matches for points. Players may join the ladder any time. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season-ending tournament.

Millbrook Exchange Tennis Center – Course Fee: \$25**Women's 2.5**

Aug 21-Feb 4 M & Su

Women's 3.5

Nov 20-Feb 4 M & Su

Women's 4.0/4.5

Nov 20-Feb 4 M & Su

Men's 3.5

Nov 20-Feb 4 M & Su

Men's/Women's 4.5

Nov 20-Feb 4 M & Su

Women's 3.0

Nov 20-Feb 4 M & Su

Men's 3.0

Nov 20-Feb 4 M & Su

Men's 4.0

Nov 20-Feb 4 M

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: \$45**All levels**

Sep 4-Nov 13 M 7:00-9:00pm

Sep 6-Nov 15 W 9:30-11:30am

Coed 2.0/2.5

Sep 7-Nov 16 Th 7:00-9:00pm

Tennis Senior Drop In

Age: 55-99 yrs. Men and Women aged 55 and older are welcome to drop in and play at Millbrook Exchange Tennis Center on Mondays and Thursday mornings at 9am throughout the year. There will be an organizer to send you and your partner to the courts for doubles play for rounds of short matches. Need to come a little late or leave a little early, that's fine, just start your day off with some organized doubles play and be on your way.

Millbrook Exchange Tennis Center – Course Fee: \$10

Sep 1-Dec 31 M & Th 9:00am-12:00pm

Athletics Open Play



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.

Worthdale Community Center

Sep 2-Sep 30	Sa	9:15-11:00am
Oct 7-Oct 28	Sa	9:15-11:00am
Nov 4-Nov 25	Sa	9:15-11:00am
Dec 2-Dec 30	Sa	9:15-11:00am

Ball Out

Age: 12-17 yrs. Open gym basketball is an opportunity for teens to shoot around and play basketball games with others using our indoor basketball gyms. Participants 17 years and under must register for a free Youth Open Play pass online through the membership tile or at a community center. Capacity is limited and available on a

first-come, first-serve basis. Participants may bring their basketballs, or a limited number may be available to check out.

Saint Monica Teen Center

Aug 25	Th	3:00-5:00pm
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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.

John Chavis Community Center

Sep 6-Nov 15	M&W	6:30-8:30pm
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Lions Park Community Center

Sep 6-Dec 20	W	11:00am-2:00pm
Sep 6-Dec 29	W & F	11:00am-2:00pm

Basketball Open Play - Family

Open gym basketball is an opportunity for parents and their children to shoot around and play basketball games with others using our indoor basketball gyms. Participants 17 and younger must register for a free Youth Open Play pass online through the membership tile. Participants 18 and older 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.

John Chavis Community Center

Jan 6-Dec 8	F	6:30-8:30pm
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Glow in the Dark Dodgeball

Age: 18-99 yrs. Bring your friends and members from your community to come out and have an epic night of glow in the dark dodgeball! Feel free to wear your favorite glow in the dark outfit (fluorescent orange, green, yellow, and pink) and come to play!

Tarboro Road Community Center

Jun 12-Jul 3	M	7:00-8:00pm
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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 reclin. raleighnc.gov.

John Chavis Community Center

Sep 7-Nov 8	Th	6:30-8:30pm
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Table Tennis - Open Play

Age: 18-99 yrs.

Lake Lynn Community Center

Sep 2-Dec 30	W,Th,Sa	9:00am-12:00pm
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Volleyball Open Play

Open Play volleyball is an opportunity to play pick up volleyball games with others. Participants 17 and younger must register for a free Youth Open Play pass online through the membership tile. Participants 18 and older 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 volleyballs, or a limited number may be available to check out. Contact the location for open play schedule.

Marsh Creek Community Center

Dec 9-Jan 6	F	5:30-9:00pm
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Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Ryan Ryba
ryan.ryba@raleighnc.gov

Athletic Program Managers

Jason Clemons
jason.clemons@raleighnc.gov

Zeb Alford
zebulon.alford@raleighnc.gov

Athletic Program Assistant Manager

Raven Johnson
raven.johnson@raleighnc.gov

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 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 Crossover Boys' Basketball League

Age: yrs. Compete on the Court This Fall at Worthdale Community Center
Worthdale Community Center's Boys Crossover Fall Basketball League is a program for boys in grades 3-8. The group will be split into elementary (grades 3-5), middle (grades 6-8), divisions for play to remain competitive. The league will run from Sept. 4-Oct. 23, consisting of eight to ten games total. Practices will be held once a week for one hour and 15 minutes, and games will take place on weeknights and some Saturdays. Games will feature two 14-minute, stop and go halves, Cost is \$60 per player.

Worthdale Community Center

Sep 4-Oct 23 M&W 6:00-9:00pm

Youth INDOOR Volleyball

Age: 12-15 yrs. Are you looking to BUMP and SET into a new sport? Then sign up for fun playing INDOOR youth volleyball. This league will give participants the opportunity to be introduced, practice their skills and improve their indoor game. Registration is November 7 - until full. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until end of November and games will be played in January - beginning of March. League age is determined by the participant's age as of August 31st, 2022. Games will be held at Optimist Park and practice will be held at Optimist. Dates and times of practice and games will be Tuesdays and/or Saturdays. The TIMES FOR THIS LEAGUE could occur between 6:00p- 9:00p on Tuesdays and 1:00pm - 3:00pm on Saturday. You will be contacted by our office or by a coach when practices will start and when you should arrive. Any of other dates and times listed are for facility reservation ONLY.

Optimist Community Center - Course Fee: \$51

Dec 10-Mar 7	Tu	7:30-9:00pm
Dec 10-Mar 7	Tu	6:00-7:30pm

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

Age: 13-17 yrs. Youth Winter Basketball registration is October 2-13. 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, 2023.

John Chavis Community Center

Youth Winter Basketball- Junior League Boys (Age 13-14)

Age: 13-14 yrs. Youth Winter Basketball registration is October 2-13. The Junior 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, 2023. *Please know that this league is citywide and will play and practice at one centralized location (Halifax Park CC) with other registered participants throughout the city.*

Halifax Community Center – Course Fee: \$51

Youth Winter Basketball- Little League Boys (Age 11-12)

Age: 11-12 yrs. Youth Winter Basketball registration is October 2-13. 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, 2023.

Carolina Pines Community Center – Course Fee: \$51

Brier Creek Community Center – Course Fee: \$51

Marsh Creek Community Center – Course Fee: \$51

Method Road Community Center – Course Fee: \$51

Youth Winter Basketball- Little League Girls (Age 11-12)

Age: 11-12 yrs. Youth Winter Basketball registration is October 2-13. 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, 2023.

John Chavis Community Center – Course Fee: \$51

Youth Winter Basketball- Mini-Mite (Age 7-8)

Age: 7-8 yrs. Youth Basketball registration is October 2-13. 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, 2023.

Barwell Road Community Center – Course Fee: \$51

Jaycee Community Center – Course Fee: \$51

Millbrook Exchange Community Center – Course Fee: \$51

Tarboro Road Community Center – Course Fee: \$51

Youth Winter Basketball- Mitey-Mite Boys (Age 9-10)

Age: 9-10 yrs. Youth Winter Basketball registration is October 2-13. The Mitey-Mite League is an 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, 2023.

Abbotts Creek Community Center – Course Fee: \$51

Biltmore Hills Community Center – Course Fee: \$51

Lake Lynn Community Center – Course Fee: \$51

Lions Park Community Center – Course Fee: \$51

Youth Winter Basketball- Mitey-Mite Citywide-Girls (Age 9-10)

Age: 9-10 yrs. Youth Winter Basketball registration is October 2-13. The Mitey-Mite League is an 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, 2023.

John Chavis Community Center – Course Fee: \$51

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Youth Winter Basketball- Pee Wee (age 5-6)

Age: 5-6 yrs. Youth Winter Basketball registration is October 2-13. 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, 2023.

Optimist Community Center - Course Fee: \$51

Roberts Park Community Center - Course Fee: \$51

Worthdale Community Center - Course Fee: \$51

Youth Winter Basketball- Senior League Boys (Age 15-17)

Age: 15-17 yrs. Youth Winter Basketball registration is October 2-13. 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, 2023.

Green Road Community Center

Adult

Adult Basketball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Basketball League on October 16-20, 2023. 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.

Various Community Centers



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: \$41
Oct 2-Oct 23 M 5:30-6:30pm

Passport to Kiwanis

Age: 3-5 yrs. Join your friends at Kiwanis Park as we travel the world! Each week we will visit a new country and learn about it through games, activities, and crafts. Hop on a plane and fly to Kiwanis as we fill out our passports and go on new adventures all month long!

Kiwanis Community Center

Colombia				
Nov 1	W	9:30-10:30am	Fee: \$8	
Australia				
Nov 8	W	9:30-10:30am	Fee: \$8	
Madagascar				
Nov 15	W	9:30-10:30am	Fee: \$8	
France				
Nov 22	W	9:30-10:30am	Fee: \$8	
South Korea				
Nov 29	W	9:30-10:30am	Fee: \$8	
All Sessions				
Nov 1-Nov 29	W	9:30-10:30am	Fee: \$36	

Today a Reader, Tomorrow a Leader

Age: 2-4 yrs. Reading is the most fundamental area of education and reading to a child can set them up for a lifetime of learning! Bring your toddler to this interactive reading time and take them on a FUN Adventure.

Lions Park Community Center - Course Fee: \$2
Sep 13 W 10:45-11:30am

Adult

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: \$10
Sep 13 W 6:15-8:00pm

English Class

Age: 18-99 yrs. Learn English and connect with other community members through Raleigh Parks' English language program! We welcome all English levels and backgrounds.

Method Road Community Center

Sep 5-Dec 19 Tu 6:30-8:00pm
Sep 6-Dec 20 M&W 10:30am-12:00pm

Peach Road Cultural Center

Sep 5-Dec 21 Tu&Th 10:30am-12:00pm

English Language Lounge Virtual

Age: 18-99 yrs. Join our virtual English Language Lounge and engage in conversations with other participants. Learn about American culture, new vocabulary and much more with various themes in a fun and welcoming atmosphere. All levels are welcome. Registration is required in RecLink.

Virtual Programming

Oct 5-Oct 26	Th	7:00-8:15pm
Nov 2-Nov 16	Th	7:00-8:15pm
Dec 7-Dec 21	Th	7:00-8:15pm
Sep 7-Sep 28	Th	7:00-8:15pm

Marsh Creek Gardening Series

Age: 16-99 yrs. Join your fellow 'newbies' at Marsh Creek Community Center to learn the basics gardening in this three-part series. 'Introduction to Vegetable 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 Vegetable 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 Fall session for 'Continuing the Harvest' - a class that will focus on Fall crops and continuing the growing season. 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!

Marsh Creek Community Center - Course Fee: \$10
Sep 6 W 6:15-8:00pm

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Senior

Android Phone Basics 1

Age: 18-99 yrs. Get comfortable using your Android Phone! Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to use Google Maps. Please bring your Android Phone, Android Account info (typically your GMAIL account info). Screenshots shown in class may not match your phone exactly due to the different manufacturers that sell Android phones.

Anne Gordon Center – Course Fee: \$12

Oct 11-Oct 18 W 10:00-11:30am

Five Points Center – Course Fee: \$12

Sep 5-Sep 12 Tu 2:00-3:30pm

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 20-Sep 27 W 10:00-11:30am

Oct 25-Nov 1 W 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 - 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 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 knowledge of your smartphone and your phone's App Store.

Anne Gordon Center – Course Fee: \$6

Oct 11 W 2:00-4:00pm

Nov 15 W 2:00-4:00pm

Five Points Center

Dec 19 Tu 2:00-4:00pm

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.

Five Points Center – Course Fee: \$12

Nov 28-Dec 5 Tu 2:00-3:30pm

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.

Five Points Center – Course Fee: \$12

Dec 12 Tu 10:00am-12:00pm

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.

Anne Gordon Center – Course Fee: \$12

Dec 13-Dec 20 W 2:00-3:30pm

Five Points Center – Course Fee: \$12

Sep 19-Sep 26 Tu 2:00-3:30pm

Oct 26-Nov 2 Th 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've done so.

Five Points Center – Course Fee: \$12

Oct 10-Oct 17 Tu 10:00-11:30am

Nov 28-Dec 5 Tu 10:00-11:30am

Computer Basics 3

Age: 18-99 yrs. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. This class goes into detail on how to save and delete files, create folders, 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. Learn how to see how much space items are using on your computer. Plus learn how to create zip files, cut, copy, and rename files.

Five Points Center – Course Fee: \$12

Oct 24-Oct 31 Tu 10:00-11:30am

Dec 12-Dec 19 Tu 10:00-11:30am

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.

Five Points Center – Course Fee: \$12

Sep 5-Sep 12 Tu 10:00-11:30am

Nov 7-Nov 14 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.

Anne Gordon Center – Course Fee: \$12
 Sep 18-Sep 25 M 10:00-11:30am
Five Points Center – Course Fee: \$12
 Oct 24-Oct 31 Tu 2:00-3:30pm
 Nov 9-Nov 16 Th 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 14 Tu 10:00-11:30am
Five Points Center
 Nov 16 Th 2:00-3:30pm

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.

Anne Gordon Center – Course Fee: \$6
 Nov 1 W 2:00-4:00pm
Five Points Center – Course Fee: \$6
 Nov 30 Th 10:00am-12:00pm

Finance: Medicare 101

Age: 18-99 yrs. The Seniors' Health Insurance Information Program (SHIIP) is a division of the NC Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare Part D prescription drug plans, Medicare fraud and abuse. This seminar will provide a quick explanation of Medicare and its programs. Sponsored by

the Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Five Points Center
 Sep 12 Tu 2:00-3:30pm

Finance: Social Security Strategies for Retirement

Age: 18-99 yrs. Before you retire there are many things to consider including how Social Security will fit into your income plan, when should you start taking benefits, and taxes. Learn the advantages and disadvantages associated with retirement and Social Security. Presented by Steve Fordham, Edward Jones Investments.

Five Points Center
 Sep 14 Th 1:00-2:00pm

Finance: Strategies for Successful Retirement

Age: 18-99 yrs. Women's assets and financial independence is growing. Women are wielding more power today - and even more so in the future. As women gain more financial responsibility, more knowledge is needed to make educated choices. Women have generally been underserved by the financial services industry. Our focus is on making women more confident with their financial decisions. This will be two sessions and is recommended to attend both sessions. Presented by Gary Pendleton, CFP

Five Points Center
 Sep 19-Sep 26 Tu 1:00-4:00pm

Finance: Veterans' Aid and Attendance Benefits

Age: 18-99 yrs. There is a Veterans benefit that pays between \$1,000 and \$2,000 per month TAX FREE! This benefit will help cover the cost of long-term care (skilled nursing, assisted living, or professional in-home care). War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center
 Sep 14 Th 10:00-11:00am
Five Points Center
 Sep 13 W 2:00-3:00pm

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. GIMP is like the professional photo editor Adobe Photoshop. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.

Five Points Center – Course Fee: \$12
 Sep 21-Sep 28 Th 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.

Five Points Center – Course Fee: \$12
 Oct 12-Oct 19 Th 10:00-11:30am

GMAIL Basics 1

Age: 18-99 yrs. In this class we will show you how to create and use an email account using Google's GMAIL function. Nowadays, you need an email address for almost everything. Learn to use this convenient method of communication. Prerequisite: Computer Basics 1 and 2 or equivalent skills.

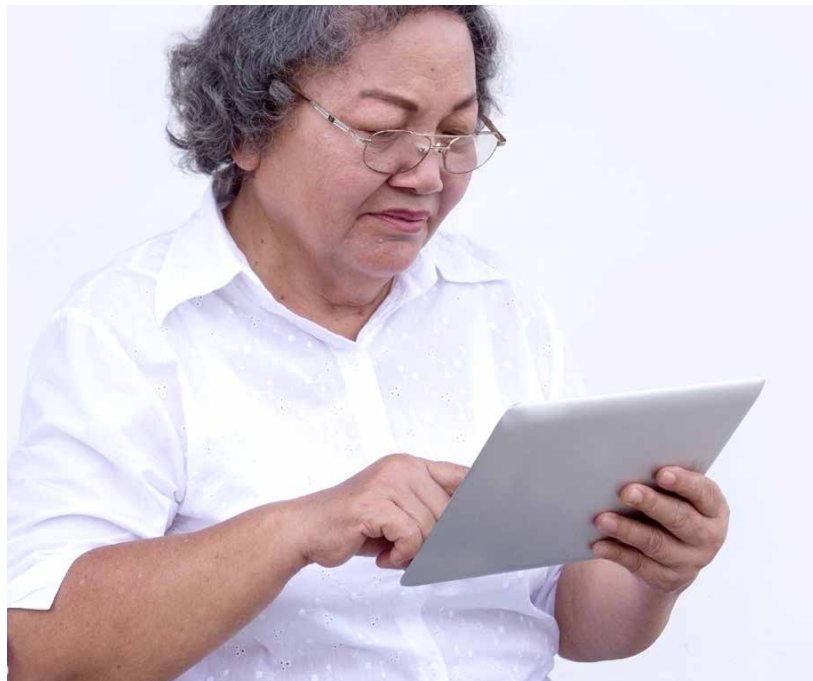
Anne Gordon Center – Course Fee: \$6
 Oct 9 M 10:00am-12:00pm
 Nov 29 W 10:00am-12:00pm

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.

Anne Gordon Center – Course Fee: \$12
 Sep 6-Sep 13 W 2:00-3:30pm

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Google Chrome Intro

Age: 18-99 yrs. 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. Learn about the Google Chrome web browser and 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.

Anne Gordon Center – Course Fee: \$6
Nov 29 W 2:00-3:30pm

Google Photos Intro

Age: 18-99 yrs. Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. You may bring your own smart phone, iPad or tablet - but it is not required. Bring your Google account 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 6-Sep 13 W 10:00-11:30am

How Useful Can a Smart Speaker Really Be for You and Your Home?

Age: 18-150.9 yrs. Alexa is a virtual assistant developed by Amazon that allows you to interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn the basic setup.

Anne Gordon Center – Course Fee: \$6
Nov 8 W 10:00am-12:00pm
Five Points Center
Sep 26 Tu 10:00am-12:00pm

iCloud Basics for iPad/iPhone

Age: 18-99 yrs. 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. If you own an Apple product, then you have iCloud. Learn to use this feature to its fullest! 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 18 W 2:00-4:00pm
Nov 8 W 2:00-4:00pm
Five Points Center – Course Fee: \$6
Dec 21 Th 10:00am-12:00pm

Independent Living Options

Age: 18-99 yrs. Retirement communities and 55+ active adult living options are popping up all around the Triangle area. But what are they exactly? Learn the facts about local senior living options. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center
Oct 24 Tu 10:00-11:30am
Oct 26 Th 2:00-3:30pm

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.

Anne Gordon Center – Course Fee: \$12
Oct 16-Oct 23 M 10:00-11:30am

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.

Anne Gordon Center – Course Fee: \$12
Oct 30-Nov 6 M 10:00-11:30am

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.

Anne Gordon Center - Course Fee: \$6
Nov 15 W 10:00am-12:00pm

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
Nov 27-Dec 4 M 10:00-11:30am

Five Points Center - Course Fee: \$12
Oct 10-Oct 17 Tu 2:00-3:30pm

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
Dec 6-Dec 13 W 10:00-11:30am

Five Points Center - Course Fee: \$12
Sep 7-Sep 14 Th 10:00-11:30am

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 20-Sep 27 W 2:00-3:30pm
Dec 11-Dec 18 M 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 25 W 2:00-3:30pm
Nov 13 M 10:00-11:30am

Five Points Center
Dec 7 Th 10:00-11:30am

Legal: Getting Your Affairs in Order

Age: 18-99 yrs. Don't be the family member who leaves a file cabinet full of outdated papers, expired insurance policies, bank statements, and old pass books. Let's figure out what you need, where to file them, and who to tell. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center
Oct 12 Th 10:00-11:00am

Five Points Center
Oct 11 W 2:00-3:00pm

Legal: Important Documents Everyone Should Have

Age: 18-99 yrs. Why do I need legal documents in the first place? Learn what core documents make up the foundation of a good estate plan (you need more than a will!). Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center

Nov 21 Tu 10:00-11:00am
Five Points Center
Nov 9 Th 2:00-3:00pm

Medication Management

Age: 18-99 yrs. If you have ever wondered why you may be using some medications and why not others then come listed to why the Homemed Program by Resources for Seniors may be for you. It's a program offered 1:1 to go over your medications and help you understand why you're on certain medications, drug interactions and side effects. Presented by Dr. Casey Baldwin, Resources for Seniors.

Anne Gordon Center
Oct 9 M 1:00-2:00pm

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
Sep 11 M 10:00am-12:00pm
Dec 6 W 2:00-4:00pm

Parkinson's Disease Dialogue Group

Age: 18-99 yrs. Are you in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's Disease and sharing of experiences. The early goal is to equip us to be "prosumers" of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners, as well as providing support for each other. This group meets monthly January - December. For information please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738.

Five Points Center
Sep 7-Dec 7 Th 1:30-3:00pm

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Resources for Seniors:**Who Are We and What We Do**

Age: 18-99 yrs. Resources for Seniors' Regional Service Coordinator will provide an overview of the 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. Presented by Resources for Seniors.

Anne Gordon Center

Sep 25 M 1:30-3:00pm

Five Points Center

Sep 20 W 1:30-3:00pm

Selling Your Home In This Market

Age: 18-99 yrs. There are many myths about what is required to sell a home. These falsehoods are often perpetuated by shows on television featuring actors reading from a script. Learn the truth about what is required to sell a home in the Triangle area. Sponsored by Freda Hamlett, Senior Transition Consultant, Milestone Moves Realty Group.

Anne Gordon Center

Sep 19 Tu 10:00-11:30am

Five Points Center

Sep 28 Th 2:00-3:30pm

SHIIP Counseling

Age: 18-99 yrs. If you are turning 65 or retiring and will have Medicare, schedule an appointment to learn about your Medicare benefits, options, and enrollment. Your 1:1 appointment will help you be an informed consumer of your healthcare options. SHIIP counselors are not licensed insurance agents, and do not sell or endorse any product, plan, or company. By appointment only. Sponsored by the Seniors Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance.

Anne Gordon Center

Sep 4-Dec 4 M 1:00-4:00pm

Five Points Center

Oct 4-Dec 6 W 12:00-5:00pm

Sep 5-Dec 28 M-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.

Five Points Center

Nov 7 Tu 2:00-4:00pm

Dec 14 Th 10:00am-12:00pm

Thoughts on Aging

Age: 18-99 yrs. Gain insight to the things which are most important as we journey through life. We will candidly discuss several options which seniors are using today as they age. Tips will be given on how to smoothly transition, if/when necessary. Presented by Gerry Rife, Oasis Senior Advisors.

Anne Gordon Center

Nov 9 Th 10:00-11:00am

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

Dec 20 W 10:00am-12:00pm

Five Points Center – Course Fee: \$6

Sep 19 Tu 10:00am-12:00pm

Nov 14 Tu 2:00-4:00pm

Write Your Story

Age: 18-99 yrs. Have you thought about capturing your life experiences by writing them into stories that you can enjoy, reliving and sharing the legacy with your children and grandchildren. Join us as 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**Conversations with Grandpa or Mentor**

Sep 14 Th 1:00-3:00pm

A Place You Lived While Growing Up

Oct 12 Th 1:00-3:00pm

An Invention Developed in Your Lifetime

Nov 9 Th 1:00-3:00pm

A Place You Lived While Growing Up

Oct 12 Th 1:00-3:00pm

Family**Folktales From Around the World**

Age: 2-5 yrs. Pack your bags and travel with us! Children will learn about different cultures from around the world through movement, self-guided play and crafts. Each program will feature a folktale that highlights the unique customs and traditions of that country. We can't wait to stamp your passport to fun. At least one parent/guardian required to stay with child during the program.

Jaycee Community Center – Course Fee: \$8

Sep 12 Tu 9:30-10:30am

Oct 10 Tu 9:30-10:30am

Nov 14 Tu 9:30-10:30am

Health & Wellness



Preschool

Tumble, Giggles, and Play

Age: 1.5-3 yrs. Parent and child participate in a fun-filled class encouraging play, fitness, social skills, and fun! We will tumble, jump, and dance through various stations including parachute play, obstacle courses, music, silly dances, props, and more. This is a child led class with parent participation, reinforcing parent/child bonding, entertainment, and introduction of various activities to release energy in a fun and safe setting. No boredom; just giggles and fun!

Instructor: Ms. Gabbie

Greystone Recreation Center – Course Fee: \$41

Sep 1-Sep 22	F	10:30-11:15am
Oct 6-Oct 27	F	10:30-11:15am
Nov 17-Dec 15	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: \$41

Sep 5-Sep 26	Tu	5:30-6:15pm
Oct 3-Oct 31	Tu	5:30-6:15pm
Nov 7-Nov 28	Tu	5:30-6:15pm
Dec 5-Dec 26	Tu	5:30-6:15pm

Kidokinetics

Age: 4-6 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! Through the introduction of a variety of sports, we focus on basic gross motor skills and sports fundamentals. Classes build confidence while stressing cooperation, discipline, and good sportsmanship. Coaches are

positive and encouraging and classes are non-competitive. Activities include football, soccer, basketball, volleyball, hockey, tennis, baseball and many more!

Instructor: Kidokinetics Triangle NC

Greystone Recreation Center – Course Fee: \$49

Sep 11-Oct 2	M	11:30am-12:15pm
Oct 16-Nov 6	M	11:30am-12:15pm
Nov 27-Dec 18	M	11:30am-12:15pm

Kidokinetics Jr.

Age: 2-3 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: \$49

Sep 11-Oct 2	M	10:30-11:15am
Oct 16-Nov 6	M	10:30-11:15am
Nov 27-Dec 18	M	10:30-11:15am

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: \$26

Oct 5-Oct 26	Th	6:30-7:15pm
Nov 2-Nov 30	Th	6:30-7:15pm
Dec 7-Dec 28	Th	6:30-7:15pm
Sep 7-Sep 28	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: \$41

Sep 2-Sep 23	Sa	11:15am-12:00pm
Sep 30-Oct 21	Sa	11:15am-12:00pm

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Tumble N Twist

Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motors skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Come join in the fun.

Hill Street Neighborhood Center – Course Fee: \$41

Ages 2-3

Sep 6-Sep 27	W	4:45-5:30pm
Oct 4-Oct 25	W	4:45-5:30pm
Nov 1-Nov 29	W	4:45-5:30pm

Ages 4-5

Sep 6-Sep 27	W	5:30-6:30pm
Oct 4-Oct 25	W	5:30-6:30pm
Nov 1-Nov 29	W	5:30-6:30pm

Youth**Boxing at Worthdale**

Age: 8-14 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 – Course Fee: \$26

Sep 7-Sep 28	Th	6:00-7:00pm
Oct 5-Oct 26	Th	6:00-7:00pm
Nov 2-Nov 30	Th	6:00-7:00pm
Dec 7-Dec 28	Th	6:00-7:00pm

Cuts & Christmas

Age: 0-17 yrs. Marsh Creek is partnering with All Embracing Barber to offer this holiday event for children of all ages. Featuring haircuts and gifts. For additional information please contact Marsh Creek Community Center.

Pre-registration is requested but not required, as you can register day of.

Marsh Creek Community Center

Dec 16	Sa	10:00am-2:00pm
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Gymnastics - Youth Tumbling

Age: 6-11 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, handstands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun! *Please speak with instructor before registering for this course due to the evaluation of intermediate/advance gymnastics skills for this course.*

Barwell Road Community Center – Course Fee: \$41

Sep 5-Sep 26	Tu	7:00-7:45pm
Oct 3-Oct 31	Tu	7:00-7:45pm
Nov 7-Nov 28	Tu	7:00-7:45pm

Dec 5-Dec 26	Tu	7:00-7:45pm
Sep 5-Sep 26	Tu	6:15-7:00pm
Oct 3-Oct 31	Tu	6:15-7:00pm
Nov 7-Nov 28	Tu	6:15-7:00pm
Dec 5-Dec 26	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 – Course Fee: \$41

Sep 6-Sep 27	M&W	6:00-7:00pm
Oct 2-Oct 30	M&W	6:00-7:00pm
Nov 1-Nov 29	M&W	6:00-7:00pm
Dec 4-Dec 27	M&W	6:00-7:00pm

Speed and Agility Training

Age: 7-15 yrs. This class is designed to teach kids how to move quicker and be more reactive in sports. Change of direction, stop & go, plyometrics, reaction, and balance work will all be used during the course of this fun and focused training class. Instructor: Urysla Cotton, professional basketball player.

Brier Creek Community Center – Course Fee: \$41

Sep 11-Oct 2	M	6:30-7:15pm
Oct 9-Oct 30	M	6:30-7:15pm
Nov 6-Nov 27	M	6:30-7:15pm
Dec 4-Dec 18	M	6:30-7:15pm

Tae Kwon Do Youth

Age: 6-16 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 – Course Fee: \$26

Sep 5-Sep 28	Tu&Th	6:30-7:30pm
Oct 3-Oct 31	Tu&Th	6:30-7:30pm
Nov 2-Nov 30	Tu&Th	6:30-7:30pm
Dec 5-Dec 28	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 5-Sep 28	Tu&Th	4:30-5:15pm	Fee: \$81
Sep 5-Sep 28	Tu&Th	5:30-6:15pm	Fee: \$81
Oct 3-Oct 31	Tu&Th	4:30-5:15pm	Fee: \$81
Oct 3-Oct 31	Tu&Th	5:30-6:15pm	Fee: \$81
Nov 2-Nov 30	Tu&Th	4:30-5:15pm	Fee: \$81
Nov 2-Nov 30	Tu&Th	5:30-6:15pm	Fee: \$81
Dec 5-Dec 21	Tu&Th	4:30-5:15pm	Fee: \$61
Dec 5-Dec 21	Tu&Th	5:30-6:15pm	Fee: \$61

4 Month Session

Sep 5-Dec 21	Tu&Th	4:30-5:15pm	Fee: \$281
Sep 5-Dec 21	Tu&Th	5:30-6:15pm	Fee: \$281

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 – Course Fee: \$16

Sep 3-Sep 24	Su	5:00-5:55pm
Oct 1-Oct 29	Su	5:00-5:55pm
Nov 5-Nov 26	Su	5:00-5:55pm
Dec 3-Dec 17	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 5-Sep 28	M,Tu,Th	6:30-7:30pm	Fee: \$101
Oct 2-Oct 31	M,Tu,Th	6:30-7:30pm	Fee: \$101
Nov 2-Nov 30	M,Tu,Th	6:30-7:30pm	Fee: \$101
Dec 4-Dec 21	M,Tu,Th	6:30-7:30pm	Fee: \$76

4 Month Session Option

Sep 5-Dec 21	M,Tu,Th	6:30-7:30pm	Fee: \$356
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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 28-Nov 2	Th	6:30-7:30pm	Fee: \$61
Nov 16-Dec 14	Th	6:30-7:30pm	Fee: \$101

Asian Classical Dance

Age: 18-99 yrs. Experience the grace and beauty of traditional Asian dance with our low-to-intermediate-level classical dance class. Perfect for beginners or anyone with prior dance experience! Learn intricate movements, fluid footwork and delicate hand gestures while immersing yourself in the rich culture of Asian classical dance. Join us and enhance your performance, coordination, and expression as you refine your technique and develop your artistic abilities. Recommend bringing a yoga mat but not required. Instructor: Helen/Heng Ryan

Brier Creek Community Center - Course Fee: \$5

Sep 1-Dec 29	F	7:00-8:00pm
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Belly Dance Choreography

Age: 18-99 yrs. Students with an understanding of the basic moves of belly dance are invited to learn a beginner/intermediate level choreography to be performed with Sadiyah on the final date of the session. Students will also be supported in creating their own solo/duet performances, if desired, to be performed at the end of session event. Each session is 8 weeks in length, and registration will be closed after the 2nd week of class. Please note the drop-in class is available at 3:15pm each Sunday.

Lake Lynn Community Center - Course Fee: \$41

Sep 10-Oct 29	Su	4:30-5:15pm
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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 - Course Fee: \$16

Sep 5-Sep 28	Tu&Th	7:00-8:15pm
Oct 3-Oct 31	Tu&Th	7:00-8:15pm
Nov 2-Nov 30	Tu&Th	7:00-8:15pm
Dec 5-Dec 28	Tu&Th	7:00-8:15pm

Cardio Kickboxing

Age: 13-99 yrs. Get a full body workout, build physical and mental strength, and improve coordination and fitness while having great fun in an interactive small group setting where you know everyone! This class combines exciting martial arts techniques with strength building with resistance bands, and challenges the beginner and elite athlete alike. Get the stress of the week out while starting your weekend. Boxing gloves required. Bring your own or purchase from the instructor for \$30. Instructor:

Alex Tsikos, 4th degree black belt in Karate, Box N' Burn & Muay Thai Fitness Kickboxing certified

Brier Creek Community Center - Course Fee: \$10

Sep 1-Dec 29	F	7:45-8:30pm
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Evening Flow Yoga

Age: 18-99 yrs. Come put the 'ahhh' in yoga with a new evening class at Greystone Community Center. These gentle yoga classes offer centering, breathwork, poses for strength, flexibility, balance, and a cool-down and resting. All are welcome in this safe and soothing environment. Yoga instructor, Sarah Peters, has been a teacher for 20 years and has her 200- and 500-hour teacher certifications, as well as training in energy work and wellness.

Greystone Recreation Center

Sep 5-Sep 26	Tu	6:00-7:00pm	Fee: \$49
Oct 3-Oct 24	Tu	6:00-7:00pm	Fee: \$49
Nov 7-Nov 28	Tu	6:00-7:00pm	Fee: \$49
Dec 5-Dec 19	Tu	6:00-7:00pm	Fee: \$37

Evening Yoga

Age: 18-99 yrs. Come put the 'ahhh' in yoga at this morning class. These gentle yoga classes offer centering, breathing tips, poses for strength, flexibility and balance, and a cool-down. Make space in a safe and soothing environment just to 'be' and feel better each week! Instructor, Sarah Peters, has taught for 20 years, and has 200 and 500-hour teacher certifications, as well as training in energy work and wellness.

Halifax Community Center - Course Fee: \$49

Sep 7-Sep 28	Th	6:15-7:15pm
Oct 5-Oct 26	Th	6:15-7:15pm
Nov 2-Nov 30	Th	6:15-7:15pm
Dec 7-Dec 28	Th	6:15-7:15pm

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: \$53

Sep 5-Oct 10	Tu	1:30-2:30pm
Oct 31-Dec 12	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: \$53

Sep 11-Oct 23	M	6:15-7:15pm
Sep 11-Oct 23	M	7:30-8:30pm
Oct 30-Dec 4	M	6:15-7:15pm
Oct 30-Dec 4	M	7:30-8:30pm
Sep 5-Oct 10	Tu	12:00-1:00pm
Oct 31-Dec 12	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: \$53

Sep 6-Oct 11	W	6:15-7:15pm
Nov 1-Dec 13	W	6:15-7:15pm
Sep 6-Oct 11	W	7:30-8:30pm
Nov 1-Dec 13	W	7:30-8:30pm
Sep 7-Oct 12	Th	12:00-1:00pm
Nov 2-Dec 14	Th	12:00-1:00pm

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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. Instructor: Laura Ghantous.

Sertoma Arts Center - Course Fee: \$10
Sep 9-Dec 16 Sa 10:15-11:15am

Feet Friendly Fridays

Age: yrs. Learn the basic steps of Hip Hop Soul Line Dancing and the fundamentals behind how to execute them. The goal of this class is to be able follow voice instruction on the go, which will allow you to learn various line dances easier. Come prepared for a good work out.

John Chavis Community Center - Course Fee: \$5
Aug 4-Dec 8 F 6:30-8:30pm

Gentle Yoga

Age: 17-99 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 - Course Fee: \$61
Oct 4-Nov 29 W 4:30-5:30pm

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 5-Sep 26	Tu	6:15-7:15pm	Fee: \$41
Oct 3-Oct 31	Tu	6:15-7:15pm	Fee: \$51
Nov 7-Nov 28	Tu	6:15-7:15pm	Fee: \$41
Dec 5-Dec 19	Tu	6:15-7:15pm	Fee: \$31

Green Road Martial Arts

Age: 16-99 yrs. Cuong Nhu Martial Arts is best characterized as having roots in Karate, Boxing, Wing Chun Kung Fu, Aikido, Judo, Vovinam and Tai Chi Chuan. Beginners learn the basics skills of Karate and Boxing as well as the basics of rolling and dropping to the floor. As the student's skill set grows they learn the fundamentals of throwing and ground work. We workout smart, we workout strong, we develop self-defense skills, we have fun and we learn from each other. Head instructors are Master Elizabeth Roman and Master Robert First. Both

have been training and teaching for 39 years and are 7th Degree Blackbelts. Their years of experience have given them an understanding of how to develop people of all ages.

Green Road Community Center - Course Fee: \$7
Sep 4-Dec 27 M&W 7:15-8:45pm

High Noon Line Dancing

Age: 18-99 yrs. Get Fit, Have Fun and Line Dance during your lunch hour. Come out to a HIGH noon and energized line dancing class to get your burn on while relieving stress! No previous dance experience is necessary, learn the basics and just have fun.

Lions Park Community Center

Sep 1	F	12:00-1:00pm
Sep 15	F	12:00-1:00pm
Sep 29	F	12:00-1:00pm
Oct 13	F	12:00-1:00pm
Oct 27	F	12:00-1:00pm
Oct 27	F	12:00-1:00pm

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

Sep 6-Sep 27	M&W	5:30-6:30pm	Fee: \$71
Oct 2-Oct 30	M&W	5:30-6:30pm	Fee: \$71
Nov 1-Nov 29	M&W	5:30-6:30pm	Fee: \$71
Dec 4-Dec 20	M&W	5:30-6:30pm	Fee: \$53

4 month session

Sep 6-Dec 20	M&W	5:30-6:30pm	Fee: \$248
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Line Dance - Advanced

Age: 15-99 yrs. Experienced line dancers should join this class to build on your knowledge and experience with choreographed line dances. Work on more challenging line dances at the improver and intermediate level. Knowledge of line dance steps and prior experience is necessary.

Instructor: Jackie Wheeler

Brier Creek Community Center - Course Fee: \$5
Sep 6-Dec 27 W 6:00-7:00pm



Line Dance - Beginner

Age: 15-99 yrs. Join this beginner line dance class and learn fun easy dances to all kinds of music including country, pop, oldies and more! Line dancing is a great way to keep active - both for your brain and body! You'll learn basic line dance steps while having a lot of fun! No experience necessary. Instructor: Jackie Wheeler

Brier Creek Community Center - Course Fee: \$5
Sep 6-Dec 27 W 7:00-8:00pm

Line Dancing Party

Age: yrs. Do you have what it takes to get your dance on with us? If you do, boogie on down to Chavis-town with instructor James Carr! Bring comfortable clothes and shoes. A food truck will be on-site.

John Chavis Community Center

Dec 17 Su 1:00-6:00pm Fee: \$7
Sep 16 Sa 10:00am-10:00pm Fee: \$10

Martial Arts

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 2-Dec 30 Sa 11:15am-12:30pm
Sep 7-Dec 28 Th 7:00-8:15pm

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: \$41

Sep 6-Sep 27 M&W 7:00-8:30pm
Oct 2-Oct 25 M&W 7:00-8:30pm
Nov 1-Nov 29 M&W 7:00-8:30pm
Dec 4-Dec 27 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: \$46

Sep 6-Oct 2 M&W 7:00-8:30pm
Oct 4-Oct 30 M&W 7:00-8:30pm
Nov 1-Nov 27 M&W 7:00-8:30pm
Nov 29-Dec 20 M&W 7:00-8:30pm

MELT 101

Age: 18-99 yrs. Do you have body aches and pains? Did you know many of your aches and pains are due to dehydration of your connective tissue? Aging, exercise, repetitive postures and activities of daily living impact the support of your connective tissue. MELT is a self-care treatment that helps improve joint function, reduce chronic pain and restore neurological efficiency by making the body more relaxed. Whether you are young or old, active or sedentary MELT empowers you to be your own body worker and release tension and improve joint mobility. Come experience positive changes you'll feel immediately using a MELT Soft Body Roller and small MELT balls during this introduction workshop. We will perform specific sequences for the hands, feet and entire body allowing tension to release from the neck, shoulders and low back. Participants will need to be able to get on the floor for this class. Equipment will be available to purchase for anyone interested in continuing MELT on their own. Any questions about this workshop can be directed to Jenny Turnage at jenny@foodfityoga.com or visit www.foodfityoga.com/melt-method to read what others have said about how MELT helped them.

Thomas G. Crowder Woodland Center - Course Fee: \$36

Oct 15 Su 10:30am-12:30pm

Melt Method: 102

Age: 18-99 yrs. This workshop is for anyone that has taken a MELT class or workshop before and already understands the basic hand, foot and MELT roller rebalance sequence. In MELT 102 we will explore the advanced treatments for the hands and feet using the other therapy balls as well as more techniques for legs, back and shoulders through additional MELT techniques taught on the roller. Advanced registration highly recommended.

Thomas G. Crowder Woodland Center - Course Fee: \$36

Oct 29 Su 10:30am-12:00pm

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
Sep 7-Dec 7 Th 6:45-7:45pm

Morning Yoga

Age: 18-99 yrs. Come put the 'ahhh' in yoga at this morning class. These gentle yoga classes offer centering, breathing tips, poses for strength, flexibility and balance, and a cool-down. Make space in a safe and soothing environment just to 'be' and feel better each week! Instructor, Sarah Peters, has taught for 20 years, and has 200 and 500-hour teacher certifications, as well as training in energy work and wellness.

Halifax Community Center

Sep 5-Sep 26 Tu 10:15-11:15am Fee: \$49
Oct 3-Oct 24 Tu 10:15-11:15am Fee: \$49
Nov 7-Nov 28 Tu 10:15-11:15am Fee: \$49
Dec 5-Dec 19 Tu 10:15-11:15am Fee: \$37

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: \$76

Sep 5-Dec 5 Tu 6:30-7:30pm

POUND. Rockout. Workout at Brier Creek

Age: 14-99 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: Kayln Warren; Certified Pound Pro

Brier Creek Community Center - Course Fee: \$10

Sep 5-Dec 19 Tu 6:30-7:30pm

POUND. Rockout. Workout at Optimist Park

Age: 16-99 yrs.

Optimist Community Center - Course Fee: \$10

Sep 7-Dec 28 Th 6:30-7:15pm

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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 – Course Fee: \$61
Oct 4-Nov 29 W 5:30-6:30pm

Soul Line Dance & Get Fit

Age: 16-99 yrs. This class is for Beginners and High Beginners (those who have attended classes before) to learn line dance terminology and steps. The goal for this class is to workout and teach newbies to line dance, introduce fast paced dances and help people feel comfortable on the dance floor. Come out and enjoy a friendly, supportive atmosphere. Please bring water, a willing attitude and a smile. First timers please arrive about 10 minutes early to register.

Barwell Road Community Center – Course Fee: \$5
Sep 6-Dec 27 W 6:00-7:30pm

Soul Line Dance & Get Fit Class-Advanced

Age: 16-99 yrs. This line dance class is for individuals who have previously taken Soul Line Dance classes and would like to advance their skills. Advanced Soul Line Dance is taught at a faster pace than the beginner pace. Come prepared to move, sweat and have fun!

Marsh Creek Community Center – Course Fee: \$7
Sep 5-Dec 19 Tu 6:00-7:30pm

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

Sep 6-Sep 27	M&W	4:00-5:00pm	Fee: \$71
Oct 2-Oct 30	M&W	4:00-5:00pm	Fee: \$71
Nov 1-Nov 29	M&W	4:00-5:00pm	Fee: \$71
Dec 4-Dec 20	M&W	4:00-5:00pm	Fee: \$53

4 Month Session Option

Sep 6-Dec 20	M&W	4:00-5:00pm	Fee: \$248
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Women's Self Defense

Age: 16-99 yrs. Do you worry about defending yourself? Let's turn that anxiety into action! In this fun, high-energy class, we will provide a safe space to develop awareness, assertiveness, and the physical tools you might need to defend yourself or someone you love. Sessions will offer a combination of conversation, information, and hands-on practice of basic self-defense techniques. No experience? No problem! You're welcome to work at your own pace through each step-by-step lesson in a supportive, non-competitive environment. Let's learn how to prevent trouble and stop danger together!

Hill Street Neighborhood Center – Course Fee: \$101
Sep 11-Oct 4 M&W 6:45-7:45pm
Oct 9-Nov 1 M&W 6:45-7:45pm
Nov 6-Dec 6 M&W 6:45-7:45pm

Yoga at Optimist Community Center

Age: yrs.

Optimist Community Center – Course Fee: \$10
Sep 5-Dec 19 Tu 6:30-7:30pm

Zumba® at Abbotts Creek

Age: 16-99 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: Ladarius Satterwhite

Abbotts Creek Community Center

Sep 6-Dec 20	W	6:45-7:45pm	Fee: \$10
Sep 6-Sep 27	W	6:45-7:45pm	Fee: \$31
Oct 4-Oct 25	W	6:45-7:45pm	Fee: \$31
Nov 1-Nov 29	W	6:45-7:45pm	Fee: \$41
Dec 6-Dec 20	W	6:45-7:45pm	Fee: \$21

Zumba® at Tarboro Rd

Age: 18-99 yrs. Join us for Zumba at Tarboro Rd! Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. There will be music, fun, friends, and sweat! No previous dance experience needed. All levels are invited! Instructor: Deborah Payne.

Tarboro Road Community Center – Course Fee: \$5
Sep 21-Jan 9 W 6:30-7:30pm

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 7-Dec 28 Th 7:00-8:00pm

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.

Green Road Community Center – Course Fee: \$5

Instructor: Crystal Morgan
Sep 6-Dec 27 M&W 6:00-7:00pm
Instructor: Maria Williams
Sep 5-Dec 29 Tu & 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 Kaori Isaacson

Greystone Recreation Center – Course Fee: \$5
Sep 7-Dec 28 Th 6:00-7:00pm

ZUMBA® at Millbrook

Age: 15-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia as well as African inspired beats. No prior dance experience or background necessary. Come join the Zumba party! Pre-registration required.

Millbrook Exchange Community Center – Course Fee: \$5
Sep 5-Dec 19 Tu 6:30-7:30pm

ZUMBA® at the Creek!

Age: 15-99 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 7-Dec 28 Th 6:30-7:30pm
Sep 2-Dec 30 Sa 9:30-10:30am



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 6-Sep 27	W	12:30-1:30pm	Fee: \$12
Oct 4-Oct 25	W	12:30-1:30pm	Fee: \$12
Nov 1-Nov 29	W	12:30-1:30pm	Fee: \$16
Dec 6-Dec 20	W	12:30-1:30pm	Fee: \$9

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 5-Sep 26	Tu	9:15-10:00am	Fee: \$12
Oct 3-Oct 31	Tu	9:15-10:00am	Fee: \$16
Nov 7-Nov 28	Tu	9:15-10:00am	Fee: \$12
Dec 5-Dec 19	Tu	9:15-10:00am	Fee: \$9
Sep 7-Sep 28	Th	9:15-10:00am	Fee: \$12
Oct 5-Oct 26	Th	9:15-10:00am	Fee: \$12
Nov 2-Nov 30	Th	9:15-10:00am	Fee: \$12
Dec 7-Dec 28	Th	9:15-10:00am	Fee: \$12

Intermediate

Sep 7-Sep 28	Th	10:15-11:00am	Fee: \$12
Oct 5-Oct 26	Th	10:15-11:00am	Fee: \$12
Nov 2-Nov 30	Th	10:15-11:00am	Fee: \$12
Dec 7-Dec 28	Th	10:15-11:00am	Fee: \$12

Five Points Center

Instructor: Bettie Ittenbach

Sep 6-Sep 27	W	10:15-11:15am	Fee: \$12
Oct 4-Oct 25	W	10:15-11:15am	Fee: \$12
Nov 1-Nov 29	W	10:15-11:15am	Fee: \$16
Dec 6-Dec 20	W	10:15-11:15am	Fee: \$9

AIM Plus

Age: 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.

Five Points Center

Instructor: Bonnie Rakowski

Sep 5-Sep 26	Tu	9:30-10:15am	Fee: \$12
Oct 3-Oct 31	Tu	9:30-10:15am	Fee: \$16
Nov 7-Nov 28	Tu	9:30-10:15am	Fee: \$12
Dec 5-Dec 19	Tu	9:30-10:15am	Fee: \$9

Balance Fitness

Age: 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.

Anne Gordon Center

Sep 5-Sep 26	Tu	1:15-2:00pm	Fee: \$12
Oct 3-Oct 31	Tu	1:15-2:00pm	Fee: \$16
Nov 7-Nov 28	Tu	1:15-2:00pm	Fee: \$12
Dec 5-Dec 19	Tu	1:15-2:00pm	Fee: \$9

Five Points Center

Instructor: Sue Payne

Sep 7-Sep 28	Th	12:30-1:15pm	Fee: \$12
Oct 5-Oct 26	Th	12:30-1:15pm	Fee: \$12
Nov 2-Nov 30	Th	12:30-1:15pm	Fee: \$12
Dec 7-Dec 28	Th	12:30-1:15pm	Fee: \$12

Bootcamp

Age: 18-99 yrs. Challenge yourself with 45 minutes of strength and endurance training! Bootcamp classes are a great way to add variety, style, and intensity to your workout. This is an intermediate level class. Instructor: Sue Payne

Five Points Center - Course Fee: \$12

Sep 7-Sep 28	Th	9:15-10:00am
Oct 5-Oct 26	Th	9:15-10:00am
Nov 2-Nov 30	Th	9:15-10:00am
Dec 7-Dec 28	Th	9:15-10:00am

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. NO CLASS 9/4 - LABOR DAY.

Five Points Center

Sep 11-Sep 25	M	9:15-10:00am	Fee: \$9
Oct 2-Oct 30	M	9:15-10:00am	Fee: \$16
Nov 6-Nov 27	M	9:15-10:00am	Fee: \$12
Dec 4-Dec 18	M	9:15-10:00am	Fee: \$9
Sep 6-Sep 27	W	9:15-10:00am	Fee: \$12
Oct 4-Oct 25	W	9:15-10:00am	Fee: \$12
Nov 1-Nov 29	W	9:15-10:00am	Fee: \$16
Dec 6-Dec 20	W	9:15-10:00am	Fee: \$9

Cardio Dance And Tone

Age: 18-99 yrs. This class combines upbeat music and low-impact aerobic dance moves, with balance and strength exercises. You will be moving to the beat, toning muscles with light hand weights, and challenging your flexibility and balance with core work.. Get a healthy heart and sculpted muscles all in one class.

Anne Gordon Center

Sep 5-Sep 26	Tu	10:15-11:00am	Fee: \$12
Oct 3-Oct 31	Tu	10:15-11:00am	Fee: \$16
Nov 7-Nov 28	Tu	10:15-11:00am	Fee: \$12
Dec 5-Dec 19	Tu	10:15-11:00am	Fee: \$9

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 7-Sep 28	Th	2:30-3:15pm	Fee: \$12
Oct 6-Oct 27	F	10:15-11:00am	Fee: \$12
Nov 3-Nov 17	F	10:15-11:00am	Fee: \$9
Dec 1-Dec 29	F	10:15-11:00am	Fee: \$16
Sep 1-Sep 29	F	10:15-11:00am	Fee: \$16
Oct 6-Oct 27	F	10:15-11:00am	Fee: \$12
Nov 3-Nov 17	F	10:15-11:00am	Fee: \$9
Dec 1-Dec 29	F	10:15-11:00am	Fee: \$16

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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 11-Sep 25	M	11:45am-12:30pm	Fee: \$9
Oct 2-Oct 30	M	11:45am-12:30pm	Fee: \$16
Nov 6-Nov 27	M	11:45am-12:30pm	Fee: \$12
Dec 4-Dec 18	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 – Course Fee: \$12

Sep 7-Sep 28	Th	11:45am-12:30pm	
Oct 5-Oct 26	Th	11:45am-12:30pm	
Nov 2-Nov 30	Th	11:45am-12:30pm	
Dec 7-Dec 28	Th	11:45am-12:30pm	

Flexibility and Balance

Age: 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 5-Sep 26	Tu	10:30-11:15am	Fee: \$12
Oct 3-Oct 31	Tu	10:30-11:15am	Fee: \$16
Nov 7-Nov 28	Tu	10:30-11:15am	Fee: \$12
Dec 5-Dec 19	Tu	10:30-11:15am	Fee: \$9

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 – Course Fee: \$12

Sep 7-Sep 28	Th	1:30-2:15pm	
Oct 5-Oct 26	Th	1:30-2:15pm	
Nov 2-Nov 30	Th	1:30-2:15pm	
Dec 7-Dec 28	Th	1:30-2:15pm	

Health Talks with Dr. Baldwin

Age: 18-99 yrs. Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors, 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 5	Tu	10:15-11:15am	
Oct 3	Tu	10:15-11:15am	
Nov 7	Tu	10:15-11:15am	
Dec 5	Tu	10:15-11:15am	

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 and not individualized instruction. NO CLASS 9/4 - LABOR DAY.

Anne Gordon Center**Beginner (some experience)**

Sep 5-Sep 26	Tu	2:15-3:30pm	Fee: \$12
Oct 3-Oct 24	Tu	2:15-3:30pm	Fee: \$12
Nov 7-Nov 28	Tu	2:15-3:30pm	Fee: \$12
Dec 5-Dec 19	Tu	2:15-3:30pm	Fee: \$9

Adv Beginner/Improver (good experience)

Sep 5-Sep 26	Tu	3:40-4:40pm	Fee: \$12
Oct 3-Oct 24	Tu	3:40-4:40pm	Fee: \$12
Nov 7-Nov 28	Tu	3:40-4:40pm	Fee: \$12
Dec 4-Dec 19	Tu	3:40-4:40pm	Fee: \$9

Five Points Center**Adv. Beginner/Improver Level**

Sep 11-Sep 25	M	1:00-2:00pm	
Oct 2-Oct 30	M	1:00-2:00pm	
Nov 6-Nov 27	M	1:00-2:00pm	
Dec 4-Dec 18	M	1:00-2:00pm	

Intermediate Level

Sep 11-Sep 25	M	2:15-3:15pm	
Oct 2-Oct 30	M	2:15-3:15pm	
Nov 6-Nov 27	M	2:15-3:15pm	
Dec 4-Dec 18	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 no instructor. Dancers should have some line dancing experience and know the basic steps.

Five Points Center

Sep 6-Dec 20	W	1:30-3:00pm	
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Nia

Age: 18-99 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.

Please bring a yoga mat.

Anne Gordon Center

Sep 5-Sep 26	Tu	12:15-1:00pm	Fee: \$12
Oct 3-Oct 31	Tu	12:15-1:00pm	Fee: \$16
Nov 7-Nov 28	Tu	12:15-1:00pm	Fee: \$9
Dec 5-Dec 19	Tu	12:15-1:00pm	Fee: \$9

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 1-Sep 29	F	12:30-1:30pm	Fee: \$16
Sep 7-Sep 28	Th	11:15am-12:00pm	Fee: \$12
Oct 5-Oct 26	Th	11:15am-12:00pm	Fee: \$12
Oct 6-Oct 27	F	12:30-1:30pm	Fee: \$12
Nov 2-Nov 30	Th	11:15am-12:00pm	Fee: \$12
Nov 3-Nov 17	F	12:30-1:30pm	Fee: \$9
Dec 1-Dec 29	F	12:30-1:30pm	Fee: \$16
Dec 7-Dec 28	Th	11:15am-12:00pm	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 – Course Fee: \$12

Sep 7-Sep 28	Th	1:30-2:15pm	
Oct 5-Oct 26	Th	1:30-2:15pm	
Nov 2-Nov 30	Th	1:30-2:15pm	
Dec 7-Dec 28	Th	1:30-2:15pm	

Soul Line Dancing

Age: 18-99 yrs. Dancing to R&B/Soul, Pop, and Jazz music, this class will provide you a heart-healthy benefit of an aerobic exercise while you engage in a social activity. Instructor Liz Bourrage

Five Points Center

Sep 6-Sep 27	W	1:45-2:45pm	Fee: \$12
Oct 4-Oct 25	W	1:45-2:45pm	Fee: \$12
Nov 1-Nov 29	W	1:45-2:45pm	Fee: \$16
Dec 6-Dec 20	W	1:45-2:45pm	Fee: \$9

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 NO CLASS 9/4. CLOSED FOR LABOR DAY.

Five Points Center

Sep 11-Sep 25	M	11:30am-12:30pm	Fee: \$9
Oct 2-Oct 30	M	11:30am-12:30pm	Fee: \$16
Nov 6-Nov 27	M	11:30am-12:30pm	Fee: \$12
Dec 4-Dec 18	M	11:30am-12:30pm	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 11-Sep 25	M	1:00-1:45pm	Fee: \$9
Oct 2-Oct 30	M	1:00-1:45pm	Fee: \$16
Nov 6-Nov 27	M	1:00-1:45pm	Fee: \$12
Dec 4-Dec 18	M	1:00-1:45pm	Fee: \$9

Beginner Sun Style

Sep 11-Sep 25	M	2:00-2:45pm	Fee: \$9
Oct 2-Oct 30	M	2:00-2:45pm	Fee: \$16
Nov 6-Nov 27	M	2:00-2:45pm	Fee: \$12
Dec 4-Dec 18	M	2:00-2:45pm	Fee: \$9

Intermediate Sun Style

Sep 11-Sep 25	M	3:00-3:45pm	Fee: \$9
Oct 2-Oct 30	M	3:00-3:45pm	Fee: \$16
Nov 6-Nov 27	M	3:00-3:45pm	Fee: \$12
Dec 4-Dec 18	M	3:00-3:45pm	Fee: \$9

Various Styles

Sep 7-Sep 28	Th	2:30-3:15pm	Fee: \$12
Oct 5-Oct 26	Th	2:30-3:15pm	Fee: \$12
Nov 2-Nov 30	Th	2:30-3:15pm	Fee: \$12
Dec 7-Dec 28	Th	2:30-3:15pm	Fee: \$12

Walk and Talk Meet Up

Age: yrs. Walking offers many benefits—lower blood pressure, stronger bones and muscles, increased calories burned, and elevated mood. Walks are typically 45 minutes to an hour at a medium pace. Walks start at different locations decided upon by a group vote. The location is shared via email once decided upon. Please pre-register so that we know you are coming!

Five Points Center

Sep 5-Dec 19	Tu	10:30-11:30am
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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. NO CLASS 9/4 - LABOR DAY.

Five Points Center

Sep 11-Sep 25	M	11:45am-12:30pm	Fee: \$9
Oct 2-Oct 30	M	11:45am-12:30pm	Fee: \$16
Nov 6-Nov 27	M	11:45am-12:30pm	Fee: \$12
Dec 4-Dec 18	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 11-Sep 25	M	9:15-10:00am	Fee: \$9
Oct 2-Oct 30	M	9:15-10:00am	Fee: \$16
Nov 6-Nov 27	M	9:15-10:00am	Fee: \$12
Dec 4-Dec 18	M	9:15-10:00am	Fee: \$9
Sep 6-Sep 27	W	2:30-3:15pm	Fee: \$12
Oct 4-Oct 25	W	2:30-3:15pm	Fee: \$12
Nov 1-Nov 30	W	2:30-3:15pm	Fee: \$12
Dec 6-Dec 20	W	2:30-3:15pm	Fee: \$9

Five Points Center

Sep 5-Sep 26	Tu	10:30-11:30am	Fee: \$12
Oct 3-Oct 31	Tu	10:30-11:30am	Fee: \$16
Nov 7-Nov 28	Tu	10:30-11:30am	Fee: \$12
Dec 5-Dec 19	Tu	10:30-11:30am	Fee: \$9

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 11-Sep 25	M	10:15-11:15am	Fee: \$9
Oct 2-Oct 30	M	10:15-11:15am	Fee: \$16
Nov 6-Nov 27	M	10:15-11:15am	Fee: \$12
Dec 4-Dec 18	M	10:15-11:15am	Fee: \$9
Sep 6-Sep 27	W	3:30-4:30pm	Fee: \$12
Oct 4-Oct 25	W	3:30-4:30pm	Fee: \$12
Nov 1-Nov 29	W	3:30-4:30pm	Fee: \$16
Dec 6-Dec 20	W	3:30-4:30pm	Fee: \$9
Sep 7-Sep 28	Th	11:15am-12:15pm	Fee: \$12
Oct 5-Oct 26	Th	11:15am-12:15pm	Fee: \$12
Nov 2-Nov 30	Th	11:15am-12:15pm	Fee: \$12
Dec 7-Dec 28	Th	11:15am-12:15pm	Fee: \$12

Five Points Center

Sep 6-Sep 27	W	10:30-11:45am	Fee: \$12
Oct 4-Oct 25	W	10:30-11:45am	Fee: \$12
Nov 1-Nov 29	W	10:30-11:45am	Fee: \$16
Dec 6-Dec 20	W	10:30-11:45am	Fee: \$9
Sep 7-Sep 28	Th	10:00-11:00am	Fee: \$12
Oct 5-Oct 26	Th	10:00-11:00am	Fee: \$12
Nov 2-Nov 30	Th	10:00-11:00am	Fee: \$12
Dec 7-Dec 28	Th	10:00-11:00am	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 1-Sep 29	F	9:15-10:00am	Fee: \$0
Oct 6-Oct 27	F	9:15-10:00am	Fee: \$12
Nov 3-Nov 17	F	9:15-10:00am	Fee: \$6
Dec 1-Dec 29	F	9:15-10:00am	Fee: \$16

Family

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, acro yoga 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: \$41

Sep 7-Sep 28	Th	6:30-7:30pm
Oct 5-Oct 26	Th	6:30-7:30pm
Nov 2-Nov 30	Th	6:30-7:30pm

Fresh 4 Success

Age: 0-17 yrs. Marsh Creek is partnering with All Embracing Barber to offer this back to school event for children of all ages. Featuring haircuts, school supplies, and bookbags. For additional information please contact Marsh Creek Community Center. Pre-registration is requested but not required, as you can register day of.

Marsh Creek Community Center

Aug 26	Sa	11:00am-2:00pm
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Maelawano Martial Arts

Age: 10 and up The Maelawano system is a martial art that incorporates the science of body mechanics, psychological tactics and breath control for the contemporary threats of today. Maelawano meaning harmony, is the martial practice of various styles for effective street self-defense. We believe that martial arts would be a benefit to the body based on the following it provides the individual: discipline, focus, patience and flexibility that is necessary to perform self-defense. We offer a warrior's philosophy, moral and ethics that serve as a guideline to the physical techniques required in martial arts. This program will also introduce some minimal yoga and chi kung, which is also beneficial for the body. Martial Arts Instructor: Keith Nikoi, 4th Degree Japanese GoJu Ryu, 4th Degree Go Kempo Jitsu (weapons: Jo, Sai, Arnis sticks)
Biltmore Hills Community Center – Course Fee: \$21
Sep 5-Dec 21 Tu&Th 6:30-8:00pm

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Martial Arts - Kickboxing

Age: 5-99 yrs. Exciting, easy to learn, and challenging to master class of kickboxing. Enjoy a high energy workout with family and friends while improving coordination and fitness, building confidence and making new friends along the way.

This Kickboxing course combines basic elements of Karate, "The way of the empty hand" and Muay Thai, "The art of eight limbs", and is a great opportunity to learn the fundamental techniques common to different martial arts styles. Students can continue with this program on an ongoing basis as a fitness class or choose to progress through a belt system with additional requirements. Classes are highly structured with safety first and students with ADHD can greatly benefit from this class as well. Boxing gloves required. Bring your own, or purchase from instructor for \$30. Instructor: Alex Tsikos, 4th degree black belt certified & Muay Thai Fitness Kickboxing certified.

Brier Creek Community Center

Sep 8-Sep 29	F	6:30-7:30pm	Fee: \$41
Oct 6-Oct 27	F	6:30-7:30pm	Fee: \$41
Nov 3-Nov 17	F	6:30-7:30pm	Fee: \$21
Dec 1-Dec 22	F	6:30-7:30pm	Fee: \$41

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.

Tuesday Class 6:30pm -7:30pm

Thursday Class 7:30pm -8:30pm

Lions Park Community Center - Course Fee: \$36

Sep 5-Sep 28 Tu&Th 6:30-7:30pm

Oct 3-Oct 31 Tu&Th 6:30-7:30pm

Nov 2-Nov 30 Tu&Th 6:30-7:30pm

Dec 5-Dec 28 Tu&Th 6:30-7:30pm

Zumba

Age: 10-99 yrs. Zumba is a music-driven cardio dance workout taught here at Biltmore Hills Community Center. It incorporates movements from dance styles worldwide, including Salsa, Reggaeton, Bollywood, Merengue, and Hip Hop. There's specific choreography for each song in a class, which combines cardio, muscle conditioning, balance, and flexibility to give you a full-body workout.

Biltmore Hills Community Center - Course Fee: \$5

Aug 15-Dec 21 Tu&Th 6:30-7:30pm



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 15 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: \$4
Butterfly Stroll

Sep 7 Th 10:30am-12:00pm

Fur, Feathers and Scales

Sep 13 W 10:30am-12:00pm

Colors in Nature

Oct 5 Th 10:30am-12:00pm

Spectacular Spiders

Oct 18 W 10:30am-12:00pm

Go Batty

Oct 31 Tu 10:30am-12:00pm

Fall Fun Walk

Nov 9 Th 10:30am-12:00pm

Wiggly Worms

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

Beaver Pond

Nov 29 W 10:30am-12:00pm

Camouflage Critters

Dec 6 W 10:30am-12:00pm

Going on a Bear Hunt

Dec 14 Th 10:30am-12:00pm

From Tiny Seeds to Giant Pumpkins!

Age: 2-6 yrs. Pumpkins seem to be everywhere in the fall! But how do they grow from tiny seeds to giant pumpkins? Preschoolers will find out as they enjoy this program! Engaging activities, songs and surprises will delight our little learners. 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 19 Th 10:30-11:30am

Kiwanis Community Center - Course Fee: \$2

Oct 18 W 10:30-11:30am

Lake Lynn Community Center - Course Fee: \$2

Oct 24 Tu 10:30-11:30am

Oct 24 Tu 12:30-1:30pm

Sertoma Arts Center - Course Fee: \$2

Oct 26 Th 10:30-11:30am

Jakes 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 6 W 10:30am-12:00pm

Oct 4 W 10:30am-12:00pm

Nov 1 W 10:30am-12:00pm

Dec 6 W 10:30am-12:00pm

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

Oct 14 Sa 10:00-11:30am

Dec 9 Sa 10:00-11:30am

Not So Scary Spiders

Age: 4-6 yrs. Curious about spiders? Join us for some hands-on crafts and activities to learn more about what makes these tiny, eight-legged creatures so special! We will also spend some time exploring Lake Johnson Park looking for spiders in their native habitat. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center - Course Fee: \$4

Oct 28 Sa 10:00-11:30am

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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 20 W 10:30am-12:00pm

Super Animal Senses

Age: 3-6 yrs. Did you know ants have a super-sense of smell, which directs them to food from far away? Did you know a starfish uses its arm to see? Did you know crickets use their legs to hear? Did you know butterflies use their feet to taste nectar? Come learn about the amazing super senses of many animals and how these adaptations help them survive. There will be hands-on activities using your senses as well as stories to help you learn about some unique animal senses.

Forest Ridge Park – Course Fee: \$3
 Dec 20 W 10:30am-12:00pm

TREEmendous Trees!

Age: 2-6 yrs. Preschoolers will explore the woods and discover the wonders of trees. They will learn how trees grow and how they change as the seasons change. Songs, stories and crafts await your little learner. 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 21 Th 10:30-11:30am

Kiwanis Community Center – Course Fee: \$2

Sep 20 W 10:30-11:30am

Lake Lynn Community Center

Sep 26 Tu 10:30-11:30am

Sep 26 Tu 12:30-1:30pm

Sertoma Arts Center

Sep 28 Th 10:30-11:30am

Webs and their Weavers!

Age: 2-6 yrs. Preschoolers will love this program featuring those eight-legged master architects: SPIDERS! Games, stories, songs and live animals are sure to engage little learners. 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 9 Th 10:30-11:30am

Kiwanis Community Center – Course Fee: \$2

Nov 8 W 10:30-11:30am

Lake Lynn Community Center – Course Fee: \$2

Nov 14 Tu 10:30-11:30am

Nov 14 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2

Nov 16 Th 10:30-11:30am

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 18 W 10:30am-12:00pm

Youth**Animal Tracks & Signs**

Age: 7-13 yrs. Learn how to identify the tracks and signs of common animals that live in or near the preserve. Make a plaster cast of a track to take home. Activities will align with the ecoEXPLORE program's Mammal Signs field focus.

A.L. Wilkerson Nature Preserve – Course Fee: \$5

Nov 22 W 3:30-5:00pm

Arachnology

Age: 7-13 yrs. Spiders may be creepy, but they have an important role in our ecosystem! Activities will align with the ecoEXPLORE program's Arachnology Field Season.

A.L. Wilkerson Nature Preserve – Course Fee: \$4

Oct 27 F 3:30-5:00pm

Digging into the past

Age: 6-10 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 26 Su 3:00-4:30pm

Discovering Decomposers

Age: 7-13 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: \$4

Oct 12 Th 3:30-5:00pm

Equinox Astronomy

Age: 7-13 yrs. Why do we say fall days are 'getting shorter'? How do animals know when to migrate? We'll construct models to understand how the source of the seasons is literally, 'out of this world'.

A.L. Wilkerson Nature Preserve – Course Fee: \$5
 Sep 22 F 3:30-5:00pm

Evergreens for Everyone

Age: 8-13 yrs. Learn to identify our native evergreen species and make your own evergreen field guide with us. We'll also take a short hike to find our evergreens (and near-evergreens) growing wild in the preserve.

A.L. Wilkerson Nature Preserve – Course Fee: \$4
 Dec 8 F 3:00-4:30pm

Fall Leaves

Age: 7-10 yrs. Why do leaves change color? Come find out in this fun filled program. You will learn about leaves while participating in leaf themed activities. We will even perform a science experiment to see what pigments leaves have. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register. Advanced registration required.

Thomas G. Crowder Woodland Center – Course Fee: \$4

Oct 15 Su 2:00-3:30pm

Lake Johnson ecoEXPLORErs

Age: 5-13 yrs. Do you enjoy observing nature? Want to be a scientist and earn badges while doing it? Join us to learn more about the ecoEXPLORE program and how to participate. ecoEXPLORE is an incentive-based citizen science program for children in grades K-8. During this program we will spend time inside working through one of the badge activities before heading outside to start making nature observations. Adults must accompany participant(s), adults attend free and do not need to register. Advance registration required.

Thomas G. Crowder Woodland Center – Course Fee: \$4

Sep 9 Sa 10:00-11:30am

Oct 7 Sa 10:00-11:30am

Nov 4 Sa 10:00-11:30am

Dec 2 Sa 10:00-11:30am

Pollinators at Forest Ridge Park

Age: 5-10 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 17 Su 3:00-4:30pm

Tracking Turtles

Age: 7-99 yrs. Ever wondered what it's like to be a box turtle? Where do they go? What do they eat? Come join us at Durant Nature Preserve to track a box turtle through the woods. Children will have an opportunity to engage in wildlife science and learn all about this incredible animal. Pre-registration is required for this program.

Durant Nature Preserve - Course Fee: \$8
Sep 9 Sa 10:00-11:00am

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 part, 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 29 Su 3:00-4:30pm

Teen

ROCKtober

Age: 10-99 yrs. Gather with us for a guided hike to discover a hidden gem: a granite outcrop! Learn all about outcrops and the special plants that make these rocks habitable for all kinds of life. This easy hike is a great way to learn about the ecology of the preserve, as well as spend quality time with family or friends. This program will include an approximate 2 mi hike on unpaved, natural surfaces. Children may attend without adults, pre-registration is required for all participants.

Durant Nature Preserve - Course Fee: \$8
Oct 1 Su 3:00-5:00pm

Adult

Bat House Painting & Bat Walk

Age: 13-99 yrs. Lake Wheeler Park will be hosting its first after-dark bat walk and bat house painting event! Join us to learn more about native bats in our area, their habits, and conservation status. Help the bat conservation effort by painting and taking home your very own bat house! After enjoying time to paint your custom bat house, we will take a short walk to listen for bat calls using technology. We may even get lucky and see one flying overhead! This event requires pre-registration, so sign-up today to reserve your spot!

Lake Wheeler Park - Course Fee: \$21
Oct 14 Sa 6:00-7:30pm

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 at our birdfeeders, we'll go on a short walk in search of birds in the park. Bring your own binoculars, or we also have some to borrow.

A.L. Wilkerson Nature Preserve - Course Fee: \$4
Dec 2 Sa 10:30am-12:00pm

Bird Watcher Walks

Age: 13-99 yrs. Join us for a morning of birding! Lake Wheeler Park is home to a plethora of bird species from songbirds to eagles. Our instructor will be leading a morning stroll along our trails to see what birds we may encounter and identify. We will be using an app to help us identify bird calls. This class is perfect for beginner birders and those wanting to learn a little more about nature.

Lake Wheeler Park
Sep 9 Sa 9:00-11:00am

Digital Nature Photography I for Beginners

Age: 16-99 yrs. Have you ever wanted to learn how to take better nature photographs? Join us for a presentation to learn some tips and then explore the preserve with your camera and practice! Participants must provide their own digital camera (or mobile device). Participants must preregister.

Durant Nature Preserve - Course Fee: \$8
Oct 26 Th 9:00-11:00am
Horseshoe Farm Nature Preserve - Course Fee: \$8
Oct 20 F 9:00-11:00am

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-mi walk. For beginning and advanced birders. Bring your binoculars, or borrow a pair of ours. Pre-registration is required.

Horseshoe Farm Nature Preserve
Oct 14 Sa 8:00-9:30am

Environmental Lecture Series

Age: 12-99 yrs. Join us for an exciting virtual 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! To learn more about our upcoming speaker and topics, email LJWoodlandCtr@raleighnc.gov. Earn 1 hour of criteria III EE credit. Advanced registration is required. Registered participants will receive email invitation to lecture on lecture date.

Thomas G. Crowder Woodland Center

Sep 11	M	7:00-8:00pm
Oct 9	M	7:00-8:00pm
Nov 13	M	7:00-8:00pm
Dec 11	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 21 Sa 10:30am-12:00pm

Full Moon Walk

Age: 18-99 yrs. Leave the kids at home and enjoy an evening walk with a park naturalist. We'll learn about the nocturnal animals that are roaming the park after dark as we look and listen along our walk.

A.L. Wilkerson Nature Preserve - Course Fee: \$3
Oct 28 Sa 6:30-8:00pm

Growing Up WILD

Age: 17-99 yrs. Growing Up Wild is an early childhood education program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Through a wide range of activities and experiences, participants in this workshop will build a foundation for delivering experiences for early childhood, in the 3-7years of age range. This 6-hour workshop is a Criteria 1 workshop for NC Environmental Educator Certification. Please bring a lunch, water bottle and dress for the weather.

Walnut Creek Wetland Park - Course Fee: \$10
Nov 1 W 9:00am-4:00pm

Invasive Plant ID

Age: 16-99 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 natural encounter! Criteria 2 environmental education credit is available for this course.

Walnut Creek Wetland Park - Course Fee: \$5
Oct 14 Sa 10:00am-1:00pm

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Methods of Teaching Environmental Education

Age: 18-99 yrs. The focus of this two-day, ten-hour workshop is to prepare participants from a variety of educational backgrounds and experiences in both the formal and non-formal sectors to use exemplary Environmental Education teaching methods. Participants will learn about a variety of teaching techniques, methods, and instructional strategies. The workshop will include multiple interactive components. This is a Criteria I required workshop for all NC Environmental Education Certification Candidates. CEU credits are also available. Please note attendance is mandatory both days to receive certification.

A.L. Wilkerson Nature Preserve

Nov 17-Nov 18	F	5:00-9:00pm
	Sa	9:00am-4:00pm

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 and 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 – Course Fee: \$26
Nov 16 Th 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 Lizard King by Bryan Christy

Oct 25	W	5:30-6:30pm
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Winter 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: \$8
Dec 3 Su 1:30-4:30pm



Family

Astronomy Nights

Age: 5-99 yrs. What's up in space this month? 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. Children must be accompanied by an adult. Adults and children (5 years and up) must register to attend.

A.L. Wilkerson Nature Preserve – Course Fee: \$3

Oct 20	F	6:30-8:00pm
Nov 3	F	6:30-8:00pm
Dec 15	F	5:00-6:30pm

Autumn Equinox Stroll

Age: yrs. Gather with us for an Autumn Equinox stroll. During this hike, we'll enjoy a crisp evening stroll before to celebrate the changing of seasons and the official end to summer. Encounter wildlife and plants along the way and learn about their adaptations as they prepare for cool weather survival. We'll end the evening with some storytelling and forest meditation. A great way to enjoy an easy walk with friends and family. All ages are welcome, children must be accompanied by adult. Not all trails may be accessible by strollers.

Walnut Creek Wetland Park – Course Fee: \$4
Sep 23 Sa 3:30-5:00pm

Autumnal Equinox: Hike & Campfire

Age: yrs. 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 children and adults.

Durant Nature Preserve – Course Fee: \$4
Sep 23 Sa 3:00-4:30pm

Box Turtle Study

Age: 12-99 yrs. Our State Reptile, the Eastern Box Turtle, is a fascinating creature! We'll examine the life of our box turtles and ways we can help box turtles survive in the wild. Participate in a hands-on "turtle lab" to experience how Wilkerson Nature Preserve contributes to scientific turtle research projects that will help us learn even more!

A.L. Wilkerson Nature Preserve – Course Fee: \$3
Sep 16 Sa 10:30am-12:00pm

Campfire Story & Marshmallow Roast

Age: yrs. 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 28	Sa	5:30-6:30pm
Nov 11	Sa	4:00-5:00pm
Nov 18	Sa	4:00-5:00pm
Nov 26	Sa	4:00-5:00pm
Dec 2	Sa	4:00-5:00pm
Dec 17	Sa	4:00-5:00pm

Daytime Eclipse Astronomy

Age: 5-99 yrs. Join us to safely observe a Partial Solar Eclipse (weather permitting) and learn more about our closest star, the Sun! We will also investigate the causes behind both Solar and Lunar Eclipses, and learn how to enjoy observing these fascinating astronomical events.

A.L. Wilkerson Nature Preserve - Course Fee: \$3

Oct 14	Sa	12:00-1:30pm
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Family Naturalist Series: Introduction to Pollinators

Age: 12+ yrs. Get excited with us as we talk about pollinators! Who are our park pollinators, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your hands dirty, get your body moving, and let your creativity flow.

Walnut Creek Wetland Park - Course Fee: \$5

Sep 2	Sa	1:00-3:00pm
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Family Naturalist Series: Wetland Mammals

Age: 12-99 yrs. Get excited with us as we talk about all our park's wetland mammals! Who lives in our park, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

Walnut Creek Wetland Park - Course Fee: \$5

Nov 5	Su	2:00-4:00pm
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Family Naturalist Series: Winter Adaptations

Age: 12-99 yrs. Get excited with us as we talk about how the wetland prepares for winter in our winter adaptations class! This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

Walnut Creek Wetland Park - Course Fee: \$5

Dec 10	Su	2:00-4:00pm
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Family Naturalists: Nocturnal Animals

Age: 12-99 yrs. Get excited with us as we talk about all the things that go bump in the night! Who are our parks night workers, what do they do that is so important and what patterns can be revealed by looking closely? This course will include several introductory topics of discussion and include activities that get your body moving and test your investigation skills.

Walnut Creek Wetland Park - Course Fee: \$4

Oct 10	Tu	6:30-8:00pm
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National Hiking Day Hike

Age: 5-99 yrs. Celebrate National Hiking Day with a guided nature walk! Come ready to visit multiple trails as we look for wildlife and enjoy the fall foliage season.

A.L. Wilkerson Nature Preserve - Course Fee: \$2

Nov 17	F	10:30am-12:00pm
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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 - Course Fee: \$5

Dec 16	Sa	2:00-3:00pm
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Horseshoe Farm Nature Preserve - Course Fee: \$5

Dec 10	Su	2:00-3:00pm
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Playground Pop-Ups

Age: yrs. Lake Wheeler's Playground Pop-Ups are back! Join us for a quick take-home craft at our Magnolia Shelter by the playground. These activities are perfect for toddlers and kids but can be enjoyed by the whole family. We encourage you to pre-register so we can get an idea of how much supplies to prepare, but drop-ins are welcome! Hope to see you there!

Lake Wheeler Park

Make-n-Take Suncatchers

Sep 16	Sa	9:00-11:00am
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Mini Pumpkin Painting

Oct 7	Sa	9:00-11:00am
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Survive the Wild

Age: 7-99 yrs. Do you have what it takes to survive in the wild? Come find out! Join us for an afternoon of games and challenges to see what life is like for animals in the woods. Practice camouflage, learn how animals hunt, build a forest shelter, and hone your fire-building skills. Children and adults will participate in this program and both must register and pay the program fee.

Durant Nature Preserve - Course Fee: \$10

Sep 3	Su	3:00-5:00pm
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Talkin' Turkeys

Age: yrs. 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	Su	10:00-11:30am
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Twilight Walk

Age: 5-99 yrs. Take a walk with a park naturalist to explore the woods and fields at this special time of day. 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: \$3

Sep 8	F	7:00-8:30pm
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Nov 11	Sa	4:30-6:00pm
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Winter Solstice Stroll

Age: yrs. Gather with us for a Winter Solstice stroll. On the shortest day of the year, we'll enjoy a crisp evening stroll before the longest night of winter. Encounter wildlife and plants along the way and learn about their adaptations for cold season survival. We'll end the evening with some storytelling and forest meditation. A great way to enjoy an easy walk with friends and family. All ages are welcome, children must be accompanied by adult. Not all trails may be accessible by strollers.

Walnut Creek Wetland Park - Course Fee: \$4

Dec 21	Th	3:30-5:00pm
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Winter Solstice: Solstice Stroll

Age: yrs. 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	Th	3:30-5:00pm
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September 24-30, 2023

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: Adventure Play Day

Ages: 2-12. New adventures in Forest Ridge Park's nature play area await! Dig for shark teeth and fossils, build a primitive debris shelter, build with the park's fort building kit, or improve your riding skills all while having fun! We will have fort building supplies for children ages 6-12 and a balance bike obstacle course for children ages 2-6. All materials, including balance bikes and helmets, are provided. Adults must accompany their children.

Forest Ridge Park

Sept 25 M 10:00am-12:00pm
Activity Code: FRORADVDAY-004/005

TACO Week: Dendrology for Kids

Ages 6-13. Have you ever noticed just how many 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 FREETACO 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's where the trees are!

Walnut Creek Wetland Park

Sept 24 Su 1:30-3:00pm
Activity Code: WCNPTACODENDRO

TACO Week: Navigating the Wilderness

Ages 13-16. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course 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.

Thomas G. Crowder Woodland Center

Sept 24 Su 1:00-3:00pm
Activity Code: LJORTACO-001

TREEmendous Trees

Ages: Preschool. Preschoolers will explore the woods and discover the wonders of trees. We will learn how trees grow and how they change as the seasons change. Songs, stories and crafts await your little learner. Preregistration is required. Children must be accompanied by adults. For more information, contact Nature Programs at 919-996-6856.

Dix Park

Sept 25 M 10:30-11:30am

Lake Lynn Park

Sept 26 Tu 10:30-11:30am
12:30-1:30pm

Shelley Lake Park

Sept 28 F 10:30-11:30am
Activity Code: NPTREES-003, 004, 005

TACO Week: Fishing 101

Age: 6+. 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

Sept 25 M 3:00-4:00pm
Activity Code: DUNPTACOFISH

TACO Week: Family Nature Fun

All ages. Join us in celebrating Take a Child Outside (TACO) week with the City of Raleigh and Outdoor Recreation Parks by participating in one of the many programs offered throughout the week. Join us at Lake Wheeler Park for a fun morning of exploring nature. Participants will go on a guided hike to explore the plants and wildlife that call Lake Wheeler home and will make a nature-themed craft to take home. 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 required, so sign up today!

Lake Wheeler Park

Sept 26 Tu 10:30am-12:00pm
Activity Code: WCNPTACODENDRO



TACO Week: Bug Hunt

Ages: 5-12. How can you identify an insect? What makes a spider a spider? 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, M.D. Nature Preserve
Sept 26 Tu 3:30-5:00pm
Activity Code: AWNPTACOBUGHUNT

TACO Week: Bird Buddies

Ages: 3-6. Why are birds colorful? 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. Adults must accompany their children.

Annie Louise Wilkerson, M.D. Nature Preserve
Sept 27 W 10:30am-12:00pm
Activity Code: AWNPTACOBIRDBUD

TACO Week: Family 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
Sept 27 W 3:30-5:00pm
Activity Code: FRORTACOHKE-004

TACO Week: Kids Fishing

Ages 7-12. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if you can hook one and reel it in. Parent(s)/guardian(s) are not required to accompany child(ren). This program is designed to give parent(s)/guardian(s) time to enjoy the park while the child(ren) enjoys the program.

Lake Johnson Waterfront Center
Sept 26 W 6:30-8:00pm
Activity Code: LJORTACO-002

TACO Week: Pond Explorers

Ages: 5-12 yrs. Love exploring creeks and ponds? Use dip nets, buckets, and your hands to find out what lives in the water at Lake Wheeler! We'll get wet as we search for amazing critters in Simpkins Pond, and learn what they can tell us about the health of the water. Please wear rain boots or water shoes if you have them. Pre-registration is required. Children must be accompanied by adults.

Lake Wheeler Park
Sept 28 Thu 10:30am-12:00pm
Activity Code: LWORTACOPOND

TACO Week: Fall Flowers and Flyers

Ages: 5+. 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, M.D. Nature Preserve
Sept 28 Thu 3:30-5:00pm
Activity Code: AWNPTACOFLOWER

TACO Week: Nature Play Day

Ages: 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 nature inspired imaginative play. We'll provide the materials and guidance to get you started on a playful adventure. No registration is required; drop in any time between 10am and 12pm to join the fun! Adults must accompany their children.

Annie Louise Wilkerson, M.D. Nature Preserve
Sept 29 F 10:00am-12:00pm
Activity Code: AWNPTACOPLAYDAY

TACO Week: Outdoor Cooking

Ages: 5+. 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
Sept 29 F 6:00-7:30pm
Activity Code: DUNPTACOCOOK

TACO Week: Jr. Kids Fishing

Ages: 4-6. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Your child will leave with stickers and fishing themed coloring pages. We will teach them that fishing is fun, join us today. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register.

Lake Johnson Waterfront Center
Sept 30 Sa 10:00-11:30am
Activity Code: LJORTACO-003

TACO Week: Twilight Walk

Ages: 5+. Take a walk with a park naturalist to explore the woods and fields at this special time of day. Look for deer, coyotes, and owls. This program is designed for families with young children. Adults must accompany children.

Annie Louise Wilkerson, M.D. Nature Preserve
Sept 30 Sa 6:30-8:00pm
Activity Code: AWNPTACOTWILIGHT

TACO Week: Sensory Hike

Ages: 6-13. Sometimes we all need to take a moment to look at the world with a different perspective. Give yourself a

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.

Walnut Creek Wetland Park – Birds, amphibians, trees, bugs, loaner: nets, binoculars, boots

Durant Nature Preserve – Aquatics, insects, birds, nature art, wildlife tracking

Annie Louise Wilkerson Nature Preserve – Nature backpacks, art kit, sandbox kit, fort building kit, woodland village backpack

Lake Johnson Woodland Center – Nature backpacks, art everywhere, loaner fishing poles (no bait)

Lake Wheeler – Nature backpacks, loaner fishing poles (no bait)

Forest Ridge Park – Nature backpacks, loaner fishing kit (no bait)

chance to focus on journey and movement in natural spaces by engaging all your senses on a hike in a familiar place. In this FREE TACO program, kids will learn how to notice the world around them, take ownership over their outdoor spaces, and feel empowered to engage the world around them responsibly. Bare feet are optional! Come dressed to spend the program outdoors.

Walnut Creek Wetland Park
Sept 30 Sa 10:30am-12:00pm
Activity Code: WCNPTACOSENSORY

Garden and Orchard Scavenger Hunt

Ages: 3+. This scavenger hunt is a part of "Take A Child Outside" (TACO) Week! Visit Marsh Creek Community Center to receive your official scavenger hunt materials and head out to the Garden and Orchard to find everything listed. Registration is required for this event (on-site registration available). Be sure to wear clothing that can get dirty!

Marsh Creek Community Center
Sept 25-29 M-F Dawn to Dusk
Activity Code: MCCCTACOSCVHNT



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 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



Preschool

Jr. Kids Fishing

Age: yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Participants will leave with stickers and fishing themed coloring pages. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register.

Lake Johnson Waterfront Center – Course Fee: \$5
Nov 18 Sa 1:30-3:00pm

Youth

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: \$6
Oct 29 Su 2:00-4:00pm

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 – Course Fee: \$5
Sep 16 Sa 9:00-11:00am
Oct 21 Sa 9:00-11:00am

Know Your Knots

Age: 7-12 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. Towards the end participants will get the opportunity to make their own paracord bracelet to take home. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register. Advanced registration required.

Thomas G. Crowder Woodland Center – Course Fee: \$6
Oct 22 Su 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: \$26
Sep 23 Sa 9:00-11:00am
Nov 4 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 technique, and what fish are found in the lake. We will also cover state rules and regulations. Then we will go fishing off our dock and learn some tips and tricks to becoming an experienced fisher. No Prior experience required.

Equipment (rod, reel, bait) is provided.
Lake Johnson Waterfront Center – Course Fee: \$10
Sep 23 Sa 8:00-10:00am
Oct 21 Sa 9:00-11:00am
Nov 5 Su 1:00-3:00pm

Backpacking for New Backpackers

Age: 18-100 yrs. Have you always wanted to go backpacking but feel nervous or intimidated about planning a trip? Whether you've never been or want to lead a small group trip, this program will give you a wealth of knowledge. We walk you through the basics of backpacking in four instruction sessions that qualify you to register for an upcoming backpacking trip along the Mountains-to-Sea Trail to the Shinleaf Campground at Falls Lake State Recreation Area. You will need to attend at least 3 of the 4 instruction sessions to attend the trip. The will cover backpacking styles and trip planning, including online reservation systems and campsite rules. We will talk about gearing up for a backpacking trip: what do you need? Where do you get it? How do you use it? We will also discuss cooking and meal planning, outdoor ethics, first aid, safety and what to do in the event of an emergency.

Forest Ridge Park – Course Fee: \$27
Sep 6-Sep 27 W 6:00-7:30pm

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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: \$12

Sep 16	Sa	1:00-3:00pm
Nov 18	Sa	1:00-3:00pm

Thomas G. Crowder Woodland Center – Course Fee: \$12

Nov 15	W	4:00-6:00pm
Dec 18	M	11:30am-1:30pm

First Time Backpack Excursion

Age: 18-100 yrs. If you just completed the Backpacking for New Backpackers course, join us for a single night guided backpacking trip. Our experienced guides will lead you from the trailhead to your campsite, help you set up camp and cook a tasty meal, and spend the night at Falls Lake State Recreation Area's Shinleaf campground. At night, gather around the campfire with your fellow hikers and share stories of your adventures. This is the perfect opportunity to try backpacking for the first time and to enjoy the magic of the great outdoors!

Offsite Programming – Course Fee: \$37

Oct 7-Oct 8	Sa & Su	12:00pm-10:00am
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Guided Hike

Age: 14-100 yrs. Join us on a guided hike along Forest Ridge Park's Shoreline Trail! Our experienced guides will lead you through the beautiful landscapes of Forest Ridge Park, pointing out hidden gems and sharing their knowledge of the local flora, fauna, and history. Whether you're a seasoned hiker or a beginner, our hikes cater to all skill levels and offer a chance to disconnect and recharge while enjoying the great outdoors. So lace up your shoes and join us for an adventure!

Forest Ridge Park – Course Fee: \$8

Sep 23	Sa	9:00-11:00am
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Night Hike

Age: 14-99 yrs. Get ready for an unusual experience as you explore Forest Ridge Park by night! Join us on a guided two mile night hike through the park, where you'll experience nature under the stars. Our guides will lead you through the darkness, pointing out features that you wouldn't see during the day. With just the light of the moon and your trusty flashlight, you'll enjoy a sense of adventure and excitement! Whether you're looking for a thrilling activity or simply want to try something new, our guided night hikes are an unforgettable way to see Forest Ridge Park!

Forest Ridge Park – Course Fee: \$6

Oct 18	W	6:30-8:00pm
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Orienteering 101

Age: 16-99 yrs. Have you ever wanted to explore the wilderness with just a map and compass? 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 Waterfront Center – Course Fee: \$12

Oct 21	Sa	1:00-4:00pm
Dec 3	Su	1:00-4:00pm

Private Roll Instruction

Age: yrs. Roll or Swim? If you are tired of the second option, try our kayak roll instruction. For the boater wanting to take the next step in the kayaking progression, we are proud to offer personalized roll instruction. It typically takes more than one hour-long lesson to develop a fledging pool roll. Price covers the cost of equipment during the lesson time frame.

Optimist Pool – Course Fee: \$4

Nov 3	F	5:00-6:00pm
Nov 3	F	6:00-7:00pm
Nov 17	F	5:00-6:00pm
Nov 17	F	6:00-7:00pm
Dec 1	F	5:00-6:00pm
Dec 1	F	6:00-7:00pm
Dec 8	F	5:00-6:00pm
Dec 8	F	6:00-7:00pm
Dec 15	F	5:00-6:00pm
Dec 15	F	6:00-7:00pm
Dec 22	F	5:00-6:00pm
Dec 22	F	6:00-7:00pm
Dec 29	F	5:00-6:00pm
Dec 29	F	6:00-7:00pm

Family**Adventure Play Day**

Age: 2-6 yrs. New adventures in Forest Ridge Park's nature play area await! Dig for shark teeth and fossils, build a primitive debris shelter, build with the park's fort building kit, or improve your riding skills all while having fun! We will have fort building supplies for children ages 6-12 and a balance bike obstacle course for children ages 2-6. All materials, including balance bikes and helmets, are provided. Adults must accompany their children.

Forest Ridge Park

Sep 25	M	10:00am-12:00pm
Sep 25	M	10:00am-12:00pm

Family Fishing

Age: yrs. Join us for this fun fishing program! Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend the day with the whole family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany participant(s) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center – Course Fee: \$4

Oct 8	Su	9:00-11:00am
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Full Moon Glow Disc Golf

Age: 14-100 yrs. Why let daylight limit your playing time? Play a round of 9 by the light of the moon! The baskets will be illuminated and glow discs will be provided. This will be a night of open play with no assigned tee times. Tee off between 6 p.m. and 6:45 p.m. Space is limited. Preregistration is required for each participant. A headlamp or flashlight is recommended.

Forest Ridge Park – Course Fee: \$5

Nov 1	W	6:00-8:00pm
Dec 6	W	6:00-8:00pm

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.

Thomas G. Crowder Woodland Center – Course Fee: \$4

Nov 17	F	8:00-10:00am
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Take a Kid Mountain Biking

Age: 5-99 yrs. Join us for Take A Kid Mountain Biking Day! We will be hosting guided ride(s) for the whole family. The ride will start with a bike inspection and warm-up prior to setting out on the trail. We will also have our skills elements set up in the grassy area for practice. Helmets and closed toe shoes are required. Pre-registration is encouraged.

Forest Ridge Park

Oct 7	Sa	10:00am-12:00pm
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Social Programs



Preschool

Beach Without the Ocean

Age: 3-5 yrs. Wrap-up your summer fun in this one-hour class! Your little one will experience a variety of games, activities, and crafts that center around the beach, ocean, and summer.

Marsh Creek Community Center - Course Fee: \$8
Sep 6 W 9:30-10:30am

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 1 W 9:30-10:30am

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
Oct 4 W 9:30-10:30am

Deck the Gingerbread Halls

Age: 3-5 yrs. Get ready for a un-brr-lievably fun day at Kiwanis Park as we celebrate the cold with crafts, tasty treats, and gingerbread house building! It's a winterful season, so freeze the day and come celebrate with you and your little ones.

Kiwanis Community Center - Course Fee: \$12
Dec 12 Tu 9:30-11:00am

Dia De Los Muertos

Age: 2-5 yrs. Dia De Los Muertos is a day of honoring our loved ones we have lost. Sign up for this program, where we will create one of a kind crafts. We will also be listening to a book and making some fun filled snacks. Pre-registration is required.

Pullen Community Center - Course Fee: \$8
Nov 1 W 10:00-11:00am

FALLing into Fun

Age: 3-5 yrs. Fall into the season with Kiwanis Park as we celebrate the spookiest time of the year with crafts, tasty treats, and pumpkin decorating (pumpkin included)! Dress in your favorite costume and carve out some time for you and your little ones to celebrate the season.

Kiwanis Community Center - Course Fee: \$12
Oct 24 Tu 9:30-11:00am

Frozen Without Snow

Age: 3-5 yrs. Brrrrr... 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 6 W 9:30-10:30am

Howling at the Creek

Age: 0-6 yrs. Come to Abbotts Creek for a spooky good time! We will have fun Halloween themed games and activities. There will be a "howling" competition that begins at 10:45am to see who is the best howler! Feel free to come dressed in your costume. Pre-registration is required for each participant.

Abbotts Creek Community Center
Oct 20 F 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 30 M 3:30-4:30pm

JCMP Tot-Time

Age: 0-5 yrs. Calling all toddlers! Come play with us at JCMP. Every Wednesday participants will engage their social skills through games and activities. We hope to see you there!

John Chavis Community Center
Sep 6-Dec 6 W 11:30am-12:30pm

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Kids in Action

Age: 0-5 yrs. Join your friends at Kiwanis Park for this chance to socialize and play! We will have stations set up with different activities that may change in different sessions. Options can include art, reading, sensory, building, and more. Registration is required for all participants ages 5 and under.

Kiwanis Community Center

Sep 7-Dec 21 Th 9:30-11:30am

Little All Stars

Age: 4-6 yrs. Looking to introduce your child to sports, but not quite ready to sign up for a full season/league yet? Then Little All Stars is the class to do just that. Each week a different sport will be covered. Some of the sports that MAY be included are, baseball, soccer, basketball, hockey, volleyball and more. Equipment will be provided. Please make sure to wear comfortable clothes. LET'S GO!!!!

Optimist Community Center

Aug 9-Aug 30 W 5:00-5:45pm

Mini Movers

Age: 3-6 yrs. Your little mover will have loads of fun learning different movement styles such as dance, yoga, soccer, and many more! Children should come dressed in clothing they can move around in.

Abbotts Creek Community Center – Course Fee: \$96

Sep 7-Sep 28 Th 10:00-10:45am

Movement, Music and More

Age: 1.5-3 yrs. Get ready for your little one to move their bodies and nurture their imagination. This class focuses on fun and introducing our mover to music, movement, dance, and creativity. We will develop coordination, creativity, and self-expression while having fun! Adult participation is required for this class.

Halifax Community Center – Course Fee: \$41

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

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

Nov 2-Nov 30 Th 10:15-11:00am

Dec 7-Dec 28 Th 10:15-11:00am

Pajama Pumpkin Patch

Age: 2-5 yrs. Join us for our pajama pumpkin patch! Come in your favorite pair of pajamas (adults & children) and learn about different kinds of pumpkins. The children will learn about different kinds of pumpkins, and will get to see and touch them. We will also be making some crafts and a reading a book. All participants will go home with a small pumpkin. Pre-registration is required, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8

Oct 24 Tu 10:00-11:00am

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. Participants are free to drop in anytime during the event. Please allow 30-45 minutes to rotate through different craft stations. Pre Registration is required for each participant. See you at the Rodeo!

Abbotts Creek Community Center

Dec 8 F 10:00-11:30am

Story & Craft Hour

Age: 2-5 yrs. Join us for story hour! During this time, we will read a book and make some crafts that relate to the book. Please pre-register, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8

Nov 18 Sa 10:30-11:30am

Storybook Land Adventures

Age: 2-5 yrs. Come experience story time as we take our readers on an adventure. We will read, experience, and create from our storybooks, sparking your readers imagination and love for books. Adult participation is required for this class.

Halifax Community Center – Course Fee: \$41

Sep 7-Sep 28 Th 11:15am-12:00pm

Nov 2-Nov 30 Th 11:15am-12:00pm

Superhero Fun

Age: 2-5 yrs. Sign up your little one for an hour of superhero fun! Each child will get to decorate their own cape. We will also be making other crafts, reading a book, and playing a game. Please pre-register, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8

Sep 26 Tu 10:00-11:00am

Winter Wonderland

Age: 2-5 yrs. It's a winter wonderland here at Pullen! Participants will be making winter themed crafts, playing some games and reading a book. We will even be enjoying some fun winter snacks! Please pre-register, so we can plan accordingly.

Pullen Community Center – Course Fee: \$8

Dec 5 Tu 10:00-11:00am

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: \$26

Sep 6-Sep 27 W 6:00-7:00pm

Oct 4-Oct 25 W 6:00-7:00pm

Nov 1-Nov 29 W 6:00-7:00pm

Dec 6-Dec 27 W 6:00-7:00pm

Deck the Gingerbread Halls

Age: 5-10 yrs. Get ready for a un-brr-lievably fun day at Kiwanis Park as we celebrate the cold with crafts, tasty treats, and gingerbread house building! It's a wonderful season, so freeze the day and come celebrate with us.

Kiwanis Community Center – Course Fee: \$12

Dec 15 F 3:30-5:00pm

FALLing into Fun

Age: 5-10 yrs. Fall into the season with Kiwanis Park as we celebrate the spookiest time of the year with crafts, tasty treats, and pumpkin decorating (pumpkin included)! Dress in your favorite costume and carve out some time to celebrate the season.

Kiwanis Community Center – Course Fee: \$12

Oct 27 F 3:30-5:00pm

HAIR's Fall Festival at Sanderford

Age: 5-12 yrs. Join us on October 29th from 3-5. Come ready to enjoy our stations set up for games, a crafts, candy and prizes. This is a free event and open to first 25 registrants. Immediately following the event in the parking lot from 5pm-7pm will host our annual Trunk or Treat.

Sanderford Road Neighborhood Center

Oct 27 Sa 6:00-8:00pm

Imagination Playground

Age: 0-6 yrs. Join your friends at Abbotts 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.

Abbotts Creek Community Center

Sep 2-Nov 11 Sa 9:15-11:30am

Pastries & Painting With A Princess

Age: 3-8 yrs. Join for a Saturday morning of fun with a Princess! We will be painting and eating pastries. We will also have a story time. Each child will receive a canvas for painting, pastries, a drink and one on one time with a princess. Pre-registration is required! Don't miss this special event!

Pullen Community Center – Course Fee: \$16

Oct 7 Sa 10:00-11:30am

Princess Tea Party

Age: 3-8 yrs. Join us for a themed tea party! Kids should come dressed up in casual apparel, their favorite princess dress, or costume for an evening of enchanted experiences. There will be dancing, some amazing tea, yummy treats, along with fun games and crafts. Each child will get the opportunity to meet and take a picture with a princess character.

Roberts Park Community Center

Nov 10 F 6:00-8:30pm

Adult

German Shepherd Dog Club

Millbrook Exchange Community Center – Course Fee: \$1

Sep 7	Th	7:00-9:00pm
Oct 5	Th	7:00-9:00pm
Nov 2	Th	7:00-9:00pm
Dec 7	Th	7:00-9:00pm

Let's Dance Class

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: \$7

Sep 7-Sep 28	Th	6:00-7:30pm
Oct 5-Oct 26	Th	6:00-7:30pm
Nov 2-Nov 30	Th	6:00-7:30pm
Dec 7-Dec 28	Th	6:00-7:30pm

Open Ballroom Dance

Age: 18-99 yrs. Join us for a night of ballroom dancing! Adults of all skills and abilities are welcome to attend, no partner is necessary. We dance to a variety of rhythms including cha-cha-cha, rumba, east- and west-coast swing, foxtrot, waltz and more. The dances meet weekly and a live band plays each week. For more information, please call the center at 919-996-6052.

Pullen Community Center

Sep 6-Dec 20	W	7:00-8:45pm
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Sertoma Group - North Raleigh Rotary

Age: yrs. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch and an informative presentation from a guest speaker. For information, visit www.northraleighrotary.org.

Sertoma Arts Center

Sep 6-Dec 20	W	11:30am-2:00pm
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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 7-Dec 28	Th	9:00am-12:00pm
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Urban Ballroom Dance Lessons

Age: 18-99 yrs. Discover the joy of social dancing where the instructor will teach the core fundamentals of Urban Ballroom Dancing. You will learn the basic steps, half-turns, full-turns, and combinations while dancing to old school, neo-soul, R&B, and pop music. Urban Ballroom dancing is a fun social dance for all ages 18 years and up. Although a dance partner is encouraged, it is not required. Instructor: Omari Moore, ambassador of Urban Ballroom Dance

Greystone Recreation Center – Course Fee: \$81

Sep 1-Oct 20	F	6:00-7:30pm
Oct 27-Dec 29	F	6:00-7:30pm

Worthdale Computer Basics

Worthdale Community Center

Sep 6-Sep 27	W	6:00-8:00pm
Oct 4-Oct 25	W	6:00-8:00pm
Nov 1-Nov 29	W	6:00-8:00pm
Dec 6-Dec 27	W	6:00-8:00pm

Senior

Bingo

Age: 18-99 yrs. We play a variety of games like straight, four corners, postage stamp and clear all. Registration required and costs \$1 per day which covers provided supplies. Bring \$1 cash for 3 cards which becomes prize money. Registration is on a month-by-month basis, call 919-996-4720 to find out about the next registration date. Space is limited. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center – Course Fee: \$1

Sep 1-Sep 29	F	10:30am-12:30pm
Oct 6-Oct 27	F	10:30am-12:30pm
Nov 3-Nov 17	F	10:30am-12:30pm
Dec 1-Dec 29	F	10:30am-12:30pm

Bingo for Active Adults

Age: 18-99 yrs. Come out and enjoy make new friends and share lots of laughs all while playing bingo! This isn't your typical bingo game; we'll be playing a variety of different styles, such as four corners, postage style, and black out. This program is open to participants 50 and!

Worthdale Community Center

Sep 4-Sep 27	M&W	11:00am-12:00pm
Oct 2-Oct 30	M&W	11:00am-12:00pm
Nov 1-Nov 29	M&W	11:00am-12:00pm
Dec 4-Dec 27	M&W	11:00am-12:00pm

Bridge: Open Play

Age: 18-99 yrs. Join your fellow game players for bridge. This is an open play time for all skill levels. There is no instruction.

Five Points Center

Sep 5-Dec 19	Tu	9:30am-12:30pm
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Cornhole for Active Adults

Age: 18-99 yrs. Open play indoor cornhole for Active Adults. Come out to learn how to play, have fun, try something new, better your skills, and/or practice for Senior Games competition. Our programs are geared toward adults age 55+. Sign in upon arrival. Free.

Anne Gordon Center

Sep 1-Dec 29	F	2:00-4:00pm
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JCMP Senior Program

Age: yrs. Join us at John Chavis Memorial Park every Thursday for fun, friends, and fellowship. Participants will engage in activities such as arts and crafts, cards, BINGO, exercise, dance, and more.

John Chavis Community Center

Sep 7-Dec 7	Th	11:00am-4:00pm
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Line Dancing Seniors

Age: 55-99 yrs. Keep your mind sharp, strengthen your bones, and improve your balance and cardiovascular function, while having fun and making new lasting friendships. Come join your fellow seniors dancing to all genres of music as we learn 12 to 17 fun new line dances each session. Whether you have always loved to dance or always felt you have 2 left feet, come check us out. Please note there is a beginner class at 11am and high beginner class/improver class at 12:15pm.

Pullen Community Center

Sep 7-Sep 28	Th	11:00am-12:00pm
Sep 7-Sep 28	Th	12:15-1:15pm
Oct 5-Oct 26	Th	11:00am-12:00pm
Oct 5-Oct 26	Th	12:15-1:15pm
Nov 2-Dec 7	Th	11:00am-12:00pm
Nov 2-Dec 7	Th	12:15-1:15pm
Sep 11-Sep 25	M	11:00am-12:00pm
Oct 2-Oct 30	M	11:00am-12:00pm
Nov 6-Dec 4	M	11:00am-12:00pm

Movies at Anne Gordon Center

Age: 18-99 yrs. Join us for a movie that just recently left the theaters. Snacks and drinks are available from the machines or bring your own, and there is a microwave available for your use. Registration is required and is available on a month by month basis. Register online, in-person or call 919-996-4720 to reserve your seat. Seating is limited.

Anne Gordon Center

Sep 7-Sep 28	Th	1:00-3:30pm
Oct 5-Oct 26	Th	1:00-3:30pm
Nov 2-Nov 30	Th	1:00-3:30pm
Dec 7-Dec 28	Th	1:00-3:30pm
Sep 8-Sep 29	F	10:30am-12:45pm
iOct 6-Oct 27	F	10:30am-12:45pm
Nov 3-Dec 1	F	10:30am-12:45pm
Dec 8-Dec 29	F	10:30am-12:45pm

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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

Sep 11-Sep 25	M	1:00-3:30pm
Sep 5-Sep 26	Tu	10:30am-12:30pm
Oct 2-Oct 30	M	1:00-3:30pm
Oct 3-Oct 31	Tu	10:30am-12:30pm
Nov 6-Nov 27	M	1:00-3:30pm
Nov 7-Nov 28	Tu	10:30am-12:30pm
Dec 4-Dec 18	M	1:00-3:30pm
Dec 5-Dec 19	Tu	10:30am-12:30pm

Open Play Cards and Games

Age: 18-99 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 5-Dec 19	Tu	1:00-4:30pm
Sep 1-Dec 29	F	1:00-4:30pm

Tanble Tennis Open Play

Age: yrs. Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

Five Points Center

Sep 1-Dec 29	F	2:00-4:00pm
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Trivia Group at Anne Gordon Center

Age: 18-99 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 7-Dec 28	Th	12:30-1:55pm
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What did Grandma do?

Age: 18-99 yrs. Join us for a roundtable discussion on what did your grandma or the older generations do that made life simpler?

Walnut Terrace Center

Fall/Halloween-Simplicity

Sep 27	W	2:00-4:00pm
Oct 25	W	2:00-4:00pm

Christmas Holidays

Nov 29	W	2:00-4:00pm
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Family

Mommy & Son

Age: 4-11 yrs. Method Road Park Presents Mommy and Son "GLOW LITE Game NITE" ! Enjoy a night of themed Glow in the dark activities, games, light refreshments, prize giveaways and so much more!! Aunts, Grandmothers, and other special women in a young man's life are welcome as well!! ALL proceeds will go toward the GO PLAY SCHOLARSHIP PROGRAM!!

Method Road Community Center – Course Fee: \$15

Sep 29	F	6:30-8:30pm
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National Holidays

All ages. Drop in for fun holiday celebrations!

John Chavis Community Center

Sep 6	W	10:00am-9:00pm
Oct 30	M	10:00am-9:00pm

National Jukebox Day

Nov 22	W	10:00am-9:00pm
Dec 4	M	10:00am-9:00pm

Party in the Park

All ages. Come celebrate the end of summer and the start of the school year with the neighborhood as we party in Kiwanis Park. It's fun for the whole family with crafts, games, sweet treats, and so much more! There will be a food truck on site with some delicious delights available for purchase. Pre-registration is encouraged for communication in the case of inclement weather, but is not required.

Kiwanis Community Center

Sep 8	F	3:30-6:30pm
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Popsicles in the Park

All ages. Swing by the park for a free popsicle, enjoy the playground and visit with neighbors.

Halifax Community Center

Sep 8	F	6:00-7:30pm
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Superhero Movie Night

Age: 1-100 yrs. You're invited to enjoy a Superhero movie at Roberts Park. Bring your family for a good movie, good snacks, and a meet and greet with a few superheroes.

Roberts Park Community Center

Sep 8	F	6:00-8:00pm
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Trunk or Treat

Age: 0-99 yrs. Bring your kids and their candy buckets to Sanderford Road and see all the decorated trunks! We will be passing out candy at each car! Get ready to have a howling good time!

Sanderford Road Neighborhood Center

Oct 28	Sa	5:00-7:00pm
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Worthdale Fall Festival

Age: 4-13 yrs. Come on out to the Fall Festival at Worthdale and enjoy carnival games, arts and crafts, door prizes and refreshments.

Worthdale Community Center

Oct 26	Th	6:00-8:00pm
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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

FBC 39ers

First Baptist Church
99 N. Salisbury Street
Thursday, 10:30am
Sept-May: speakers, lunch, trips
Carolyn: 919-601-5598

Fellowship Club

West Raleigh Presbyterian
1016 Deboy Street
2nd Tuesday, 10 a.m.
Sept-May: speakers, meals, trips
Brenda: (919) 851-5851

Fifty-Five Plus Club

Anne Gordon Center
1901 Spring Forest Road
Wednesdays, 10:00am
Sept-May: speakers, cards, trips
June-Aug: cards only
Lorraine: (919) 373-0330

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

Clubs are composed of persons aged 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.

Golden Eagles Club

"Top" Greene Center
401 MLK Jr. Boulevard
2nd Wednesday, 11:00am.
Yearly: speakers, meals, trips
Carletta: (919) 606-5895

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 Comm. 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
2nd, Wednesdays 11:00am
Yearly: speakers, meals, trips
Cletha: (919) 606-1812

St. Francis of Assisi 55+Club

St. Francis of Assisi Parish
11401 Leesville Road
4th Wednesday, 11:30am
Yearly: speakers, meals, games, 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
3rd Monday, 10:00am
Sept-May: speakers, meals
Sara: (919) 255-3563

Watts Seniors

Watts Chapel
3703 Tryon Road
3rd Tuesday, 10:00am
Sept-June: social, speakers
Ella: (917) 589-2566

Women Growing Older Gracefully

Five Points Center
2000 Noble Road
2nd & 4th Wednesday
Yearly: speakers, meals, trips
Jill: (484) 269-6492

Worthdale Walkers Club

Worthdale Comm. Center
1001 Cooper Road
Thursdays, 11:00am
Sept-May: social, trips, speakers
Carletta: (919) 606-5895

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

Program Manager

Kevin DeHont, LRT/CTRS
kevin.dehont@raleighnc.gov

Program Coordinators

Hannah Hearn, CTRS
hannah.hearn@raleighnc.gov

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 Tennis Center.

Buddy Soccer

Age: 6-21 yrs. Buddy Soccer is an instructional program focused on developing basic soccer skills. This program is designed for people with disabilities between 6 and 21 years old. Practices include 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 919-996-2110.

Peach Road Cultural Center - Course Fee: \$23
Sep 9-Oct 14 Sa 11:00am-12:00pm

Friendly Track Out

Age: 6-12 yrs. Friendly Track Out is designed for participants who can engage appropriately in a small group setting (approximately 8 participants with 2 staff). Participants are expected to follow basic rules of safety and interaction, have independence with toileting, feeding and personal care needs, and easily understand and follow directions within their small group. Program hours are 9:00am-4:00pm. Early drop off is available starting at 8:00am and all participants must be picked up by 5:00pm. Supervised participant-choice activities will be provided for arrival and dismissal hours. Activities include sports, indoor and outdoor group games, music and movement, arts and crafts. Friendly Track Out will run in conjunction with WCPSS Track 4 Calendar. For more information, please call 919-996-2147.

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.

Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Blind Bowlers Association - 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 Riders

A bike ride is a wonderful thing, but for folks with limited mobility, it's difficult to experience the fresh air, sun and joy that a ride can deliver. We, a group of Raleigh citizens, would like to bring the biking experience to people that may not have thought that a bike ride was even possible for them. By using specially-made tandem bicycles, we plan to offer bike rides on Raleigh's incredible greenways. Contact Scott Reston at scott@therestons.com or visit us online at raleighriders.org.

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. 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.

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 Crafting Corner

Age: Ages 16+ Do you enjoy craft projects, time with friends, and fun? Then join us once a month to participate in a craft project together! An instructor will be available to lead us in our activity and supplies are included in the cost of the program. This program is designed to meet the needs of teens and adults with various disabilities. Participants must be able to work in small group settings of 1 staff to 4 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).

Hill Street Neighborhood Center - Course Fee: \$16

Sep 25	M	6:30-7:30pm
Oct 23	M	6:30-7:30pm
Nov 27	M	6:30-7:30pm
Dec 18	M	6:30-7:30pm

SRIS 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.

Eastgate Neighborhood Center

Sep 5-Sep 26	Tu	10:00am-3:00pm	Fee: \$131
Sep 7-Sep 28	Th	10:00am-3:00pm	Fee: \$131
Oct 3-Oct 31	Tu	10:00am-3:00pm	Fee: \$131
Oct 5-Oct 26	Th	10:00am-3:00pm	Fee: \$131
Nov 7-Nov 21	Tu	10:00am-3:00pm	Fee: \$98.50
Nov 9-Nov 16	Th	10:00am-3:00pm	Fee: \$66
Dec 5-Dec 19	Tu	10:00am-3:00pm	Fee: \$98.50
Dec 7-Dec 21	Th	10:00am-3:00pm	Fee: \$98.50

SRIS Bingo

Ages 16+ Join us on Wednesdays for a fun-filled night of bingo, board games & more! 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 8 participants, manage personal care 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.

Jaycee Community Center - Course Fee: \$10

Sep 6-Sep 20	W	6:30-7:30pm
Oct 4-Oct 18	W	6:30-7:30pm
Nov 1-Nov 15	W	6:30-7:30pm
Dec 6-Dec 20	W	6:30-7:30pm

SRIS Challenger Flag Football

Age: 7-99 yrs. Are you ready for some football? Specialized Recreation and Inclusion Services (SRIS) Challenger Flag Football is back for its second season in partnership with The Carolina Panthers Challenger Flag Football Leagues. This program provides children and adults of varying abilities an opportunity to participate and interact in an organized flag football league. This inclusive program allows athletes with diverse experiences and skill sets to play football and cheer in a safe, structured team environment. We are currently recruiting athletes ages 7 and up. The 8-week season begins Thursday, September 8, 2022. The teams will meet for practice and scrimmage Thursday evenings (4:30-6:00p) throughout the fall and will play against the City of Durham on October 12th. The teams will also travel to Charlotte for the end-of-year Carolina Panthers Challenger Flag Football League Jamboree on October 30th!

Millbrook Exchange Community Center

Sep 7-Oct 26	Th	5:00-6:15pm
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continued on page 76 —

SRIS Cooking

Ages: 13+ Come cook with us! This program is designed to meet the needs of teens and adults with disabilities. We will teach the basics of menu planning, kitchen safety, how to read a recipe, and basic kitchen skills needed to prepare various dishes. Each week participants will be able to take home the dish they have prepared. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to work in small group settings of 1 staff to 4 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, please call SRIS at 919-996-2147 for more information.

Marsh Creek Community Center – Course Fee: \$22

Sep 13	W	6:00-7:30pm
Oct 11	W	6:00-7:30pm
Nov 8	W	6:00-7:30pm
Dec 13	W	6:00-7:30pm

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.

Jaycee Community Center – Course Fee: \$6

Sep 15	F	6:00-7:00pm
Oct 20	F	6:00-7:00pm
Nov 17	F	6:00-7:00pm
Dec 15	F	6:00-7:00pm

SRIS Recreation Bowling

Ages 13+ This bowling program provides a fun and exciting place for youth (13+) 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 2 hours of bowling and shoe rental (2 games max). This program will be facilitated on a 1 to 6 staff to participant ratio. Individuals needing additional assistance must bring a personal assistant. For more information, call 919-996-2147.

Offsite Programming

Sep 9-Sep 30	Sa	12:00-2:00pm	Fee: \$52
Oct 7-Oct 28	Sa	12:00-2:00pm	Fee: \$52
Nov 4-Nov 25	Sa	12:00-2:00pm	Fee: \$40
Dec 2-Dec 16	Sa	12:00-2:00pm	Fee: \$45

Team PRIDE:**Junior Wheelchair Basketball**

Ages 6-20. This program is a collaboration of Bridge II Sports and Raleigh Parks and is designed for youth with a physical disability. Junior Thunder has weekly practices from late August through April at Marsh Creek Community Center. In practices, athletes work on sports skills, building confidence, goal-setting and independence. If you are interested in participating or learning more, please visit www.bridge2sports.org or call 866-880-2742.

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 yokoiwashima@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.

VIP Darts

Ages: 16+ Join us for an evening of fellowship, fun and darts every 1st and 3rd 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 – Course Fee: \$10

Sep 18	M	6:00-7:30pm
Oct 2-Oct 16	M	6:00-7:30pm
Nov 6-Nov 20	M	6:00-7:30pm
Dec 4-Dec 18	M	6:00-7:30pm

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) 996-6590

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 (rides sharing, 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 To Apply for the Greenway Volunteer Program email rpvolunteer@raleighnc.gov

Historic Homes

Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Joshua Ingersoll

Email: 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

Assistant Park Managers:

Chris Hill

Email: christopher.hill@raleighnc.gov

Julia Babuin

Email: 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

Assistant Park Manager: Ben Coats

Email: 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

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
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 in 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

Saint Monica Teen Center

Saint Monica Teen Center Director: Aaron Lesane
Email: aaron.lesane@raleighnc.gov
15 N Tarboro St. Raleigh, NC 27610
Phone: 919-996-4368

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 Program Manager: Chiffonda Holloway
Phone: 919-996-2142
Email: chiffonda.holloway@raleighnc.gov

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 teens, foster creativity and promote diversity, equity and inclusion among teens. 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
Method Road Community Center
514 Method Road, Raleigh NC 27607

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/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

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, keyword search "COE".

Digital Inclusion

Digital Inclusion Program Manager: Tommy Hodges
Phone: 919-996-2458
Email: 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
Recreation Program Director: Beth Soles
Program Manager:
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 and search for the specific program name for more information.

Adult Program

Recreation Program Manager: Allie Crawford
Phone: 919-996-2151
Email: allie.crawford@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

Teen Programs: 919-996-2139
Recreation Program Director: Brandon Reed
Program Managers:
Chiffonda Holloway
Email: chiffonda.holloway@raleighnc.gov
Carmen Myles
Email: carmen.myles@raleighnc.gov
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 teens 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 and 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

For more information contact Mary Owens at 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



**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 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



**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

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. 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

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
Reclink Support	919-996-2153
Recreation Business Office	919-996-4800

Division

Administration	919-996-3285
Design/Development	919-996-4824
Maintenance/Parks	919-996-4115
Marketing	919-996-3285
Raleigh Arts	919-996-3610
Recreation	919-996-6640
Urban Forestry	919-996-4115

Programs

Adult Program	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Walnut Terrace Center	919-996-6160
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue (24 hr. recording)	919-996-6575
Community Centers Program	
2401 Wade Avenue	919-996-6640
Cultural Outreach and Enrichment Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
820 Clay Street	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	
Specialized Recreation Programs	919-996-2147
Inclusion Services	919-996-2148
Tennis Program	
Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	
	919-996-4115
	919-872-4137 (fax)
Volunteer Programs	
222 W. Hargett Street	919-996-3292
Youth Programs	
820 Clay Street, 27605	919-996-6165
After School Program, Before School Program, Summer Camps, Track Out Program	

Abbotts Creek Community Center

— •A,E,Z
9950 Durant Road, 27614
919-996-2770

All Children's Playground c/o Laurel Hills Park

— •B,E,G
3808 Edwards Mill Road, 27612
919-996-2383

Anderson Point Park c/o Barwell Road

— •E,K,M,N
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

Baileywick Road Park c/o Lake Lynn

— •B,E,M
9501 Baileywick Road, 27615
919-996-2911

Barwell Road Community Center

— •A,E,W,Z
5857 Barwell Park Drive, 27610
919-996-5994
Barwell's Open Play Line: 919-996-6736

Biltmore Hills Park and Community Center

— •A,B,C,D,E,G,M,Z
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

— •G,M,V
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center c/o Green Road

— •B,C,E,G,M
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— •A,E,G,M,W,Z,AAI
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

— •B,E,W
5900 Buffaloe Road, 27616
919-996-6836

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— •A,B,C,E,U,Z
2305 Lake Wheeler Road, 27603
919-996-6435

Cedar Hills Park c/o Optimist

— •B,C,E,F,G,H,M
5600 Sweetbriar Drive, 27609
919-996-2880

City of Raleigh Museum (COR)

220 Fayetteville Street, 27601
919-996-2220

Dorothea Dix Park

— •E,M,N,U,V
1030 Richardson Dr, Raleigh, NC 27603
919-996-3255

Durant Nature Preserve

— •E,K,M,O,Q
8305 Camp Durant Road, 27614
919-878-9116

Eastgate Neighborhood Park Center c/o Millbrook

— •C,E,J,M
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

— •L,Z
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

— •C,M
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— •A,B,C,E,G,M,R,Z,AAI
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

— •A,E,G
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— •E,M
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— •B,E,G,R,M,N
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

— •A,B,C,E,J,M,R,V,Z
2405 Wade Avenue, 27607
919-996-6833

Directory

John Chavis Memorial Park and Community Center
— •A,B,C,D,E,M,N,W,Z,AAI
505 MLK Jr. Boulevard, 27601
919-996-6590

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
— •B,E,G,M,U
2525 Noble Road, 27608
919-996-3135

Lake Lynn Park and Community Center
— •A,B,C,E,N,O,Z,AAI
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve
— •M,N,O,P,Q
4601 Avent Ferry Road, 27606
919-996-3141

Lake Johnson Swimming Pool
— •D
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park
— •E,J,M,O,P,Q
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center
Sassafras Playground
— •A,B,E,G,M,Z,AAI
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
— •A,B,C,E,G,M,Z,AAI
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
— •A,B,E,M,T,Y,Z
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center
— •A,E,G,Z,AAI,AAO
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center
— •A,B,E,G,M,U,Z
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
— •B,C,E,M,N,AAO
100 Chowan Circle, 27609
919-996-2880

Oakwood Off-Leash Dog Park c/o Lions
— •B,M,G,U
910 Brookside Drive, 27604
919-996-4726

Optimist Park and Community Center
— •A,B,C,D,E,N,AAI
5900 Whittier Drive, 27609
919-996-2880

Optimist Swimming Pool
— •D
5902 Whittier Drive, 27609
919-996-2790

Peach Road Cultural Center
— •E,G
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum
511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method
— •C,E,G
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements
— •C,E,M,O,P,Z
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
— •A,B,C,E,G,L,M,Z
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
— •B,C,E,G,M
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center
— •E,G,M
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
— •B,C,E,M,N
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
— •A,C,E,M,Z
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park
— •
107 Pullen Road, 27607
919-831-6058

Thomas G. Crowder Woodland Center
— •K,N
5611 Jaguar Drive, 27606
919-996-3141

Tucker House
— •
418 N. Person Street, 27601
919-996-4363

Walnut Creek Softball Complex
— •B
1201 Sunnysbrook Road, 27610
919-250-2725

Walnut Creek Wetland Park and Education Center
— •K,N
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
— •C,E,M,R
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center
— •A,C,E,F,Z
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A Gymnasiums	Q Fishing
B Lighted Ballfield(s)	R Sand Volleyball
C Tennis Courts	S BMX Track
D Pool	T Inline Skating
E Play Equipment	U Dog Park
F Mini Park	V Gardens
G Outdoor Basketball	W Walking Track
H Frisbee Golf	Y Skate Park
J Exercise Trail	Z Fitness Room
K Nature Study	AAI Pickle Ball Courts - Indoor
L Arts	AAO Pickle Ball Courts - Outdoor
M Picnic Shelter	• Handicap Accessible
N Greenway Trail	
O Lake	
P Boat Rental	



City of Raleigh
Parks, Recreation and Cultural Resources
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