



**Raleigh
Parks**

Online Registration Begins

July 23, 2024

parks.raleighnc.gov

919.996.6640

Contents

General Information

- Administration 4
- Capital Area Greenway 93
- Directory 98-99
- Registration Options 3
- Registration Form 96-97
- Volunteer Opportunities 95

Facilities

- Amusements 93
- Arts Centers 14
- Historic Homes 93
- Lakes 93
- Museums 94
- Additional Facilities and Programs 93-95
- Tennis Center 94

Program Areas

- Adult Program 95
- Aquatics 10-13
- Arts Program 14-40
- Athletic Instruction 41-44
- Athletic Open Play 45
- Athletic Teams/Leagues 46-48
- City of Oaks Foundation 76
- Cultural Outreach and Enrichment Program 94
- Educational Programs 49-55
- Gallery Program 14
- Greenways 93
- Health & Wellness 56-65
- Nature Education 66-75
- Outdoor Recreation 77-79
- Social Program 80-88
- Specialized Recreation and Inclusion Services 89-92
- Tennis 94
- Teen Program 95
- Teen Zones 94

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!

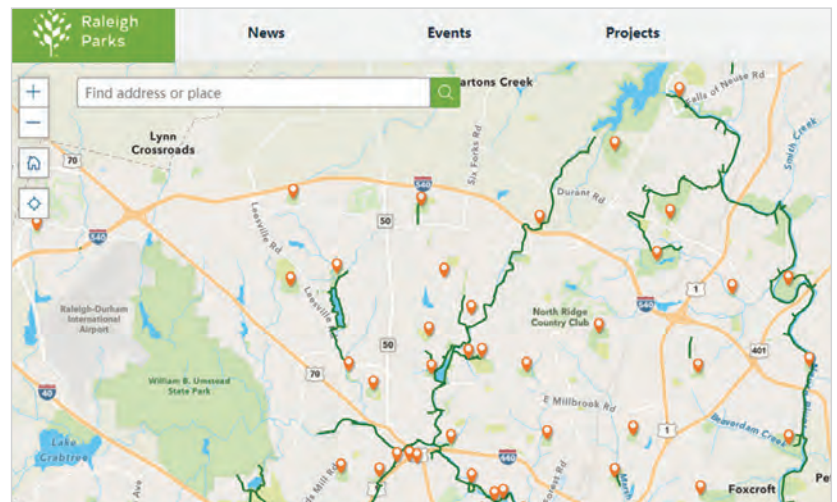
PARK LOCATOR HAS A NEW LOOK!!

Explore Raleigh Parks 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:

<http://maps.raleighnc.gov/parklocator/>

You may also access Park Locator by clicking or searching Find A Park 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)



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



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



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



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



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
Iain Burnett
Bob Edgerton
Gregory Etheridge
Hugh Fuller
Jeff Havener
Douglas Johnston
Rashawn King
Shangwen Liu
April Love
Marsha Presnell Jennette
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

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**



PLAY IT FORWARD RALEIGH

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 89).

Special Events

SEPTEMBER

Homeschool History Day

Homeschoolers, join us for a fun-filled day at Mordecai Historic Park! Activities include hands-on crafts, a blacksmith demonstration, special kids' tour of the Mordecai house, and a trolley ride around downtown Raleigh. Registration is not required, but trolley tickets must be purchased in advance online or by calling the Mordecai Visitor Center.

Mordecai Historic Park

Sep 6 F 10:00am-2:00pm

Chavis Celebrates: Beats & BBQ

It's time to celebrate Chavis. Kickback and relax with us for a night of live music, food trucks, games and more.

John Chavis Community Center

Sep 27 F 6:00-9:00pm

Chavis Celebrates: The Main Event

Celebrate with us during Chavis Celebrates: The Main Event! This is a family-friendly event celebrating the 86th anniversary of the heritage, history and culture of John Chavis Memorial Park. We will have inflatables, carousel rides, live entertainment, food trucks, and so much more. Bring your lawn chairs and look back on our decades of history while celebrating the present and anticipating the future!

John Chavis Community Center

Sep 28 Sa 1:00-6:00pm



Howl-O-Ween

All ghoulish guardians are invited to unleash your haunted hounds for our first HOWL-O-Ween event at Carolina Pines Community Center Dog Park! Pups will strut their stuff and wag their tails in our pet parade along with a PAW-some costume contest. Other activities will include tricks for treats, bone bobbing, and HOWL-worthy pictures in a PUP-kin photo booth. Categories will include spookiest, cutest, most creative, and best doggie/owner duo. Vendors, merchants, and sponsors will be on site for questions; while treat bags with goodies and coupons are on a first come, first serve basis; pre-registered BARK-ticipants are guaranteed their cut of the loot. There're no BONES about it, this event is sure to be a BONE-ified fun time. *Dogs must be leashed when outside fenced areas, up to date on their rabies vaccinations and behave safely around other dogs. Dogs displaying aggressive behavior will be asked to leave*

Carolina Pines Community Center

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

Fall Festival at Barwell Road

Come join the fun! Dress up in your favorite fall colors or a school-approved costume. There will be arts and craft stations, games to play, face painting, trick or treat stations and much more! This event is for families with children 12 years and old and younger. All children must be supervised by an adult at all times.

Barwell Road Community Center

Oct 25 F 5:00-7:00pm

Spellbound at Mordecai

Magic and mayhem abound at Spellbound at Mordecai! Enjoy a day of spooky fun with costume contests for kids and pets, crafts, inflatables, and more. Shop for treats at a themed market by Paper & Stars Studio and take part in The Ghost Guild's annual Haunted Mordecai presentation.

Mordecai Historic Park

Oct 26 Sa 10:00am-3:00pm

OCTOBER

Fall Arts Fair

Hosted by Pullen and Sertoma Arts Centers, the Fall Arts Fair returns this October! The Fall Arts Fair showcases the work of jewelers, potters, painters, printmakers, bookmakers, glass artists, fiber artists, and more who participate year-round in Pullen and Sertoma Arts Center's programs. Get an early start on your holiday shopping and enjoy a fun-filled day at Fred Fletcher Park on Saturday, October 5, from 10 am to 5 pm, featuring over 50 local artist vendors, food trucks, live music, hands-on activities, and demonstrations.

Fred Fletcher Park

Oct 5 Sa 10:00am-5:00pm

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 5 Sa 10:00am-12:00pm

Marsh Creek Community Day

Age: 0-99 yrs. Marsh Creek is welcoming all members of the community to come out and join in on the fun for our first annual Community Day! We'll have program demonstrations, cultural experiences, food demonstrations, arts and crafts, activities, athletics signing day, and The Raleigh Firebirds will be on site for a 3v3 tournament! Be sure to check out and take a picture with our GIANT PUMPKIN (grown on site)!

Marsh Creek Community Center

Oct 12 Sa 10:00am-2:00pm

continued on page 8 —

Special Events (continued)



NOVEMBER

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 M 12:00-2:00pm

Bizarre Bazaar

Age: 21-99 yrs. 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. This event is for adults only (21+).

John Chavis Community Center

Nov 15 F 6:00-9:00pm



Letters to Santa

Age: 0-99 yrs. Write a Letter to Santa! Raleigh Parks is assisting the North Pole this holiday season by hosting Letters to Santa at select community centers! No registrations will be taken; drop by a participating community center to join in on the fun!

How It Works:

1. Use one of our templates to write a letter to Santa. Available online or at participating community centers.
2. Drop off your letter at a participating community center between Saturday, November 25, and Sunday, December 17, during operating hours.
3. We deliver the letters to Santa so he can read and reply to every letter.
4. You can pick up the letter at the same community center you dropped it off at on or after Wednesday 18.


PARTICIPATING SITES: Abbotts Creek, Biltmore Hills, Brier Creek, Carolina Pines, Green Road, Greystone, Halifax, Jaycee, Kiwanis, Lake Lynn, Laurel Hills, Lions, Marsh Creek, Method Road, Optimist, Pullen Community Center, and Worthdale.

Nov 23-Dec 15 M-Su 7:00am-9:00pm

Special Events (continued)

DECEMBER

Oh Golly, Where's Holly?

Oh golly, let's find Holly! An elf named Holly is running loose in Raleigh. You can find Holly at the different holiday events listed below marked with this symbol .

Join us for some festive fun and at each event, take a picture with Holly, and email your picture to findtheelf@raleighnc.gov to be entered in a drawing to win a prize.

All events are family-friendly and free. **Let's have a holly jolly time!**



Gingerbread Decorating Party

Join us for a holiday "Gingerbread Jam" with cookie and house decorating, music, and fun! Jamming activities include arts and crafts, sweet treats, and your favorite holiday friends!

Green Road Community Center

Dec 6 F 6:00-9:00pm



Holly's Holidays Around the World

Grab your passport and travel the world with us to experience different holiday traditions! This will be a drop in event, so feel free to stop by anytime during the three hours. The entire experience should take about one hour. Please pre-register each person who plans to attend the event, so we can plan accordingly. Holly the Elf will be at this event/program, so make sure to find her and take your picture with her. Email your picture to findtheelf@raleighnc.gov to be entered in a drawing to win a prize.

Pullen Community Center

Dec 10 Tu 3:00-6:00pm



Holiday Magic with Holly the Elf

Oh golly, let's find Holly! An elf named Holly is running loose in Raleigh. Enjoy holiday-themed inflatables, crafts, and games all while you look for the elf in the community center. Experience holiday magic with Holly the Elf, and when you find her, make sure to find her and take your picture with her. Email your picture to findtheelf@raleighnc.gov to be entered in a drawing to win a prize.

John Chavis Community Center

Dec 13 F 7:00-8:30pm



Family Paint

Age: 8-99 yrs. Come out for a fun morning 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, but registration must be received 3 days prior to program. *Please register each person attending* Holly the Elf will be at this event/program, so make sure to find her and take your picture with her. Email your picture to findtheelf@raleighnc.gov to be entered in a drawing to win a prize.

Halifax Community Center

Dec 14 Sa 10:00-11:30am



Outstanding Ornament Creations

Age: 0-99 yrs. Bring your creativity over to Greystone to create your one-of-a-kind holiday ornament to adorn your trees or gift to a loved one. All you need to bring is imagination and fun; supplies will be provided. Free. Pre-registration is recommended; space is limited and based on availability.

Greystone Recreation Center

Dec 19 Th 10:00-11:30am



Winter Wonderland at The Pines

Holiday magic in the air! A family night of holiday crafts, music and activities.

Carolina Pines Community Center

Dec 20 F 6:30-8:00pm

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 entire inside and outside of the center for the family to enjoy. Activities will include, but are not limited to, themed rooms, inflatables, photo opportunities, crafts, carol-oke, light holiday-themed refreshments, live entertainment, and beautiful decorations. Our special guest will be Holly the Elf!

John Chavis Community Center

Dec 13 F 5:30-9:00pm

Mordecai Holiday Open House

Join us at the annual Holiday Open House at Mordecai Historic Park! See how the Mordecai House would have been decorated over the past 239 years and learn about different holiday traditions. Walk through the beautifully decorated house and enjoy music, discover historic artifacts, and more. On Saturday, do some holiday shopping at the Merry and Bright: A North Pole Market produced by Paper & Stars Studio! Visit our vendors to find unique gifts, create festive crafts, sample food vendors, and enjoy seasonal entertainment.

Mordecai Historic Park

Dec 14-15 Sa & Su 10:00am-3:00pm

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. Private lessons are available for individuals seeking one on one instruction. Swim lessons for individuals with disabilities are available following the inclusion model. The City of Raleigh does not allow individuals or groups to conduct private instruction at any City-owned swimming facilities.

All Pools

(with the exception of Buffalo Road Aquatic Center)

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

Buffalo Road Aquatic Center

At The Door	Resident	Non-Res
1-12 years	\$4	\$7
13-54 years	\$8	\$15
55 and older	\$6	\$11

The Aquatics Division offers the following certification courses: Lifeguarding, Lifeguarding Instructor, and Water Safety Instructor. Please check www.raleighnc.gov/aquatics for course requirements and schedules.

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	Resident	Non-Res
(Valid one year-to-date)		
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 Buffalo Road Aquatic Center, Millbrook Pool, Optimist Pool, and Pullen Aquatic Center. Private lessons are offered at times when group lessons are not being conducted and based on instructor availability. Contact the aquatic center for information on requesting private swim lessons.

Private Lesson:

Single 30 min. class: \$32

Package of 4 - 30 min. classes: \$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.

Buffalo Road Aquatic Center

Sep 3-Sep 19	Tu&Th	4:30-5:00pm	Fee: \$60
Sep 7-Sep 28	Sa	10:10-10:40am	Fee: \$45
Oct 1-Oct 17	Tu&Th	4:30-5:00pm	Fee: \$60
Oct 12-Nov 2	Sa	10:10-10:40am	Fee: \$45
Nov 5-Nov 21	Tu&Th	4:30-5:00pm	Fee: \$60
Nov 16-Dec 14	Sa	10:10-10:40am	Fee: \$45
Dec 3-Dec 19	Tu&Th	4:30-5:00pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	9:30-10:00am	Fee: \$45
Nov 2-Nov 23	Sa	9:30-10:00am	Fee: \$45
Dec 7-Dec 21	Sa	9:30-10:00am	Fee: \$42

Pullen Aquatic Center

Oct 10-Oct 29	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 5-Nov 21	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.

Buffalo Road Aquatic Center

Sep 3-Sep 19	Tu&Th	4:30-5:00pm	Fee: \$60
Sep 7-Sep 28	Sa	10:10-10:40am	Fee: \$45
Oct 1-Oct 17	Tu&Th	4:30-5:00pm	Fee: \$60
Oct 12-Nov 2	Sa	10:10-10:40am	Fee: \$45
Nov 5-Nov 21	Tu&Th	4:30-5:00pm	Fee: \$60
Nov 16-Dec 14	Sa	10:10-10:40am	Fee: \$45
Dec 3-Dec 19	Tu&Th	4:30-5:00pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	10:10-10:40am	Fee: \$45
Nov 2-Nov 23	Sa	10:10-10:40am	Fee: \$45
Dec 7-Dec 21	Sa	10:10-10:40am	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.

Buffalo Road Aquatic Center

Sep 3-Sep 19	Tu&Th	5:10-5:40pm	Fee: \$60
Sep 7-Sep 28	Sa	10:50-11:20am	Fee: \$45
Oct 1-Oct 17	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 12-Nov 2	Sa	10:50-11:20am	Fee: \$45
Nov 5-Nov 21	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 16-Dec 14	Sa	10:50-11:20am	Fee: \$45
Dec 3-Dec 19	Tu&Th	5:10-5:40pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	8:50-9:20am	Fee: \$45
Sep 7-Sep 28	Sa	9:30-10:00am	Fee: \$45
Sep 23-Oct 9	M&W	5:10-5:40pm	Fee: \$60
Nov 2-Nov 23	Sa	8:50-9:20am	Fee: \$45
Nov 2-Nov 23	Sa	9:30-10:00am	Fee: \$45
Nov 4-Nov 20	M&W	5:10-5:40pm	Fee: \$60
Dec 2-Dec 18	M&W	5:10-5:40pm	Fee: \$60
Dec 7-Dec 21	Sa	8:50-9:20am	Fee: \$42
Dec 7-Dec 21	Sa	9:30-10:00am	Fee: \$42

Pullen Aquatic Center

Oct 10-Oct 29	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 5-Nov 21	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 3-Sep 19	Tu&Th	5:10-5:40pm	Fee: \$60
Sep 7-Sep 28	Sa	10:50-11:20am	Fee: \$45
Oct 1-Oct 17	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 12-Nov 2	Sa	10:50-11:20am	Fee: \$45
Nov 5-Nov 21	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 16-Dec 14	Sa	10:50-11:20am	Fee: \$45
Dec 3-Dec 19	Tu&Th	5:10-5:40pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	9:30-10:00am	Fee: \$45
Sep 7-Sep 28	Sa	10:10-10:40am	Fee: \$45
Sep 23-Oct 9	M&W	5:10-5:40pm	Fee: \$60
Nov 2-Nov 23	Sa	9:30-10:00am	Fee: \$45
Nov 2-Nov 23	Sa	10:10-10:40am	Fee: \$45
Nov 4-Nov 20	M&W	5:10-5:40pm	Fee: \$60
Dec 2-Dec 18	M&W	5:10-5:40pm	Fee: \$60
Dec 7-Dec 21	Sa	9:30-10:00am	Fee: \$42
Dec 7-Dec 21	Sa	10:10-10:40am	Fee: \$42

Pullen Aquatic Center

Oct 10-Oct 29	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 5-Nov 21	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 3-Sep 19	Tu&Th	5:10-5:40pm	Fee: \$60
Sep 7-Sep 28	Sa	10:50-11:20am	Fee: \$45
Oct 1-Oct 17	Tu&Th	5:10-5:40pm	Fee: \$60
Oct 12-Nov 2	Sa	10:50-11:20am	Fee: \$45
Nov 5-Nov 21	Tu&Th	5:10-5:40pm	Fee: \$60
Nov 16-Dec 14	Sa	10:50-11:20am	Fee: \$45
Dec 3-Dec 19	Tu&Th	5:10-5:40pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	10:10-10:40am	Fee: \$45
Sep 23-Oct 9	M&W	6:30-7:00pm	Fee: \$60
Nov 2-Nov 23	Sa	10:10-10:40am	Fee: \$45
Nov 4-Nov 20	M&W	6:30-7:00pm	Fee: \$60
Dec 2-Dec 18	M&W	6:30-7:00pm	Fee: \$60
Dec 7-Dec 21	Sa	10:10-10:40am	Fee: \$42

Youth

Intra City Swim Team

Age: 11-18 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

Oct 28-Dec 16	M&W	4:15-5:00pm	Fee: \$82
---------------	-----	-------------	-----------

Buffaloe Blue Whales 11-18

Oct 28-Dec 16	M&W	5:00-5:45pm	Fee: \$82
---------------	-----	-------------	-----------

Buffaloe Blue Whales 3-10

Oct 28-Dec 16	M&W	6:00-6:45pm	Fee: \$82
---------------	-----	-------------	-----------

Millbrook Pool

Millbrook Marlins 3-10

Oct 29-Dec 17	Tu&Th	6:00-6:45pm	Fee: \$82
---------------	-------	-------------	-----------

Millbrook Marlins 11-18

Oct 29-Dec 17	Tu&Th	7:00-7:45pm	Fee: \$82
---------------	-------	-------------	-----------

Optimist Pool

Optimist Otters 3-10

Nov 4-Dec 16	M&W	6:00-6:45pm	Fee: \$82
--------------	-----	-------------	-----------

Optimist Otters 11-18

Nov 4-Dec 16	M&W	7:00-7:45pm	Fee: \$82
--------------	-----	-------------	-----------

Pullen Aquatic Center

Pullen Pirates 3-10

Oct 28-Dec 16	M&W	6:00-6:45pm	Fee: \$82
---------------	-----	-------------	-----------

Pullen Pirates 11-18

Oct 28-Dec 16	M&W	7:00-7:45pm	Fee: \$82
---------------	-----	-------------	-----------

Swim Lesson - Level 1 Intro Water Skills

Age: 6-12 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 3-Sep 19	Tu&Th	5:50-6:20pm	Fee: \$60
Sep 7-Sep 28	Sa	11:30am-12:00pm	Fee: \$45
Oct 1-Oct 17	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 12-Nov 2	Sa	11:30am-12:00pm	Fee: \$45
Nov 5-Nov 21	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 16-Dec 14	Sa	11:30am-12:00pm	Fee: \$45
Dec 3-Dec 19	Tu&Th	5:50-6:20pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	8:50-9:20am	Fee: \$45
Sep 7-Sep 28	Sa	10:50-11:20am	Fee: \$45
Sep 23-Oct 9	M&W	5:50-6:20pm	Fee: \$60
Nov 2-Nov 23	Sa	8:50-9:20am	Fee: \$45
Nov 2-Nov 23	Sa	10:50-11:20am	Fee: \$45
Nov 4-Nov 20	M&W	5:50-6:20pm	Fee: \$60
Dec 2-Dec 18	M&W	5:50-6:20pm	Fee: \$60
Dec 7-Dec 21	Sa	8:50-9:20am	Fee: \$42
Dec 7-Dec 21	Sa	10:50-11:20am	Fee: \$42

Pullen Aquatic Center

Oct 10-Oct 29	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 5-Nov 21	Tu&Th	5:50-6:20pm	Fee: \$60

continued on page 12 –





**Swim Lesson - Level 2
Fundamental Skills**

Age: 6-12 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.

Buffaloe Road Aquatic Center

Sep 3-Sep 19	Tu&Th	5:50-6:20pm	Fee: \$60
Sep 7-Sep 28	Sa	11:30am-12:00pm	Fee: \$45
Oct 1-Oct 17	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 12-Nov 2	Sa	11:30am-12:00pm	Fee: \$45
Nov 5-Nov 21	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 16-Dec 14	Sa	11:30am-12:00pm	Fee: \$45
Dec 3-Dec 19	Tu&Th	5:50-6:20pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	10:50-11:20am	Fee: \$45
Sep 7-Sep 28	Sa	11:30am-12:00pm	Fee: \$45
Sep 23-Oct 9	M&W	5:50-6:20pm	Fee: \$60
Nov 2-Nov 23	Sa	10:50-11:20am	Fee: \$45
Nov 2-Nov 23	Sa	11:30am-12:00pm	Fee: \$45
Nov 4-Nov 20	M&W	5:50-6:20pm	Fee: \$60
Dec 2-Dec 18	M&W	5:50-6:20pm	Fee: \$60
Dec 7-Dec 21	Sa	10:50-11:20am	Fee: \$42
Dec 7-Dec 21	Sa	11:30am-12:00pm	Fee: \$42

Pullen Aquatic Center

Oct 10-Oct 29	Tu&Th	6:30-7:00pm	Fee: \$60
Nov 5-Nov 21	Tu&Th	6:30-7:00pm	Fee: \$60

**Swim Lesson - Level 3
Stroke Development**

Age: 6-12 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.

Buffaloe Road Aquatic Center

Sep 3-Sep 19	Tu&Th	5:50-6:20pm	Fee: \$60
Sep 7-Sep 28	Sa	11:30am-12:00pm	Fee: \$45
Oct 1-Oct 17	Tu&Th	5:50-6:20pm	Fee: \$60
Oct 12-Nov 2	Sa	11:30am-12:00pm	Fee: \$45
Nov 5-Nov 21	Tu&Th	5:50-6:20pm	Fee: \$60
Nov 16-Dec 14	Sa	11:30am-12:00pm	Fee: \$45
Dec 3-Dec 19	Tu&Th	5:50-6:20pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	10:50am-11:20pm	Fee: \$45
Sep 23-Oct 9	M&W	6:30-7:00pm	Fee: \$60
Nov 2-Nov 23	Sa	10:50am-11:20pm	Fee: \$45
Nov 4-Nov 20	M&W	6:30-7:00pm	Fee: \$60
Dec 2-Dec 18	M&W	6:30-7:00pm	Fee: \$60
Dec 7-Dec 21	Sa	10:50am-11:20pm	Fee: \$42

Pullen Aquatic Center

Oct 10-Oct 29	Tu&Th	6:30-7:00pm	Fee: \$60
Nov 5-Nov 21	Tu&Th	6:30-7:00pm	Fee: \$60

**Swim Lesson - Level 4
Stroke Improvement**

Age: 6-12 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.

Buffaloe Road Aquatic Center

Sep 3-Sep 19	Tu & Th	6:30-7:00pm	Fee: \$60
Sep 7-Sep 28	Sa	12:10-12:40pm	Fee: \$45
Oct 1-Oct 17	Tu & Th	6:30-7:00pm	Fee: \$60
Oct 12-Nov 2	Sa	12:10-12:40pm	Fee: \$45
Nov 5-Nov 21	Tu & Th	6:30-7:00pm	Fee: \$60
Nov 16-Dec 14	Sa	12:10-12:40pm	Fee: \$45
Dec 3-Dec 19	Tu & Th	6:30-7:00pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	11:30am-12:00pm	Fee: \$45
Sep 23-Oct 9	M & W	7:10-7:40pm	Fee: \$60
Nov 2-Nov 23	Sa	11:30am-12:00pm	Fee: \$45
Nov 4-Nov 20	M & W	7:10-7:40pm	Fee: \$60
Dec 2-Dec 18	M & W	7:10-7:40pm	Fee: \$60
Dec 7-Dec 21	Sa	11:30am-12:00pm	Fee: \$42

**Swim Lesson - Level 5
Stroke Refinement**

Age: 6-12 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.

Buffaloe Road Aquatic Center

Sep 3-Sep 19	Tu & Th	6:30-7:00pm	Fee: \$60
Sep 7-Sep 28	Sa	12:10-12:40pm	Fee: \$45
Oct 1-Oct 17	Tu & Th	6:30-7:00pm	Fee: \$60
Oct 12-Nov 2	Sa	12:10-12:40pm	Fee: \$45
Nov 5-Nov 21	Tu & Th	6:30-7:00pm	Fee: \$60
Nov 16-Dec 14	Sa	12:10-12:40pm	Fee: \$45
Dec 3-Dec 19	Tu & Th	6:30-7:00pm	Fee: \$60

Millbrook Pool

Sep 7-Sep 28	Sa	11:30am-12:00pm	Fee: \$45
Nov 2-Nov 23	Sa	11:30am-12:00pm	Fee: \$45
Nov 4-Nov 20	M & W	7:10-7:40pm	Fee: \$60
Dec 2-Dec 18	M & W	7:10-7:40pm	Fee: \$60
Dec 7-Dec 21	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 3-Sep 19	Tu & Th	6:30-7:10pm	Fee: \$66
Sep 7-Sep 28	Sa	12:10-12:50pm	Fee: \$51
Oct 1-Oct 17	Tu & Th	6:30-7:10pm	Fee: \$66
Oct 12-Nov 2	Sa	12:10-12:50pm	Fee: \$51
Nov 5-Nov 21	Tu & Th	6:30-7:10pm	Fee: \$66
Nov 16-Dec 14	Sa	12:10-12:50pm	Fee: \$51
Dec 3-Dec 19	Tu & Th	6:30-7:10pm	Fee: \$66

Millbrook Pool

Sep 7-Sep 28	Sa	8:40-9:20am	Fee: \$51
Sep 23-Oct 9	M & W	7:10-7:50pm	Fee: \$66
Nov 2-Nov 23	Sa	8:40-9:20am	Fee: \$51
Dec 7-Dec 21	Sa	8:40-9:20am	Fee: \$48

Pullen Aquatic Center

Oct 10-Oct 29	Tu & Th	7:10-7:50pm	Fee: \$66
Nov 5-Nov 21	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 3-Sep 19	Tu & Th	6:30-7:10pm	Fee: \$66
Sep 7-Sep 28	Sa	12:10-12:50pm	Fee: \$51
Oct 1-Oct 17	Tu & Th	6:30-7:10pm	Fee: \$66
Oct 12-Nov 2	Sa	12:10-12:50pm	Fee: \$51
Nov 5-Nov 21	Tu & Th	6:30-7:10pm	Fee: \$66
Nov 16-Dec 14	Sa	12:10-12:50pm	Fee: \$51
Dec 3-Dec 19	Tu & Th	6:30-7:10pm	Fee: \$66

Pullen Aquatic Center

Oct 10-Oct 29	Tu & Th	7:10-7:50pm	Fee: \$66
Nov 5-Nov 21	Tu & Th	7:10-7:50pm	Fee: \$66

Family

Lifeguard Training

Age: 15-99 yrs. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. Participants must complete a prerequisite skills test in the first class (participants have 2 opportunities to successfully complete the skills). The skills include a 300 yard continuous swim (freestyle and/or breaststroke), 2 minutes treading water without hands, and a timed brick retrieval in deep water using a 10 lb. brick. Individuals who are unable to successfully complete the exam will be withdrawn from the course and forfeit \$100 of their registration fee. There is an online portion of this course that **MUST BE COMPLETE PRIOR** to the first class session. The online portion requires internet access, takes 7-8 hours to complete, and includes an online test that must be passed with a score of 80% or better. Participants will be contacted using the email/phone number associated with the ReLink account to complete enrollment in the online portion of the course. Individuals that do not complete the online course prior to the first class session will be withdrawn from the course and forfeit \$150 of their enrollment fee. To successfully complete the course and receive certifications participants must have 100% class attendance, demonstrate competency in all rescue skills, successfully complete final skill scenarios, and pass the multiple-choice written exams with a minimum score of 80%. Participants must be 15 years old by the last day of the course. A picture ID with proof of age will be required on the first night of class.

Pullen Aquatic Center - Fee: \$251

Sep 13-Sep 15	F-Su	9:00am-4:00pm
Oct 4-Oct 6	F-Su	9:00am-4:00pm
Nov 1-Nov 3	F-Su	9:00am-4:00pm
Dec 6-Dec 8	F-Su	9:00am-4:00pm



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.

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.

Monday - Thursday from 9:00am-10:00pm

Fridays - Closed

Saturday - Sunday from 9:00am-5:00pm

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 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

SEPT/OCT **Raleigh Room:** Fabrizio Bianchi and Janie Johnson
Hall Gallery: Lynda Wright
Display Cases: Abby Vandergrift and Jenine LaBlanc

NOV/DEC **Raleigh Room, Hall Gallery, and Display Cases:**
 The Students, Instructors, and Patrons of the Sertoma Arts Center

Preschool

Art - Krafty Kids

Age: 3-5 yrs. Get your creative juices flowing in this class focused on creating! Join us for a different and creative arts-and-crafts project or edible creation. A new project is introduced with each themed class. Staff provides supplies; you provide the fun! Preregistration is required, and the fee is per class.

Optimist Community Center - Fee: \$8

Slice of Fun

Sep 20	F	12:30-1:30pm
Sep 21	Sa	12:30-1:30pm

Pumpkin Surprise

Oct 18	F	12:30-1:30pm
Oct 19	Sa	12:30-1:30pm

T is for Turkey!

Nov 15	F	12:30-1:30pm
Nov 16	Sa	12:30-1:30pm

Holiday Haze

Dec 20	F	12:30-1:30pm
Dec 21	Sa	12:30-1:30pm

Ballet and Tap for Preschoolers

Age: 3-5 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center - Fee: \$41

Sep 3-Sep 24	Tu	10:15-11:00am
Oct 1-Oct 22	Tu	10:15-11:00am
Oct 29-Nov 19	Tu	10:15-11:00am
Nov 26-Dec 17	Tu	10:15-11:00am

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 - Fee: \$31

Sep 3-Sep 24	Tu	4:45-5:15pm
Oct 1-Oct 22	Tu	4:45-5:15pm
Oct 29-Nov 19	Tu	4:45-5:15pm

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 - Fee: \$41

Sep 3-Sep 24	Tu	5:15-6:15pm
Oct 1-Oct 22	Tu	5:15-6:15pm
Oct 29-Nov 19	Tu	5:15-6:15pm

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 the 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.

UPCOMING PERFORMANCES & EVENTS

Something Rotten!

Musical Comedy
August 23 - September 15, 2024

All Smiles

Theatre for the Very Young (TVY)
September 4 - 15, 2024

Doubt, A Parable

Drama
October 18 - November 3, 2024

Cinderella

Holiday Musical
December 6 - 22, 2024

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

The 39 Steps

October 17-19, 24-26 at 7:30pm
October 20 & 27 at 3:00pm

A Christmas Carol

December 2024 at The Martin Marietta Center for the Performing Arts and the Durham Performing Arts Center.

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

Family Pottery - Clay with Me! Book Series

Age: 3-5 yrs. Come join us as we read a Fall themed book together and then build a clay project based on the book. We will build the clay piece on day 1 and glaze it on Day 2. These classes require adult participation. Pieces will be left for firing and available for pickup 2-3 weeks after the class. Class fee includes one adult and one child; please register child only. All materials provided. 2 Sessions.
Instructor: Kim Lomax.

Pullen Arts Center - Fee: \$50

Oct 15-Oct 22	Tu	10:00-11:00am
Nov 12-Nov 19	Tu	10:00-11:00am

Family Pottery - Intergeneration Clay Exploration

Age: 3-4 yrs. Bring your curiosity and the child in your life to Pullen Arts Center for a special cooperative art-making experience! We'll spend time in the Youth Pottery Studio, where you'll learn a little about working with clay while learning even more about your child and the creative process. Pieces will be left for firing and available for pickup 2-3 weeks after the class. Class fee includes one adult and one child; please register child only. All materials provided. 1 session.
Instructor: Emily Malpass.

Pullen Arts Center - Fee: \$25

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

Family Pottery - Magnet Mondays

Age: 2-5 yrs. Pre-k potters will have a clayful experience by exploring basic handbuilding skills to create themed magnet from a slab of clay. Pieces will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. A parent or caregiver attends with child, only the child should be registered for the class. 1 sessions.
Instructor: Sue Chegari.

Pullen Arts Center - Fee: \$30

Sep 9	M	11:00am-12:00pm
Oct 14	M	11:00am-12:00pm
Nov 4	M	11:00am-12:00pm
Dec 9	M	11:00am-12:00pm

JCMP Storytime/Art

Age: 0-5 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 4-Dec 4 W 10:30-11:30am

Ornament Decorating at Millbrook Exchange

Age: 0-5 yrs. Join us at Millbrook Exchange Park for a morning of ornament decorating. Registration is per child and will include a variety of decorative supplies. Come for the crafty fun, and let us clean up the mess! Pre-registration is required.

Millbrook Exchange Community Center - Fee: \$8

Dec 5 Th 10:30am-12:30pm

continued on page 16 -

Preschool - Mini Monets

Age: 1.5-2.5 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. No Class: September 26
Sertoma Arts Center - Fee: \$66
 Sep 5-Oct 17 Th 10:00-10:45am
 Oct 31-Dec 12 Th 10:00-10:45am

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 - Fee: \$76
 Sep 4-Oct 9 W 10:00-11:00am
 Oct 30-Dec 11 W 10:00-11:00am

Story Corner and Crafts

Age: 2-5 yrs. Join your friends at Kiwanis Park as we dive into a story and make a craft related to our book! Each session will feature a different book.
Kiwanis Community Center - Fee: \$5
 Sep 11 W 10:00-11:00am
 Oct 9 W 10:00-11:00am
 Nov 6 W 10:00-11:00am
 Dec 11 W 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 - Fee: \$55
 Sep 11-Oct 16 W 10:00-10:50am
 Nov 6-Dec 11 W 10:00-10:50am
 Sep 11-Oct 16 W 11:30am-12:20pm
 Nov 6-Dec 11 W 11:30am-12:20pm

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 - Fee: \$7
 Nov 10 F 10:00-10:45am



Youth

African Dance for Youth

Age: 7-13 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 - Fee: \$51
 Sep 7-Sep 28 Sa 11:00-11:45am
 Oct 5-Oct 26 Sa 11:00-11:45am
 Nov 2-Nov 30 Sa 11:00-11:45am
 Dec 7-Dec 28 Sa 11:00-11:45am

Art - Fantastic Beasts and How to Make Them

Age: 7-11 yrs. We'll create fantastic creatures letting our imaginations run wild! Using recycled materials, paper, paint, oil pastel, tissue paper, glue, fabric, yarn, and more. What will you create? A fierce multicolored dragonbird? A blue tortoise with spiky hair? If you can imagine it, you can make it! Supplies included. 6 Sessions. Instructor: Michelle Davis Petelinz.
Sertoma Arts Center - Fee: \$116
 Nov 6-Dec 11 W 4:00-6:00pm

Art - Game Creators

Age: 7-11 yrs. If you've ever wanted to make up your own board game where you set the rules, design the board and create the game pieces, here's your chance! We'll find out what makes a fun game, so that you can become a game designer and dream up an entire game with a book of rules, pieces and more. On the last day of class, we'll play everyone's game! Supplies included. 6 Sessions. Instructor: Michelle Davis Petelinz.
Sertoma Arts Center - Fee: \$116
 Sep 11-Oct 16 W 4:00-6:00pm

Art - Imagination Station

Age: 6-12 yrs. Let your imagination soar! This class will focus on fundamentals of art by exploring a variety of materials, techniques. Creating unique art with drawing, painting, collage, paper craft and sculpture. Supplies included. 6 sessions. Instructor: Sarah Clover.
Sertoma Arts Center - Fee: \$101
 Sep 10-Oct 15 Tu 4:15-5:45pm
 Nov 5-Dec 10 Tu 4:15-5:45pm

Art 4 Fun Series

Age: 0-12 yrs. 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 - Fee: \$5

National Chicken Month Art

Sep 10 Tu 7:00-8:00pm

Spooky Halloween Art

Oct 24 Th 7:00-8:00pm

Turkey Art

Nov 26 Tu 7:00-8:00pm

Winter Holidays Art

Dec 19 Th 7:00-8:00pm

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.

Halifax Community Center

Sep 5-Sep 26 Th 4:00-5:00pm Fee: \$41

Oct 3-Oct 24 Th 4:00-5:00pm Fee: \$41

Nov 7-Nov 21 Th 4:00-5:00pm Fee: \$31

Dec 5-Dec 19 Th 4:00-5:00pm Fee: \$31

Sep 4-Sep 25 W 4:00-5:00pm Fee: \$41

Oct 2-Oct 23 W 4:00-5:00pm Fee: \$41

Nov 6-Nov 27 W 4:00-5:00pm Fee: \$41

Dec 4-Dec 18 W 4:00-5:00pm Fee: \$31

Ballet & Lyrical Fusion

Age: 7-9 yrs. This is an introductory class that combines the grace and structure of traditional classical ballet with the musicality and elements of jazz found in contemporary lyrical dance. During this class, dancers will learn traditional ballet technique, positioning, and execution. They will also learn simple lyrical dance choreography that uses their ballet skills while also allowing them to learn how to connect with music and use their bodies to convey emotion. Dancers should wear either ballet shoes (with straps instead of laces, if possible), pirouettes (lyrical shoes), foot undies, or non-slip socks. Attire: Loose-fitting clothes are recommended. Leotard, tights & tutu are welcomed, but not required.

Instructor: Chrystall Davis

Brier Creek Community Center - Fee: \$41

Sep 4-Sep 25 W 6:00-6:45pm

Oct 2-Oct 23 W 6:00-6:45pm

Oct 30-Nov 20 W 6:00-6:45pm

Dec 4-Dec 18 W 6:00-6:45pm

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

Sep 7-Sep 28 Sa 10:00-10:45am Fee: \$51

Oct 5-Oct 26 Sa 10:00-10:45am Fee: \$44

Nov 2-Nov 23 Sa 10:00-10:45am Fee: \$51

Dec 7-Dec 28 Sa 10:00-10:45am Fee: \$51

Beginners Sewing

Age: 11-12 yrs.

Biltmore Hills Community Center - Fee: \$30

Sep 14-Oct 5 Sa 10:00-11:00am

Sep 14-Oct 5 Sa 11:00am-12:00pm

Sep 14-Oct 5 Sa 11:00am-12:00pm

Fibers - Sewing for Beginners

Age: 8-11 yrs. In this class you will learn about needles, fabric, and how to use a sewing machines basic functions.

Students will choose from two simple designs: a pillow or sleep mask. No

knowledge of sewing is required. Supplies included. We will be using Sertoma's

sewing machines. 2 sessions. Instructor: Sarah Ann Austin.

Sertoma Arts Center - Fee: \$91

Sep 11-Sep 18 W 5:30-8:00pm

Little Ballerinas

Age: 5-6 yrs. Little Ballerinas is an introductory ballet class that teaches classical ballet through fun and

creative movement. During this class, dancers will learn traditional technique,

positioning, and execution. Dancers should wear either ballet shoes (with

straps instead of laces, if possible), pirouettes (lyrical shoes) or non-slip

socks. Attire: Loose-fitting clothes are recommended. Leotard, tights &

tutu are welcomed, but not required.

Instructor: Chrystall Davis

Brier Creek Community Center

Sep 4-Sep 25 W 5:00-5:45pm Fee: \$41

Oct 30-Nov 20 W 5:00-5:45pm Fee: \$41

Dec 4-Dec 18 W 5:00-5:45pm Fee: \$31

Mobile Music and Education for Kids

An activity program developed from educator Wanda Micheal's "Whole Child" teaching Philosophy by engaging students through music, math, science and exercise. Introducing Basic Concepts in Music, Math, Science and Fitness, Activity Songs and Dance, Arts and Crafts, Circle Time, Cool Beats that Teach Science and Math, Famous Composers, Music Theory and History, Musical Bingo, Musical Educational Games, Musical Parachute Activities, Reading and Writing Music, Ribbons and Rhythms. (Instruments are provided).

Worthdale Community Center

Sep 2-Sep 25 M & W 6:00-7:30pm

Oct 2-Oct 30 M & W 6:00-7:30pm

Nov 4-Nov 27 M & W 6:00-7:30pm

Dec 2-Dec 30 M & W 6:00-7:30pm

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. 9 sessions. Director: Ilse Mann.

Sertoma Arts Center - Fee: \$12

Full Session (9 Weeks)

Sep 19-Nov 21 Th 6:15-7:30pm

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 - Fee: \$38

Sep 12-Sep 19 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 pick up 2 weeks after the last class.

Supplies included. 3 sessions. Instructor: Patty Merrell.

Sertoma Arts Center - Fee: \$56

Oct 3-Oct 17 Th 4:15-5:30pm

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:

Patty Merrell

Sertoma Arts Center - Fee: \$30

Nov 26-Dec 3 Tu 4:30-5:30pm

continued on page 18 -

Rumblin Tumblers

Age: 4-6 yrs. Join us for an exciting adventure in tumbling that will have your child rolling and leaping with joy! In this class, children will learn the basic building blocks of tumbling, including forward rolls, backward rolls, cartwheels, and handstands. Our experienced instructors will break down these skills into easy to-follow steps, ensuring your child's safety while they learn. Through a series of playful activities and games, we'll help kids improve their coordination and balance. Tumbling is an excellent way to boost self-confidence. Children will overcome challenges, achieve goals, and celebrate their accomplishments, fostering a sense of pride in their abilities. We encourage kids to express themselves through movement and creativity. Safety is our top priority and our dedicated instructors are trained to ensure a safe environment.

Brier Creek Community Center – Fee: \$41

Ages 4-6

Sep 9-Sep 30	M	5:00-5:45pm
Oct 7-Oct 28	M	5:00-5:45pm
Nov 4-Dec 2	M	5:00-5:45pm
Dec 9-Dec 30	M	5:00-5:45pm

Ages 7-10

Sep 9-Sep 30	M	6:00-6:45pm
Oct 7-Oct 28	M	6:00-6:45pm
Nov 4-Dec 2	M	6:00-6:45pm
Dec 9-Dec 30	M	6:00-6:45pm

Santa's Workshop and Crafts

Age: 3-9 yrs. Come work in Santa's Workshop by creating toys, crafts, and more!

Marsh Creek Community Center – Fee: \$8

Ages 6-9

Dec 2	M	6:30-7:30pm
-------	---	-------------

Ages 3-5

Dec 11	W	9:30-10:30am
--------	---	--------------

Youth - Pop Art Collage Landscapes

Age: 9-12 yrs. Inspired by the Pop Art movement, students will create landscapes composition collages with different materials. All supplies provided. 1 session. Instructor: Aurelis Lugo.

Pullen Arts Center – Fee: \$30

Sep 28	Sa	10:00-11:30am
--------	----	---------------

Youth Collage - Abstract Fun

Age: 9-12 yrs. Inspired by Henri Matisse, students will use a variety of materials to create a series of fun, abstract collages. All supplies provided. 1 session. Instructor: Aurelis Lugo.

Pullen Arts Center – Fee: \$30

Oct 5	Sa	10:00-11:30am
-------	----	---------------

Youth Drawing - Big and Tall

Age: 6-12 yrs. Discover the wide range of drawing tools and techniques, from technical pencils to charcoal to ink. You'll learn how to master the art of drawing on oversized paper, inspired by the ancient art of scrolls and the contemporary art of visual storytelling. 1 session. All supplies included. Instructor: Julia Einstein.

Pullen Arts Center – Fee: \$30

Nov 16	Sa	10:00-11:30am
--------	----	---------------

Youth Mixed Media - Kinetic Art: Art that Moves

Age: 6-12 yrs. Kinetic art is art from any medium that contains movement perceivable by the viewer or that depends on motion for its effects. Students will create a simple kinetic art project using everyday materials to demonstrate their understanding of kinetic art concepts. All supplies included. Instructor: Sarah Clover

Pullen Arts Center – Fee: \$30

Sep 9	M	4:30-6:00pm
Nov 4	M	4:30-6:00pm

Youth Mixed Media - Nature's Canvas Landscapes

Age: 9-13 yrs. Participants will explore the creative potential of found objects and recycled materials to produce three-dimensional art works. Through hands-on experimentation and guided instruction, they will learn techniques for assembling, sculpting, and embellishing these materials to create unique environmentally conscious art pieces. By the end of the class, participants will have developed artistic skills while gaining a deeper appreciation for the beauty and possibilities inherent in every day objects. 1 Session. All supplies included. Instructor: Mary Jane Thompson

Pullen Arts Center – Fee: \$40

Nov 2	Sa	10:00am-12:00pm
-------	----	-----------------

Youth Mixed Media - Pop up!

Age: 6-12 yrs. The art of cutting and folding paper goes back centuries! Learn how to animate your drawings with pop-up techniques! It's a fun way to transform stories into 3D illustrations. 1 session. All supplies included. Instructor: Julia Einstein.

Pullen Arts Center – Fee: \$30

Dec 7	Sa	10:00-11:30am
-------	----	---------------

Youth Mixed Media - Recycled Monster Masks

Age: 9-12 yrs. Mask making is a tradition that has been passed down through generations in many cultures around the world. Join in on this tradition as we express our creativity, building a monster mask from recycled materials, plaster

strips, and paint. Whether you prefer spooky or silly, these monster masks will be so much fun to make! We will build masks on day 1, apply plaster strips on day 2, and paint on day 3. Don't miss out! All supplies included. Instructor:

Kim Lomax

Pullen Arts Center – Fee: \$70

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

Youth Mixed Media - Wire Maze Sculptures

Age: 5-8 yrs. Your art can really move! Join us in creating a colorful beaded wire "Roller Coaster" kinetic sculpture inspired by artist Alexander Calder. Paint your own unique wooden beads with bright colors and patterns, then string them on craft wire, twist, and attach the wires to a wooden base. Make, take, and play! All supplies included. Instructor: Kim Lomax

Pullen Arts Center – Fee: \$30

Sep 23	M	4:30-6:00pm
--------	---	-------------

Pullen Arts Center – Fee: \$30

Youth Paint and Sculpt: amazing Owls

Age: 9-12 yrs. Did you know there are around 200 different owl species? Wow! Come learn some amazing facts about these amazing creatures as well as some basic painting and sculpting techniques. We will complete an owl painting on canvas using acrylics and texture medium on day 1 and an owl sculpture using cardboard and other mixed media on day 2. All supplies included. Instructor: Kim Lomax

Pullen Arts Center – Fee: \$60

Oct 21-Oct 28	M	4:30-6:30pm
---------------	---	-------------

Youth Painting - Creative Watercolor Compositions

Age: 8-13 yrs. Join us for this class and explore watercolors while creating creative compositions. All supplies included. 3 sessions. Instructor: Aurelis Lugo.

Pullen Arts Center – Fee: \$61

Sep 7-Sep 21	Sa	10:00am-12:00pm
--------------	----	-----------------

Youth Painting - Realistic & Abstract

Age: 6-12 yrs. Artists love to produce paintings both life-like and purely expressive. Learn how to be painterly, to mix colors on a palette, and to use brushes the tools of a painter. You'll create 2 masterpieces in acrylic paint on canvas. All supplies included. 1 Session. Instructor: Julia Einstein.

Pullen Arts Center – Fee: \$30

Sep 8	Su	1:00-2:30pm
-------	----	-------------

Youth Pottery - Breakfast Cup and Bowl

Age: 5-8 yrs. Young potters will learn how to form a bowl and cup from clay using simple hand-building techniques. In the first class, we will embellish our cup and bowl with various pottery tools and letter stamps. In the second class, we will add colorful glazes to the bisque pieces. The pieces will be dipped in a clear glaze to make them food-safe. Projects will be available for pickup 2-3 weeks after the last class. All supplies included. 2 Sessions. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$45
Sep 7-Sep 14 Sa 10:30am-12:00pm

Youth Pottery - Clay Craft: Llama Llama

Age: 5-8 yrs. Celebrate National Llama Day by creating your own llama while we listen to the storybook, Llama Llama Red Pajama. Young potters will learn hand-building techniques to create their llama from a slab of clay and how to apply colorful glazes to decorate it with your creative style. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari.

Pullen Arts Center - Fee: \$30
Dec 8 Su 1:00-3:00pm

Youth Pottery - Clay Play: Coil Pots

Age: 9-12 yrs. Youth potters will explore ancient art of coiling techniques. The first class, youth potters will learn hand-building skills and demonstrate their understanding of the process by designing and constructing their unique coil pot. The second class, we will learn how to apply colorful glazes on their bisque piece. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$45
Oct 12-Oct 19 Sa 1:00-2:30pm

Youth Pottery - Clay Play: Gratitude Bowl

Age: 9-12 yrs. Explore a unique method of creating a bowl using your body parts, such as your knee or elbow. Youth potters will develop hand-building skills by working with a slab of clay and incorporating something they appreciate. Then they will learn how to apply colorful glazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$45
Nov 2-Nov 9 Sa 10:00-11:30am



Youth Pottery - Clay Play: I am...

Age: 9-12 yrs. Let's create a unique ceramic frame for a mirror for our daily affirmation practice, for self-reflection and positive self-talk. In the first class, youth potters will construct a ceramic frame using a slab and coils and decorate it with a variety of hand-building techniques. The second class, we will learn how to apply colorful glaze to it. When the piece is finished, the instructor will adhere a 4x6 mirror tile to it. A list of positive affirmations will be included. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$60
Sep 7-Sep 14 Sa 1:00-3:00pm

Youth Pottery - Clay Play: Masks

Age: 9-12 yrs. Youth potters will create and decorate their Picasso-inspired clay masks, incorporating elements of Cubism and abstract art. The first class, youth potters will learn hand-build skill to create their mask. The second class we will learn how to apply colorful glazes to the bisque piece. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$45
Oct 16-Oct 23 W 4:30-6:00pm

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! The first class, young potters will learn hand-building skills and how to use clay tools. The second class, we will learn how to apply colorful glazes to the bisque piece. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$45
Oct 12-Oct 19 Sa 10:00-11:30am

Youth Pottery - Emperor Penguins

Age: 5-8 yrs. Young potters will learn about the characteristics of Emperor penguins and their natural habitat then create their own using basic hand-building techniques and then add colorful glazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$30
Dec 7 Sa 1:00-2:30pm

Youth Pottery - Festive Ornaments

Age: 5-8 yrs. Young potters will get the opportunity to unleash their creativity and create beautiful winter ornaments using traditional hand-building techniques and vibrant glazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari

Pullen Arts Center - Fee: \$45
Nov 16 Sa 10:00-11:30am

continued on page 20 —

**Youth Pottery -
Gratitude Plaque**

Age: 5-8 yrs. Young potters will get the opportunity to craft their own one-of-a-kind ceramic gratitude plaque. It will be a visual reminder of something they are truly grateful for. We will first learn hand-building techniques then learn how to apply colorful glazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari
Pullen Arts Center - Fee: \$30
Nov 2 Sa 1:00-3:00pm

**Youth Pottery -
Haunted House Lantern**

Age: 9-12 yrs. Join us for some spooky fun as we build a creative haunted house lantern using the slab building method. We will build on day 1 and glaze on day 2. Pieces will be left for firing and available for pickup 2-3 weeks after the class. All materials provided. 2 sessions. Instructor: Kim Lomax.
Pullen Arts Center - Fee: \$60
Sep 28-Oct 5 Sa 2:00-4:00pm

**Youth Pottery -
Hedgehog Pencil Holder**

Age: 5-8 yrs. Hand-build a clay hedgehog that doubles as a pencil holder. Your pencils will be it's quills! We will use the pinch building method as we learn best practices for success. We will build on day 1 and glaze on day 2. Pieces will be left for firing and available for pickup 2-3 weeks after the class. All materials provided. 2 sessions. Instructor: Kim Lomax.
Pullen Arts Center - Fee: \$45
Nov 9-Nov 16 Sa 2:30-4:00pm

**Youth Pottery -
Winter Wonderland Scene**

Age: 9-12 yrs. Come create a diorama of your favorite parts of winter. In the first class, youth potters will learn hand-building techniques to sculpt their diorama that demonstrates their creativity. The second class, youth potters will learn how to apply colorful glazes to their bisque piece. Projects will be left for firing and available for pickup 2-3 weeks after the last class. All supplies included. Instructor: Sue Chegari
Pullen Arts Center - Fee: \$45
Nov 30-Dec 7 Sa 10:00-11:30am

**Youth Pottery -
Kusama Flowers**

Age: 5-8 yrs. It's National Dot Day! Let's look at flower sculptures created by the artist, Yayoi Kusama, the queen of polka dots! Young potters will be able to create their ceramic flowers inspired by Yayoi Kusama's artwork, focusing on patterns and repetition. We will build flowers using basic hand-building techniques and tools, then learn how to apply

colorful glazes. Projects will be left for firing and available for pickup 2-3 weeks after the last class All supplies included. Instructor: Sue Chegari
Pullen Arts Center - Fee: \$30
Sep 15 Su 1:00-3:00pm

**Youth Printmaking -
Print it!**

Age: 6-12 yrs. Youth Artists will explore the art of printmaking. Inspired by a range of subjects, they will sketch "from life", and transform it into impressions to be applied with inks to create a folio of prints. All supplies included. 1 session. Instructor: Julia Einstein.
Pullen Arts Center - Fee: \$30
Nov 9 Sa 10:00-11:30am

Teen

**Beginning Sewing Teens
Biltmore Hills Community Center**

Sep 14-Oct 5 Sa 10:00am-2:00pm

**Drawing - 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. Instructor: Anne Terry.
Sertoma Arts Center - Fee: \$91
Sep 9-Oct 14 M 4:30-6:00pm
Oct 28-Dec 9 M 4:30-6:00pm

**Drawing - Sketchbook Drawing
for Teens**

Age: 12-16 yrs. This class will explore all types of drawing techniques. Experimenting with contour drawing, gesture drawing, value and shading, composition and perspective; We will emphasis your personal style development. All supplies are included. 6 Sessions. Instructor: Sarah Clover
Sertoma Arts Center - Fee: \$106
Sep 10-Oct 15 Tu 6:00-7:45pm
Nov 5-Dec 10 Tu 6:00-7:45pm

**Pottery - Wheel Throwing for
Teens**

Age: 12-16 yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Supplies included. 6 sessions. Instructor: Anne Terry.
Sertoma Arts Center - Fee: \$136
Sep 5-Oct 10 Th 4:00-6:30pm
Oct 31-Dec 12 Th 4:00-6:30pm

Pottery - Winter Gifts

Age: 12-16 yrs. Create decorative and functional ceramic gifts using different techniques such as slab, coil, and pinch techniques. Students will make gifts for friends and family the first day and then decorate them with vibrant glazes the second day. This class is a great way for middle and high schoolers to explore art! Projects will be ready for pickup 2 weeks after the last class. Supplies included. 2 sessions. Instructor: Patty Merrell. No Class: November 27
Sertoma Arts Center - Fee: \$45
Nov 20-Dec 4 W 4:30-6:00pm

Teen - Beginning Bookbinding

Age: 13-17 yrs. Learn about the history of books while making your own. We will go over traditional bookbinding techniques and stitchings such as chain stitching, pamphlet books, and French long stitch. By the end of the class you will go home with a few handmade journals. Students are encouraged to bring in some of their own decorative papers of any kind to incorporate into their journals. 2 Sessions. Instructor: Jennifer Sandry
Pullen Arts Center - Fee: \$70
Sep 21-Sep 28 Sa 9:30am-12:30pm

Teen - Origami Garlands

Age: 11-16 yrs. Create unique and creative garlands to decorate your spaces! In this class we will learn how to fold some classic origami shapes and figures. We will go through the folds together to learn each shape and then have time to create on our own as many of each shape as we would like to go on our garlands. At the end of class we will go through how to string the origami together and everyone will leave with their own garland, ready to be displayed! All supplies included. Instructor: Jocelyn Steslicke
Pullen Arts Center - Fee: \$30
Oct 5 Sa 1:00-3:00pm

Teen - Ornament Books

Age: 13-17 yrs. A Teen class to create 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. All supplies included. Instructor: Jennifer Sandry
Pullen Arts Center - Fee: \$35
Dec 7 Sa 12:00-3:00pm

Teen Bookmaking - Halloween Zines

Age: 12-16 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 then 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!

Instructor: Jocelyn Steslicke

Pullen Arts Center - Fee: \$35

Oct 26 Sa 1:00-4:00pm

Teen Drawing - Intro to Drawing

Age: 9-15 yrs. Students will have the opportunity to develop basic drawing skills using a number of techniques. 3 Sessions. All supplies included.

Instructor: Aurelis Lugo.

Pullen Arts Center - Fee: \$99

Oct 12-Oct 26 Sa 9:30am-12:00pm

Teen Jewelry - Beginning Metals

Age: 12-15 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. Students should attend all classes to learn all required skills and techniques for each project. All supplies included. 6 sessions. Instructor: Amy Veatch.

Pullen Arts Center - Fee: \$165

Oct 30-Dec 11 W 4:00-6:30pm

Teen Mixed Media: Object Transformation: Exploring Art Through Repurposed Materials

Age: 13-16 yrs. Participants will explore the creative potential of found objects and recycled materials to produce three-dimensional art works. Through hands-on experimentation and guided instruction, they will learn techniques for assembling, sculpting, and embellishing these materials to create unique environmentally conscious art pieces. By the end of the class, participants will have developed artistic skills while gaining a deeper appreciation for the beauty and possibilities inherent in every day objects. 4 Sessions. All supplies included. Instructor:

Mary Jane Thompson

Pullen Arts Center - Fee: \$120

Sep 12-Oct 3 Th 4:30-6:30pm

Teen Pottery - Beginning Wheel

Age: 11-15 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 the instructor. 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 between 2-3 weeks after the last class. All supplies included. 6 sessions. Instructor: Olivia Martinez.

Pullen Arts Center - Fee: \$136

Sep 4-Oct 16 W 4:00-6:30pm

Teen Printmaking - Mini Prints

Age: 13-16 yrs. Interested in printmaking? Join us for this Teen class for a taste of lino block prints! We will spend the first session focusing on learning how to carve a design into a block and the second session dedicated to all that goes into printing those blocks. Find out if this is something that interests you by making a small print that can be finished in just two class sessions! All supplies included.

Instructor: Jocelyn Steslicke

Pullen Arts Center - Fee: \$55

Dec 7-Dec 14 Sa 2:30-4:00pm

Teen: Cyanotype Photography - The Art of Capturing Shadows

Age: 11-16 yrs. Learn how to capture the beauty of light and nature 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, and washing the prints. These beautiful prints will be perfect for framing and giving as gifts. One class lots to learn! All supplies included. Instructor: Sarah Ann Austin

Pullen Arts Center - Fee: \$60

Sep 8 Su 1:00-4:00pm

Adult**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 - Fee: \$66

Oct 19 Sa 9:00am-12:00pm

Basketry - Woven Basket Tote

Age: 16-99 yrs. Weave a useful reed basket tote with leather handles. All levels of weaving students welcome! 1 Session. Instructor: Angela Eastman

Sertoma Arts Center - Fee: \$86

Sep 7 Sa 10:00am-5:00pm

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 - Fee: \$5

Sep 8-Dec 22 Su 3:15-4:00pm

BOHO-utiful Bracelet Workshop

Age: 16-99 yrs. In this four-week class, you will learn several forms of bracelet making techniques, stringing, knotted cord, macrame, and bead weaving, and will finish the sessions with a set of beautiful handmade jewelry.

Optimist Community Center - Fee: \$60

Sep 17-Oct 8 Tu 4:30-6:00pm

Nov 19-Dec 10 Tu 4:30-6:00pm

Bookmaking - A Medieval Girdle Book

Age: 16-99 yrs. Girdle books first appeared in the late 13th century and gained popularity through the 15th, sometimes becoming ostentatious jewel-encrusted presentation books -Wikipedia. Make a small hardcover journal using the French-link method and Kathy's marbled paper for cover and endpapers. Then, sew a fabric sleeve case for it which can be hung on a wall, a hook, or even your belt! Students should be able to use a sewing machine. This class qualifies students for a Book Studio membership. Supply fee: \$40 payable to the instructor at the first class. 4 sessions. Instructor: Kathy Steinsberger.

Pullen Arts Center - Fee: \$108

Sep 4-Sep 25 W 10:00am-1:00pm

continued on page 22 -

Bookmaking - NagHammadi & Vade Mecum Books

Age: 16-99 yrs. Explore two ancient book structures by making the Egyptian Nag Hammadi book covered in leather and papyrus, and the medieval era Vade Mecum - a single-page folded textblock of your own imagery and narrative, also with a leather hard board cover. One week we'll play with gelli plate mono printing, a typewriter, and Citrisolv transfers to make some content page choices for our Vade Mecum. Supply fee of \$25 payable to the instructor at the first class. This class qualifies students for a Book Studio membership. 4 sessions. Instructor: Kathy Steinsberger.
Pullen Arts Center - Fee: \$108
 Nov 13-Dec 4 W 10:00am-1:00pm

Bookmaking - Old and New, Books to View

Age: 16-99 yrs. Display your images (prints, sketches, photography, collage, etc.) on these two book structures designed to show work on a wall or shelf. The slat book, originated in Asian cultures as early as the 5th century BC as bamboo slats. In Asian cultures this book is still being made as a decorative object. The swinging panel book was invented in the 1980's by book conservator and artist Hedi Kyle and is based on an accordion fold. It is a modern-day book structure that has a movable element on each page. For each book, we'll spend a day designing imagery and narrative, and a day making the book. Students can bring photos, prints, drawings, or paper collage

ephemera for their books. Supply fee of \$40 payable to the instructor at the first class. This class qualifies students for a Book Studio membership. 4 sessions. Instructor: Kathy Steinsberger.
Pullen Arts Center - Fee: \$108
 Oct 9-Oct 30 W 10:00am-1:00pm

Bookmaking - The Basics of Bookmaking

Age: 16-99 yrs. Books can come in all sorts of shapes, sizes, and styles. In this workshop, we will learn the basics of bookmaking starting from creating simple accordion-style books with single sheets of paper. Then, we will move on to making a simple pamphlet book using cereal boxes. You can bring your own cereal box if you have a favorite one, otherwise, we will provide some for you. Finally, we will culminate in making a Japanese stab stitch book using new and recycled materials. If you want personalized pieces, feel free to bring your own cereal box and other papers; otherwise, we will provide all the necessary supplies. 1 session. Instructor: K. Wood.
Pullen Arts Center - Fee: \$65
 Oct 12 Sa 10:00am-5:00pm

Bookmaking - Thimble Box

Age: 16-99 yrs. In one week make one or two tiny lidded boxes to house your tiniest treasures or to hang on the Christmas tree as an ornament. Supply Fee \$5 payable to the instructor at the first class. 1 session. Instructor: Kathy Steinsberger.
Pullen Arts Center - Fee: \$27
 Dec 18 W 10:00am-1:00pm

Cyanotype Printing

Age: 15-99 yrs. Join us for a half-day workshop combining community service and art. We'll remove glass from the creek and repurpose it for a unique craft, using UV-sensitive paper to create a special kind of print called a cyanotype.
Walnut Creek Wetland Park - Fee: \$15
 Sep 21 Sa 12:00-4:00pm

Development - The Artist's Way

Age: 22-99 yrs. The Artist's Way for Women: If you'd like to tap into your creative, intuitive side and explore what's next for you, The Artist's Way can show you a new way of thinking that can open up exciting new paths. Whether you are an aspiring or working artist, have a specific goal in mind, or would like to discover what's possible for you at this time in your life you'll find this group of like-minded women to be supportive and the class transformational! The process is designed to expand your creative and personal interests, increase your confidence, overcome your blocks and transform your relationship with your inner critic and it's fun! Class members also enjoy connecting and making new friends. Visit: The Artist's Way Raleigh, on Facebook. Class supply fee of \$10 made payable to the instructor at first class. Bring your copy of The Artist's Way book and a journal for daily entries. 5 Sessions. Instructor: Marlene Pelligrino
Sertoma Arts Center - Fee: \$181
 Sep 25-Oct 30 W 1:00-3:30pm
 Nov 6-Dec 11 W 1:00-3:30pm



Drawing - Intro to Drawing with Colored Pencils

Age: 16-99 yrs. Join this class to learn both drawing fundamentals as well as colored pencil techniques! Gesture drawing, shading, and blending are just a couple of techniques we will be working on, all while keeping in mind and learning more about the color wheel, color theory, and different ways of blending colored pencils. Regardless of skill level walking in, here we will learn and build on skills that are essential for any drawing practice. This class is great for complete beginners, beginners in colored pencils, or those with more experience who might be lacking a little color in their sketchbooks. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Fee: \$135
Sep 10-Oct 15 Tu 6:00-9:00pm

Drawing - Intro to Drawing with Peter Marin

Age: 15-99 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 - Fee: \$126
Sep 5-Oct 10 Th 6:00-9:00pm
Oct 31-Dec 12 Th 2:30-5:30pm

Drawing - Landscapes Using Soft Pastels

Age: 16-99 yrs. Jump into this fun course for artists of all levels to explore the joy of drawing landscapes with soft pastels! Through hands-on instruction and guided demonstrations, you'll learn to harness the unique qualities of pastels, from laying down expressive vibrant colors to blending with various tools. Each class session focuses on depicting various landscapes, from serene meadows to majestic mountains. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Emmy Kline.

Pullen Arts Center - Fee: \$135
Sep 9-Oct 14 M 6:30-9:30pm
Oct 28-Dec 9 M 6:30-9:30pm

Drawing - Media Exploration

Age: 16-99 yrs. There are so many wonderful classes out there for beginning artists, but sometimes it can feel a little daunting to sign up for a whole course dedicated to just one medium. This class will allow artists to dip their feet into graphite pencil, colored pencils, pastels, collage, watercolor, and acrylic; with each class meeting focusing on a new medium. This class is meant to let people explore what may or may not interest them, and give artists more confidence when it comes to trying new things. This class qualifies students for a Painting Studio membership. \$10 supply fee due to instructor at first class. 6 sessions. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Fee: \$135
Oct 10-Nov 14 Th 6:00-9:00pm

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! Please note that this course is intended for beginner students.

Marsh Creek Community Center - Fee: \$81
Sep 10-Oct 29 Tu 10:00-11:00am

Fibers - Animal Ear Workshop

Age: 13-99 yrs. Whether it's cosplay, Halloween, or just for fun, complete your costume with customized animal ears! This is a no-sew technique to create ears you can bend for different poses and shapes, with the option to add additional detail for increased realism. We will be discussing wearing them on a headband, but you could also mount them to a hat, wig, or other costume pieces. 1 Session. Instructor: Katie Maxey

Sertoma Arts Center - Fee: \$37
Oct 26 Sa 12:00-4:00pm

Fibers - Beginning Crochet

Age: 15-99 yrs. Great for beginners or those who need a refresher - this class will touch on the basic stitches for crochet. We will work through a series of sample squares, learning single, half-double, double, and treble stitches. Supply list available on Sertoma's webpage. 3 sessions. Instructor: Samantha Pell.

Sertoma Arts Center - Fee: \$73
Sep 30-Oct 14 M 6:30-8:30pm

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. 3 Sessions. Instructor: Anne Terry

Sertoma Arts Center - Fee: \$81
Nov 3-Nov 17 Su 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. 1 Session Instructor: Joy Kelley.

Sertoma Arts Center - Fee: \$37
Nov 16 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. 5 sessions. Instructor: Joy Kelley.

Sertoma Arts Center - Fee: \$121
Nov 7-Dec 12 Th 6:30-8:30pm

continued on page 24 -

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 - Fee: \$37
 Oct 19 Sa 1:00-4:00pm

Fibers - Chunky Knit Blankets

Age: 16-99 yrs. The weather outside is getting frightful, but these chunky knit blankets will be delightful! Join us at the Pullen Arts Center and learn how to make your own blanket with only our hands and some chunky yarn! No experience is needed to make this cozy creation! Supply list prints on receipt. 1 session. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Fee: \$46
 Dec 1 Su 1:30-4:30pm

Fibers - Continuing Garment Sewing: Supportive Bralette and Underwear

Age: 18-99 yrs. For intermediate sewists who are interested in starting out with making their own underwear. We will be making a supportive bralette without underwires that can be made with or without lace detailing. Techniques used in this class can be applied to making more complex bras in the future. 2 Sessions. Instructor: Katie Maxey

Sertoma Arts Center - Fee: \$73
 Sep 28-Sep 29 Sa & Su 1:00-4:00pm
 Nov 23-Nov 24 Sa & Su 1:00-4:00pm
 Dec 17-Dec 19 Tu & Th 6:30-9:30pm

Fibers - Continuing Garment Sewing: Unisex Boxy Jacket

Age: 16-99 yrs. This class is intended for confident beginners or intermediate sewists who have some experience with a sewing machine and can read a pattern, but need help with garment construction and visualization. We will discuss how a simple pattern can be used to produce a variety of results based on fabric choice, detailing, and finishes. Members

of the class are encouraged to look for inspiration to bring to class, or we will have some examples on the first night. Skills may include: working with heavier weight fabrics, setting sleeves, buttons and buttonholes, different types of finishing, making a collar, and making additions or alterations to a pattern. 5 Sessions. Instructor: Katie Maxey
Sertoma Arts Center - Fee: \$131
 Nov 12-Dec 10 Tu 6:30-9:00pm

Fibers - Crochet Patterns

Age: 15-99 yrs. For those who have a good grasp of the four basic stitches: single, double, half-double and treble. Learn how these stitches work together in create patterns. Students will learn how to read pattern diagrams to complete various style samples. 3 Sessions. Instructor: Samantha Pell. No Class: November 11

Sertoma Arts Center - Fee: \$73
 Nov 4-Nov 25 M 6:30-8:30pm

Fibers - Embroidered Portraits

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. Students provide 12"x12" cotton or linen (denim weight fabric) and 10" square white cotton weave. All other supplies included. 5 sessions. Instructor: Patriza Ferreira.

Pullen Arts Center - Fee: \$90
 Oct 29-Nov 26 Tu 10:00am-12:00pm

Fibers - Embroidered Wonderlands

Age: 16-99 yrs. Using nature as a source of inspiration, students will start by making their own sketches to use as guideline to later take a journey through the process of transforming lines into textures. Adding dimensionality to their drawings using traditional and untraditional embroidery and stitching techniques. In addition to learning techniques, we will learn about the use of disposable materials and other otherwise neglected or discarded materials to incorporate into our pieces. The results will not only be mesmerizing but also sustainable! No prior experience necessary. This is an all levels class. 5 Sessions. Instructor: Patriza Ferreira

Sertoma Arts Center - Fee: \$91
 Sep 9-Oct 7 M 9:30-11:30am

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 - Fee: \$49
 Sep 8 Su 12:30-4:30pm
 Dec 9 M 5:30-9:30pm

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 - Fee: \$49
 Sep 9 M 5:30-9:30pm
 Dec 8 Su 12:30-4:30pm

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 - Fee: \$31
 Sep 19 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 - Fee: \$73
 Oct 3-Oct 17 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 - Fee: \$31
 Sep 5 Th 6:30-9:00pm

Fibers - Introduction to Amigurumi: Apple Harvest

Age: 16-99 yrs. Amigurumi is a popular Japanese art form that involves crocheting small, stuffed yarn creatures. It's an easy and fun activity that even beginners of all ages can enjoy without any prior experience in crocheting. In this class, you will learn the fundamentals of crocheting, including hooks, stitches, stitch counting, and pattern reading. We will make an apple or two or even more! Even though this is a beginner's class, all skill levels are welcome and encouraged

to join. A supply fee of \$20 for needle, yarn, eyes, and fiberfill is due to the instructor at the first class. 4 sessions. Instructor: K. Wood.

Pullen Arts Center - Fee: \$108
 Sep 4-Sep 25 W 6:00-9:00pm

Fibers - Introduction to Garment Sewing: Pajamas

Age: 16-99 yrs. For beginning sewists who want to start out or refresh garment making abilities or learn to read patterns. We will be making woven pajama pants and a simple stretch t-shirt. Skills included will be: pattern reading, preparation and cutting of fabric, introduction to different needles, side-seam pockets, setting sleeves, and simple finishing techniques. 6 Sessions.

Instructor: Katie Maxey
Sertoma Arts Center - Fee: \$151
 Sep 17-Oct 22 Tu 6:30-9:00pm

Fibers - Introduction to Indigo Shibori

Age: 16-99 yrs. Immerse yourself in the technique of Shibori. Learn to tie and fold your fabric in myriad ways to achieve unique patterns. In this class you will learn the basic methods that will later allow you to explore variations of the technique on your own. Come with white cloth and leave with beautiful, rich, deep indigo patterns on cloth. No prior experience necessary. Students need to bring 2 yards of prewashed 100% white cotton fabric (if too wrinkled it's best to iron first), all other supplies are included.

1 session. Instructor: Patrizia Ferreira.

Pullen Arts Center - Fee: \$45
 Nov 14 Th 10:00am-1:00pm
Sertoma Arts Center - Fee: \$46
 Sep 20 F 9:30am-12:30pm

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 - Fee: \$37
 Sep 21 Sa 1:00-4:00pm
 Nov 2 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 - Fee: \$41
 Nov 2 Sa 9:30am-4:30pm
 Nov 3 Su 9:30am-4:30pm

Fibers - Witch Hat Workshop

Age: 13-99 yrs. Learn to pattern and construct a simple witch hat through to the magic of math! We will calculate the pattern based on head circumference, how large you'd like your brim to be, and how tall you'd like the cone of your hat. Once everything is put together, we can embellish it with flowers, ribbons, or spooky decor! What kind of witch would YOU like to be? 1 Session. Instructor:

Katie Maxey
Sertoma Arts Center - Fee: \$41
 Oct 19 Sa 12:00-4:30pm
 Oct 29 Tu 5:15-9:45pm

Floral Design Seminar

Age: 16-99 yrs. Join us and discover the artistry of floral design. Unleash your creativity and learn to craft floral arrangements inspired by the colors of the season. You will take home your own bouquet in a vase.

John Chavis Community Center - Fee: \$20
 Sep 17 Tu 7:00-8:30pm
 Oct 22 Tu 7:00-8:30pm
 Nov 21 Th 7:00-8:30pm

continued on page 26 —

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 - Fee: \$88.50

Sep 18-Oct 16 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 - Fee: \$71

Oct 26-Oct 27 Sa & Su 12:00-4:00pm

Nov 10 Su 9:00am-5:00pm

Introduction to Painting with Acrylics

Age: 18-99 yrs. Step by step students will be able to create a painting of their own and have fun doing it! This class will start out simple and grow. First students will learn to draw a proposed painting on tracing paper. Then transfer the drawing to canvas and start painting! Ms. Coni has taught art for over 30 years and will be painting along side of students. Knowledge of drawing is helpful, but not required. A supply list is available upon registration.

Halifax Community Center

Sep 4-Sep 25 W 6:30-8:00pm Fee: \$56

Oct 2-Oct 23 W 6:30-8:00pm Fee: \$56

Nov 6-Nov 27 W 6:30-8:00pm Fee: \$56

Dec 4-Dec 18 W 6:30-8:00pm Fee: \$42

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 - Fee: \$146

Sep 12-Oct 17 Th 7:00-9:30pm

Jewelry - Beginning Beading

Age: 12-99 yrs. Learn to make earrings, necklaces, and bracelets with beads in this weekend workshop! Beads, tools, and findings will be provided. Repairing jewelry will also be discussed. All supplies included. 2 sessions. Instructor: Anne Terry.

Pullen Arts Center - Fee: \$60

Nov 16-Nov 17 Sa & Su 1:00-4:00pm

Sertoma Arts Center - Fee: \$41

Sep 15-Sep 22 Su 1:00-3:00pm

Jewelry - Beginning Enamels

Age: 16-99 yrs. This is a beginning enameling class. We will explore sifting and cloisonne' techniques. Starting with copper and moving into fine silver. Included will be selecting your favorite piece or pieces and setting them into a wearable piece of jewelry. Optional Kit available for purchase - \$35. Kit includes 2 fine silver discs, cloisonne' wire, 4 copper discs, copper and silver wire, and copper sheet metal. Other materials can be purchased or you can bring your own. Lead free enamels will be provided. All Levels. 6 Sessions. Instructor: Betty McKim

Sertoma Arts Center - Fee: \$176

Oct 29-Dec 3 Tu 10:00am-1:00pm

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



at Pullen Arts Center 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 - Fee: \$146

Instructor: Ndidi Kowalczyk

Sep 9-Oct 14 M 1:30-4:00pm

Instructor: Amy Veatch

Sep 10-Oct 15 Tu 10:00am-12:30pm

Instructor: Sarah West

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

Sertoma Arts Center - Fee: \$146

Instructor: Lauren Markley

Sep 3-Oct 8 Tu 6:30-9:00pm

Instructor: Sarah West

Sep 7-Oct 5 Sa 12:30-3:30pm

Instructor: Lauren Markley

Oct 22-Dec 3 Tu 6:30-9:00pm

Jewelry - Cold Connection Hinge Workshop

Age: 16-99 yrs. Don't be unhinged! Hinges add movement and versatility to your jewelry, but they can be intimidating to make. In this two-day workshop with local jeweler Terry Thompson, you will learn make a cold connection hinge from tabs and a pin - no soldering needed! Adding this versatile connection technique to your skill set will change your design game! Students will make a locket with a hidden surprise, and see examples of bracelets, pendants, and earrings to inspire your future designs. Supply kits will be available for purchase at Pullen Arts Center for \$25. 2 sessions. Instructor: Terry Thompson.

Pullen Arts Center - Fee: \$165

Sep 14-Sep 15 Sa&Su 9:30am-4:30pm

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 from Pullen Arts Center 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. If you completed Jewelry - Beginning Metals at Pullen or Sertoma Arts Center prior to 2021 and have difficulty registering, please contact Pullen.Arts@raleighnc.gov.

Pullen Arts Center - Fee: \$146

Instructor: Amy Veatch

Sep 11-Oct 16 W 7:00-9:30pm

Instructor: Sarah West

Nov 7-Dec 19 Th 6:30-9:00pm

Sertoma Arts Center - Fee: \$146

Instructor: Lauren Markley

Sep 4-Oct 9 W 3:00-5:30pm

Instructor: Sarah West

Oct 26-Nov 23 Sa 12:30-3:30pm



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. Supply fee of \$15 due to instructor at first class meeting. 4 sessions. Instructor: Ndidi Kowalczyk.

Pullen Arts Center - Fee: \$156

Oct 14-Nov 4 M 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 - Fee: \$186

Nov 5-Dec 10 Tu 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 - Fee: \$126

Sep 17-Oct 1 Tu 6:00-9:00pm

continued on page 28 -

Jewelry - Guided Studio

Age: 16-99 yrs. In this class students can complete or start projects of their own design. If you have taken a Beginning or Continuing Metals class and have an idea for a project, but feel you need instructor support this is the class for you. There are no set of skills or projects for this class, instead there will be individualized instruction according to the projects students bring to class. Students will need to supply their own materials. Prerequisite: Beginning Metals at Pullen or Sertoma. 6 sessions. Instructor: Amy Veatch.

Pullen Arts Center - Fee: \$145

Nov 5-Dec 10 Tu 10:00am-12:30pm

Jewelry - Hydraulic Press & Torch Fired Enamels

Age: 16-99 yrs. In 1646, French philosopher Blaise Pascal probably did not know his formula for applying hydraulic pressure would be used to create beautiful forms in jewelry hundreds of years later. Enameling formed metal is another scientific way to produce beautiful colors by fusing powdered glass onto metal. Students in this class will learn to use the hydraulic press to texture and form sheet metal and to enamel that metal. Beautiful jewelry will be made from these techniques! Supply kits will be available for purchase at Pullen Arts Center for \$30. 5 sessions. Instructor: Amy Veatch.

Pullen Arts Center - Fee: \$145

Nov 18-Dec 16 M 6:30-9:30pm

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 - Fee: \$156

Sep 9-Sep 30 M 5:00-9:00pm

Jewelry - Jewelry Design

Age: 16-99 yrs. This class will focus on finding your inspiration and creating a series of pieces based on your discovery. We will start with making a mood board and proceed to construct a cohesive collection of earrings, necklaces, bracelets, and/or rings. We will explore ideas and techniques that will best execute your designs. Some materials will be available for purchase such as silver wire, tubing, sheet metal, bezel and gemstones. Feel free to bring your own supplies. Basic metal working skills,

sawing and soldering preferred. Feel free to bring a lunch snack. 6 Sessions.

Instructor: Betty McKim

Sertoma Arts Center - Fee: \$176

Sep 10-Oct 15 Tu 10:00am-1:00pm

Jewelry - Macrame Masters: Micro-Macrame Earring Design Class

Age: 16-99 yrs. Participants will learn a form of macrame knotting techniques to craft stunning earrings and coordinating necklaces. Through guided instruction, students will explore the use of color, the art of adding beads and charms, and mastering the incorporation of personal flair into their designs. Students will also delve into some wirework and learn to shape their own earring bases to anchor cords. With a focus on color theory and composition, students will experiment with mixing different color cords, unlocking the secrets of captivating visual harmony. 4 sessions. Instructor: Yaffe Assaan.

Pullen Arts Center - Fee: \$60

Oct 6-Oct 27 Su 1:00-2:30pm

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 - Fee: \$166

Nov 23-Nov 24 Sa & Su 9:30am-4:30pm

Jewelry - Studio Refresher Workshop

Age: 16-99 yrs. Are you a jeweler looking for a studio membership pass to Pullen Arts Center? This workshop was designed with you in mind! If you have experience in a jewelry studio, but not Pullen's studio, or you have not been working in this studio recently - this studio refresher will meet the requirement of a 6 week Beginning Class in a weekend. You will make a simple project that demonstrates your skills using our tools and equipment! You may learn a new technique or two, also! Please have experience sawing, filing, riveting, texturing, and soldering. Supply kits will be available for purchase at Pullen Arts Center for \$25. This class qualifies students for a Jewelry Studio membership. 2 sessions. Instructor: Amy Veatch.

Pullen Arts Center - Fee: \$165

Oct 19-Oct 20 Sa & Su 9:30am-4:30pm

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 - Fee: \$14

Dec 3 Tu 10:00am-12:00pm

Dec 3 Tu 1:00-3:00pm

Memory Jug Making

Age: 15-99 yrs. Memory jugs (also called spirit jars, ugly jugs, or whatnot jars) have a long history as a Southern folk art. With divergent origins both in Africa's Bakongo culture and Victorian arts and crafts, memory jugs are intended to serve as reminders of loved ones who have passed and to preserve history and memory. We will traipse up Little Rock Creek collecting shards of old pottery and historic glassware, embedding our curated finds into plaster to create one-of-a-kind pieces of art for your keepsake.

Walnut Creek Wetland Park - Fee: \$25

Oct 13 Su 12:00-3:00pm

Mixed Media - Collage Projects

Age: 16-99 yrs. This is a class for artists with mixed media collage projects in mind who want a supportive class community to discuss and share ideas and feedback. We will begin class discussing each participant's project objectives, providing time for suggestions and questions. The rest of the time will be spent working on individual projects with instructor guidance and project relevant demonstrations. Students will provide their own materials, no experience necessary. 5 sessions. Instructor: Joanna Moody.

Pullen Arts Center - Fee: \$135

Oct 24-Nov 21 Th 10:00am-1:00pm

Mixed Media - Iconic Image Collage

Age: 16-99 yrs. In this workshop we will build mixed media collages based on an object or image of interest. Students will bring an image source or object to draw or paint to then add collage elements using additive and subtractive techniques. Subjects can be anything; a person, animal, or object, they can be reverent or playful. We will look at examples of historical iconic imagery for inspiration and discuss compositional devices that elevate our subjects to symbols of greater meaning. Supply list prints on receipt. 2 sessions. Instructor: Joanna Moody.

Pullen Arts Center - Fee: \$141

Oct 26-Oct 27 Sa & Su 10:00am-4:00pm

Mixed Media - Introduction to Origami: Paper Cranes and Beyond

Age: 16-99 yrs. Origami, the Japanese art of paper folding, has been popular in Japan and Europe since around 1490. Over time, this art form has evolved, but by learning the basic symbols and folds, anyone can create beautiful paper sculptures. Students will be able to make simple yet elegant creations, starting with the iconic paper crane and progressing to increasingly complex designs. Multiple sculptures can be made and arranged into chains or ornaments. All necessary supplies will be provided. 1 session. Instructor: K. Wood.

Pullen Arts Center - Fee: \$70
Sep 28 Sa 10:00am-5:00pm

Mixed Media - Sculptural Paper Houses: Ornaments and Luminaries

Age: 16-99 yrs. As the days get shorter and the nights get longer, creating soft glowing luminaries can add warmth to any living space. To create these decorative pieces, we begin by making "embellished papers". This process includes using watercolor, inks, simple stamping (we will make the stamps!), markers, and collage. Students will have the opportunity to construct both large (luminaries) and small (ornaments) three-dimensional houses. All the necessary supplies will be provided. 4 sessions. Instructor: K. Wood.

Pullen Arts Center - Fee: \$72
Oct 2-Oct 23 W 1:30-3:30pm

Mixed Media - Woven Explorations

Age: 16-99 yrs. Participants will use the plain weave technique to fold newspaper strips and create a unique canvas. After creating the canvas, they can incorporate various recycled objects such as threads, thin wire, ribbons, and papers into the piece. Layers of paint can be added to enhance the canvas further, and embroidered patches can be stitched into the piece to make it even more personalized. This class offers a fun and creative activity that allows you to explore your artistic side while utilizing recycled materials. All supplies will be provided; however, feel free to bring any personal supplies you might want to weave into your piece. 4 sessions. Instructor: K. Wood.

Pullen Arts Center - Fee: \$108
Nov 6-Nov 27 W 1:30-3:30pm

Mixed Media - Artist Brushmaking

Age: 16-99 yrs. From Tool to Treasure - Unleash the expressive potential of your handmade brushes. Discover unique mark-making possibilities with each brush, tailored to your artistic vision that perfectly complement your artistic style. This workshop delves into the fascinating world of brushmaking, empowering you to craft a variety of brushes using natural materials like hair, fur, and fibers. You'll learn to source and harvest these materials, and even utilize locally-sourced bamboo for beautiful, personalized brush handles. This workshop is particularly enriching for ceramic artists, offering the opportunity to explore the exciting possibilities of clay through the lens of custom brushmaking. Immerse yourself in intriguing discussions, gaining insight in the narrative and art of brushmaking. Expand your knowledge with visual references and demonstrations, collaborative sessions, and hands-on practice of crafting diverse brush heads and attaching them to unique handles. Materials fee \$50. All levels of experience welcome. Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$81
Nov 16 Sa 10:30am-4:30pm

Nature Stamp Making

Age: 13-99 yrs. Always wanted to try the print medium, but not sure where to start? Use our environment here at Walnut Creek Wetland Park to inspire your art! Learn about the basics of stamp-making in this short class! Students will have the opportunity to carve their own stamp inspired by nature to take home.

Walnut Creek Wetland Park - Fee: \$12
Nov 16 Sa 1:00-3:00pm

Nature Writing

Age: 14-99 yrs. Are you interested in exploring nature through writing? This course will cover multiple topics, including but not limited to, field journaling and note-taking, basic research skills, storytelling, and poetry. Each class session involves a short walk on the trails of Lake Johnson Park as well as plenty of time for writing and discussion. Suitable for all levels.

Thomas G. Crowder Woodland Center - Fee: \$14
Sep 15 Su 3:00-5:00pm

Painting - Abstract Watercolor Compositions

Age: 16-99 yrs. Learn the meditative, layered technique of watercolors with an intuitive approach. Rather than focusing on the creation of specific images, we will play with the water centered nature of watercolors to generate unique color stains on paper, layer them, creating different marks that will illuminate nature in unexpected ways. All Levels. 6 Sessions. Instructor: Patrizia Ferreira
Sertoma Arts Center - Fee: \$86
Oct 16-Nov 20 W 9:30-11:30am

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 - Fee: \$135
Sep 9-Oct 14 M 2:00-5:00pm
Nov 4-Dec 16 M 9:30am-12:30pm

Painting - Beginning Acrylics

Age: 16-99 yrs. This introductory course will cover the beginning basics of acrylic painting. We will cover the proper use of materials, brushwork, the color wheel, color mixing, composition, value and form. Students will gain an understanding of their materials with the goal of continuing painting beyond this class. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Joanna Moody.

Pullen Arts Center - Fee: \$115
Oct 16-Nov 20 W 10:00am-12:30pm

continued on page 30 —

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 (available for purchase in Pullen's supply store). 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 - Fee: \$116

Sep 10-Oct 15	Tu	10:00am-12:30pm
Sep 12-Oct 17	Th	7:00-9:30pm
Nov 5-Dec 10	Tu	10:00am-12:30pm
Nov 7-Dec 19	Th	7:00-9:30pm

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. All Levels. Instructor: Ryan Fox.

Sertoma Arts Center - Fee: \$116

Sep 9-Oct 7	M	9:30am-12:30pm
Nov 4-Dec 9	M	9:30am-12:30pm

Painting - Color as a Language

Age: 16-99 yrs. This class will study master painters in each class and analyze the way they used color. We will also paint our own paintings striving to develop our own color harmonies to communicate ideas and emotions. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Anna Podris.

Pullen Arts Center - Fee: \$135

Sep 4-Oct 9	W	1:30-4:30pm
-------------	---	-------------

Painting - Color Theory for Painters

Age: 16-99 yrs. In this class we will explore and demystify the issues and theories surrounding color and its application as it pertains to painting.

The class will cover the foundations of color identification and will introduce the student to elements of color psychology. Exercises include working in paint to learn about the properties that make up colors and how to train the eye to identify these traits. A history of color use and how color theory has evolved in art will be provided through slides lectures. Class will cover how color is an aid to communication in a visual language and how to begin identifying color in the context of a work of art. If you are a visual artist and wish to learn more about color so you may have a better handle on your visual vocabulary, this course is for you. Supply list prints on receipt. This class qualifies students for a painting studio membership. 6 sessions. Instructor: Peter Marin.

Pullen Arts Center - Fee: \$136

Nov 4-Dec 16	M	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 - Fee: \$116

Sep 10-Oct 15	Tu	1:30-4:00pm
Nov 5-Dec 10	Tu	1:30-4:00pm

Painting - Exploring Color Theory

Age: 16-99 yrs. This one is all about color and will include an introduction into color theory for students to explore while using it in their paintings in class. Not like your traditional color theory class, this one will be taught more "learn as you go" and students will be taught while they create a landscape painting of their own vs. the traditional methods of creating charts and smaller exercises in color theory classes. We will be exploring color layering and the use of vivid saturated tones that will liven up your work! Amanda will lead you through 1 painting in this class that involves smaller side demonstrations on paper. You will learn from her methods and apply them to your own work in class or at home. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a loose sketch and move along with layers during the length of the course. There will be plenty of one-on-one assistance from the instructor as well

as class demonstrations to help you along the way. This course is great for any skill level, whether you have been painting for years or have never touched a brush before. Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructor's guidance on the subject. We will be painting the first day of class, please bring in a 16"x20" or similar size canvas, some mixed media paper or thicker paper to practice on and basic painting supplies to class. We will run through the supply list the first day as well. Full Supply lists are available on Sertoma's web page and through Amanda's amazon wish list. 6 sessions. Instructor: Amanda Wilson. No Class: October 9

Sertoma Arts Center - Fee: \$106

Sep 4-Oct 16	W	12:00-2:30pm
--------------	---	--------------

Painting - Fall Pathways & Foliage in an Impressionist Style with Palette Knife and Brush

Age: 16-99 yrs. This class will be a great introduction for how to use a palette knife to achieve texture in an impressionistic style of landscape painting. We will be practicing different ways to use the tool to create different textures that build into a scene. We will be painting trees, leaves, branches, pathways, clouds, skies and more. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. We will touch on the use of color and space and how to achieve depth and space within the painting while also using thick paint application to bring certain objects into the foreground. This is a great class to take if you have already taken an acrylic painting class, and will teach you how to abstract objects just enough to create more interest within your work. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. Please bring a 11"x14" or 12"x16" canvas to the first class ready to paint! This course is great for any skill level. Supply list available on Sertoma's webpage. 6 Sessions. Instructor: Amanda Wilson. No Class: October 9

Sertoma Arts Center - Fee: \$106

Sep 4-Oct 16	W	3:30-6:00pm
--------------	---	-------------

Painting - Intermediate Landscape Painting

Age: 16-99 yrs. This course assumes that students in the class have had prior experience with working in either acrylic or oil as a painting medium. The subject matter of landscape will be explored with a focus on composition, value placement, atmospheric perspective and color harmony. Personal experimentation and

interpretation of the subject matter is encouraged. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Nancy Carty.
Pullen Arts Center - Fee: \$135
 Oct 29-Dec 10 Tu 1:00-4:00pm

Painting - Intermediate Watercolor: A Season of Autumn

Age: 16-99 yrs. This course will best serve students who have had prior experience with watercolor as a painting medium. The theme explored will be Autumn as a Season. Reference photos will be provided by the instructor in both black and white. Emphasis will be on composition and design of the page, value placement and working with transparent overlays of color. Color schemes and color harmony will also be a focus. Size of the paintings will be 8 x 10 or 12 x 16. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Nancy Carty.
Pullen Arts Center - Fee: \$135
 Oct 31-Dec 19 Th 1:00-4:00pm

Painting - Intro to Landscape Painting

Age: 16-99 yrs. If you have wanted to try your hand at landscape painting using acrylic paint than this class will provide you with an opportunity to do so. Students will be provided with three sets of reference photos, both in black and white and in color. A lab fee of \$20.00 will be charged for these photo references payable in cash or check on the first day of class to instructor. Supply list prints on receipt. 6 sessions. Instructor: Nancy Carty.

Pullen Arts Center - Fee: \$135
 Sep 10-Oct 15 Tu 1:00-4:00pm

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 prints on receipt. This class qualifies students for a Painting Studio membership. 6 sessions. Instructor: Peter Marin.

Pullen Arts Center - Fee: \$135
 Sep 9-Oct 14 M 6:00-9:00pm
 Nov 4-Dec 16 M 6:00-9:00pm
Sertoma Arts Center - Fee: \$126
 Sep 5-Oct 10 Th 2:30-5:30pm
 Oct 31-Dec 12 Th 6:00-9:00pm

Painting - Introduction to Watercolor: Building a Form

Age: 16-99 yrs. If you have wanted to try your hand at watercolor this class is you. Emphasis will be on creating a feeling of form or three dimensions using watercolor. Types of washes, and the importance of using transparency and layering will be demonstrated and utilized. This class will incorporate value placement and the use of warm and cool color schemes. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Nancy Carty.
Pullen Arts Center - Fee: \$135
 Sep 12-Oct 17 Th 1:00-4:00pm

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 - Fee: \$106
 Sep 9-Oct 14 M 6:30-9:00pm
 Sep 10-Oct 15 Tu 6:30-9:00pm
 Oct 28-Dec 9 M 6:30-9:00pm
 Oct 29-Dec 10 Tu 6:30-9:00pm

Painting - Larry Dean's Studio

Age: 16-99 yrs. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works-in-progress. Instructions will include color mixing, shape and perspective. Topics range from selecting a subject to varnishing the finished work. Informal advice will assist as you learn at your own pace. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Larry Dean.

Sertoma Arts Center - Fee: \$106
 Sep 10-Oct 15 Tu 1:00-3:30pm
 Oct 29-Dec 10 Tu 1:00-3:30pm

Painting - Light and Shadows on Snow

Age: 16-99 yrs. The use of color is so important when painting snow. In this class you will learn methods and tricks for how to use the right colors to achieve highlights and shadows within a "white" area on the surface of the snow. This class will touch on color theory as well! Amanda will lead you through 2 paintings in this class that build from one another in technique as the class progresses. We first start with a smaller more basic painting, and then move

onto a slightly larger canvas with a more involved painting. You will learn from her methods and apply them to your own work in class or at home. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one-on-one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructor's guidance on the subject. This course is great for any skill level, whether you have been painting for years or have never touched a brush before. We will be painting the first day of class, please bring in an 11" or 12"x16" canvas and basic painting supplies to class. We will run through the supply list the first day as well. Full Supply lists are available on Sertoma's web page and through Amanda's amazon wish list. 6 Sessions. Instructor: Amanda Wilson. No Class: November 27

Sertoma Arts Center - Fee: \$106
 Oct 30-Dec 11 W 12:00-2:30pm

Painting - Oil Painting for Beginners

Age: 16-99 yrs. Welcome to the world of oil painting! In this beginner-level course, you will embark on an artistic journey exploring the fundamentals of oil painting techniques, materials, and studio safety. Whether you're a complete novice or have some prior experience, this course is designed to provide you with a solid foundation in oil painting, guiding you through each step with clarity and encouragement. During this class we will focus on painting still lives while getting to know the materials to further your own skill set and personal artistic journey. This class qualifies students for a Painting Studio membership. Supply list prints on receipt. 6 sessions. Instructor: Emmy Kline.

Pullen Arts Center - Fee: \$135
 Sep 11-Oct 16 W 6:30-9:30pm
 Oct 30-Dec 11 W 6:30-9:30pm

continued on page 32 —

Painting - Painting Together as We Learn

Age: 16-99 yrs. Painting is a creative process that an artist uses to express their perception of the world - concretely, emotionally, and philosophically. A fundamental principle is nurturing how to perceive the world, and then later decide how to express it. There is no right or wrong in artistic expression, but there is the importance of understanding all the possibilities, so you can choose how to see rather than be limited by a photograph. A photograph is a medium where all the decisions are made for you, and like a sign painter - you copy the photograph. In this course you will learn how to paint and also how to use a photograph as a tool. If you are not afraid to be challenged as you create, want to be a part of an artistic community, focus deeper into your own process, and continue to learn all the possibilities in painting, then this class is for you. The instructor will critique your work as you paint as well as demonstrate when necessary. This class is for those who use oil paints in their creative process, but gouache or acrylic paints are also welcomed. With lectures and examples of painting processes through history you will learn the possibilities that the world of painting creates. The class will cover the fundamentals of painting with oil paints, gouache, or acrylic paints – best practices to use, the pros and cons of each medium. It will also cover the principles used to paint such as line, form, value, color/hue, figure ground, concept/narrative, the use of lights, and composition. Properties of oil paint, acrylic paint, gouache, brushes, mediums, substrates, glazes, the simple yet complex world of color, will be discussed. Students will paint from a photograph as well as a still life to gain understanding of what each method offers. The search for what each student needs to find in a painting practice that is personally theirs will be a part of this course. This class is for all levels of experience from beginner to experienced painter. The course will consist of slide lectures and studio time. Students supply their own materials. A recommended supply list prints on receipt. This class qualifies students for a Painting Studio membership. 6 sessions. Instructor: Natacha Sochat.

Pullen Arts Center - Fee: \$135

Sep 12-Oct 17 Th 1:00-4:00pm
 Oct 31-Dec 12 Th 1:00-4:00pm

Painting - Painting Winter Wreaths & Decor

Age: 16-99 yrs. In this special class, we will be creating winter wreaths and decor for the holiday season! Amanda will lead you through how to customize your own pieces of art to hang up for the winter or to give as gifts. You can create as many pieces as you would like in this class. Amanda will touch on how to create greenery and foliage on an Amanda will touch on how to create greenery and foliage on a wreath, as well as berries, flowers, snow, Cardinals, birds, and more! Bring your ideas to Class, and she will be happy to show demonstrations of how to create what you were looking to make. Amanda will lead you through 2 paintings in this class that build from one another in technique as the class progresses. We first start with a smaller more basic painting, and then move onto a slightly larger canvas with a more involved painting. You will learn from her methods and apply them to your own work in class or at home. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one-on-one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic

shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference and work more independently with the instructor's guidance on the subject. This course is great for any skill level, whether you have been painting for years or have never touched a brush before. We will be painting the first day of class, please bring in a 14"x 14" or 12"x12" canvas and basic painting supplies to class. We will run through the supply list the first day as well. Full Supply lists are available on Sertoma's web page and through Amanda's amazon wish list. 6 Sessions. Instructor: Amanda Wilson. No Class: November 27

Sertoma Arts Center - Fee: \$106

Oct 30-Dec 11 W 3:30-6:00pm

Painting - Watercolor Again!

Age: 15-99 yrs. This class will explore various watercolor techniques and styles ranging from unique color combinations, experimental and non-traditional techniques, extreme monochromatic granulation and more. Different subjects and techniques will be demonstrated in each class session. Supply list available on Sertoma's webpage. 6 sessions. Instructor: Ryan Fox.

Sertoma Arts Center - Fee: \$126

Sep 9-Oct 7 M 1:00-4:00pm
 Nov 4-Dec 9 M 1:00-4:00pm



Painting - Watercolor Batik

Age: 16-99 yrs. Learn a new painting technique using the batik method with watercolor. Watercolor batik is the process of using traditional watercolor paint and wax to create unique and beautiful batik-style paintings on Japanese rice paper. This process is similar to the age old technique where melted wax is applied to fabric as a resist and then the fabric is dipped in dye. Students will begin the process with a drawing and then learn to create highlights and shadows, as well as how to mask areas of the project with wax. Supply list prints on receipt. 2 sessions. Instructor: Ryan Fox.

Pullen Arts Center - Fee: \$145

Sep 14-Sep 15 Sa & Su 10:00am-4:00pm

Painting - Watercolor Pouring

Age: 16-99 yrs. With an emphasis on design and planning, you will learn the technique of pouring diluted watercolor directly on paper. Pouring creates a wide range of colors and creates amazing blending effects. Through instructor demonstration, you will learn about masking, wetting techniques, using gravity to mix your limited palette, and preserving the transparency of your layers. Additional texture will be created using the mouth atomizer. You'll choose your own subject matter: still life, landscape, architectural, floral, or portrait. All levels welcome, including first-time watercolorists. Student provide their own materials; supply list prints on receipt. 2 sessions. Instructor: Ryan Fox.

Pullen Arts Center - Fee: \$145

Nov 2-Nov 3 Sa & Su 10:00am-4:00pm

Painting - Watercolor Pouring Weekend

Age: 15-99 yrs. With an emphasis on design and planning, you will learn the technique of pouring diluted watercolor directly on paper. Pouring creates a wide range of colors and creates amazing blending effects. Through instructor demonstration, you will learn about masking, wetting techniques, using gravity to mix your limited palette, and preserving the transparency of your layers. Additional texture will be created using the mouth atomizer. You'll choose your own subject matter: still life, landscape, architectural, floral, or portrait. All levels welcome, including first-time watercolorists. Instructor: Ryan Fox

Sertoma Arts Center - Fee: \$131

Sep 28-Sep 29 Sa & Su 10:00am-4:00pm

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 - Fee: \$121

Sep 21-Sep 22 Sa & Su 9:45am-3:30pm

Oct 19-Oct 20 Sa & Su 9:45am-3:30pm

Nov 16-Nov 17 Sa & Su 9:45am-3:30pm

Dec 7-Dec 8 Sa & Su 9:45am-3:30pm

Papermaking - Continued Western Papermaking

Age: 16-99 yrs. Did you enjoy Sarah Ann's Papermaking class? Want to continue to learn more papermaking practices and techniques? Or need access to papermaking equipment? In this class you will meet your community of fellow papermakers for an afternoon of paper play! You'll learn how to pigment different pulps and create varying paper characteristics to create unique papers that are ready for your medium of choice. This class is designed to be a follow up for the Intro Western papermaking classes offered. If you missed it then sign up for the Intro Class and dive into the pulpy-ness of it all! You will be able to break at your leisure for lunch. 1 session.

Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$166

Sep 28 Sa 10:00am-4:00pm

Photography - The Art of Capturing Shadows: Cyanotype Photography

Age: 15-99 yrs. Learn to expose your favorite plant silhouette onto cotton fabrics. This class will teach you the basics in coating fabric, drying it, exposing, rinsing, and washing. When it come to coating cyanotype on fabric there are different nuances that are inherently different to your typical paper coating process. We will experiment with a few basic tried and true techniques and show you how to accomplish the deepest Prussian blues. The fabric artworks, once dry, can be used in a variety of projects such as: quilt squares, patches, garment making, wall hangings, and much more. Students will provide \$15 to instructor for fabric supplied. All Levels. 1 Session. Instructor: Sarah Ann Austin

Sertoma Arts Center - Fee: \$126

Sep 21 Sa 11:00am-4:00pm

Pottery - Back to Basics

Age: 16-99 yrs. Are you having difficulty making your clay behave and do what you want? We will concentrate on perfecting basic centering, throwing and trimming skills. Bowls, handles, lids and throwing off the hump will be included. Students purchase clay from Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's store. 6 sessions. Instructor: Sherry Nicholson.

Pullen Arts Center - Fee: \$115

Oct 14-Nov 25 M 9:30am-12:00pm

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. 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 - Fee: \$126

Instructor: Michelle Miolla

Oct 15-Nov 26 Tu 6:00-8:30pm

Instructor: Olivia Martinez

Oct 17-Dec 5 Th 9:30am-12:00pm

Instructor: Shanique Fowling

Oct 20-Dec 1 Su 1:00-3:30pm

continued on page 34 -

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. 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 - Fee: \$136

Instructor: Emily Malpass

Oct 17-Dec 5 Th 10:00am-12:30pm

Instructor: Lauren Wellborn

Oct 17-Dec 5 Th 6:00-8:30pm

Instructor: Olivia Martinez

Oct 22-Dec 3 Tu 9:30am-12:00pm

Instructor: Doug DeBastiani

Oct 22-Dec 3 Tu 7:00-9:30pm

Instructor: Olivia Martinez

Oct 23-Dec 11 W 4:00-6:30pm

Pottery - Big is Better

Age: 16-99 yrs. In this throwing course, potters will learn to manipulate larger amounts of clay, safely on the wheel. Proper ergonomics and drills for conquering extra scale will be covered each week. Large platters, pitcher, vase forms, and segmented throwing will just a few of the projects covered. With the skills learned in the course you will realize that you don't need to be overly strong or jacked to throw big pots! Ability to center 2-3 lbs. of clay on the wheel is required. Students purchase clay from the Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's store. 7 sessions. Instructor: Andy McKenzie.

Pullen Arts Center - Fee: \$133

Oct 21-Dec 9 M 6:30-9:00pm

Pottery - Carving on Clay Surfaces

Age: 16-99 yrs. Explore the tools and techniques that will make your pottery surfaces more unique and professional. This class focuses on ways to get a more consistent look, putting ideas into practice and fine-tuning a carving style that sets your work apart! Clay slab work will be the primary format, but wheel-thrown pieces may also be used. Basic pottery tools are necessary, and additional carving tools will be suggested at the first class. Prerequisite: Beginning Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. 4 Sessions. Instructor: Steve Karloski.

Sertoma Arts Center - Fee: \$76

Nov 18-Dec 9 M 7:00-9:15pm

Pottery - Coil Building with Clay

Age: 16-99 yrs. Students will learn how to use coils to build various functional pieces such as mugs, cups, bowls and vases. We will be focusing on blending the coils together as opposed to having them exposed, using the coils more as a tool to build each piece. We will be creating our coils by hand and not with extruders. Students should plan to provide their own tools and purchase clay from Pullen Arts Center - tool kit and individual tools available for purchase from Pullen Art Center's store. Prerequisite: Students must have prior handbuilding experience (whether at Pullen Arts Center or elsewhere). 7 sessions. Instructor: Michelle Miolla

Pullen Arts Center - Fee: \$135

Oct 16-Dec 4 W 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 from the Pullen Arts Center. Continuing students provide their own tools - kit and individual tools available for purchase from Pullen Arts Center's store. 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 - Fee: \$136

Instructor: Olivia Martinez

Oct 23-Dec 11 W 7:00-9:30pm

Instructor: Doug DeBastiani

Oct 22-Dec 3 Tu 3:30-6:00pm

Pottery - Crystalline Glazes

Age: 16-99 yrs. In this throwing class you will learn to use the potters wheel to make work that will highlight the amazing range of possibilities when working with crystalline glazes. Glaze formulation, waste pedestals, and finishing of bottoms will be covered. B-mix 10 and Helios are the preferred clays for this process. Prerequisite: Beginner Wheel Throwing at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. 7 Sessions. Instructor: Andy McKenzie.

Sertoma Arts Center - Fee: \$110

Oct 15-Dec 3 Tu 7:00-9:15pm

Pottery - Exploring Colored Clay with Chris Campbell

Age: 16-99 yrs. In this workshop we will be using colored clay to create patterns and images that will then be used to create finished pieces both functional and decorative. We will be learning various methods of lamination to extend the use of our patterns and to make the vessels food safe. We will collaborate on a project and learn new techniques from each other. This is not a beginner-level workshop; some experience with making and using colored clay will be beneficial. Clay will be available for purchase onsite. Instructor: Chris Campbell.

Pullen Arts Center - Fee: \$850

Oct 7-Oct 11 M-F 9:00am-5:00pm

Pottery - For the Garden

Age: 16-99 yrs. Make a few fun hand-built projects for your outdoor space. From charming planters to enchanting lanterns and small whimsical sculptures, you'll learn various handbuilding techniques to bring your imagination to life. Prerequisite: Students must have prior handbuilding experience (whether at Pullen Arts Center or elsewhere). Students should plan to provide their own tools and purchase clay from Pullen Arts Center - tool kit and individual tools available for purchase from Pullen Art Center's store. 5 sessions. Instructor: Patty Merrell.

Pullen Arts Center - Fee: \$100

Oct 14-Nov 18 M 1:00-3:30pm

Pottery - Handbuilding: Beginning

Age: 16-99 yrs. This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class. All skill levels are welcome! 7 sessions.

Sertoma Arts Center - Fee: \$111

Instructor: Steve Karloski

Sep 4-Oct 16 W 7:00-9:15pm

Instructor: Tim Cherry

Sep 11-Oct 23 W 9:30-11:45am

Pottery - Handbuilding: Continuing

Age: 16-99 yrs. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. While this class is open to new students, they are required to have previously handbuilding experience. 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 clay and tools at first class - students are welcome to bring their own tools. 7 sessions. No Class: November 11. Instructor: Tim Cherry

Sertoma Arts Center - Fee: \$111

Oct 14-Dec 2 M 9:30-11:45am

Pottery - Improving and Fine-Tuning Throwing Skills

Age: 18-99 yrs. This 4-week hands on pottery class with explore throwing different forms, altering and finishing/ decorating techniques. We will focus on throwing larger and more complex forms and enhancing throwing and decoration skills. Students should have prior throwing experience and should be able to easily throw cylinders and bowl shape forms. This workshop does not qualify you for a studio card. 4 sessions. Instructor: Gary Fuquay

Sertoma Arts Center - Fee: \$126

Sep 12-Oct 3 Th 9:30-11:45am

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 - Fee: \$76

Sep 9-Sep 30 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 - Fee: \$36

Dec 1 Su 12:30-4:30pm
Dec 2 M 12:30-4:30pm

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. 4 Sessions. Instructor: Tim Cherry. No Class: November 27

Sertoma Arts Center - Fee: \$76

Nov 6-Dec 4 W 9:30-11:45am

Pottery - Saturday Clinics

Age: 16-99 yrs. 2 hour classes designed to tackle specific skills that participants might be struggling with or are looking for new tricks and tips to be more successful in applying. Must be a current Pullen Arts Center Pottery Studio Member to enroll.

Trimming: Arrive to this class with several pots at the leather hard stage and ready to trim. Topics covered will include trimming tool selection and sharpening, centering processes i.e. Giffen Grip, tapping on center, or clay lug methods, trimming right side up and the ever popular trimming freshly thrown work.

Cone 6 Glaze: Expand your bag of glazing tricks in this 2-hour course. Bring a group of bisque fired pieces to play and experiment with as you are guided through range of decorative processes for work being fired in the electric kilns.

Handles: Are you struggling to get the shape and scale right on your mug handles? Can't figure out how to attach lugs for a cane handle or have no idea how to apply handles that will make your casserole dishes stand out, than this is the clinic for you! Arrive to the class with several leather hard forms ready for handle attachment. Pulling handles, cutting handles, extruding handles are just some of the techniques that will be demonstrated during this course.

Lids: In this throwing clinic your instructor will demonstrate several methods for creating galleries and measuring techniques to create fully functional and attractive lidded forms. Be ready to practice your new skills as you learn to make a small honey pot and sugar bowl.

Pullen Arts Center - Fee: \$30

Cone 6 Glaze

Oct 19 Sa 1:00-3:00pm

Handles

Nov 16 Sa 10:00am-12:00pm

Lids

Dec 14 Sa 1:00-3:00pm

Trimming

Sep 14 Sa 2:00-4:00pm

Pottery - Sculptural Handbuilding

Age: 16-99 yrs. Explore ways to incorporate basic handbuilding techniques to create more unique and involved work. Through projects that start with your own ideas and interests, methods such as stiff slab construction will provide the means to build more solid pieces. Organic, architectural, functional and decorative approaches will be covered. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. Must register in person at Sertoma or Pullen to verify qualifications. This course does not qualify for a studio card. 4 sessions. Instructor: Steve Karloski.

Sertoma Arts Center - Fee: \$76

Sep 9-Sep 30 M 7:00-9:15pm

continued on page 36 -

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 8 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 onsite. 5 sessions. Instructor: Lauren Wellborn.

Pullen Arts Center - Fee: \$115

Aug 29-Sep 26 Th 6:00-8:30pm

Pottery - Tea Time

Age: 16-99 yrs. Join us and create your own tea set! Tea pot, tea cups, sugar bowl, creamer and tray. All one needs for a good cuppa when the weather turns cold. Prerequisite: Students must have prior wheel throwing experience (whether at Pullen Arts Center or elsewhere) and should be able to comfortably center 2-3 pounds of clay on their own to be successful in this class. Students purchase clay from the Pullen Arts Center. Students provide their own tools - kit and individual tools available for purchase from Pullen's supply store. 6 sessions. Instructor: Sherry Nicholson.

Pullen Arts Center - Fee: \$115

Oct 14-Nov 25 M 1:00-3:30pm

Pottery - The Art of Clay Coiling

Age: 16-99 yrs. In this three- consecutive day workshop we will explore the time-honored craft of coil pottery. Discover the process of crafting larger, classic-shaped vessels as well as the exploration of abstract sculptural forms. Learn how to plan a successful pot and learn about surface options. Participants will be introduced to the extruder which will be used to construct coils. Previous handbuilding experience required. This class does not qualify students for a membership card. 3 Sessions. Instructor: Patty Merrell

Sertoma Arts Center - Fee: \$61

Dec 10-Dec 12 Tu-Th 7:00-9:15pm

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. Please arrive 20 minutes early for first class to buy materials. 7 sessions.

Sertoma Arts Center - Fee: \$111

Instructor: Joan Walsh

Sep 18-Oct 30 W 9:30-11:45am

Instructor: Jeannette Stevenson

Sep 23-Nov 4 M 4:00-6:15pm

Instructor: Jeannette Stevenson

Sep 25-Nov 6 W 4:00-6:15pm

Pottery - Wheel Throwing: Continuing

Age: 16-99 yrs. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. 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. Students will purchase clay and tools at first class - students are welcome to bring their own tools. Please arrive 20 minutes early for first class to buy materials. 7 sessions.

Sertoma Arts Center - Fee: \$111

Instructor: Joan Walsh

Sep 16-Oct 28 M 9:30-11:45am

Instructor: Jeannette Stevenson

Sep 25-Nov 6 W 7:00-9:15pm

Pressed Flower Lantern Craft

Age: yrs. Join us for a relaxing craft night! You will take home a decorated mason jar and flameless candle. Bring a friend and we hope to see you there.

John Chavis Community Center - Fee: \$6

Sep 5 Th 7:00-8:00pm

Printmaking - Block Print in Color

Age: 16-99 yrs. Learn to create colorful and dynamic linoleum block prints! We will cover the basics including compositional techniques, carving and printing on a press. Emphasis will be on ink mixing and application including gradient rolls and layering. This is a great class for both beginners and those looking to develop their color use. Supply list prints on receipt. 4 sessions. Instructor: Maria Frati.

Pullen Arts Center - Fee: \$91

Sep 5-Sep 26 Th 10:00am-12:30pm

Printmaking - Block Print Textile Design

Age: 16-99 yrs. Create fun, bold prints on fabric using block printmaking techniques. We will cover block carving, inking and printing on fabric. Participants are encouraged to print on whatever fabric materials they would like! Options include textiles such as tea towels, tote bags, accent pillows, and/or clothing. No prior printmaking experience is necessary. Supply list is prints on receipt. 4 sessions. Instructor: Maria Frati.

Pullen Arts Center - Fee: \$90

Sep 5-Sep 26 Th 1:00-3:30pm

Printmaking - Drawing the Print: Drypoint Intaglio

Age: 16-99 yrs. A great technique for people that want to explore 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. In this workshop we'll explore a variety of drypoint techniques and cover proper inking, printing, and editioning procedures. A lovely technique with lots of possibilities. Open to artists of all levels, no experience necessary, repeat students welcome. Copper plates and printing paper purchased from Pullen, approximately \$25. This workshop qualifies students for a Print Studio membership. 2 sessions. Instructor: Susan Martin.

Pullen Arts Center - Fee: \$151

Nov 2-Nov 3 Sa & Su 10:00am-4:30pm

Printmaking - Intro to Printmaking

Age: 16-99 yrs. In this class we will focus on working with water based inks learning techniques that can work well at home. We will study linoleum block printmaking on paper, creating screenprints on fabric using a stencil and collograph printmaking. Students will use the dick blick etching press and learn techniques for printing by hand. 7 Sessions. Instructor: Keith Norval. No class: November 27

Sertoma Arts Center - Fee: \$156

Oct 30-Dec 18 W 7:00-9:30pm

Printmaking - Intuitive Printmaking

Age: 16-99 yrs. Play and explore using a multi-block relief printmaking technique to create beautiful, layered colors and textures. Students will learn how to carve plates, ink, and register prints. Delve into oil-based ink mixing and gradient rolling to create rich, dynamic images. Students will be encouraged to make an edition of 6-12 final prints. Supply list prints on receipt. This class qualifies students for a Print Studio membership. 6 sessions. Instructor: Maria Frati.

Pullen Arts Center - Fee: \$160

Oct 21-Dec 2 M 10:00am-1:00pm

Printmaking - Keith Norval's Screenprint / Block Print Mashup

Age: 16-99 yrs. Attracted to the big, bold graphic qualities of linoleum block and screen print? This class will focus on making designs that work well for screen print or linoleum. We will study block print for half the class and then screen print or the other half and with the option to combine them. Hand drawn imagery and/or photographic references can be used to make works on paper and fabric including T-shirts, tote bags, or hand towels. Recommended for beginning and intermediate printmakers. Supply list prints on receipt. This class qualifies students for a Print Studio membership. 8 sessions. Instructor: Keith Norval.

Pullen Arts Center - Fee: \$180

Sep 10-Oct 29 Tu 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 students for a Print Studio membership. 6 sessions.

Instructor: Pete Borsay

Pullen Arts Center - Fee: \$136

Sep 19-Oct 24 Th 6:00-8:30pm

Printmaking - Lo-Fi Printmaking Workshop

Age: 16-99 yrs. Join a duo of artists for a fun weekend of explorative printmaking. We will be working off press to create layered works of art on paper. Topics that will be covered include: trace monotype, pochoir (stencil printing), Gelli Plate printing, object/relief printing, and stencil based silkscreen. Based on interest level, we will also cover how to convert a small die-cut machine to a petite etching press. All of these methods can be done in a home studio



without elaborate set-ups. Supplies will be discussed at the beginning of class, available for purchase from Pullen Arts or through the instructors. Approximate supply cost \$25. Open to all levels, beginners welcome. This workshop qualifies students for a Print Studio membership. 2 sessions. Instructors: Joanna Moody and Susan Martin.

Pullen Arts Center - Fee: \$175

Nov 16-Nov 17 Sa & Su 10:00am-4:00pm

Printmaking - Monoprints from the Garden

Age: 16-99 yrs. Creating beautiful monoprints using dried garden plants and flowers is a lovely addition to your creativity. It is a simple process that yields pleasurable results that may surprise you. Enjoy yourself while learning how to create unique and one of a kind works on paper using printmaking inks and dried plants. You will also learn how to gather, preserve, and dry plants from nature. All levels of printmaking experience welcome. The instructor will provide the dried garden plants to use for this class. The instructor will supply the inks and tools needed. We will use the printmaking press at Pullen as well as learn how to do this process without a printmaking press. Students will purchase the printmaking paper (Rives

BFK and Hahnemuhle) - both available in Pullen's supply store. This class qualifies students for a Print Studio membership. 6 sessions. Instructor: Natacha Sochat.

Pullen Arts Center - Fee: \$160

Oct 2-Nov 6 W 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. This course qualifies students for a Print Studio membership. Supply fee will vary based on project. 6 sessions. Instructor: Susan Martin.

Pullen Arts Center - Fee: \$161

Oct 29-Dec 10 Tu 10:00am-1:00pm

continued on page 38 -

Printmaking - Prints for Patches

Age: 14-99 yrs. Come join the fun and craft your own lino stamp! We will be using these stamps to create patches that can be sewn or adhered to clothing or bags or even hung on a wall! (Though of course you will be able to use these stamps to print on paper as well). At the end of the final class, students will be able to opt in to trade the patches they make with their classmates! Carving tools, inks, and fabric scraps will be provided but feel free to bring in any additional items you wish to print on. Linoleum blocks are available for purchase through the Pullen supply store. Beginner and experienced students welcome. 2 sessions. Instructor: Jocelyn Steslicke.

Pullen Arts Center - Fee: \$45

Sep 7-Sep 14 Sa 3:00-4:30pm

Printmaking - Silk Aquatint Printmaking

Age: 16-99 yrs. In this class we will cover the printmaking method of silk aquatint. Printing plates are made out of plexiglass and silkscreen mesh adhered with acrylic medium. Images on the plate are then built up with acrylics working from dark to light. Once we've made plates, we'll cover proper inking and printing with the etching press. It's a beautiful technique lending itself to painterly ways of making marks. Multiple plate printing will also be covered. The entire process will be demonstrated from start to finish, with sample plates and prints on hand. No experience is necessary, supplies will be available through the Pullen Art Center or through the instructor, approximately \$25. We will discuss supplies at the first class. This class qualifies students for a Print Studio membership. 6 sessions. Instructor: Susan Martin.

Pullen Arts Center - Fee: \$185

Sep 10-Oct 15 Tu 10:00am-1:30pm

Printmaking - Simple Polyester Plate Lithography

Age: 16-99 yrs. Polyester plate lithography is a water-based lithographic process, easier than waterless lithography or traditional stone based lithography methods. An artist can beautifully and easily create drawing or photography based original prints via pronto plate lithography. Learn how to transfer an image to the pronto (mylar) plate using the same drawing mediums used in other lithographic processes. Resultant prints can be one color or several colors. This is a very safe printmaking process. The student will be taught what materials are needed and you do not need to transfer your image to the polyester (pronto) plate as it will

be created directly on the plate. Students will print multiples in this process of their own work, but on day one will be given an image that is already on a plate to use so that they learn how to do the process from day one. The students will then create their own images on one plate if doing one color or several plates (if they are planning several - black + up to 3 layers of colors). The instructor will demonstrate each step as well as share examples of monochromatic and multi-color prints. Students will work with 5.5 x 8.5 polyester plates. Paper choices, inks, materials needed will be discussed. Planning more than one color will be discussed. No prior printmaking experience necessary. Instructor will provide all the materials for a \$30 per student fee paid directly to instructor (due on first day of class). This class qualifies students for a Print Studio membership. 6 sessions. Instructor: Natacha Sochat.

Pullen Arts Center - Fee: \$190

Sep 9-Oct 14 M 10:00am-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 - Fee: \$86

Oct 5 Sa 10:00am-4:30pm

Pullen Arts New Studio Orientation for Studio Card Holders

Age: 16-99 yrs. Pullen Arts Center's Pottery Studio Orientation covers studio safety, studio setup, and studio policies in the new Pullen Arts Center Community Pottery Studio. Sertoma members or students who have completed Beginning Wheel or Handbuilding at Sertoma or Pullen and who want to purchase a Pullen membership are required to complete an orientation before becoming a member at Pullen.

Pullen Arts Center - Fee: \$25

Dec 12 Tu 11:00am-12:00pm

Sertoma Pottery Studio Orientation

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

Sertoma Arts Center - Fee: \$25

Sep 9	M	6:00-7:00pm
Oct 14	M	1:00-2:00pm
Nov 4	M	1:00-2:00pm
Dec 9	M	6:00-7:00pm

Sewing 101

Age: 11-17 yrs.

Biltmore Hills Community Center - Fee: \$50

Nov 2-Nov 23	Sa	10:00am-12:00pm
Nov 2-Nov 23	Sa	12:00-2:00pm

Sustainability in Art

Age: 7-12 yrs. Learn how to make homemade paper from scraps! In this course, participants will learn the process of basic paper making using natural and recycled materials such as old newspaper, natural dyes, petals, and seeds. By the end of the class, participants will have made their own unique sheet of paper to take home.

Thomas G. Crowder Woodland Center - Fee: \$8

Crafts for Kids: Intro to Paper Making

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

Senior

Crafts

Age: 18-99 yrs. Bring your own projects to work on or work on projects for donation to local charities. Students share skills with each other in this social environment. Instructor: Sarah Ellen Sanders

Five Points Center

Sep 3-Dec 30 M-Th 9:30am-12:00pm

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 5-Dec 19 Th 2:00-4:00pm

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 - Fee: \$4

Sep 5-Dec 20 Th 10:00am-12:00pm

Readers Theatre

Age: 18-99 yrs. A wide variety of short and medium length skits are taken from different sources and come alive not only through the words of the authors, the actors' faces and bodies, but also through their tone, pitch, and emotion. Memorization of scripts is not necessary. Costuming and props are minimal. This is not a class with an instructor who teaches acting, nor is it a class for the shy. Participants gather to learn acting and entertain each other by filling a variety of roles (acting experience is not required). This group is a prerequisite for the Readers Theater Performing Ensemble. Commitment to attendance and participation is stressed.

Five Points Center

Sep 9-Dec 30 M 3:00-4:45pm

Family

12 Crafts of Christmas

Age: 5-99 yrs. Get ready to celebrate the holiday season! Decking the halls has never been so fun. Each week participants will create a fun unique wooden ornament. From wooden beads, to using twigs hand collected in our parks, or faux wood burning, each piece will deserve a special place on your tree. Each 30-minute session comes with materials to create Christmas magic!

Greystone Recreation Center - Fee: \$12

Dec 3	Tu	5:30-6:00pm
Dec 3	Tu	6:15-6:45pm
Dec 3	Tu	7:00-7:30pm
Dec 10	Tu	5:30-6:00pm
Dec 10	Tu	6:15-6:45pm
Dec 10	Tu	7:00-7:30pm
Dec 17	Tu	5:30-6:00pm
Dec 17	Tu	6:15-6:45pm
Dec 17	Tu	7:00-7:30pm

Lake Lynn Community Center - Fee: \$12

Dec 6	F	6:00-6:30pm
Dec 6	F	6:45-7:15pm
Dec 6	F	7:30-8:00pm
Dec 13	F	6:00-6:30pm
Dec 13	F	6:45-7:15pm
Dec 13	F	7:30-8:00pm
Dec 20	F	6:00-6:30pm
Dec 20	F	6:45-7:15pm
Dec 20	F	7:30-8:00pm

Laurel Hills Community Center - Fee: \$12

Dec 5	Th	6:00-6:30pm
Dec 5	Th	6:45-7:15pm
Dec 5	Th	7:30-8:00pm
Dec 12	Th	6:00-6:30pm
Dec 12	Th	6:45-7:15pm
Dec 12	Th	7:30-8:00pm
Dec 19	Th	6:00-6:30pm
Dec 19	Th	6:45-7:15pm
Dec 19	Th	7:30-8:00pm

Optimist Community Center - Fee: \$12

Dec 7	Sa	10:00-10:30am
Dec 7	Sa	10:45-11:15am
Dec 7	Sa	11:30am-12:00pm
Dec 14	Sa	10:00-10:30am

Dec 14	Sa	10:45-11:15am
Dec 14	Sa	11:30am-12:00pm
Dec 21	Sa	10:00-10:30am
Dec 21	Sa	10:45-11:15am
Dec 21	Sa	11:30am-12:00pm

Crafting Art & Jewelry

Age: 12-73 yrs. Interested in all things crafting and art? Unleash your inner artist with our fun and interactive community art classes! Whether you're a beginner or a seasoned artist, our classes offer something for everyone. From painting and drawing to crafting and jewelry design. Our experienced instructor will guide you through each step of the creative process, providing you with the skills and knowledge needed to create beautiful works of art. Let's make art together! This is a 12 week course that rotates between 4 mediums sub-sequentially.

Week 1 Paint Sip & Sketch

Week 2 Jewelry Making

Week 3 Clay, Paper Crafts & Quilling

Week 4 Resin Arts

Biltmore Hills Community Center - Fee: \$10

Aug 21-Nov 27 W 6:00-8:00pm

Family - Create with Me Holiday Workshops

Age: 3-5 yrs. Let's get ready for the Holidays! Come with a favorite adult and create fun, festive, Holiday-themed artwork together that can be used to decorate your home all while building important fine motor skills. Let's start each class with some fun songs and finger plays then dive into our Artwork!
Day 1: We will cut, glue, and paint a Mixed Media wreath for your door.
Day 2: We will build, paint, and decorate a cardboard Gingerbread House.
Day 3: We will explore printmaking while creating placemats and more for our holiday table. This class requires adult participation. Adult/parent/caregiver attends with child. Class fee includes one adult and one child; please register child only. All supplies included. Instructor:

Kim Lomax

Pullen Arts Center - Fee: \$30

Dec 3	Tu	10:00-11:30am
Dec 10	Tu	10:00-11:30am
Dec 17	Tu	10:00-11:30am

Family - Field Studies: Nature & Watercolor

Age: 6-12 yrs. This workshop is taught by an artist who will lead you outside into the Pullen Art Center gardens to be inspired to paint florals in the natural environment. Adult/parent/caregiver attends with child. Class fee includes one adult and one child; please register child only. All supplies included. Instructor:

Julia Einstein

Pullen Arts Center - Fee: \$30

Oct 6	Su	1:00-2:30pm
-------	----	-------------

Family - Holiday Printmaking: Tea Towel Gifts

Age: 8-99 yrs. Learn the repeat design of block printing with a loved one. Each Participant pairing will create a set of tea towels with their unique design. These are great gifts or home decoration. Sign up with your child or a loved one and make a memorable item to cherish in your home or gift to another. Please bring a few holiday designs in mind you can choose something spooky or sparkly, either way you'll have a good time. Child (8+) or adult may register. No Experience needed. All supplies included. Instructor:

Sarah Ann Austin

Pullen Arts Center - Fee: \$80

Oct 1-Oct 8	Tu	4:00-6:30pm
-------------	----	-------------

Family - Mixed Media Mondays

Age: 3-5 yrs. Mixed Media Mondays: Students will be able to create a mixed media artwork by combining various materials and techniques. Students will experiment with different techniques such as collage, painting, and texture creation. This class requires adult participation. Adult/parent/caregiver attends with child. Class fee includes one adult and one child; please register child only. All supplies included. Instructor:

Sarah Clover

Pullen Arts Center - Fee: \$30

Sep 9	M	2:00-3:30pm
Nov 4	M	2:00-3:30pm

Family - Playing with Art

Age: 6-12 yrs. The family that plays together stays together! Join us for a workshop all about creative play. You will discover the art of designing games and make one together to bring home for family game nights! Adult/parent/caregiver attends with child. Class fee includes one adult and one child; please register child only. All supplies included. 1 Session. Instructor: Julia Einstein

Pullen Arts Center - Fee: \$30

Dec 14	Sa	10:00-11:30am
--------	----	---------------

Family Metals - Ornament Your Life

Age: 7-16 yrs. Bring your family to make an ornament or two to hang in a window, on a tree, or elsewhere in your life! Use hammers and stamps to texture precut metal shapes, then combine the shapes and decorate them with beads! Class fee includes one adult and one child; please register child only. All supplies included. Instructor: Amy Veatch

Pullen Arts Center - Fee: \$70

Nov 30	Sa	1:00-4:00pm
--------	----	-------------

continued on page 40 -

Family Pottery - Autumn Soup Bowls

Age: 5-12 yrs. Do you love doing fun, creative things as a family? Come join us as we celebrate Fall and the cooler weather as we hand-build a set of family soup bowls. Everyone will make their own one-of-a-kind soup bowl and glaze their pieces. Pieces will be left for firing and available for pickup 2-3 weeks after the class. Class fee includes one adult and one child; please register child only. All materials provided. 1 session. Instructor: Kim Lomax.

Pullen Arts Center - Fee: \$35

Nov 6 W 4:30-6:00pm

Juggling for Genius

Age: 10-99 yrs. Join an activity that has been shown to increase brain mass. Juggling can trigger the non dominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test-taking time. This course is free. Masks are REQUIRED for all participants due to the nature of this program. Pre-registration is preferred. All participants 10-16 years of age are required to have a parent/ guardian present during class.

Method Road Community Center

Aug 5-Dec 16 M 7:00-9:00pm

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.

Optimist Community Center - Fee: \$7

Programmer the Reindeer

Dec 9-Dec 19 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 - Fee: \$10

Oct 29 Tu 6:00-7:30pm

Pumpkin Painting at Millbrook Exchange

Age: 0-10 yrs. Join us at Millbrook Exchange Park for a morning of pumpkin painting on the patio. Registration is per child and will include a mini pumpkin and a variety of decorative supplies. Come for the crafty fun, and let us clean up the mess! This is an outdoor event. In the event of inclement weather, it will move indoors. All individuals over the age of 5 are required to wear a mask indoors.

Millbrook Exchange Community Center - Fee: \$8

Oct 18 F 10:30am-12:30pm

Athletic Instruction



Preschool

All 2's All Stars

Age: 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. Pre-registration and adult participation are required for this class.

Halifax Community Center

Sep 9-Sep 30	M	10:15-10:45am	Fee: \$37
Oct 7-Oct 28	M	10:15-10:45am	Fee: \$37
Nov 4-Nov 25	M	10:15-10:45am	Fee: \$28
Dec 2-Dec 16	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. Pre-registration and adult participation are required for this class.

Halifax Community Center

Sep 9-Sep 30	M	11:00-11:45am	Fee: \$41
Oct 7-Oct 28	M	11:00-11:45am	Fee: \$41
Nov 4-Nov 25	M	11:00-11:45am	Fee: \$31
Dec 2-Dec 16	M	11:00-11:45am	Fee: \$31

Green Road Little Ballers

Age: 3-5 yrs.

Green Road Community Center

Sep 9-Sep 30	M	6:30-7:15pm
Oct 7-Oct 28	M	6:30-7:15pm

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 - Fee: \$41

Sep 3-Sep 24	Tu	10:15-11:00am
Oct 1-Oct 22	Tu	10:15-11:00am
Nov 5-Nov 26	Tu	10:15-11:00am

Super Sports

Age: 3-5 yrs. Join us at Millbrook Exchange Park for Super Sports. As our little athletes try out multiple sports each week, they will develop social skills among their peers as well as motor skills on the court. Before committing your child to an entire season of one sport, Super Sports is a great opportunity to try out a bunch of activities in one great class. A parent/guardian is expected to participate alongside their child to help them actively engage in the class.

Millbrook Exchange Community Center - Fee: \$40

Sep 4-Sep 25	W	3:30-4:15pm
--------------	---	-------------

Youth

All Sport Wonderful Workout

Age: 5-7 yrs. This class is designed to introduce your child to the fundamentals and athletic skills in basketball, baseball, football, and soccer, while emphasizing fun and sportsmanship. Each class is designed to enhance your child's ability to focus on sports basics such as dribble, pass and shoot in basketball. Along with focusing on the 3 major aspects of the game, the class will help your child's hand and eye coordination, awareness, sportsmanship, build confidence, character, and teamwork in a fun and encouraging environment.

Lions Park Community Center - Fee: \$35

Sep 2-Sep 23	M	6:15-7:15pm
Oct 7-Oct 28	M	6:15-7:15pm
Oct 5-Oct 26	Sa	10:00-11:00am
Sep 7-Sep 28	Sa	10:00-11:00am

continued on page 42 —

All Sports All Stars

Age: 5-8 yrs. Interested in introducing your new athlete to a variety of sports? This fundamental class will allow your athlete to explore a different sport each week. Sports covered include Baseball, Soccer, Basketball, Football, Hockey, Lacrosse and more. Participants will also practice balancing, catching, agility, aiming, and much more. Let's Get our Game on!

Laurel Hills Community Center

Aug 21-Aug 28 W 6:00-6:45pm Fee: \$25
 Sep 4-Sep 25 W 6:00-6:45pm Fee: \$50
 Oct 2-Oct 30 W 6:00-6:45pm Fee: \$50

Basketball Clinic

Age: 9-16 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 - Fee: \$12

Basketball Clinic JV

Oct 12-Oct 26 Th 6:00-8:30pm

Basketball Clinic-Weekend Workout

Oct 8-Oct 29 Su 2:00-5:00pm

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 - Fee: \$41

Sep 5-Sep 26 Th 6:30-7:30pm

Oct 3-Oct 24 Th 6:30-7:30pm

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 - Fee: \$5

Sep 8-Dec 29 Su 3:00-4:00pm

Biltmore Hills Basketball Skills Practice

Age: 13-18 yrs.

Biltmore Hills Community Center

Mar 6-May 31 W&F 6:00-8:00pm

Aug 21-Nov 29 W&F 3:30-6:00pm

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 - Fee: \$40

Sep 5-Sep 26 Th 7:30-8:30pm

Oct 3-Oct 24 Th 7:30-8:30pm

Worthdale Community Center - Fee: \$40

Sep 3-Sep 24 Tu 6:00-7:00pm

Oct 1-Oct 29 Tu 6:00-7:00pm

Nov 5-Nov 26 Tu 6:00-7:00pm

Dec 3-Dec 31 Tu 6:00-7:00pm

Intro to Golf

Age: 8-12 yrs.

Brier Creek Community Center

Sep 3-Sep 24 Tu 6:30-7:15pm Fee: \$41

Oct 1-Oct 22 Tu 6:30-7:15pm Fee: \$41

Nov 5-Nov 26 Tu 6:30-7:15pm Fee: \$41

Dec 3-Dec 17 Tu 6:30-7:15pm Fee: \$31

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

Ages 5-8

Sep 5-Sep 26 Th 4:30-5:15pm Fee: \$42

Oct 3-Oct 24 Th 4:30-5:15pm Fee: \$41

Ages 9-12

Sep 5-Sep 26 Th 5:15-6:00pm Fee: \$42

Oct 3-Oct 24 Th 5:15-6:00pm Fee: \$41

SouthEast Raleigh Wrestling Club

Age: 7-17 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. Ages: 7yr-12yr Tuesdays 6pm-8p & Thursday 6p-7p.
Ralph Campbell Community Center - Fee: \$66
 Nov 1-Mar 7 M-Th 6:00-8:00pm

Spike Starters Volleyball

Age: 7-15 yrs. Are you eager to dive into the world of volleyball? Our Beginners Volleyball Class is the perfect starting point for individuals looking to learn the fundamentals of this exciting team sport. In this class, you will be introduced to the basic techniques of serving, passing, setting, and hitting, as well as gaining an understanding of the rules and strategies that drive the game. Whether you're new to the sport or simply want to refresh your skills, our experienced instructors will provide a supportive and encouraging environment that fosters growth and confidence.

Worthdale Community Center - Fee: \$40

Sep 2-Sep 30 M 6:15-7:15pm

Oct 7-Oct 28 M 6:15-7:15pm

Nov 4-Nov 25 M 6:15-7:15pm

Dec 2-Dec 30 M 6:15-7:15pm

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 - Fee: \$31

Sep 4-Sep 25 W 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. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Age 6-8

Sep 2-Oct 16 M&W 5:00-6:00pm Fee: \$132

Sep 3-Oct 17 Tu&Th 5:00-6:00pm Fee: \$132

Sep 7-Oct 19 Sa 11:00am-12:00pm Fee: \$72

Oct 28-Dec 18 M&W 5:00-6:00pm Fee: \$132

Oct 29-Dec 19 Tu&Th 5:00-6:00pm Fee: \$132

Nov 2-Dec 21 Sa 11:00am-12:00pm Fee: \$72

Age 8-10

Sep 2-Oct 16 M&W 5:00-6:00pm Fee: \$132

Sep 3-Oct 17 Tu&Th 5:00-6:00pm Fee: \$132

Sep 7-Oct 19 Sa 9:00-10:00am Fee: \$72

Sep 7-Oct 19 Sa 10:00-11:00am Fee: \$72

Sep 7-Oct 19 Sa 11:00am-12:00pm Fee: \$72

Oct 28-Dec 18 M&W 5:00-6:00pm Fee: \$132

Oct 29-Dec 19 Tu&Th 5:00-6:00pm Fee: \$132

Nov 2-Dec 21 Sa 9:00-10:00am Fee: \$72

Nov 2-Dec 21 Sa 10:00-11:00am Fee: \$72

Nov 2-Dec 21 Sa 11:00am-12:00pm Fee: \$72

Age 10-18

Sep 2-Oct 16 M&W 4:00-5:00pm Fee: \$132

Sep 3-Oct 17 Tu&Th 4:00-5:00pm Fee: \$132

Sep 7-Oct 19 Sa 10:00-11:00am Fee: \$72

Oct 28-Dec 18 M&W 4:00-5:00pm Fee: \$132

Oct 29-Dec 19 Tu&Th 4:00-5:00pm Fee: \$132

Nov 2-Dec 21 Sa 10:00-11:00am Fee: \$72

Tennis Jr. Level 2

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. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.

Millbrook Exchange Tennis Center

Age 8-10

Sep 2-Oct 16	M&W	5:00-6:00pm	Fee: \$132
Oct 28-Dec 18	M&W	5:00-6:00pm	Fee: \$132

Age 10-18

Sep 7-Oct 19	Sa	9:00-10:00am	Fee: \$72
Nov 2-Dec 21	Sa	9:00-10:00am	Fee: \$72
Sep 2-Oct 16	M&W	4:00-5:00pm	Fee: \$132
Sep 3-Oct 17	Tu&Th	4:00-5:00pm	Fee: \$132
Oct 28-Dec 18	M&W	4:00-5:00pm	Fee: \$132
Oct 29-Dec 19	Tu&Th	4:00-5:00pm	Fee: \$132

Tennis USTA Junior Team Tennis

Come to tryouts (TBD) at Millbrook Exchange Tennis Center to be placed on a team. Practices are Friday afternoons with matches Saturdays at 9am, 10:30am, 12pm or 1:30pm. An end-of-the season tournament is held following the final match. Players must be a USTA member (free) plus pay a local league fee (\$24.15).

Millbrook Exchange Tennis Center - Fee: \$139

10U Beginner

Sep 6-Nov 9	F	5:00-6:30pm
-------------	---	-------------

12U Bronze

Sep 6-Nov 9	F	4:30-6:00pm
-------------	---	-------------

12U Silver

Sep 6-Nov 9	F	5:00-6:30pm
-------------	---	-------------

14U Bronze

Sep 6-Nov 9	F	5:00-6:30pm
-------------	---	-------------

14U Silver

Sep 6-Nov 9	F	5:00-6:30pm
-------------	---	-------------

18U Bronze

Sep 6-Nov 9	F	5:00-6:30pm
-------------	---	-------------

18U Silver

Sep 6-Nov 9	F	5:30-7:00pm
-------------	---	-------------

Volleyball Skills & Drills

Age: 8-15 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing, setter training and conditioning. Use of correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more! This is a 5 week session, meeting every Friday. Instructor: Monique Fearington

Optimist Community Center - Fee: \$150

Sep 4-Oct 9	W	6:30-8:30pm
Nov 13-Dec 18	W	6:30-8:30pm

Youth Basketball Training

Age: 8-12 yrs. The objective of this program is to provide basketball players aged 8-12 with an in-depth system for skill acquisition and skill development. By emphasizing deliberate practice and game-specific movements, this program will teach players how to prepare their bodies for the sport's athletic demands, develop confidence and on court IQ that translates to the game, use their training to access their on-court creativity, and to develop unique and healthy perspectives on the game.

Lake Lynn Community Center

Sep 9-Sep 30	M	6:00-7:00pm	Fee: \$41
Sep 7-Sep 28	Sa	9:15-10:15am	Fee: \$41
Oct 7-Oct 14	M	6:00-7:00pm	Fee: \$21
Oct 5-Oct 12	Sa	9:15-10:15am	Fee: \$21
Nov 9-Nov 23	Sa	9:15-10:15am	Fee: \$31
Nov 18-Nov 25	M	6:00-7:00pm	Fee: \$21
Dec 2-Dec 16	M	6:00-7:00pm	Fee: \$31
Nov 30-Dec 14	Sa	9:15-10:15am	Fee: \$31

Teen

Teen Basketball Training

Age: 13-17 yrs. The objective of this program is to provide basketball players aged 13-17 with an in-depth system for skill acquisition and skill development. By emphasizing deliberate practice and game-specific movements, this program will teach players how to prepare their bodies for the sport's athletic demands, develop confidence and on court IQ that translates to the game, use their training to access their on-court creativity, and to develop unique and healthy perspectives on the game.

Lake Lynn Community Center

Sep 7-Sep 28	Sa	10:30-11:30am	Fee: \$41
Sep 9-Sep 30	M	7:15-8:15pm	Fee: \$41
Oct 7-Oct 14	M	7:15-8:15pm	Fee: \$21
Oct 5-Oct 12	Sa	10:30-11:30am	Fee: \$21
Nov 18-Nov 25	M	7:15-8:15pm	Fee: \$21
Nov 9-Nov 23	Sa	10:30-11:30am	Fee: \$31
Nov 30-Dec 14	Sa	10:30-11:30am	Fee: \$31
Dec 2-Dec 16	M	7:15-8:15pm	Fee: \$31

Adult

Roller Skating Fitness

Age: 18-99 yrs. Instructor Eddie Watson brings years of roller skating experience. Participants will get a great overall workout while learning basic skating maneuvers and various styles of dance skating. Participants are required to bring their own skates and any safety pads or helmet.

Millbrook Exchange Community Center - Fee: \$10

Sep 10-Dec 17	Su	4:00-5:00pm
---------------	----	-------------

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. To advance to 3.0 Drills, players must be at the 3.0 level. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov.

Lake Lynn Community Center

Sep 3-Oct 17	Tu&Th	6:00-7:00pm	Fee: \$132
Oct 29-Dec 19	Tu&Th	6:00-7:00pm	Fee: \$132

Millbrook Exchange Tennis Center

Sep 2-Oct 16	M&W	6:00-7:00pm	Fee: \$132
Sep 3-Oct 17	Tu&Th	6:00-7:00pm	Fee: \$132
Oct 28-Dec 18	M&W	6:00-7:00pm	Fee: \$132
Oct 29-Dec 19	Tu&Th	6:00-7:00pm	Fee: \$132

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

Millbrook Exchange Tennis Center - Fee: \$72

Sep 6-Oct 18	F	9:00-10:00am
Sep 6-Oct 18	F	10:00-11:00am

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 - Fee: \$24

Women's 3.0 Doubles

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Women's 3.5 Doubles

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Men's 3.0/3.5 Doubles

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

continued on page 44 -

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

Millbrook Exchange Tennis Center

Sep 2-Oct 16	M&W	10:00-11:00am	Fee: \$132
Sep 2-Oct 16	M&W	6:00-7:00pm	Fee: \$132
Sep 3-Oct 17	Tu&Th	11:00am-12:00pm	Fee: \$132
Sep 3-Oct 17	Tu&Th	7:00-8:00pm	Fee: \$132
Sep 7-Oct 19	Sa	9:00-10:00am	Fee: \$72
Sep 7-Oct 19	Sa	12:00-1:00pm	Fee: \$72
Oct 28-Dec 18	M&W	10:00-11:00am	Fee: \$132
Oct 28-Dec 18	M&W	6:00-7:00pm	Fee: \$132
Oct 29-Dec 19	Tu&Th	11:00am-12:00pm	Fee: \$132
Oct 29-Dec 19	Tu&Th	7:00-8:00pm	Fee: \$132
Nov 2-Dec 21	Sa	9:00-10:00am	Fee: \$72
Nov 2-Dec 21	Sa	12:00-1:00pm	Fee: \$72

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 7 weeks which includes 1 bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Millbrook Exchange Tennis Center

Sep 2-Oct 16	M&W	11:00am-12:00pm	Fee: \$132
Sep 2-Oct 16	M&W	7:00-8:00pm	Fee: \$132
Sep 3-Oct 17	Tu&Th	10:00-11:00am	Fee: \$132
Sep 3-Oct 17	Tu&Th	6:00-7:00pm	Fee: \$132
Sep 7-Oct 19	Sa	10:00-11:00am	Fee: \$72
Sep 7-Oct 19	Sa	11:00am-12:00pm	Fee: \$72
Oct 28-Dec 18	M&W	11:00am-12:00pm	Fee: \$132
Oct 28-Dec 18	M&W	7:00-8:00pm	Fee: \$132
Oct 29-Dec 19	Tu&Th	10:00-11:00am	Fee: \$132
Oct 29-Dec 19	Tu&Th	6:00-7:00pm	Fee: \$132
Nov 2-Dec 21	Sa	10:00-11:00am	Fee: \$72
Nov 2-Dec 21	Sa	11:00am-12:00pm	Fee: \$72

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 – Fee: \$24

Women's 2.5

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Women's 3.0

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Women's 3.5

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Women's 4.0/4.5

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Men's 2.5

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Men's 3.0

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Men's 3.5

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Men's 4.0

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

Men's/Women's 4.5

Aug 26-Nov 3	M&Su
Nov 18-Feb 16	M&Su

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 – Fee: \$45

All levels

Sep 2-Nov 11	M	7:00-9:00pm
Sep 4-Nov 13	W	9:30-11:30am

Coed 2.0/2.5

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

Athletics Open Play

Youth

Basketball Open Play - Youth

Age: 6-17 yrs. Open gym basketball is an opportunity for youth 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 own basketballs, or a limited number may be available to check out. Contact the location for open play schedule.

Brier Creek Community Center

Dec 22-Dec 29 W-F 3:00-6:00pm

Laurel Hills Community Center

Sep 6-Sep 27 F 3:30-5:30pm

Futsal Open Play

Age: yrs. Our Futsal Open Play Program offers a dynamic and engaging environment for futsal enthusiasts to come together and enjoy the fast-paced action of the sport. Whether you're a skilled player or new to the game, our program provides an inclusive space for players of all levels to participate and have fun.

Worthdale Community Center

Sep 2-Sep 30 M-F 4:00-8:00pm

Oct 7-Oct 31 M-F 4:00-8:00pm

Nov 1-Nov 29 M-F 4:00-8:00pm

Dec 2-Dec 31 M-F 4:00-8:00pm

Worthdale Teen Open Run

Age: yrs. Our Middle School Coed Basketball Open Run offers young athletes an opportunity to hone their basketball skills in a fun and supportive environment. Designed specifically for middle school students, this program encourages teamwork, skill development, and friendly competition among players of all levels.

Worthdale Community Center

Sep 3-Sep 24 Tu 7:00-8:30pm

Oct 1-Oct 29 Tu 7:00-8:30pm

Nov 5-Nov 26 Tu 7:00-8:30pm

Dec 3-Dec 31 Tu 7:00-8:30pm

Adult

40 & Up Basketball Open Play

Age: 40-99 yrs. Join us for open play Basketball for 40 plus. This is a great opportunity to meet local neighbors that enjoy the great game of Basketball.

Lions Park Community Center

Sep 6-Sep 27 F 6:30-8:30pm

Oct 4-Oct 25 F 6:30-8:30pm

Nov 1-Nov 29 F 6:30-8:30pm

Basketball Open Play - Adults

Biltmore Hills Community Center

Sep 23-Dec 21 M,Tu,Th,Sa,Su 6:30-9:00pm

Laurel Hills Community Center

Sep 2-Sep 30 M&Th 12:30-2:00pm

Sep 7-Sep 28 Sa 9:30am-12:00pm

Pickleball Open Play

Age: 18-99 yrs. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No pre-registration is required. Dates and times listed below may show as "Unavailable" or "Full" due to online registration not being activated. If the date and time is shown, Open Play Pickleball will be offered. Each session has a \$2 fee, or a 4 month pass can be purchased for \$10 and provides access to all sessions shown on reclink.raleighnc.gov.

Laurel Hills Community Center

Sep 3-Sep 25 Tu&W 10:30am-12:30pm

Sep 1-Sep 29 Su 2:00-5:00pm

Lions Park Community Center

Oct 6-Oct 27 Su 2:00-5:30pm

Family

Basketball Open Play - Family

Age: yrs. 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.

Laurel Hills Community Center

Sep 5-Sep 26 Th 3:30-5:30pm

Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Ryan Ryba
ryan.ryba@raleighnc.gov

Athletic Program Managers

Zeb Alford
zebulon.alford@raleighnc.gov

Michael Brito
michael.brito@raleighnc.gov

Jason Clemons
jason.clemons@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 Youth Soccer

Age: 3-4 yrs. Our Youth Soccer Leagues are for boys and girls ages 4-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31 of the current year. Practices will start in September and the season will run through early November. Currently, the intended schedule will include all practices and games to be played on Saturdays. Please note that coaches have the option to hold a practice during the week and the league coordinators may need to schedule rain make-ups on additional days/nights. Please keep in mind that the schedule is subject to change. Exact weeknight practices will be determined after registration and team placement.

Registration will begin in July at your local community center and online.

Peter Williams Park - Fee: \$65

U4 Co-ed

Sep 7-Nov 16 Sa 9:00am-3:00pm

U6 Co-ed

Sep 7-Nov 16 Sa 9:00am-3:00pm

U8 Co-ed

Sep 7-Nov 16 M-Su 9:00am-8:00pm

Youth INDOOR Volleyball

Age: 8-10 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 September 1st through September 30th. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until November and games will be played in January - February. League age is determined by the participant's age as of August 31st, 2024. Games will be held at Optimist Park and practice will be held at Optimist. Dates and times of practice and games could be Tuesdays, Thursdays and/or Saturdays. It is all based on registration numbers. The TIMES FOR THIS LEAGUE could occur between 6:00p- 9:00p on Tuesdays and Thursdays and 9:00pm - 3:00pm on Saturday. November 7th will be drafts and assessments where players are placed on their teams. An email will be

sent informing you of your assign day/ time. No player requests are guaranteed. Final season schedules will be sent out a few weeks after teams are made. Other times listed are for facility reservation ONLY.

Optimist Community Center

Nov 7-Feb 27 Tu,Th,Sa 6:00-6:45pm Fee: \$85
 Nov 7-Feb 27 Tu,Th,Sa 7:00-7:45pm Fee: \$80
 Nov 7-Feb 27 Tu,Th,Sa 7:00-7:45pm Fee: \$80

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

Age: 13-17 yrs. Youth Winter Basketball registration is October 1-14. The Junior League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Millbrook Exchange Community Center - Fee: \$51

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

Age: 13-14 yrs. Youth Winter Basketball registration is October 1-14. 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, 2024. 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 - Fee: \$51

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

Age: 11-12 yrs. Youth Winter Basketball registration is October 1-14. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Carolina Pines Community Center - Fee: \$51
Lake Lynn Community Center - Fee: \$51
Marsh Creek Community Center - Fee: \$51
Method Road Community Center - Fee: \$51

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

Age: 11-12 yrs. Youth Winter Basketball registration is October 1-14. The Little League is competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Millbrook Exchange Community Center - Fee: \$51

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

Age: 7-8 yrs. Youth Basketball registration is October 2-20. 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 - Fee: \$51
Green Road Community Center - Fee: \$51
Jaycee Community Center - Fee: \$51
Tarboro Road Community Center - Fee: \$51

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

Age: 9-10 yrs. Youth Winter Basketball registration is October 1-14. 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 and develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Abbotts Creek Community Center - Fee: \$51
Biltmore Hills Community Center - Fee: \$51
Laurel Hills Community Center - Fee: \$51
Lions Park Community Center - Fee: \$51

continued on page 48 –



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

Age: 9-10 yrs. Youth Winter Basketball registration is October 1-14. The Mitey-Mite League is a introduction to competitive league play. Fundamentals of basketball play are strongly encouraged and taught. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. However, there is NO postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Millbrook Exchange Community Center - Fee: \$51

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

Age: 5-6 yrs. Youth Winter Basketball registration is October 1-14. The Pee Wee League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Brier Creek Community Center - Fee: \$51

Optimist Community Center - Fee: \$51

Roberts Park Community Center - Fee: \$51

Worthdale Community Center - Fee: \$51

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

Age: 15-17 yrs. Youth Winter Basketball registration is October 1-14. The Senior Boys League is competitive league play. Positive sportsmanship is strongly encouraged by spectators, coaches, and players. This league does keep score and records of wins and losses are kept. Also, there is postseason tournament play. Volunteer coaches are needed who enjoy basketball, want to teach youth, and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31, 2024.

Green Road Community Center - Fee: \$51

Adult

Adult Basketball

Age: 18-99 yrs. The Athletics Division will be holding registration for the winter Adult Basketball League on October 15-28, 2024. 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 Center Locations



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 - Fee: \$41
 Sep 9-Sep 30 M 4:30-5:30pm

Little Learners Preschool Program

Age: 3-5 yrs. Little Learners is an interactive preschool program for ages 3-5. The students will engage in developmentally appropriate educational activities such as arts and crafts, music, imaginative play, group games and stories. Activities will be geared to develop and enhance their social, emotional, fine and gross motor skills. This is the ideal program for your child to learn, grow, and make new friends in a fun and safe environment. Our goal is to create an environment that will nurture positive character, development and an excitement for learning. Little Learners runs September through May. Participants must be toilet-trained; no diapers or pull-ups. All children will need to bring a snack and drink each day.

Greystone Recreation Center

Sep 4-Sep 30	M,W,F	9:15am-12:15pm	Fee: \$240
Oct 2-Oct 30	M,W,F	9:15am-12:15pm	Fee: \$260
Nov 1-Nov 22	M,W,F	9:15am-12:15pm	Fee: \$180
Dec 2-Dec 20	M,W,F	9:15am-12:15pm	Fee: \$180

Youth

History Explorers

Age: 10-14 yrs. Hop on the Historic Raleigh Trolley to travel through time! During this series we'll visit different historic sites and museums in the Raleigh area for hands-on activities and to learn more about the past. Each month will feature a different field location with transportation provided on the Historic Raleigh Trolley. Participants must be accompanied by one adult; guardians attend for free.

Mordecai Historic Park - Fee: \$10

Sep 21	Sa	9:30am-12:00pm
Oct 19	Sa	9:30am-12:00pm
Nov 23	Sa	9:30am-12:00pm

Village of Hope

Age: yrs. Village of Hope will focus on mental health, finding fun ways to discuss topics that impact our daily lives and participating in events to help build our communities up. Each participant will be matched with a mentor. Activities Include: Weekly meetings/workshops, Mental health exercises/techniques, Family resources, Community involvement, and Guest speakers.

Worthdale Community Center

Sep 6-Sep 27	F	5:00-7:00pm
Oct 4-Oct 25	F	5:00-7:00pm
Nov 1-Nov 29	F	5:00-7:00pm
Dec 6-Dec 27	F	5:00-7:00pm

Youth Aviation Academy

This program is designed for youth to learn more about the legacy of the Tuskegee Airman, future careers in aviation and aeronautics, and those who would like to get a better understanding of aviation in the 21st century. The Academy will hold sessions designed around STEM and interactive learning. Program led by the Heart of Carolina Chapter-Tuskegee Airmen.

John Chavis Community Center

History of Tuskegee Airmen, Career Panel, Build and Fly a Balsa Plane

Sep 14	Sa	10:00am-12:00pm
--------	----	-----------------

NASA Speaker, STEM Session with Hands-On Activities

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

Field Trip to RDU

Nov 2	Sa	9:00am-2:00pm
-------	----	---------------

Principles of Flight, Flight Simulator Session I

Nov 9	Sa	10:00am-12:00pm
-------	----	-----------------

Principles of Flight Review, Flight Simulator Session II, Drones, and Pizza Party

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

continued on page 50 -

Teen

Balloon Animal Making for Beginners

Age: 12-17 yrs. Have you ever wanted to learn how to make a balloon animal? Come to this beginner class to learn the basics of balloon animal making. Examples include dog, elephant, flower, etc.

Marsh Creek Community Center – Fee: \$10
Oct 10 Th 3:30-4:30pm

Cooking Block

Age: 11-17 yrs. From easy appetizers and yummy desserts to classic dinners and quick, low-cost snacks, it's all here! Join other teens to learn their way around the kitchen, creating tasty foods.

Saint Monica Teen Center – Fee: \$5

Sep 17	Tu	6:00-7:30pm
Oct 1	Tu	6:00-7:30pm
Oct 15	Tu	6:00-7:30pm
Oct 29	Tu	6:00-7:30pm
Nov 12	Tu	6:00-7:30pm
Dec 3	Tu	6:00-7:30pm

Adult

Backyard Orchard Management

Age: 16-99 yrs. Do you have a fruit tree that refuses to produce fruit? Have you always dreamed of having your own orchard? Do you have an interest in learning more about how to grow fruit trees in an urban backyard? If any of these apply to you, sign up for our Backyard Orchard Management series for a hands on take on orchard care.

Marsh Creek Community Center – Fee: \$10
Nov 13 W 4:00-5:30pm

Balloon Animal Making for Beginners

Age: 18-99 yrs. Have you ever wanted to learn how to make a balloon animal? Come to this beginner class to learn how to make the basics of balloon animal making. Examples include dog, elephant, flower, etc.

Marsh Creek Community Center – Fee: \$10
Oct 7 M 6:30-7:30pm

Beginner Quilting

Age: 15-99 yrs. Scrappy Mystery Quilt class. We will be making a mystery quilt top during this class. If you have scraps this would be a great one for you. Made out of three color families, one which being a neutral colors or whites for the background. Beginner level is acceptable. (Must be able to sew a 1/4" seam.) You will be learning innovative news way to cut to make blocks. Sewing machine, thread and cutting tools required.

Abbotts Creek Community Center – Fee: \$25
Sep 4-Oct 23 W 7:00-9:00pm

Cool Season Lawn Care for Beginners

Age: 15-99 yrs. Have you ever wondered how to get your lawn to look lush and green? Have you ever looked at a bag of fertilizer wonder what 20-20-20 means? How do you know if you need to add lime to your soil? When do you apply fertilizer, grub preventative, pre-emergent, and fungicide? When is the right time to aerate your lawn? All these questions, and more, will be answered in this class. This class will focus on cool season lawns (Fescue and Kentucky Bluegrass) only.

Marsh Creek Community Center – Fee: \$10
Sep 18 W 6:15-8:00pm

Nursing Mothers of Raleigh

Age: 18-99 yrs. We offer answers to questions and basic information classes with demonstrations: Breastfeeding Q and A, Preparation and Getting Started, Starting Solids, Weaning, Supporting Your Partner, Understanding Your Baby's Cues, How Breastfeeding Changes As Your Baby Grows, etc.

Marsh Creek Community Center
Sep 5-Dec 5 Th 7:00-9:00pm
Sep 19-Dec 19 Th 9:30-11:30am

Senior

50 Terms Every Senior Should Know: Legal, Financial and Medical

Are you familiar with the many legal, financial and medical acronyms such as POA, ADA, BFP, CMP, DJIA, CPR-to name a few? Professionals often speak in these terms but do we really know what is being said? These and many others will be reviewed so you will know what the conversation is about. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center
Dec 10 Tu 10:00-11:30am

Five Points Center
Dec 19 Th 2:00-3:30pm

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 – Fee: \$12
Oct 9-Oct 16 W 10:00-11:30am

Five Points Center – Fee: \$12
Sep 3-Sep 10 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).

Five Points Center - Fee: \$12
 Sep 18-Sep 25 W 10:00-11:30am
 Oct 23-Oct 30 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.

Five Points Center - Fee: \$6
 Oct 9 W 2:00-4:00pm
 Nov 13 W 2:00-4:00pm
Five Points Center - Fee: \$6
 Dec 17 Tu 2:00-4:00pm

Caregiver Support 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 or 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 on 1st Thursdays. For more information please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738. Sponsored by Heartland Hospice and Resources for Seniors Inc
Five Points Center
 Sep 9-Dec 9 M 1:30-2:30pm

Chromecast Basics 1

Google Chromecast can stream things to your television and can make a dumb tv smart. So how does it work? Get a better understanding of what it means to stream! There are no prerequisites. For more information on cable television options, check out the more detailed Cutting the Cord class.

Five Points Center - Fee: \$6
 Dec 2 M 10:00-11:30am

Computer Basics 1

Age: 18-99 yrs. Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet.

Five Points Center - Fee: \$12
 Sep 3-Sep 10 Tu 10:00-11:30am
 Oct 24-Oct 31 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 - Fee: \$12
 Sep 17-Sep 24 Tu 2:00-3:30pm
 Nov 5-Nov 12 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 - Fee: \$12
 Oct 8-Oct 15 Tu 10:00-11:30am
 Nov 19-Dec 3 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 - Fee: \$12
 Oct 22-Oct 29 Tu 10:00-11:30am
 Dec 10-Dec 17 Tu 10:00-11:30am

Computer Network Basics 1

Age: 18-99 yrs. Learn how to set up a basic wireless network in your home using the internet for your wireless devices. Since every modem and wireless router is different, we will discuss generalities on how to set it up in your home. This is a fantastic class for those interested in maintaining or setting up their own network. Plus, learn how you can save a little bit of money buying the equipment instead of renting.

Five Points Center - Fee: \$6
 Dec 10 Tu 2:00-4:00pm

continued on page 52 -

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 - Fee: \$12
 Sep 16-Sep 23 M 10:00-11:30am
Five Points Center - Fee: \$12
 Oct 22-Oct 29 Tu 2:00-3:30pm
 Nov 7-Nov 14 Th 10:00-11:30am

Decluttering 2.0

After sorting your "stuff", you need to figure out how to disperse them. Join us to learn strategies including types of Estate Sales. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center
 Oct 29 Tu 10:00-11:30am
Five Points Center
 Oct 31 Th 2:00-3:30pm

Estate Liquidation Options

Age: 18-99 yrs. Selling that excess 'stuff' isn't what it used to be. Finding out what things will sell and for how much requires research and experience and that's only the beginning. Get your estate liquidation questions answered at our upcoming seminar. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center
 Nov 19 Tu 10:00-11:30am
Five Points Center
 Nov 14 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 - Fee: \$6
 Oct 30 W 2:00-3:30pm
Five Points Center - Fee: \$6
 Nov 21 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. Presented by SHIIP.

Anne Gordon Center
 Sep 24 Tu 10:00-11:30am
Five Points Center
 Sep 25 W 1:30-3:00pm

Finance: Veterans' Aid and Attendance Benefits

There is a Veterans benefit that pays between \$1,000 and \$2,000 per month TAX FREE, it helps to pay for the cost of long term care no matter if it is Skilled Nursing, Assisted Living or In-Home Professional Care. War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center
 Nov 12 Tu 10:00-11:30am
Five Points Center
 Nov 21 Th 2:00-3:30pm

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 - Fee: \$12
 Sep 19-Sep 26 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' or equivalent computer knowledge.

Five Points Center - Fee: \$12
 Oct 10-Oct 17 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 - Fee: \$6
 Oct 7 M 10:00am-12:00pm
 Nov 20 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 - Fee: \$12
 Sep 4-Sep 11 W 2:00-3:30pm
Five Points Center - Fee: \$12
 Nov 19-Dec 3 Tu 2:00-3:30pm

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 - Fee: \$6
 Nov 20 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 - Fee: \$12
 Sep 4-Sep 11 W 10:00-11:30am

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

Age: 18-99 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 - Fee: \$6
 Nov 6 W 10:00am-12:00pm

Five Points Center - Fee: \$6
 Sep 24 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 - Fee: \$6
 Oct 16 W 2:00-4:00pm

Nov 6 W 2:00-4:00pm

Five Points Center - Fee: \$6
 Dec 19 Th 10:00am-12:00pm

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 - Fee: \$12
 Oct 14-Oct 21 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 - Fee: \$12
 Oct 28-Nov 4 M 10:00-11:30am

iPad Basics 3

Age: 18-99 yrs. Prerequisite: iPad/iPhone Basics 1 or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how you can control which applications can track you across other applications. Allow your iPhone to save your passwords and learn from Apple when your accounts are compromised. Don't want to be disturbed? We will show you how to create a custom Focus so that your iPad doesn't disturb you. Don't have a scanner at home? Learn how you can scan documents with your iPad. Learn ways to control how you interact with Siri. Plus many more tips and tricks. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center - Fee: \$12
 Dec 11-Dec 18 W 2:00-3:30pm

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 - Fee: \$12
 Nov 18-Nov 25 M 10:00-11:30am

Five Points Center - Fee: \$12
 Sep 5-Sep 12 Th 10:00-11:30am

iPhone Basics 2

Age: 18-99 yrs. Learn to view existing email accounts using Mail app, Search and Download Apps from Apple Store, Search locations, how to look at suggested searches, directions to home and work, Managing Apps, Customizing Notification Settings, Customize Do Not Disturb, Create and Manage Contacts, Calendar, Maps, Weather, Safari, Mail, Messages, Customize Control Center, How to Access All Connected Devices under a single Apple ID, Personal Info, and more! Prerequisite: iPad/iPhone Basics 1 or if you are an Intermediate user. Bring your iPhone PLUS your Apple ID and Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center - Fee: \$12
 Sep 18-Sep 25 W 2:00-3:30pm

Dec 4-Dec 11 W 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 - Fee: \$12
 Dec 9-Dec 16 M 10:00-11:30am

Five Points Center - Fee: \$12
 Oct 8-Oct 15 Tu 2:00-3:30pm

continued on page 54 -

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 23 W 2:00-3:30pm
 Nov 13 W 10:00-11:30am
Five Points Center
 Dec 5 Th 10:00-11:30am

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 - Fee: \$6
 Sep 9 M 10:00-11:30am
 Dec 4 W 2:00-4:00pm

Parkinson's Disease Dialogue Group

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 or 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 on 1st Thursdays. For more information please contact the Regional Service Coordinator, Resources for Seniors, at 919-996-4738. Presented by Resources for Seniors

Five Points Center
 Sep 5-Dec 5 Th 1:30-3:00pm

Paying for Long-Term Care

Care costs are astounding -- \$5,000, \$8,000, \$10,000 per month or more. How can I afford this? Learn more as we discuss financial strategies that you can use to help cover the cost of long-term care. Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center
 Oct 8 Tu 10:00-11:30am
Five Points Center
 Oct 24 Th 2:00-3:30pm

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.

Five Points Center
 Dec 11 W 1:00-2:00pm



Selling Your Home In This Market

The goal of this seminar is to help homeowners understand what to expect when deciding to relocate after many years in the same home. Our intention in sharing this information is to save you money, hassle, and time. Even more than that, we want to help you make informed and educated decisions. Presented by Freda Hamlett, Milestone Moves.

Anne Gordon Center

Sep 17 Tu 10:00am-1:30pm

Five Points Center

Sep 26 Th 2:00-3:30pm

Senior Housing Options

Age: 18-99 yrs. There are many housing options available for retirement. What terms do I need to know to retire successfully? Can I retire comfortably in my own home? Presented by Huston Law Firm, Carolina Estate Counsel.

Anne Gordon Center

Sep 10 Tu 10:00-11:30am

Five Points Center

Sep 19 Th 2:00-3:30pm

SHIIP Counseling

Age: 18-99 yrs. If you are turning 65 or retiring and are becoming eligible for Medicare, schedule an appointment to learn about your Medicare benefits, options and enrollment. These 1:1 appointments will help you to be an informed consumer about your healthcare options. SHIIP counselors are not licensed insurance agents, and they 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 2-Dec 30 M & Th 1:00-4:00pm

Five Points Center

Sep 3-Dec 23 M-Th 1:00-5:00pm

Support at End of Life:

The Role of End-of-Life Doulas

Age: 18-99 yrs. What exactly is an End-of-Life Doula and how can they serve you and your loved ones at the end of life? Discuss how End-of-Life Doulas provide supportive presence, guidance and education during end of life, and how they work alongside hospice. Presented by Susan Creech, Advocate By Your Side.

Anne Gordon Center

Dec 17 Tu 11:30am-12:30pm

Five Points Center

Oct 9 W 1:00-2:00pm

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 5 Tu 2:00-4:00pm

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

Tips on Purchasing a Computer

Age: 18-99 yrs. You're finally ready to purchase a computer, but aren't sure what to buy. Let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. We will also discuss what you should be looking for when you make your decision.

Anne Gordon Center - Fee: \$6

Dec 18 W 10:00am-12:00pm

Five Points Center - Fee: \$6

Sep 17 Tu 10:00am-12:00pm

Nov 12 Tu 2:00-4:00pm

Family

Community Conversation

Age: 0-99 yrs. Looking for a place to connect with your neighbors? We are creating a space to talk with other community members about different local topics

Sanderford Road Neighborhood Center

College Admission

Sep 17 Tu 6:30-7:30pm

Housing and Neighborhoods

Oct 15 Tu 6:30-7:30pm

Homeschool Explorers

Age: 0-99 yrs. This cooperative homeschool support group provides social and educational activities for a minimum cost per child. For additional information, please email RachelCKincaid@gmail.com or call Method Road Park.

Method Road Community Center - Fee: \$1

Aug 20-May 27 Tu 11:30am-1:30pm

Health & Wellness



Preschool

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 - Fee: \$41
 Sep 3-Sep 24 Tu 5:00-5:45pm
 Oct 1-Oct 22 Tu 5:00-5:45pm
 Nov 5-Nov 26 Tu 5:00-5:45pm
 Dec 3-Dec 24 Tu 5:00-5:45pm

JCMP Tumbling Tots

Age: 2-5 yrs. Is your child creative, inquisitive, and determined? They would love our tumbling class! Toddlers will develop their coordination, build their self-esteem, and have tons of fun while navigating obstacle courses, learning new skills, and staying active.

John Chavis Community Center
 Oct 7-Oct 28 M 10:30-11:15am

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 - Fee: \$52
 Sep 9-Sep 30 M 11:30am-12:15pm
 Oct 14-Nov 4 M 11:30am-12:15pm
 Nov 18-Dec 9 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 - Fee: \$52
 Sep 9-Sep 30 M 10:30-11:15am
 Oct 14-Nov 4 M 10:30-11:15am
 Nov 18-Dec 9 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 - Fee: \$31
 Oct 3-Oct 24 Th 6:30-7:15pm
 Nov 7-Nov 21 Th 6:30-7:15pm
 Sep 5-Sep 26 Th 6:30-7:15pm
 Sep 5-Sep 26 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 - Fee: \$41
 Sep 7-Sep 28 Sa 11:15am-12:00pm
 Oct 5-Oct 26 Sa 11:15am-12:00pm
 Nov 2-Nov 23 Sa 11:15am-12:00pm

Tumble N Twist

Age: 2-5 yrs. 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 - Fee: \$41

Ages 2-3

Sep 4-Sep 25	W	4:45-5:30pm
Oct 2-Oct 23	W	4:45-5:30pm
Oct 30-Nov 20	W	4:45-5:30pm

Ages 4-5

Sep 4-Sep 25	W	5:45-6:30pm
Oct 2-Oct 23	W	5:45-6:30pm
Oct 30-Nov 20	W	5:45-6:30pm

Youth

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!

Barwell Road Community Center - Fee: \$41

Sep 3-Sep 24	Tu	6:00-6:45pm
Oct 1-Oct 22	Tu	6:00-6:45pm
Nov 5-Nov 26	Tu	6:00-6:45pm
Dec 3-Dec 24	Tu	6:00-6:45pm

Health and Wellness Camp

A Camp directed towards teaching health and wellness to our younger kids. Informing them on healthier ways to eat and breaking down how to read Nutrition Labels. Showing and Teaching them how to use workout equipment, so that they are safely performing exercises in the weightroom.

Method Road Community Center

Nov 18-Nov 22	M-F	6:30-8:30pm
---------------	-----	-------------

Kidokinetics Sports & Fitness

Age: 5-9 yrs. This multi sports camp introduces kids to a variety of sports, games and fitness activities! Soccer, baseball, basketball and lacrosse headline the expansive roster of sports. Campers will learn new skills, gain self-confidence and try sports they may not have had an opportunity to try before. If your kids love all things sports, this camp is for them!

Sanderford Road Neighborhood Center - Fee: \$58

Oct 3	Th	8:00am-5:00pm
-------	----	---------------

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 - Fee: \$50

Sep 2-Sep 30	M&W	6:00-7:00pm
Oct 2-Oct 30	M&W	6:00-7:00pm
Nov 4-Nov 27	M&W	6:00-7:00pm
Dec 2-Dec 30	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 - Fee: \$41

Sep 9-Sep 30	M	6:30-7:15pm
Oct 7-Oct 28	M	6:30-7:15pm
Nov 4-Dec 2	M	6:30-7:15pm
Dec 9-Dec 30	M	6:30-7:15pm

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 3-Sep 26	Tu&Th	5:30-6:15pm	Fee: \$81
Oct 1-Oct 31	Tu&Th	5:30-6:15pm	Fee: \$81
Nov 5-Nov 26	Tu&Th	5:30-6:15pm	Fee: \$81
Dec 3-Dec 19	Tu&Th	5:30-6:15pm	Fee: \$61

4-Month

Sep 3-Dec 19	Tu&Th	5:30-6:15pm	Fee: \$300
--------------	-------	-------------	------------

Teen

Yoga Roots

Age: 10-15 yrs. This yoga class is for youth 10-14 years of age looking to explore the deeper benefits of a yoga practice. We cover the 8 limbs of yoga philosophy, preparing tweens/teens to become leaders in their communities. This class will also use yoga sequencing that strengthen the body and mind. No previous yoga experience necessary. Participants should be dressed for movement and bring a sticky mat.

Hill Street Neighborhood Center - Fee: \$50

Sep 5-Sep 26	Th	6:30-7:30pm
Oct 3-Oct 24	Th	6:30-7:30pm
Nov 7-Dec 5	Th	6:30-7:30pm

Dress for Success Closet

Age: 12-18 yrs. Whether it's the latest summer trends, cozy winter essentials, or stylish back-to-school outfits, our Teen Clothing Closet keeps up with the seasons, ensuring every teen can look their best all year round. Our staff is on hand to offer personalized styling assistance, helping teens discover the looks that make them feel confident and fabulous.

Saint Monica Teen Center

Sep 3-May 27	Tu	2:00-7:00pm
--------------	----	-------------

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 - Fee: \$16

Sep 1-Sep 29	Su	5:00-5:55pm
Oct 6-Oct 27	Su	5:00-5:55pm
Nov 3-Nov 24	Su	5:00-5:55pm
Dec 1-Dec 29	Su	5:00-5:55pm

continued on page 58 —

Adult/Teen Wah Lum Kung Fu

Age: 12-99 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 3-Sep 30 M,Tu,Th 6:30-7:30pm Fee: \$101
 Oct 1-Oct 31 M,Tu,Th 6:30-7:30pm Fee: \$101
 Nov 4-Nov 26 M,Tu,Th 6:30-7:30pm Fee: \$101
 Dec 2-Dec 19 M,Tu,Th 6:30-7:30pm Fee: \$77

4-Month Session

Sep 2-Dec 19 M,Tu,Th 6:30-7:30pm Fee: \$382

Advance Hip Hop Soul Line Dance

Age: yrs. This class is for those who are experienced with the fundamentals and terminology, as well as following voice instruction. Hip Hop Soul Line Dancing can be much more than the Wobble, Cupid Shuffle, etc. An example of a dance you would be expected to learn in a relatively short amount of time can be seen here. <https://youtu.be/AzVLuzMEHO4?t=56>

Carolina Pines Community Center - Fee: \$5
 Sep 9-Dec 16 M 6:30-8:30pm

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 - Fee: \$61
 Oct 17-Nov 21 Th 6:30-7:30pm

Barre at Abbotts Creek

Age: 16-99 yrs. This low to no impact class that focuses on functional movements, full range of motion, and alignment. Classes are designed to increase body awareness in movement, improve balance, increase muscular endurance and improve core strength. Equipment such as lighter dumbbells, resistance bands and Pilates balls may be used in the class.

Abbotts Creek Community Center

Sep 9-Sep 30 M 6:30-7:20pm Fee: \$40
 Oct 7-Oct 28 M 6:30-7:20pm Fee: \$40
 Nov 4-Nov 25 M 6:30-7:20pm Fee: \$40
 Dec 2-Dec 30 M 6:30-7:20pm Fee: \$50

Drop In

Sep 9-Dec 30 M 6:30-7:20pm Fee: \$10

Barre-Pilates Fusion

Age: 18-99 yrs. This class combines the best of Barre and Mat Pilates. Exercise will strengthen and lengthen muscles with a particular focus on the core. This low-impact workout is done to the beat of the music and movements will target the entire body.

Marsh Creek Community Center - Fee: \$10
 Sep 5-Dec 19 Th 8:00-9:00am

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.

Lake Lynn Community Center - Fee: \$41
 Sep 9-Oct 21 M 7:15-8:00pm
 Sep 8-Oct 27 Su 4:30-5:15pm

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 - Fee: \$16

Sep 3-Sep 26 Tu&Th 7:15-8:15pm
 Oct 1-Oct 31 Tu&Th 7:15-8:15pm
 Nov 5-Nov 28 Tu&Th 7:15-8:15pm
 Dec 3-Dec 31 Tu&Th 7:15-8:15pm

Chavis Line Dancing

Age: 16-99 yrs. Chavis Line Dance is group fitness and fun! Classes are offered weekly for experienced line dancers (intermediate through advanced). Beginners are recommended to attend Feet Friendly Fridays.

John Chavis Community Center - Fee: \$5

Sep 3-Oct 8 Tu 6:30-8:30pm
 Nov 12-Dec 3 Tu 6:30-8:30pm

Circuit Training

Age: yrs. HIIT workout is a fun way to keep up with healthy physical lifestyle habits. Attending HIIT workouts you have the opportunity to engage in various high intensity exercises that can be modified to your limitations or fitness level. HIIT workouts will range anywhere from strength and conditioning, building and toning, endurance and energy, and body weight conditioning.

Carolina Pines Community Center

Apr 24 W 6:15-7:00pm
 May 1-Aug 28 W 6:15-7:00pm
 Sep 4-Dec 18 W 6:15-7:00pm



Clogging

Age: 13-99 yrs. Enjoy learning to clog, or double-step up to something more advanced! All levels of learners welcome – it's fun, and great exercise, in an open, non-competitive environment. Partners are not necessary, and 'line' (individual) dances as well as traditional figures and steps are taught. Clogging is the wonderful percussive dance often seen when bluegrass or old-time music is playing - though this class incorporates pop songs as well. Clogging - also called flatfooting or buckdancing - began in the mountains of North Carolina, and has spread all over the world. Tap shoes or hard-sole shoes are best, but any shoe is fine!

Jaycee Community Center - Fee: \$35
 Oct 10-Dec 5 Th 6:00-8:00pm

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, a cool-down, and resting period. 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
 Oct 1-Oct 22 Tu 6:00-7:00pm Fee: \$48
 Nov 5-Nov 26 Tu 6:00-7:00pm Fee: \$48
 Dec 3-Dec 17 Tu 6:00-7:00pm Fee: \$36

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
 Oct 3-Oct 24 Th 6:15-7:15pm Fee: \$48
 Nov 7-Nov 21 Th 6:15-7:15pm Fee: \$36
 Dec 5-Dec 19 Th 6:15-7:15pm Fee: \$36

Exercise - Sertoma Chair Yoga

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 - Fee: \$53
 Sep 10-Oct 15 Tu 1:30-2:30pm
 Oct 29-Dec 17 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 - Fee: \$53
 Sep 9-Oct 14 M 6:15-7:15pm
 Sep 9-Oct 14 M 7:30-8:30pm
 Sep 10-Oct 15 Tu 12:00-1:00pm
 Oct 28-Dec 16 M 6:15-7:15pm
 Oct 28-Dec 16 M 7:30-8:30pm
 Oct 29-Dec 17 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 - Fee: \$53
 Sep 4-Oct 16 W 6:15-7:15pm
 Sep 4-Oct 16 W 7:30-8:30pm
 Sep 5-Oct 17 Th 12:00-1:00pm
 Oct 30-Dec 11 W 6:15-7:15pm
 Oct 30-Dec 11 W 7:30-8:30pm
 Oct 31-Dec 12 Th 12:00-1:00pm

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 - Fee: \$10
 Sep 7-Dec 21 Sa 10:15-11:15am

Feet Friendly Fridays

Age: 13-99 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 - Fee: \$5
 Sep 6-Oct 11 F 6:30-8:30pm
 Nov 22-Dec 6 F 6:30-8:30pm

First Responder Reboot

Age: 18-99 yrs. The first to respond to the needs of others are often the last to seek help for themselves. First Responder REBOOT is a 12-week, faith-based, peer-led course that helps first responders and their families heal from critical incident stress and trauma. If you or someone you love is suffering from the stress of the front lines, the time is now to break free from trauma and change your life.

Marsh Creek Community Center
 Aug 30-Nov 15 F 7:00-8:00pm

Gentle Yoga

Age: 18-99 yrs. Treat your body to much needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture, and stress relief. Please bring your mats, towels, or blankets.
Pullen Community Center - Fee: \$61
 Aug 21-Oct 9 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 3-Sep 24 Tu 6:15-7:15pm Fee: \$41
 Oct 1-Oct 29 Tu 6:15-7:15pm Fee: \$51
 Nov 5-Nov 26 Tu 6:15-7:15pm Fee: \$41
 Dec 3-Dec 17 Tu 6:15-7:15pm Fee: \$31

continued on page 60 –

Intro to Wah Lum Kung Fu

Age: 13-99 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 4-Sep 25	M&W	5:30-6:30pm	Fee: \$71
Oct 2-Oct 30	M&W	5:30-6:30pm	Fee: \$71
Nov 4-Nov 27	M&W	5:30-6:30pm	Fee: \$71
Dec 2-Dec 18	M&W	5:30-6:30pm	Fee: \$53.50

4 Month Session

Sep 4-Dec 18	M&W	5:30-6:30pm	Fee: \$266
--------------	-----	-------------	------------

Martial Arts at Abbotts Creek

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 – Fee: \$5

Sep 1-Dec 31	Th & Sa	7:00-8:00pm
--------------	---------	-------------

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 – Fee: \$5

Sep 4-Dec 18	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 – Fee: \$5

Sep 4-Dec 18	W	7:00-8:00pm
--------------	---	-------------

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 – Fee: \$40

Sep 2-Sep 30	M&W	7:00-8:30pm
Oct 2-Oct 30	M&W	7:00-8:30pm
Nov 4-Nov 27	M&W	7:00-8:30pm
Dec 2-Dec 30	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 – Fee: \$46

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

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 – Fee: \$76

Sep 3-Dec 3	Tu	6:30-7:30pm
-------------	----	-------------

POP Pilates®

Age: 18-99 yrs. POP Pilates is where strength meets flexibility. Think highly focused movements that leave your body toned and transformed. This isn't your average workout - it's a dance on the mat. Designed as an equipment-free class with a range of movement modifications, POP Pilates is for everybody.

Kiwanis Community Center – Fee: \$10

Sep 7-Dec 14	Sa	9:00-10:00am
--------------	----	--------------

POUND® Fitness at Abbotts Creek

Age: 16-99 yrs. Don't just listen to music - Become the music. Get your cardio and strength training all in one rocking workout. POUND is designed for all fitness levels and provides an exhilarating atmosphere to let loose, tone up and rock out! This is the drop-in section for the course.

Abbotts Creek Community Center

Sep 9-Sep 30	M	7:30-8:20pm	Fee: \$40
Oct 7-Oct 28	M	7:30-8:20pm	Fee: \$40
Nov 4-Nov 25	M	7:30-8:20pm	Fee: \$40
Dec 2-Dec 30	M	7:30-8:20pm	Fee: \$50

Drop-In Section

Sep 9-Dec 30	M	7:30-8:20pm	Fee: \$10
--------------	---	-------------	-----------

Self-Defense Class

Age: 15-99 yrs. Empower yourself and discover your inner fighter with our Krav Maga class - the ultimate Israeli self defense system. Whether you're a complete beginner or a seasoned enthusiast, this class welcomes everyone to discover the art of real-world self-defense without any prerequisites.

Our expert instructor will guide you through the foundational principles and techniques of Krav Maga, emphasizing its simplicity and efficiency for practical self-defense in everyday situations. Engage in drills that address real-world situations, honing your ability to react with precision and confidence. Discover the physical and mental strength within you, arming yourself with the tools to protect not only yourself but also your loved ones. No uniform required.

Instructor: Jeffrey Weisenborne; Black Belt KMF-AC, Certified Instructor Level 1 - 4

Brier Creek Community Center

Sep 3-Sep 24	Tu	6:30-7:30pm	Fee: \$51
Oct 1-Oct 22	Tu	6:30-7:30pm	Fee: \$51
Nov 5-Nov 26	Tu	6:30-7:30pm	Fee: \$51
Dec 3-Dec 17	Tu	6:30-7:30pm	Fee: \$38.50

Sertoma Open Line Dance

Age: yrs. Calling experienced Copperknob line dancers! We're open dancing at the Sertoma Arts Center at Shelley Lake, in Raleigh, the favorite dances that are taught locally. We meet (usually) the first Sunday of each month so check the dates to be sure. Most dances are improver to intermediate level so dancers must

have experience dancing higher level line dances. There is no instruction, but lots of fun dancing to popular Copperknob line dances that are danced at events around the world. No charge and no advanced registration needed. Just sign in at the door. Lists of planned dances will be available prior to each session. Contact Jackie Wheeler (jackielinedances@gmail.com) for questions. Who's ready to dance?! (Usually the first Sunday of each Month: 9/8, 10/6, 11/3, 12/8*) * second Sunday of the month.

Sertoma Arts Center

Sep 8-Dec 8 Su 1:30-4:30pm
 Sep 22-Dec 22 Su 1:30-4:30pm

Soul Line Dance & Get Fit

Age: 16-99 yrs. This line dance class is for individuals new to line dancing and those who want to learn new line dance basics. Soul Line Dance is taught at a slow-to-moderate pace. Do not be fooled by the title: You will learn and practice some great cardio workouts and low-, medium- and high-impact soul line dances. Come prepared to move, sweat and have fun!

Barwell Road Community Center - Fee: \$7

Sep 4-Dec 25 W 6:00-7:30pm

Greystone Recreation Center - Fee: \$7

Sep 9-Dec 30 M 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 4-Sep 25 M&W 4:00-5:00pm Fee: \$71

Oct 2-Oct 30 M&W 4:00-5:00pm Fee: \$71

Nov 4-Nov 27 M&W 4:00-5:00pm Fee: \$71

Dec 2-Dec 18 M&W 4:00-5:00pm Fee: \$53.50

4 Month Session

Sep 4-Dec 18 M&W 4:00-5:00pm Fee: \$267

Yoga at Optimist Community Center

Age: yrs. This yoga class is a gentle stretch and restore class intended for all levels. It will combine postures of the body, breathing techniques and meditation. Through mindful movements you will learn better self-regulation and

compassion. Bring a blanket or large towel and a yoga mat. Wear comfortable clothing.

Optimist Community Center - Fee: \$10
 Sep 4-Dec 18 W 6:30-7:30pm

Yoga Flow

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. Please bring your mats, towels, or blankets.

Pullen Community Center - Fee: \$61
 Aug 21-Oct 9 W 5:30-6:30pm

Zumba®

Age: 18-99 yrs. Zumba is for everybody and every body! We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party! Pre-registration is required.

Halifax Community Center

Sep 9-Sep 30 M 7:00-8:00pm Fee: \$40

Oct 7-Oct 28 M 7:00-8:00pm Fee: \$40

Nov 4-Nov 25 M 7:00-8:00pm Fee: \$30

Dec 2-Dec 23 M 7:00-8:00pm Fee: \$40

continued on page 62 –



ZUMBA® at Green Road

Age: 12-99 yrs. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructors: Maria Williams and Crystal Morgan.

Green Road Community Center - Fee: \$5
 Jul 6-Dec 21 Sa 10:00-11:00am
 Jun 24-Dec 18 M-W 6:30-7:30pm

ZUMBA® at Greystone

Age: 12-99 yrs. ZUMBA dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5 per class. All classes taught by a licensed Zumba Instructor. Instructor: Kaori Isaacson

Greystone Recreation Center - Fee: \$5
 Sep 7-Dec 28 Sa 10:00-11:00am
 Sep 5-Dec 19 Th 6:00-7:00pm

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 - Fee: \$5
 Sep 5-Dec 19 Th 6:30-7:30pm
 Sep 7-Dec 28 Sa 9:30-10:30am

ZUMBA® at Worthdale

Age: 15-99 yrs Zumba is a dance-based fitness program set to Latin and international music, mixing low-intensity and high-intensity moves for an interval-style, calorie-burning PARTY! All levels of fitness are welcome, and no dance background necessary!

Worthdale Community Center - Fee: \$7
 Sep 2-Sep 30 M&W 6:00-7:30pm
 Oct 2-Oct 30 M&W 6:00-7:30pm
 Nov 4-Nov 27 M&W 6:00-7:30pm
 Dec 2-Dec 30 M&W 6:00-7:30pm

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 4-Sep 25 W 12:30-1:30pm Fee: \$12
 Oct 2-Oct 30 W 12:30-1:30pm Fee: \$16
 Nov 6-Nov 20 W 12:30-1:30pm Fee: \$9
 Dec 4-Dec 18 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, intervals and the use of hand weights and resistance bands. Regular classes are beginner level with chair support. Intermediate level is somewhat more energetic and is done without chair support. Classes differ by instructor.

Anne Gordon Center

Sep 3-Sep 24	Tu	9:15-10:00am	Fee: \$12
Oct 1-Oct 29	Tu	9:15-10:00am	Fee: \$15
Nov 5-Nov 26	Tu	9:15-10:00am	Fee: \$12
Dec 3-Dec 31	Tu	9:15-10:00am	Fee: \$12
Sep 5-Sep 26	Th	10:15-11:00am	Fee: \$12
Oct 3-Oct 31	Th	10:15-11:00am	Fee: \$15
Nov 7-Nov 21	Th	10:15-11:00am	Fee: \$9
Dec 5-Dec 19	Th	10:15-11:00am	Fee: \$9

Intermediate

Sep 5-Sep 26	Th	9:15-10:00am	Fee: \$12
Oct 3-Oct 31	Th	9:15-10:00am	Fee: \$15
Nov 7-Nov 21	Th	9:15-10:00am	Fee: \$9
Dec 5-Dec 19	Th	9:15-10:00am	Fee: \$9

Five Points Center

Instructor: Bettie Ittenbach
 Sep 4-Sep 25 W 10:30-11:15am Fee: \$12
 Oct 2-Oct 30 W 10:30-11:15am Fee: \$16
 Nov 6-Nov 20 W 10:30-11:15am Fee: \$9
 Dec 4-Dec 18 W 10:30-11:15am Fee: \$9

Blood Pressure and Weight Screenings

Age: 18-99 yrs. Take advantage of this monthly FREE blood pressure clinic offered by Dr. Casey Baldwin, Senior Care Pharmacist, Resources for Seniors. Sponsored by Resources for Seniors.

Five Points Center
 Sep 3-Dec 3 Tu 9:30-10:15am

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
 Sep 5-Sep 26 Th 9:15-10:00am Fee: \$12
 Oct 3-Oct 31 Th 9:15-10:00am Fee: \$16
 Nov 7-Nov 21 Th 9:15-10:00am Fee: \$9
 Dec 5-Dec 19 Th 9:15-10:00am Fee: \$9

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 9/2

Five Points Center
 Sep 9-Sep 30 M 9:15-10:00am Fee: \$12
 Oct 7-Oct 28 M 9:15-10:00am Fee: \$12
 Nov 4-Nov 25 M 9:15-10:00am Fee: \$9
 Dec 2-Dec 30 M 9:15-10:00am Fee: \$16
 Sep 4-Sep 25 W 9:15-10:00am Fee: \$12
 Oct 2-Oct 30 W 9:15-10:00am Fee: \$16
 Nov 6-Nov 20 W 9:15-10:00am Fee: \$9
 Dec 4-Dec 18 W 9:15-10:00am Fee: \$9



Cardio Dance And Tone

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 3-Sep 24	Tu	10:15-11:00am	Fee: \$12
Oct 1-Oct 29	Tu	10:15-11:00am	Fee: \$15
Nov 5-Nov 26	Tu	10:15-11:00am	Fee: \$12
Dec 3-Dec 31	Tu	10:15-11:00am	Fee: \$12

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

Instructor: Meg Berg

Sep 6-Sep 27	F	10:15-11:00am	Fee: \$12
Oct 4-Oct 25	F	10:15-11:00am	Fee: \$12
Nov 1-Nov 29	F	10:15-11:00am	Fee: \$16
Dec 6-Dec 27	F	10:15-11:00am	Fee: \$12

Instructor: Sue Payne

Sep 5-Sep 26	Th	2:30-3:15pm	Fee: \$12
Oct 3-Oct 31	Th	2:30-3:15pm	Fee: \$16
Nov 7-Nov 21	Th	2:30-3:15pm	Fee: \$9
Dec 5-Dec 19	Th	2:30-3:15pm	Fee: \$9
Sep 3-Sep 24	Tu	2:15-3:00pm	Fee: \$12
Oct 1-Oct 29	Tu	2:15-3:00pm	Fee: \$16
Nov 5-Nov 26	Tu	2:15-3:00pm	Fee: \$12
Dec 3-Dec 17	Tu	2:15-3:00pm	Fee: \$9

Cardio Sculpt: Chair

Age: 18-99 yrs. This seated class will help you burn fat and build muscles. The class is a combination of seated cardio and sculpting muscles. Get a healthy heart and sculpted muscles all in one class.

Instructor: Sue Payne

Five Points Center

Sep 5-Sep 26	Th	12:30-1:15pm	Fee: \$12
Oct 3-Oct 31	Th	12:30-1:15pm	Fee: \$16
Nov 7-Nov 21	Th	12:30-1:15pm	Fee: \$9
Dec 5-Dec 19	Th	12:30-1:15pm	Fee: \$9
Sep 3-Sep 24	Tu	1:15-2:00pm	Fee: \$12
Oct 1-Oct 29	Tu	1:15-2:00pm	Fee: \$16
Nov 5-Nov 26	Tu	1:15-2:00pm	Fee: \$12
Dec 3-Dec 17	Tu	1:15-2:00pm	Fee: \$9

Dance Fit

Age: 18-99 yrs. This fun, high-energy class combines fitness, dance, line dance and kickboxing moves with strength training for a great workout!

Anne Gordon Center

Sep 9-Sep 30	M	11:45am-12:30pm	Fee: \$12
Oct 7-Oct 28	M	11:45am-12:30pm	Fee: \$12
Nov 4-Nov 25	M	11:45am-12:30pm	Fee: \$9
Dec 2-Dec 30	M	11:45am-12:30pm	Fee: \$15

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. Instructor: Sue Payne

Five Points Center

Sep 5-Sep 26	Th	11:45am-12:30pm	Fee: \$12
Oct 3-Oct 31	Th	11:45am-12:30pm	Fee: \$16
Nov 7-Nov 21	Th	11:45am-12:30pm	Fee: \$9
Dec 5-Dec 19	Th	11:45am-12:30pm	Fee: \$9
Sep 9-Sep 30	M	2:00-2:45pm	Fee: \$12
Oct 7-Oct 28	M	2:00-2:45pm	Fee: \$12
Nov 4-Nov 25	M	2:00-2:45pm	Fee: \$9
Dec 2-Dec 30	M	2:00-2:45pm	Fee: \$16

Flexibility and Balance

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 3-Sep 24	Tu	1:15-2:00pm	Fee: \$12
Oct 1-Oct 29	Tu	1:15-2:00pm	Fee: \$15
Nov 5-Nov 26	Tu	1:15-2:00pm	Fee: \$12
Dec 3-Dec 31	Tu	1:15-2:00pm	Fee: \$12

Gentle Stretch

Age: 18-99 yrs. Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor:

Sue Payne

Five Points Center

Sep 5-Sep 26	Th	1:30-2:15pm	Fee: \$12
Oct 3-Oct 31	Th	1:30-2:15pm	Fee: \$16
Nov 7-Nov 21	Th	1:30-2:15pm	Fee: \$9
Dec 5-Dec 19	Th	1:30-2:15pm	Fee: \$9

Health Talks with Dr. Baldwin

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. Instructor: Dr. Casey Baldwin

Five Points Center

Sep 3-Dec 3	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.

Anne Gordon Center

Beginner (some experience)

Sep 3-Sep 24	Tu	2:15-3:30pm	Fee: \$12
Oct 1-Oct 22	Tu	2:15-3:30pm	Fee: \$12
Nov 5-Nov 26	Tu	2:15-3:30pm	Fee: \$12
Dec 3-Dec 31	Tu	2:15-3:30pm	Fee: \$12

Adv Beginner/Improver (good experience)

Sep 3-Sep 24	Tu	3:40-4:40pm	Fee: \$12
Oct 1-Oct 29	Tu	3:40-4:40pm	Fee: \$15
Nov 5-Nov 26	Tu	3:40-4:40pm	Fee: \$12
Dec 3-Dec 31	Tu	3:40-4:40pm	Fee: \$12

Five Points Center

Adv. Beginner/Improver

Sep 9-Sep 30	M	1:00-2:00pm
Oct 7-Oct 28	M	1:00-2:00pm
Nov 4-Nov 25	M	1:00-2:00pm
Dec 2-Dec 30	M	1:00-2:00pm

Intermediate

Sep 9-Sep 30	M	2:15-3:15pm
Oct 7-Oct 28	M	2:15-3:15pm
Nov 4-Nov 25	M	2:15-3:15pm
Dec 2-Dec 30	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 4-Dec 18	W	1:30-3:00pm
--------------	---	-------------

Meditate For Well Being

Create moments of peace & calm this new year. Learn how to practice quieting your mind. Our meditation sessions will be an opportunity to learn simple methods that anchor your mind around proven techniques that help reduce your level of anxiety, calm your heart rate, and, if practiced regularly, will improve your overall health. Instructor - Norma Marti *this class will be taught in Spanish*

Five Points Center

Sep 5-Sep 26	Th	9:15-10:15am	Fee: \$12
Oct 3-Oct 31	Th	9:15-10:15am	Fee: \$16
Nov 7-Nov 21	Th	9:15-10:15am	Fee: \$9
Dec 5-Dec 19	Th	9:15-10:15am	Fee: \$9

Green Road Community Center

Sep 4-Sep 25	W	5:15-6:15pm	Fee: \$12
Oct 2-Oct 30	W	5:15-6:15pm	Fee: \$16
Nov 6-Nov 20	W	5:15-6:15pm	Fee: \$12
Dec 4-Dec 18	W	5:15-6:15pm	Fee: \$9

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 3-Sep 24	Tu	12:15-1:00pm	Fee: \$9
Oct 1-Oct 29	Tu	12:15-1:00pm	Fee: \$15
Nov 5-Nov 26	Tu	12:15-1:00pm	Fee: \$9
Dec 3-Dec 31	Tu	12:15-1:00pm	Fee: \$9

continued on page 64 —



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. Instructor: Meg Berg

Five Points Center

Sep 6-Sep 27	F	9:15-10:00am	Fee: \$12
Oct 4-Oct 25	F	9:15-10:00am	Fee: \$12
Nov 1-Nov 29	F	9:15-10:00am	Fee: \$16
Dec 6-Dec 27	F	9:15-10:00am	Fee: \$12

Five Points Center

Sep 5-Sep 26	Th	11:20am-12:05pm	Fee: \$12
Oct 3-Oct 31	Th	11:20am-12:05pm	Fee: \$16
Nov 7-Nov 21	Th	11:20am-12:05pm	Fee: \$9
Dec 5-Dec 19	Th	11:20am-12:05pm	Fee: \$9

Qi Gong

Age: 18-99 yrs. Learn the 24 simple movements of qigong (chee-gong) designed to promote energetic and internal organ health. Practitioners think that the movements create good energy flow in the body and contribute to overall health. Beginners welcome; accommodations for all levels. Qi Gong for Joint Health combines guided visualization, simple motion, and balance to improve strength and fluidity for bones and joints. The class is conducted both sitting and standing.

Anne Gordon Center

Sep 3-Sep 24	Tu	11:15am-12:00pm	Fee: \$12
Oct 1-Oct 29	Tu	11:15am-12:00pm	Fee: \$15
Nov 5-Nov 26	Tu	11:15am-12:00pm	Fee: \$12
Dec 3-Dec 31	Tu	11:15am-12:00pm	Fee: \$12
Sep 6-Sep 27	F	10:45-11:30am	Fee: \$12
Oct 4-Oct 25	F	10:45-11:30am	Fee: \$12
Nov 1-Nov 22	F	10:45-11:30am	Fee: \$12
Dec 6-Dec 27	F	10:45-11:30am	Fee: \$12

Five Points Center

Instructor: Sharam Ghalikar

Sep 6-Sep 27	F	9:15-10:00am	Fee: \$12
Oct 4-Oct 25	F	9:15-10:00am	Fee: \$12
Nov 1-Nov 29	F	9:15-10:00am	Fee: \$16
Dec 6-Dec 27	F	9:15-10:00am	Fee: \$12
Sep 3-Sep 24	Tu	9:15-10:00am	Fee: \$12
Oct 1-Oct 29	Tu	9:15-10:00am	Fee: \$16
Nov 5-Nov 26	Tu	9:15-10:00am	Fee: \$12
Dec 3-Dec 17	Tu	9:15-10:00am	Fee: \$9

Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing Qigong routine that consists of 18 easy-to-remember movements emphasizing proper posture and deep breathing. The practice includes visualization and standing meditation. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress reduction. Seated modifications will be available upon request.

Anne Gordon Center

Sep 5-Sep 26	Th	1:30-2:15pm	Fee: \$12
Oct 3-Oct 31	Th	1:30-2:15pm	Fee: \$15
Nov 7-Nov 21	Th	1:30-2:15pm	Fee: \$9
Dec 5-Dec 19	Th	1:30-2:15pm	Fee: \$12

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.

Five Points Center

Instructor: Gail Burden

Sep 4-Sep 25	W	2:00-3:00pm	Fee: \$12
Oct 2-Oct 30	W	2:00-3:00pm	Fee: \$16
Nov 6-Nov 20	W	2:00-3:00pm	Fee: \$9
Dec 4-Dec 18	W	2:00-3:00pm	Fee: \$9

Sound Meditation

Combining Sound and Meditation allows you to focus attention and put the mind and body in state of harmony which can improve health. The tradition that we will use has been handed down for centuries and starts with a 'HUM'. This stimulates the inner ear and resets our fight or flight response in the brain, which is crucial to good internal and external communication. Combining meditation and sound is a fun and easy way to build balance and harmony in your life. Instructor: Mari Howerton

Anne Gordon Center

Sep 6-Sep 27	F	11:45am-12:30pm	Fee: \$12
Oct 4-Oct 25	F	11:45am-12:30pm	Fee: \$12
Nov 1-Nov 22	F	11:45am-12:30pm	Fee: \$12
Dec 6-Dec 20	F	11:45am-12:30pm	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

Five Points Center

Sep 9-Sep 30	M	10:30-11:30am	Fee: \$12
Oct 7-Oct 28	M	10:30-11:30am	Fee: \$12
Nov 4-Nov 25	M	10:30-11:30am	Fee: \$9
Dec 2-Dec 30	M	10:30-11:30am	Fee: \$16

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

Beginner Sun Style

Sep 9-Sep 30	M	2:00-2:45pm	Fee: \$12
Oct 7-Oct 28	M	2:00-2:45pm	Fee: \$12
Nov 4-Nov 25	M	2:00-2:45pm	Fee: \$9
Dec 2-Dec 30	M	2:00-2:45pm	Fee: \$15

Intermediate Sun Style

Sep 9-Sep 30	M	3:00-3:45pm	Fee: \$12
Oct 7-Oct 28	M	3:00-3:45pm	Fee: \$12
Nov 4-Nov 25	M	3:00-3:45pm	Fee: \$9
Dec 2-Dec 30	M	3:00-3:45pm	Fee: \$15

Advanced Sun Style

Sep 9-Sep 30	M	1:00-1:45pm	Fee: \$12
Oct 7-Oct 28	M	1:00-1:45pm	Fee: \$12
Nov 4-Nov 25	M	1:00-1:45pm	Fee: \$9
Dec 2-Dec 30	M	1:00-1:45pm	Fee: \$15

Various Styles

Sep 5-Sep 26	Th	2:30-3:15pm	Fee: \$12
Oct 3-Oct 31	Th	2:30-3:15pm	Fee: \$15
Nov 7-Nov 21	Th	2:30-3:15pm	Fee: \$9
Dec 5-Dec 19	Th	2:30-3:15pm	Fee: \$12

Walk and Talk Meet Up

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! Start times may be adjusted to account for temperature.

Five Points Center

Sep 3-Dec 17	Tu	10:30-11:30am
--------------	----	---------------

Walk and Talk Meet Up at Greystone

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; in the event of inclement weather, we will cancel for the week. Please pre-register so that we know you are coming!

Greystone Recreation Center

Sep 5-Dec 19	Th	10:30-11:30am
--------------	----	---------------

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. Instructor: Sue Payne. NO CLASS 9/2

Five Points Center

Sep 9-Sep 30	M	11:30am-12:15pm	Fee: \$12
Oct 7-Oct 28	M	11:30am-12:15pm	Fee: \$12
Nov 4-Nov 25	M	11:30am-12:15pm	Fee: \$12
Dec 2-Dec 30	M	11:30am-12:15pm	Fee: \$16
Sep 6-Sep 27	F	1:00-1:45pm	Fee: \$12
Oct 4-Oct 25	F	1:00-1:45pm	Fee: \$12
Nov 1-Nov 29	F	1:00-1:45pm	Fee: \$16
Dec 6-Dec 27	F	1:00-1:45pm	Fee: \$12

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 9-Sep 30	M	9:15-10:00am	Fee: \$12
Oct 7-Oct 28	M	9:15-10:00am	Fee: \$12
Nov 4-Nov 25	M	9:15-10:00am	Fee: \$9
Dec 2-Dec 30	M	9:15-10:00am	Fee: \$15
Sep 4-Sep 25	W	2:30-3:15pm	Fee: \$12
Oct 2-Oct 30	W	2:30-3:15pm	Fee: \$15
Nov 6-Nov 27	W	2:30-3:15pm	Fee: \$12
Dec 4-Dec 18	W	2:30-3:15pm	Fee: \$9

Five Points Center

Instructor: Marty Lamb

Sep 3-Sep 24	Tu	10:30-11:30am	Fee: \$12
Oct 1-Oct 29	Tu	10:30-11:30am	Fee: \$16
Nov 5-Nov 26	Tu	10:30-11:30am	Fee: \$12
Dec 3-Dec 17	Tu	10:30-11:30am	Fee: \$9

Yoga Gentle Floor

Age: 18-99 yrs. Build strength and flexibility while enhancing body awareness. In this alignment-focused class you'll learn how to work from a stable base to feel more grounded both physically and mentally, while also improving range of motion, posture, and balance. Poses include standing poses, poses seated on the floor, and poses laying down. Props and modifications are available to meet you where you are. No yoga experience necessary.

Anne Gordon Center

Sep 9-Sep 30	M	10:15-11:15am	Fee: \$12
Oct 7-Oct 28	M	10:15-11:15am	Fee: \$12
Nov 4-Nov 25	M	10:15-11:15am	Fee: \$12
Dec 2-Dec 30	M	10:15-11:15am	Fee: \$15
Sep 4-Sep 25	W	3:30-4:30pm	Fee: \$12
Oct 2-Oct 30	W	3:30-4:30pm	Fee: \$15
Nov 6-Nov 27	W	3:30-4:30pm	Fee: \$12
Dec 4-Dec 18	W	3:30-4:30pm	Fee: \$9
Sep 5-Sep 26	Th	11:15am-12:15pm	Fee: \$12
Oct 3-Oct 31	Th	11:15am-12:15pm	Fee: \$15
Nov 7-Nov 21	Th	11:15am-12:15pm	Fee: \$9
Dec 5-Dec 19	Th	11:15am-12:15pm	Fee: \$9

Five Points Center

Instructor: Alixe Steinmetz

Sep 5-Sep 26	Th	10:05-11:05am	Fee: \$12
Oct 3-Oct 31	Th	10:05-11:05am	Fee: \$16
Nov 7-Nov 21	Th	10:05-11:05am	Fee: \$9
Dec 5-Dec 19	Th	10:05-11:05am	Fee: \$9

Sep 4-Sep 25	W	10:30-11:30am	Fee: \$12
Oct 2-Oct 30	W	10:30-11:30am	Fee: \$16
Nov 6-Nov 20	W	10:30-11:30am	Fee: \$9
Dec 4-Dec 18	W	10:30-11:30am	Fee: \$9

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 6-Sep 27	F	9:15-10:00am	Fee: \$12
Oct 4-Oct 25	F	9:15-10:00am	Fee: \$12
Nov 1-Nov 22	F	9:15-10:00am	Fee: \$12
Dec 6-Dec 27	F	9:15-10:00am	Fee: \$12

Family

Dance for the Cure

Please join us for Biltmore Hills Inaugural: Dance for the Cure, in celebration of all Breast Cancer survivors and warriors who are still in the fight. This family friendly event will offer fun and exciting line dances, vendors, food, and more. Whether you want to join in the dancing or support from the sidelines, this is an event you won't want to miss here at Biltmore Hills!

Biltmore Hills Community Center

Oct 5	Sa	11:00am-1:00pm
-------	----	----------------

Free Family Yoga

Age: 2-99 yrs. Bring the whole family for a fun, creative, and blissful yoga class! This FREE class will introduce classic yoga, meditation, breath work, and stress management in a kid-friendly style through music, games, and imaginative stories. We have some mats on hand to borrow, but kindly bring your own if you can so that we can be sure we have enough for everybody. All ages are welcome, but best suited for 2-12 years with caregivers! Registration must be received at least 3 days prior to class.

Halifax Community Center

Oct 1	Su	2:30-3:30pm
-------	----	-------------

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 - Fee: \$41

Sep 6-Sep 27	F	6:45-7:45pm
Oct 4-Oct 25	F	6:45-7:45pm
Nov 1-Nov 22	F	6:45-7:45pm
Dec 6-Dec 27	F	6:45-7:45pm

Mental Health First Aid

Age: 15-99 yrs. The Adult Mental Health First Aid curriculum includes 2 hours of online self-paced pre-work, which can be completed at any point after registration up to the Friday before the instructor-led session. The instructor-led session is an 8-hour day that includes a 15-minute morning break, a 30-minute lunch, and a 15-minute afternoon break. Typically, the instructor-led session starts at 8:30 A.M. ET and ends at 4:30 P.M. ET. Learners must also complete some follow-up work in order to receive their certificate. This generally takes about 30 minutes to complete and can be completed at any time following the instructor led session.

Marsh Creek Community Center - Fee: \$95

Sep 14	Sa	8:30am-4:30pm
--------	----	---------------

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 - Fee: \$41

Oct 1-Oct 31	Tu&Th	6:30-7:30pm
Nov 5-Nov 26	Tu&Th	6:30-7:30pm
Dec 3-Dec 26	Tu&Th	6:30-7:30pm
Sep 3-Sep 26	Tu&Th	6:30-7:30pm

Wado-Ryu Karate-Martial Arts

Age: 12-99 yrs. "Wado-Ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. Kids are encouraged to bring their parents to practice as well! Instructors are members of the U.S. Eastern Wado-Ryu Federation. There are yearly opportunities to learn from the highest ranks of the discipline. Uniforms are required after two months of practice. Membership to USEWF is available after the first belt test. Belt test fee is minimal."

Carolina Pines Community Center - Fee: \$40

Sep 3-Sep 26	Tu&Th	7:00-8:30pm
Oct 1-Oct 31	Tu&Th	7:00-8:30pm
Nov 5-Nov 26	Tu&Th	7:00-8:30pm
Dec 3-Dec 19	Tu&Th	7:00-8:30pm

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.

A.L. Wilkerson Nature Preserve - Fee: \$4

Butterfly Stroll		
Sep 5	Th	10:30am-12:00pm
Colors & Camouflage		
Sep 10	Tu	10:30am-12:00pm
Tall Trees		
Sep 19	Th	10:30am-12:00pm
Life Under a Log		
Oct 10	Th	10:30am-12:00pm
Spectacular Spiders		
Oct 15	Tu	10:30am-12:00pm
Go Batty		
Oct 31	Th	10:30am-12:00pm
Fall Fun Walk		
Nov 7	Th	10:30am-12:00pm
Beaver Pond		
Nov 21	Th	10:30am-12:00pm
Foxes and Coyotes		
Dec 12	Th	10:30am-12:00pm
Going on a Bear Hunt		
Dec 17	Tu	10:30am-12:00pm

Going Batty!

Age: 2-6 yrs. Bats are fascinating creatures! Young nature lovers will enjoy activities and games that will help them to discover that bats are important creatures in our natural world. 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 - Fee: \$2

Oct 17	Th	10:30-11:30am
Oct 17	Th	12:30-1:30pm

Kiwanis Community Center - Fee: \$2

Oct 16	W	10:30-11:30am
--------	---	---------------

Laurel Hills Community Center - Fee: \$2

Oct 22	Tu	10:30-11:30am
Oct 22	Tu	12:30-1:30pm

Sertoma Arts Center - Fee: \$2

Oct 24	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 - Fee: \$3

Sep 4	W	10:30am-12:00pm
Oct 2	W	10:30am-12:00pm
Nov 6	W	10:30am-12:00pm
Dec 4	W	10:30am-12:00pm

Preschool

Animal Architects!

Age: 2-6 yrs. Our natural world is filled with talented architects from beavers to birds to bees! Children will become architects as they come to understand how wild creatures create and build. Children will enjoy games, stories, songs plus the opportunity to meet some real animal architects! 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 - Fee: \$2

Sep 12	Th	10:30-11:30am
Sep 12	Th	12:30-1:30pm

Kiwanis Community Center - Fee: \$2

Sep 11	W	10:30-11:30am
--------	---	---------------

Laurel Hills Community Center - Fee: \$2

Sep 17	Tu	10:30-11:30am
Sep 17	Tu	12:30-1:30pm

Sertoma Arts Center - Fee: \$2

Sep 19	Th	10:30-11:30am
--------	----	---------------

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 - Fee: \$4

Nov 13	W	10:30am-12:00pm
--------	---	-----------------

Eager Explorers

Age: 3-7 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.

Native Animals

Age: 3-5 yrs. What animals live near you? Do they live in the forest? In the lake? In the grassy fields? What do they eat? Do they stay active or hibernate in the winter? All animals have certain adaptations that help them survive in their habitats. What are these adaptations? Come learn about some Native North Carolina species that you may see around Falls Lake through games and activities. Then use what you learn to design a new species that can live in a nearby habitat.

Forest Ridge Park - Fee: \$3

Dec 18 W 10:00-11:30am

Not So Scary Spiders

Age: 4-6 yrs. Learn about our eight-legged friends through fun, hands-on activities. Participants will also get to go exploring to see what spiders we can find. Adult(s) must accompany participant(s), adult(s) attend free and do not need to register.

Thomas G. Crowder Woodland Center - Fee: \$4

Oct 13 Su 10:00-11:30am

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 - Fee: \$3

Sep 11 W 10:30am-12:00pm

Reptiles Rock!

Age: 2-6 yrs. Reptiles are fascinating animals. Little naturalists are invited to this memorable program where we will see and touch live reptiles while discovering just how amazing these creatures truly are! 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 - Fee: \$2

Nov 14 Th 10:30-11:30am

Nov 14 Th 12:30-1:30pm

Kiwanis Community Center - Fee: \$2

Nov 13 W 10:30-11:30am

Laurel Hills Community Center - Fee: \$2

Nov 19 Tu 10:30-11:30am

Nov 19 Tu 12:30-1:30pm

Sertoma Arts Center - Fee: \$2

Nov 21 Th 10:30-11:30am

Seasons of the Sun

Age: 3-6 yrs. The temperature gets colder in winter, trees lose their leaves in fall, and flowers bloom in spring and summer. Why do the seasons change? What types of weather do you associate with each season? Come learn about changes in the sun's position in the sky and the different types of weather in each season through math and literacy activities, stories, an experiment, and a craft.

Forest Ridge Park - Fee: \$4

Sep 18 W 10:30am-12:00pm

Swamp Romp

Age: 2-7 yrs. Bring your budding naturalist to Walnut Creek Wetland Park for an exciting learning experience! A craft, engaging activity, perhaps a story and a guided walk through the wetland will awaken your child's sense of wonder.

Each month features a different theme. Adults must be present with children. Please register at least four days in advance.

Walnut Creek Wetland Park - Fee: \$3

Sep 11 W 11:00am-12:00pm

Oct 23 W 11:00am-12:00pm

Nov 6 W 11:00am-12:00pm

Dec 4 W 11:00am-12:00pm

Swamp Storytime

Age: 3-7 yrs. Bring your littles to our nature library program. Enjoy a series of swamp related tales and experience the power of puppetry. This will be an outdoor experience, weather permitting. Adults must be present with children. Please register at least four days in advance.

Walnut Creek Wetland Park - Fee: \$3

Sep 13 F 11:00am-12:00pm

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 - Fee: \$4

Oct 16 W 10:30am-12:00pm

continued on page 68 –



Youth

Animal Tracks & Signs

Age: 7-14 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 programs Mammal Field Season.

A.L. Wilkerson Nature Preserve - Fee: \$5
Oct 3 Th 10:30am-12:00pm

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 - Fee: \$4
Nov 17 Su 3:00-4:30pm

Discovering Decomposers

Age: 7-14 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 - Fee: \$4
Oct 25 F 4:00-5:30pm

Equinox Astronomy

Age: 8-13 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 - Fee: \$5
Sep 20 F 10:30am-12:00pm

Fabulous Fungi

Age: yrs. We'll explore the wonderful world of fungi at Durant, watching the emergence of large fungi around the preserve and talking about the amazing things fungi do in the environment. Children must be accompanied by adults. Preregistration is required for planning purposes.

Durant Nature Preserve - Fee: \$5
Sep 20 F 1:30-3:30pm

Fall Colors Walk!

Age: yrs. We'll take in the sights, smells, and sounds of fall! While we walk and look for colorful leaves and critters, we will talk about why leaves change color in the fall, and why colors are even more dramatic in the mountains and up north. Recommended for adults and children 6 and older. Adults and children must preregister.

Durant Nature Preserve
Nov 1 F 2:00-4:00pm



Fall Wildlife Walk

We'll walk around and look for wildlife that is active in late fall. We'll talk about ways large and small living things survive this season and prepare for winter, and the benefits and costs of being active in winter. Bring your binoculars, or borrow a pair of ours. Recommended for adults and children 6 and older. Adults and children must preregister.

Durant Nature Preserve - Fee: \$5
Dec 7 Sa 2:00-4:00pm

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 is required.

Lake Johnson Waterfront Center - Fee: \$4

Fish Field Focus Badge

Sep 7 Sa 10:00-11:30am

Thomas G. Crowder Woodland Center

Mammal Field Focus Badge

Nov 9 Sa 10:00-11:30am

Life under the water

Age: 7-99 yrs. We'll explore how critters live under water--how they breathe, how they move, find or catch food, and more. We'll also look for some of the cool critters in the lower lake at Durant. Children must be accompanied by adults. For adults and children ages 7 and up. Children and adults must register.

Durant Nature Preserve - Fee: \$5
Oct 5 Sa 10:00am-12:00pm

Mammal Study

Age: 8-16 yrs. Learn how different mammals are adapted for survival by studying replica skulls. Observe the difference between herbivores, carnivores and omnivores. Then, go on a hike to look for evidence of various mammals in the preserve.

A.L. Wilkerson Nature Preserve - Fee: \$4
Nov 1 F 10:30am-12:00pm

Marvelous Mosses!

Age: 8-99 yrs. Mosses and liverworts are tiny plants. They don't look like much at first glance, but they are amazing in their diversity and their adaptations. They are also homes for many tiny living things. Come get a closer look and learn more about these incredible organisms! Bring a warm coat! Recommended for adults and children 10 and older.

Children must be accompanied by adults. Pre-registration is required.

Durant Nature Preserve - Fee: \$5
Nov 9 Sa 2:00-4:00pm

Migration in Action!

Age: yrs. Every fall, birds move down the east coast in a silent river. During migration, it is possible to see birds we don't normally see in the preserve. We'll talk about bird migration and go look for migrants on their way. Please bring binoculars if you have them, or borrow a pair from us for the program. Children must be accompanied by adults. Preregistration is required for planning purposes.

Horseshoe Farm Nature Preserve - Fee: \$5
Sep 21 Sa 10:00am-12:00pm

Native Wildlife

Age: 6-10 yrs. What animals live near you? Do they live in the forest? In the lake? In the grassy fields? What do they eat? Do they stay active or hibernate in the winter? All animals have certain adaptations that help them survive in their habitats. What are these adaptations? Come learn about some Native North Carolina species that you may see around Falls Lake through games and activities. Then use what you learn to design a new species that can live in a nearby habitat.

Forest Ridge Park - Fee: \$3
Dec 22 Su 3:00-4:30pm

Plants on the Move

Although most people may not think of plants as mobile, plants are adept at getting their seeds (and sometimes other parts) to new places. Find out more, as we walk around Durant and look at the amazing mobility of plants. Children must be accompanied by adults. Preregistration is required for planning purposes.

Durant Nature Preserve - Fee: \$5
Oct 3 Th 2:00-4:00pm

Secret Partnerships in Nature

Age: 7-99 yrs. Many of the critters we see around us live together in partnerships with other, smaller critters that live on or inside them. These amazing partnerships (called symbioses) are all around us, in many organisms from aphids to lichens, from mushrooms to zebra mussels. We'll walk around Durant and talk about amazing examples of connected critters we see. As we go, we'll explore some intriguing aspects of these tangled relationships in general. Recommended for adults and children 8 and older. Children must be accompanied by adults. All adults and children must pre-register.

Durant Nature Preserve - Fee: \$5
Nov 9 Sa 10:00am-12:00pm

Shrek Trek

Age: 7-13 yrs. Come trek through our swamp on Halloween this year - costumes encouraged (but not required)! Be sure to bring your best donkey attitude for this off trail exclusionary experience. In this program, kids will get to explore the world around them, try dip netting and rock flipping in our seasonal pools, and feel empowered to engage the world around them responsibly. Boots and waders provided. Adults are required to accompany participants. Come dressed to spend the program outdoors - we will be off trail.

Walnut Creek Wetland Park - Fee: \$4
Oct 31 Th 3:30-5:00pm

Spider Safari

Age: 7-99 yrs. Join naturalist Brian Bockhahn with the NC Biodiversity Project to search for spiders in Durant Nature Park. After a quick introduction on spiders, we'll use several different hands on monitoring methods to collect and identify as many species as possible. Nets and all materials provided. Dress to be outside and off trail. Bring drinking water, hat, closed toed shoes any sun protection needed. Open to all ages, parents must accompany children. Pre-registration is required for adults and children for planning purposes.

Durant Nature Preserve - Fee: \$5
Sep 21 Sa 2:00-4:00pm

Stayin' Alive! Plant Defense

Age: 8-99 yrs. All organisms find food somewhere and unless organisms make their own food, they usually eat other critters. This means that all organisms are eaten by something else. Organisms do better if they have adaptations to help them avoid getting eaten. While walking around the preserve, we'll explore some of the adaptations of local plants and animals that help them defend themselves against predators and parasites. Recommended for adults

and children 10 and older. Children and adults must pre-register and pay the program fee.

Durant Nature Preserve - Fee: \$5
Oct 5 Sa 10:00am-12:00pm

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 - Fee: \$8
Sep 7 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 - Fee: \$4
Oct 20 Su 3:00-4:30pm

Wild Rodents!

Age: 7-14 yrs. Rodents play an important role in our ecosystem! Learn about the wide variety of wild rodents that live in North Carolina. Activities will align with the ecoEXPLORE program's Rodent Field Focus Badge.

A.L. Wilkerson Nature Preserve - Fee: \$4
Nov 15 F 4:00-5:30pm

Teen

ROCKtober: Flatrocks Hike

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 lichens and 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 must be accompanied by adults. Preregistration is required for all participants.

Durant Nature Preserve - Fee: \$8
Oct 6 Su 3:00-5:00pm

continued on page 70 -

Adult

Bats and Brushes

Age: 16-99 yrs. In this program, we will get to paint our own bat boxes to take home and go for an evening walk listening and looking for bats, all while de-bunking common myths and learning about why bat conservation is so important. Advanced registration is required.

Thomas G. Crowder Woodland Center - Fee: \$20
Bat Box Painting and Nature Walk
 Sep 30 M 5:00-8:00pm

Beginning Birding

Age: 13-99 yrs. You don't have to be an expert to enjoy birdwatching! We'll start with the basic observational skills you'll need to help you identify the birds at your feeder. After observing a bird feeder, we'll go on a short walk in search of birds in the park. Bring your own binoculars, or we also have some to borrow.

A.L. Wilkerson Nature Preserve - Fee: \$4
 Dec 7 Sa 10:30am-12:00pm

Early Birds

Age: 16-99 yrs. Grab your binoculars and meet us at Durant for a bird-watching hike led by Wake Audubon guest naturalist, Erla Beegle. Spend your morning watching and learning about birds that prefer a forests and lakes, on this approximately 1.5 mi hike. Help us document birds for the Great Backyard Bird Count! For beginning and advanced birders. Bring your binoculars, or borrow a pair of ours. Pre-registration is required.

Durant Nature Preserve
 Sep 14 Sa 8:00-9:30am

Horseshoe Farm Nature Preserve
 Oct 12 Sa 8:00-9:30am

Edible Plant Identification

Age: 17-99 yrs. Ever wonder how people were able to survive before your modern-day grocery store? Before modern agriculture? They foraged! Participants will learn to identify local edible plants based on buds, roots and leafing patterns, and take home a field guide for future reference. This is an outdoor program, and participants should dress for the weather conditions.

Walnut Creek Wetland Park - Fee: \$10
 Sep 15 Su 1:30-3:00pm

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. Advance registration is required. Registered participants will receive an email invitation to lecture on lecture date.

Thomas G. Crowder Woodland Center

Sustainable Classrooms

Sep 9 M 7:00-8:00pm
 Oct 14 M 7:00-8:00pm
 Nov 18 M 7:00-8:00pm

The Neuse River Waterdog

Dec 9 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 - Fee: \$3
 Oct 26 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 - Fee: \$3
 Oct 17 Th 6:30-8:00pm

History of Horseshoe Farm

Age: 12 yrs. and up. Have you ever wondered about people who lived in this area hundreds of years ago? Horseshoe Farm Preserve has a rich and complicated history. Come to explore that history with us. Children must be accompanied by adults. Preregistration is required for planning purposes.

Horseshoe Farm Nature Preserve - Fee: \$5
 Sep 19 Th 6:00-7:00pm

Local Lichens and How to Identify Them

Age: 16-99 yrs. This seminar will introduce participants to the identification, biology, ecology, and human uses of lichens with a focus on North Carolina. Participants will learn terminology that describes characters of lichens and their lifestyles and how these characters are used to identify lichens. A lecture will be followed by a walk in the Park to observe lichens in the wild. The instructor, Gary Perlmutter, is a local lichenologist who manages the NC Lichen checklist – as well as the lichen collection at UNC-Chapel Hill Herbarium. Preregistration is required for planning purposes.

Durant Nature Preserve - Fee: \$25
 Nov 2 Sa 1:00-3:00pm

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. Attendance both November 4th from 5pm-9pm and November 5th from 9am-4pm is required for certification. Note: You MUST complete and receive credit for the Basics of Environmental Education 10 hour Independent Study <https://www.eenorthcarolina.org/certification/program-requirements/basics-environmental-education> BEFORE attending this workshop. Please note attendance is mandatory both days to receive certification.

A.L. Wilkerson Nature Preserve

Nov 4-Nov 5 M 5:00-9:00pm
 Tu 9:00am-4:00pm

Nocturnal Nature: An Evening Wildlife Walk

Age: 8-99 yrs. Join us for an evening/night hike to see bats, look for spiders, listen for owls, and experience other creatures that go "bump" in the night. Recommended for adults and children 10 years and older. Children must be accompanied by adults. All adults and children must pre-register for planning purposes.

Durant Nature Preserve - Fee: \$5
 Oct 24 Th 6:00-7:30pm

Salamander Search

Age: 15-99 yrs. Who are our slimy swamp friends? Learn all about salamanders that can be found in the wetland in this adult program and then venture in the swamp with staff to search for them. Come prepared to get muddy!

Walnut Creek Wetland Park - Fee: \$5
 Sep 6 F 3:00-5:00pm
 Nov 8 F 3:00-5:00pm

Seasonal Tree ID

Age: 18-99 yrs. What kind of tree is that? In this program, you will learn to identify local trees based on bark, limb, 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 event, and you should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification. Sign up today and answer the question, 'What kind of tree is that?'

Forest Ridge Park - Fee: \$10
Sep 8 Su 2:00-5:00pm

Storytelling for Environmental Educators

Age: 16-99 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 - Fee: \$15
Nov 21 Th 9:30am-4:30pm

Up Close and Personal: Close-up Nature Photography

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 - Fee: \$8
Sep 14 Sa 9:00-11:00am

Winter Tree ID

Age: 17+ 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 - Fee: \$8
Dec 7 Sa 1:00-4:00pm

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 - Fee: \$3
Nov 8 F 5:30-7:00pm
Dec 5 Th 5:00-6:30pm

Autumn Equinox Stroll

Gather with us for an Autumn Equinox stroll. During this hike, we'll enjoy a warm 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 - Fee: \$4
Sep 22 Su 3:30-5:00pm

Autumnal Equinox: Hike & Campfire

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 - Fee: \$4
Sep 22 Su 3:00-4:30pm

Batty for Bats

Join us for an evening of fun where we will learn about the mysteries of bats. We will play games, make a craft, and even spend some time looking for bats. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany participant(s) under 16, register, and pay the program fee.

Thomas G. Crowder Woodland Center - Fee: \$4
Oct 27 Su 6:00-7:30pm

Campfire Story & Marshmallow Roast

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 - Fee: \$5
Oct 26 Sa 5:30-6:30pm
Nov 9 Sa 4:00-5:00pm
Nov 16 Sa 4:00-5:00pm
Nov 24 Su 4:00-5:00pm
Dec 7 Sa 4:00-5:00pm
Dec 15 Su 4:00-5:00pm

Family Naturalist Series: Introduction to Pollinators

Age: 6-99 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 - Fee: \$5
Sep 14 Sa 1:00-3:00pm

Family Naturalist Series: Wetland Mammals

Age: 6-99 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 - Fee: \$4
Nov 3 Su 2:00-3:30pm

Family Naturalist Series: Winter Adaptations

Age: 6-99 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 - Fee: \$4
Dec 15 Su 2:00-3:30pm

continued on page 72 -



**Family Naturalists:
Nocturnal Animals**

Age: 6-99 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 - Fee: \$4

Everything Bats!

Oct 30 W 6:00-7:00pm

Family Nature Hike

Get outside and explore the trails at Forest Ridge Park! Join one of our experienced naturalists to gain information on flora, fauna, or just enjoy hiking as part of a group. These hikes are designed for the whole family. Routes and topics will be tailored to accommodate the group. Dress for the weather and wear comfortable shoes. Pre-registration is recommended although not required.

Forest Ridge Park

Sep 25 W 3:30-4:30pm

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 - Fee: \$3

Nov 17 Su 2:00-3:30pm

Nature Art: Making a Terrarium

Age: 10 yrs. and up. Come learn how to make a terrarium—a tiny green landscape in a glass container. You will learn the basics of making a terrarium, and you will make your own to take home. These make great gifts! Preregistration is required for all participants.

Durant Nature Preserve - Fee: \$45

Dec 7 Sa 10:00am-12:00pm

Nature Art: Wild Ornaments

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 - Fee: \$5

Dec 14 Sa 2:00-3:00pm

Horseshoe Farm Nature Preserve - Fee: \$5

Dec 8 Su 2:00-3:00pm

**Nature Backpack Buddies-
Self Guided**

Age: 4-10 yrs. Kids will enjoy a fun-filled way to find and inspect an insect habitat, and practice identifying all kinds of insects, birds, bees, caterpillars, butterflies, plants, and trees by matching pictures with descriptions. After the participants finish this fun self-guided scavenger hunt, they can engage in a memory card game. Please contact the community center for specific dates and times.

Lions Park Community Center

Sep 2-Dec 30 M-Su 10:00am-6:00pm

Solstice Stroll

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 - Fee: \$4

Dec 21 Sa 3:30-5:00pm

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) under 16, register, and pay the program fee.

Thomas G. Crowder Woodland Center - Fee: \$4

Nov 24 Su 10:00-11:30am

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 and listen for deer, coyotes, and owls. This program is designed for families with young children. Adults must accompany children.

A.L. Wilkerson Nature Preserve - Fee: \$3

Sep 6 F 7:00-8:30pm

Nov 2 Sa 6:00-7:30pm

Winter Solstice: Solstice Stroll

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 - Fee: \$4

Dec 21 Sa 3:30-5:00pm

Wonderful Persimmons

Age: 5-99 yrs. What do you know about the American Persimmon? How far can you spit a seed? These native, sweet fruits have a rich North Carolina history and a variety of uses to explore. Take a walk to find the tree they grow on and taste the fruit for yourself. Adults must accompany their children.

A.L. Wilkerson Nature Preserve - Fee: \$3

Oct 5 Sa 3:00-4:30pm



September 24-30, 2024

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, plan and spend time together in the wonderful world of outdoors. All programs are FREE unless otherwise listed.

TACO Week: Garden and Orchard Scavenger Hunt

Ages 3+ yrs. 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. Be sure to wear clothing that can get dirty!

Marsh Creek Community Center

Sept 24 -30 Tu - M Dawn to Dusk

TACO Week: Nature Exploration

Ages 3-7 yrs. Join us on a guided hike to explore nature. We'll look high and low for things big and small. How many things will we find?

Annie Louise Wilkerson, M.D. Nature Preserve

Sept 24 Tu 10:30am-12:00pm

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 24 Tu 10:30am-12:00pm



TACO Week: Family Nature Hike

All ages. Get outside and explore the trails at Forest Ridge Park! Join one of our experienced naturalists to gain information on flora, fauna, or just enjoy hiking as part of a group. These hikes are designed for the whole family. Routes and topics will be tailored to accommodate the group. Dress for the weather and wear comfortable shoes. Pre-registration is recommended although not required.

Forest Ridge Park

Sept 25 W 3:30-4:30pm

TACO Week: Fishing 101

Ages 7+ yrs. Get hooked on fishing by joining us for a fun casting lesson before we send you out to catch the BIG one off our fishing dock. Fishing poles and bait will be provided. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve

Sept 25 W 4:00-5:00pm

TACO Week: Bug Hunt

Ages 5-12 yrs. 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 25 W 4:00-5:30pm

TACO Week: Bird Buddies

Ages 3-7 yrs. 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 26 Thu 10:30am-12:00pm

TACO Week: Pond Explorers

Ages: 5-12 yrs. 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. 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 26 Thu 10:30am-12:00pm

TACO Week: Nature Play Day

All ages. Join us to make time for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for 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 27 F 10:00am-12:00pm

TACO Week: Balance Bike Obstacle Course

Ages 2-6 yrs. Riding a balance bike around an obstacle can be a great way for a child to improve their riding skills while having fun! Zig-zag, around and around, limbo, teeter-totter and more! Ride the course once or multiple times. Instructors will be onsite to assist with directions and bike set up. Balance bikes and helmets will be provided. Come play bikes with us!

Forest Ridge Park

Sept 27 F 1:00-3:00pm

TACO Week: Outdoor Cooking

All ages. 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 and adults must register and pay program fee.

Durant Nature Preserve - Course Fee: \$16

Sept 27 F 6:00-7:30pm

TACO Week: Sensory Walk

Ages 4-13 yrs. Sometimes we all need to take a moment to look at the world with a different perspective. Give yourself a 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 28 Sa 11:00am-12:00pm

TACO Week: Shrek Trek

Ages 8-13 yrs. Come visit our swamp! Ever wonder who lives here? Well, come trek through ours - be sure to bring your best donkey attitude for this off trail exclusionary experience. In this FREETACO program, kids will get to explore the world around them, try dip netting and rock flipping in our seasonal pools, and feel empowered to engage the world around them responsibly. Boots and waders provided. Adults are required to accompany participants. Come dressed to spend the program outdoors - we will be off trail.

Walnut Creek Wetland Park

Sept 28 Sa 1:00-2:30pm

TACO Week: Magical Monarchs

Ages: 3-6 yrs. Monarchs' long migration and what they like to eat, make a craft fit for the king of butterflies, and search for flying visitors in our Monarch Garden. Preregistration is required. Children must be accompanied by adults.

Durant Nature Preserve

Sept 28 Sa 3:00-4:00pm

TACO Week: Twilight Walk

Ages: 5+ 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.

Annie Louise Wilkerson, M.D. Nature Preserve

Sept 28 Sa 6:30-8:00pm

TACO Week: So, You Think You Want to be a Beekeeper?

Ages 10+ yrs. What does it take to be a beekeeper? You just put them in a box and let them do their thing, right? Not if you want to be successful. In this program, you will learn best practices for getting started in beekeeping, including where to take comprehensive classes, best resources, places to buy equipment and bees, but most importantly, a realistic look at how much is involved in keeping bees. As beekeeper's like to say, "There's HAVING bees, and there's KEEPING bees. Havers don't generally have them for long." And beekeeping is a great family activity!

Walnut Creek Wetland Park

Sept 29 Su 3:00-5:00pm

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, woodland village backpack, binoculars

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 explorer backpacks, art backpack, fort kit, fishing poles (no bait), binoculars, balance bikes





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: 4-6 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 participant(s). Adult(s) attend free and do not need to register.

Lake Johnson Waterfront Center - Fee: \$5

Sep 29	Su	10:00-11:30am
Nov 17	Su	10:00-11:30am

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 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.

Lake Johnson Waterfront Center - Fee: \$6

Oct 12	Sa	9:00-11:00am
Dec 7	Sa	9:00-11:00am

Fishing on the Banks

Age: 10-12 yrs. Have fun and learn to fish from the banks of Falls Lake! Join our experienced instructors as they lead the group through fishing techniques and etiquette before heading down to the water to test out your skills. This program is designed to introduce fishing terms and basic casting skills in a fun environment. All equipment and bait is provided, but bring your pole if you'd like. Spots are limited so register soon to catch the big one!

Forest Ridge Park - Fee: \$5

Sep 14	Sa	9:00-11:00am
Oct 12	Sa	9:00-11:00am
Nov 7	Th	4:00-6:00pm

Kids Fishing

Age: 7-12 yrs. 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. Adult(s) are not required to accompany participant(s). This program is designed to give adult(s) time to enjoy the park while participant(s) enjoy the program.

Lake Johnson Waterfront Center - Fee: \$5

Oct 20	Su	10:00-11:30am
--------	----	---------------

Learn to Fish

Age: 7-12 yrs. We would like to invite you to Lake Wheeler Park to learn how to fish. Our program is designed to teach basics skills for fishing. No experience required. Equipment will be provided rod, reel, and bait. You will learn how to tie a fishing knot, set up fishing rod and how to cast. Additionally, we will cover state rules and regulations. Start your fishing adventure with us! Program is designed for ages 7 to 10. Youth must be accompanied by an adult.

Lake Wheeler Park - Fee: \$6

Sep 7	Sa	9:30-11:30am
Sep 7	Sa	9:30-11:30am
Oct 15	Tu	9:30-11:30am

Mountain Bike Basics

Age: 10-13 yrs. Come join our experienced instructors for a fun, entry-level mountain biking class! We will review biking gear, safety, and trail etiquette as well as introduce the fundamentals of mountain biking. All equipment will be provided. If you prefer to use your own equipment, please bring your own bike and helmet. Preregistration is required.

Forest Ridge Park - Fee: \$25

Oct 5	Sa	9:00-11:00am
-------	----	--------------

continued on page 78 —

Teen

Navigating the Wilderness

Age: 13-16 yrs. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails in 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) enjoy the program. Advance registration is required.

Lake Johnson Waterfront Center – Fee: \$6
Sep 28 Sa 9:00-11:00am

Adult

Adult Fishing

Age: 16-99 yrs. This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting techniques, 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 become an experienced fisher. No prior experience is required. Equipment (rod, reel, bait) is provided.

Lake Johnson Waterfront Center – Fee: \$10
Oct 19 Sa 5:00-7:00pm

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 – Fee: \$27
Sep 4-Sep 25 W 6:00-7:30pm

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 – Fee: \$12
Sep 21 Sa 1:00-3:00pm
Nov 16 Sa 1:00-3:00pm

Lake Johnson Waterfront Center – Fee: \$12
Dec 15 Su 9:00-11:00am

Forest Ridge Park Kayak Tours

Age: 14-99 yrs. Join one of our kayak tours at Forest Ridge Park as we explore the shoreline along the north side of the park. No previous experience is required for this fun focused 2-hour paddle trip. We will meet at the waterfront and provide brief instruction before heading out as a group to explore the lake. Registration is required, and spots are limited so register now! Not able to make this date/time? Check back or call the park office for additional dates or to schedule your custom tour.

Forest Ridge Park – Fee: \$21
Sep 12 Th 5:30-7:30pm

Forest Ridge Park SUP Tours

Age: 14-99 yrs. Join one of our Stand-up Paddle Board (SUP) Tours at Forest Ridge Park as we explore the shoreline along the north side of the park. No previous experience is required for this fun focused 2-hour paddle trip. We will meet at the waterfront and provide brief instruction before heading out as a group to explore the lake. This program will take place completely outdoors and in remote landscapes, please plan accordingly. Registration includes all equipment, instruction, and wonderful views of the lake and park. Pre-registration is required, and spots are limited so register now! Not able to make this date/time? Check back or call the park office for additional dates or to schedule your custom tour.

Forest Ridge Park – Fee: \$26
Sep 10 Tu 5:30-7:30pm
Sep 20 F 5:30-7:30pm

Guided Hike

Age: 14-100 yrs. Join us for a guided 3 miles hike along Forest Ridge Park's 'loop' trails. Our guides will lead you through beautiful landscapes, sharing their knowledge of local flora, fauna, and history. Whether you are a seasoned hiker or a beginner, this hike offers a chance to disconnect and recharge while enjoying the great outdoors.

Forest Ridge Park – Fee: \$6

National Take a Hike Day
Nov 17 Su 3:00-4:30pm

Opt Outside Hike
Nov 29 F 10:00am-12:00pm

First Day Hike
Jan 1 W 10:00am-12:00pm

Guided Mountain Bike Night Ride

Age: 14-100 yrs. Kick off the new year with a bike ride! Join us for our guided night ride on New Year's Day. This ride is perfect for anyone wanting to expand their bike riding routine as a new year's resolution or just wants to experience our trails in a new light. This is a no-drop ride but registrants should be comfortable riding single track. Need Equipment? Forest Ridge Park and our partners at TORC will make sure you have what you need, please indicate in the registration questions. Helmets, bike light, and headlamps are required. This ride is free but pre-registration is recommended. Pre-registration is required if you need to borrow equipment.

Forest Ridge Park
Jan 1 W 6:00-8:30pm

Guided Mountain Bike Rides

Age: 14-100 yrs. Rustling leaves and crisp fall air have arrived! Join us for a scenic 10-mile greenway bike ride from Horseshoe Farm Nature Preserve to Durant Nature Preserve. The majority of the route is paved greenway surface, with several hills and one road crossing. Bikes, helmets, and transportation to the start of the ride will be provided. Park and meet the shuttle at the northern entrance of Durant Nature Preserve. The van will transport the group to Horseshoe Farm Nature Preserve for bike and helmet fit. Following a brief warm-up, we will ride as a group to Durant Nature Preserve. Previous biking experience is required, and participants should plan to be aerobically active for at least an hour.

Forest Ridge Park – Fee: \$30
Oct 25 F 9:00am-12:00pm

Lake Kayak Tours

Age: 14-99 yrs. Enjoy a unique experience of Lake Wheeler from a kayak! Our experienced instructors will take you on a relaxing kayak tour around the lake to enjoy the outdoors and see our wildlife. All equipment will be provided but you are welcome to bring your own kayak as well. Prior experience is recommended. Preregistration is required so sign up today!

Lake Wheeler Park – Fee: \$25
Oct 12 Sa 9:00-11:00am



Mountain Bike Basics

Age: 14-99 yrs. Hit the trails with confidence! Our certified instructors will guide you through the fundamentals of mountain biking. Learn and practice riding techniques, body position, braking, and shifting. The course will also cover trail etiquette and local mountain biking resources. We'll wrap up with a group trail ride, putting your new skills to use. Bikes and helmets are provided. Successful completion of the course qualifies you to participate in the Bike Loaner Program at Forest Ridge Park. Preregistration is required.

Forest Ridge Park - Fee: \$26
Nov 2 Sa 1:00-3:00pm

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 four 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 - Fee: \$6
Night Hike - Shoreline Trail
Oct 30 W 6:00-8:00pm

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 in 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. Advance registration is required for this program.

Lake Johnson Waterfront Center - Fee: \$12
Sep 21 Sa 8:00-11:00am
Oct 26 Sa 8:00-11:00am
Nov 23 Sa 8:00-11:00am
Dec 21 Sa 8:00-11:00am

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 - Fee: \$41
Nov 15 F 5:00-6:00pm
Nov 15 F 6:00-7:00pm
Nov 15 F 7:00-8:00pm
Nov 22 F 5:00-6:00pm
Nov 22 F 6:00-7:00pm
Nov 22 F 7:00-8:00pm
Dec 6 F 5:00-6:00pm
Dec 6 F 6:00-7:00pm
Dec 6 F 7:00-8:00pm
Dec 13 F 5:00-6:00pm
Dec 13 F 6:00-7:00pm
Dec 13 F 7:00-8:00pm
Dec 20 F 5:00-6:00pm
Dec 20 F 6:00-7:00pm
Dec 20 F 7:00-8:00pm
Dec 27 F 5:00-6:00pm
Dec 27 F 6:00-7:00pm
Dec 27 F 7:00-8:00pm

Seize the Night Trail Run

Age: 16-100 yrs. Short on daylight? Training for a trail race? Running is your favorite? Bundle up, lace up, and bring a light to run the Shoreline Trail at Forest Ridge Park after hours. This is a social, no drop trail run. Check in, warm up,

and learn the course. The run will start at 6:15 p.m. Check out after your run. Participants must use headlamps or lights while on the trail. Seize the night!

Forest Ridge Park - Fee: \$2
4 miles
Nov 6 W 6:00-8:00pm
10k
Dec 11 W 6:00-8:00pm

Stand-Up Paddle Board Tour

Age: 14-99 yrs. Enjoy a unique experience of Lake Wheeler from a paddle board! Our experienced instructors will take you on a relaxing stand-up paddle board tour around the lake to enjoy the outdoors and see our wildlife. All equipment will be provided but you are welcome to bring your own board as well. Prior experience is recommended. Preregistration is required so sign up today!

Lake Wheeler Park - Fee: \$25
Aug 3 Sa 9:00-11:00am

Wilderness Skills Series

Age: 14-99 yrs. If you're lost in the woods, you will need some skills to get back to civilization. Let the experienced instructors at Forest Ridge Park be your guide. This monthly wilderness series will introduce you to the 10 essentials and staying found, basic knife skills, fire building and cooking, tying knots and making your own cordage. All materials are provided.

Forest Ridge Park - Fee: \$26
Sep 12-Dec 12 Th 6:00-7:30pm

Family

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 - Fee: \$4
Sep 8 Su 9:00-11:00am
Oct 6 Su 9:00-11:00am
Nov 3 Su 9:00-11:00am

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 - Fee: \$5
Nov 20 W 6:00-8:00pm
Dec 18 W 6:00-8:00pm

Social Programs



Preschool

All Things Pumpkin

Age: 3-5 yrs. Go big or gourd home! All things pumpkins will have your little one learning, painting, and seeing all the things you can do with pumpkins. Be sure to carve out a little time for us this fall! Please come dressed to be active and get dirty.

Marsh Creek Community Center - Fee: \$10
Oct 16 W 10:00-11:00am

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 - Fee: \$8
Sep 4 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

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 - Fee: \$8
Oct 2 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 - Fee: \$12
Dec 16 M 9:30-11:00am
Dec 17 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 so we can plan accordingly.

Pullen Community Center - Fee: \$8
Nov 1 F 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 - Fee: \$12
Oct 21 M 9:30-11:00am
Oct 22 Tu 9:30-11:00am

Farm Fun

Age: 2-5 yrs. Time for some farm fun! We will be learning all about different farm animals, making some crafts, playing a game and reading a story. Please pre-register so we can plan accordingly.

Pullen Community Center - Fee: \$8
Sep 17 Tu 10:00-11:00am

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 - Fee: \$8
Dec 4 W 9:30-10:30am

Golden Story Hour

Age: 3-5 yrs. Calling all kids to Abbotts Creek for a fun hour of story and crafts. Crafts and activities are centered around the surprise story of the day.

Abbotts Creek Community Center - Fee: \$7

Sep 17 Tu 10:00-11:00am
Oct 29 Tu 10:00-11:00am

Hay there Pumpkin, Let's Grow!

Age: 2-5 yrs. It's National Pumpkin Seed Day! Join us for a story about growing Pumpkins and the chance to plant your own! Parents/Guardians please plan to stay with your participant and help them plant their seed!

Laurel Hills Community Center - Fee: \$8

Oct 2 W 11:30am-12:15pm

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 17 Th 10:00-11:30am

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! Preregistration is required.

Hill Street Neighborhood Center - Fee: \$8

Nov 18 M 3:30-4:30pm

JCMP Tot-Time

Age: 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 4-Dec 4 W 11:30am-12:30pm

Let's Talk Turkeys

Age: 2-5 yrs. Calling all Gobblers and Hens! Bring your little Jakes and Jennies for a morning of thankfulness and fun. Don't worry you aren't on the menu. We will learn fun facts, create crafts, and see if our little turkeys can race to safety. It is sure to be a gobble-y good time. Caregiver does not need to register; please notify center staff of any dietary restrictions or allergies.

Greystone Recreation Center - Fee: \$10

Nov 19 Tu 10:00-11:30am

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 - Fee: \$50

Sep 4-Sep 25 W 5:00-5:45pm

Sep 5-Sep 26 Th 5:00-5:45pm

Nov 6-Dec 4 W 5:00-5:45pm

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! Pre-registration and adult participation are required for this class.

Halifax Community Center

Sep 5-Sep 26 Th 10:15-11:00am Fee: \$41

Oct 3-Oct 24 Th 10:15-11:00am Fee: \$41

Nov 7-Nov 21 Th 10:15-11:00am Fee: \$31

Dec 5-Dec 19 Th 10:15-11:00am Fee: \$31

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 from a local farm. 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 - Fee: \$8

Oct 22 Tu 10:00-11:00am

Pirate Treasure Hunt

Age: 3-5 yrs. Ahoyyyyy Mateys! Your little swashbucklers will play themed games, create crafts, and then will head out on an adventure to find hidden treasure at Marsh Creek Park. Each participant will receive his or her own pirate treasures along the way. Little pirates are encouraged to dress up for this program, but clothes should be comfortable for exploring the park.

Marsh Creek Community Center - Fee: \$10

Nov 7 Th 10:00-11:00am

Playgroup Tot Time

Age: 0-5 yrs. Spaces at identified community centers will be open for parents or caregivers and their young children (ages 5 and under) to socialize and burn off some energy!

Age appropriate sports, recreational

equipment, or stations will be available for use. Please check with individual community centers for specific days and times and maximum number of participants. You can register for a Playgroup Tot Time pass online or at any community center.

Green Road Community Center

Sep 3-Dec 31 Tu&Th 10:00am-12:00pm

Kiwanis Community Center

Sep 2-Dec 30 M&Th 10:00am-12:00pm

Laurel Hills Community Center

Sep 5-Dec 19 Th 10:30am-12:00pm

Optimist Community Center

Sep 3-Dec 31 Tu&F 10:30am-12:00pm

Pullen Playgroup

Age: 2-5 yrs. Join us for our weekly preschool playgroup at Pullen Community Center! This group meets once a week and is a great way for kiddos and adults to get out and make new friends. Each week we will have different activities for everyone to participate in. Some examples of the activities are making crafts, reading books, playing games inside & outside and much more. Join us each week for a new adventure! You will need to register your child each month but do not have to attend each week.

Pullen Community Center - Fee: \$5

Sep 5-Sep 26 Th 10:00-11:30am

Oct 3-Oct 24 Th 10:00-11:30am

Nov 7-Nov 21 Th 10:00-11:30am

Dec 5-Dec 19 Th 10:00-11:30am

Reindeer Rodeo

Age: 3-6 yrs. It's the most wonderful time of the year for the Reindeer Rodeo! Bring your little one for a fun-filled morning of crafts, games, and treats. 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 6 F 10:00-11:30am

Silly Sloths

Age: 5-6 yrs. We may have missed International Sloth Day, but in true sloth fashion we are moving a bit slow. Join us as we learn about these cute creatures through crafts and activities.

Halifax Community Center - Fee: \$8

Oct 21 M 4:00-5:00pm

Snow Much FUN

Age: 2-5 yrs. It might not be snowing in Raleigh but we will have some snowy activities at our program! We will also be making some crafts and having snowball fight. Please pre-register so we can plan accordingly.

Pullen Community Center - Fee: \$8

Dec 17 Tu 10:00-11:00am

continued on page 82 –

Story & Craft Hour

Age: 2-5 yrs. Join us for our “seasons” story hour! During this time, we will read a book and make a few crafts that relate to the book. Please pre-register so we can plan accordingly.

Pullen Community Center - Fee: \$8

All things Fall

Oct 5 Sa 10:30-11:30am

Storybook Adventures

Age: 3-5 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. Pre-registration and adult participation are required for this class.

Halifax Community Center

Ahoy Matey

Sep 19 Th 11:15am-12:00pm

Pumpkin Patch

Oct 17 Th 11:15am-12:00pm

Turkey Tots

Nov 21 Th 11:15am-12:00pm

Winter Wonderland

Dec 19 Th 11:15am-12:00pm

Tiny Tot's Basketball

Age: 3-5 yrs.

Barwell Road Community Center - Fee: \$40

Oct 5-Oct 26 Sa 10:00-11:00am

Tuesday Tots' Story Time & Activities

Age: 3-4 yrs. Every month we'll feature an author or theme for story time, singing, acting, crafts and wherever else our imaginations bring us! Storytime fosters early literacy skills, develops a lifelong love of reading, and prepares little ones for school plus we'll have a bunch of creative fun doing it! Parents participate in class.

Laurel Hills Community Center - Fee: \$32

Sep 3-Sep 24 Tu 10:30-11:15am

Oct 1-Oct 29 Tu 10:30-11:15am

Youth

Amazing Halloween Alphabet

Age: 2-5 yrs. Learning the alphabet? Why not do it in a fun way! Join us for a fun Halloween themed alphabet hour full of crafts, stories, and songs. Preregistration is required.

Hill Street Neighborhood Center - Fee: \$8

Oct 28 M 3:30-4:30pm

Candy Cane Jingle Mingle

Age: 1.5-10 yrs. Get ready for a festive adventure that will have you going NUTS for Fall! It's the Optimist Community Center Acorn Affair. There will be crafts, games, smores, music and fun as we rake into the fall season!

Optimist Community Center - Fee: \$8

Acorn Affair

Oct 10 Th 2:00-5:00pm

Candy Cane Jingle Mingle

Dec 19 Th 2:00-5:00pm



Choreography/Performance Dance

Age: 8-12 yrs. Come out and learn different styles of dance to create pieces that participants will perform. Participants will learn life skills such as collaboration and teamwork, listening and communicating, self-confidence, and self-expression. The class will explore the use of time, shape, energy, space, and motion. The class will also cover: stage design, movement phrasing, gesture and movement invention, use of dynamics, themes, and storytelling. Participants in choreography class become comfortable with improvisation, weight sharing, and group collaboration. Instructor Ms. E is the owner of Ethyl Lassiter's Dance Ensemble.

Barwell Road Community Center

Oct 12 Sa 12:00-1:00pm Fee: \$15

Oct 26 Sa 12:00-1:00pm Fee: \$15

Sep 7-Sep 28 Sa 12:00-1:00pm Fee: \$130

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 winterful season, so freeze the day and come celebrate with us.

Kiwanis Community Center - Fee: \$12

Dec 19 Th 3:30-5:00pm

Dino Discovery Day

Age: 2-5 yrs. Come join us on this fun adventure as we learn about the world of Dinosaurs. Who was the biggest? Who was the toughest? What did they eat? We will go back in time to learn about dinosaurs and how they explored the earth with fun stories, songs, and crafts. Preregistration is required.

Hill Street Neighborhood Center - Fee: \$8

Sep 23 M 3:30-4:30pm

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 - Fee: \$12

Oct 24 Th 3:30-5:00pm

Family Game Night

Age: yrs. Join us for an unforgettable Family Game Night filled with laughter, competition, and quality time together! Our program is designed to bring families closer through a variety of entertaining games suitable for all ages. Whether you're a board game aficionado, a trivia whiz, or a card game enthusiast, there's something for everyone to enjoy.

Worthdale Community Center

Sep 2-Sep 30 M-F 6:00-9:00pm
 Oct 1-Oct 31 M-F 6:00-9:00pm
 Nov 1-Nov 29 M-F 6:00-9:00pm
 Dec 2-Dec 31 M-F 6:00-9:00pm

Five for Five's

Age: 5 yrs. Are you 5 years old - then this program is for you! We know sometimes you can be too old for preschool programs and too young for school age programs. During this hour we will do 5 activities, that will include games, crafts and more. Please pre-register so we can plan accordingly.

Pullen Community Center - Fee: \$8
 Oct 15 Tu 4:30-5:30pm

Leaves and Love

Age: 5-6 yrs. There is so much to be thankful for, so let's celebrate! Get creative as we make crafts, read a book, and other fun activities.

Halifax Community Center - Fee: \$8
 Nov 4 M 4:00-5:00pm

Ninja Day

Age: 4-5 yrs. Celebrate International Ninja Day with us! Test your skills in an obstacle course, make crafts, and finish the morning watching our favorite panda in a holiday short film.

Halifax Community Center - Fee: \$10
 Dec 5 Th 10:15-11:45am

Storytime Adventures

Age: 4-6 yrs. Kids will enjoy a fun-filled way to join our adventure through themed storytime's with various characters. Each month we will explore different adventures by sharing a story that goes with the theme for that day. Children will participate in story time and follow-up activity at each adventure. Parent participation required.

Lions Park Community Center - Fee: \$5

Sep 19 Th 11:00-11:45am
 Oct 17 Th 11:00-11:45am
 Nov 21 Th 11:00-11:45am
 Dec 19 Th 11:00-11:45am

Whimsy Wonder & A Fairy Fun Time

Age: 3-10 yrs. Join us as we enter into a world of fairies, fun and so much more! We will have activities and crafts for the first hour and a spectacular tea time for the last 30 minutes. There will also be cheerful characters for the children to meet and take their picture with, so come dressed in your most whimsical attire! Each child will leave with a special gift. Please note there is an event for 3-7 year old's and one for 8-10 year old's.

Pullen Community Center - Fee: \$75

Ages 3-7

Nov 9 Sa 10:00-11:30am

Ages 8-10

Nov 9 Sa 1:00-2:30pm

Teen

Intro Into Double Dutch

Age: 13-17 yrs. Learn the basics of double dutch in this beginner level session. Participants will learn the basics of how to jump from inside the ropes. If brave and comfortable with the ropes, participants will get help to jump into the ropes. All skill levels welcome!

Pullen Community Center

Sep 10 Tu 6:00-7:30pm

Recycled Wreaths

Age: 13-99 yrs. Join us as we make wreaths with recycled materials! Each participant will be given a wreath form and will be free to create their own masterpiece. We will also provide lots of recycled fabrics, beads, wire and ribbon. If you have any recycled materials you would like to use, please feel free to bring them. Please pre-register, so we have enough supplies for everyone.

Pullen Community Center

Nov 22 F 4:00-6:00pm

Teen Night at Chavis

Age: 13-17 yrs Calling all teens! Come join us at John Chavis Memorial Park for a night of basketball, painting, music, pizza and more.

John Chavis Community Center

Oct 11 F 6:00-8:00pm

Adult

Adult Abbotts Creek Book Club

Age: 18-99 yrs. Are you an avid reader? Do you like talking about the books that you read? If so, come out to Abbotts Creek to join our book club. The book we will be reading is Big Little Lies by Liane Moriarty. The book club is free to the participants, but participant is responsible for paying for lost or damaged books. The official meeting start date is September 30th, books will be available for pick up on September 23rd. More information will be given on September 23rd. Pre-registration is required.

Abbotts Creek Community Center

Sep 23-Nov 4 M 2:30-3:30pm

Abbotts Creek Walking Group

Age: 18-99 yrs. Come meet at Abbotts Creek and go for a stroll with others around the park and surrounding areas. In the case of inclement weather, staff will reach out to participants in the event of a cancellation or an alternative activity. Pre-registration is required.

Abbotts Creek Community Center

Sep 12-Nov 14 Th 10:00-11:00am

Board Game Night

Age: 18-99 yrs. Bring your friends or come make new ones at our new board game nights at Kiwanis Park! Each month we will have a variety of board games to play and you can come and go as needed. The fun is free but our space is limited, so pre-registration is encouraged. Please note that this program is for adults only, but we have a different night for the whole family!

Kiwanis Community Center

Sep 12 Th 6:00-7:30pm

Oct 10 Th 6:00-7:30pm

Nov 14 Th 6:00-7:30pm

Dec 12 Th 6:00-7:30pm

Camp Craft for Adults

Age: 18-99 yrs. Calling all former campers! Relive the fun summer days at camp with our camp craft experts! Be prepared to have fun and get messy. Pre-registration for the program is required.

Abbotts Creek Community Center

Sep 30 M 5:30-6:15pm

Gals & Pals: Night Out

Age: 18-99 yrs. Get ready to unleash your inner artist and mingle with like-minded creatives at our new series! Each session provides a new creative project and mocktail, and some projects may take more or less time. Whether you're meeting old friends or making new ones, join us as we celebrate friendship and cultivate a new third place!

Hill Street Neighborhood Center

Charm Jewelry

Sep 23 M 6:00-7:30pm

Candle Making

Oct 28 M 6:00-7:30pm

Flower Lanterns

Dec 2 M 6:00-7:30pm

Kiwanis Community Center

Candle Making

Sep 18 W 6:30-8:00pm

Flower Lanterns

Oct 16 W 6:30-8:00pm

Charm Jewelry

Nov 20 W 6:30-8:00pm

Optimist Community Center

Flower Lanterns

Sep 10 Tu 6:30-7:30pm

Charm Jewelry

Oct 8 Tu 6:30-7:30pm

Candle Making

Nov 12 Tu 6:30-7:30pm

German Shepherd Dog Club

Millbrook Exchange Community Center

Sep 5 Th 7:00-9:00pm

Oct 3 Th 7:00-9:00pm

Nov 7 Th 7:00-9:00pm

Dec 5 Th 7:00-9:00pm

continued on page 84 -

Active Adult Trips

The Active Adult Program staff organize numerous one-day and multi-day trips throughout the year. Our trips like our programs are geared towards adult 50 years and better. The trips are open to all adults no matter where you reside. Find a list of our upcoming trips and how to register on the website under "Trips."

SINGLE-DAY TRIPS

September – Halifax, NC

Sylvan Heights Brid Park Enjoy an unforgettable up-close experience with over 2,000 waterfowl, parrots, toucans, flamingos, and other exotic birds from around the world. This 28-acre facility features spacious, walk-through aviaries, tranquil gardens, and lush natural areas.

October - NC Transportation Museum

Once the home to Southern Railway's largest steam locomotive repair facility in the southeast. Now home to many historical structures including Barber Junction Depot, an authentic train station built in 1898 and the Bob Julian Roundhouse is the largest remaining roundhouse in North America. This museum featuring all types of transportation history – railroading, automotive, aviation, and more.

November – Fayetteville, NC

Honor Our Veterans Honor our soldiers with a visit to Fort Liberty (formally Fort Bragg.) Visit the 82nd Airborne Division War Memorial Museum, dedicated to telling the history of the 82nd Airborne Division from 1917 to the present. Tour the John F. Kennedy Special Warfare Museum that spotlights the proud history of the US Army Special Forces "Green Berets", US Army Psychological Operations and the US Army Civil Affairs.

December – Bear Creek, NC

Southern Supreme Tour, taste and shop the Southern Supreme Fruitcake Factory. Watch as the delicious nutty fruitcakes are made and packaged on site. Shop for homemade candies, peanut brittle and so many more goodies for yourself or as gifts.

MULTI-DAY TRIPS

Douro River Cruise – November 4-12, 2024

Enjoy a relaxing 7-night cruise on the Douro River through Portugal and Spain. Visit several cities and ports aboard the MS Amalia Rodrigues. Porto is the second largest city in Portugal, Vila Real is known for its variety of religious buildings and architecture, Salamanca is a city of dazzling beauty with extraordinary architectural treasures rich traditions, Lamego is a small picturesque old town rich in history and charm and Guimaraes a university town listed on the UNESCO World Heritage Site.

Asheville, NC & Biltmore Estate for the Holidays – December 2024

This overnight trip is sure to get you into the holiday season with a majestic candlelight tour through Biltmore. Enjoy the self-guided tour as thousands of ornaments reflect the soft glow of candlelight, fireplaces and sparkling lights followed by more holiday spirits outside at the Antler Hill Village.

Intro to Double Dutch

Age: 18-99 yrs. Learn the basics of double dutch in this beginner level session. Participants will learn the basics of how to jump from inside the ropes. If brave and comfortable with the ropes, participants will get help to jump into the ropes. All skill levels welcome!

Pullen Community Center
Nov 12 Tu 6:00-7:30pm

Mocktail and Makes-Wreath Edition

Age: 16-99 yrs. Join us for an exciting evening of creativity and refreshment at Mocktails & Makes! Sip on delicious alcohol-free mocktails while diving into a variety of craft projects suitable for all skill levels. We will be creating seasonal wreaths to adorn your home or can be gifted to a loved one. Whether you're a seasoned crafter or just looking for a

fun night out, Mocktails & Makes is your evening of fun, friendship, and fantastic creations. So, let's sip mocktails, stir creativity, and craft cherished moments at Mocktails & Makes!

Greystone Recreation Center – Fee: \$15
Sept 13 F 6:00-8:00pm

Open Ballroom Dance

Age: 18-99 yrs. Join us for a night of ballroom dancing! Adults of all dance skills and abilities are welcome to attend. We dance to a variety of rhythms, including salsa, cha-cha-cha, rumba, east- and west-coast swing, foxtrot, waltz and more. We dance a little bit of everything. No partner required! The dances meet weekly and a live band plays 3 weeks out of the month. For more information, please call the center at 919-996-6052.

Pullen Community Center
Sep 4-Dec 18 W 7:00-8:45pm

Recess for Adults

Age: 18-99 yrs. It's time to play! Relive your old elementary and middle school PE days with an evening of fun game in the gym. PE uniforms are not required, but pre-registration for the program is required.

Abbotts Creek Community Center
Sep 16-Oct 7 M 6:30-7:30pm

Salsa at Abbotts Creek

Age: 16-99 yrs. Two left feet? No problem! No partner? Not necessary. Join us for a fun Salsa dancing course every Tuesday night. This course is designed for students with little or no salsa dance experience. Students will learn the basic fundamentals of salsa timing, rhythm, footwork and an introduction to partner dancing. This is a progressive course, so every week we review the prior week's

material, and introduce new material. The course is designed to stimulate a love for Salsa dancing as well as building a community of dancers. We recommend students wear non-rubber sole shoes and comfortable clothing. Come on out and get ready to move those hips!

Abbotts Creek Community Center - Fee: \$45

Sep 24-Oct 15 Tu 7:30-8:30pm
 Oct 22-Nov 12 Tu 7:30-8:30pm
 Nov 19-Dec 10 Tu 7:30-8:30pm

Sertoma Group - Sertoma Park Artists

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 5-Dec 19 Th 9:00am-12:00pm

Sister Share

Age: 18-99 yrs. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

Sep 5-Dec 12 Th 6:30-8:00pm

The Haunted at the Pines

Come out, if you dare, for a haunted night at the Pines. Each ghoulish-themed room will be complete with frightful music for the perfect Halloween thrill! Enter at your own risk! All event proceeds will go to Raleigh Parks' Play it Forward Financial Assistance Fund. **Attendees will travel through the haunted house in groups of four.

Carolina Pines Community Center - Fee: \$5

Oct 25 F 8:00-10:00pm

Senior

Barwell Seasoned Group

Age: 50-100 yrs. Don't let time pass you by. Come join the Barwell Senior Group and stay active. Learn how to paint, play a new card game and interact with others. The group will engage in field trips, healthy eating seminars, book club readings and more.

Barwell Road Community Center

Sep 3-Sep 24 Tu 11:00am-1:00pm
 Oct 1-Oct 29 Tu 11:00am-1:00pm
 Nov 5-Nov 26 Tu 11:00am-1:00pm
 Dec 3-Dec 31 Tu 11:00am-1:00pm

Bingo

Age: 18-110 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 plus bring \$1 cash per 3 cards which becomes prize money. Space is limited. Registration is on a month-by-month basis and starts at 9am online or in-person on the 3rd Wednesday for the following month. Please arrive at 10:15 for a 10:30 start.

Anne Gordon Center - Fee: \$1

Sep 6-Sep 27 F 10:30am-12:30pm
 Oct 4-Oct 25 F 10:30am-12:30pm
 Nov 1-Nov 22 F 10:30am-12:30pm
 Dec 6-Dec 27 F 10:30am-12:30pm

Bridge: Open Play

Age: 18-99 yrs. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Recreation Center

Sep 9-Dec 30 M 10:00am-1:00pm
 Sep 4-Dec 18 W 10:00am-1:00pm

Coffee and Canvases

Age: 55+ yrs. If you are an active adult age 55+, looking for a place to socialize and meet new friends, Green Road's Canvas and Coffee is the place to be! This a beginner's level class, but all experienced levels are welcomed. Coffee and Tea will be provided as you create your masterpiece!

Green Road Community Center - Fee: \$2.50

Sep 3-Dec 17 Tu 10:00am-12:00pm

Cornhole for Active Adults

Age: 55+ 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 6-Dec 27 F 2:00-4:00pm

Five Points Center

Sep 4-Dec 18 W 2:00-4:00pm

Golden Years Club Open House

Age: 50-99 yrs. Interested in joining an active adult club? Join us for this open house at Pullen Community Center. It will be a floating event where you can meet new people. We will also be there to answer any questions and provide light refreshments. We hope that there will be enough people interested to start a club at the community center.

Pullen Community Center

Sep 25 W 10:00-11:30am

Greystone Blanketeers

Age: 16-99 yrs. Knit, crochet, sew or quilt for charity. We meet the third Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Linda Seanor 919-413-3548.

Greystone Recreation Center

Sep 17 Tu 1:00-4:00pm
 Oct 15 Tu 1:00-4:00pm
 Nov 19 Tu 1:00-4:00pm
 Dec 17 Tu 1:00-4:00pm

continued on page 86 –



JCMP Senior Program

Age: 55-99 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 5-Dec 5 Th 11:00am-4:00pm

Mah Jongg Open Play

Age: 18-99 yrs. This program is for those who know how to play and do not need instructions. Bring your game boards and cards; some supplies are available.

Greystone Recreation Center

Sep 9-Dec 30 M 1:30-4:00pm

Sep 5-Dec 19 Th 4:30-6:30pm

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 5-Sep 26 Th 1:00-3:30pm

Oct 3-Oct 24 Th 1:00-3:30pm

Oct 31-Nov 21 Th 1:00-3:30pm

Dec 5-Dec 19 Th 1:00-3:30pm

Anne Gordon Center

Sep 6-Sep 27 F 10:30am-12:45pm

Oct 4-Oct 25 F 10:30am-12:45pm

Nov 1-Nov 22 F 10:30am-12:45pm

Dec 6-Dec 20 F 10:30am-12:45pm

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 3-Dec 31 Tu 1:00-4:30pm

Sep 6-Dec 27 F 1:00-4:30pm

Senior Fridays

Age: 18-99 yrs. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Recreation Center

Sep 6-Dec 27 F 1:00-3:00pm

Senior Game Day

Age: 55-99 yrs. Active Adults will enjoy a fun-filled time including gym games and more. Some of the games will include Uno, Scrabble, Yahtzee, Bingo, Checkers, Dominoes, Monopoly, Chess, Backgammon, Crossword puzzles, Jigsaw puzzles, Word search puzzle and others.

Lions Park Community Center

Sep 11 W 10:00am-12:00pm

Sep 25 W 10:00am-12:00pm

Oct 23 W 10:00am-12:00pm

Oct 9 W 10:00am-12:00pm

Nov 13 W 10:00am-12:00pm

Senior Social

Come join us at Method Road Park for a fun filled day to fellowship with your fellow seniors. You can enjoy a list of activities, while being able to mingle and see your fellow friends. Come join us for card games, line dancing, refreshments and more. Geared towards adults 55 and older.

Method Road Community Center

Sep 21 Sa 10:00am-2:00pm

Table Tennis Open Play

Age: 18-99 yrs. Join other Table Tennis players for an afternoon of friendly competition. All levels are welcome.

Five Points Center

Sep 6-Dec 27 F 2:00-4:00pm

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 5-Dec 19 Th 12:30-1:55pm

Young and Gifted 50 Senior

Age: 50-99 yrs. The goal of Senior and Adult Services is to maximize self-sufficiency, safety, health and independence so seniors and adults can remain safely in their community for as long as possible and to maintain the highest quality of life.

Sgt. Courtney T. Johnson Neighborhood Center

Oct 4-Dec 6 F 9:00am-12:00pm

Family

Back to School Beach Bingo

Bring the entire family out to play bingo with us! Pop in for just a bit or stay the entire time. We will provide refreshments but feel free to bring your dinner if you like. We will be giving away beachy prizes and more! Please pre-register each person who plans to play bingo.

Pullen Community Center - Fee: \$2

Sep 20 F 4:30-6:30pm

Bye Bye Summer Luau

Come out and Hula the day away and have a good time as we celebrate the end of summer. There will be an awesome DJ, Arts & Crafts, Bouncy Houses, Face Painting, Food Trucks, Games and more. Pull out your Hawaiian attire and come lea (have a good time) with us!

Green Road Community Center

Sep 21 Sa 11:00am-3:00pm

Candy Cane Lane

Age: 0-99 yrs. Prance on over to Greystone for a sweet and festive family night as we venture down candy cane lane to celebrate this special time of year. You and your elves can jingle your way through the evening in your favorite holiday themed gear making crafts and participating in some family friendly contests. We will enjoy a holiday themed movie, prizes, hot cocoa, popcorn, snacks and more! Registration is required for each individual 3 years old and up; cost is \$10 for each "registered" person, which includes snacks and supplies.

Greystone Recreation Center - Fee: \$10

Dec 8 Sun 4:00-6:00pm

Ever After Festival

Join us on an epic quest to discover a time of castles, knights, and dragons at this festival produced in partnership with Paper & Stars Studio! Experience the rich world of medieval fantasy and the history behind this favorite era of the imagination. Create fun themed crafts, practice your sword skills, and purchase magical objects necessary for your adventures from our talented vendors. Enjoy magical entertainment, food, and drink while you explore beautiful Fletcher Park in downtown Raleigh.

Fred Fletcher Park

Sep 28 Sa 10:00am-3:00pm

FALL A TREAT

Age: 1-10 yrs. Come out in your costumes to enjoy scary scenes and music in hallways and rooms.

Carolina Pines Community Center

Oct 28 M 6:30-8:00pm

Fall Festival

Age: 4-11 yrs. Method Community Center is hosting its annual Fall Festival. Activities will include carnival games, healthy treat bags, music and more. Join us for a SPOOK-tacular family event!

This event is free to the public.

Method Road Community Center

Oct 4 F 5:00-7:00pm

Family Fun: Board Game Night

Bring your family, friends, and neighbors to our family fun series at Kiwanis Park! Each month we will have a variety of games to play and you can come and go as needed. All ages are welcome. The fun is free but our space is limited, so pre-registration is encouraged.

Kiwanis Community Center

Sep 3 Tu 6:00-7:30pm

Oct 1 Tu 6:00-7:30pm

Nov 5 Tu 6:00-7:30pm

Dec 3 Tu 6:00-7:30pm

Grandparents Day Tea

Let's celebrate our grandparents and those we love like our grandparents! Join us for a spot of tea, snacks and fun!!!

This will be a drop in event for children and their grandparents where we will be making some crafts, working on puzzles and much more. Please pre-register each child, grandparent and or special friend that plans to attend.

Pullen Community Center – Fee: \$5
Sep 7 Sa 10:00am-12:00pm

Green Road's Ghostly Spooktacular

Looking for somewhere to bring your ghouls and goblins? Well, look no further! Bring them to Green Road Community Center for a fun-packed evening with activities including a ghostly dance party, spooky arts and crafts, monstrous games and more! Kids will leave with a smile and a spooky treat. Costumes are encouraged.

Green Road Community Center
Oct 25 F 6:00-8:30pm

In It to Win It Games

Are you ready for a fun family night of in it to win it game challenges!! This is our first edition of game challenges that the whole family can participate in. We will have refreshments, music, and MOST IMPORTANTLY FUN!!

Method Road Community Center – Fee: \$10
Dec 20 F 6:30-8:30pm

Magic and Mischief: A Wizard's Market

The Wizard's Market appears for only one day in a cloaked location each year! Young witches and wizards who enter this market produced by Paper & Stars Studio will encounter mysterious characters and fantastic beasts, create magical crafts, and practice spells with professors from a certain famous wizarding academy. Be sure to wear your colors to show your house pride while you shop for enchanting handmade items and treats from our vendors, enjoy family-friendly stage performances, and experience Magic and Mischief under the waxing crescent Autumn moon.

Fred Fletcher Park
Nov 9 Sa 10:00am-3:00pm

National Holidays

Drop in for fun holiday celebrations!

John Chavis Community Center

International Chocolate Day
Sep 13 F 10:00am-8:30pm

National Heroes' Day
Oct 11 F 10:00am-8:30pm

National Basketball Day
Nov 6 W 10:00am-8:30pm

National Candle Day
Dec 4 W 10:00am-8:30pm

Party in the Park

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, and popsicles! Pre-registration is encouraged for communication in the case of inclement weather, but is not required.

Kiwanis Community Center
Sep 6 F 3:30-6:30pm

Pumpkin Palooza

Age: 0-99 yrs. Come and join us for an evening of family fun and creativity as we ring in the fall season! We will decorate pumpkins and enjoy tasty treats to inspire the most outrageous designs and creations.

Fees include one pumpkin for decorating. If families want additional pumpkins, please register one person for each pumpkin.

Greystone Recreation Center – Fee: \$12
Oct 6 Sun 3:00-5:00pm

Selfies with Santa

Jingle bells, jingle bells, jingle all the way to Barwell Road Community Center for your personal Selfie with Santa. The Property Shop Realty group, in partnership with Barwell Road Community Center staff and volunteers will be offering families a time to take a photo with Santa, create gifts for family and friends, and play some reindeer games. All children must be accompanied by an adult and 12 years old and younger.

Barwell Road Community Center
Dec 13 F 5:00-7:00pm

Worthdale Fall Festival

Get ready for Worthdale Community Center's annual Fall Festival! Enjoy an afternoon of carnival-themed fun, including trunk or treat, music, face painting, arts and crafts, refreshments, and carnival games. This is a family-friendly festival best suited for children ages 5-12.

Worthdale Community Center
Oct 24 Th 6:00-8:00pm

Golden Years Clubs

Clubs are composed of persons age 50+. Anyone meeting the age requirements may participate in any club no matter where they live. Club activities vary by club and may include socials, trips, cards, games, and luncheons. Contact the listed Club Liaison for specific details. **This information is not to be used for solicitation purposes.**

AARP Raleigh-Wake 3689

Durant Campbell Lodge
3237 Spottswood Street
3rd Thursday, 11:00am
Sept-June: Speakers, lunch, cards
Cordelia: (646) 316-4618

Asbury Joy Club

Asbury UMC
6612 Creedmoor Road
3rd Thursday, 11:00am
Sept-May: Trips, meals, speakers
Candy: (919) 522-6759

Cathedral Seniors

Holy Name of Jesus Cathedral
715 Nazareth Street
Thursdays, 11:00am
Aug-May: Speakers, meals,
trips, social
Cathy: (919) 779-4920

Chavis Circle of Friends Chavis

Community Center 505 MLK Blvd
Last Wednesday, 11:00am
Sept-May: 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

Fifty-Five Plus Club

Anne Gordon Center
1901 Spring Forest Road
Wednesdays, 10:00am
Sept-May: Speakers, cards, trips
June-Aug: Cards only
Fannie: (919) 637-7194

First Cosmopolitan Club

First Cosmopolitan Baptist Church
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

Greystone Village Shopping Center
7713 Leadmine Road
2nd/4th Thursday, Varied
Sept-May: Trips only
Lauren: (919) 612-5164

Golden Eagles Club

"Top" Greene Center
401 MLK Jr. Boulevard
2nd Wednesday, 11:00am
Yearly: Speakers, meals, trips
Carletta: (919) 606-5895

Keenagers

White Memorial Presbyterian
1704 Oberlin Road
Thursdays, 10:30am
Sept-May: Social, speakers,
lunch, trips
Jim: 919-834-3424

Lake Lynn Seniors

Lake Lynn Community Center
7921 Ray Road
Tuesdays, 10:00am
Sept-May: Speakers, meals, games
Kathy: (919) 349-8905

Lions Park Club

Lions Park Community Center
516 Dennis Avenue
1st Wednesday, 10:00am
Sept-June: Speakers, meals, cards,
games, trips
Christie: (919) 996-4726

NRUMC-Joy Club

North Raleigh UMC
8501 Honeycutt Road
2nd and 3rd Wednesday, 11:30am
4th Wednesday: Dinner
Yearly: Speakers, meals, trips
Cletha: (919) 606-1812

Parkview Manor Touch of Klass

911 N. Blount Street
Wednesdays, 5:00pm
Yearly: Speakers, trips
Melissa: (919) 508-1216
Deborah: (919) 508-1217

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 Community Center
2615 Fitzgerald Drive
2nd and 4th Tuesdays, 10:00am
Sept-May: Speakers, trips
Mary: (919) 755-1086

Snappy Seniors

Marsh Creek Community Center
3050 N. New Hope Road
3rd Monday, 10:00am
Sept-May: Speakers, meals, games
Sara: (919) 255-3563

South-East Raleigh #5032 of AARP

Roberts Park Center
1300 E. Martin Street
2nd Thursday, 12:00pm
Sept-May: Speakers, community
service, trips
Shirley: (619) 888-1962

Trailblazers

Mt. Pleasant Church
10720 Falls of the Neuse Road
2nd Tuesday, 11:00am
Sept-May: Speaker, meals, trips
Linda: (919) 801-6230

Watts Seniors

Watts Chapel
3703 Tryon Road
3rd Tuesday, 10:00am
Sept-June: Social, speakers
Portia: (919) 883-6464

Women Growing Older Gracefully

Five Points Center for Active Adults
2000 Noble Road
2nd and 4th Wednesday, 11:00am
Sept-June: Table talks, games, trips
Alice: (919) 434-6318
Ciana: (215) 391-7898

Worthdale Walkers Club

Worthdale Community Center
1001 Cooper Road
Thursdays, 11:00am
Sept-May: Social, trips, speakers
Asha: (919) 996-2730

WTUMC Golden Circle

Wilson Temple UMC
1023 Oberlin Road
3rd Thursday, 11:00am
Sept-June: Social, speakers, lunch,
games, trips
Cheryl: (919) 592-2333

Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147, SRIS@raleighnc.gov

Program Director

Christen Winstead, LRT/CTRS
christen.winstead@raleighnc.gov

Inclusion Manager

Victoria Jenkins, LRT/CTRS
victoria.jenkins@raleighnc.gov

Inclusion Coordinator

Casey Johnson, LRT/CTRS
casey.johnson@raleighnc.gov

Program Manager

Kevin DeHont, LRT/CTRS
kevin.dehont@raleighnc.gov

Program Coordinators

Hannah Hearn, LRT/CTRS
hannah.hearn@raleighnc.gov

Rachel Barth, LRT/CTRS
rachel.barth@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.

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.

continued on page 90 –

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 Bingo

Age: 16-99 yrs. Join us for a fun-filled evening of socializing and excitement through the timeless game of bingo. Tailored specifically for individuals with disabilities, our instructors will ensure activities are adapted to accommodate diverse needs and abilities. 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).

Jaycee Community Center - Fee: \$10

Sep 4-Sep 18	W	6:30-7:30pm
Oct 2-Oct 16	W	6:30-7:30pm
Nov 6-Nov 20	W	6:30-7:30pm
Dec 4-Dec 18	W	6:30-7:30pm



SRIS Bowling

Age: 13-99 yrs. 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.

Offsite Programming

Sep 7-Sep 28	Sa	12:00-2:00pm	Fee: \$56
Oct 5-Oct 26	Sa	12:00-2:00pm	Fee: \$56
Nov 2-Nov 23	Sa	12:00-2:00pm	Fee: \$42

SRIS Challenger Flag Football

Age: 7-35 yrs. Are you ready for some football? Specialized Recreation and Inclusion Services (SRIS) is excited for another fun-filled season of Challenger Flag Football 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 to 35. The 8-week season begins Thursday, September 5, 2024. The team will meet for practice Thursday evenings throughout the fall and will scrimmage various local municipalities throughout the season. The teams will also travel to Charlotte for the Carolina Panthers Challenger Flag Football League Jamboree in October.

Millbrook Exchange Community Center

Sep 5-Oct 24 Th 5:00-6:15pm

SRIS Cooking

Age: 13-99 yrs. 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 - Fee: \$21

Sep 11	W	6:00-7:30pm
Oct 9	W	6:00-7:30pm
Nov 13	W	6:00-7:30pm
Dec 11	W	6:00-7:30pm

SRIS Crafting Corner

Age: 16-99 yrs. 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 - Fee: \$16

Sep 23	M	6:30-7:30pm
Oct 28	M	6:30-7:30pm
Nov 25	M	6:30-7:30pm
Dec 16	M	6:30-7:30pm

SRIS Family Game Night

Age: 13-99 yrs. Get your game faces ready! Join us in person as we participate each month in a variety of games like charades, trivia, Jenga, board games. and so much more! Each week will be a unique game night full of fun!
Jaycee Community Center - Fee: \$5
Sep 9 M 6:30-7:30pm

SRIS Mic Night

Age: 13-99 yrs. 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).
Jaycee Community Center - Fee: \$5
Sep 20 F 6:00-7:00pm
Oct 18 F 6:00-7:00pm
Nov 15 F 6:00-7:00pm
Dec 20 F 6:00-7:00pm

SRIS Monday Movers

Welcome to Monday Movers- a walking club dedicated to embracing the joy of movement for people of all abilities. Our club provides a supportive and empowering environment for individuals with disabilities to enjoy the benefits of walking together. Join us as we journey through nature, explore our Capital Area Greenway, urban landscapes, and other community trails. Together, we celebrate each step forward, fostering friendship, wellness, and inclusion. Designated meeting spots and trails will be sent out prior to the start of each month.

Offsite Programming

Sep 9-Sep 16	M	10:00-11:00am
Oct 7-Oct 21	M	10:00-11:00am
Nov 4-Nov 18	M	10:00-11:00am
Dec 2-Dec 16	M	10:00-11:00am

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, movement, arts and crafts, culture and monthly volunteer opportunities. 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. Program hours are 10:00am-3:00pm. All participants should bring a labeled lunch and water bottle daily. All participants are required to have a current Participant Information Form on file at least 1 week prior to their first day of participation. If forms are not current, after registration, families will receive additional forms that must be completed and returned at least 1 week prior to the first day of participation.

Eastgate Neighborhood Center - Fee: \$131

Sep 3-Sep 24	Tu	10:00am-3:00pm
Sep 5-Sep 26	Th	10:00am-3:00pm
Oct 1-Oct 29	Tu	10:00am-3:00pm
Oct 3-Oct 31	Th	10:00am-3:00pm
Nov 5-Nov 26	Tu	10:00am-3:00pm
Nov 7-Nov 21	Th	10:00am-3:00pm
Dec 3-Dec 17	Tu	10:00am-3:00pm
Dec 5-Dec 19	Th	10:00am-3:00pm
Oct 14	M	6:30-7:30pm
Nov 4	M	6:30-7:30pm
Dec 9	M	6:30-7:30pm



continued on page 92 –

TAP into Recreation

We have partnered with the Triangle Aphasia Project (TAP) to provide members with different recreational opportunities each month. This group is a great way to practice your communication skills while doing something you enjoy! Participants must be an existing member of TAP. If you are interested in becoming a member, please contact Olivia Herrmann at olivia@aphasiaproject.org

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

Age: 16-99 yrs. Come out on the 1st and 3rd Monday of the month for our VIP darts program tailored for visually impaired individuals! Join us for an engaging and accessible experience where participants of all abilities can enjoy the thrill of this precision sport. Through adapted equipment and supportive guidance, we aim to create a welcoming environment where everyone can excel and have fun. This program is designed as recreational practice and not instructional in nature.

Jaycee Community Center - Fee: \$10

Sep 16	M	6:00-7:30pm
Oct 7-Oct 21	M	6:00-7:30pm
Nov 4-Nov 18	M	6:00-7:30pm
Dec 2-Dec 16	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 \$2.00 for all guests over 1 year old. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

April-September	M	Closed
	Tu-Sa	11:00am-8:00pm
	Su	2:00-6:00pm
October-March	M	Closed
	Tu-Sa	11:00am-6:00pm
	Su	2:00-6:00pm

Digital Inclusion

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov To Apply for the Greenway Volunteer Program email rdpvolunteer@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 \$7 for adults, \$4 for youth (7-17), \$4 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 919-996-4363.

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

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!

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
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
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 Auls Haven Drive, 27614
919-996-6764

Baileywick Road Park c/o Athletics

— •B,E,M
9501 Baileywick Road, 27615
919-996-6836

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 Sunnybrook 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
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

PRSRT STD
US Postage
PAID
Raleigh, NC
Permit No.813

Please recycle or share with a friend.

MAKE AN IMPACT WITH RALEIGH PARKS!

Join the FUN!

Now hiring for positions in our school based programs, community centers, aquatics facilities, nature parks, and more. Visit raleighnc.gov/employment to apply.



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



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



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



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



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