

2020 | September - December

Leisure Ledger



**Raleigh
Parks**

**Online Registration Starts
July 28, 2020**

parks.raleighnc.gov
919.996.6640

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

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Together we connect and enrich our community through exceptional experiences.

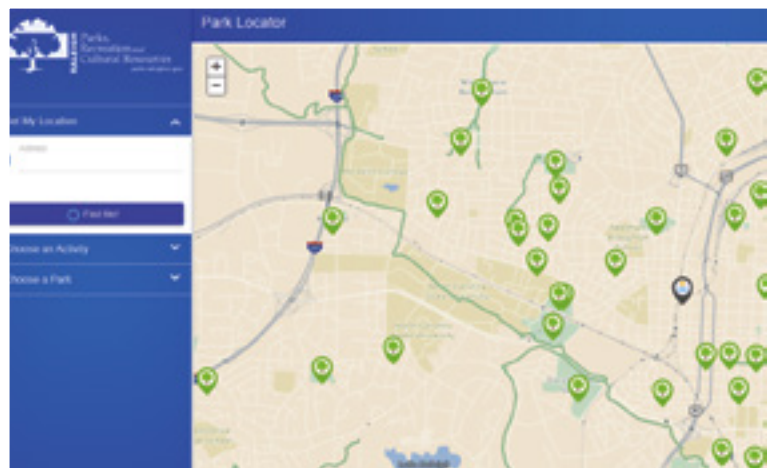
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 108 courts, dive into one of 9 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

Start Exploring With Park Locator!

The Park Locator mapping tool makes it even easier to find the closest parks to your home, search for parks by amenities, get directions and explore program offerings. It is responsive to different devices and is supported by all major, current browsers. Access Park Locator:

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

* You may also access Park Locator at **parks.raleighnc.gov**



DISCOVER YOUR

Raleigh Parks, Recreation and Cultural Resources Department

3 WAYS TO REGISTER

*Registration Status: Check the status of your registration at any time by going to RecLink at parks.raleighnc.gov
Click on My Account and select View Full Purchase History.*



Browse or Register online with RecLink

Visit parks.raleighnc.gov

RecLink allows you to search for classes, programs, and events by age, location, barcode, or keyword. With your Login ID and Family PIN 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



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



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



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



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



Raleigh Parks

Raleigh City Council*

Mayor: Mary-Ann Baldwin
Corey Branch
Patrick Buffkin
David Cox
David Knight
Saige Martin
Jonathan Melton
Nicole Stewart

Parks, Recreation and Greenway Advisory Board Members*

Chair: Brad Johnson
Vice Chair: Jennifer Wagner
Carol Ashcraft
Beverley Clark
Christopher Dillon
Kendall Harris
Dexter Hebert
Lex Janes
Marsha Presnell Jennette
Carol Love
Clodagh Lyons-Bastian
David Millsaps
Dave Toms
Charles Townsend

**at time of printing*

*Parks, Recreation and
Greenway Advisory
Board Meetings are
held on the 3rd Thursday
at 5:30pm of each month.
Please check the City website
for location. The public is
invited to attend.*

Arts Commission Members

Chair: Chanda Branch
Vice Chair: Moses T
Alexander Greene
Natalie Bullock Brown
David Clegg
Jamie Dawson
Courtney Greer
Pam Hartley
Bain Jones
Judy Payne
Angela Salamanca
Patty Williams
Shelley Smith

Management Team

Director:
Oscar Carmona
Assistant Director:
Scott Payne
Assistant Director:
Ken Hisler
Assistant Director:
Stephen Bentley
Assistant Director:
Sally Thigpen
*Administration
Superintendent:*
Helene McCullough

Historic Resources and Museum Program Advisory Board

Clare Bass
Fred Belledin
Jannette Coleridge-Taylor
Sally Greaser
Esther Hall
Holmes Harden
Matt Hobbs
Alicia McGill
Joe Mobley
Sam Mordecai
Edna Rich-Ballentine
Stephen Rabin
Jennifer Wagner, PRGAB
Liaison

City of Raleigh Historic Cemetery Advisory Board

David Brown
Danny Coleman
Barden Culbreth
Joe Dillon
Ruby Greene
Jenny Harper
Terry Harper
Amy Howard
Jane Thurman

Public Art and Design Board

Chair: Scott Hazard
Vice Chair: Laurent
de Comarmond
Adam Cave
Susan Cannon
Linda Dallas
Lincoln Hancock
Kathleen Rieder

Financial Assistance

The City of Raleigh Parks, Recreation and Cultural Resources Department strives to provide programs to all. Thanks to generous donations and support, we are able to provide financial assistance to those in need. Financial assistance is provided on a sliding scale based on income and other financial circumstances. All patrons who wish to register for programs provided by the City of Raleigh Parks, Recreation and Cultural Resources Department are eligible to apply for financial assistance. Please note that financial assistance is not available for: specialty camps, organizations, adult teams, special events, trips, or rentals. For more information on eligibility or to request the financial assistance application, please call **919-996-4839** or email **Fee.Assistance@raleighnc.gov**



Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Financial Assistance Fund

Throughout the past 25 years the Parks, Recreation, and Cultural Resources Department has provided assistance to families and individuals who desire to participate in departmental programs but for financial reasons cannot always afford to. From 1993, when the department held its first employee auction to help raise funds for this purpose, to today, the fund has helped over 7,500 individuals in Raleigh and the surrounding communities to participate in recreation programs that encourage healthy lifestyles, promote self-confidence and teach

life-long lessons. Assistance is awarded based on financial need and is offered to support all who wish to participate in our programs. To make a tax-deductible donation, please mail a completed form to:

City Of Raleigh

Financial Assistance Program – 6107
P.O. Box 590 Raleigh, NC 27602
City of Raleigh tax ID number: 56-6000236

Play It Forward Scholarship Fund

BY CHECK

☐ Yes, we/I would like to help by donating to the Financial Assistance Scholarship Fund.

Please accept my gift of: ☐ \$10 ☐ \$20 ☐ \$50 ☐ Other _____

☐ My check is enclosed (Payable to the City of Raleigh and Tax Deductible)

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

ONLINE

To make a tax-deductible donation online, visit RecLink and search the unique barcodes below for each donation amount:

\$10 donation	code #239366
\$20 donation	code #239367
\$50 donation	code #239368
\$100 donation	code #239370

Special Events

September

Escape to Freedom

Age: All Ages. In celebration of the 155th anniversary of emancipation, and in partnership with MOJOAA Performing Arts Company, Mordecai Historic Park presents a theatrical experience: Escape to Freedom. This one hour guided tour and performance will lead guests through Mordecai Historic Park to experience plantation life through the eyes of an enslaved person. What decisions would you make if you were in their place? The tour will end with a question and answer session with Mordecai Historic Park Staff and MOJOAA Performing Arts Company members. Participants should be comfortable walking and standing for up to an hour.

Mordecai Historic Park – \$15

#258331	Sep 18	F	7:30-8:45pm
#258332	Sep 18	F	9:00-10:15pm
#258333	Sep 19	Sa	6:00-7:15pm
#258334	Sep 19	Sa	7:30-8:15pm
#258336	Sep 20	Su	4:30-5:15pm
#258337	Sep 20	Su	6:00-7:15pm

October

Fall Festival Method Community Center

Age: 4-11 yrs. The Method Community Center is hosting its annual Fall Festival. Activities will include carnival games, healthy treat bags, music and more. Join us for a SPOOKtacular family event! The event is free to the public.

Method Road Community Center

#259809	Oct 16	F	5:00-7:00pm
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Big Sweep Lake Wheeler

Age: 6-99 yrs. Help keep Lake Wheeler Clean. Join us for Big Sweep, a statewide community volunteer activity. Our goal for Big Sweep, clean our natural areas by picking up litter in our parks, rivers, and public lands. Bring the family, community club, school group, or friends to help keep our park litter free. We look forward to seeing you! Pre-registration is not required but very helpful for tracking.

Lake Wheeler

#261673	Oct 24	Sa	9:00-11:00am
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Pullen & Sertoma Arts Centers Fall Arts Fair

Age: 1yrs. and up. NEW LOCATION: Fred Fletcher Park. Do you love supporting local artists? Get an early start on your holiday shopping and buy gifts for yourself and others from wonderful local artists at the Fall Arts Fair. The Fall Arts Fair showcases the work of jewelers, potters,

painters, printmakers, bookmakers, glass artists and fiber artists who participate in Pullen and Sertoma Arts Centers' programs. A fun outing for the whole family, visitors can enjoy participating in a variety of hands on art activities and watching demonstrations by Pullen Arts Center's instructors. All are invited to join us for this free outdoor event.

Fletcher Park

#260691	Oct 24	Sa	10:00am-5:00pm
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Jump aboard - you never know who you might meet along the way! The trolley departs from Mordecai Historic Park. Advanced registration is recommended. Tickets are non-refundable. Call 919.996.4364 for tickets and information.

Mordecai Historic Park — \$10

#258353	Oct 23	F	6:45-7:30pm
#258354	Oct 23	F	7:45-8:30pm
#258355	Oct 23	F	8:45-9:30pm
#258356	Oct 24	Sa	6:45-7:30pm
#258357	Oct 24	Sa	7:45-8:30pm

HOLIDAY EXPRESS | December 2-6 & December 9-13

Pullen Park will be transformed into a winter wonderland, continuing a community tradition now in its 13th year. More information about the ticket sales process (beginning July 28) is coming soon!

- Sign up to receive email or text updates about Raleigh Parks News and Events with **My Raleigh Subscriptions**. Visit www.raleighnc.gov keyword: **My Raleigh Subscriptions**
- Follow @RaleighParks on social media

Haunted Mordecai Festival

Age: All Ages. Enjoy an afternoon of Halloween-themed fun including food, music, games, and crafts on the lawn at Mordecai Historic Park. There will be costume contests for kids up to 16 years old beginning at 1 p.m. Paranormal investigation group the Ghost Guild will be on site to reveal their findings from the Mordecai House and answer your questions. This event is free and open to the public. No registration is necessary. Call 919-996-4364 for information.

Mordecai Historic Park

#258338	Oct 31	Sa	1:00-4:00pm
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Haunted Mordecai Lantern Tours

Age: All Ages. Some believe that the Mordecai House is the most haunted home in North Carolina. Do you? The Haunted Mordecai Lantern Tours are interactive theatrical experiences that will take you on a journey through the past, and might just scare you somewhere along the way. Recommended for ages 10 and up. Advanced registration is recommended. Tickets are nonrefundable. Participants should be comfortable walking and standing for up to 30 minutes. Call 919-996-4364 for more information.

Mordecai Historic Park – \$5

#258344	Oct 31	Sa	5:00-5:30pm
#258345	Oct 31	Sa	5:30-6:00pm
#258339	Oct 31	Sa	6:00-6:30pm
#258340	Oct 31	Sa	6:30-7:00pm
#258349	Oct 31	Sa	7:00-7:30pm
#258350	Oct 31	Sa	7:30-8:00pm
#258351	Oct 31	Sa	8:00-8:30pm
#258352	Oct 31	Sa	8:30-9:00pm
#258346	Oct 31	Sa	9:00-9:30pm

Haunted Trolley

Age: All Ages. Jump on board the Haunted Trolley, if you dare, for a special late night tour of downtown Raleigh's most haunted places.

#258358	Oct 24	Sa	8:45-9:30pm
#258359	Oct 30	F	6:45-7:30pm
#258360	Oct 30	F	7:45-8:30pm
#258361	Oct 30	F	8:45-9:30pm
#258362	Oct 31	Sa	6:45-7:30pm
#258363	Oct 31	Sa	7:45-8:30pm
#258364	Oct 31	Sa	8:45-9:30pm

December

Santa's Trolley

Age: 1yrs. and up. Santa is lost in Raleigh and Holly the Elf needs your help to find him in time for Christmas! Have you seen him lately? Do you know where he might be? Jump aboard the Raleigh Trolley and help Holly track down Santa in time for Christmas! Advance registration is recommended. Tickets are nonrefundable. Call 919-996-4364 for tickets and information.

Mordecai Historic Park – \$10

#258376	Dec 11	F	5:00-5:45pm
#258377	Dec 11	F	6:00-6:45pm
#258378	Dec 11	F	7:00-7:45pm
#258379	Dec 12	Sa	5:00-5:45pm
#258380	Dec 12	Sa	6:00-6:45pm
#258381	Dec 12	Sa	7:00-8:00pm
#258382	Dec 13	Su	5:00-5:45pm
#258383	Dec 13	Su	6:00-6:45pm
#258384	Dec 13	Su	7:00-7:45pm

Mordecai Holidays Open House

Age: All Ages. Visit the Mordecai Holidays Open House and see how the home would have been decorated for the holidays in years past. Rooms will be decorated to represent colonial days through the WWII era. You can tour the house at your leisure, and volunteers will be on hand to answer questions. The open house is free, and there is no need to register. Call 919-996-4364 for information.

Mordecai Historic Park

#258374	Dec 12	Sa	10:00am-4:00pm
#258375	Dec 13	Su	1:00-4:00pm

Adventure

Outdoor Recreation Director:

Seth Yearout

Seth.Yearout@raleighnc.gov

For more information about facilities, hours of operation, and available services please visit: <http://www.raleighnc.gov/parks> and search the term "Outdoor Recreation."

Outdoor Recreation:

Our mission is to enrich the lives of our patrons through programs, services and park facilities that connect them with the natural environment. Outdoor Recreation seeks to foster a personal connection to resources through firsthand experience and evaluation of one's relationship with the natural environment.

Our goal is to provide a variety of exceptional programs, services and park facilities that reach all members of the community. Programs, services and park facilities are designed to assist the balance of our participants' physical, mental or social needs through the use of the outdoor environment.

Facilities:

Lake Johnson
4601 Avent Ferry Rd.
Raleigh, NC 27606
Phone: 919-233-2121

Outdoor Recreation Program
2401 Wade Avenue
Raleigh, NC 27607
Phone: 919-996-6855

Lake Wheeler
6404 Lake Wheeler Rd.
Raleigh, NC 27603
Phone: 919-662-5704

Forest Ridge Park
2100 Old NC 98 Hwy.
Wake Forest, NC 27587
Phone: 919-996-5800

River Access and Disc Golf Courses:

Visit our Website for more information

Youth

Adventure Days

Age: 10-14 yrs. Adventure Days are one day mini-camps designed to get students outside during teacher workdays. Each different day will be focused on exploring outdoor activities and learning about the great outdoors as they get outside, challenge themselves and one another. Participants should come dressed for the outdoors, bring a lunch, two snacks and a reusable water bottle. For more information contact the Outdoor Recreation Program at (919) 996-6855 or adventure.program@raleighnc.gov

Thomas G Crowder Woodland Center

Zombie Survival – Course Fee: \$45
#261449 Oct 23 F 8:00am-5:00pm

Ascent (Rock Climbing) – Course Fee: \$60
#261452 Nov 13 F 8:00am-5:00pm

Flight School (Zip Line Tour) – Course Fee: \$75
#261450 Sep 28 M 8:00am-5:00pm

Know Your Knots

Age: 7-12 yrs. A well tied knot can go a long way. In this program participants will learn how to tie 10 useful knots. Participants will even put a few to the test to see how well their knots hold up. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advanced registration is required.

Thomas G Crowder Woodland Center – Course Fee: \$4
#258527 Nov 21 Sa 10:00am-12:00pm

Adult

Adults Fishing

Age: 12yrs. and up. This fishing 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 bridge and learn some tips and tricks to becoming an experienced fisherman. Equipment is provided including rod, reel, and bait. Advanced registration is required.

Lake Johnson – Course Fee: \$4
#258519 Oct 4 Su 1:00-3:00pm

Bike Maintenance Clinic

Age: 12yrs. and up. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty! Sign up today for quality instruction and hands-on experience.

Forest Ridge Park – Course Fee: \$10
#260636 Oct 3 Sa 1:00-3:00pm

First Aid/ CPR/ AED Certification Course

Age: 18yrs. and up. Be prepared for emergencies with this First Aid, CPR, and AED certification course. Registration includes professional training with engaging learning material, a classroom session, and hands-on practice. First Aid and CPR certification is great to obtain for any outdoor enthusiast. Certification is subject to completion of course material. First Aid Certification is valid for 3 years but CPR needs annual updates. For more information please contact the Forest Ridge Park Office 919-556-6781.

Forest Ridge Park – Course Fee: \$75
#260637 Oct 24 Sa 9:00am-3:30pm

Kayak Pool Sessions

Age: 8yrs. and up. Pool sessions are open paddling times for all levels of boaters, whether you're working on your roll, practicing new skills, or just wanting to try out the sport. Formal instruction is not provided, but a brief, basic boat orientation is available for beginners. Take advantage of the warm water, grab your boat and come join us at the pool! No preregistration required. Participants under 14 are welcome when accompanied by an adult (over 16). Entrance fees: resident - \$4, nonresident - \$6, 5-punch pass, \$15. Don't have your own boat? Kayaks are available to rent for \$4. Bring clothes that can get wet, towel and a change of dry clothes. Questions? Contact the Outdoor Recreation Programs at adventure.program@raleighnc.gov or 919-996-6855.

continued on page 8 —

Optimist Pool

#261423	Nov 6	F	5:00-8:00pm
#261424	Nov 13	F	5:00-8:00pm
#261425	Nov 20	F	5:00-8:00pm
#261426	Dec 4	F	5:00-8:00pm
#261427	Dec 11	F	5:00-8:00pm
#261428	Dec 18	F	5:00-8:00pm

Private Roll Instruction

Age: 8yrs. and up. Roll or swim? If you are tired of the second option, try our kayak roll instruction. For the boater wanting to take that next step in the kayaking progression, we are proud to offer personalized roll instruction. While everyone becomes proficient with these skills at different times, it usually takes more than one hour-long lesson to develop consistency in performing a roll. Roll instruction is designed to provide one step in the learning process. Students must have some kayaking experience, basic swimming ability and comfort under water. Participants under 14 must be accompanied by an adult (over 16). Preregistration is required. Bring clothes that can get wet, towel and a change of dry clothes. Bringing your own paddling equipment (boat, skirt, helmet, PFD) is optional, but recommended. Questions? Contact the Adventure Program at adventure.program@raleighnc.gov or 919-996-6855.

Optimist Pool – Course Fee: \$40

#261431	Nov 6	F	6:00-7:00pm
#261433	Nov 13	F	6:00-7:00pm
#261435	Nov 20	F	6:00-7:00pm
#261437	Dec 4	F	7:00-8:00pm
#261439	Dec 11	F	6:00-7:00pm
#261441	Dec 18	F	6:00-7:00pm

Family**Compass Basics**

Age: 10yrs. and up. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany participants under the age of 16. Adult(s) and child(ren) must register and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4

#258528	Nov 21	Sa	1:00-3:00pm
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Family Campout

Age: All Ages. Bring the whole family out to Falls Lake State Park for a family friendly introduction to family camping. The Outdoor Recreation and Education Program staff will provide tents, dinner, guided activities for multiple ages, lots of campfire fun, and breakfast in the morning before we break down camp. Preregistration is required. Questions? Contact the Adventure Program at (919) 996-6855

Non-City Owned Site – Course Fee: \$8

#261448	Sep 18-19	F-Sa	5:00pm-12:59am
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Family Fishing

Age: All Ages. Join us for this fun fishing program! Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment is provided including rod, reel, and bait. Participants 3 years old and under attend free and do not need to register. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Lake Johnson – Course Fee: \$4

#258514	Oct 4	Su	10:00am-12:00pm
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Navigating the Wilderness

Age: 12yrs. and up. How would you get around the wilderness if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails inside Lake Johnson and learn how to get around using only a map and compass! You will learn how to take bearings, read a topographic map, triangulation, and much more. No prior experience is necessary. Adult(s) must accompany participants under the age of 16. Adult(s) and child(ren) must register and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4

#258502	Sep 13	Su	3:30-5:30pm
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Take a Kid Mountain Biking Trail Ride

Age: 6yrs. and up. Join us for Take A Kid Mountain Biking Day! We will be hosting guided rides with Triangle Off-Road Cyclist. The ride will start with a bike inspection and warm-up prior to setting out on the trail. Participants are encouraged to bring their own equipment; however, loaner equipment is available on request.

Forest Ridge Park

#260662	Oct 3	Sa	10:30am-12:00pm
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Aquatics

For information about dates of operations, hours of operation, and amenities please visit <http://www.raleighnc.gov/parks> and look under Recreation for Aquatics Programs.

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult. All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10. Private lessons are also available for individuals wanting one on one instruction. Swim lessons for individuals with disabilities are available following the inclusion model. (For more information, contact Specialized Recreation and Inclusion Services at 919-996-2147.)

All Pools

(with the exception of
Buffaloe Road Aquatic Center)

At The Door	Resident	Non-Res
1-12 years	\$2	\$3
13-54 years	\$4	\$7
55 and older	\$3	\$5

Buffaloe Road Aquatic Center

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

All Pools

Photo I.D. Pass
may be purchased at all pools.

Punch Passes

Purchased at each pool for 15 swims.
(valid two years-to-date)

	Resident	Non-Res
1-12 years	\$24	\$36
13-54 years	\$48	\$84
55 and older	\$36	\$60

Monthly Pass

	Resident	Non-Res
1-12 years	\$18	\$27
13-54 years	\$36	\$63
55 and older	\$27	\$45

Annual Pass

(valid one year-to-date)	Resident	Non-Res
1-12 years	\$120	\$180
13-54 years	\$240	\$420
55 and older	\$180	\$300

Preschool

Parent & Child Aquatics Level 1

Age: 6 mths - 3 yrs. This class introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their children in the water while preparing and encouraging their children to participate fully and try the skills. These basic skills will lay the foundation to help children learn to swim in the future. The class also introduces water safety topics for parents.

Buffaloe Rd Aquatic Center – Course Fee: \$41

#259284	Sep 12-Oct 3	Sa	11:30am-12:00pm
#259286	Oct 17-Nov 7	Sa	11:30am-12:00pm
Course Fee: \$39			
#259289	Dec 5-19	Sa	11:30am-12:00pm
Course Fee: \$56			
#259282	Sep 8-24	Tu, Th	4:30-5:00pm
#259285	Oct 6-22	Tu, Th	4:30-5:00pm

#259287	Nov 3-19	Tu, Th	4:30-5:00pm
#259288	Dec 1-17	Tu, Th	4:30-5:00pm

Millbrook Pool – Course Fee: \$39

#259854	Nov 7-21	Sa	9:30-10:00am
#259856	Dec 5-19	Sa	9:30-10:00am
Course Fee: \$41			
#259852	Sep 12-Oct 3	Sa	9:30-10:00am
Course Fee: \$56			
#259853	Sep 14-30	M, W	10:50-11:20am
#259855	Nov 30-Dec 16	M, W	5:10-5:40pm

Optimist Pool – Course Fee: \$39

#260780	Nov 7-21	Sa	10:10-10:40am
#260781	Dec 5-19	Sa	10:10-10:40am

Pullen Aquatic Center – Course Fee: \$41

#260926	Sep 26-Oct 17	Sa	10:50-11:20am
Course Fee: \$56			
#260912	Sep 29-Oct 15	Tu, Th	5:10-5:40pm
#260927	Oct 27-Nov 12	Tu, Th	5:10-5:40pm

Parent & Child Aquatics Level 2

Age: 6 mths - 3 yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

Buffaloe Rd Aquatic Center – Course Fee: \$39

#259297	Dec 5-19	Sa	11:30am-12:00pm
Course Fee: \$41			
#259292	Sep 12-Oct 3	Sa	11:30am-12:00pm
#259294	Oct 17-Nov 7	Sa	11:30am-12:00pm
Course Fee: \$56			
#259291	Sep 8-24	Tu, Th	4:30-5:00pm
#259293	Oct 6-22	Tu, Th	4:30-5:00pm
#259295	Nov 3-19	Tu, Th	4:30-5:00pm
#259296	Dec 1-17	Tu, Th	4:30-5:00pm

Millbrook Pool – Course Fee: \$39

#259858	Nov 7-21	Sa	10:10-10:40am
#259859	Dec 5-19	Sa	10:10-10:40am
Course Fee: \$41			
#259857	Sep 12-Oct 3	Sa	10:10-10:40am

Optimist Pool – Course Fee: \$39

#260782	Nov 7-21	Sa	10:50-11:20am
#260783	Dec 5-19	Sa	10:50-11:20am

Pullen Aquatic Center – Course Fee: \$41

#260931	Sep 26-Oct 17	Sa	10:50-11:20am
Course Fee: \$56			
#260928	Sep 29-Oct 15	Tu, Th	5:10-5:40pm
#260932	Oct 27-Nov 12	Tu, Th	5:10-5:40pm

Preschool Aquatics Level 1

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

Buffaloe Rd Aquatic Center – Course Fee: \$41

#259299	Sep 12-Oct 3	Sa	10:10-10:40am
#259301	Oct 17-Nov 7	Sa	10:10-10:40am
Course Fee: \$39			

#259304	Dec 5-19	Sa	10:10-10:40am
Course Fee: \$56			

#259298	Sep 8-24	Tu, Th	5:10-5:40pm
#259300	Oct 6-22	Tu, Th	5:10-5:40pm
#259302	Nov 3-19	Tu, Th	5:10-5:40pm
#259303	Dec 1-17	Tu, Th	5:10-5:40pm

Millbrook Pool – Course Fee: \$39

#259866	Nov 7-21	Sa	9:30-10:00am
#259867	Nov 7-21	Sa	10:10-10:40am
#259869	Dec 5-19	Sa	9:30-10:00am
Course Fee: \$41			

#259860	Sep 12-Oct 3	Sa	9:30-10:00am
#259861	Sep 12-Oct 3	Sa	10:10-10:40am

#259864	Oct 5-8	M-Th	5:10-5:40pm
Course Fee: \$56			

#259862	Sep 14-30	M, W	10:50-11:20am
#259863	Sep 14-30	M, W	5:10-5:40pm
#259865	Nov 2-18	M, W, F	5:10-5:40pm
#259868	Nov 30-Dec 16	M, W	5:10-5:40pm

Optimist Pool – Course Fee: \$39

#260785	Nov 7-21	Sa	10:10-10:40am
#260786	Nov 7-21	Sa	11:30am-12:00pm
#260789	Dec 5-19	Sa	10:10-10:40am
#260790	Dec 5-19	Sa	11:30am-12:00pm

Course Fee: \$56

#260784	Oct 13-29	Tu, Th	5:10-5:40pm
#260787	Nov 3-19	Tu, Th	5:10-5:40pm
#260788	Dec 1-17	Tu, Th	5:10-5:40pm

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Pullen Aquatic Center – Course Fee: \$41

#260973 Sep 26-Oct 17 Sa 10:10-10:40am
Course Fee: \$56
#260972 Sep 29-Oct 15 Tu, Th 5:10-5:40pm
#260974 Oct 27-Nov 12 Tu, Th 5:10-5:40pm

Preschool Aquatics 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 Rd Aquatic Center – Course Fee: \$41

#259306 Sep 12-Oct 3 Sa 10:10-10:40am
#259308 Oct 17-Nov 7 Sa 10:10-10:40am
Course Fee: \$39
#259311 Dec 5-19 Sa 10:10-10:40am
Course Fee: \$56
#259305 Sep 8-24 Tu, Th 5:10-5:40pm
#259307 Oct 6-22 Tu, Th 5:10-5:40pm
#259309 Nov 3-19 Tu, Th 5:10-5:40pm
#259310 Dec 1-17 Tu, Th 5:10-5:40pm

Millbrook Pool – Course Fee: \$39

#259875 Nov 7-21 Sa 10:10-10:40am
#259877 Dec 5-19 Sa 10:10-10:40am
Course Fee: \$41
#259870 Sep 12-Oct 3 Sa 10:10-10:40am
#259873 Oct 5-8 M-Th 5:10-5:40pm
Course Fee: \$56
#259871 Sep 14-30 M, W 11:30am-12:00pm
#259872 Sep 14-30 M, W 5:10-5:40pm
#259874 Nov 2-18 M, W, F 5:10-5:40pm
#259876 Nov 30-Dec 16 M, W 5:50-6:20pm

Optimist Pool – Course Fee: \$39

#260792 Nov 7-21 Sa 10:10-10:40am
#260793 Nov 7-21 Sa 11:30am-12:00pm
#260801 Dec 5-19 Sa 10:10-10:40am
#260802 Dec 5-19 Sa 11:30am-12:00pm
Course Fee: \$56
#260791 Oct 13-29 Tu, Th 5:10-5:40pm
#260794 Nov 3-19 Tu, Th 5:10-5:40pm
#260795 Dec 1-17 Tu, Th 5:10-5:40pm

Pullen Aquatic Center – Course Fee: \$41

#260979 Sep 26-Oct 17 Sa 9:30-10:00am
Course Fee: \$56
#260978 Sep 29-Oct 15 Tu, Th 5:50-6:20pm
#260980 Oct 27-Nov 12 Tu, Th 5:50-6:20pm

Preschool Aquatics 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 Rd Aquatic Center – Course Fee: \$41

#259313 Sep 12-Oct 3 Sa 10:10-10:40am
#259315 Oct 17-Nov 7 Sa 10:10-10:40am
Course Fee: \$39
#259318 Dec 5-26 Sa 10:10-10:40am
Course Fee: \$56
#259312 Sep 8-24 Tu, Th 5:10-5:40pm
#259314 Oct 6-22 Tu, Th 5:10-5:40pm
#259316 Nov 3-19 Tu, Th 5:10-5:40pm
#259317 Dec 1-17 Tu, Th 5:10-5:40pm

Millbrook Pool – Course Fee: \$39

#259883 Nov 7-21 Sa 10:50-11:20am
#259885 Dec 5-19 Sa 10:50-11:20am

**Course Fee: \$41**

#259878 Sep 12-Oct 3 Sa 10:50-11:20am
#259881 Oct 5-8 M-Th 5:50-6:20pm
Course Fee: \$56
#259879 Sep 14-30 M, W 11:30am-12:00pm
#259880 Sep 14-30 M, W 5:50-6:20pm
#259882 Nov 2-18 M, W, F 5:50-6:20pm
#259884 Nov 30-Dec 16 M, W 5:50-6:20pm

Optimist Pool – Course Fee: \$39

#260797 Nov 7-21 Sa 10:50-11:20am
#260798 Nov 7-21 Sa 11:30am-12:00pm
#260803 Dec 5-19 Sa 10:50-11:20am
#260804 Dec 5-19 Sa 11:30am-12:00pm
Course Fee: \$56
#260796 Oct 13-29 Tu, Th 5:50-6:20pm
#260799 Nov 3-19 Tu, Th 5:50-6:20pm
#260800 Dec 1-17 Tu, Th 5:50-6:20pm

Pullen Aquatic Center – Course Fee: \$41

#260982 Sep 26-Oct 17 Sa 9:30-10:00am
Course Fee: \$56
#260981 Sep 29-Oct 15 Tu, Th 5:50-6:20pm
#260983 Oct 27-Nov 12 Tu, Th 5:50-6:20pm

Youth**Group Swim and Play**

Age: 3-12 yrs. This program combines a 30 minute swim lesson for varying skill levels with 45 minutes of self directed recreational swimming scheduled during the day for children that are home schooled, tracked out or on a non-traditional calendar.

Buffaloe Rd Aquatic Center – Course Fee: \$64**Group Swim and Play - Beginners****Age: 3-5 yrs.**

#259473 Sep 8-24 Tu, Th 10:15-11:30am
#259475 Oct 6-22 Tu, Th 10:15-11:30am

Group Swim and Play - Intermediate/Advanced**Age: 5-12 yrs.**

#259474 Sep 8-24 Tu, Th 10:15-11:30am
#259476 Oct 6-22 Tu, Th 10:15-11:30am

Swim Lesson - Level 1 Intro Water Skills

Age: 6-13 yrs. School-age participants learn elementary aquatic skills. This class helps participants enjoy and feel comfortable in the water, learn underwater exploration while

opening eyes, blow bubbles and float with assistance. Participants start developing good attitudes and safe practices around the water.

Buffaloe Rd Aquatic Center – Course Fee: \$41

#259320 Sep 12-Oct 3 Sa 10:50-11:20am
#259323 Oct 17-Nov 7 Sa 10:50-11:20am
Course Fee: \$39
#259326 Dec 5-19 Sa 10:50-11:20am
Course Fee: \$56
#259319 Sep 8-24 Tu, Th 5:50-6:20pm
#259322 Oct 6-22 Tu, Th 5:50-6:20pm
#259324 Nov 3-19 Tu, Th 5:50-6:20pm
#259325 Dec 1-17 Tu, Th 5:50-6:20pm

Millbrook Pool – Course Fee: \$39

#259891 Nov 7-21 Sa 9:30-10:00am
#259892 Nov 7-21 Sa 11:30am-12:00pm
#259894 Dec 5-19 Sa 10:50-11:20am
Course Fee: \$41
#259886 Sep 12-Oct 3 Sa 9:30-10:00am
#259887 Sep 12-Oct 3 Sa 11:30am-12:00pm
#259889 Oct 5-8 M-Th 5:50-6:20pm
Course Fee: \$56
#259888 Sep 14-30 M, W 5:50-6:20pm
#259890 Nov 2-18 M, W, F 5:50-6:20pm
#259893 Nov 30-Dec 16 M, W 6:30-7:00pm

Optimist Pool – Course Fee: \$39

#260806 Nov 7-21 Sa 10:10-10:40am
#260809 Dec 5-19 Sa 10:10-10:40am
Course Fee: \$56
#260805 Oct 13-29 Tu, Th 5:50-6:20pm
#260807 Nov 3-19 Tu, Th 5:50-6:20pm
#260808 Dec 1-17 Tu, Th 5:50-6:20pm

Pullen Aquatic Center – Course Fee: \$41

#260993 Sep 26-Oct 17 Sa 10:10-10:40am
Course Fee: \$56
#260992 Sep 29-Oct 15 Tu, Th 6:30-7:00pm
#260994 Oct 27-Nov 12 Tu, Th 6:30-7:00pm

Swim Lesson - Level 2 Fundamental Skills

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

Buffaloe Rd Aquatic Center – Course Fee: \$41				
#259328	Sep 12-Oct 3	Sa	10:50-11:20am	
#259334	Oct 17-Nov 7	Sa	10:50-11:20am	
Course Fee: \$39				
#259343	Dec 5-19	Sa	10:50-11:20am	
Course Fee: \$56				
#259327	Sep 8-24	Tu, Th	5:50-6:20pm	
#259333	Oct 6-22	Tu, Th	5:50-6:20pm	
#259335	Nov 3-19	Tu, Th	5:50-6:20pm	
#259336	Dec 1-17	Tu, Th	5:50-6:20pm	
Millbrook Pool – Course Fee: \$39				
#259899	Nov 7-21	Sa	10:50-11:20am	
#259901	Dec 5-19	Sa	11:30am-12:00pm	
Course Fee: \$41				
#259895	Sep 12-Oct 3	Sa	10:50-11:20am	
#259897	Oct 5-8	M-Th	6:30-7:00pm	
Course Fee: \$56				
#259896	Sep 14-30	M, W	6:30-7:00pm	
#259898	Nov 2-18	M, W, F	6:30-7:00pm	
#259900	Nov 30-Dec 16	M, W	6:30-7:00pm	
Optimist Pool – Course Fee: \$39				
#260811	Nov 7-21	Sa	10:50-11:20am	
#260812	Nov 7-21	Sa	11:30am-12:00pm	
#260815	Dec 5-19	Sa	10:50-11:20am	
#260816	Dec 5-19	Sa	11:30am-12:00pm	
Course Fee: \$56				
#260810	Oct 13-29	Tu, Th	6:30-7:00pm	
#260813	Nov 3-19	Tu, Th	6:30-7:00pm	
#260814	Dec 1-17	Tu, Th	6:30-7:00pm	
Pullen Aquatic Center – Course Fee: \$41				
#260997	Sep 26-Oct 17	Sa	11:30am-12:00pm	
Course Fee: \$56				
#260996	Sep 29-Oct 15	Tu, Th	6:30-7:00pm	
#260998	Oct 27-Nov 12	Tu, Th	6:30-7:00pm	

Swim Lesson - Level 3 Stroke Development

Age: 6-13 yrs. Participants must have completed exit skills in Level 2. They will learn to coordinate alternating and simultaneous arm and leg actions of several strokes. Level 3 lets participants perform skills without assistance and learn survival float, elementary backstroke, dolphin and scissor kicks and coordination of the front crawl.

Buffaloe Rd Aquatic Center – Course Fee: \$41				
#259356	Sep 12-Oct 3	Sa	10:50-11:20am	
#259358	Oct 17-Nov 7	Sa	10:50-11:20am	
Course Fee: \$39				
#259361	Dec 5-19	Sa	10:50-11:20am	

Course Fee: \$56				
#259354	Sep 8-24	Tu, Th	5:50-6:20pm	
#259357	Oct 6-22	Tu, Th	5:50-6:20pm	
#259359	Nov 3-19	Tu, Th	5:50-6:20pm	
#259360	Dec 1-17	Tu, Th	5:50-6:20pm	
Millbrook Pool – Course Fee: \$39				
#259907	Nov 7-21	Sa	10:50-11:20am	
#259909	Dec 5-19	Sa	11:30am-12:00pm	
Course Fee: \$41				
#259902	Sep 12-Oct 3	Sa	10:50-11:20am	
#259904	Oct 5-8	M-Th	6:30-7:00pm	
Course Fee: \$56				
#259903	Sep 14-30	M, W	6:30-7:00pm	
#259905	Nov 2-18	M, W, F	6:30-7:00pm	
#259908	Nov 30-Dec 16	M, W	7:10-7:40pm	
Optimist Pool – Course Fee: \$39				
#260818	Nov 7-21	Sa	10:50-11:20am	
#260821	Dec 5-19	Sa	10:50-11:20am	
Course Fee: \$56				
#260817	Oct 13-29	Tu, Th	6:30-7:00pm	
#260819	Nov 3-19	Tu, Th	6:30-7:00pm	
#260820	Dec 1-17	Tu, Th	6:30-7:00pm	
Pullen Aquatic Center – Course Fee: \$41				
#261000	Sep 26-Oct 17	Sa	11:30am-12:00pm	
Course Fee: \$56				
#260999	Sep 29-Oct 15	Tu, Th	7:10-7:40pm	
#261001	Oct 27-Nov 12	Tu, Th	7:10-7:40pm	

Swim Lesson - Level 4 Stroke Improvement

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

Buffaloe Rd Aquatic Center – Course Fee: \$41				
#259363	Sep 12-Oct 3	Sa	11:30am-12:00pm	
#259365	Oct 17-Nov 7	Sa	11:30am-12:00pm	
Course Fee: \$39				
#259368	Dec 5-19	Sa	11:30am-12:00pm	
Course Fee: \$56				
#259362	Sep 8-24	Tu, Th	6:30-7:00pm	
#259364	Oct 6-22	Tu, Th	6:30-7:00pm	
#259366	Nov 3-19	Tu, Th	6:30-7:00pm	
#259367	Dec 1-17	Tu, Th	6:30-7:00pm	
Millbrook Pool – Course Fee: \$39				
#259914	Nov 7-21	Sa	11:30am-12:00pm	

Course Fee: \$41				
#259910	Sep 12-Oct 3	Sa	11:30am-12:00pm	
#259912	Oct 5-8	M-Th	7:10-7:40pm	
Course Fee: \$56				
#259911	Sep 14-30	M, W	7:10-7:40pm	
#259913	Nov 2-18	M, W, F	7:10-7:40pm	
#259915	Nov 30-Dec 16	M, W	7:10-7:40pm	
Optimist Pool – Course Fee: \$39				
#260823	Nov 7-21	Sa	9:30-10:00am	
#260826	Dec 5-19	Sa	9:30-10:00am	
Course Fee: \$56				
#260822	Oct 13-29	Tu, Th	7:10-7:40pm	
#260824	Nov 3-19	Tu, Th	7:10-7:40pm	
#260825	Dec 1-17	Tu, Th	7:10-7:40pm	
Pullen Aquatic Center – Course Fee: \$41				
#261002	Sep 26-Oct 17	Sa	10:50-11:20am	

Swim Lesson - Level 5 Stroke Refinement

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

Buffaloe Rd Aquatic Center – Course Fee: \$41				
#259370	Sep 12-Oct 3	Sa	11:30am-12:00pm	
#259372	Oct 17-Nov 7	Sa	11:30am-12:00pm	
Course Fee: \$39				
#259375	Dec 5-19	Sa	11:30am-12:00pm	
Course Fee: \$56				
#259369	Sep 8-24	Tu, Th	6:30-7:00pm	
#259371	Oct 6-22	Tu, Th	6:30-7:00pm	
#259373	Nov 3-19	Tu, Th	6:30-7:00pm	
#259374	Dec 1-17	Tu, Th	6:30-7:00pm	
Millbrook Pool – Course Fee: \$39				
#259918	Nov 7-21	Sa	11:30am-12:00pm	
Course Fee: \$41				
#259916	Sep 12-Oct 3	Sa	11:30am-12:00pm	
Course Fee: \$56				
#259917	Nov 2-18	M, W, F	7:10-7:40pm	
Optimist Pool – Course Fee: \$39				
#260828	Nov 7-21	Sa	9:30-10:00am	
#260831	Dec 5-19	Sa	9:30-10:00am	
Course Fee: \$56				
#260827	Oct 13-29	Tu, Th	7:10-7:40pm	
#260829	Nov 3-19	Tu, Th	7:10-7:40pm	
#260830	Dec 1-17	Tu, Th	7:10-7:40pm	

Swim Team - Intra-City Swim Association

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

Buffaloe Rd Aquatic Center – Course Fee: \$77				
Ages 3-10 Yrs - Buffaloe Rd. Blue Whales				
#259478	Nov 2-Dec 16	M, W	5:00-5:45pm	
Ages 11-18 Yrs - Buffaloe Rd. Blue Whales				
#259477	Nov 2-Dec 16	M, W	4:00-4:45pm	
Ages 3-18 Yrs - Buffaloe Rd. Blue Whales				
#259479	Nov 2-Dec 16	M, W	6:00-6:45pm	
Millbrook Pool – Course Fee: \$77				
Ages 3-10 Yrs - Millbrook Marlins				
#259919	Nov 3-Dec 17	Tu, Th	6:00-6:45pm	
Ages 11-18 Yrs - Millbrook Marlins				
#259920	Nov 3-Dec 17	Tu, Th	7:00-7:45pm	
Optimist Pool – Course Fee: \$77				
Ages 3-10 Yrs - Optimist Offers				
#260836	Nov 2-Dec 16	M, W	6:00-6:45pm	
Ages 11-18 Yrs - Optimist Offers				
#260837	Nov 2-Dec 16	M, W	7:00-7:45pm	



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Pullen Aquatic Center – Course Fee: \$77

Ages 3-10 Yrs - Pullen Pirates

#261011 Nov 2-Dec 16 M, W 5:30-6:15pm

Ages 11-18 Yrs - Pullen Pirates

#261020 Nov 2-Dec 16 M, W 6:30-7:15pm

Adult

Adult Fitness Swimming Class

Age: 13yrs. and up. This class is for adults who swim for fitness and want to refine their strokes. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a master swimming program or other competitive sports, such as triathlons or open water distance swimming.

Millbrook Pool – Course Fee: \$45

#259851 Nov 7-21 Sa 8:40-9:20am

Adult Learning the Basics Swim Class

Age: 13yrs. and up. 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.

Buffaloe Rd Aquatic Center – Course Fee: \$47

#259433 Sep 12-Oct 3 Sa 12:10-12:50pm

#259435 Oct 17-Nov 7 Sa 12:10-12:50pm

Course Fee: \$45

#259438 Dec 5-19 Sa 12:10-12:50pm

Course Fee: \$62

#259432 Sep 8-24 Tu, Th 6:30-7:10pm

#259434 Oct 6-22 Tu, Th 6:30-7:10pm

#259436 Nov 3-19 Tu, Th 6:30-7:10pm

#259437 Dec 1-17 Tu, Th 6:30-7:10pm

Millbrook Pool – Course Fee: \$45

#259838 Nov 7-21 Sa 8:40-9:20am

Course Fee: \$47

#259836 Sep 12-Oct 3 Sa 8:40-9:20am

Course Fee: \$62

#259837 Sep 14-30 M, W 7:10-7:50pm

Optimist Pool – Course Fee: \$45

#260832 Nov 7-21 Sa 9:20-10:00am

#260833 Dec 5-19 Sa 9:20-10:00am

Pullen Aquatic Center – Course Fee: \$62

#261003 Sep 29-Oct 15 Tu, Th 7:10-7:50pm

#261007 Oct 27-Nov 12 Tu, Th 7:10-7:50pm

Adult Refining Swim Strokes Class

Age: 13yrs. and up. 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.

Buffaloe Rd Aquatic Center – Course Fee: \$47

#259456 Sep 12-Oct 3 Sa 12:10-12:50pm

#259469 Oct 17-Nov 7 Sa 12:10-12:50pm

Course Fee: \$45

#259472 Dec 5-19 Sa 12:10-12:50pm

Course Fee: \$62

#259455 Sep 8-24 Tu, Th 6:30-7:10pm

#259468 Oct 6-22 Tu, Th 6:30-7:10pm

#259470 Nov 3-19 Tu, Th 6:30-7:10pm

#259471 Dec 1-17 Tu, Th 6:30-7:10pm

Millbrook Pool – Course Fee: \$45

#259850 Dec 5-19 Sa 8:40-9:20am

Course Fee: \$47

#259848 Sep 12-Oct 3 Sa 8:40-9:20am

#259849 Oct 5-8 M-Th 7:10-7:50pm

Optimist Pool – Course Fee: \$45

#260834 Nov 7-21 Sa 9:20-10:00am

#260835 Dec 5-19 Sa 9:20-10:00am

Pullen Aquatic Center – Course Fee: \$62

#261004 Sep 29-Oct 15 Tu, Th 7:10-7:50pm

#261005 Oct 27-Nov 12 Tu, Th 7:10-7:50pm

Lifeguarding - American Red Cross

Age: 15yrs. and up. 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. To participate, you must pass a prerequisite skills evaluation. This evaluation requires the following: A. Swim 300 yards, continuously demonstrating breath

control and rhythmic breathing. (You may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed.) B. Tread water for two minutes using only the legs while keeping your hands under your armpits. C. Complete a timed event within 1 minute, 40 seconds. This event includes starting in the water, swimming 20 yards (swim goggles are not allowed), surface diving to a depth of 7 to 10 feet to retrieve a 10-pound object, returning to the surface and swimming 20 yards on your back to return to the starting point while holding the object with both hands and keeping your face at or near the surface, and exiting the water without using a ladder or steps. The prerequisite skills evaluation will occur on the first day of the course.

Optimist Pool – Course Fee: \$200

#261474 Oct 27-Nov 19 Tu, Th 5:00-9:00pm

Pullen Aquatic Center – Course Fee: \$200

#261013 Sep 28-Oct 21 M, W 5:00-9:00pm

Lifeguarding Instructor - American Red Cross

Age: 17yrs. and up. This American Red Cross program will train future lifeguard instructors. This includes teaching techniques for the lifeguarding course plus information on automated external defibrillators, oxygen administration and preventing disease transmission. Participants must be at least 17 years old. Prerequisite - participants must have a thorough knowledge of the Lifeguarding course and be prepared to perform all lifeguard skills to the standard during the course.

Pullen Aquatic Center – Course Fee: \$275

#261015 Oct 27-Nov 19 Tu, Th 5:00-9:00pm



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.

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Twitter: @RaleighArts



Pullen Arts Center

105 Pullen Road Raleigh, NC 27607
(919)996-4895
Director: Eliza Kiser

Pullen Arts Center Closed for Renovation

Pullen Arts Center has been providing visual arts classes for artists of all ages and at all levels of experience since 1961. Raleigh has grown and changed over time and so has the demand for arts programs! In 2014, voters passed a Parks Bond that included \$6 million for improving Pullen Arts Center. After a two year public participation process, the center has closed to undergo a full renovation. Pullen Arts will gain 7500 square feet of space, expand and improve studios, and increase gallery space! During the closure, some of your favorite classes will be offered at Five Points Center for Active Adults, Glen Eden Neighborhood Center, and Sertoma Arts Center, listed here by class name as usual, but with new locations. Questions? Email Pullen.Arts@raleighnc.gov.

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612
(919)996-2329
Director: Julia Meder

Sertoma offers classes in painting, drawing, fiber arts, printmaking, jewelry, kids' art classes and pottery. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

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 Case and Hall Gallery:

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

Sertoma Arts Center's Gallery Exhibits

September-October

Raleigh Room: Triangle Visual Artists

Hall Gallery: Linda Hauser & Ari Ferro

Display Cases: Janine LeBlanc & Triangle Visual Artists

November-December

All Gallery Spaces: Student, Instructor, Patron Annual Show

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Preschool

Art - Abbotts Creek Pumpkin Patch

Age: 3-6 yrs. Join us for a morning of fun at the Abbotts Creek Pumpkin Patch! Participants will have the opportunity to decorate a pumpkin and listen to a spooky story. Pre-registration is required.

Abbotts Creek Community Center – Course Fee: \$5
#261413 Oct 13 Tu 10:00-10:45AM

Art - Green Thumb Gardeners

Age: 3-6 yrs. Plant's provide numerous benefits from clean air to relieving stress. Celebrate National Indoor Plant week at Abbotts Creek with your child! Participants will decorate a container and will pot their own plant to love at home! Preregistration is required.

Abbotts Creek Community Center – Course Fee: \$5
#261410 Sep 15 Tu 10:00-10:45am

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 – Course Fee: \$7

Krafty Kids - Zoo Crew

#261356	Sep 11	F	12:30-1:30pm
#261357	Sep 12	Sa	12:30-1:30pm
#261358	Oct 9	F	12:30-1:30pm
#261359	Oct 10	Sa	12:30-1:30pm
#261360	Nov 13	F	12:30-1:30pm
#261361	Nov 14	Sa	12:30-1:30pm
#261362	Dec 11	F	12:30-1:30pm
#261363	Dec 12	Sa	12:30-1:30pm

Art - Monster Mash

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

Abbotts Creek Community Center – Course Fee: \$5
#261414 Oct 20 Tu 10:00-10:45am

Art - Storyland Adventures with Mr. Moo Monet

Age: 18 mths - 3 yrs Join our adventure through Storyland with Mr. Moo Monet. We start by waking up Mr. Moo Monet and sharing a story that goes with the theme for that day. Children will participate in storytime and make arts and crafts projects at each adventure. Parent participation is required. Class length is four weeks, with a makeup class, if needed, added the week following the scheduled end of the session. Instructor: Maureen Seltzer.

Optimist Community Center – Course Fee: \$36

#261365	Sep 2-23	W	10:30-11:15am
#261366	Oct 7-28	W	10:30-11:15am
#261367	Nov 18-Dec 9	W	10:30-11:15am

Raleigh Little Theatre

Website: <http://raleighlittletheatre.org/>
Email: info@raleighlittletheatre.org
Box Office: 919-821-3111

Since 1936, Raleigh Little Theatre is a welcoming community using theatre to enrich, educate, entertain and engage volunteers, students, and audiences of all ages. Programs include plays for adult and family audiences, classes and camps for all ages, and volunteer opportunities.

UPCOMING PERFORMANCES AND EVENTS

September 25 – October 11, 2020

Morning After Grace - Comedy

October 30 – November 8, 2020

Elephant & Piggie's "We Are in a Play!" - Family Series

December 4-20, 2020

Cinderella - Holiday Musical

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

Theatre In The Park

Website: www.theatreinthepark.com
Email: info@theatreinthepark.com
Box Office 919-831-6058
Business Office: 919-831-6936

Theatre In The Park, located in the northern end of Raleigh's Pullen Park, provides a quality theatre experience to a diverse audience base in Raleigh and the surrounding areas. We also offer the public an opportunity to become involved and participate in the creation and development of live theatre through classes, productions and volunteer opportunities in order to nurture a general appreciation and respect for the arts.

The grounds surrounding Theatre In The Park are currently under construction and alternate parking plans may be in place. If you have questions ahead of your visit regarding parking, please call 919-831-6936 or visit <https://www.theatreinthepark.com/visit/parking.html>

UPCOMING PERFORMANCES AND EVENTS

October 2 – 18, 2020

The Wild Women of Winedale

December 2020

The Santaland Diaries

Ira David Wood III's A Christmas Carol, Raleigh - Duke Energy Center and Durham - DPAC performances

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

Art - Storytime Art

Age: 3-5 yrs. Children will bring storybook characters alive by making themed art with a story! Some stories include The Cat in the Hat, Brown Bear, Rainbow Fish and many more.

Marsh Creek Park – Course Fee: \$36

#261214	Sep 2-23	W	9:30-10:15am
#261215	Nov 4-25	W	9:30-10:15am

Art - Thankful Turkeys

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

Abbotts Creek Community Center – Course Fee: \$5
#261415 Nov 24 Tu 10:00-10:45am

Art Adventures

Age: 2-5 yrs. Preschoolers and Families, come join us for Art Adventures as we explore the world. Little minds will wander, soar, and develop as they create projects to take home and put on the shelf!

Laurel Hills Community Center – Course Fee: \$36

#261597	Sep 12-Oct 3	Sa	10:00-11:00am
#261603	Oct 10-31	Sa	10:00-11:00am
#261604	Nov 7-Dec 5	Sa	10:00-11:00am

Ballet and Tap for Preschoolers

Age: 2-3 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center

Ages 2-3

Course Fee: \$36

#260640	Sep 2-23	W	10:15-11:00am
#260641	Oct 7-28	W	10:15-11:00am
#260642	Nov 4-25	W	10:15-11:00am
#260643	Dec 2-16	W	10:15-11:00am

Ages 4-5

Course Fee: \$36

#260645	Sep 1-22	Tu	10:15-11:00am
#260646	Oct 6-27	Tu	10:15-11:00am
#260647	Nov 3-24	Tu	10:15-11:00am
Course Fee: \$27			
#260648	Dec 1-22	Tu	10:15-11:00am

Ballet Basics at Greystone

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

Greystone Community Center – Course Fee: \$40
 #261589 Sep 3-24 Th 10:00-10:45am
 #261590 Oct 1-22 Th 10:00-10:45am
 Course Fee: \$30
 #261591 Nov 5-19 Th 10:00-10:45am
 Course Fee: \$40
 #261592 Dec 3-31 Th 10:00-10:45am

Ballet/ Tap Duo - Beginner Basics

Age: 3-5 yrs. Participants will explore the fundamentals, including body alignment, basic ballet and tap terminology and principles of postures. Participants will learn basic tap steps and to follow instructions while having fun. All students will need ballet and tap shoes. Prior experience is not necessary. Instructor: Tanesha Patrick

Green Road Community Center – Course Fee: \$70
 #258785 Sep 12-Oct 24 Sa 9:15-10:00am
 #258786 Sep 12-Oct 24 Sa 10:15-11:00am
 #258787 Oct 31-Dec 19 Sa 9:15-10:00am
 #258788 Oct 31-Dec 19 Sa 10:15-11:00am

Ballet/Tap for Mini Stars

Age: 4-5 yrs. Your preschooler will learn techniques to grow as a dancer. Class is split from ballet and then into tap. We will work on flexibility and ballet terminology. Students will learn how to turn without getting dizzy and leap as high as they can without falling! Students should wear white or pink tights, ballet slippers/ tap shoes and black or pink leotards. Ballet skirt is optional. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$130

Full Session

#259571 Sep 5-Dec 19 Sa 10:15-11:00am
 Course Fee: \$30
 #259569 Nov 7-21 Sa 10:15-11:00am
 #259570 Dec 5-19 Sa 10:15-11:00am
 Course Fee: \$40
 #259567 Sep 5-26 Sa 10:15-11:00am
 Course Fee: \$50
 #259568 Oct 3-31 Sa 10:15-11:00am

Box Car Crafts

Age: 2-5 yrs. Crafts and cruising are so much fun! Bring your little ones out to decorate their very own box car. A variety of crafting supplies will be provided. Box cars are made of cardboard and large enough for a Preschooler to sit in. Registration must be received 7 days prior.

Jaycee Community Center – Course Fee: \$8
 #259650 Oct 5 M 10:00-11:00am

Butterfly Ballerinas

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

Hill Street Center – Course Fee: \$25

#259145 Sep 8-29 Tu 4:45-5:15pm
 #259146 Oct 6-27 Tu 4:45-5:15pm
 #259147 Nov 3-Dec 1 Tu 4:45-5:15pm

Craft of the Month Club

Age: 3-10 yrs. Looking for fun, themed craft activities to do each month? Then look no further than the Craft of the Month Club! Each month will feature an easy to follow craft for ages 3-10 years. Let's get those creative brains working and see what we can create! Pre-registration is required.

Kiwanis Park – Course Fee: \$8

All About Apples

#259655 Sep 23 W 3:30-4:30pm
 #259656 Sep 24 Th 10:00-11:00am

Creepy Crafty Creatures

#259659 Oct 8 Th 3:30-4:30pm
 #259660 Oct 7 W 10:00-11:00am

Let's Talk About Leaves

#259663 Nov 4 W 3:30-4:30pm
 #259664 Nov 5 Th 10:00-11:00am

Holiday Hoopla

#259667 Dec 10 Th 3:30-4:30pm
 #259668 Dec 9 W 10:00-11:00am

Lake Lynn Community Center – Course Fee: \$8

All About Apples

#259654 Sep 23 W 10:00-11:00am

Creepy Crafty Creatures

#259658 Oct 8 Th 10:00-11:00am

Let's Talk About Leaves

#259661 Nov 4 W 10:00-11:00am

Holiday Hoopla

#259666 Dec 10 Th 10:00-11:00am

Crafts & Cocoa-Preschoolers

Age: 2-5 yrs. The weather outside is getting colder but your little crafter can be warm and cozy. Come join us for a winter wonderland craft experience while sipping hot cocoa. Participants must be registered 4 days prior to the class start.

Jaycee Community Center – Course Fee: \$8

#259651 Dec 7 M 10:00-11:00am

Crazy Caterpillars!

Age: Up to 5 yrs. Come celebrate caterpillars at Kiwanis Park! We will learn all about caterpillars, read a book, and make our very own crazy caterpillars. Pre-registration is required.

Kiwanis Park – Course Fee: \$5

#259421 Sep 29 Tu 10:00-11:00am

Create with Me Preschool Art

Age: 18 - 30 mths. This toddler-centric class introduces a variety of art materials through hands-on learning and exploration. Puzzles, matching games, and colorful manipulatives encourage discovery through play, development of hand-eye coordination, motor skills, shape and color recognition, and learning to socialize with other toddlers. Each week, we'll create an art project in class to take home. A parent or caregiver must attend with child; only child should be registered for class.

Eastgate Park – Course Fee: \$50

#261272 Sep 14-Oct 19 M 9:30-10:15am
 #261273 Nov 2-Dec 7 M 9:30-10:15am

Dance - Ballet/Tap

Age: 3-5 yrs. This class will introduce preschoolers to ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop coordination, self-confidence and imagination. Ballet and tap shoes are preferred but not required. Instructor: Judy Gardo.

Optimist Community Center – Course Fee: \$36

#261374 Sep 14-Oct 5 M 10:30-11:15am
 #261375 Oct 12-Nov 2 M 10:30-11:15am
 #261376 Nov 9-30 M 10:30-11:15am

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. Everything dancers learn will come together in an end-of-course performance for parents to enjoy.

Hill Street Center – Course Fee: \$35

#259150 Sep 8-29 Tu 5:30-6:30pm
 #259151 Oct 6-27 Tu 5:30-6:30pm
 #259152 Nov 3-Dec 1 Tu 5:30-6:30pm

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Dancin' Dynamos

Age: 3-5 yrs. Does your little one love to dance, spin and bust a move? Dancin' Dynamos is a perfect class to introduce your little mover and shaker to basic dance techniques, including tap, ballet and jazz to name a few. Ms. Judy will teach beginning steps to encourage a love of dance and inspire movement; while building a foundation for artistic expression.

Greystone Community Center – Course Fee: \$30
 #261857 Sep 14-28 M 4:15-5:00pm
 #261862 Nov 4-25 W 10:45-11:30am
 #261867 Nov 4-25 W 4:30-5:15pm
 #261863 Dec 7-21 M 4:15-5:00pm
 Course Fee: \$40
 #261858 Sep 2-23 W 10:45-11:30am
 #261865 Sep 2-23 W 4:30-5:15pm
 #261859 Oct 5-26 M 4:15-5:00pm
 #261860 Oct 7-28 W 10:45-11:30am
 #261866 Oct 7-28 W 4:30-5:15pm
 #261861 Nov 2-23 M 4:15-5:00pm
 #261864 Dec 2-23 W 10:45-11:30am
 #261868 Dec 2-23 W 4:30-5:15pm

Eastgate Art Cart

Age: Up to 5 yrs. Calling all future artists in the Eastgate area. Join us for open-ended art each Wednesday morning. Staff will provide supplies, and you provide the fun. This is a great way to explore with new art materials and to meet other budding artists in your neighborhood. Wear clothes that can get messy!

Eastgate Park

#261152 Sep 2-Dec 16 W 9:30-11:00am

Little Fancy Feet Dance

Age: 18 - 36 mths. Share the joy of dancing together with your child. Dancers will choose their own props, including instruments, teddy bears, dolls and scarves to dance with in this fun and interactive class. Join Ms. Judy as we transform those little feet into fancy, happy, dancing feet.

Greystone Community Center – Course Fee: \$40
 #261730 Sep 4-25 F 11:00-11:45am
 #261731 Oct 2-23 F 11:00-11:45am
 Course Fee: \$30
 #261732 Nov 6-20 F 11:00-11:45am
 #261733 Dec 4-18 F 11:00-11:45am

Music - Silly Sounds

Age: 3-5 yrs. Guardian and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development.

Marsh Creek Park – Course Fee: \$36

#261254 Sep 1-22 Tu 2:30-3:15pm
 #261255 Nov 3-24 Tu 2:30-3:15pm

Preschool - Mini Monets

Age: 18 mths - 2 yrs This class introduces little ones to a variety of art materials through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$60

#260685 Sep 11-Oct 16 F 9:30-10:15am
 #260686 Nov 6-Dec 18 F 9:30-10:15am

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. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$70

#260681 Sep 10-Oct 15 Th 10:30-11:30am
 #260682 Nov 5-Dec 17 Th 10:30-11:30am

Preschool - What Can You See Under the Sea?

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

Sertoma Arts Center – Course Fee: \$70

#260683 Sep 10-Oct 15 Th 12:00-1:00pm
 #260684 Nov 5-Dec 17 Th 12:00-1:00pm

Preschool - Wild Animal Art

Age: 3-5 yrs. We'll read about wild animals and create wild art projects! Projects include painted masks, clay sculptures, watercolor habitats, recycled object sculptures, salt painting and more. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$70

#260675 Sep 8-Oct 13 Tu 1:00-2:00pm
 #260676 Nov 3-Dec 8 Tu 1:00-2:00pm

Pumpkin Party at Kiwanis Park

Age: Up to 12 yrs. Join us at Kiwanis Park for our drop-in Pumpkin Party! Participants will be given a pumpkin to decorate however they like using a variety of craft supplies. The possibilities are endless. Pre-registration is required.

Kiwanis Park – Course Fee: \$5

#259414 Oct 28 W 10:00-11:30am
 #259416 Oct 28 W 3:30-5:00pm

Suzuki Music for Babies

Age: Up to 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.

Greystone Community Center – Course Fee: \$55

#261760 Sep 16-Oct 21 W 9:30-10:20am
 #261761 Nov 4-Dec 16 W 9:30-10:20am

Teddy Bear Party!

Age: 3-6 yrs. Ready to have a party with your teddy bear? Bring your favorite stuffed animal and join us for a fun morning of crafts, games and cake! Abbotts Creek will supply the materials, you bring the fun! Pre-registration is required.

Abbotts Creek Community Center – Course Fee: \$5

#261412 Nov 17 Tu 10:00-10:45am

Toe Tappin' Toddlers

Age: 1-2 yrs. Though it seems like yesterday since your little one took his/her first steps, these little movers and shakers are capable of (fairly) complex choreography by 18 months of age. Toddler dance classes are a great source of exercise, help children adjust to group situations and tap into children's love for music. Let's start them early, while having fun! Your little shakers will be exposed to ballet, tap, hip-hop, jazz and ballroom while learning simple steps, listening to fun music and joining imaginative play with children their own age. Barefoot is always fun; no special shoes needed!

Greystone Community Center – Course Fee: \$40

#261782 Sep 2-23 W 3:45-4:30pm
 #261783 Oct 7-28 W 3:45-4:30pm
 Course Fee: \$30
 #261784 Nov 4-25 W 3:45-4:30pm
 Course Fee: \$40
 #261785 Dec 2-23 W 3:45-4:30pm

Twinkle Stars Ballet and Tap

Age: 2-3 yrs. Learn Tendues, Shuffles and more with this class as it splits from ballet and into tap. Ages 2-3 yrs old. White/pink tights and pink/black leotard. Ballet skirt optional. Ballet slippers and tap shoes.

Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$130**Full Session - Saturdays**

#259601 Sep 5-Dec 19 Sa 9:15-10:00am
 #259606 Sep 4-Dec 11 F 10:45-11:30am
 Course Fee: \$30
 #259599 Nov 7-21 Sa 9:15-10:00am
 #259600 Dec 5-19 Sa 9:15-10:00am
 #259604 Nov 6-20 F 10:45-11:30am
 #259605 Dec 4-18 F 10:45-11:30am
 Course Fee: \$40
 #259597 Sep 5-26 Sa 9:15-10:00am
 #259602 Sep 4-25 F 10:45-11:30am
 Course Fee: \$50
 #259598 Oct 3-31 Sa 9:15-10:00am
 #259603 Oct 2-30 F 10:45-11:30am

Youth

African Dance for Youth

Age: 5-10 yrs. Participants will learn the fundamentals of African dance, starting with basic movements and progressing to choreographed dance steps. Emphasis is on technique, dance steps and understanding how dance and drum rhythms are closely intertwined. This is a high-spirited, high-powered rhythmic dance experience for anyone who loves to dance. Clothing should be loose.

Barwell Road Community Center – Course Fee: \$32.25

#261819 Sep 12-26 Sa 11:00-11:45am

#261822 Dec 5-19 Sa 11:00-11:45am

Course Fee: \$43

#261820 Oct 3-24 Sa 11:00-11:45am

#261821 Nov 7-28 Sa 11:00-11:45am

Afterschool Art - Drawing to Painting

Age: 11-14 yrs. In this class you will learn basic drawing skills, composition and painting. Discover what you can do with color! Learn the color wheel, mix colors and then apply the paint. Students can bring in pictures or objects to work on, use their imagination to create their own subject, or work on items brought in by the instructor. Students will work with pencils, water color and/or acrylics. Registration is due 3 days prior to class start date.

Halifax Community Center – Course Fee: \$45

#260924 Nov 5-19 Th 4:00-5:30pm

#260925 Dec 3-17 Th 4:00-5:30pm

Course Fee: \$60

#260922 Sep 3-24 Th 4:00-5:30pm

#260923 Oct 1-22 Th 4:00-5:30pm

All American Girls Create & Play

Age: 5-12 yrs. Bring your favorite doll and enjoy some special create-and-play time together! We may make crafts and accessories, read stories, play games, sing, dance and more for you and your doll to enjoy. Each session has a different theme. Cost is per session.

Optimist Community Center – Course Fee: \$10

Go TEAM Go!

#261342 Sep 12 Sa 10:00am-12:00pm

#261343 Oct 10 Sa 10:00am-12:00pm

#261344 Nov 14 Sa 10:00am-12:00pm

#261345 Dec 12 Sa 10:00am-12:00pm

Art - Fantastic Beasts and How to Make Them

Age: 6-11 yrs. We'll create fantastic creatures, letting our imaginations run wild! We'll build them out of recycled materials, polymer clay, paper, paint, oil pastel, wood, rocks, leaves, fabric, yarn and more. What will you create? A dinodogbat? A flying cathopper with webbed feet? A blue tortoise with spiky hair? Come create with us! Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$90

#260677 Sep 8-Oct 13 Tu 4:00-6:00pm

#260678 Nov 3-Dec 8 Tu 4:00-6:00pm

Art - Game Creator

Age: 7-10 yrs. If you've ever wanted to design your own game for which you make up the rules, the board and all the game pieces, here's your chance! Become a toy maker, and create an entire game, including the logo, box, board, playing pieces and book of rules. Then we'll play everyone's game on the last day of class. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$90

#260679 Sep 9-Oct 14 W 4:00-6:00pm

#260680 Nov 4-Dec 16 W 4:00-6:00pm

Art Adventures for Kids

Age: 5-11 yrs. Your artist will explore the world of art and create masterpieces each week. Watch as imaginations soar and we get dirty in the process!

Laurel Hills Community Center – Course Fee: \$36

#261605 Sep 12-Oct 3 Sa 11:15am-12:15pm

#261606 Oct 10-31 Sa 11:15am-12:15pm

#261607 Nov 7-Dec 5 Sa 11:15am-12:15pm

Ballet I

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

Barwell Road Community Center

Course Fee: \$32.25

#261755 Sep 12-26 Sa 10:00-10:45am

#261758 Dec 5-19 Sa 10:00-10:45am

Course Fee: \$43

#261756 Oct 3-24 Sa 10:00-10:45am

#261757 Nov 7-28 Sa 10:00-10:45am

Ballet/ Tap Duo - Intermediate

Age: 6-8 yrs. First half of class is ballet and 2nd half is tap. Students will work on flexibility and learn foundational ballet skills and positions. They will build upon the skills that are taught in the 3 year old class. Students will learn beginners tap steps and work on rhythm and synchrony. Students will learn a short ballet dance and tap dance. All students will need ballet shoes and tap shoes. Instructor Tanesha Patrick

Green Road Community Center – Course Fee: \$70

#258789 Sep 12-Oct 24 Sa 11:15am-12:00pm

#258790 Oct 31-Dec 19 Sa 11:15am-12:00pm



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Ballet/ Tap Duo - Advanced

Age: 9-12 yrs. Allow your dreams to come alive and express yourself through dance! Participants will enjoy learning two dance styles within one class. Students will build their ballet technique and skills during the first half of class. The second half we'll kick it up with tap rhythm and style. Dancing is a healthy form of self-expression and a effective way to increase self-esteem in people of ages. Don't miss out on this opportunity to experience this fun class. Prior experience is required for this course. Instructor: Tanesha Patrick

Green Road Community Center – Course Fee: \$70
 #258791 Sep 12-Oct 24 Sa 12:15-1:00pm
 #258792 Oct 31-Dec 19 Sa 12:15-1:00pm

Ballet/Lyrical/Tap for Shooting Stars

Age: 6-13 yrs. The first half of this class is a mixture of ballet and lyrical, emphasizing technique and discipline. The second half shuffles into tap. Tights, leotard, ballet slippers, tap shoes and ballet skirt are preferred but not required. Instructed by Ms. Gabbie.

Lake Lynn Community Center – Course Fee: \$130

Full Session

#259562 Sep 5-Dec 19 Sa 12:15-1:00pm
 Course Fee: \$30
 #259560 Nov 7-21 Sa 12:15-1:00pm
 #259561 Dec 5-19 Sa 12:15-1:00pm
 Course Fee: \$40
 #259558 Sep 5-26 Sa 12:15-1:00pm
 Course Fee: \$50
 #259559 Oct 3-31 Sa 12:15-1:00pm

Ballet/Tap/Jazz Competition Team

Age: 4-5 yrs. This class is for students that have been taught dance for at least 2 years. Students will need to be able to know a jete from a glissade. There will be performances outside the studio and 3 competitions in which this class will compete (NC State Fair, Believe Competition and Showstopper Competition). Additional entry fee and costume costs will be required. Instructor Ms. Gabbie

Lake Lynn Community Center – Course Fee: \$130

Full Session - Mini Stars 4-5yrs

#259576 Sep 5-Dec 19 Sa 11:15am-12:00pm
 #259581 Sep 5-Dec 19 Sa 1:15-2:00pm
 Course Fee: \$30
 #259574 Nov 7-21 Sa 11:15am-12:00pm
 #259575 Dec 5-19 Sa 11:15am-12:00pm
 #259579 Nov 7-21 Sa 1:15-2:00pm
 #259580 Dec 5-19 Sa 1:15-2:00pm
 Course Fee: \$40
 #259572 Sep 5-26 Sa 11:15am-12:00pm
 #259577 Sep 5-26 Sa 1:15-2:00pm
 Course Fee: \$50
 #259573 Oct 3-31 Sa 11:15am-12:00pm
 #259578 Oct 3-31 Sa 1:15-2:00pm

Dance- Modern Dance

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

Barwell Road Community Center – Course Fee: \$32.25

#261813 Sep 12-26 Sa 12:00-12:45pm
 #261816 Dec 5-19 Sa 12:00-12:45pm
 Course Fee: \$43
 #261814 Oct 3-24 Sa 12:00-12:45pm
 #261815 Nov 7-28 Sa 12:00-12:45pm

Drawing - Drawing Fundamentals

Age: 8-12 yrs. In this class students will learn the basics of drawing using techniques that will help them draw the objects in front of them. We will do practice and final drawings using a variety of materials including marker, charcoal, pastel and pencil. Supplies included. Instructor: Amy Veatch.

Sertoma Arts Center – Course Fee: \$80

#261257 Sep 28-Nov 2 M 4:30-6:00pm

Girls & Their Dolls Night Out

Age: 5-12 yrs. Girls and their dolls are invited to come spend the evening with us. We play games, eat pizza, watch movies, make crafts and more. Don't forget to bring your dolls and your imagination.

Optimist Community Center – Course Fee: \$15

#261378 Sep 4 F 5:30-8:30pm
 #261379 Oct 2 F 5:3-8:30pm
 #261380 Nov 6 F 5:30-8:30pm
 #261381 Dec 4 F 5:30-8:30pm

Hip Hop Hooray

Age: 5-8 yrs. This fun, high-energy class uses the latest pop music to teach students hip-hop dance moves. Emphasis will be on coordination, rhythm, timing and confidence. Class will include time to freestyle, which develops an individual sense of style and promotes artistic expression, movement and teamwork in a fun, musical environment. Hip-hop is always age appropriate and always a blast for both boys and girls! Let's get dancing!

Greystone Community Center – Course Fee: \$30

#261747 Sep 14-28 M 5:00-5:55pm
 #261750 Dec 7-21 M 5:00-5:55pm
 Course Fee: \$40
 #261748 Oct 5-26 M 5:00-5:55pm
 #261749 Nov 2-23 M 5:00-5:55pm



Hip-Hop Fever

Age: 9-12 yrs. This high-energy class infuses old and new street styles of dance. Dancers will step outside the box and bring their own individual style to the dance floor. Whether you have been dancing for years or this is your first time on the floor, you will leave with the ability and confidence to step up and own the floor.

Laurel Hills Community Center – Course Fee: \$30
 #260941 Nov 4-18 W 6:00-7:00pm
 Course Fee: \$40
 #260939 Sep 9-30 W 6:00-7:00pm
 #260940 Oct 7-28 W 6:00-7:00pm

Holiday Sewing

Age: 10-14 yrs. During this three week class, participants will make holiday themed projects. We will focus on the holidays that fall in November and December. All fabric, supplies, and sewing machines are provided. Sewing experience is required.

Pullen Community Center – Course Fee: \$40
 #261759 Nov 5-19 Th 6:00-7:30pm

Homeschool & Afterschool Art Time

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

Optimist Community Center – Course Fee: \$45
 #261382 Sep 2-23 W 1:30-3:00pm
 #261383 Sep 2-23 W 4:30-6:00pm
 #261384 Oct 7-28 W 1:30-3:00pm
 #261385 Oct 7-28 W 4:30-6:00pm
 #261386 Nov 18-Dec 9 W 1:30-3:00pm
 #261387 Nov 18-Dec 9 W 4:30-6:00pm

Homeschool Art Time (ages 4 - 6)

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

Optimist Community Center – Course Fee: \$40
 #261388 Sep 2-23 W 11:45am-12:45pm
 #261389 Oct 7-28 W 11:45am-12:45pm
 #261390 Nov 18-Dec 9 W 11:45am-12:45pm

Introduction to Guitar

Age: 9-13 yrs. Have you ever wanted to learn how to play the guitar? Now is the time! In this class you will learn the parts of a guitar, basic chords, notes, fundamental skills such as tuning and restringing a guitar. Please bring your own guitar or can rent one from instructor for \$40 for all 4 classes. Instructor: Ross Osborn, BA Elementary Education.

Brier Creek Community Center – Course Fee: \$60
 \$30 - 3 classes
 #259439 Sep 14-28 M 4:45-5:15pm
 Course Fee: \$80
 #259440 Oct 5-26 M 4:45-5:15pm

It's Showtime

Age: 6-13 yrs. Students build confidence and find their voice with beginning acting lessons. Students will be taking on different emotions and environments as they work on skits. It's time for your close up! Instructor: Gabriella Whitaker.

Lake Lynn Community Center
Full Session – Course Fee: \$140
 #259591 Sep 2-Dec 23 W 6:30-7:30pm
 Course Fee: \$30
 #259589 Nov 4-25 W 6:30-7:30pm
 Course Fee: \$40
 #259588 Oct 7-28 W 6:30-7:30pm
 #259590 Dec 2-23 W 6:30-7:30pm
 Course Fee: \$50
 #259587 Sep 2-23 W 6:30-7:30pm

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. Director: Ilse Mann.

Sertoma Arts Center
Full session – Course Fee: \$160
 #258396 Sep 10-Nov 19 Th 6:15-7:30pm
Half session – Course Fee: \$80
 #258397 Oct 15-Nov 19 Th 6:15-7:30pm

Pottery - Ceramic Sun Wall Hanging

Age: 6-11 yrs. We are going to anticipate some bright sunny days by making happy sun faces to hang on the wall. Children will take clay slabs and create a sun with a face. During the second class, children will decorate with glazes. They will be ready to pick up two weeks after the last class. 2 sessions. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$35
 #261021 Oct 15-22 Th 4:15-5:30pm

Pottery - Eccentric Elephants

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

Sertoma Arts Center – Course Fee: \$35
 #261023 Oct 7-14 W 4:15-5:30pm

Pottery - Funky Fungi

Age: 6-11 yrs. Children will create splendidly speckled and spotted toadstools using textures and handbuilding techniques during the first class. During the second class, young potters will decorate with vibrant glazes. Pottery will be ready for pick-up two weeks after class is over. 2 sessions. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$35
 #261019 Sep 24-Oct 1 Th 4:15-5:30pm

Pottery - Handbuilding for Children

Age: 5-8 yrs. Children work with clay and learn various methods of constructing pottery, such as pinch, coil and slab, to form their own unique creations. Pieces will be glazed during the last class, so don't miss it! Pottery will be ready for pick-up two weeks after class is over. Lynn Kurisko instructs.

Sertoma Arts Center – Course Fee: \$70
 #261009 Sep 14-Oct 5 M 4:15-5:30pm

Pottery - Holiday Gifts by Young Potters

Age: 5-10 yrs. Students will learn basic handbuilding techniques to create a unique plate for goodies or snacks and an enclosed candle holder. Pieces will be decorated and glazed during the second class and left for firing. Finished pottery will be available for pickup 2 weeks after the last class. No previous clay experience is necessary.

Sertoma Arts Center – Course Fee: \$40
 Lynn Kurisko instructs
 #261016 Nov 30-Dec 7 M 4:30-6:00pm
 Patty Merrell instructs
 #261017 Dec 1-8 Tu 4:30-6:00pm

Pottery - Pumpkin Face Clocks

Age: 7-12 yrs. Children will be able to use their imaginations to create pumpkin clocks from clay. The first meeting will be working with the wet clay to make the shape and cut out the face. In this two week workshop students will learn techniques such as slab rolling, creating texture and drawing with a needle tool to make a fully functional (yet delightfully whimsical) wall clock. Pieces will be glazed during the second class and students can pick up finished projects 2 weeks after the last class. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$35
 #261014 Oct 12-19 M 4:15-5:30pm

Pottery - Youth Handbuilding

Age: 9-12 yrs. Students will work with slabs, coils, pinch pots and other handbuilding techniques manipulating clay and making functional and decorative pieces. Class experimentation with clay will allow confidence in skills as well as relaxation. All glazes are food safe and students will have different glazes to decorate the work. 6 sessions. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$100
 #261012 Oct 6-Nov 10 Tu 4:00-6:00pm

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Teen

Ballet/Lyrical Dance

Age: 13-18 yrs. This class for ages 6-13 and 13-18 offers a mixture of ballet and lyrical with more mature technique. Wear pink or white tights, black or pink leotard and ballet slippers. Instructed by Ms. Gabbie.

Lake Lynn Community Center

Full Session -13-18yrs – Course Fee: \$160

#259557	Sep 3-Dec 17	Th	6:30-7:30pm
#259612	Sep 3-Dec 17	Th	5:30-6:30pm

13-18yrs – Course Fee: \$36

#259555	Nov 5-19	Th	6:30-7:30pm
#259556	Dec 3-17	Th	6:30-7:30pm
#259609	Nov 5-19	Th	5:30-6:30pm
#259610	Dec 3-17	Th	5:30-6:30pm

13-18yrs – Course Fee: \$48

#259553	Sep 3-24	Th	6:30-7:30pm
#259607	Sep 3-24	Th	5:30-6:30pm

13-18yrs – Course Fee: \$60

#259554	Oct 1-29	Th	6:30-7:30pm
#259608	Oct 1-29	Th	5:30-6:30pm

Dance- Contemporary Movement

Age: 10-17 yrs. This is a class that blends movements of lyrical, jazz, ballet, and modern styles of dance. Participants develop flexibility, strength, and coordination as they learn about the elements of dance. Instructor is Tokishia Dockery-Ragland.

Barwell Road Community Center – Course Fee: \$30

#261892	Sep 9-30	W	11:30am-12:45pm
#261893	Oct 7-28	W	11:30am-12:45pm
#261895	Dec 2-23	W	11:30am-12:45pm

Drawing - Drawing Fundamentals for Teens

Age: 12-17 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. Anne Terry instructs.

Sertoma Arts Center – Course Fee: \$80

#258546	Sep 14-Oct 19	M	4:30-6:00pm
#258547	Nov 9-Dec 14	M	4:30-6:00pm

Hip-Hop for Teens

Age: 13-18 yrs. Students will learn more advanced routines and tricks from the younger ages in this funky class! The class will show techniques of isolating body parts and sliding like MJ. Please wear comfortable attire.

Instructed by Ms. Gabbie.

Lake Lynn Community Center

Full Session – Course Fee: \$160

#259586	Sep 3-Dec 17	Th	7:30-8:30pm
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Course Fee: \$36

#259584	Nov 5-19	Th	7:30-8:30pm
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#259585	Dec 3-17	Th	7:30-8:30pm
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Course Fee: \$48

#259582	Sep 3-24	Th	7:30-8:30pm
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Course Fee: \$60

#259583	Oct 1-29	Th	7:30-8:30pm
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Painting - Painting for Teens

Age: 12-16 yrs. In this class students will learn the basics of color theory, composition, using drawing in paintings, and how to paint objects in still life. We will explore abstraction with color theory, also. Each session will begin with practice drawing or painting and students will work on final paintings. Supplies included. Instructor: Amy Veatch.

Sertoma Arts Center – Course Fee: \$80

#261265	Sep 17-Oct 22	Th	4:30-6:00pm
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Pottery - Ceramic Face Masks

Age: 12-16 yrs. We will create funky face masks to hang on the wall using slab and sculpting techniques. African masks will be examined and used as inspiration. 3 sessions. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$50

#261029	Nov 4-18	W	4:00-6:00pm
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Pottery - Wheel Throwing for Teens

Age: 12-16 yrs. Teens learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level, so all teens are welcome! Class ends with glazing all pots for firing. Pottery will be ready for pick-up two weeks after class is over. Class does not qualify participants for a studio card. 6 sessions. Anne Terry instructs.

Sertoma Arts Center – Course Fee: \$125

#258548	Sep 16-Oct 21	W	4:00-6:30pm
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Printmaking - Printmaking for Teens

Age: 12-16 yrs. Explore the world of printmaking from ordinary objects. Students will use plates and blocks to print images on paper with ink and paint. We will create plates to repeatedly print from and we will create plates for mono printing. This class will give students a chance to try several types of printmaking! Supplies included. Instructor: Amy Veatch.

Sertoma Arts Center – Course Fee: \$80

#261269	Nov 4-Dec 16	W	4:30-6:00pm
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Adult

Adult Ballet/Lyrical

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

Lake Lynn Community Center

Full Session – Course Fee: \$185

#259552	Sep 1-Dec 22	Tu	8:00-8:50pm
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Course Fee: \$50

#259549	Oct 6-27	Tu	8:00-8:50pm
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#259550	Nov 3-24	Tu	8:00-8:50pm
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#259551	Dec 1-22	Tu	8:00-8:50pm
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Course Fee: \$60

#259548	Sep 1-29	Tu	8:00-8:50pm
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Art Club for SRIS

Age: All Ages. Art club for SRIS provided by Michelle

Sertoma Arts Center

#260483	Sep 14	M	6:30-8:30pm
#260484	Oct 19	M	6:30-8:30pm
#260485	Nov 9	M	6:30-8:30pm
#260486	Dec 14	M	6:30-8:30pm

Ballroom Dance 101

Age: 16yrs. and up. Have you ever wanted to learn how to do the Waltz, Swing, Tango, Foxtrot, or Rumba? Come join us at Thomas G Crowder Woodland Center and learn to dance. Each class will include instruction from our dance instructor. With a all kinds of different styles offered, you can pick and choose what you would like to learn.

Instructor: Ian McAreavy

Thomas G Crowder Woodland Center – Course Fee: \$10
Waltz

#258472	Sep 5	Sa	9:00-10:15am
#258476	Oct 10	Sa	9:00-10:15am
#258480	Nov 14	Sa	9:00-10:15am
#258484	Dec 5	Sa	9:00-10:30am

Swing

#258473	Sep 5	Sa	10:30-11:45am
#258477	Oct 10	Sa	10:30-11:45am
#258481	Nov 14	Sa	10:30-11:45am
#258485	Dec 5	Sa	10:30-11:45am

Tango

#258474	Sep 19	Sa	9:00-10:15am
#258479	Oct 17	Sa	10:30-11:45am
#258486	Dec 19	Sa	9:00-10:15am

Foxtrot

#258475	Sep 19	Sa	10:30-11:45am
#258482	Nov 21	Sa	9:00-10:30am
#258487	Dec 19	Sa	10:30-11:45am

Rumba

#258478	Oct 17	Sa	9:00-10:15am
#258483	Nov 21	Sa	10:30-11:45am

Basket Weaving - Random Weave Baskets Workshop

Age: 16yrs. and up. Seemingly chaotic, the random weave actually embraces several fundamental structural components and allows for a broad range of forms to be built with highly textured surfaces. In this 2-week session we will learn the random weave process while making a basket tailored to your own aesthetics. No former basket experience is required. Great for those new to artistic work as well as artists wanting to learn a new medium. An \$18 materials fee, payable to the instructor at the start of the workshop, includes most of the weaving supplies. Participants will need to bring 2 small bath towels and a pair of clippers, such as used to cut a flower stalk. Instructor: Anne Willson.

Sertoma Arts Center – Course Fee: \$60

#261253	Oct 7-14	W	6:30 -9:00pm
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Dance - Hemlock Bluff Cloggers Club

Age: 12yrs. and up. Are you an advanced clogger? The Hemlock Bluffs Cloggers perform at area functions and events under the direction of Bryan Craddock. To learn more or register, visit the Advanced Clogging Class at 7 p.m.

Joycee Community Center

#259652	Sep 17-Nov 12	Th	8:00-9:00pm
#259653	Nov 19-Jan 14	Th	8:00-9:00pm

Dance - Raleigh International Folk Dancers

Age: 16yrs. and up. Exercise, socialize and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers take newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian and Bulgarian. Membership dues are \$1 per person per meeting. No registration is necessary. Classes are held at Glen Eden Pilot Park, 1500 Glen Eden Drive. **Glen Eden Pilot Park** – Course Fee: \$1

#261519	Sep 4-25	F	6:00-10:30pm
#261520	Dec 4-18	F	6:00-10:30pm
#261521	Oct 2-30	F	6:00-10:30pm
#261522	Nov 6-27	F	6:00-10:30pm

Dance - Scottish

Age: 12yrs. and up. Exercise, socialize and learn the fundamentals of Scottish country dancing through the Carolina Scottish Dance Society. While experienced dancers are welcome, beginners are taught basic skills to become competent dancers quickly and easily. Membership dues are \$1 per person per meeting. No registration is necessary. Classes are held every Wednesday night at Glen Eden Pilot Park, 1500 Glen Eden Drive. **Glen Eden Pilot Park** – Course Fee: \$1

#261523	Sep 2-30	W	7:00-10:00pm
#261524	Oct 7-28	W	7:00-10:00pm
#261525	Nov 4-25	W	7:00-10:00pm
#261526	Dec 2-30	W	7:00-10:00pm

Dance Beginner Clogging

Age: 6yrs. and up. Learn the basic steps of clogging and advance at your own pace. You'll be amazed how quickly you can be a clogger. It's fun and great exercise in an open, noncompetitive environment. Partners are not necessary. Line 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. This class incorporates pop songs as well. Bryan Craddock, director of the Hemlock Bluff Cloggers, is an excellent instructor. Learn the official folk dance of North Carolina, which is catching on worldwide.

Jaycee Community Center – Course Fee: \$35
 #261514 Sep 3-Oct 29 Th 6:00-7:00pm
 #261515 Nov 5-Dec 17 Th 6:00-7:00pm

Dance-Advanced Clogging

Age: 6yrs. and up. Looking for a clogging challenge? Give our advanced class a try. It's fun and great exercise, in an open, noncompetitive environment. Clogging began in the mountains of North Carolina and has spread worldwide. It is the wonderful percussive dance often seen when bluegrass or old-time music is playing. This class incorporates pop songs as well. Bryan Craddock, director of the Hemlock Bluffs Cloggers, is an excellent instructor. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Please note that a beginner class is offered at 6 p.m., and the Hemlock Bluff

Cloggers Club is offered at 8 p.m.

Jaycee Community Center – Course Fee: \$35
 #261516 Sep 3-Oct 29 Th 7:00-8:00pm
 #261517 Nov 5-Dec 17 Th 7:00-8:00pm

Drawing - Beginning Drawing Part 1

Age: 16yrs. and up. This class is for beginners and those who need a refresher. Explore contour, proportion, shape, form, value, space and perspective. A drawing course is recommended before any painting course. This will provide a great foundation. Supply lists are available on Sertoma's webpage. Amanda Wilson instructs

Sertoma Arts Center – Course Fee: \$100
 #261518 Sep 16-Oct 21 W 6:30-9:00pm

Drawing - Beginning Drawing Part 2

Age: 16yrs. and up. This class is for students who have taken a basic drawing class. Students will explore value, style, space, texture and portraiture. We will be exploring different drawing mediums and how to take the basics one step further. Supply lists are available on Sertoma's webpage. Amanda Wilson instructs

Sertoma Arts Center – Course Fee: \$100
 #261544 Nov 4-Dec 16 W 6:30-9:00pm

Drawing - Introduction to Drawing with Peter Marin

Age: 16yrs. and up. This course covers the elemental visual languages of drawing - line, contour, mass, gesture, and value - and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Supply list available on Sertoma's webpage. Instructor: Peter Marin

Sertoma Arts Center – Course Fee: \$120
 #261226 Sep 16-Oct 21 W 9:30am-12:30pm

Drawing - Landscapes with Amanda Wilson

Age: 16yrs. and up. This is a drawing class focusing on drawing Landscapes. It is best to have taken Beginning Drawing Part 1 at Sertoma before attending this class or have any comparable drawing experience. Amanda will lead you through each stage of a drawing so that you can draw along with her from start to finish. Students will also be creating their own drawings from references that they bring in. Along the way you will learn valuable tricks and methods to use in your future artwork and leave with drawings that you are proud of. Amanda will take you step by step through demonstrated examples that you can practice and use in your own work as well as provide plenty of one on one help to answer any questions you may have. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100
 #261649 Sep 17-Oct 22 Th 1:00-3:30pm
 #261558 Nov 5-Dec 17 Th 6:30-9:00pm

Fibers - Beginning Sewing: Holiday Gift Bag

Age: 16yrs. and up. Sewing for the holidays is fun and this is a great project for getting into the holiday spirit! Set your gifts apart with the personal touch of a custom-sewn gift bag with your choice of holiday themed fabric. In this workshop, you will create a unique gift bag and leave with the skills to make more bags on your own. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30
 #260744 Dec 5 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Holiday Table Runner

Age: 16yrs. and up. If you're a holiday decorator, this is a nice class to kick-off the holiday season. You'll love how this project enables you to create a unique look for your holiday table. In this fun workshop, you will sew a table runner while learning some fundamental sewing skills that will enable you to progress to other home decor projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30
 #260743 Nov 14 Sa 1:00-4:00pm

Fibers - Beginning Sewing: Quilting

Age: 16yrs. and up. Are you a beginning sewer interested in quilting, but would like some hands on instruction and support as you learn? If so, this class is for you! Each student will make a small wall hanging size quilt, learning the fundamental steps of fabric preparation, quilt construction and finishing methods along the way. We will discuss key tools and the 'why' of each step (exploring topics such as fabric and batting selection and how fabric grainline affects your quilt). Each student will gain the skills needed to progress to more advanced quilts. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. More details can be found on the instructor's website creativesewingstudios.com. Instructor: Joy Kelley

Sertoma Arts Center – Course Fee: \$120
 #260739 Oct 13-Nov 17 Tu 10:00am-12:00pm
 #260740 Oct 15-Nov 19 Th 6:30-8:30pm

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Fibers - Beginning Sewing: Zippered Pillow

Age: 16yrs. and up. Register for this class and together we will create your own special pillow with a zippered closure! You will also learn how to make a pillow insert, which will enable you to create your own custom sized pillows. You will learn the basics of operating a sewing machine and develop the fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. The supply list is available on Sertoma's webpage. A \$13 supply fee for pillow form materials and interfacing is due to instructor at the beginning of class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley

Sertoma Arts Center – Course Fee: \$100
#260737 Sep 1-29 Tu 10:00am-12:00pm
#260738 Sep 3-Oct 1 Th 6:30-8:30pm

Fibers - Quilting Basics: Piecing with a Sewing Machine

Age: 16yrs. and up. The goal of this class is to introduce you to quilting and help you discover whether you enjoy it. We will do this by exploring one of the fundamental quilting skills: piecing. Piecing is the process of joining cut fabric pieces together into a quilt block (the basic unit which composes a quilt). If you find you like piecing, you will enjoy the rest of the quilting process as well. Please note this class is focused on learning one of the many necessary quilting skills - we won't be completing a quilt. We will be sewing several different types of quilt blocks focusing on developing your piecing skills. No prior sewing experience is necessary. We will be using Sertoma's machines. A \$10 supply fee to be paid to instructor at first class covers all you will need for this workshop - no need to buy materials or collect tools. Instructor: Joy Kelley

Sertoma Arts Center – Course Fee: \$30
#260741 Sep 12 Sa 1:00-4:00pm

Fibers - Scrunch, Pleat and Cinch in Shibori and Indigo

Age: 16yrs. and up. The title gives a few words describing some aspects of folding in shibori, the art and craft of manipulation. For 2 days we will explore those implications, to create unique patterns and motifs on cloth. Working with plant fibers (cotton, linen, rayon, bamboo or blends of) is recommended for best results. Some cloth will be provided and we will be dyeing in indigo. A \$40 supply fee is due to the instructor at the start of the workshop, this will include cloth, needles, thread, dye and other supplies for cloth manipulation and processing. Students need to bring gloves appropriate for dyeing (in indigo), small scissors, and a bag lunch. Instructor: Susan Fennell.

Sertoma Arts Center – Course Fee: \$120
#260734 Oct 17-18 Sa-Su 10:00am-4:00pm

Fibers - Sewing Machine Basics

Age: 16yrs. and up. 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. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$30
#260742 Sep 26 Sa 1:00-4:00pm

Fibers - Traditional Japanese Embroidery

Age: 18yrs. and up. 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. Instructor: Pam Reading.

Sertoma Arts Center – Course Fee: \$75
#258550 Nov 7-8 Sa-Su 9:30am-4:30pm

Glassmaking - Fused Glass Painting

Age: 16yrs. and up. In this class you will use specially glass and fusible paint to create unique, functional, glass artwork. You will start by experimenting with a variety of techniques for applying the paint to the glass. You will then learn how to layer the glass for firing in a kiln. We will make both small pieces suitable for pendants or magnets, and larger works that can later be made into dishes, ornaments, and a variety of other objects. No experience with painting or glass required! \$30 supply fee due to instructor at first class. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$105
#260964 Sep 16-Oct 21 W 6:30-9:00pm

Glassmaking - Glass Jewelry

Age: 16yrs. and up. Learn to make stunning glass jewelry from start to finish! You will be 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. Along the way, we will discuss how to plan a design using your favorite glass focals. 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. Instructor: Danielle Cozart.

Sertoma Arts Center – Course Fee: \$90
#260761 Nov 4-Dec 9 W 1:00-3:30pm

Jewelry: Advanced Ring Making

Age: 16yrs. and up. In this class the students will construct and set a ring in sterling silver with a large gemstone set in a handmade full bezel, with accent stones set into the shoulders of the ring band in the French pavé style. Students may choose the stone species, shape and cut (cabochon or faceted) of center stone and the color they wish to accent



the center stone they choose. The student will construct the bezel and shank of the ring, assemble them together, and lay out and set the stones during the course of the class. Prerequisite: Beginning Metals at Sertoma or Pullen Arts Center and intermediate soldering skills. Instructor: Dustin Walker. 6 sessions. **Sertoma Arts Center** – Course Fee: \$160
#260674 Nov 3-Dec 8 Tu 6:30-9:30pm

Jewelry: Anodizing Niobium

Age: 16yrs. and up. 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! Must have had a jewelry class at Sertoma or Pullen Arts Center. \$35 kit will be available for purchase at the first class. Instructor: Amy Veatch.
Sertoma Arts Center – Course Fee: \$130
#260306 Sep 25-Oct 30 F 10:00am-12:30pm

Jewelry: Beginning Metals

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

Sertoma Arts Center – Course Fee: \$130
Amy Veatch instructs
#260299 Sep 16-Oct 28 W 10:00am-12:30pm
Dustin Walker instructs
#260298 Sep 17-Oct 22 Th 7:00-9:30pm
Caitlin Lewis instructs
#260300 Sep 21-Oct 26 M 10:00am-12:30pm

Jewelry: Chain Making

Age: 16yrs. and up. Learn how to make your own chain! Hone your soldering skills while learning tips and tricks to make beautiful one-of-a-kind chains. Using sterling silver, brass, and copper wire students will be working with pliers, hammers, and the rolling mill along with an acetylene torch to create their own designs. Leave class with a completed chain and the skills to create many more! Class kits will be available for purchase for \$25 on the first day of class. Students are encouraged to bring their own materials. Prerequisite: Basic metalworking skills required. 4 sessions. Instructor: Samantha Clarke.

Sertoma Arts Center – Course Fee: \$85
#260733 Oct 8-29 Th 10:00am-12:30pm

Jewelry: Continuing Enamels

Age: 16yrs. and up. In this class we will expand on the Beginning Enamel class and delve into alternative techniques in enameling. We will learn about decals, iridescent powders as well as enamel paints and crayons. The sky's the limit - there will be tons of room for experimentation! Students will need to provide their own 20g copper. Everything else will be provided. Prerequisite: Beginning Enamel at Sertoma or Pullen Arts Center. Instructor: Sarah West. 4 sessions.

Sertoma Arts Center – Course Fee: \$175
#260358 Oct 3-31 Sa 10:30am-3:30pm

Jewelry: Continuing Metals

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

Sertoma Arts Center – Course Fee: \$130
Amy Veatch instructs
#260304 Nov 2-Dec 14 M 10:00am-12:30pm
Samantha Clarke instructs
#260303 Nov 5-Dec 17 Th 7:00-9:30pm

Jewelry: Flush Setting Basics

Age: 16yrs. and up. This class is designed to get you comfortable with the basics of flush setting. Students will practice setting stones on a sample plate. Kit included. Beginners welcome! Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$95
#260753 Dec 4-11 F 9:30am-12:30pm

Jewelry: Hydraulic Press and Cold Joining

Age: 16yrs. and up. Use the hydraulic press to form your metal and learn to cold join the things you have formed! Students will use tabs, rivets, and wires to set objects and metal pieces formed in the hydraulic press. You will learn to make lockets and bracelets using the hydraulic press to form them. Bring your ideas and stones or other small objects to sell! Must have had a jewelry class at Sertoma or Pullen Arts Centers. \$30 Kit will be available for purchase at the first class. Instructor: Amy Veatch (6 sessions).

Sertoma Arts Center – Course Fee: \$130
#260307 Nov 4-Dec 16 W 10:00am-12:30pm

Jewelry: Keep Your Hammers Shiny!

Age: 16yrs. and up. If you have bought a new hammer recently or have a well loved hammer that needs to be refurbished you will want to take this class! We will learn how to shape and resurface our hammers and then use the polishing machine to put a mirror finish on them! Bring your own planishing or ball peen hammer or you will be able to purchase a ball peen hammer from the instructor. Students need to bring a planishing or ball peen hammer or money to buy ball peen hammer. Instructor: Sarah West. 1 session.

Sertoma Arts Center – Course Fee: \$30
#260353 Dec 5 Sa 10:30am-1:30pm

Jewelry: Liquid Enamels

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

Sertoma Arts Center – Course Fee: \$130
#260367 Sep 12-26 Sa 10:30am-3:30pm

Jewelry: Make Your Own Stud Earrings

Age: 16yrs. and up. Stud earrings are a popular and practical alternative to larger dangly designs. In this class students will learn how to transform sheet metal and wire into unique stud earrings of their own design. Learn the basics of cutting, shaping and texturing metal, and how to solder ear posts. Optional jewelry kits will be available for \$25. The kit will provide you with solder, sawblades, drill bits, sandpaper and a small amount of silver wire and sheet copper to get started on projects. Instructor: Caitlin Lewis.

Sertoma Arts Center – Course Fee: \$85
#261054 Oct 27-Nov 17 Tu 10:00am-12:30pm

Jewelry: Textured and Twisted - Bangle Bracelets

Age: 16yrs. and up. In this fun make and take class, you will learn some jewelry making basics. Each student will make at least two bangle bracelets - one with twisted wire and one with a hammer texture. Beginners welcome! Instructor: Sarah West. 1 session.

Sertoma Arts Center – Course Fee: \$50
#260372 Dec 12 Sa 10:30am-3:30pm

Jewelry: Zen and the Art of the Jeweler's Saw

Age: 16yrs. and up. This one day class is designed to get you in the groove with your jeweler's saw. We will spend the first part of the class in a drawing exercise that will get our minds off our daily routine and get our creative juices flowing. Next we will transcribe our drawing onto the copper by sawing and piercing and texturing the day away! All materials and unlimited saw blades provided! All levels welcome! Instructor: Sarah West. 1 session.

Sertoma Arts Center – Course Fee: \$50
#260356 Dec 19 Sa 10:30am-3:30pm

Make It & Take It: Wreath Creation

Age: 18yrs. and up. 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 a wreath frame, and tips on how to bring out the natural beauty. All materials are provided.

Forest Ridge Park – Course Fee: \$14
#260629 Dec 3 Th 10:00am-12:00pm

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Painting - Advanced Painting with Peter Marin

Age: 16yrs. and up. Join us in this motivating and informative class so you may focus deeper into painting and improve your painting practice. Students work independently and directly with instructor to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery. Students supply their own materials. Any wet media welcome. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$120
#261220 Sep 15-Oct 20 Tu 9:30am-12:30pm
#261223 Nov 10-Dec 15 Tu 9:30am-12:30pm

Painting - Art of the Portrait with Peter Marin

Age: 16yrs. and up. This course takes a critical look at the history and use of portraiture and examines how it has been used to determine and define ideas central to the times. Further, students will form a sound frame of reference and develop a dynamic approach to creating portraits that reflect their passions, philosophies and concerns. Class consists of slide lectures, studio time and take-home assignments. Particular emphasis will be placed on work that makes up part of the NCMA collection. Prior painting experience required. Students should bring their materials of choice including paints and supports. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$120
#261229 Nov 4-Dec 16 W 9:30am-12:30pm

Painting - Beginners Oil Painting with Eleanor

Age: 16-99 yrs. This course is for the beginner wishing to learn the skill creating intentionally perfect art through oil painting on canvas. The course covers the achromatic value scale, 3D form, discussions on the elements of art and principles of design, color theory/mixing, painting techniques, includes modeling form with charcoal. Students will learn the basic skill to paint any style of art. Subject of this course is a still life. Suggested materials list provided with receipt.

Jaycee Community Center – Course Fee: \$110
#261540 Sep 19-Oct 24 Sa 9:00-11:30am
#261541 Oct 31-Dec 5 Sa 9:00-11:30am

Painting - Beginning Watercolors

Age: 16yrs. and up. Learn the basic techniques of transparent watercolor. Find out about the best paper, paint and brushes to use. Students will create a landscape after learning how to do wet-on-wet washes, wet-on-dry washes, trees, water, rock and skies. Students will learn how to achieve a beautiful glowing sky in watercolor. Supply list available on Sertoma's webpage. Instructor: Ryan Fox.

Sertoma Arts Center – Course Fee: \$100
#261239 Sep 14-Oct 19 M 9:30am-12:30pm
#261240 Nov 9-Dec 7 M 9:30am-12:30pm

Painting - Chinese Brush Painting - Flowers & Birds

Age: 16yrs. and up. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Flowers and birds is one of the three major categories for Chinese brush painting. Students will learn how to paint flowers such as poppy, lily, rose, iris or Chinese national flower, the peony, as well as birds, which are popular brush painting subjects. Instructor will provide step by step demo and individual help. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. In addition, the students will learn some basic Chinese calligraphy technique as the title of the paintings or the artist's names. This course is for both experienced and beginning students. The instructor will provide all the supplies and student will pay \$5 for supplies per workshop. Or the students can bring their own supplies if they prefer, supply list available on Sertoma's webpage. Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes.

Sertoma Arts Center – Course Fee: \$50
#258326 Sep 9 W 12:00-3:00pm
#258327 Oct 7 W 12:00-3:00pm
#258328 Nov 4 W 12:00-3:00pm
#258329 Dec 9 W 12:00-3:00pm

Painting - Color Theory Workshop with Peter Marin

Age: 16yrs. and up. In this workshop 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 such as Newton's theories, Albrecht's perspectives, the Munsell model and Wurmfield's proposals; and, will introduce the student to elements of color psychology such as gestalt, simultaneous contrast and optical mixing. 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 a thorough slide lecture. Session will cover how color is an aid to communication in a visual language idiom and how to begin identifying color in 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 available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$160
#261271 Oct 26-27 M-Tu 10:00am-4:00pm

Painting - Continuing Watercolor with Rick Bennett

Age: 16yrs. and up. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one-on-one assistance. Topics will include use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett. (6 sessions)

Thomas G Crowder Woodland Center – Course Fee: \$95
#259181 Sep 22-Oct 27 Tu 6:30-9:00pm

Painting - Flowers and Greenery with Amanda Wilson

Age: 16yrs. and up. This class is great for artists at any level who would like to focus on painting florals. As a class we will discuss the start to finish process of painting different kinds of flowers such as roses, sunflowers, daisies, lilies, and many more. We will talk about different petal and leaf shapes as well as light, texture, color and how to use it. We will be working from observation and reference photos during class. Amanda will take you step by step through painted examples that you can practice and use in your own work as well as provide plenty of one on one help to answer any questions you may have. You may use oils or acrylic in this class, the instructor will be using mainly acrylic for demonstrations. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100
#261477 Sep 16-Oct 21 W 2:30-5:00pm

Painting - Fun with Experimental Watercolor

Age: 15yrs. and up. Learn to experiment with watercolor using a variety of techniques and alternate surfaces. Through classroom demonstrations you will learn different ways to mix paint for unique effects and textures. Each class will feature a different teacher demonstration. Beginners and experienced students welcome. Supply list available on Sertoma's webpage. Instructor: Ryan Fox.

Sertoma Arts Center – Course Fee: \$100
#261251 Sep 14-Oct 19 M 1:00-4:00pm
#261252 Nov 9-Dec 7 M 1:00-4:00pm

Painting - Impressionistic Palette Knife Painting in Acrylic

Age: 16yrs. and up. This class will be a great introduction for how to use a palette knife to achieve texture in an Impressionistic style of painting. We will be practicing different ways to use the tool to create different textures that build into a scene. 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. This course is great for any skill level. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100
#261557 Nov 5-Dec 17 Th 2:30-5:00pm

Painting - Intermediate Oil Painting with Eleanor

Age: 16-99 yrs. This course continues from the Beginner's Oil Painting with Eleanor Karie. (Beginners' course not required for this course.) Students will further develop skills learned in the beginners' course while learning how to paint metals, glass, and textures. Other topics taught in this course are how to work with light in the composition and how to do glazing for a rich color effect. Subject of course is a still life. Suggested materials list provided with receipt.

Jaycee Community Center – Course Fee: \$95
#261545 Sep 20-Oct 25 Su 1:00-3:30pm
#261546 Nov 1-Dec 6 Su 1:00-3:30pm

Painting - Intro to Painting with Peter Marin

Age: 16yrs. and up. This course introduces the student to the practice of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$120
#261228 Sep 18-Oct 23 F 9:30am-12:30pm

Painting - Landscape Workshop with Peter Marin

Age: 16yrs. and up. This workshop covers the history of landscape painting and how the landscape has been used by artists to render ideas about modernity, discovery, manifest destiny and colonialism, beauty and most recently, how it has formed the modern idea of environmentalism. Special focus is placed on understanding how the idea of landscape shapes ideas of the contemporary environmental movement. Work is made in response to the discussions. Formal and theoretical issues are addressed to aid the student in achieving a defined critical thinking position as to their work. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$90
#261278 Nov 2 M 9:30am-4:30pm

Painting - Larry Dean's Acrylics Studio

Age: 16yrs. and up. 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 is available on Sertoma's webpage. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee: \$100
#259179 Sep 15-Oct 20 Tu 6:30-9:00pm
#259180 Nov 10-Dec 15 Tu 6:30-9:00pm

Painting - Larry Dean's Beginning Acrylics

Age: 16yrs. and up. This true beginners class offers a gentle introduction to acrylic painting or a reintroduction to basic concepts with a focus on getting started. Students will work from their own photos, simple still-life arrangements or their imagination. Students will learn about materials, color mixing, shape and perspective. Informal lessons and paint-along demonstrations will assist as you learn at your own pace. Supply list is available on Sertoma's webpage. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee: \$100
#259175 Sep 14-Oct 19 M 6:30-9:00pm
#259176 Nov 9-Dec 14 M 6:30-9:00pm

Painting - Larry Dean's Studio

Age: 16yrs. and up. 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 is available on Sertoma's webpage. Instructor: Larry Dean.

Sertoma Arts Center – Course Fee: \$100
#259177 Sep 15-Oct 20 Tu 1:00-3:30pm
#259178 Nov 10-Dec 15 Tu 1:00-3:30pm

Painting - Sacred Geometry with Peter Marin

Age: 16yrs. and up. This course focuses on the ideas that have propelled art as an instrument of the sacred. We examine the history surrounding what sacred art has been considered and how it has evolved beginning with the Egyptians, the Greeks, the Renaissance, the Baroque, Modernity and finishing up in contemporary times. Assignments, slide lectures and readings are given on a weekly basis. Class covers significant mathematical and historical issues such as divine proportions, musical relationships, the Fibonacci sequence and irrational proportions. Bring usual painting materials, any wet media. Include a compass, tracing paper roll 12"/18" x any length.

Instructor: Peter Marin.
Sertoma Arts Center – Course Fee: \$120
#261231 Nov 6-Dec 18 F 9:30am-12:30pm

Painting - Seascapes in Acrylic with Amanda Wilson

Age: 16yrs. and up. Have you ever seen a beautiful ocean painting and thought to yourself, I wish I could paint like that. Guess what!? You absolutely can!! In this class you will learn how to create your very own seascapes and leave with at least one completed painting. We will cover 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 and mid course critiques 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 instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush before you will be able to go home with something you are proud of! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100
#261527 Sep 17-Oct 22 Th 6:30-9:00pm

Painting - The Art of Still Life Workshop with Peter Marin

Age: 16yrs. and up. This is a workshop that explores the historical and artistic legacy of one of painting's most influential and lively genres: Still Life. A thorough slide lecture will expose students to the nuanced history of the still life and offer them a deep grounding and a solid frame of reference that will enrich their own work as well as facilitate decoding methods of works they admire. Particular emphasis will be given to the Dutch Baroque, and Mexican Modernist approaches to the genre. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$160
#261280 Sep 8-9 Tu-W 10:00am-4:00pm

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Painting - Tropical Sunsets in Acrylic with Amanda Wilson

Age: 16yrs. and up. Have you ever seen a beautiful ocean painting and thought to yourself, I wish I could paint like that. Guess what!? You absolutely can!! In this class you will learn how to create your very own seascapes and leave with at least one completed painting. We will cover 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 and mid course critiques 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 instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush before you will be able to go home with something you are proud of! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100
#261539 Nov 4-Dec 16 W 2:30-5:00pm

Painting - Workshop: Watercolor Weekend

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

Sertoma Arts Center – Course Fee: \$150
#261289 Sep 19-20 Sa-Su 9:45am-3:30pm
#261290 Oct 17-18 Sa-Su 9:45am-3:30pm
#261291 Nov 21-22 Sa-Su 9:45am-3:30pm
#261294 Dec 12-13 Sa-Su 9:45am-3:30pm

Pottery - Carving on Clay Surfaces

Age: 16yrs. and up. 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. Beginning Handbuilding at Sertoma or Pullen Arts Centers is required to qualify for this class. This course does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65
#260995 Oct 26-Nov 16 M 7:00-9:15pm

Pottery - Creatures of Habitat

Age: 16yrs. and up. Bring all your basic handbuilding skills together to create fun and unique animals for the garden, porch or patio. This four-week course will focus on smaller wildlife forms, including frogs, fish, birds, lizards, turtles and a few insects. Explore the components that bring your favorite creatures to life. Students should bring a notebook to help with the thought and planning process. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65
#260991 Sep 14-Oct 5 M 7:00-9:15pm

Pottery - Handbuilding: Beginning

Age: 16yrs. and up. This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome!

Sertoma Arts Center – Course Fee: \$110
Tim Cherry instructs
#260986 Sep 16-Oct 28 W 9:30-11:45am
Steve Karloski instructs
#260987 Sep 16-Oct 28 W 7:00-9:15pm
Laura Korch instructs
#260988 Oct 8-Nov 19 Th 9:30-11:45am

Pottery - Introduction to Majolica

Age: 16yrs. and up. 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 for Pullen Potters class prior to registration only. Students must be able to throw or hand build forms for decorating. Registrants will be emailed information on tools and brushes shortly after registration. Students pay glaze and color fee of \$45 at the first class to the instructor. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$65
#261050 Sep 3-24 Th 9:30am-12:00pm

Pottery - Porcelain Possibilities with Jennifer Mecca

Age: 16yrs. and up. Join us for this weekend workshop with local potter, Jennifer Mecca where she'll help students better understand all the forms and surface possibilities porcelain can offer. Students will be playing with slip transfer, making sprig molds and stamps in addition to a demonstration on incising and inlay stain. Jennifer will talk about mason stains, planning out your surface decoration and how to think about the edges and feet of your pottery to match your style of decorating. She will also demonstrate some of the forms she enjoys making but for students who handbuild or don't feel comfortable with throwing porcelain she will bring a few drupe molds so students can make different trays to try some of the surface treatments she will be demonstrating. A meet and greet which will consist of a slide talk and Q&A will take place on Friday before the start of the workshop on Saturday. Basic concepts of ceramics required. Supply list available on Sertoma's webpage. Instructor: Jennifer Mecca.

Sertoma Arts Center – Course Fee: \$200
#261286 Sep 18-20 F 5:00-8:00pm
Sa-Su 10:00am-4:00pm

Pottery - Wheel Throwing: Beginner

Age: 16yrs. and up. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week) to qualify for a studio card. Purchase materials at first class (approximately \$42). Please arrive 20 minutes early for first class to buy materials. This is a seven-week class.

Sertoma Arts Center – Course Fee: \$110
Joan Walsh instructs
#260969 Sep 16-Oct 28 W 7:00-9:15pm
Tina Granville instructs
#260970 Sep 16-Oct 28 W 9:30-11:45am
Laura Korch instructs
#260971 Sep 14-Oct 26 M 7:00-9:15pm

Pottery - Workshop: Majolica Holiday Ornaments

Age: 16yrs. and up. 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.

Instructor: Patty Merrell

Sertoma Arts Center – Course Fee: \$35

#261030 Dec 6 Su 12:30-4:30pm

Sewing For Beginners

Age: 18yrs. and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing is required. Class cost does not include materials.

Biltmore Hills Community Center – Course Fee: \$30

#261583 Nov 7-28 Sa 10:00am-12:00pm

Sewing: 101

Age: 18yrs. and up. In this class you will complete an item of your choice. You will select a pattern, fabric and notions. Some knowledge of sewing is required. Class cost does not include materials.

Biltmore Hills Community Center – Course Fee: \$40

#261593 Nov 7-28 Sa 11:00am-12:00pm

Wednesday Night Social Ballroom Dance

Age: 18yrs. and up. Do you need a date night? Want to get out of the house and connect with old friends and make new ones? You are invited to check out the Pullen Park Wednesday Night Social Ballroom Dance at Pullen Community Center. Dancers meet every Wednesday night to enjoy and dance to live ballroom music. Some of the popular dances are fox-trot, waltz, swing and Latin. Fee is \$8 per person per week.

First-time dancers get in for free!

Pullen Community Center

Course Fee: \$8

#261499	Sep 2	W	7:00-9:30pm
#261500	Sep 9	W	7:00-9:30pm
#261501	Sep 16	W	7:00-9:30pm
#261502	Sep 23	W	7:00-9:30pm
#261503	Sep 30	W	7:00-9:30pm
#261504	Oct 7	W	7:00-9:30pm
#261505	Oct 14	W	7:00-9:30pm
#261506	Oct 21	W	7:00-9:30pm
#261507	Oct 28	W	7:00-9:30pm
#261508	Nov 4	W	7:00-9:30pm
#261509	Nov 18	W	7:00-9:30pm

Senior

Active Adult Programs

Due to uncertainty of the September-December programming schedule at the time of print, Active Adult programs are not listed in this issue of the Leisure Ledger.

For the most up to date information about Active Adult programs, please visit <https://raleighnc.gov/active-adults>.

Watercolor: Exploring the Landscape

Age: 18yrs. and up. This class provides an ongoing opportunity for students to paint in watercolor. Students should have had an introduction to watercolor and are familiar with working with transparent washes. Focus will be on the color and design of the composition with demonstration using the theme of Landscapes. The characteristics of Realism versus Abstraction will be addressed in this course as part of creating a personal response to subject matter. Students should plan to bring in their personal photo references.

Providing a photo in black and white as well as color is helpful in planning value placement in the composition. Instructor: Nancy Carly.

Abbotts Creek Community Center – Course Fee: \$60

#260913 Dec 1-22 Tu 10:00am-1:00pm

Watercolor: Intermediate

Age: 18yrs. and up. This class will focus on the color and design of the composition with demonstration using the theme of florals and landscapes. The characteristics of Realism versus Abstraction will be addressed in this course as part of creating a personal response to subject matter. Students should plan to bring in their personal photo references.

Providing a photo in black and white as well as color is helpful in planning value placement in the composition. Students should have had an introduction to watercolor and be familiar with working with transparent washes.

Instructor: Nancy Carly

Abbotts Creek Community Center – Course Fee: \$60

#260910 Oct 13-Nov 17 Tu 10:00am-1:00pm

Worthdale Art Classes

Age: 55yrs. and up. This 10-week class session will help you develop your personal style and technique. If you are just a beginner or a long-time artist, come enjoy creating your masterpiece! This class is designed to provide support and guidance as you work on your individual paintings. Come join us for morning fun and creativity.

Worthdale Community Center – Course Fee: \$30

#261300 Oct 2-Dec 4 F 10:30am-12:00pm

Family

A Taste of Art at Lions

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

Lions Park Community Center – Course Fee: \$15

September - Photo Scrap it Art

#259670	Sep 12	Sa	10:30-11:30am
#259671	Oct 17	Sa	10:30-11:30am
#259672	Oct 17	Sa	10:30-11:30am
#259673	Dec 12	Sa	10:30-11:30am

Art in Nature

Age: All Ages. Participants will experience the arts outdoors. Various topics include: Nature collages, leaf rubbing lanterns, beaded sun catchers, botanical paperweights and flower prints.

Moore Square

#260525 Aug 4-Oct 22 Tu, Th 4:00-5:00pm

Craft Corner

Age: All Ages. Join us Thursday mornings at 10:00am and create awesome crafts that are fun for all ages!

Moore Square

#260539 Aug 6-Feb 25 Th 10:00-11:00am

Juggling for Genius

Age: 10yrs. and up. 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.

Method Road Community Center

#259820	Sep 7-28	M	6:30-8:00pm
#259821	Oct 5-26	M	6:30-8:00pm
#259822	Nov 2-30	M	6:30-8:00pm
#259823	Dec 7-28	M	6:30-8:00pm

Scarecrow Festival Pullen Park

Age: 1-99 yrs. Build a unique scarecrow to be put on display at Pullen Park! Bring clothes, accessories and a head to complete the look of your scarecrow. We will provide the hay!

Pullen Amusements

#259399 Oct 3 Sa 9:00am-12:00pm

Sensory Friendly Creative Saturdays

Age: 2yrs. and up. Create a masterpiece using a variety of materials and textures. Whether you like to make a mess or keep it clean and tidy, you'll find an art activity to enjoy. This program is a drop-in format so just join us as you arrive! The Arts Center will provide an accepting and inclusive environment, modifications to sound and lighting, noise canceling headsets, and a quiet room. All ages and all abilities welcome! This event will offer accessible accommodations for individuals with Sensory Processing Disorders and Autism Spectrum Disorders (ASD).

Sertoma Arts Center

#260687	Sep 12	Sa	1:00-3:00pm
#260688	Oct 10	Sa	1:00-3:00pm
#260689	Nov 14	Sa	1:00-3:00pm
#260690	Dec 12	Sa	1:00-3:00pm

Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov

919-996-6836

Athletic Program Director

Jason Simpson

jason.simpson@raleighnc.gov

Athletic Program Managers

Toni Moyer

toni.moyer@raleighnc.gov

Ryan Ryba

ryan.ryba@raleighnc.gov

Jason Clemons

jason.clemons@raleighnc.gov

Athletic Program Assistant Manager

Raven Johnson

raven.johnson@raleighnc.gov

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults through camps, clinics, and leagues. The Youth Athletics Program caters to children ages 5-17 and offers numerous benefits from playing in organized sports. Youth sports, sponsored by the Raleigh Parks Recreation and Cultural Resources Department, provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program makes available a great opportunity to stay active, engage in social interaction and community involvement while providing a safe, fun, family atmosphere. The Raleigh Parks, Recreation and Cultural Resources Department continues to recruit people that are interested in scorekeeping and coaching for both youth and adult programs.

Note that Athletic League registration does not follow the standard registration period. Please visit www.parks.raleighnc.gov for athletic league registration forms. Registration periods and locations are indicated in each program/league description. For additional information please call 919-996-6836.

Youth

Co-ed Pee Wee (5-6) Basketball

Age: 5-6 yrs. Youth Co-Ed Pee Wee (ages 5-6) Basketball registration is September 28-October 9. The Pee Wee Basketball 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov.

Optimist Community Center (District 1)

#260943 Nov 2

Worthdale Community Center (District 2)

#260944 Nov 2

Roberts Park Community Center (District 3 & 4)

#260945 Nov 2

#260946 Nov 2

Co-ed Mini Mite (7-8) Basketball

Age: 7-8 yrs. Youth Co-Ed Mini Mite (ages 7-8) Basketball registration is September 28-October 9. The Mini Mite Basketball 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov.

Millbrook Exchange Community Center (District 1)

#260948 Nov 2

Barwell Road Community Center (District 2)

#260949 Nov 2

Jaycee Community Center (District 3)

#260950 Nov 2

Tarboro Road Community Center (District 4)

#260951 Nov 2

Boys Mitey Mite (9-10) Basketball

Age: 9-10 yrs. Youth Boys Mitey Mite (ages 9-10) Basketball registration is September 28-October 9. The Mitey Mite Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents.

For more information please go to:
www.raleighnc.gov .

Abbotts Creek Community Center (District 1)

#260952 Nov 2

Lions Park Community Center (District 2)

#260953 Nov 2

Laurel Hills Community Center (District 3)

#260954 Nov 2

Biltmore Hills Community Center (District 4)

#260955 Nov 2

City-Wide Girls Mitey Mite (9-10) Basketball

Age: 9-10 yrs. Youth Girls Mitey Mite (ages 9-10) Basketball registration is September 28 - October 9, 2020. The Mitey Mite Girls Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

Millbrook Exchange Community Center and

Abbotts Creek Community Center

#260967 Nov 2

Boys Little League (11-12) Basketball

Age: 11-12 yrs. Youth Boys Little League (ages 11-12) Basketball registration is September 28-October 9. The Little League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov.

Lake Lynn Community Center (District 1)

#260956 Nov 2

Green Road Community Center (District 2)

#260957 Nov 2

Method Road Community Center (District 3)

#260958 Nov 2

Carolina Pines Community Center (District 4)

#260959 Nov 2

City-Wide Girls Little League (11-12) Basketball

Age: 11-12 yrs. Registration is September 28 - October 9, 2020, for Youth Girls Little League (ages 11-12). The league is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league keeps score and records wins and losses. Volunteer coaches are needed who enjoy basketball and want to teach youth and help develop league participants' skills and knowledge of basketball. Eligibility is determined by participant's age on Aug. 31 of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information, please go to: www.raleighnc.gov.

Chavis Community Center and Laurel Hills Community Center

#261121 Nov 2

Boys Junior League (13-14) Basketball

Age: 13-14 yrs. Youth Boys Junior League (ages 13-14) Basketball registration is September 28- October 9. The Junior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov.

Brier Creek Community Center (District 1)

#260960 Nov 2

Marsh Creek Park (District 2)

#260961 Nov 2

Halifax Community Center (District 3)

#260962 Nov 2

Carolina Pines Community Center (District 4)

#260963 Nov 2

City-Wide Girls Junior League (13-17) Basketball

Age: 13-17 yrs. Youth Girls Junior League (ages 13-17) Basketball registration is September 28- October 9. The Junior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov .

Chavis Community Center

#261125 Nov 2

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Boys Senior League (15-17) Basketball

Age: 15-17 yrs. Youth Boys Senior League (ages 15-17) Basketball registration is September 28-October 9. The Senior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records 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 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to: www.raleighnc.gov.

Green Road Community Center (District 1 & 2)

#260965 Nov 2

Laurel Hills Community Center (District 3 & 4)

#260966 Nov 2

Adult

Adult Basketball

Age: 18-99 yrs. The athletics division will be offering Adult Basketball. Registration will be held from October 5-9 for Open, Closed, Church and Women's. Games will start mid-November or early-December. The cost is \$450 per team and \$24 per participant for any non-city players. The season consists of 10 games with a single elimination tournament. League Fee: \$450 Per Team
#261288

Sand Volleyball - Fall League at Jaycee Park

Age: 18-99 yrs. Keep the sand between your toes during fall sand volleyball league here at Jaycee Park.! Team registration only: 6-person, 4-person, 3-person and doubles. Leagues will play early October - late November at Jaycee Park. Registration is limited based on dates of play. Registration dates: September 14 - 27, 2020.

Jaycee Community Center

Course Fee: \$50

#256178 Oct 13-Dec 1

Course Fee: \$60

#256169 Oct 13-Dec 3

Course Fee: \$70

#256175 Oct 13-Dec 1

Course Fee: \$80

#256173 Oct 15-Dec 3

Family

Marsh Madness

Age: All Ages. Join us for an evening of sports-themed games and fun! There will be a basketball shooting challenge, eSports (sport video games), carnival games, crafts, trivia questions and more. Stadium food may also be available. Wear your favorite team's colors and join us for our first annual Marsh Madness Sports Party!

Marsh Creek Park

#260529 Oct 2 F 6:00-8:30pm

Educational



Preschool

Eastgate Preschool Nature Club

Age: 3-5 yrs. Join us as we transform into naturalists and explore the natural beauty of Eastgate Park. Each session will take us on a unique adventure around the park. Areas of exploration will include the pond, trails, forest, and open spaces. Come dressed for the weather and wear shoes that can get dirty. Caregiver must be present with participant.

Eastgate Park – Course Fee: \$20

#261153	Sep 10-Oct 1	Th	10:00-10:30am
#261154	Oct 15-Nov 5	Th	10:00-10:30am
#261155	Nov 19-Dec 17	Th	10:00-10:30am

Let's Ride! An Introduction to Bike Riding

Age: 3-5 yrs. Sign your child up for this introduction to bike riding using Strider Balance Bikes. Taught by Certified Strider Bike Instructors, this class will teach the basics of balancing and moving on a bike independently, while preparing them to start pedaling by the end of the series. Participants should come wearing comfortable clothes for biking (including athletic shoes). A helmet will be provided to all registrants for them to keep. Class will be held indoors. Parents should plan to stay for the entire class.

Abbotts Creek Community Center – Course Fee: \$40

#261157	Oct 7-28	W	4:00-5:30pm
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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 Community Center – Course Fee: \$216

#261328	Sep 2-30	W, F, M	9:15am-12:15pm
Course Fee: \$234			
#261329	Oct 2-30	F, M, W	9:15am-12:15pm
Course Fee: \$180			
#261330	Nov 2-30	M, W, F	9:15am-12:15pm
Course Fee: \$144			
#261331	Dec 2-18	W, F, M	9:15am-12:15pm

Science Fun for Everyone

Age: 3-5 yrs. Come have some fun while your little ones explore age appropriate hands-on science experiments. Please note that this is the same class being offered at each site. Parent participation recommended.

Hill Street Center – Course Fee: \$12

#259149	Nov 16	M	3:30-4:30pm
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Pullen Community Center

Course Fee: \$12

#259148	Oct 20	Tu	10:00-11:00am
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TKD-Tiny Tigers

Age: 3-6 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

Biltmore Hills Community Center – Course Fee: \$45

#261664	Sep 9-30	W, M	6:30-7:00pm
#261665	Oct 5-28	M, W	6:30-7:00pm
#261666	Nov 2-30	M, W	6:30-7:00pm
#261667	Dec 2-30	W, M	6:30-7:00pm

Youth

Afterschool STEM Club

Age: 6-12 yrs. Description: Did you know that STEM (science, technology, engineering, and math) related jobs are growing faster than any other profession? If your child enjoys hands-on learning and getting to interact with a variety of cool science materials, we have a program they are sure to love. Join us as we explore the world of STEM through hands-on discovery and exploration. Each class will have a different STEM theme centered around a unique and fun activity.

Eastgate Park – Course Fee: \$60

#261148	Nov 3-Dec 8	Tu	4:00-5:00pm
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Millbrook Exchange Community Center

Course Fee: \$60

#261147	Sep 15-Oct 20	Tu	4:00-5:00pm
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Coding Club

Age: 6-12 yrs. Come out and learn more about Coding with fun and inspiring activities using Microsoft Small Basic. This is the only programming language created specially to help students transition from block-based coding to text-based coding. Small Basic gives students the skills and confidence to tackle more complex programming languages such as Java and C#. You can also build applications for Kinect, Lego Mindstorm, Raspberry Pi, Arduino, Oculus Rift, and more using Small Basic.

Sanderford Road Park

#261627	Sep 17-Oct 22	Th	6:00-6:45pm
#261628	Sep 17-Oct 22	Th	7:00-7:45pm

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Empowering Girls Through S.T.E.M.

Age: 6-12 yrs. The S.T.E.M. (Science, Technology, Engineering, and Math) field is growing at a rapid pace and we need to ensure that young women are confident in their ability to take part in that growth. Through the Empowering Girls Through S.T.E.M. program, participants will be engaged in a variety of hands-on, interesting, and relevant S.T.E.M. activities each week. An emphasis will be placed on ensuring that young women are exposed to S.T.E.M. in a way that peaks their interest and has them ready to continue exploring confidently into the future.

Eastgate Park – Course Fee: \$60

#261150 Nov 4-Dec 16 W 4:00-5:00pm

Millbrook Exchange Community Center – Course Fee: \$60

#261149 Nov 4-Dec 9 W 4:00-5:00pm

Learn To Lead Academy

Age: 6-12 yrs. This is a tutorial program designed to educate our youth and equip them with skills to empower. Youth will learn financial literacy using gradebook points/prizes. Our program will serve as a consistent support system for our participants to help them be successful in school. Program will meet every second and fourth Saturday of each month.

Worthdale Community Center

#260327 Sep 12-Dec 19 Sa 10:00am-1:00pm

MATHMATTERS Elementary Tutoring

Age: 8-12 yrs. This Academy focuses on providing tutoring to community youth and assisting in improving overall mathematics mastery and skills for students grades 3rd-12th. MATHMATTERS Academy is 100% face to face onsite tutoring. Tutors are assigned to small groups. The objectives are to provide supplementary academic assistance to classroom instruction while working on mastery of grade level appropriate math content and interactive learning as connectors.

Biltmore Hills Community Center

#261594 Aug 31-Oct 14 M, W 6:00-7:30pm

#261595 Nov 2-Dec 14 M, W 6:00-7:30pm

Science in Candy

Age: 6-12 yrs. Candy is sweet and science can be too! We will use several of your types of favorite type of candy to conduct science experiments. We will also use science to make candy!!! Make sure you register, space is limited.

Marsh Creek Park – Course Fee: \$10

#261259 Oct 17 Sa 10:00am-12:00pm

#261260 Dec 5 Sa 10:00am-12:00pm

Sensei Sethis Karate-Youth

Age: 5-12 yrs. These are fun filled Kempo Karate classes, that are designed to not only teach fundamental values like respect, focus and self control, but also are high intensity and full of fun games and drills! Sensei Seth is a 3rd Degree Black Belt in Karate and has established himself as a valuable teacher over the last 10 years in VA, Dallas, TX and currently, Raleigh, NC!

Jaycee Community Center – Course Fee: \$85

#261553 Sep 2-30 W, M 7:00-7:45pm

#261554 Oct 5-28 M, W 7:00-7:45pm

#261555 Nov 2-30 M, W 7:00-7:45pm

#261556 Dec 2-30 W, M 7:00-7:45pm

Worthdale Stream Challenge

Age: 10-14 yrs. STREAM Challenge is a competition based on the idea of educating students in four specific disciplines - science, technology, engineering and mathematics. STREAM integrates them into a cohesive learning paradigm based on real-world applications. Participants will take part in different STEM activities and have fun learning with peers grades 4th - 8th.

Worthdale Community Center

#261136 Nov 7 Sa 9:00am-3:00pm

Youth Reading, Writing and Math

Age: 5-9 yrs. Julia's School work with children with the development of life skills. Reading, Writing, Math and Manners are essential for the fundamental development of young people. The school emphasizes the three L's (listen, learn and laugh). Registration for this program will be taken on site at the Tarboro Road Community Center.

Tarboro Road Community Center

#261117 Sep 13 Su 2:30-4:30pm

#261118 Oct 11 Su 2:30-4:30pm

#261119 Nov 8 Su 2:30-4:30pm

#261120 Dec 13 Su 2:30-4:30pm

Teen**ACT Boot Camp**

Age: 14-19 yrs. Raleigh Tutoring's popular ACT one-day boot camps have helped prepare Raleigh area teens for these tests for 10 years. This boot camp covers both content and strategy for all sections of the test. Although designed with first-time test takers in mind, our boot camps also benefit students retaking the tests. During the ACT boot camp, students learn what to expect on all four sections of the test: Reading, Math, English and Science. Experienced instructors share strategies to help students prioritize questions, manage the clock and avoid wrong answer traps. Each boot camp provides six hours of instruction, and students receive a study book as part of their tuition. Students are asked to bring a bag lunch for the 30-minute lunch break.

St. Monica Teen Center – Course Fee: \$150

#261134 Oct 17 Sa 9:00am-4:00pm

Build an Electronic Piano Make & Take Workshop

Age: 12-16 yrs. In this fun, hands-on intro to electronic circuits, participants explore how electronic toys make sound while building a toy piano out of electronic parts and creating music with it. Participants will be able to take home the kit of parts so they can continue experimenting with circuits long after the program is complete. This program is facilitated by Kramden Institute.

St. Monica Teen Center – Course Fee: \$25

#260937 Oct 24 Sa 2:00-4:00pm

Digital Image Editing Workshop

Age: 12-16 yrs. Learn how to create the next digital art masterpiece, or just make a meme to share online. You'll learn how to use GIMP, a free photo editing program that you can use on any computer. Edit and resize photos, create posters and graphics, and work with advanced tools and techniques like drawing layers and combining photos! This program is facilitated by Kramden Institute.

St. Monica Teen Center – Course Fee: \$25

#260938 Sep 26 Sa 2:00-4:00pm

MATHMATTERS Middle/High School Tutoring

Age: 11-14 yrs. This Academy focuses on providing tutoring to community youth and assisting in improving overall Mathematics mastery and skills for students grades 3rd-12th. MATHMATTERS Academy is 100% face to face onsite tutoring. Tutors are assigned to small groups. The objectives are to provide supplementary academic assistance to class room instruction while working on mastery of grade level appropriate math content and interactive learning as connectors.

Biltmore Hills Community Center

Middle Session 1

#261612 Aug 31-Oct 14 M, W 6:00-7:30pm

#261614 Nov 2-Dec 14 M, W 6:00-7:30pm

#261617 Aug 31-Oct 14 M, W 6:00-7:30pm

#261618 Nov 2-Dec 14 M, W 6:00-7:30pm

NCAA Clearinghouse & College Recruiting Workshops

Age: 14yrs. and up. Are you being recruited by a college to participate in athletics? Are you interested in learning about the recruiting process? Coming to the NCAA Clearinghouse and college recruiting workshops to become familiar with the recruiting process, GPA/ SAT or ACT and important dates, technology today, social media and the high school athlete, speaking to coaches (dos and don'ts), attending official visits, admissions process, understanding scholarship offers (Division 1, 2, and 3) verbal Commitments, understanding the NCAA clearinghouse process, signing the letter of intent and more!

John P 'Top' Greene Center

#261707 Sep 22 Tu 6:00-7:00pm

#261708 Oct 20 Tu 6:00-7:00pm

SAT Boot Camp

Age: 14-19 yrs. Raleigh Tutoring's popular SAT one-day boot camps have helped prepare Raleigh area teens for these tests for 10 years. This boot camp covers both content and strategy for all sections of the test. Although designed with first-time test takers in mind, our boot camps also benefit students retaking the tests. The SAT boot camp covers the Math and Read/Writing and Language sections, reviewing content as well as presenting best practices for achieving a strong score. Each boot camp provides six hours of instruction, and students receive a study book as part of their tuition. Students are asked to bring a bag lunch for the 30-minute lunch break.

St. Monica Teen Center – Course Fee: \$150

#261116 Sep 26 Sa 9:00am-4:00pm

Teambuilding For Teens

Age: 10-19 yrs. Let the Teen Program custom design a team-building workshop to help meet your group's needs and challenges. Initiative activities are used to enhance problem-solving, team-building, conflict resolution and other life skills through experiential learning and will be tailored to your group. These programs are great for schools, church groups, student councils, drop-out prevention programs and established youth groups. Courses will be held at the site of your choice and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Call the Teen Program at 919-996-2140 for more information.

Adult

A Love Affair With My Hair - Natural Hair Workshop Series

Age: 13yrs. and up. Are you a newly transitioned natural or considering embarking upon this journey? If yes, then this workshop is for you. We will discuss tips on how to maintain growth, deep conditioning techniques, and styles that prevent hair breakage.

Green Road Community Center – Course Fee: \$5

Taking on the Transition

#258779 Sep 14 M 6:30-7:30pm

Protective Styling

#258780 Oct 12 M 6:30-7:30pm

It's All About Conditioning

#258781 Nov 9 M 6:30-7:30pm

DIY Hair Care Product Making

#258782 Dec 14 M 6:30-7:30pm

Birds - Raleigh-Durham Caged Bird Society

Age: 18yrs. and up. The Raleigh-Durham Caged Bird Society educates the public on the care of caged birds, addresses avicultural concerns and encourages the conservation of avian species. The society meets the 3rd Sunday of each month. No registration necessary.

Jaycee Community Center – Course Fee: \$1

#259641 Sep 20 Su 1:00-5:00pm

#259642 Oct 18 Su 1:00-5:00pm

#259643 Nov 15 Su 1:00-5:00pm

#259644 Dec 20 Su 1:00-5:00pm

Bridge 101

Age: 18yrs. and up. If you are new to bridge or just want to brush up on the basics, this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall, scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please preregister for this class. Please note that

there are two beginner level classes, an intermediate level class, and an intermediate-'advanced play' class being offered. The 'advanced play' class is intended for participants who are experienced bridge players or who have previously taken the beginner and intermediate classes.

Pullen Community Center – Course Fee: \$35

#261478 Sep 16-Oct 21 W 10:00am-12:00pm

#261479 Sep 14-Oct 19 M 2:00-4:00pm

#261480 Nov 2-Dec 7 M 2:00-4:00pm

#261481 Nov 4-Dec 16 W 10:00am-12:00pm

English as a Second Language (ESL) - Clases de Inglés

Age: 18yrs. and up. Ready to thrive in the community by learning to speak English and understand American culture? Classes are taught in a fun and welcoming environment for non-English-speaking adults. Listo para prosperar en la comunidad aprendiendo a hablar inglés y a entender la cultura estadounidense? Las clases se imparten en un ambiente divertido y que le dan la bienvenida a los adultos que no hablan inglés.

Abbotts Creek Community Center

#258909 Sep 14-28 M 6:30-8:00pm

#258910 Oct 5-26 M 6:30-8:00pm

#258911 Nov 9-30 M 6:30-8:00pm

Biltmore Hills Community Center

#261563 Sep 3-24 Th 7:00-8:30pm

#261579 Oct 1-22 Th 7:00-8:30pm

#261581 Dec 3-17 Th 7:00-8:30pm

#261584 Nov 5-19 Th 7:00-8:30pm

Brier Creek Community Center

#258912 Sep 9-30 W 7:00-8:30pm

#258913 Oct 7-28 W 7:00-8:30pm

#259227 Dec 2-23 W 7:00-8:30pm

Chavis Community Center

#258920 Sep 5-26 Sa 11:30am-1:00pm

#258921 Oct 3-24 Sa 11:30am-1:00pm

#259906 Dec 5-19 Sa 11:30am-1:00pm

Green Road Community Center

#258918 Sep 12-Oct 17 Sa 11:30am-1:00pm

#258919 Nov 7-Dec 19 Sa 11:30am-1:00pm

Method Road Community Center

#258922 Sep 10-Oct 15 Th 6:30-8:00pm

#258923 Nov 5-Dec 17 Th 6:30-8:00pm

Peach Road

#258914 Sep 8-29 Tu 6:30-8:00pm

#258915 Oct 6-27 Tu 6:30-8:00pm

#258916 Nov 3-24 Tu 6:30-8:00pm

#258917 Dec 1-22 Tu 6:30-8:00pm

Ralph Campbell Community Center

#261306 Sep 9-30 W 1:00-2:30pm

#261307 Oct 7-28 W 1:00-2:30pm

#261310 Dec 2-23 W 1:00-2:30pm

Film and Acting Basics

Age: 18yrs. and up. Join Artist Christopher Terrell with his award-winning Industry Experts and your Abbotts Creek family for these unique explorations through film and acting basics. Register for all workshops in the series or just the ones that interest you! Basic Acting will cover screen acting, timing/line delivery, what casting directors look for, and how to build your resume. Screen Writing will cover what a script is/different types/characteristics. Cinematography will cover exposure, aperture,

shutter speed, shot sizes, angles/moves. Film Directing will cover roles of the director, the director as a storyteller, the business of film, and the visual concept.

Abbotts Creek Community Center – Course Fee: \$80

#258153 Sep 12 Sa 10:00am-1:00pm

#258154 Oct 10 Sa 10:00am-1:00pm

#258155 Nov 14 Sa 10:00am-1:00pm

Financial Wellness

Age: 14yrs. and up. Explore all aspects of financial literacy with this unique partnership with First Horizon Bank. Each month we will explore different areas including overall financial wellness, budgeting for success, understanding credit, and identity protection. This class is completely free to all participants. Preregistration isn't required, but is appreciated. We hope to see you there!

Abbotts Creek Community Center

#258157 Sep 1 Tu 6:30-7:30pm

#258158 Oct 6 Tu 6:30-7:30pm

#258159 Nov 3 Tu 6:30-7:30pm

#258160 Dec 1 Tu 6:30-7:30pm

Lawn Care for Beginners

Age: 16yrs. and up. Have you ever wondered how to get your lawn to look lush and green year around? How do you know if you need to add lime to your soil? When is the right time to aerate your lawn? Join Abbotts Creek Community Center and their partner, Westlake ACE Hardware for this beginner class in lawn care.

Abbotts Creek Community Center

#258178 Sep 7 M 6:30-7:30pm

Rain Barrels and Rain Gardens

Age: 16yrs. and up. Learn the basics of how to design and install a rain garden or a rain barrel for your home and how these simple measures can help protect our streams and wildlife. After a brief introduction to stormwater and its impacts to streams, this class will focus on choosing appropriate locations and sizes for rain barrels and rain gardens and maintaining them for maximum aesthetic and environmental benefits. This class also will discuss using native plants and other DIY practices for protecting our natural resources. Advance registration required.

Walnut Creek Wetland Center

#259397 Oct 10 Sa 10:00-11:30am

Sell Yourself! Interview Prep

Age: 16-60 yrs. Come join us to learn about the art of selling yourself in a job interview! We will cover the core elements of interview prep including resume building, what to wear, practice questions, and selling yourself. After this course you will be able to sell water to a whale!

Marsh Creek Park – Course Fee: \$5

#261287 Nov 5 Th 7:00-8:00pm

#261326 Sep 10 Th 7:00-8:00pm

#261327 Oct 8 Th 7:00-8:00pm

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Sensei Sethis Karate-Adult

Age: 13-99 yrs. The goal of our Martial Arts classes is to help you feel more confident in your own skin, through physical exercise, gained knowledge and application of self defense, increasing overall athletic ability, stress relief and fun. These classes are based on Okinawan Kempo Karate and add a splash of other styles of Martial Arts that add to the value of your ability to keep yourself safe!

Jaycee Community Center – Course Fee: \$85

#261548	Sep 2-30	W, M	8:00-8:45pm
#261549	Oct 5-28	M, W	8:00-8:45pm
#261550	Nov 2-30	M, W	8:00-8:45pm
#261551	Dec 2-30	W, M	8:00-8:45pm

Simplify Your Spending & Savings Strategies

Age: 18yrs. and up. Balancing your expenses now can help you reach your financial goals later. Join Michael Minotti, our Financial Advisor with Edward Jones for our 'Simplify Your Spending and Saving Strategies' workshop to learn more about the basics of budgeting and the importance of managing credit and debt. We'll also discuss how these strategies can impact your financial future. Seating is limited and you must pre-register by November 15, 2020.

Method Road Community Center

#259815	Nov 17	Tu	6:30-8:00pm
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TechEX: Pickle Ball

Age: 18yrs. and up. Combining adult technology education with an introduction to a low impact recreation is what TechEX is all about! So, if you are looking to learn ways to get a little exercise without it feeling like exercise, plus learn about cool cell phone technology applications; TechEX could be right up your alley. MyFitnessPal is an application

that you can use to keep track of what you eat, how many steps you are making and more with the use of only a smartphone. Scan the barcodes of the ingredients you use to make a meal and keep track of the portions you eat! Plus, we spend over an hour learning how to play a low impact sport that mimics tennis, but the pace is a lot slower called Pickleball. And the best part is you do not have to be a top athlete to enjoy the sport!

Tarboro Road Community Center – Course Fee: \$6

#261753	Oct 5	M	10:30am-1:30pm
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TechEX:Disc Golf

Age: 18yrs. and up. Combining adult technology education with an introduction to a low impact recreation is what TechEX is all about! So, if you are looking to learn ways to get a little exercise without it feeling like exercise, plus learn about cool cell phone technology applications; TechEX could be right up your alley. MyFitnessPal is an application that you can use to keep track of what you eat, how many steps you are making and more with the use of only a smartphone. Tracking foods have never gotten easier! Now, you can scan the barcodes of the ingredients you use to make a meal and keep track of the portions you eat! Plus, we spend over an hour learning how to play Disc Golf. Disc Golf is a low impact sport that requires you to throw specially designed discs (like a frisbee) into a basket. The rules mimic traditional ball golf. Instead of using a club and ball, you use your body and a disc. And the best part is you do not have to be a top athlete to enjoy the sport!

Thomas G Crowder Woodland Center – Course Fee: \$6

#260760	Oct 29	Th	9:00am-12:00pm
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Senior

September-December Active Adult Programs

Due to uncertainty of the September-December programming schedule at the time of print, most Active Adult programs are not listed in this issue of the Leisure Ledger.

For the most up to date information about Active Adult programs, please visit <https://raleighnc.gov/active-adults>.

Amazon Alexa Basics 1

Age: 18yrs. and up. Alexa is a virtual assistant developed by Amazon that you 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, ask when businesses open, 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 to use smart light bulbs and smart outlets to power lamps and lights on and off, on demand or on a schedule for convenience and added security! Learn the basic setup and what it takes to use Amazon Alexa's Echo smart speaker.

Five Points Center for Active Adults – Course Fee: \$6

#260375	Dec 1	Tu	2:00-4:00pm
#260376	Oct 8	Th	2:00-4:00pm

Android Phone Basics 1

Age: 18yrs. and up. Get comfortable using your Android Phone in this Android Phone Basics 1 course. Please bring your Android Phone because none will be provided. Please know your Android Account information which is typically your Google account info (GMAIL). Please be advised the screenshots shown in class may not match your Android phone exactly due to the different manufacturers that sell Android phones. Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12

#260377	Sep 1-8	Tu	10:00-11:30am
#260378	Dec 2-9	W	10:00-11:30am

Five Points Center for Active Adults

Course Fee: \$12

#260379	Nov 5-12	Th	10:00am-11:30am
#260380	Dec 3-10	Th	10:00am-11:30am
#260381	Oct 15-22	Th	2:00-3:30pm

Android Phone Basics 2

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$12
 #260466 Sep 15-22 Tu 10:00-11:30am
 #260467 Oct 29-Nov 5 Th 2:00-3:30pm
 #260468 Dec 3-10 Th 10:00-11:30am

Android Tablet 1

Age: 18yrs. and up. Did you recently purchase an Android Tablet but don't know how to use it? Register today and learn on your own device! The only requirements: Bring your account information and your own tablet. Tablets will not be provided. If you have any questions about this class please contact Tommy Hodges 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$12
 #260469 Sep 29-Oct 6 Tu 10:00-11:30am
 #260487 Nov 12-19 Th 2:00-3:30pm

Android Tablet Basics 2

Age: 18yrs. and up. Join us for the second installment of our Android Tablet series titled Android Tablet Basics 2. Please bring your own tablet and account information. If you have any questions about this course please contact Tommy Hodges 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$12
 #260488 Oct 13-20 Tu 10:00-11:30am
 #260489 Dec 3-10 Th 2:00-3:30pm

App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18yrs. and up. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at your convenience - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your smartphone and the Internet! If you can't go out or don't feel like driving no problem, have it delivered or get a car ride! We will show you how you can do it safely and easily. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your smartphone and your phone's App Store.

Anne Gordon Center for Active Adults – Course Fee: \$6
 #260490 Dec 16 W 10:00am-12:00pm
 #260491 Sep 28 M 10:00am-12:00pm
Walnut Terrace Neighborhood Center – Course Fee: \$6
 #260492 Dec 14 M 2:00-4:00pm

Apple Laptop Basics 1

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to Wi-Fi; Web Surfing and saving your favorite websites using the web browser Safari; always know the weather using the Weather App; learn how to Shut Down and Restart; plus, how to utilize gestures and adjust some system preferences. For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$12
 #260755 Nov 13-20 F 10:00-11:30am

Apple Laptop Basics 2

Age: 18yrs. and up. Students will be introduced to Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages. We cover a multitude of quick key commands and multiple ways to copy and move files. Plus learn the process to add user accounts and devices (such as printers). Learn about the Home app and Photos app. Prerequisite: Apple Laptop Basics 1. You must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided.

Five Points Center for Active Adults – Course Fee: \$12
 #260756 Dec 11-18 F 10:00-11:30am

Apple Time Machine: How to back up your Apple Computer

Age: 18yrs. and up. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? In this class I will show you how to use Time Machine to back up your computer to an external hard drive. In addition to Time Machine, you will also learn how to create a disk image as well as a boot disk. If you want to learn how to back up your files then you definitely should attend.

Walnut Terrace Neighborhood Center – Course Fee: \$6
 #260758 Dec 25 F 2:00-4:00pm

Chromecast Basics 1

Age: 18yrs. and up. What exactly is a Google Chromecast? You've probably seen boxes of them at the stores. They can stream things to your television. And they can make a dumb tv smart. So how does it work? Join us as we dive into Google Chromecast as we show you all of its features for free. Get a better understanding of what it means to stream! There are no prerequisites for this class. However, if you are interested in more

information about cable television options please check out our more detailed Cutting the Cord class. If you have any questions please contact Tommy Hodges 919-996-2458.

Anne Gordon Center for Active Adults
 #260494 Sep 30 W 10:00-11:30am
Chavis Community Center
 #260497 Nov 30 M 2:00-3:30pm
Five Points Center for Active Adults
 #260495 Oct 27 Tu 2:00-3:30pm

Computer Basics 1

Age: 18yrs. and up. Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
 #260498 Sep 2-9 W 2:00-3:30pm
Five Points Center for Active Adults – Course Fee: \$12
 #260500 Oct 27-Nov 3 Tu 10:00-11:30am

Computer Basics 2

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you don't want it to. And learn how to download images from the web and find them once you done so.

Anne Gordon Center for Active Adults – Course Fee: \$12
 #260502 Sep 16-23 W 2:00-3:30pm
Five Points Center for Active Adults – Course Fee: \$12
 #260503 Nov 10-17 Tu 10:00-11:30am

Computer Basics 3

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Have you ever wanted to make copies of your work or maybe store those files as a backup? This class goes into detail on how to save files, create folders, delete files and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer. Ever wondered how much space

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items are using on your computer? We'll show you how. Plus learn how to create zip files, cut, copy, and rename files.

Anne Gordon Center for Active Adults – Course Fee: \$12
#260507 Sep 30-Oct 7 W 2:00-3:30pm
Five Points Center for Active Adults – Course Fee: \$12
#260508 Dec 1-8 Tu 10:00-11:30am

Computer Basics 4

Age: 18yrs. and up. In this course we concentrate solely on the Windows 10 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 10 Operating System. *A computer will be provided* Learn about Windows Troubleshoot, Quick Actions in the Action Center, Sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings. Contact Tommy Hodges for more information about this class at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$10
#260510 Oct 14-21 W 2:00-3:30pm
Five Points Center for Active Adults – Course Fee: \$10
#260509 Dec 15-22 Tu 10:00-11:30am

Computer Network Basics 1

Age: 18yrs. and up. In this class learn the theory behind setting up a basic wireless network in your home using the Internet for your wireless devices like laptops and smartphones. Since every modem and wireless router is different, we will discuss generalities on how to set it up in your own 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 yourself instead of renting. There are no prerequisites. This class is also recommended for those who have attended our Cutting the Cord class. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$6
#260511 Dec 16 W 2:00-4:00pm
Five Points Center for Active Adults – Course Fee: \$6
#260512 Nov 3 Tu 2:00-4:00pm

Create Flyers using Power Point

Age: 18yrs. and up. Want to make a flyer for your church, club, organization, or even a yard sale? There are options out there, but did you know that you could build a flyer using Microsoft Power Point? Learn how to remove the background from an image, add dazzling text, and layer your photographs to create a professional flyer using Microsoft Power Point! Prerequisite: You must have a working knowledge of using a Windows Computer or have attended Computer Basics 1 and 2. *A Windows computer will be provided*

For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$6
#260514 Sep 24 Th 2:00-4:00pm

Cutting the Cord: What does it mean and how does it work?

Age: 18yrs. and up. 'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
#260516 Sep 14-21 M 10:00-11:30am
Five Points Center for Active Adults
Course Fee: \$12
#260517 Oct 13-20 Tu 2:00-3:30pm
#260518 Nov 10-17 Tu 2:00-3:30pm
#260523 Oct 1-8 Th 10:00-11:30am
#260524 Sep 10-17 Th 2:00-3:30pm

Electronic Coupons

Age: 18yrs. and up. Most stores are moving to the use of electronic coupons. This can be a great way to save not only paper, but also time and money! We'll show you how to collect coupons using popular apps on your smart phone and ditch those scissors and newspapers. Keep all of your coupons in the same place! Plus we will show you how to redeem them to save some dough at the register! We will go over stores like Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl. You may need a key tag account to link your coupons too - For example a rewards card from those stores. For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$6
#260530 Sep 3 Th 2:00-4:00pm

Excel Basics 1

Age: 18yrs. and up. In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$6
#260534 Sep 23 W 10:00am-12:00pm
#260540 Oct 5 M 10:00am-12:00pm
Five Points Center for Active Adults – Course Fee: \$6
#260533 Dec 17 Th 10:00am-12:00pm

Gimp Photo Editing Basics 1

Age: 18yrs. and up. Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.
Anne Gordon Center for Active Adults – Course Fee: \$12
#260542 Nov 2-9 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
#260541 Sep 15-22 Tu 2:00-3:30pm

Gimp Photo Editing Basics 2

Age: 18yrs. and up. If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop! For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1', 'Gimp Basics 1' or equivalent computer knowledge.
Anne Gordon Center for Active Adults – Course Fee: \$12
#260560 Dec 14-21 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
#260559 Sep 29-Oct 6 Tu 2:00-3:30pm

GMAIL Basics 1

Age: 18yrs. and up. Nowadays, you need an email address for almost everything: Rewards programs, subscriptions, online receipts, and access to more knowledge through online newsletters require you to have an email account. Even medical offices ask for your email when making appointments because they want you to use their online portal! In this class we will show you how to create an email account and how to use it. *You must have a working knowledge of using a computer or you have already taken Computer Basics 1 and 2. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$6
#260563 Oct 28 W 2:00-4:00pm
Five Points Center for Active Adults – Course Fee: \$6
#260562 Dec 15 Tu 2:00-4:00pm
Walnut Terrace Neighborhood Center – Course Fee: \$6
#260564 Nov 9 M 2:00-4:00pm

Google Applications Overview

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$12
 #260565 Dec 2-9 W 2:00-3:30pm
 #260566 Oct 19-26 M 10:00-11:30am

Google Chrome Intro

Age: 18yrs. and up. Did you know that you should consider having more than one web browser on your computer for security purposes? A web browser is an application on your computer that allows you to view websites. Your computer already came with one, but you should have at least 2. In this class you will learn about the Google Chrome web browser or just Chrome for short. Learn how it protects you from security issues like phishing and dangerous sites. Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. *A laptop will be provided*

Anne Gordon Center for Active Adults – Course Fee: \$6
 #260567 Nov 4 W 2:00-4:00pm

Google Photos Intro

Age: 18yrs. and up. Does your phone no longer have storage space because of all those photos you've taken? Wish there was an alternative solution to storing and editing pictures to clear storage space on your phone's cloud service without costing you money? Or maybe you're just looking for a basic way to edit photos and create a physical photo book. Introducing Google Photos! Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. Please bring your own smart phone, iPad or tablet - but it is not required. If you have a Google account already you will not need to create an account, but you will need to bring your Google account's Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.

Five Points Center for Active Adults – Course Fee: \$12
 #260569 Sep 1-8 Tu 2:00-3:30pm
 #260570 Oct 15-22 Th 10:00-11:30am

iCloud Basics for iPad/iPhone

Age: 18yrs. and up. If you own an Apple product then you have iCloud. But are you using it to its fullest potential? Did you know if you lost your Apple Device, iCloud could help you find it? It even comes with free word processing, spreadsheet, and presentation software that can be accessed by both Windows and Apple computers via the web – for free! The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center for Active Adults

Course Fee: \$6
 #260572 Sep 9 W 10:00am-12:00pm
 #260573 Nov 18 W 10:00am-12:00pm

Introducing SIRI - Your Personal Assistant for iPad/iPhone

Age: 18yrs. and up. Do you hate typing when you are on your iPad, iPhone, or Apple Laptop? Wish you could just say what you want your device to do like send a text message, call a friend, or remind me to buy bananas the next time I'm near the grocery store without bumbling around on your Apple device? Well you can. And it is called Siri! Using your voice, you can get Siri to do all sorts of things like add appointments to your calendar, grocery lists and so much more! Get to know Siri, your personal assistant on your Apple device. Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your Apple device like you iPhone or iPad. PLUS your Apple ID and password.

Anne Gordon Center for Active Adults – Course Fee: \$6
 #260595 Nov 4 W 10:00am-12:00pm
Five Points Center for Active Adults – Course Fee: \$6
 #260596 Dec 17 Th 2:00-4:00pm

iPad Basics 1

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$12
 #260575 Nov 16-23 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
 #260576 Sep 3-10 Th 10:00-11:30am

iPad Basics 2

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$12
 #260577 Nov 30-Dec 7 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
 #260578 Sep 17-24 Th 10:00-11:30am

iPad Basics 3

Age: 18yrs. and up. Want to read books and listen to Audio books and Music on your iPad? Or maybe find some cool apps? Learn how to search and download a variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password.

Anne Gordon Center for Active Adults – Course Fee: \$6
 #260579 Sep 2 W 10:00am-12:00pm
Five Points Center for Active Adults – Course Fee: \$6
 #260580 Oct 1 Th 2:00-4:00pm

iPhone Basics 1

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$12
 #260583 Oct 7-14 W 10:00-11:30am

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iPhone Basics 2

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$12
#260584 Oct 21-28 W 10:00-11:30am

Microsoft Word Basics 1

Age: 18yrs. and up. 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 for Active Adults – Course Fee: \$6
#260588 Sep 16 W 10:00am-12:00pm
#260589 Oct 12 M 10:00am-12:00pm

Five Points Center for Active Adults – Course Fee: \$6
#260587 Nov 19 Th 10:00am-12:00pm

New To Computers 1

Age: 18yrs. and up. This is the first in a series of Digital Literacy classes where you can learn the essentials to using a computer. If you are brand new to computers, then you are signing up for the right class! In this first program we break down the essentials for you to get on any computer and get online to explore, shop, pay bills, find out when a store opens/closes, get directions and more! Learn how to use a mouse while understanding the key differences between left-clicking and right-clicking. Understand how to get on the Internet and 'Surf' the World Wide Web safely and most importantly, securely! Plus learn how to play games for free on your computer.

A computer will be provided

Barwell Road Community Center
#260591 Oct 19 M 2:00-4:00pm

Chavis Community Center
#260762 Nov 16 M 2:00-4:00pm

Tarboro Road Community Center
#260590 Sep 21 M 2:00-4:00pm

New To Email 1

Age: 18yrs. and up. Email is a form of communication that citizens and businesses use daily. We will show you how to set up and use GMAIL in this 2 hour long class. *A computer will be provided*

Barwell Road Community Center
#260593 Oct 26 M 2:00-4:00pm

Chavis Community Center
#260763 Nov 23 M 2:00-4:00pm

Tarboro Road Community Center
#260592 Sep 28 M 2:00-4:00pm

Pinterest Basics 1

Age: 18yrs. and up. So, what is Pinterest Basics 1? It is a comprehensive overview of how to manage social media for crafts, DIY projects and hobbies alike. Learn how to utilize Pinterest to find interesting DO IT YOURSELF projects, cooking recipes and new crafting ideas. This class will teach you how to create an account plus explore recipes, projects, and hobbies from like-minded enthusiasts based on your interests. Prerequisites: You must have a GMAIL or email account. Computer Basics 1 and Computer Basics 2 Recommended. Or a basic understanding of surfing the web.

Five Points Center for Active Adults – Course Fee: \$6
#260594 Dec 8 Tu 2:00- 4:00pm

TechRefresh

Age: 18yrs. and up. 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.

Walnut Terrace Neighborhood Center
Android PhoneRefresh

#260597 Oct 5 M 2:30-5:20pm
#260598 Nov 2 M 2:30-5:20pm

#260599 Dec 11 F 2:30-5:20pm

Tips on Purchasing a Computer

Age: 18yrs. and up. Want to buy a computer, but don't know where to start? You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. And only you can decide this. But before you go to the store, let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. So that you will have an idea of what you should be looking for when you make your decision. Then you can decide which will work best for your needs.

Anne Gordon Center for Active Adults – Course Fee: \$6
#260604 Nov 18 W 2:00-4:00pm

Five Points Center for Active Adults – Course Fee: \$6
#260603 Dec 22 Tu 2:00-4:00pm

Walnut Terrace Neighborhood Center – Course Fee: \$6
#260605 Oct 12 M 2:00-4:00pm

Family

Genealogy Basics

Age: 12yrs. and up. Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots. Preregistration is required at least one day in advance of each class.

John P 'Top' Greene Center

#261694 Aug 26 W 6:30-7:30pm
#261695 Oct 21 W 6:30-7:30pm
#261696 Nov 18 W 6:30-7:30pm

Homeschool Explorers

Age: All Ages. This cooperative homeschool support group provides social and educational activities for a minimum cost per family. For additional information, please visit the web site at www.homeschoolexplorers.org or call the Method Community Center.

Method Road Community Center – Course Fee: \$1

#259816 Sep 8-29 Tu 11:30am-1:30pm
#259817 Oct 6-27 Tu 11:30am-1:30pm
#259818 Nov 10-24 Tu 11:30am-1:30pm
#259819 Dec 1-29 Tu 11:30am-1:30pm

Pumpkin Patch Bash

Age: 1-99 yrs. Pick the perfect pumpkin at the Pullen Pumpkin Patch Bash! Join us for a fun family fall festival with a pumpkin patch, carnival games, crafts, a mini punkin-chunkin contest, and more! Pumpkins will be available for purchase while supplies last.

Pullen Amusements

#259400 Oct 3 Sa 12:00-4:00pm

TKD-All Belt Open Class

Age: 7-65 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

Biltmore Hills Community Center – Course Fee: \$50

#261653 Sep 9-30 W, M 7:00-7:45pm
#261654 Oct 5-28 M, W 7:00-7:45pm
#261655 Nov 2-30 M, W 7:00-7:45pm
#261663 Dec 2-30 W, M 7:00-7:45pm

Touch a Truck at Sanderford Road

Age: All Ages. Get in the driver's seat with a free hands-on experience with vehicles of all kinds. This is a fun, interactive, family-friendly event that allows children and adults to see, touch, and safely explore their favorite trucks and heavy machinery, as well as meet the personnel who protect, serve, and build the Raleigh community. We will feature a 'No Horn Hour' from 11 a.m.-12 p.m. for guests with sensitive hearing. Little ones with sensitivities to loud noises are encouraged to visit during this time to experience everything in a comfortable environment.

Sanderford Road Park

#258541 Sep 12 Sa 11:00am-2:00pm

Fitness



Preschool

Dance - Twinkle Toes

Age: 2-3 yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will help promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self-esteem and body awareness. This class is designed to help children transition to dancing independently, without a parent. Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

Greystone Community Center – Course Fee: \$40
 #261313 Sep 1-22 Tu 11:30am-12:15pm
 #261314 Oct 6-27 Tu 11:30am-12:15pm
 #261315 Nov 3-24 Tu 11:30am-12:15pm
 Course Fee: \$30
 #261316 Dec 1-15 Tu 11:30am-12:15pm

Fitness - Superhero Training

Age: 2-5 yrs. Superheroes need to be in good shape! Training during this fun fitness class will include stretching, running and leaping. Superheroes will climb to save kittens, leap over tall structures and knock out villains with their powerful throws. Costumes are welcome, but superheroes should wear tennis shoes and be able to run. Parent participation is required for 2-year-olds.

Barwell Road Community Center – Course Fee: \$5
 #260887 Nov 5 Th 10:00-10:45am

Gymnastics - Tumbling Tinies

Age: 9 - 24 mths. Parent and child participate in a fun-filled class that enhance balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play and more! This class provides a time of fun and togetherness for you and your little one, while building your child's

motor skills. Instructor: Bethany Schlegel, BS in education and former USGA gymnast.

Greystone Community Center – Course Fee: \$40
 #261317 Sep 1-22 Tu 9:30-10:15am
 #261318 Oct 6-27 Tu 9:30-10:15am
 #261319 Nov 3-24 Tu 9:30-10:15am
 Course Fee: \$30
 #261320 Dec 1-15 Tu 9:30-10:15am

Gymnastics - Tumbling Tots

Age: 2-3 yrs. Parent and child participate in a fun-filled class that enhance motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child, while he or she releases energy in a fun and safe setting. Instructor: Bethany Schlegel, former USGA gymnast, BS in elementary education.

Greystone Community Center – Course Fee: \$40
 #261323 Sep 1-22 Tu 10:30-11:15am
 #261324 Oct 6-27 Tu 10:30-11:15am
 #261325 Nov 3-24 Tu 10:30-11:15am
 Course Fee: \$30
 #261322 Dec 1-15 Tu 10:30-11:15am

Gymnastics- Preschool Tumbling

Age: 4-5 yrs. Participants will learn basic gymnastics skills, such as forward rolls, backward rolls, handstands, cartwheels and more. They will practice coordination, balance flexibility and strength exercises. This class is tumbling fun!

Barwell Road Community Center – Course Fee: \$40
 #260917 Sep 8-29 Tu 5:30-6:15pm
 #260918 Oct 6-27 Tu 5:30-6:15pm
 #260919 Nov 3-24 Tu 5:30-6:15pm
 #260920 Dec 1-22 Tu 5:30-6:15pm

Kidokinetics

Age: 3-5 yrs. Kidokinetics is a sports and fitness program designed especially for preschoolers! †Through the introduction of a variety of sports, games and †fitness activities, we focus on basic gross motor skills and sports fundamentals. †Classes enhance coordination, improve muscle tone and encourage play and listening skills. †Activities include soccer, †basketball, baseball, hockey, golf, football, hula hoops, parachute games, obstacle courses and much more!

Greystone Community Center

Preschool Sports & Fitness – Course Fee: \$30
 #261683 Nov 30-Dec 14 M 11:00-11:45am
 #261686 Dec 3-17 Th 2:15-3:00pm
Preschool Sports & Fitness – Course Fee: \$40
 #261681 Sep 14-Oct 5 M 11:00-11:45am
 #261684 Sep 17-Oct 8 Th 2:15-3:00pm
 #261682 Oct 19-Nov 9 M 11:00-11:45am
 #261685 Oct 22-Nov 12 Th 2:15-3:00pm

Kidokinetics Jr.

Age: 18 mths - 3 yrs. Get moving, build confidence and have FUN as you and your toddler engage in active play together! Instructor led classes encourage motor and social development through the introduction of a variety of sports, games and activities in a lively, non-competitive environment. Activities include soccer, basketball, baseball,

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hockey, hula hoops, parachute games, obstacles courses and much more! Instructor: Kidokinetix Triangle NC

Greystone Community Center – Course Fee: \$40
 #261697 Sep 14-Oct 5 M 10:00-10:45am
 #261700 Sep 17-Oct 8 Th 1:15-2:00pm
 #261698 Oct 19-Nov 9 M 10:00-10:45am
 #261701 Oct 22-Nov 12 Th 1:15-2:00pm
 Course Fee: \$30
 #261699 Nov 30-Dec 14 M 10:00-10:45am
 #261702 Dec 3-17 Th 1:15-2:00pm

Kinder Tae Kwon Do

Age: 4-6 yrs. This martial arts class for youth provides introductory instruction in tae kwon do. Parents are encouraged to sit in and observe.

Lions Park Community Center – Course Fee: \$25
 #259674 Sep 3-24 Th 6:30-7:30pm
 #259675 Oct 1-29 Th 6:30-7:30pm
 #259676 Nov 5-19 Th 6:30-7:30pm
 #259677 Dec 3-17 Th 6:30-7:30pm

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 if you have one. Register child only.

Hill Street Center – Course Fee: \$40
 #259153 Sep 12-Oct 3 Sa 11:15am-12:00pm
 #259154 Oct 10-31 Sa 11:15am-12:00pm
 #259155 Nov 7-Dec 5 Sa 11:15am-12:00pm

Tennis- Mini Mite

Age: 4-5 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time with peers.

Worthdale Community Center – Course Fee: \$5
 #259518 Sep 1-29 Tu 10:00-11:00am
 #259519 Oct 6-27 Tu 10:00-11:00am
 #259520 Nov 3-24 Tu 10:00-11:00am
 #259521 Dec 1-29 Tu 10:00-11:00am

Tumble 'n' Twist

Age: 2-3 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. Progressing to the class for ages 4-5, your child will be adding handstands and other moves. Come join in the fun.

Hill Street Center – Course Fee: \$40
Ages: 2-3
 #259156 Sep 14-Oct 5 M 5:00-5:45pm
 #259157 Oct 12-Nov 2 M 5:00-5:45pm
 #259158 Nov 9-Dec 7 M 5:00-5:45pm



Ages: 4-5
 #259159 Sep 14-Oct 5 M 5:45-6:45pm
 #259160 Oct 12-Nov 2 M 5:45-6:45pm
 #259161 Nov 9-Dec 7 M 5:45-6:45pm

Youth

Capoeira at Method - Youth

Age: 5-11 yrs. Capoeira is an amazing martial art from Brazil that combines dance, gymnastics and music! The beautiful movements are deceptive and powerful. Regular practice builds strength, flexibility, confidence and coordination. This registration is monthly.

Method Road Community Center
 Course Fee: \$30
No Class Dec 26
 #259846 Dec 5-19 Sa 11:00-11:45am
 Course Fee: \$40
 #259843 Sep 5-26 Sa 11:00-11:45am
 #259844 Oct 3-31 Sa 11:00-11:45am
 #259845 Nov 7-28 Sa 11:00-11:45am

Cheer Dance

Age: 5-11 yrs. Learn basic cheer fundamentals including jumps, motions, and sharpness into a dance. Participants will enhance self-esteem, learn teamwork, and gain strength. Instructor is Tokisha Ragland.

Barwell Road Community Center
 Course Fee: \$30
 #260893 Nov 4-25 W 6:30-7:30pm
 Course Fee: \$40
 #260891 Sep 9-30 W 6:30-7:30pm
 #260892 Oct 7-28 W 6:30-7:30pm
 #260894 Dec 2-23 W 6:30-7:30pm

GENERATION POUND® Greystone

Age: 6-12 yrs. GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination and physical fitness, while building teamwork skills. Its creation was not only geared towards encouraging wellness in kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! This workout is bound to be a hit with young 'Rockstar's' and introduces alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE! Instructor: Lisa Shackelford; Certified Pound Pro; AFAA Group Ex. Certification; ACE PT Certified.

Greystone Community Center – Course Fee: \$30
 #261826 Nov 4-25 W 5:30-6:15pm
 Course Fee: \$40
 #261824 Sep 2-23 W 5:30-6:15pm
 #261825 Oct 7-28 W 5:30-6:15pm
 #261828 Dec 2-23 W 5:30-6:15pm

Girl Dad Dance Class

Age: 6-15 yrs. Girl Dad Dance Class will provide young ladies and their fathers or father-figures to work on a weekly dance routine and have a recital at the end of the six-week class. This will be a fun bonding opportunity filled with laughter and humor. Dads let's see your moves!
Roberts Park Community Center – Course Fee: \$15
 #261833 Sep 10-Oct 15 Th 6:30-7:30pm

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 – Course Fee: \$40
 #260933 Sep 8-29 Tu 6:15-7:00pm
 #260934 Oct 6-27 Tu 6:15-7:00pm
 #260935 Nov 3-24 Tu 6:15-7:00pm
 #260936 Dec 1-22 Tu 6:15-7:00pm

Homeschool Open Gym - Millbrook

Age: 5-17 yrs. Calling all homeschoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, and you provide the fun. This is a great way to get some midday wiggles out before school starts back in the afternoon and to meet other homeschool students in your neighborhood.

Millbrook Exchange Community Center

#260732 Nov 12-Dec 17 Th 12:30-2:00pm

Jazzy Cheer-Hip Hop Fusion

Age: 6-13 yrs. This fun, high-energy class offers a mixture of cheerleading and hip-hop. So get those Poms Poms ready and learn to do some footwork with jazz hands! Please wear comfortable attire. Ages 6-13 years old. Instructed by Ms. Gabbie.

Lake Lynn Community Center

Full session

#259596 Sep 5-Dec 19 Sa 2:15-3:00pm
 Course Fee: \$30
 #259594 Nov 7-21 Sa 2:15-3:00pm
 #259595 Dec 5-19 Sa 2:15-3:00pm
 Course Fee: \$40
 #259592 Sep 5-26 Sa 2:15-3:00pm
 Course Fee: \$50
 #259593 Oct 3-31 Sa 2:15-3:00pm

Martial Arts - Youth Shotokan Karate-Do

Age: 6-14 yrs. Shotokan builds character through training in martial arts. Participants will master the different components of Shotokan-style karate. The class builds confidence, motor skills, discipline, self-defense, self-control and more. This class is taught in a group setting with some individual instruction. Instructor: Eric Blaize.

Barwell Road Community Center

– Course Fee: \$20
 #260164 Sep 2-23 W, M 6:00-7:00pm
 #260165 Oct 5-Nov 4 M, W 6:00-7:00pm
 #260166 Nov 4-25 W, M 6:00-7:00pm
 #260167 Dec 2-23 W, M 6:00-7:00pm
 #260168 Sep 2-23 W, M 7:00-8:00pm
 #260169 Oct 5-Nov 4 M, W 7:00-8:00pm
 #260170 Nov 4-30 W, M 7:00-8:00pm
 #260171 Dec 2-23 W, M 7:00-8:00pm

Step Dance Program

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

Barwell Road Community Center

– Course Fee: \$30
 #259565 Nov 5-19 Th 6:00-7:00pm
 #259566 Dec 3-17 Th 6:00-7:00pm
 Course Fee: \$40
 #259563 Sep 3-24 Th 6:00-7:00pm
 #259564 Oct 1-22 Th 6:00-7:00pm

Tae Kwon Do Youth

Age: 6-76 yrs. Participants will learn the art of self-defense, discipline, continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center

– Course Fee: \$25
 #259492 Sep 1-29 Tu, Th 6:30-7:30pm
 #259493 Oct 1-29 Th, Tu 6:30-7:30pm
 #259494 Nov 3-26 Tu, Th 6:30-7:30pm
 #259495 Dec 1-31 Tu, Th 6:30-7:30pm

Tae Kwon-Do Jr. For Beginners

Age: 5-12 yrs. For Beginner Youth ages 6-12yrs old. Youth will learn the art of self-defense, discipline, get in shape and have fun. Students will continue to refine their skills, learn different techniques and develop physical fitness. This is a six week class. A one-time \$40 uniform payment will be given directly to the instructor.

Chavis Community Center

– Course Fee: \$35
 #261809 Sep 7-Oct 14 M, W 6:15-7:00pm
 #261830 Oct 19-Nov 25 M, W 6:15-7:00pm

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 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, coordination, concentration, confidence, and discipline. The classes are exciting, educational, and fun, and children will increase their speed, stamina, strength, and overall health. 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

Full Session

– Course Fee: \$225
 #259243 Sep 1-Dec 29 Tu, Th 5:15-6:00pm
 Course Fee: \$60
 #259239 Sep 1-29 Tu, Th 5:15-6:00pm
 #259240 Oct 1-29 Th, Tu 5:15-6:00pm
 #259241 Nov 3-24 Tu, Th 5:15-6:00pm
 #259242 Dec 1-29 Tu, Th 5:15-6:00pm

Teen

Run Club

Age: 13-19 yrs. The Saint Monica Teen Center Run Club meets bi-monthly, to explore the greenways around the City of Raleigh. It doesn't matter if you're an aspiring, beginner or advanced runner, all skill levels are welcome! Lace up and let's go!

St. Monica Teen Center

#261752 Sep 25 F 3:30-6:30pm

Adult

Abbotts Creek Tai Chi

Age: 18yrs. and up. End the weekend in a relaxing and insightful way at this Tai Chi class that's offered at Abbott's Creek every Sunday evening. Tai Chi offers a gentler approach to the martial arts, reducing stress, improving balance, and increasing flexibility. The rhythmic movements performed in this class engages the mind and body, and is designed for both beginner and advanced participants.

Abbotts Creek Community Center

– Course Fee: \$15
 #258185 Sep 6-27 Su 5:00-5:55pm
 #258186 Oct 4-25 Su 5:00-5:55pm
 #258187 Nov 1-22 Su 5:00-5:55pm
 #258188 Dec 6-27 Su 5:00-5:55pm

Adult Recess

Age: 18yrs. and up. It's time to put the fun back in exercise. Come out for a one-hour adult recess session, intended to leave participants sweaty and laughing. Games range from Cross the Ocean to Dodgeball and will encourage everyone to let out their inner child while getting a great cardio workout! Don't miss out on the fun!

Lake Lynn Community Center

– Course Fee: \$72
 #259657 Sep 14-Oct 19 M 7:00-8:30pm

Barre Fitness

Age: 18yrs. and up. A ballet inspired workout that combines elements of Ballet, Pilates and Yoga. This low impact workout focuses on proper alignment, flexibility and balance. This workout targets the hips, legs, glutes, arms, and core by using small movements and light weights. Barre class blends a variety of movements to strengthen and tone to give a total body workout.

Lake Lynn Community Center

– Course Fee: \$90
 #261669 Sep 14-Oct 19 M 9:30-10:30am
 #261670 Nov 9-Dec 14 M 9:30-10:30am
 #261671 Sep 4-Oct 9 F 9:30-10:30am
 #261672 Nov 6-Dec 18 F 9:30-10:30am

BE AWARE!- Women's Self Defense

Age: 18yrs. and up. The need for self-defense is a tough reality to face. By learning and using a few basic principles, you can prepare and protect yourself for the unexpected. This hands-on class addresses the most important issues when defending yourself in a violent encounter. Topics include: What is self-defense according to the law?; Developing awareness of your surroundings; Recognizing vulnerable targets and using your natural weapons; What happens after you're attacked? Ages 12-17 permitted with a registered parent/guardian. Wear comfortable clothes and be prepared for light physical activity.

Millbrook Exchange Community Center

– Course Fee: \$20
 #261143 Sep 5 Sa 9:30-11:30am
 #261144 Oct 3 Sa 9:30-11:30am
 #261145 Nov 7 Sa 9:30-11:30am
 #261146 Dec 5 Sa 9:30-11:30am

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Beginner's Soul Line Dance Class

Age: 15yrs. and up. This class is for beginners to learn basic line dance terminology and steps. Our goal for this class is to teach newbies how to line dance and feel comfortable on the dance floor. In each class, we will learn and perform an average of five or six dances. Don't let the word 'beginners' fool you; this will be a hidden workout, you will move, sweat and have fun! Come out and enjoy a friendly, supportive atmosphere.

Greystone Community Center – Course Fee: \$5
#261305 Sep 14-Dec 21 M 6:00-7:30pm

Belly Dance for Fun and Fitness

Age: 16yrs. and up. 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. During each class students will learn a different combination of dance moves. Wear comfortable clothing, such as yoga pants, that allow for stretching. Shoes are not worn in class. Sadiyah instructs.

Lake Lynn Community Center – Course Fee: \$80
#259481 Sep 13-Nov 1 Su 2:00-3:00pm

Belly Dance for Fun and Fitness - Classes

Age: 16yrs. and up. All inclusive drop-in classes for those interested in learning bellydance basics or keeping skills sharp through the holiday months. No special clothing needed, just wear what makes you feel comfortable! Each class will provide a balance of moves from different body areas, but will focus on a specific theme. Sadiyah instructs. \$10 each class. Sadiyah instructs.

Lake Lynn Community Center – Course Fee: \$10
#259483 Nov 15 Su 3:00-4:00pm
#259484 Nov 22 Su 3:00-4:00pm
#259485 Dec 6 Su 3:00-4:00pm
#259486 Dec 13 Su 3:00-4:00pm
#259487 Dec 20 Su 3:00-4:00pm

Bootcamp At Worthdale

Age: 18yrs. and up. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

Worthdale Community Center – Course Fee: \$15
#260368 Sep 1-29 Tu, Th, Sa 7:00-8:00pm
#260369 Oct 1-31 Th, Sa, Tu 7:00-8:00pm
#260370 Nov 3-28 Tu, Th, Sa 7:00-8:00pm
#260371 Dec 1-31 Tu, Th, Sa 7:00-8:00pm

Capoeira

Age: 18yrs. and up. Capoeira is a Brazilian martial art form that involves dance, music, gymnastics, self-defense and the Portuguese language. Participants appear to defy gravity as they jump, flip, spin and cartwheel through the air. Capoeira embodies a discipline, mind-set and rhythm that are clever and deceptive. Often appearing vulnerable, the good capoeirista knows the right time to strike back with lethal power and grace. Musically, capoeira is enchanting. Beautiful melodies, pulsating rhythms and the cries and shouts of the crowd blend into one intensely-charged atmosphere.

Marsh Creek Park
#261217 Sep 2-Dec 21 W, M 6:30 -8:30pm

Capoeira at Method - Adult

Age: 12-99 yrs. Capoeira is an amazing martial art from Brazil that combines dance, gymnastics and music! The beautiful movements are deceptive and powerful. Regular practice builds strength, flexibility, confidence and coordination. This registration is monthly.

Method Road Community Center – Course Fee: \$75
No Class Nov 11

#259841 Nov 4-28 W, Sa 6:30-7:30pm
#259842 Dec 2-30 W, Sa 6:30-7:30pm
Course Fee: \$85
#259839 Sep 2-30 W, Sa 6:30-7:30pm
#259840 Oct 3-31 Sa, W 12:00-1:00pm

Capoeira Daily Pass

Age: 5-100 yrs. Capoeira is an amazing martial art from Brazil that combines dance, gymnastics and music! The beautiful movements are deceptive and powerful. Regular practice builds strength, flexibility, confidence and coordination. This is a daily pass option.

Method Road Community Center – Course Fee: \$15
#259847 Sep 2-Dec 30 W, Sa 6:30-7:30pm

Cardio Fitness Workout Class

Age: 18yrs. and up. Tae kwon do develops strength, speed, balance, flexibility and stamina. Along with a cardio workout, this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training, this program works on multiple body areas, including core, arms and legs. The class is designed to build physical fitness and a healthier body.

Lions Park Community Center – Course Fee: \$12
#259684 Sep 4-25 F 6:30-7:30pm
#259685 Oct 2-23 F 6:30-7:30pm
#259686 Nov 6-27 F 6:30-7:30pm
#259687 Dec 4-25 F 6:30-7:30pm

Cardio Kick

Age: 18yrs. and up. Cardio Kick is a group fitness class that combines basic punching and kicking techniques with a safe cardiovascular workout. This high-energy class offers an excellent workout for both beginners and elite athletes. Experience increased cardiovascular endurance, flexibility, strength, agility and coordination while burning a ton of calories and having a blast! Drop in for a class Thursday evenings for only \$5! Instructor: Shontera Gillespie-Coleman.

Abbotts Creek Community Center – Course Fee: \$5
#258145 Sep 3-Dec 17 Th 6:30 -7:30pm

Chavis Line Dancing

Age: 16yrs. and up. You are invited to learn the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons are for beginner through advanced dancers. Improvisational dance techniques will be taught as well. Line dancing is a great form of exercise that is popular at all social occasions and events. Cost per class is \$5.

Chavis Community Center – Course Fee: \$5
#259337 Sep 8 Tu 6:30-7:30pm
#259338 Oct 13 Tu 6:30-7:30pm
#259339 Nov 10 Tu 6:30-7:30pm
#259340 Dec 8 Tu 6:30-7:30pm

Couch to 5K

Age: 16yrs. and up. Couch to 5K is a free nine-week fitness and wellness program for inexperienced runners interested in working toward running a 5K (or 30 minutes). Participants will receive a step-by-step plan preparing them to walk, jog and then run. Weekly running meetings will allow for continued motivation, support and inspiration. At the end of the six weeks, participants can sign up for a local 5K to show off newly developed running ability.

Buffaloe Road Athletic Park
#259140 Aug 5-Sep 9 W 6:00 -7:00pm

Dance - Beginner and Improver Contemporary Line Dance

Age: 16yrs. and up. Join this beginner through improver line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! From 4:00-5:00 is easy beginner through solid beginner dances. You'll learn steps and gain experience doing beginner line dances. From 5:00-6:00 is improver level dancing, work on more challenging dances at the improver level. Knowledge of line dance steps is necessary and prior experience recommended. Instructor: Jackie Wheeler.

Sertoma Arts Center – Course Fee: \$15
#258311 Sep 1-Dec 15 Tu 4:00-6:00pm

Dance - Bollywood Dance Fitness

Age: 13yrs. and up. Bollywood is a fusion of dance styles based on traditional Indian dances blended with world elements. Energetic routines are taught in this class to inculcate rhythm, fitness and a sense of achievement as you are guided in rhythmic cardio fitness under the personalized attention of tutor Priya Chellani. With more than 20 years of teaching and performing experience, she demonstrates her lifelong love of dance and brings out the best in you. Each participant discovers hidden strengths while working out to upbeat Bollywood music! Get the exercise you need to be healthily engaged throughout the year!

Brier Creek Community Center – Course Fee: \$30
#261620 Sep 8-Oct 13 Tu 7:45-8:45pm
#261621 Oct 20-Nov 24 Tu 7:45-8:45pm

Dance - Contemporary Beginner/ Improver Line Dance

Age: 18yrs. and up. Come and join this line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! You'll learn basic dance steps while having a lot of fun! 6:00- 6:30 New beginner - A great way to start line dancing. You'll learn the steps for beginner line dances. 6:30 - 7:30 Beginner line dancing - Build on your knowledge of line dance steps by dancing contemporary line dances to all kinds of music. 7:30 - 8:00 Beginner plus line dancing- Work on more challenging dances at the high beginner and improver level. Knowledge of line dance steps and prior experience necessary. Instructor: Jackie Wheeler, Drop-in fee: \$2. Session Pass: \$10 .

Brier Creek Community Center - Course Fee: \$10
#259522 Sep 2-Dec 30 W 6:00-8:00pm

Dance - Contemporary Beginner/ Improver Line Dance DI

Age: 18yrs. and up. Come and join this line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! You'll learn basic dance steps while having a lot of fun! 6:00- 6:30 New beginner - A great way to start line dancing. You'll learn the steps for beginner line dances. 6:30 - 7:30 Beginner line dancing - Build on your knowledge of line dance steps by dancing contemporary line dances to all kinds of music. 7:30 - 8:00 Beginner plus line dancing- Work on more challenging dances at the high beginner and improver level. Knowledge of line dance steps and prior experience necessary. Instructors: Jackie Wheeler, Drop-in fee: \$2. Session Pass: \$10 .

Brier Creek Community Center
#259526 Sep 2-Dec 30 W 6:00-8:00pm

Dance & Get Fit

Age: 16yrs. and up. Join us for the best of both worlds: dancing and exercising. Dance & Get Fit is a total body workout that uses soul dancing, cardio hip-hop, reggaeton and more to get into shape. You will love the class, and the music is great. Our motto is move, sweat and have fun! Instructor: Jennifer Hampton.

Optimist Community Center - Course Fee: \$5
#261373 Sep 1-Dec 29 Tu 6:30-7:30pm

Dance Xross Fitness at the Creek

Age: 18yrs. and up. This is an intermediate to advanced level fitness class for our active adults. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training, and soul line dancing. Instructor: Linda Thomas

Brier Creek Community Center - Course Fee: \$5
#259480 Sep 2-Dec 30 W, F 9:30-10:30am

Exercise - Fitness Centers

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours, locations are listed below. Participants must be 18 or older. Please see staff for additional information. City Wide Membership provides access to all Fitness Centers listed below.

City Wide Membership - Class Fee: \$15
Abbots Creek Community Center
Barwell Rd
Biltmore Hills
Brier Creek
Chavis Park
Green Road Center
Halifax Community Center
Jaycee
Lake Lynn Community Center
Laurel Hills Center
Lions Park
Marsh Creek Community Center
Method Road
Pullen Community Center
Roberts Park
Tarboro Road Center
Worthdale Community Center

Exercise - Fitness Room

Age: 18yrs. and up. Fitness Room Drop In.
Brier Creek Community Center - Course Fee: \$5
Drop-In
#259528 Sep 1-Dec 31 Daily 7:00am-9:00pm

Exercise - Sertoma Chair Yoga for Seniors

Age: 50yrs. and up. 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. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee: \$52
#258318 Sep 8-Oct 13 Tu 1:30-2:30pm
#258319 Oct 27-Dec 15 Tu 1:30-2:30pm

Exercise - Sertoma Kripalu Yoga Beginning

Age: 16yrs. and up. 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. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee: \$52
#258316 Sep 8-Oct 13 Tu 12:00-1:00pm
#258312 Sep 14-Oct 26 M 7:30-8:30pm
#258313 Sep 14-Oct 26 M 6:15-7:15pm
#258317 Oct 27-Dec 15 Tu 12:00-1:00pm
#258314 Nov 2-Dec 14 M 7:30-8:30pm
#258315 Nov 2-Dec 14 M 6:15-7:15pm

Exercise - Sertoma Kripalu Yoga Continuing

Age: 16yrs. and up. 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. Instructor: Susan Kilmon.

Sertoma Arts Center - Course Fee: \$52
#258322 Sep 9-Oct 14 W 7:30-8:30pm
#258324 Sep 10-Oct 15 Th 12:00-1:00pm
#258323 Oct 28-Dec 16 W 7:30-8:30pm
#258325 Oct 29-Dec 10 Th 12:00-1:00pm

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Exercise - Sertoma Kripalu Yoga Continuing with Meditation

Age: 16yrs. and up. This course is a continuation of the Kripalu Yoga Beginning Class and includes a meditation component. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center – Course Fee: \$52

#258320 Sep 9-Oct 14 W 6:15-7:15pm

#258321 Oct 28-Dec 16 W 6:15-7:15pm

Exercise - The Nia Technique

Age: 13yrs. and up. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. New to Nia? Take a free class! Instructor: Laura Ghantous.

Sertoma Arts Center – Course Fee: \$48

#258552 Sep 12-Oct 24 Sa 10:15-11:15am

#258553 Oct 31-Dec 19 Sa, Tu 10:15-11:15am

Fall Demo Day

Age: 18yrs. and up. Dress in your best costume and come try two of our classes for free! This is not a trick! Demo will include Zumba and Beginner Yoga. Please bring your own mat. Program is free, but registration is required 3 days prior to event.

Halifax Community Center

#260911 Oct 31 Sa 10:00-11:15am

Fit & Fun on the Field!

Age: 18yrs. and up. Let's get fit and have fun! Join us for a free group fitness class on the field. This new class is a total body workout based on a variety of the best and latest training methodologies. Program is free, but registration is due 3 days prior. Please bring your own mat.

Halifax Community Center

#260921 Oct 3 Sa 10:00-11:00am

Fit & Fun Punch Pass

Age: 18yrs. and up. Getting fit or improving your fitness level can be FUN! Fit & Fun is a total body workout based on a variety of the best and latest training methodologies. Each class will be different and you can go at your own pace! Achieve a healthy body, mind and spirit while having a good time. Please bring your own mat. Punch pass includes 4 classes + 2 free! Want to get even more benefits? You may also use the punch pass for our Wednesday evening yoga class. Punch pass registration and pass pick up is done at Halifax Community Center.

Halifax Community Center – Course Fee: \$45

#260630 Sep 1-22 Tu 6:30-7:30pm

#260631 Oct 6-27 Tu 6:30-7:30pm

#260632 Nov 3-24 Tu 6:30-7:30pm

#260633 Dec 1-22 Tu 6:30-7:30pm

Fitness - Zumba®

Age: 10yrs. and up. 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 licensed Zumba Instructor.

Abbotts Creek Community Center – Course Fee: \$5

#258161 Sep 2-Dec 30 W 7:00-8:00pm

Optimist Community Center – Course Fee: \$5

Licensed Instructor Justina Harvin

#261377 Sep 3-Dec 10 Th 6:45-7:45pm

Fitness Pass

Age: 18yrs. and up. Interested in utilizing the fitness room but want to try it out first?

Register for a daily pass.

Abbotts Creek Community Center – Course Fee: \$2

#258166 Sep 1-Dec 31 Daily 7:00am-9:00pm

Green Road Community Center – Course Fee: \$2

#258806 Sep 1-30 Daily 10:00am-9:00pm

#258807 Oct 1-31 Daily 10:00am-9:00pm

#258808 Nov 1-30 Daily 1:00pm-6:00pm

#258809 Dec 1-31 Daily 10:00am-9:00pm

Pullen Community Center – Course Fee: \$2

#261470 Sep 1-30 Tu-Sa, M 10:00am-9:00pm

#261471 Oct 1-31 Th-Sa, M-Th 10:00am-9:00pm

#261472 Nov 2-30 M-Sa 10:00am-9:00pm

#261473 Dec 1-31 Tu-Sa, M 10:00am-9:00pm

Gentle Yoga @ Laurel Hills

Age: All Ages. Yoga begins with centering and a warm up followed by poses and movements with breath awareness and finally a relaxation. The practice intends to develop full body awareness, flexibility, strength, and balance and builds mindfulness. Open to all levels. Students should bring a mat or blanket.

Laurel Hills Community Center – Course Fee: \$32

#261041 Sep 2-23 W 5:30-6:45pm

#261036 Sep 3-24 Th 10:15-11:30am

#261035 Sep 14-Oct 5 M 10:15-11:30am

#261042 Sep 30-Oct 21 W 5:30-6:45pm

#261038 Oct 1-22 Th 10:15-11:30am

#261037 Oct 12-Nov 2 M 10:15-11:30am

#261043 Oct 28-Nov 25 W 5:30-6:45pm

#261040 Oct 29-Nov 19 Th 10:15-11:30am

#261039 Nov 9-30 M 10:15-11:30am

Course Fee: \$24

#261044 Dec 2-16 W 5:30-6:45pm

#261046 Dec 3-17 Th 10:15-11:30am

#261045 Dec 7-21 M 10:15-11:30am

Gentle Yoga at Abbotts Creek

Age: 15yrs. and up. This calming, stress-relieving yoga class will stretch and strengthen the body gradually. Emphasis will be placed on building awareness of the breath and the body. This class focuses on gentle flowing movements, passive and supported poses, and deep, relaxing stretches to build flexibility and strength. All levels are welcome. Please bring your own mat.

Abbotts Creek Community Center – Course Fee: \$30

#258169 Nov 5-19 Th 6:15-7:15pm

#258170 Dec 3-17 Th 6:15-7:15pm

Course Fee: \$40

#258167 Sep 3-24 Th 6:15-7:00pm

#258168 Oct 1-22 Th 6:15-7:15pm

#258171 Sep 1-22 Tu 6:15-7:00pm

#258172 Oct 6-27 Tu 6:15-7:15pm

#258173 Nov 3-24 Tu 6:15-7:15pm

#258174 Dec 1-22 Tu 6:15-7:15pm

Green Road Martial Arts

Age: 16 and up. Cuong Nhu Martial Arts is best characterized as having roots in Karate, Boxing, Wing Chun Kung Fu, Aikido, Judo, Vovinam and Tai Chi Chuan. Cuong Nhu offers a wide range of martial arts technique which allows for each student to grow according to their own unique abilities. Beginners learn the basics skills of Karate and Boxing as well as the basics of rolling and dropping to the floor. As the student's skill set grows they learn the fundamentals of throwing and ground work. All techniques are taught with applications to build the practical and powerful aspects of self-defense. We workout smart, we workout strong. We develop self-defense skills, we have fun and we learn from each other. Head instructors are Master Elizabeth Roman and Master Robert First. Both have been training and teaching for 39 years and are 7th Degree Blackbelts. Their years of experience have given them an understanding of how to develop people of all ages. Course meets on Tuesday, Wednesday, and the 2nd/4th Friday of month. **Green Road Community Center** – Course Fee: \$7 daily

#258847 Sep 1 – Dec 30 T, W, F 7:00-8:30pm

JKC Self Defense

Age: 10yrs. and up. 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. his class is safe and geared for beginners, but advanced martial artists can benefit too!

Abbotts Creek Community Center – Course Fee: \$5

#258177 Sep 5-Dec 28 Sa, M 11:15am-12:30pm

Kung Fu

Age: 14yrs. and up. This traditional Chinese Kung Fu class is taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is a style of martial arts that is practiced internationally. Students will learn basic exercises to improve their overall physical condition, with a focus on health, fitness, strength, flexibility, coordination and self-control. Students will learn empty hand forms, self-defense, weapons forms and free sparring. Students will benefit from the strengthening of body and mind that result. A uniform fee of \$85 will be due before the second month of classes.

Lake Lynn Community Center – Course Fee: \$300

Sept-Dec Session

#259248 Sep 1-Dec 29 Tu, Th, M 6:30-7:30pm

Course Fee: \$80

#259244 Sep 1-29 Tu, Th, M 6:30-7:30pm

#259245 Oct 1-29 Th, M-Tu 6:30-7:30pm

#259246 Nov 2-30 M-Tu, Th 6:30-7:30pm

#259247 Dec 1-29 Tu, Th, M 6:30-7:30pm

Laurel Hills Yoga Drop in Fee

Age: All Ages. Gentle Yoga Drop in Fee
Laurel Hills Community Center – Course Fee: \$10
#261056 Sep 2-Jan 4 W-Th, M 5:30-6:45pm

Lunch Time Free-play Basketball

Age: 18yrs. and up. Beat the mid-day work stress and play basketball at Method Road. Release the pressures of the job and get a good workout.
Method Road Community Center
#259824 Sep 1-Dec 31 Tu, Th 10:30am-2:30pm

Martial Arts - Adult Shotokan Karate-Do

Age: 15yrs. and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor: Eric Blaize.
Barwell Road Community Center – Course Fee: \$20
#260160 Sep 2-30 W, M 7:00-8:30pm
#260161 Oct 5-28 M, W 7:00-8:30pm
#260162 Nov 4-25 W, M 7:00-8:30pm
#260163 Nov 4-30 W, M 7:00-8:30pm

Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13yrs. and up. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents.

Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.
Millbrook Exchange Community Center – Course Fee: \$45
#260723 Sep 2-30 W, M 7:00-8:30pm
#260725 Nov 2-25 M, W 7:00-8:30pm
#260726 Dec 2-28 W, M 7:00-8:30pm
Millbrook Tennis Center – Course Fee: \$45
#260724 Oct 5-28 M, W 7:00-8:30pm

Meditation Monday at Kiwanis Park

Age: 18yrs. and up. Are you having a Manic Monday? Had a busy weekend? Need a place to relax and gather your thoughts? Join us at Kiwanis Park for Meditation Mondays. We will provide a calm, relaxing space during your lunch hour for you to quietly reflect and meditate. Participants are welcome to bring their own mat or blanket to sit on.
Kiwanis Park
#259422 Sep 7-Dec 28 M 12:00-1:00pm

MELT Introduction Workshop

Age: 18yrs. and up. Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better – even if you'd had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Balls, discover how to rehydrate connective tissue and allow the body to release long-hold

tension. Many of us carry this tension in low back, neck and shoulders often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned. To read more about MELT visit www.meltmethod.com or email the instructor Jenny Turnage with your questions jenny@foodfityoga.com
Thomas G Crowder Woodland Center – Course Fee: \$25
#260838 Sep 26 Sa 10:00am-12:00pm

MixedFit Fitness

Age: 18-99 yrs. MixedFit is a people-inspired dance fitness program that blends explosive dancing with bootcamp toning. We work out to today's hits and yesterday's favorites. If you are plateauing in your traditional workouts, give MixedFit a try and join the #MixedFitMovement!
Chavis Community Center – Course Fee: \$5
#259344 Sep 3-24 Th 6:45-7:45pm
#259345 Oct 1-29 Th 6:45-7:45pm
#259346 Nov 5-19 Th 6:45-7:45pm
#259347 Dec 3-17 Th 6:45-7:45pm

Movin' and Groovin'

Age: 18yrs. and up. The Parks, Recreation and Cultural Resources Department is partnering with the Health Promotion Chronic Disease Prevention and 4-H Youth Development sections of Wake Human Services for the fifth season of the Movin' and Groovin' walking series. This series encourages families to increase their physical activity in a free, fun and safe way. Adults will take part in mini physical activity sessions as well as organized walking. Children will engage in exercise activities and nutrition education. Join us to enjoy beautiful outdoor resources and fun for the whole family.

Spring Forest Road Park
#259141 Aug 20-Oct 8 Th 6:00-7:00pm

Pilates Fitness

Age: 18yrs. and up. This is a low impact core-based exercise program. The exercises are designed to strengthen core, but involve the legs and arms by using your body weight with muscle control. These movements increase flexibility, strength in your back, hips, and glutes. This class will challenge your core and strengthen and sculpt your body.

Kiwanis Park – Course Fee: \$90
#261740 Sep 15-Oct 20 Tu 9:30-10:30am
#261742 Nov 10-Dec 15 Tu 9:30-10:30am
Lake Lynn Community Center – Course Fee: \$90
#261674 Sep 14-Oct 19 M 10:45-11:45am
#261675 Nov 9-Dec 14 M 10:45-11:45am

POUND. Rockout. Workout. Drop In

Age: 12yrs. and up. Instead of listening to music, you become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly



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effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Instructor Katrina Dooda: Certified Pound Pro/Pound Tour Crew, AFAA Certified
Brier Creek Community Center – Course Fee: \$5
 #259700 Sep 7-Dec 28 M 10:00-11:00am

POUND. Rockout. Workout.

Age: 12yrs. and up. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Instructor Katrina Dooda: Certified Pound Pro/Pound Tour Crew, AFAA Certified
Brier Creek Community Center – Course Fee: \$40
 #259695 Sep 14-Oct 5 M 10:00-11:00am
 #259696 Oct 12-26 M 10:00-11:00am
 #259697 Nov 2-23 M 10:00-11:00am
 #259698 Nov 30-Dec 28 M 10:00-11:00am

POUND. Rockout. Workout® @ Greystone

Age: 18yrs. and up. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out and releasing stress. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy, appeals to men and women of all ages and abilities. Instructor: Lisa Shackelford; Certified Pound Pro; AFAA Group Ex. Certification; ACE PT Certified.
Greystone Community Center – Course Fee: \$5
 #261810 Sep 2-Dec 30 W 6:30-7:30pm

Ready, Set, Walk at Lions

Age: 18-99 yrs. Ages adult/senior. This program provides an opportunity to meet at Lions Park and begin a walking exercise routine with the guidance of a staff person to measure and set time for walking exercises. Participants can enjoy social time, meet new friends and leisure walking during this program.
Lions Park Community Center
 #261160 Sep 4-28 F, M 10:45-11:45am
 #261162 Oct 5-30 M, F 10:45-11:00am

Soul Line Dance & Get Fit - Abbotts Creek

Age: 16yrs. and up. 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! Class meets every Sunday from 3 to 4:30 p.m.
Abbotts Creek Community Center – Course Fee: \$5
 #258180 Sep 6-Dec 27 Su 3:00-4:30pm

Soul Line Dance & Get Fit Class- Marsh Creek

Age: 16-100 yrs. This is an advanced class for individuals who enjoy line dancing or those who want to learn new line dance basics. The class will be taught at a moderate pace. Do not be fooled by the title. We will learn and practice great cardio workouts and low/medium/high impact soul line dances. Come prepared to move, sweat and have fun!

Marsh Creek Park – Course Fee: \$20

#261230	Sep 1	Tu	7:00-8:30pm
#261232	Sep 8	Tu	7:00-8:30pm
#261233	Sep 15	Tu	7:00-8:30pm
#261234	Sep 22	Tu	7:00-8:30pm
#261235	Sep 29	Tu	7:00-8:30pm
#261236	Oct 6	Tu	7:00-8:30pm
#261237	Oct 13	Tu	7:00-8:30pm
#261241	Oct 20	Tu	7:00-8:30pm
#261242	Oct 27	Tu	7:00-8:30pm
#261243	Nov 3	Tu	7:00-8:30pm
#261244	Nov 10	Tu	7:00-8:30pm
#261245	Nov 17	Tu	7:00-8:30pm
#261246	Nov 24	Tu	7:00-8:30pm
#261247	Dec 1	Tu	7:00-8:30pm
#261248	Dec 8	Tu	7:00-8:30pm
#261249	Dec 15	Tu	7:00-8:30pm
#261250	Dec 22	Tu	7:00-8:30pm

Step It Up Line Dance Class

Age: 17yrs. and up. Do you want to take your line dancing to the next level? In this progressive class, you will learn a variety of dances, from intermediate to advanced. Understanding line dance terminology is a plus but not required. This class is a great way to exercise and will keep your body and mind fit. So let's get together, make new friends and have fun while dancing to the latest and popular line dance songs! Fee is per night attending.

Barwell Road Community Center – Course Fee: \$5
 #260175 Sep 2-Dec 30 W 6:00-7:30pm

Super AB Double Black Belt

Age: 16yrs. and up. This 45 minute fitness class is broken into 25 minutes of cardio, 10 minutes of kickboxing and 10 minutes of self defense moves. Class promotes cardio fitness, toning, ab work, and weight loss. Instructor: Grandmaster Ronald Harris, Sr.

Chavis Community Center – Course Fee: \$6
 #261771 Sep 7-30 M, W 7:15-8:00pm
 #261772 Oct 5-28 M, W 7:15-8:00pm
 #261806 Nov 2-18 M, W 7:15-8:00pm
 #261807 Dec 2-30 W, M 7:15-8:00pm

Tae Kwon Do Level 2

Age: 13yrs. and up. Participants will continue to learn the art of self-defense and discipline at an advanced level. Also will refine their skills, learn different techniques and develop physical fitness.
Worthdale Community Center – Course Fee: \$25
 #259500 Sep 1-29 Tu, Th 7:30-8:30pm
 #259501 Oct 1-29 Th, Tu 7:30-8:30pm
 #259502 Nov 3-26 Tu, Th 7:30-8:30pm
 #259503 Dec 1-29 Tu, Th 7:30-8:30pm

Tai Chi - Lake Lynn

Age: 18yrs. and up. Tai Chi is a system of rounded, flowing, balanced movements designed to increase physical health, peace of mind and overall wellness. Often described as meditation in motion, Tai Chi promotes serenity, stamina and strength through gentle, fluid movements. The slow, soft, graceful movements help people of all ages to alleviate tension and stress, tone the body, develop endurance, increase longevity and improve general health and well-being. Students will learn basic Tai Chi stances, hand movements and breathing techniques called chi gung. Instructor: Sifu Matthew Martin.

Lake Lynn Community Center – Course Fee: \$200

4 Month Fall Session

#259235	Sep 2-Dec 30	W, M	5:00-6:00pm
Course Fee: \$55			
#259231	Sep 2-30	W, M	5:00-6:00pm
#259232	Oct 5-28	M, W	5:00-6:00pm
#259233	Nov 2-30	M, W	5:00-6:00pm
#259234	Dec 2-30	W, M	5:00-6:00pm

Urban (Soul) Line Dancing

Age: 16yrs. and up. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Green Road Community Center – Course Fee: \$5
 #258821 Sep 14-28 M 7:00-8:30pm
 #258822 Oct 5-26 M 7:00-8:30pm
 #258823 Nov 2-30 M 7:00-8:30pm
 #258824 Dec 7-21 M 7:00-8:30pm

Yoga - Gentle

Age: 18yrs. and up. Treat your body to much-needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture and stress relief. Please bring your mats, towels or blankets.

Pullen Community Center – Course Fee: \$60
 #261688 Sep 9-Nov 18 W 5:15-6:15pm

Yoga - Nice Yoga

Age: 16yrs. and up. This class will offer core strengthening and stretching as well as movement into sun salutations, poses and reflective meditations. The pace will be free-flowing and fun, and intensity may vary based on the participants' abilities. Previous knowledge of yoga fitness is not required.

Lake Lynn Community Center – Course Fee: \$60
 #259229 Sep 1-Dec 15 Tu 7:00-8:00pm

Yoga - Power Yoga Fitness

Age: 18yrs. and up. A strengthening treat without the weights! This class emphasizes alignment and provides an opportunity to challenge and deepen your practice. The pace may be faster or include longer holds of poses. This class is most definitely not appropriate for beginners. Please bring your mats, towels or blankets.

Pullen Community Center – Course Fee: \$60
#261680 Sep 8-Nov 17 Tu 4:00-5:00pm

Yoga Punch Pass

Age: 18yrs. and up. Yoga has become a popular form of physical exercise based upon asanas (physical poses) to promote improved control of mind and body and to enhance well-being. All these benefits are achieved through a combination of physical postures, breathing techniques and relaxation. Please bring your own mat. Punch pass includes 4 classes + 2 free! Want to get even more benefits? You may also use the punch pass for our Tuesday evening Fit & Fun class. Punch pass registration and pass pick up is done at Halifax Community Center.

Halifax Community Center – Course Fee: \$45
#259187 Sep 2-30 W 6:30-7:30pm
#259188 Oct 7-28 W 6:30-7:30pm
#259189 Nov 4-25 W 6:30-7:30pm
#259190 Dec 2-16 W 6:30-7:30pm

Yoga at Brier Creek/Sessions

Age: 13yrs. and up. Come and discover the benefits of yoga. It is very effective for stress reduction and relaxation. Stretch and find balance, greater strength and overall well-being. This class will focus on where you are in your body with gentle healing postures. Bring a yoga mat to class.

Brier Creek Community Center – Course Fee: \$40
#261624 Sep 8-Oct 13 Tu 6:45-7:45pm
#261625 Oct 20-Nov 24 Tu 6:45-7:45pm
#261626 Dec 1-Jan 5 Tu 6:45-7:45pm

Yoga at Lake Johnson: Therapeutic Renewal Yoga

Age: 16yrs. and up. Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

Thomas G Crowder Woodland Center – Course Fee: \$70
#258542 Sep 15-Oct 27 Tu 9:30-11:00am
#258543 Nov 10-Dec 22 Tu 9:30-11:00am

Yoga at Lake Johnson: Yoga for All Levels

Age: 18yrs. and up. Unwind the body and mind after a long day with Yoga! In this class we'll develop strength, flexibility and focus. We'll start with conscious breathing and gentle stretching then progress to more active fluid yoga practice. Expect to be gently challenged and to leave feeling refreshed, relaxed and centered. Modifications for poses

will be offered so students can work at the appropriate level for them. All levels of yoga experience welcome. Certified yoga instructor: Jenny Turnage.

Thomas G Crowder Woodland Center – Course Fee: \$60
#260606 Sep 17-Oct 22 Th 6:30-7:30pm
#260607 Nov 5-Dec 17 Th 6:30-7:30pm

Yoga at Lake Johnson: Yoga Foundations

Age: 18yrs. and up. If you are new to yoga, or need a refresher course, this 6-week series is for you! Jenny offers a strong foundation of basic poses, yoga breathing, careful alignment and conscious relaxation practices. Participants will be guided through various modifications of poses to meet individual needs so that you have the best experience. Yoga is a wonderful practice that offers many physical and mental benefits. Come find the joy of yoga! Certified yoga instructor: Jenny Turnage

Thomas G Crowder Woodland Center – Course Fee: \$80
#261156 Sep 2-Oct 7 W 6:15-7:30pm

Yoga at Lions Park - Beginners

Age: 18yrs. and up. Ignite your passion for yoga while expanding the foundation of your yoga practice with our class. Find that inner strength and peace by experiencing different yoga techniques, terminology, meditations, breathing, and much more. Bring a Yoga mat to class.

Lions Park Community Center – Course Fee: \$8
#259682 Sep 3-Dec 17 Th 10:30-11:30am

Yoga at Optimist Community Center

Age: 18yrs. and up. Restorative and chakra yoga for mind and body balance. Your yoga instructor will lead you to rejuvenate through restorative anas/postures, regulate pranayama/breathing, balance the alignment of the mind within the body, and nurture positive energy to disseminate peace within and beyond. This is an open-level class that will offer options for beginner and experienced practitioners. Instructor: Samia Touati.

Optimist Community Center – Daily Fee \$8/day
#261395 Sep 2-Dec 16 W 7:00-8:15pm

Yoga Basics

Age: 18yrs. and up. Yoga 101 is designed to teach basic Yoga positions. This class is perfect for those new to Yoga or students wanting a refresher course. The class focus will be the basic elements of yoga breathing and ten basic Yoga poses. This class will focus on the combination of the physical and mental exercises that will benefit your mind and strengthen your body.

Kiwanis Park – Course Fee: \$90
#261743 Sep 3-Oct 8 Th 9:30-10:30am
#261745 Nov 5-Dec 10 Th 9:30-10:30am
Lake Lynn Community Center – Course Fee: \$90
#261676 Sep 2-Oct 7 W 9:30-10:30am
#261677 Nov 4-Dec 16 W 9:30-10:30am

ZUMBA® Fit

Age: 18yrs. and up. This feel-good workout is based on a motivating fusion of Latin and international music with unique moves and dynamic combinations. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output and fat burning. No

dance experience is required. Dance to great music with great people and burn a ton of calories without even realizing it!

Halifax Community Center – Course Fee: \$5
#259191 Sep 7 M 6:45-7:45pm
#259192 Sep 14 M 6:45-7:45pm
#259193 Sep 21 M 6:45-7:45pm
#259194 Sep 28 M 6:45-7:45pm
#259195 Oct 5 M 6:45-7:45pm
#259196 Oct 12 M 6:45-7:45pm
#259197 Oct 19 M 6:45-7:45pm
#259198 Oct 26 M 6:45-7:45pm
#259199 Nov 2 M 6:45-7:45pm
#259200 Nov 9 M 6:45-7:45pm
#259201 Nov 16 M 6:45-7:45pm
#259202 Nov 23 M 6:45-7:00pm
#259203 Nov 30 M 6:45-7:45pm
#259204 Dec 7 M 6:45-7:00pm
#259205 Sep 10 Th 6:45-7:45pm
#259206 Sep 17 Th 6:45-7:45pm
#259207 Sep 3 Th 6:45-7:45pm
#259208 Sep 24 Th 6:45-7:45pm
#259209 Oct 1 Th 6:45-7:45pm
#259210 Oct 8 Th 6:45-7:45pm
#259211 Oct 15 Th 6:45-7:45pm
#259212 Oct 22 Th 6:45-7:45pm
#259213 Oct 29 Th 6:45-7:45pm
#259214 Nov 5 Th 6:45-7:45pm
#259215 Nov 12 Th 6:45-7:45pm
#259216 Nov 19 Th 6:45-7:45pm
#259217 Dec 3 Th 6:45-7:45pm
#259218 Dec 10 Th 6:45-7:45pm
#259219 Dec 17 Th 6:45-7:45pm

ZUMBA® @ Greystone

Age: 10yrs. and up. 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 licensed Zumba Instructor Remy San Luis.

Greystone Community Center – Course Fee: \$5
#261804 Sep 3-Dec 17 Th 6:00-7:00pm
#261811 Sep 5-Dec 19 Sa 10:00-11:00am

ZUMBA® at Barwell Road

Age: 13yrs. and up. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Portia Walton.

Barwell Road Community Center – Course Fee: \$5
#260173 Sep 14-Jan 4 M 6:00-7:00pm

ZUMBA® at the Creek!

Age: 18yrs. and up. 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! \$5 Drop-In. Instructor: Crystal Morgan

Brier Creek Community Center – Course Fee: \$5
#260736 Sep 2-Dec 30 W 6:30-7:30pm

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ZUMBA® Boom at Laurel Hills

Age: 16yrs. and up. 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! Passes: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

Laurel Hills Community Center

Course Fee: \$24, \$24- 6 Visit Pass

#261058 Sep 2-Jan 5 W, Tu 7:30-8:30pm

Course Fee: \$5, \$5 Single Class

#261057 Sep 1-Dec 30 Tu-W 7:30-8:30pm

ZUMBA® with Maria - Daily Pass

Age: 12yrs. and up. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students.

Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Green Road Community Center – Course Fee: \$5

#258843 Sep 4-30 F, M, W 6:00-7:00pm

#258844 Oct 2-30 F, M, W 6:00-7:00pm

#258845 Nov 2-30 M, W, F 6:00-7:00pm

#258846 Dec 2-30 W, F, M 6:00-7:00pm

Senior

September-December Active Adult Programs

Due to uncertainty of the September-December programming schedule at the time of print, most Active Adult programs are not listed in this issue of the Leisure Ledger.

For the most up to date information about Active Adult programs, please visit <https://raleighnc.gov/active-adults>.

Active Adult Line Dance

Age: 30yrs. and up. This class provides exercise and a social outlet for active adults. Come learn the latest and all-time favorite line dances to the sounds of R&B, jazz, country, Latin, pop music and more.

Marsh Creek Park – Course Fee: \$20

#261193	Sep 5	Sa	9:15-10:15am
#261194	Sep 12	Sa	9:15-10:15am
#261195	Sep 19	Sa	9:15-10:15am
#261196	Sep 26	Sa	9:15-10:15am
#261197	Oct 3	Sa	9:15-10:15am
#261199	Oct 10	Sa	9:15-10:15am
#261201	Oct 17	Sa	9:15-10:15am
#261202	Oct 24	Sa	9:15-10:15am
#261203	Oct 31	Sa	9:15-10:15am
#261204	Nov 7	Sa	9:15-10:15am
#261205	Nov 14	Sa	9:15-10:15am
#261206	Nov 21	Sa	9:15-10:15am
#261207	Nov 28	Sa	9:15-10:15am
#261208	Dec 5	Sa	9:15-10:15am
#261209	Dec 12	Sa	9:15-10:15am
#261210	Dec 19	Sa	9:15-10:15am

Chair Yoga for All

Age: 50yrs. and up. You do not have to bend like a pretzel or stand on your head. Our gentle, chair based class is intended to help anyone of any skill set sit, breathe, and move better. Your instructor Dianne Reed, will lead you through practices to improve posture, balance, breathing capacity, focus and mobility. We will use the chair in a variety of ways. Please bring a bath towel, if possible. This program is brought to you through a partnership with You Call This Yoga, a Raleigh based nonprofit organization with a mission to improve your health.

Chavis Community Center

#259329	Sep 1-29	Tu	11:30am-12:15pm
#259330	Oct 6-27	Tu	11:30am-12:15pm
#259331	Nov 10-24	Tu	11:30am-12:15pm
#259332	Dec 1-29	Tu	11:30am-12:15pm

Get Fit Seniors

Age: 55yrs. and up. Join us every Tuesday at Roberts Park for exercise programs that promote senior fitness and healthy living. Classes are designed to introduce exercises that increase muscle strength, range of motion, and balance. All activities will take place in a fun and engaging environment with friends. For all programs, a chair can be used seated or standing for additional support. See you at Roberts!

Roberts Park Community Center – Course Fee: \$10

#261565	Sep 1-29	Tu	10:30-11:30am
#261566	Oct 6-27	Tu	10:30-11:00am
#261567	Nov 3-24	Tu	10:30-11:30am
#261568	Dec 1-29	Tu	10:30-11:30am

Senior Circuit at Worthdale

Age: 55yrs. and up. Participants will work their upper body one day and lower body at the next session. This circuit will help you to learn how to use the weight room equipment with the help of class instructor. You will also be able to meet other seniors and enjoy social time!

Worthdale Community Center – Course Fee: \$10
 #260328 Sep 3-28 Th, M 10:15-11:15am
 #260329 Oct 1-29 Th, M 10:15-11:15am
 #260330 Nov 2-30 M, Th 10:15-11:15am
 #260331 Dec 3-31 Th, M 10:15-11:15am

Senior Tennis Free Play

Age: 55yrs. and up. Tennis is a good fitness and social activity for older adults. Enjoy indoor and outdoor tennis with peers. Equipment is provided and no experience is necessary. All ability levels are welcomed.

Worthdale Community Center
 #259514 Sep 2-30 W 11:00am-12:00pm
 #259515 Oct 7-28 W 11:00am-12:00pm
 #259516 Nov 4-25 W 11:00am-12:00pm

Worthdale Yoga for Seniors

Age: 55yrs. and up. Come enjoy a gentle, chair-based class that will help anyone of any skill set - sit, breathe and move with ease. The instructor will lead you through practices to improve posture, balance, breathing capacity, focus and mobility. Participants will use the chair in a variety of ways.

Worthdale Community Center
 #259509 Sep 3-24 Th 10:15-11:00am
 #259510 Oct 1-29 Th 10:15-11:00am
 #259511 Nov 5-26 Th 10:15-11:00am
 #259512 Dec 3-31 Th 10:15-11:00am

Family

Family Tree Yoga

Age: 5-8 yrs. This class is for parents, caregiver, and their child to have an opportunity to strengthen the family bond through the practice of yoga. We'll include age appropriate poses to build confidence, partner poses to promote bonding, acroyoga to foster trust, as well as yoga games that make learning yoga fun! Reinforce your family's roots while creating a strong and grounded practice that will last for years to come. All levels of yoga are welcomed. Dress comfortably and bring a yoga mat if you have one.

Hill Street Center – Course Fee: \$40
 #259268 Sep 3-24 Th 6:30-7:30pm
 #259269 Oct 1-22 Th 6:30-7:30pm
 #259270 Oct 29-Nov 19 Th 6:30-7:30pm

Gentle Yoga at Carolina Pines

Age: 15yrs. and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, help you become more flexible, relieve muscle tension and reduce stress.

Carolina Pines Community Center – Course Fee: \$35
 #260265 Sep 2-30 W 7:00-8:15pm
 #260266 Dec 2-30 W 7:00-8:15pm
 #260268 Nov 4-25 W 7:00-8:15pm
 #260282 Oct 7-28 W 7:00-8:15pm

Imagination Play

Age: All Ages. Join us on the lawn to unlock your imagination and build whatever comes to mind with our oversized blocks!

Moore Square
 #260546 Aug 3-Feb 26 M, W, F 10:00am-2:00pm

Karate with Sensei Martin

Age: 6yrs. and up. Traditional Okinawan Karate, focused on self-defense and quick movements to avoid violence. Suitable for all ages and abilities. Great for fitness, fun and building self-confidence. *Students will be required to purchase a gradebook (\$20), patch (\$10) and uniform (\$50) if they wish to grade. Grading starts at \$25 and additional fees paid to instructor. Open to youth and adults. Instructor: Sensei Martin

Brier Creek Community Center
 Course Fee: \$30, \$30 - 3 classes
 #259457 Sep 3-24 Th 6:00-6:45pm
 #259460 Dec 3-17 Th 6:00-6:45pm
 Course Fee: \$40
 #259458 Oct 1-22 Th 6:00-6:45pm
 #259459 Oct 29-Nov 19 Th 6:00-6:45pm

Martial Arts -Tae Kwon Do

Age: 6yrs. and up. Tae Kwon Do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

Jaycee Community Center – Course Fee: \$30
 #261537 Dec 1-29 Tu, Th 6:30-8:00pm
 Course Fee: \$40
 #261534 Sep 1-29 Tu, Th 6:30-8:00pm
 #261535 Oct 1-29 Th, Tu 6:30-8:00pm
 #261536 Nov 3-24 Tu, Th 6:30-8:00pm

Open Play- Lions Park

Age: 18yrs. and up. Open play is free time in the gym for basketball. Youth must have a signed participation form on file to enter during specified youth time. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk. Please call ahead to confirm gym days & times are subject to change anytime.

Lions Park Community Center
 #261883 Sep 1-Dec 18 Tu, Th-F 12:30-2:30pm

POUND - Rockin' & Workin' Out at Optimist

Age: 12-99 yrs. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and

women of all ages and abilities. Instructor Lisa Shackelford: Certified Pound Pro/Pound Tour Crew, AFAA Certified

Optimist Community Center – Course Fee: \$5
 #261880 Sep 14-Dec 28 M 6:30-7:30pm

Tae Kwon Do - Martial Arts

Age: 7yrs. and up. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Lions Park Community Center – Course Fee: \$26
 #259681 Dec 1-17 Tu, Th 6:30-7:30pm
 Course Fee: \$35
 #259678 Sep 1-24 Tu, Th 6:30-7:30pm
 #259679 Oct 1-27 Th, Tu 7:30-8:30pm
 #259680 Nov 3-19 Tu, Th 6:30-7:30pm

Wado-Ryu Karate-Martial Arts

Age: 8yrs. and up. 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. The first hour of class is for kids 8-16 and their parents. The second hour is for ages 16 and up. 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, including the price of the belt and certificate.

Carolina Pines Community Center – Course Fee: \$40
 #260289 Sep 1-29 Tu, Th 6:30-8:30pm
 #260290 Oct 1-29 Th, Tu 6:30-8:30pm
 #260291 Nov 3-19 Tu, Th 6:30-8:30pm
 #260292 Dec 1-29 Th, Tu 6:30-8:30pm

Weekly Walking Club at Lake Lynn

Age: 55yrs. and up. Walking is the safest and most effective form of exercise. Stay active and meet others by joining us for our weekly walk around Lake Lynn. We will meet at the entrance to the greenway by the community center to start our adventure. The walk around the lake is approximately 2.8 miles and takes about 45 minutes-1 hour. If the weather is poor, we will walk in the gym to continue staying active.

Lake Lynn Community Center
Active Adults 55+
 #259662 Sep 14-Dec 21 M 9:00-10:00am
 #259665 Sep 2-Dec 9 W 9:00-10:00am

Zumba with Marius

Age: 13yrs. and up. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Marius Thompson.

Roberts Park Community Center – Course Fee: \$15
 #261812 Sep 8-29 Tu 6:00-7:00pm
 #261818 Oct 6-27 Tu 6:00-7:00pm
 #261823 Nov 10-Dec 1 Tu 6:00-7:00pm

Nature Education

Annie Louise Wilkerson, MD
Nature Preserve Park
 919-996-6764

Durant Nature Preserve and
Horseshoe Farm Nature Preserve
 919-878-9116

Forest Ridge Park
 919-996-5800

Lake Johnson Park Waterfront Center
 919-233-2121

Lake Wheeler Park
 919-662-5704

Thomas G. Crowder Woodland Center
 919-996-3141

Walnut Creek Wetland Park
 919-996-2760

Programming for organized groups (such as schools, daycare centers and preschools) is available by request from the Nature Program office. For more information 919-996-6856.

Preschool

Bird Buddies

Age: 3-6 yrs. The winter birds are arriving at the nature preserve and they need some buddies! Make paper-tube binoculars and take a walk to spy on our bird buddies in the forest and field. Learn how you can help them this winter. Advance registration is required for this program. Adults must accompany their children; adults attend free. This program may take place on trails that are not accessible by strollers.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
 #261647 Nov 18 W 12:45-2:15pm

Calling For Owls

Age: 3-6 yrs. We'll learn about the owls that live in and around the nature preserve and go outside to call the owls. Will they answer us? Make an owl craft to take home. Advance registration is required for this program. Adults must accompany children. Participants should dress for outdoor weather.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
 #261652 Dec 4 F 4:30-6:00pm

Chalk and Walk

Age: Up to 6 yrs. Visit Abbotts Creek Community Center for an exciting morning outside. Participants will go on a nature scavenger hunt, create one-of-a-kind art on the greenway connector, and more! Pre-registration is required for this event. In the case of adverse weather conditions, we will contact pre-registrants if cancellation is necessary.

Abbotts Creek Community Center
 #258146 Sep 22 Tu 10:00-11:00am

Endangered Animals

Age: 3-5 yrs. A species is 'endangered' or 'threatened' when it suffers by losing its home, disease, too many predators, or other changes to the habitat where it lives. We can still see blue whales, giant pandas, elephants, gorillas, koala bears and tigers on Earth. But these animals are in danger of becoming extinct. What animals that live in North Carolina are in danger of becoming extinct?

Forest Ridge Park – Course Fee: \$3
 #260692 Nov 18 W 10:00-11:30am

From Tiny Seeds to Giant Pumpkins!

Age: 2-6 yrs. Pumpkins are everywhere in Fall. But how do they grow from tiny seeds to giant pumpkins? Preschoolers will find out as they enjoy this program! Engaging activities, songs and surprises will delight our little learners. We'll even plant pumpkin seeds to take home and watch grow. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2
 #259804 Oct 28 W 10:30-11:30am

Kiwanis Park – Course Fee: \$2
 #259801 Oct 21 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2
 #259802 Oct 27 Tu 10:30-11:30am

#259803 Oct 27 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2
 #259805 Oct 29 Th 10:30-11:30am

Go Batty!

Age: 3-6 yrs. Learn all about bats--how they fly and catch their food, where they live and what they will do in the winter. Play some baty games and make a bat toy to take home. Advance registration is required for this program. Adults must accompany their children; adults attend free.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
 #261629 Oct 21 W 12:45-2:15pm

Hike and Seek

Age: 2-5 yrs. Explore Anderson Point Park with a fun scavenger hunt. A list will be provided for preschoolers with a caregiver to find the items. We will have a show and tell at the end to share our findings. A parent or guardian must be present. Pre-registration is required.

Anderson Point
 #260878 Oct 1 Th 10:00-11:00am

Into the Woods!

Age: 2-6 yrs. Preschoolers will explore the woods and discover the wonders of trees! We will learn how trees grow and how they change as the seasons change. Songs, stories and crafts await your little learner. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2
 #259798 Sep 23 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2
 #259708 Sep 22 Tu 10:30-11:30am

#259797 Sep 22 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2
 #259799 Sep 24 Th 10:30-11:30am

Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are

encouraged to participate with their children. Pre-Registration is highly recommended.

Forest Ridge Park – Course Fee: \$3

#260625	Sep 2	W	10:00-11:30pm
#260626	Oct 7	W	10:00-11:30am
#260627	Nov 4	W	10:00-11:30am
#260628	Dec 2	W	10:00-11:30am

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 – Course Fee: \$3

#260839	Oct 21	W	10:00-11:30am
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Preschool Swamp Romp

Age: 3-6 yrs. Bring your budding naturalist to the Walnut Creek Wetland Center for an exciting learning experience. A craft, engaging activity and guided walk through the wetland will awaken your preschooler's sense of wonder. Each month will feature a different nature-inspired theme. Please register at least four days prior to the program.

Walnut Creek Wetland Center – Course Fee: \$2

Honeybees

#259377	Sep 8	Tu	11:00am-12:00pm
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Bats

#259378	Oct 13	Tu	11:00am-12:00pm
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Deer

#259379	Nov 10	Tu	11:00am-12:00pm
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Ducks

#259380	Dec 8	Tu	11:00am-12:00pm
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Turkey Time!

Age: 3-6 yrs. This time of year, turkeys are on everyone's mind! Join us to learn more about North Carolina's beautiful wild turkeys. We'll read a fun turkey story, search for turkeys in the wild, and make an autumn turkey craft sure to look terrific on your Thanksgiving table! Preregistration is required. Children must be accompanied by adults. Adults attend free.

Durant Nature Preserve – Course Fee: \$2

#261127	Nov 22	Su	2:00-3:00pm
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Webs and their Weavers

Age: 2-6 yrs. Preschoolers will love this program all about those eight-legged master architects: SPIDERS! Games, stories, songs and live animals are sure to engage little learners. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center – Course Fee: \$2

#259811	Nov 18	W	10:30-11:30am
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Lake Lynn Community Center – Course Fee: \$2

#259806	Nov 10	Tu	10:30-11:30am
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Laurel Hills Community Center – Course Fee: \$2

#259808	Nov 17	Tu	10:30-11:30am
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#259810	Nov 17	Tu	12:30-1:30pm
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Sertoma Arts Center – Course Fee: \$2

#259813	Nov 19	Th	10:30-11:30am
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Wee Walkers

Age: Up to 5 yrs. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the Preserve. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature. Preregistration is not required but is helpful for planning purposes. This program takes place on trails that may not be accessible by strollers.

Durant Nature Preserve

#260874	Sep 3	Th	10:00-11:00am
#260875	Oct 1	Th	10:00-11:00am
#260877	Nov 5	Th	10:00-11:00am

Wee Wetland Walkers

Age: All Ages. This free program is designed to move at a toddler's pace: Run. Stop. Pick dandelions. Run. Climb on a rock. Find an interesting leaf! Join others for an easy-paced hike around the greenway, accompanied by one of our naturalists. Please register at least 24 hours in advance.

Walnut Creek Wetland Center

#259381	Sep 9	W	11:00am-12:00pm
#259382	Oct 14	W	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 – Course Fee: \$3

#260635	Oct 28	W	10:00-11:30am
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Who Hibernates? Who Migrates?

Age: 3-5 yrs. Winter brings change and it often begins in fall. Some animals remain active throughout the winter. Some spend all fall preparing for winter weather. These animals must adapt to changing weather. To keep warm, they grow thicker fur. Other animals change their diet for winter. Some animals migrate to a new home in the winter. Many animals spend the winter in hibernation where growth stops and the heartbeat, body temperature, and breathing drop. Learn who hibernates and who migrates?

Forest Ridge Park – Course Fee: \$3

#260841	Dec 9	W	10:00-11:30am
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Who's Flying through the Forest

Age: 3-6 yrs. Who's that gliding from tree to tree? It's not a bird, it's a squirrel! Flying squirrels are common in Raleigh, but we rarely see them. Join us to learn how these furry friends have been flying under our radar and explore what sets them apart from the squirrels

we see every day. Preregistration is required.

Children must be accompanied by adults.

Durant Nature Preserve – Course Fee: \$2

#261224	Nov 20	F	10:00-11:00am
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Who's Hiding in the Forest

Age: 3-6 yrs. Did you know there's one turtle that lives on land in NC? Our NC State reptile, the box turtle! Come learn all about these forest-dwelling critters. What do they eat? How do they protect themselves? Join us on a turtle trek and perhaps we'll find a wild friend. But whether we find a wild one or not, you'll get to say 'Hi' to our resident box turtle, 'Scout.' Preregistration is required. Children must be accompanied by adults.

Durant Nature Preserve – Course Fee: \$2

#261173	Oct 13	Tu	10:00-11:00am
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Youth

All about Fossils

Age: 7-10 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. Children will leave with the fossils they found, mold, cast, and track fossils they created. They will learn how each of these fossils formed long ago.

Forest Ridge Park – Course Fee: \$3

#260634	Oct 11	Su	2:00-3:30pm
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Animal Hibernation

Age: 6-99 yrs. Have you ever wondered what happens to all of the animals during winter? Come learn what life is like for our woodland creatures and make some fun hibernation crafts! Space is limited so register early. A parent or guardian must accompany children for the duration of the event. Pre-registration is required.

Lake Wheeler – Course Fee: \$2

#261168	Nov 6	F	10:00-11:00am
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Boy Scouts Merit Badge

Age: 10-18 yrs. Come to Walnut Creek Wetland Park to meet most of the requirements for earning your merit badge. Dress for walking in the forest, and bring a water bottle, spiral notebook to use as a field notebook, your Blue Card and the Merit Badge Workbook for the subject being taught. You will be contacted at least a week in advance if there are any additional prerequisites.

Walnut Creek Wetland Center – Course Fee: \$15

Insects

#259376	Sep 20	Su	2:00-5:00pm
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Sustainability

#259386	Oct 11	Su	2:00-5:00pm
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Mammals

#259387	Nov 8	Su	2:00-5:00pm
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Bird Study

#259388	Dec 6	Su	2:00-5:00pm
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Creek Stompers

Age: 8-12 yrs. Join us as we explore Little Rock Creek and make a splash! We might even catch a few crayfish! Bring your own pair of rainboots or borrow a pair of ours, and a water bottle to stay hydrated! Please register at least 4 days in advance.

Walnut Creek Wetland Center – Course Fee: \$3
#259426 Oct 23 F 10:00-11:30am

Deer Tracking

Age: 7-13 yrs. It's the peak of the rutting season and the deer are very active in the woods. Let's see if we can track some deer and find their hiding places. Learn how to think like a whitetail. Dress for the weather and outdoor adventure. Advance registration is required for this program. Parents and guardians are welcome but are not required to accompany their children.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
#261650 Nov 6 F 2:00-3:30pm

Equinox Astronomy

Age: 8-13 yrs. Why do we have seasons? Why do we say the fall days are 'getting shorter'? How do animals know when to migrate? In this investigation, we will construct models to understand how the source of the seasons is literally, 'out of this world.'

Annie Louise Wilkerson Nature Preserve – Course Fee: \$4
#261459 Sep 22 Tu 3:00-4:30pm

Explore a Rock Outcrop

Age: 7-13 yrs. Learn all about rocks and take home a few for your collection! We'll also hike to a rock outcrop to explore how rocks are changed by rain, ice, plants and people. Wear sturdy shoes and clothes for the outdoors.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$4
#261651 Dec 11 F 2:00-3:30pm

In Danger of Extinction

Age: 6-10 yrs. A species is 'endangered' or 'threatened' when it is suffers by losing its home, disease, too many predators, or other changes to the habitat where it lives. We can still see blue whales, giant pandas, elephants, gorillas, koala bears and tigers on Earth. But these animals are in danger of becoming extinct. What animals that live in North Carolina are in danger of becoming extinct?

Forest Ridge Park – Course Fee: \$3
#260693 Nov 22 Su 2:00-3:30pm

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 – Course Fee: \$3
#260840 Oct 18 Su 2:00-3:30pm



Pollinator Chronicles

Age: 4-10 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. You will create a tie dye butterfly to take home!

Forest Ridge Park – Course Fee: \$3

Preschool

#260644 Sep 9 W 10:00-11:30am

Youth

#260649 Sep 27 Su 10:00-11:30am

Slithering on the Forest Floor

Age: 6-12 yrs. Hop, slither, or climb to Durant Nature Preserve to learn about the fascinating reptiles and amphibians who make the Preserve their home. Meet live animal ambassadors and learn how to ID common Piedmont species. We'll play a game and make a craft to help you remember what you learned. Then, we'll get some real experience herping, or looking for wild reptiles and amphibians! Preregistration is required. Children must be accompanied by adults.

Durant Nature Preserve – Course Fee: \$2

#261164 Sep 19 Sa 2:00-3:30pm

Snooze or Cruise: Hibernation vs Migration

Age: 6-10 yrs. Winter brings change and it often begins in fall. Some animals remain active throughout the winter. Some spend all fall preparing for winter weather. These animals must adapt to changing weather. To keep warm, they grow thicker fur. Other animals change their diet for winter. Some animals move to a new home in the winter. They migrate. Many animals spend the winter in hibernation. Growth stops. The heartbeat, body temperature, and breathing drop. Learn who hibernates and who migrates?

Forest Ridge Park – Course Fee: \$3

#260842 Dec 13 Su 2:00-3:30pm

Tracks and Skulls

Age: 8-13 yrs. Learn to identify the tracks and skulls of common animals that live in or near the preserve. Make a plaster cast of a track to take home. Weather permitting, we will take a hike to look for tracks and animal bones! Advance registration is required for this program. Parents and guardians are welcome but are not required to accompany their children.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$4
#261623 Oct 9 F 3:00-4:30pm

Winter Nature Crafts

Age: 7yrs. and up. Have last minute Christmas shopping to do? Need to wrap some presents? Drop off your kids to celebrate the first day of winter with fun nature crafts and get a couple of hours to yourself. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4
#258530 Dec 13 Su 1:00-3:00pm

Adult

Advanced Tree Studies

Age: 16yrs. and up. This class will focus on tree identification using dichotomous keys and scientific names, growth habits and tree measurements of growth, and forest composition. The focus will be wetland species. Please come dressed to spend time outdoors. This class is eligible for NC Environmental Educator Certification Credit.

Walnut Creek Wetland Center – Course Fee: \$8
#259401 Sep 24 Th 4:00-7:00pm

Advanced Wild: Bats

Age: 18yrs. and up. Join the N.C. Wildlife Resources Commission in a learning adventure about bats, one of our most misunderstood animals. We'll learn about the biology and habits of these amazing mammals and learn ways to communicate this information to students. This workshop qualifies for Criteria III credit towards N.C. Environmental Educator Certification.

Walnut Creek Wetland Center
#259425 Oct 21 W 4:00-9:00pm

Bat Box Building

Age: 16yrs. and up. Help break bats' bad reputation by learning more about their benefits on our ecosystem, current threats they are facing, and how they can enhance your own backyard! Participants will build a bat house to install in their own yard to provide a home for these misunderstood nocturnal creatures! Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$8
#258521 Oct 30 F 6:30-8:30pm

Birding for Adults

Age: 16yrs. and up. Have you ever been curious about the birds you see or hear in your yard or on a walk? Have you been wondering what people are talking about when they say they are going 'birding'? Whether you are casually observing what is in your own backyard or going on hikes just to see new and exciting birds, anyone can enjoy 'birding' (or watching birds)! Learn how to spot birds, use or get better at using binoculars, and how to identify what you are seeing or hearing. Bring a set of binoculars, or borrow one of ours, and come prepared to enjoy the weather and a short hike while looking for birds at Walnut Creek Wetland Park.

Walnut Creek Wetland Center – Course Fee: \$6
#259429 Nov 14 Sa 10:00am-12:00pm

Environmental Education Continuing Ed: Adv Wild Mammals

Age: 18yrs. and up. Join the NC Wildlife Resources Commission to learn about local mammals in the piedmont of North Carolina. This workshop will include classroom and fieldwork to learn identification techniques, natural history, habitat requirements and human interactions with mammals. Workshop is led by Casey Williams of NCWRC. This workshop will count towards Criteria II requirements of the N.C. Environmental Education Certification Program and school teachers receive CEU credit. Preregistration is required at least four days in advance of program. Please bring a bag lunch and a refillable water bottle and/or coffee mug. Dress for the weather!

Walnut Creek Wetland Center
#259428 Nov 18 W 10:00am-3:00pm

Environmental Education: Leopold Education Project

Age: 18yrs. and up. The Leopold Education Project (LEP) is an interdisciplinary education Program based on the works of Aldo Leopold. LEP uses Leopold's writings as a springboard for engaging students in natural science curriculum, and uses the outdoors as a learning laboratory to connect with the essentials standards. It provides teachers with the tools to give students direct experiences with the natural and cultural world outside the classroom and promotes critical thinking skills. This is a Criteria 1 class for those pursuing NC Environmental

Educator certification, and is worth up to 10 hours. There is a \$50 fee payable to Center for Human Earth Restoration, on the day of the event. Please register at least 5 days in advance.

Walnut Creek Wetland Center
#259385 Sep 14 M 9:00am-5:00pm

Environmental Educator Continuing Ed: Project Wet

Age: 18yrs. and up. Come join us as we learn several activities that you can take back to your classroom on Monday! Not only will you learn about North Carolina's Water Resources, but you'll also learn how to implement fun, hands-on lessons to support your science curriculum. Best for grades 3rd-9th grade teachers. Activities topics include: How water resources are managed, what is a watershed, how humans impact our streams/waterways and much more. Hosted by Lauren Daniel, North Carolina's Project WET Coordinator. Earn up to 10 Hours towards Environmental Education Certification Criteria I credit. Come dressed to spend time outside and bring a lunch and a refillable water bottle. There is a \$21 fee that will be paid directly to NC Division of Water Resources.

Walnut Creek Wetland Center
#259424 Oct 5 M 9:00am-3:30pm

Environmental Lecture Series

Age: 12yrs. and up. Join us at the Thomas G. Crowder Woodland Center for an exciting environmental lecture series held every 2nd Monday of the month. With a new topic each month, there is something for everyone. We will have professionals and graduate students presenting on topics that they know best! Call 919-996-3141 to find out more about our upcoming speakers and topics. Earn 1 hour of criteria III EE credit. Advance registration is not required but is helpful for planning purposes.

Thomas G Crowder Woodland Center
#258531 Sep 14 M 7:00-8:00pm
#25853 Oct 12 M 7:00-8:00pm
#258533 Nov 9 M 6:00-7:00pm
#258534 Dec 14 M 6:00 -7:00pm

Environmental/Continuing Ed: Birds & Bugs

Age: 16yrs. and up. Join NC State Parks interpretative specialist, Brian Bockhahn, for a trek through the Preserve to look and listen for birds and other critters that may be migrating through. Bring your camera and binoculars or borrow some from us. Enjoy an easy hike while we look for birds and use nets to catch butterflies and dragonflies. We will keep an eBird checklist as well as contribute sightings on butterflies, dragonflies and spiders to the NC biodiversity project. This workshop qualifies for NC-EE credit. Preregistration is required.

Durant Nature Preserve
#261159 Sep 8 Tu 8:00am-12:00pm

Environmental/Continuing Ed: Project Wild

Age: 18yrs. and up. This workshop is for adults who are interested in teaching young people about wildlife. Participants receive the Project WILD K-12 educator guide with more than 150 hands-on activities and practice these engaging activities that can be used in an indoor or outdoor setting. This program will be a combination of classroom and field time, exploring trails of the Preserve. Please bring a bagged lunch and water bottle. Participants can receive NC-EE or CEU credits. Preregistration is required.

Durant Nature Preserve
#261238 Nov 24 Tu 9:00am-4:00pm

Geology Walk at Forest Ridge Park

Age: 16yrs. and up. Discover geology at Forest Ridge Park. This fun and informative walk will start of in the classroom but will spend most of the time out on the trail. Follow our experienced guide to lead you through the park taking advantage of the various rock formations within the park. Most of this walk will take place on natural surfaced trails, so wear appropriate shoes and dress for the weather. Pre-registration required.

Forest Ridge Park – Course Fee: \$6
#260871 Oct 10 Sa 9:00am-12:00pm

Introduction to Birding

Age: 13yrs. and up. What kind of bird is that? In this program, participants will learn bird identification techniques. This program will start inside and then venture through the park to spot our feathered friends. Participants will receive field guides of local birds to take home. This is an outdoor event, and participants should dress for weather conditions. We will provide some binoculars, but you are encouraged to bring your own if you have them.

Forest Ridge Park – Course Fee: \$10
#260639 Sep 19 Sa 9:00-11:00am

Invasive Plant Identification

Age: 16yrs. and up. What does an invasive plant look like? How can they harm an ecosystem? Learn this and more, along with a chance to practice a little invasive plant removal in an urban wetland. Come dressed for a natural encounter! Environmental education or continuing education credit is available for this course. Advance registration is required.

Walnut Creek Wetland Center
#261751 Sep 22 Tu 10:00am-12:00pm

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Nature Photography for Beginners

Age: 16yrs. and up. This class will introduce techniques and principles of photography that will improve your photography skills. Learn how to maximize your cameras potential to capture beautiful photos of Lake Johnson's flora and fauna. This course is suited to the beginner or intermediate photographer. Please dress for the weather and bring your own camera. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4
#259127 Nov 7 Sa 10:00am-12:00pm

Project Learning Tree PreK-8

Age: 18yrs. and up. This course is designed for both formal and informal educators who teach or incorporate environmental education in their lessons. This workshop is fun, hands-on, action-packed and informational. The workshop offers educators exciting new activities to use in teaching science, math, language arts, social studies and environmental studies. This course is a Criteria I workshop for N.C. Environmental Educator certification. There is a \$20 fee payable to N.C. State University to help cover the PLT Activity Guide. You will receive information on how to pay. Come dressed for the weather and bring a lunch. Please note that you must go online to pay for the course, directly with NCSU.

Walnut Creek Wetland Center
#259430 Nov 16 M 9:00am-3:30pm

Seasonal Tree ID

Age: 18yrs. and up. 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 – Course Fee: \$10
#260650 Sep 27 Su 2:00-5:00pm

Seasonal Tree Identification

Age: 16-99 yrs. What's that tree? Participants 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 participants 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.

Walnut Creek Wetland Center – Course Fee: \$10
#259384 Sep 13 Su 2:00-5:00pm

Storytelling for Environmental Educators

Age: 18yrs. and up. Have you ever been mesmerized by a good storyteller, and perhaps even 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 and Continuing Ed credit towards NC Environmental Education certification. Please come dressed to spend some time outdoors, bring a water bottle and a bag lunch. Coffee, tea, and hot chocolate will be provided.

Walnut Creek Wetland Center
#259431 Nov 23 M 9:30am-4:30pm

Sunrise Birding Walk

Age: 12yrs. and up. This program is for beginning birders and well-practiced watchers alike. Join us as we take a sunrise trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl and maybe see some raptors! Bring your own binoculars if possible, as supplies are limited. Please bring water and wear comfortable footwear. Earn 2 hours criteria II or III EE credit upon request. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4
#258505 Sep 19 Sa 7:00-9:00am
#258506 Nov 7 Sa 7:30-9:30am

Sustainability in Art

Age: 14yrs. and up. Join us for this conservation and sustainability focused art series. On the first Thursday evening of the month we will be crafting a new project suitable for gift giving or sprucing up your own home. We will cover a broad range of topics from spotting and utilizing invasive plants or giving household scraps new life. All participants under the age of 16 must be registered with an adult.

Thomas G Crowder Woodland Center – Course Fee: \$8
Invasive Plant Paper Making
#258523 Oct 1 Th 6:00-8:00pm
Natural Dyes
#258524 Nov 5 Th 6:00-8:00pm
Wreath Making
#258525 Dec 3 Th 6:00-8:00pm

Tis the Season to be Sustainable

Age: 16yrs. and up. Looking for a way to be more sustainable this holiday season? Look no further! We have you covered with tips, tricks and resources for gift giving and decorating that reduces waste and stress. You'll come away with ready-made, practicable, sustainable gifts to give your friends and loved ones, plus a host of ideas to incorporate in your own home to make your holidays greener. Preregistration is required.

Durant Nature Preserve – Course Fee: \$8
#261256 Dec 3 Th 6:00-8:00pm

Tree ID Trek

Age: 14yrs. and up. Come join our naturalists and learn how to identify some common trees found in the park. Participants will learn features of tree ID that will help year-round. No prior tree identification knowledge is necessary. Earn 2 hours criteria II or III EE credit upon request. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4
#258503 Sep 19 Sa 9:30-11:30am

Wild Reads - Nature Book Club

Age: 16yrs. and up. What's the first thing you want to do when you finish a great book? Talk about it! Join our community book club of nature lovers as we read and discuss quarterly selections on wildlife, science, environmental conservation, memoir, and more. Our relaxed meetings are an ideal way to meet like-minded friends and share ideas, questions, and perspectives inspired by notable books on nature. We'll provide the snacks and tea. Preregistration is required for planning purposes.

'Where the Crawdads Sing' by Delia Owens
Durant Nature Preserve
#261126 Oct 28 W 6:00-7:30pm

Senior**Wildlife in Motion**

Age: 18yrs. and up. Take your best shot! This program introduces the use of trail cameras for wildlife viewing. In this two-session course you will get tips on use and etiquette, site selection, and how to set up a wildlife camera trap. The course will start indoors before moving outside to allow time to set up cameras in the park. On the second session we will retrieve the cameras to see what we've captured. This program will spend time outdoors; please dress accordingly. Sign up today to find out what critters are in your community. Cameras are provided.
Forest Ridge Park – Course Fee: \$5
#260665 Nov 7-14 Sa 10:00am-12:00pm

Family**Astronomy Nights**

Age: 5yrs. and up. What's up in space this month? Find out the answer in our monthly astronomy program. Each program begins with an indoor presentation and (weather permitting) moves outside after sunset to view the moon, stars and planets with the preserve's telescope. Advance registration is required for this program. Adults must accompany children. Adults and children (5 years and up) must register and pay the program fee.
Annie Louise Wilkerson Nature Preserve – Course Fee: \$2
#261630 Oct 2 F 7:00-8:30pm
#261631 Nov 20 F 5:00-6:30pm
#261632 Dec 12 Sa 5:00-6:30pm



Batty for Bats

Age: All Ages. Join us for an evening of fun where we will learn about the mysteries of bats, play games, and make a craft. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$3
#258522 Oct 31 Sa 10:00-11:30am

Big Sweep Fall 2020

Age: 5yrs. and up. The Walnut Creek Wetland Center was founded by dedicated community volunteers who came together to clean up a neglected area and establish a nature park for southeast Raleigh. Be a part of the legacy of this gem by helping us with our biannual cleanup of the wetland. Please bring your own water bottle, and we will fill it with ice water. Light refreshments will be available when you are done! Registration is not required but appreciated for planning purposes. All volunteers will be required to sign a liability waiver, and children under 18 will need a waiver signed by a parent or guardian.

Walnut Creek Wetland Center
#259396 Oct 3 Sa 9:00am-12:00pm

Campfire Story & Marshmallow Roast

Age: 6yrs. and up. Gather 'round the campfire for an evening of storytelling, nature, and marshmallows. As dusk falls, we'll come together to meet new friends, enjoy quality time, and share a tale connected to the forests and wildlife of the Preserve. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2
#260888 Sep 4 F 7:00-8:00pm
#260889 Oct 3 Sa 6:30-7:30pm
#260890 Nov 13 F 5:00-6:00pm
#260947 Dec 4 F 5:00-6:00pm

Creatures of the Night Hike

Age: 6yrs. and up. Who comes out when the sun goes down? What's all the rustling in the woods at night? Which animals are waking up when we go to bed? Join us on a guided walk among the owls, bats, and other nocturnal neighbors to see Durant in a whole new starlight. Discover what it takes to live in the nighttime forest as you find your way to the campfire to share your not-so-scary stories and toasty s'mores. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2
#261218 Oct 30 F 6:00-7:30pm

Creepy Critters

Age: 6-12 yrs. In the spirit of Halloween, come learn about the creepy, crawly critters of nature! Learn about spiders, bats and bugs. We will also be making a craft to take home. A parent or guardian must accompany children for the duration of the event. Pre-registration is required.

Lake Wheeler – Course Fee: \$2
#261167 Oct 29 Th 10:00-11:00am

Crystal Craze

Age: 6yrs. and up. We're crazy for crystals! Learn about these special stones and explore them up close. Inspect precious gems, and touch and see the geometry that makes a crystal. Learn how humans use these prized rocks (hint: sometimes we eat them!). Mix up a crystal-growing solution to take home and grow your own crystals in a rainbow of colors and shapes. Spend the afternoon at play with the fanciest of gems! Preregistration is required for children and adults. Children must be accompanied by adults.

Horseshoe Farm Nature Preserve – Course Fee: \$4
#261123 Nov 8 Su 3:00-4:00pm

Enchanted Forest

Age: All Ages. Halloween magic has infused the Preserve, where enchanted wildlife friends are eager to talk with you and show you their forest home. Bring family and friends to explore the trails at twilight, meet our magical woodland neighbors, roast a marshmallow over the campfire, and make wildlife-inspired Halloween nature crafts. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2
#261055 Oct 24 Sa 6:00-8:00pm

Fall Foliage Hike

Age: 5yrs. and up. You don't have to travel far to appreciate the colors of fall. Come see Wilkerson Nature Preserve in full fall color and join a naturalist guide for a hike focused on our beautiful deciduous trees. Advance registration is required for this program. Adults must accompany children. Adults and children (5 years and up) must register and pay the program fee. This program may take place on trails that are not accessible by strollers. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$2
#261642 Nov 7 Sa 2:00-3:30pm

Fall Leaves

Age: All Ages. Why do leaves change color? Come find out in this fun filled program. Participants will learn about leaves while participating in leaf themed activities. We will even perform a science experiment to see what pigments leaves have. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4
#258526 Nov 14 Sa 1:00-3:00pm

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Family Fishing Class

Age: 6yrs. and up. Bring the family out for a day of fishing and fun! You and your family will learn all about the fundamentals of fishing as well as local fish biology and their importance. Equipment will be provided but you are welcome to bring your own fishing gear. Limited spots are available so register today. Pre-registration is required.

Lake Wheeler – Course Fee: \$2

#261166 Oct 17 Sa 9:00-10:30am

Family Naturalists: Nocturnal Nature

Age: 4yrs. and up. As you are getting sleepy and letting go of a yawn, many of the wetland's inhabitants are stretching and getting ready for their 'day.' We'll look at which animals are active in the wetland and go for a night hike. What might we see and hear? This is a family program and the fee applies to one person per family. Please register at least 4 days in advance and dress to spend some time outdoors.

Walnut Creek Wetland Center – Course Fee: \$5

#259398 Oct 16 F 6:30-8:00pm

Grandparent's Day

Age: All Ages. Grandparents and their grandchildren share a special bond. Strengthen this bond by enjoying a day devoted to spending time in nature together. Park staff will guide you on a memory filled day of fishing, hands-on nature exploration, crafts, animal show and tells and special surprises. Bring a picnic lunch.

Durant Nature Preserve

#261158 Sep 6 Su 3:00-5:00pm

Guided Nature Hike

Age: 4yrs. and up. Join us for a 2 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. The program will run rain or shine. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$2

#258517 Nov 14 Sa 10:00am-12:00pm

Lake Johnson Park Nature Explorers

Age: All Ages. Flip over logs, dig a hole, or sift through leaves with one of our naturalists. Participants will immerse themselves in nature and learn about the interesting things they find. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$2

#258496 Sep 13 Su 1:30-3:00pm

#258497 Oct 11 Su 1:30-3:00pm

May The Forest Be With You:**Family Camping in the Park**

Age: 5yrs. and up. It's always the season for campfires, s'mores, and spending time in nature. Join Roberts Park for some basic hands-on introduction to tent camping. Participants will practice setting up their own tents and sleeping bags, fun nature - based activities, arts and crafts and s'mores all at Roberts Park. Please bring your own tent and or sleeping bag and enjoy camping in the park.

Roberts Park Community Center – Course Fee: \$5

#261703 Sep 25 F 6:00-7:30pm

Misunderstood Creatures

Age: 5yrs. and up. Wildlife sometimes gets a bad rap, but at Durant we love all wildlife! Come learn amazing facts about our misunderstood wild friends and why they're beneficial to our ecosystem. We'll talk coyotes, vultures, bats, spiders, snakes, and more! Make your own wildlife habitat to help the critters that live around you. Preregistration is required. Children must be accompanied by adults. Children and adults must register in advance.

Durant Nature Preserve – Course Fee: \$2

#261211 Oct 17 Sa 1:00-2:30pm

Nature and Sensory Play Day

Age: All Ages. Come check out Durant's Sensory and Nature Play Garden! Self-guided activities to delight the senses and encourage nature play will be provided. Children must be accompanied by an adult. Walk-in registration is on a first come first served basis. If the garden is full when you arrive, staff will be happy to point out other areas of interest to visit until a spot opens.

Durant Nature Preserve

#261453 Sep 11 F 10:00am-12:00pm

#260975 Oct 9 F 10:00am-12:00pm

#260976 Nov 13 F 10:00am-12:00pm

Nature Art - Wild Ornaments

Age: 6yrs. and up. 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 bring beauty to your holiday tree or your house! Preregistration is required for children and adults. Children must be accompanied by adults.

Horseshoe Farm Nature Preserve – Course Fee: \$4

#261261 Dec 6 Su 2:00-3:00pm

Nature Art - Wisteria Wreaths

Age: 7yrs. and up. Have you noticed the wisteria that blooms in the Preserve every spring? Though popular for its beauty, this invasive plant threatens the health of trees and is regularly cut at Durant. Join us to reclaim these pretty vines and put them to positive use! We'll master the basics of wreath weaving and decorate our new holiday wreaths with natural materials. Children must be accompanied by adults. Children and adults must register in advance and pay the program fee.

Durant Nature Preserve – Course Fee: \$4

#261130 Dec 19 Sa 3:00-4:00pm

Nature Play Days

Age: All Ages. Join us to make time for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig for gemstones, make a fort out of natural materials, fly a kite, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure, free of charge! Note: Adults must accompany their children.

Annie Louise Wilkerson Nature Preserve

#261640 Oct 23 F 11:00am-2:00pm

#261641 Nov 13 F 11:00am-2:00pm

Nature Walk

Age: 9-99 yrs. Come enjoy the outdoors while participating in a nature scavenger hunt throughout the park. We will be learning all about local plant and animal species here at Lake Wheeler Park. A parent or guardian must accompany children for the duration of the event. Pre-registration is required.

Lake Wheeler

#261198 Nov 14 Sa 10:00-11:00am

Nocturnal Nature Hike

Age: All Ages. Watch as the park comes alive when the sun slips behind the trees. Please join us on this night hike to unveil the nocturnal wildlife of Lake Johnson Park. We will call for owls, look for evidence of mammals, and identify singing amphibians. Participants should dress for the weather in comfortable clothing and closed-toe shoes that can get messy. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$4

#258500 Sep 12 Sa 7:30-9:30pm

#258501 Oct 10 Sa 6:30-8:30pm

Pumpkins Have Seeds

Age: All Ages. Learn how seeds make things grow and dive into a gooey pumpkin to explore its seeds. Participants will decorate and take home a pumpkin of their own. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$3
#258518 Oct 11 Su 3:30-5:00pm

Solstice Stroll

Age: All Ages. Gather at the Preserve for an early evening stroll on the Winter Solstice. On this shortest day of the year, we'll enjoy the crisp forest trails as the sun sets for 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 reflection campfire. This easy, social 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
#261135 Dec 21 M 2:00-3:30pm

Twilight Walk

Age: 4yrs. and up. Many animals are active around sunset or shortly after. Take a moonlit walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. This program is designed for families with young children.

Advance registration is required for this program. Adults must accompany children. Adults and children (4 years and up) must register and pay the program fee. This program takes place on trails that may not be accessible by strollers. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$2
#261462 Oct 24 Sa 6:00-7:30pm

Walnut Creek Christmas Bird Count

Age: 10yrs. and up. The annual Audubon Christmas Bird Count is the world's longest-running Citizen Science project! Participants will hike around the Walnut Creek Wetland to identify and count as many birds as possible. Those who take part make a significant contribution to conservation as Audubon and other organizations use the data collected to assess the health of bird populations. Beginners are welcome. Dress for winter weather!

Walnut Creek Wetland Center
#259390 Dec 19 Sa 1:00-3:00pm

Wild Walkers

Age: All Ages. Join us for a guided twilight walk at Horseshoe Farm and enjoy the opportunity to stay in the meadow later than usual for a full sunset experience. Along the way, our staff will point out interesting natural features of the preserve. Bring a picnic blanket and some snacks to enjoy a leisurely late afternoon before the program. Children must be accompanied by adults. Children and adults must register in advance.

Horseshoe Farm Nature Preserve
#260879 Sep 12 Sa 7:00-8:00pm
#260880 Oct 10 Sa 6:30-7:30pm
#260881 Nov 7 Sa 4:30-5:30pm



September 24-30

Take A Child Outside Week



Creek Stompers for Preschoolers

Ages 3-6 yrs. Join us as we explore Little Rock Creek and make a splash! We might even catch a few crayfish! Bring your own pair of rainboots or borrow a pair of ours. Please register at least 4 days in advance. Parents must accompany children.

Walnut Creek Wetland Center

#259709 Sep 24 Th 10:00-11:30am

Take A Child Outside Week - Family Fishing

All ages. Enjoy 'Take A Child Outside' Week by participating in Lake Johnson's Family Fishing activities. Participants will learn how to cast and set up a rod and then go fishing in the lake. This is a great way to spend an afternoon with the whole family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany child(ren). Adult(s) and child(ren) must both register. Advance registration is required for this program.

Lake Johnson

#258507 Sep 24 Th 5:00-7:00pm
#258508 Sep 27 Su 1:00-3:00pm

Family Fishing Class

Ages 6 yrs and up. Bring the family out for a day of fishing and fun! You and your family will learn all about the fundamentals of fishing as well as local fish biology and their importance. Equipment will be provided but you are welcome to bring your own fishing gear. Limited spots are available so register today. Pre-registration is required.

Lake Wheeler

#261165 Sep 25 9:00-10:30am

Take A Child Outside Week - Guided Nature Walks

Ages 3 yrs and up. 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 walking as part of a

group. 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.

Forest Ridge Park

#260656 Sep 25 F 4:00-5:30pm
#260655 Sep 30 W 10:00-11:30am

Nature Scavenger Hunt at Walnut Creek

Ages 6-10 yrs. Have you ever wondered what fun things are hidden in nature? Join us for a fun adventure finding nature's hidden treasures. Participants will receive a scavenger hunt and join instructors as they try to find unique items or experiences throughout the park.

Walnut Creek Wetland Center

#259710 Sep 25 F 4:30-6:00pm

Twilight Walk - TACO

Ages 4 yrs and up. Many animals are active around sunset or shortly after. Take a walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. This program is designed for families with young children. Advance registration is required for this program. Adults must accompany children. Adults and children (4 years and up) must register. This program takes place on trails that may not be accessible by strollers.

Annie Louise Wilkerson Nature Preserve

#261461 Sep 25 F 6:30-8:00pm

Take A Child Outside Week - Family Fire & Night Hike

All ages. Always wanted to hike at night, but not sure what's looming in the dark? Grab your family and friends and join us to learn about all the creatures that stir at night and help us find a couple of them! We'll end up at the campfire to learn best practices for fire-making and enjoy s'mores, stories, and the sounds of the forest.

Durant Nature Preserve

#261170 Sep 25 F 7:00-9:00pm

Raleigh Parks, Recreation and Cultural Resources invites you to join our celebration of **Take a Child Outside (TACO) Week!** This annual event encourages children and families across the country to get outside, explore, and learn more about the local environment. What will you discover about yourself or your backyard?

Join one – or many – of our special programs this week to learn, play, and spend time together in the wonderful world outdoors. All programs are FREE unless otherwise listed.

Take A Child Outside Week: Guided Nature Hike

Ages 4 yrs and up. Join us during 'Take A Child Outside' Week for a 2 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. The program will run rain or shine. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center

#258512 Sep 26 Sa 9:00-11:00am

Fishing on the Banks

Ages 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 are provided, but bring your pole if you'd like. Spots are limited so register soon to catch the big one!

Forest Ridge Park

#260638 Sep 26 Sa 10:00-11:30am

Nature Play Day TACO

All ages. Join us to make time for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for imaginative play in a natural setting. Dig for gemstones, make a fort out of natural materials, fly a kite, make mud pies and more. We'll provide the materials and guidance to get you started on a playful adventure, free of charge! Note: Adults must accompany their children.

Annie Louise Wilkerson Nature Preserve

#261465 Sep 26 Sa 11:00am-3:00pm

Intro to Backyard Citizen Science

Ages 4 yrs and up. Everyone can do science by helping collect information right in their own home or backyard. Learn how to collect data and help scientists learn about what is happening in the natural world. Participants will learn about some easy to do citizen science projects and will join instructors collect information for these same projects at the park.

Walnut Creek Wetland Center

#259711 Sep 26 Sa 1:00-2:30pm

Take a Child Outside Week - Creepy Crawlers & Wiggly Worms

Ages 3-6 yrs. What hops, scurries, skitters, wiggles, and flies? Our invertebrate friends at Durant! Learn what makes insects unique and find out what it's like to explore the world through insect eyes. Test your little-critter knowledge, meet some wiggly worms, and search for interesting insects in our Butterfly Garden. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Durant Nature Preserve

#261026 Sep 26 Sa 2:00-3:00pm

Seasonal Herping

Ages 9 yrs and up. What is herping? Herpetology is the study of reptiles and amphibians. Herping is going out and looking for them! Different seasons make it more likely to see different species. During this program, we will explore different parts of the park, checking coverboards, pipes, under logs, and sometimes within the creek and wet areas. You can bring your own boots, or borrow a pair of ours. Come dressed to be outdoors, and we recommend a change of clothes, just in case! Please register at least 4 days in advance.

Walnut Creek Wetland Center – Course Fee: \$4

#259402 Sep 27 Su 2:00-3:30pm

Take a Child Outside Week - Compass Basics

Ages 10 yrs and up. Have you ever been lost in the woods? This course will teach you the basic skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany child(ren), but do not need to register. Advance registration is required for this program.

Lake Johnson

#258511 Sep 27 Su 4:00-6:00pm

Take a Child Outside Week - Magical Monarchs

Ages 3-6 yrs. Meet the Monarchs, our most famous butterflies, as they journey south for the winter. We'll learn about the 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. Adults attend free.

Horseshoe Farm Nature Preserve

#261052 Sep 28 M 10:00-11:00am

Take a Child Outside Week - Know Your Knots

Ages 7-12 yrs. Join us during 'Take A Child Outside' Week for knot tying activities. A well tied knot can go a long way. In this program participants will learn how to tie 10 useful knots. Participants will even put a few to the test to see how well their knots hold up. Adult(s) must accompany child(ren), adult(s) do not need to register. Advance registration required.

Thomas G Crowder Woodland Center

#258513 Sep 28 M 5:30-7:30pm

Take a Child Outside Week - Creek Catchers

Ages 6-12 yrs. Love exploring in the creek? Find out what lives there by using dip nets, buckets, and your hands! We'll get wet as we explore the amazing critters in the creek and learn what they can tell us about the health of the creek. Please wear rain boots or water shoes if you have them. Preregistration is required. Children must be accompanied by adults.

Durant Nature Preserve

#261172 Sep 29 Tu 10:00-11:30am

Take a Child Outside Week - Junior Kids Fishing

Ages 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. Your child will leave with stickers and fishing themed coloring pages. We will teach them that fishing is fun, join us today. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

Lake Johnson

#258509 Sep 29 Tu 10:00-11:30am

Take A Child Outside Week - Chimney Swifts

Ages 6 yrs and up. Join us as we celebrate the migratory chimney swifts and learn why their future is threatened. After a short education session, we'll walk across the street to watch them as they come together in a magical aeronautical show before roosting for the night in the chimney at Carnegie Magnet Middle School. Times are approximate and may be adjusted as the date approaches. There is no rain date for this event.

Walnut Creek Wetland Center

#259395 Sep 29 Tu 6:30-8:00pm

Into the Woods!

Ages 2-6 yrs. Preschoolers will explore the woods and discover the wonders of trees! We will learn how trees grow and how they change as the seasons change. Songs, stories and crafts await your little learner. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Kiwanis Park

#259800 Sep 30 W 10:30-11:30am

Beaver Pond

Ages 3-5 yrs. Discover how beavers live, eat and play in their watery world. Weather permitting, we will search for beaver signs in

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

Durant Nature Preserve –
Aquatics, Insects, Birds, Nature Art, Wildlife Tracking, Trees

Forest Ridge Park – Nature
Explorer Backpacks, Fort Kit, Art Backpack, Loaner Fishing Kit (no bait included)

Annie Louise Wilkerson Nature Preserve – Nature Explorer
Backpacks, Gardens Kit, Sandbox Kit, Costume Kit, Fort Building Kit, Fairy Houses Backpack

and around the farm pond at the preserve. Story and craft are included. Advance registration is required for this program. Adults must accompany their children; adults attend free. This program may take place on trails that are not accessible by strollers.

Annie Louise Wilkerson Nature Preserve

#261460 Sep 30 W 12:45-2:15pm

Kids Nature Journaling

Ages 6-10 yrs. Nature Journaling is a fun way to record what you are seeing in nature, whether in a park or in your own backyard. Participants will get to make and start their own nature journal and will have the opportunity to learn some fun ways to record memories for their time in nature.

Walnut Creek Wetland Center

#259712 Sep 30 W 4:30-6:00pm

Take a Child Outside Week - Kids Fishing

Ages 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 your child can hook one and reel it in. Adult(s) are not required to accompany child(ren) and do not need to register. This program is designed to give parent(s)/ guardian(s) time to enjoy the park while child(ren) enjoy the program. Advance registration is required for this program.

Lake Johnson

#258510 Sep 30 W 5:30-7:30pm



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) 996-4773**, or send us mail to:

City of Oaks Foundation 222 W. Hargett Street, Suite 608 Raleigh, NC 27601

The City of Oaks Foundation, a great outdoors for a great Raleigh!

Social Programs



Preschool

Amazing Alphabet

Age: 2-5 yrs. Learning the alphabet? Why not do it in a fun way! Join us for a fun alphabet hour full of crafts, stories and songs.

Hill Street Center – Course Fee: \$8
#259162 Sep 21 M 3:30-4:30pm

Dinosaur 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, activities and crafts. Please preregister your children so that we can plan accordingly.

Pullen Community Center – Course Fee: \$8
#261691 Nov 10 Tu 10:00-11:00am

Gobble till you Wobble

Age: 3-6 yrs. Let your little one come join us for an afternoon of fun, thankfulness and lots of turkey related silliness. Children will participate in arts and crafts, stories, and tasty treats!

Greystone Community Center – Course Fee: \$10
#261744 Nov 19 Th 10:00-11:30am

Howling Halloween

Age: 2-5 yrs. Your kids will go BATTY over these fun Halloween craft. Join us for a fun afternoon of crafts, food experiences, and games to celebrate the spirit of Halloween.

Hill Street Center – Course Fee: \$8
#259164 Oct 26 M 3:30-4:30pm

Little Crafters at Halifax

Age: 3-5 yrs. Join us for a fun morning out! Children will get to make crafts, participate in activities and have fun! Themes differ each month and theme is listed in the course title. Registration is due 3 days prior to program.

Halifax Community Center – Course Fee: \$8
Hola Otono
#260942 Oct 8 Th 10:00-11:00am
Fantastic Feathers
#261006 Nov 12 Th 10:00-11:00am
Arctic Adventure
#261008 Dec 10 Th 10:00-11:00am

Peach Road Play Time

Age: Up to 3 yrs. Open play time for crawlers up to three years old. Join us for some indoor play time where the little ones can burn off some energy. Let them crawl around on mats, shoot some mini-basketball hoops and play

ball. Parents must stay with their children at all times. Tiempo de juego para bebés que arrastran se hasta tres años. /ase en Peach Rd para un poco de tiempo de juego interior donde los más pequeños pueden gastar un poco de energía. Déjalos arrastrarse sobre las esteras, jugar baloncesto o la pelota. Los padres deben quedarse con sus hijos todo el tiempo

Peach Road
#259418 Sep 1-Nov 26 Tu-Th 2:30-4:30pm

Play, Create and Explore-Preschool

Age: 3-5 yrs. Join us as we get creative in the kitchen, get crafty with art, get active in the gym, and explore in the lab! Schedule: September 2, arts and crafts; September 9, science; September 16, active games; September 23, cooking.

Tarboro Road Community Center – Course Fee: \$20
#261091 Sep 2-23 W 10:30-11:30am

Playgroup Tot Time

Age: Up to 5 yrs. The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Participation in the program is limited to children who are under 6 years of age and registration is required for all participants. Please check with individual facilities for maximum number of registrants allowed at a time.

Abbotts Creek Community Center
#258179 Sep 2-Dec 28 M,W,F 8:00am-12:00pm

Barwell Road Community Center
#260177 Sep 2-Dec 30 W, F 10:00am-12:00pm

Green Road Community Center
#258816 Sep 2-Dec 30 M,W,F 10:00am-12:00pm

Jaycee Community Center
#261538 Sep 2-Dec 23 W, F 10:30am-12:30pm

Lake Lynn Community Center
#259538 Sep 2-Dec 31 W-Th 9:00-11:30am

Millbrook Exchange Community Center
#260731 Nov 12-Dec 17 Th 10:30am-12:00pm

Optimist Community Center
#261401 Sep 4-Oct 9 F 10:30am-12:00pm

Roberts Park Community Center
#261891 Sep 4-Dec 29 F, Tu 10:30am-12:00pm

Reindeer Rodeo

Age: 2-6 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, treats and a few surprises. Due to the limited number of crafts, pre-registration is encouraged. See you at the Rodeo!

Abbotts Creek Community Center – Course Fee: \$5
#258182 Dec 11 F 10:00-11:00am

Santa's Little Helpers

Age: 2-5 yrs. Santa's little helpers will get into the holiday spirit with fun crafts, stories, and games. Enjoy creating one of a kind ornaments to hang from the tree and enjoy making holiday memories.

Hill Street Center – Course Fee: \$8
#259163 Dec 7 M 3:30-4:30pm

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smALL Stars - Baseball

Age: 3-5 yrs. Introduce your future all-star to baseball in this fun and engaging look at baseball for preschoolers. Your child will learn the basics of baseball while developing hand/eye coordination, listening skills, good sportsmanship, and teamwork. Students may move up to the advanced level of smALL-Stars Baseball with Instructor approval.

Abbotts Creek Community Center – Course Fee: \$40
 #258189 Sep 3-24 Th 4:45-5:30pm
 #258190 Oct 1-22 Th 4:45-5:30pm
 #258191 Nov 5-19 Th 4:45-5:30pm
 #258192 Dec 3-17 Th 4:45-5:30pm

Teddy Bear Picnic

Age: 3-6 yrs. Want to spend a special day with your teddy bear? Bring your teddy bear or favorite stuffed animal to Abbotts. Don't forget to pack a picnic lunch! We will have story time, create a craft, and play a game. Participants can enjoy a picnic lunch in the park. Bring a blanket or enjoy one of our picnic tables! Preregistration is required.

Abbotts Creek Community Center – Course Fee: \$5
 #261411 Sep 22 Tu 11:00-11:45am

Youth**Anderson Point Dinosaur Expedition**

Age: 2-5 yrs. Join other junior paleontologists as we learn interesting facts about dinosaurs, make a craft and hunt for dinosaur eggs. Junior paleontologists will meet at the small shelter near the playground.

Anderson Point – Course Fee: \$5
 #261032 Oct 7 W 10:00-10:45am

Birthday Bash

Age: 3-12 yrs. Does the idea of entertaining a crowd of children leave you weak in the knees? Worry no more with our newly redesigned birthday party packages! The two-hour Birthday Bash packages include gym games, a two-hour rental of the party room and goodie bags for your participants. Basic Package- \$175 2 hours Birthday Party Room 1 hour gym games with birthday bash staff Up to 25 goodie bags Call Jaycee Community Center at 919-996-6833 for further details and to register.

Jaycee Community Center – Course Fee: \$175

Birthday Parties - Birthday Bash

Age: 2-9 yrs. Looking for a new idea for birthday entertainment? Does the idea of entertaining a crowd of children leave you weak in the knees? Let Optimist Community Center help you with your next birthday party. We will do the work for you! Our staff are knowledgeable in a variety of recreational games, sports and crafts. Activities vary based on the size and age of party participants. Theme options include, but are not limited to, basketball, hockey, soccer, baseball and dolls. If you have an idea of something else, please feel free to request it. Goody bags are included with your package. For more information and questions, please call the

front desk at 919-996-2880 or email us at optimistic@raleighnc.gov. Package One (12 or fewer attendees): \$110. Package Two (13-20 attendees): \$145

Optimist Community Center – Course Fee: \$145

Birthday Parties at Pullen Community Center

Age: 3-12 yrs. Pullen Community Center offers birthday parties for children 3-12 years old. We offer two packages of two hours each. The first package includes an hour at the center and an hour at Pullen Park. The second package includes an hour at the center and an hour making crafts. A birthday staff member stays with your group during the two hours. The room is decorated with balloons and tablecloths for you; all you have to do is bring the children and cake. Please call the center at 919-831-6052 for more information.

Pullen Community Center – Course Fee: \$120

Coats 'Cause We Care

Age: 5yrs. and up. Coats' Cause We Care is a community service project through which volunteers in the public and private sectors donate coats to community children.

Sgt. Courtney T. Johnson Center
 #261668 Nov 21 Sa 11:00am-5:00pm

Flashlight Candy Cane Hunt

Age: 5-12 yrs. Quick! The elves at the North Pole lost some of their candy canes and need your help to find them at Powell Drive Park. They're hidden throughout the park, so bring your flashlights! Be on the lookout for some special candy canes - if you find one you'll receive a special prize. Before the hunt, there will be an arts and crafts opportunity. Cost is \$5 per participant and you must pre-register by December 9.

Powell Drive Park – Course Fee: \$5
 #259814 Dec 11 F 6:30-7:30pm

Friday Night Fun at Abbotts Creek

Age: 6-12 yrs. If your child LOVES pizza, movies, games, or arts and crafts and if you would LOVE some time with your friends or significant other, keep reading! We will entertain your child with themed games, food and/or crafts based on the night's movie. Register your child and go out for a night on the town! Registration at least three days prior to the program date is required. Friday Night Fun takes place on the first Friday of each month!

Abbotts Creek Community Center – Course Fee: \$20
 #261406 Sep 4 F 5:30-8:00pm
 #261407 Oct 2 F 5:30-8:00pm
 #261408 Nov 6 F 5:30-8:00pm
 #261409 Dec 4 F 5:30-8:00pm

Fun Friday at Sanderford

Age: 5-12 yrs. See you at Sanderford for a night filled with fun, games and other fun activities! There will be so much to do boredom is not an option. Bring your friends to mingle, relax, or have a little friendly competition. No one does fun like Sanderford. See you soon!

Sanderford Road Park

#261569	Sep 4-18	F	6:00-8:00pm
#261570	Oct 2-23	F	6:00-8:00pm
#261571	Nov 6-20	F	6:00-8:00pm
#261572	Dec 4-11	F	6:00-8:00pm

Game Room

Age: 6-16 yrs. Peach Road's game room will be open on designated weeknights from 6:30 to 8 p.m.

Peach Road

#259415 Sep 2-Dec 28 W, F-Sa, M 6:30-8:00pm

Halloween Spooktacular

Age: Up to 10 yrs. This event offers Halloween fun for kids 10 and under. Join us for a variety of activities and games. Space is limited, and preregistration is recommended. All participants must be accompanied by an adult.

Green Road Community Center

#258811 Oct 26 M 6:00-8:00pm

Imagination Playground

Age: Up to 6 yrs. Join your friends at Abbotts Creek Community Center for this opportunity to let your imaginations run wild! We will supply the equipment, you supply the fun! Each day, we will provide Imagination Playground blocks and other fun activities for your tot to put their imagination to work and socialize with friends. A maximum of 30 kids and adults will be allowed each session. Registration is required for all participants age 6 and under.

Abbotts Creek Community Center

#258175 Sep 5-Dec 19 Sa 9:15-11:30am

LEGO Open Build

Age: 3-99 yrs. Looking to unwind, get creative and build with LEGOs? Or maybe you just want to introduce your kids to LEGOs? Stop by Open Build and have fun. For ages 3+ Mega Blocks and LEGOs will be provided, no instruction.

Jaycee Community Center

#261533 Sep 1-Dec 31 Tu, Th 3:30-5:00pm

Mommy & Me Girl's Night Out

Age: 4-10 yrs. Calling all Moms and Daughters!! Come join us for our magical Royal Tea-Party fit for a princess and a queen. Bring your favorite stuffed animal or doll for all to be seen. Pre-Registration is required!

Chavis Community Center – Course Fee: \$30

Royal Tea Party

#259348 Sep 20 Su 3:30-5:30pm

Open Activities

Age: 6-11 yrs. Play games, create crafts and have fun. Call 919-807-8545 or come visit us to see what we have planned.

Peach Road

#259419 Sep 5-Dec 26 Sa 11:30am-1:30pm

Play, Create and Explore-School Age

Age: 5-12 yrs. Join us as we get creative in the kitchen, get crafty with art, get active in the gym, and explore in the lab! Schedule: October 7, arts and crafts; October 14, science; October 21, active games; October 28, cooking.

Tarboro Road Community Center – Course Fee: \$20
#261092 Oct 7-28 W 6:00-7:00pm

Pumpkin Bash

Age: 1-12 yrs. Celebrate with us at Roberts Park for an evening of fun, friends and costumes! Join us for crafts, pumpkin activities and snacks. Prizes will be given to the coolest costume. See you at Roberts!

Roberts Park Community Center
#261619 Oct 23 F 6:00-8:00pm

Sanderford or Treat

Age: All Ages. Join us at Sanderford for an evening treat. Youth will participate in carnival games and arts activities. All kids will walk away with a goody bag from Sanderford Road Center. See you soon!

Sanderford Road Park
#261575 Oct 30 F 6:00-8:00pm

Santa's Elves Workshop

Age: Up to 12 yrs. The holiday season is here, and the Raleigh Youth Council has planned a festive morning for children. This drop-in program features make it/take it craft projects, refreshments and entertainment. We are expecting a special visitor from the North Pole! Please help us support the Youth Council's toy drive by sending each child with a small new toy. All contributions will be given out the following weekend at another Community Center. Children 12 and under are invited to join us and must be accompanied by a parent.

Laurel Hills Community Center
#261129 Dec 5 Sa 10:00am-12:00pm

Twick or Tweak

Age: Up to 10 yrs. Put on your best costume and join us for a fun evening of Fun, Spooktacular Music, a Costume Parade, Arts & Crafts, Games, and Tweets! (No Twicks!) This event is Fun for the entire family! Participants must be accompanied by parents.

Laurel Hills Community Center
#261132 Oct 29 Th 6:00-7:30pm

Your Next Move Chess Club

Age: 7-17 yrs. Join us at Roberts Park for our chess club! This is a fun, rewarding, and engaging experience for kids to learn chess in a focused classroom setting. See you at Roberts!

Roberts Park Community Center – Course Fee: \$25
#261580 Sep 2-Oct 28 W 6:30-7:30pm
#261596 Nov 4-Dec 23 W 6:30-7:30pm

Teen

Face Your Fears 4: CarneVIL

Age: 13- 18 yrs. After hours, Pullen Park will be transformed into a creepy carnival festival. Work with your team to escape blood thirsty clowns and carnival folk by completing a set of tasks and games scattered throughout the park.

Pullen Amusements
#259669 October 30 6:30-9:00pm

Halifax Youth VIP Night

Age: 11-16 yrs. Teens come out and enjoy a night full of fun and games while taking the opportunity to improve your social skills with your neighborhood peers.

Halifax Community Center
#260990 Sep 11-18 F 5:00-8:00pm

Modified Fun - Middle School

Age: 11-13 yrs. Do you have a middle schooler on the Wake County modified schedule? Great, now they have something fun to look forward to during their break! It's all fun and games until it's time to go home. Participants will indulge in various arts, crafts, competitive and non competitive games, food projects and field trips throughout their day. Don't miss out on the fun and be sure to sign up for the entire 2 weeks. Participants are required to bring their own snack and lunch.

Ralph Campbell Community Center – Course Fee: \$160
#261871 Sep 28-Oct 2 M-F 7:30am-3:00pm
#261872 Oct 5-9 M-F 7:30am-3:00pm

Raleigh Youth Council

Age: 14-18 yrs. Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. They focus on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, call the Teen Program at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

Laurel Hills Community Center
#261451 Aug 24-Dec 21 M 7:00-8:00pm

Step Team of Worthdale

Age: 13-18 yrs. Youth will explore stepping and traditional native dance. Stepping is a form of complex rhythms and sounds through a mixture of footsteps and hand claps and promotes expressive dancing and dramatic acting.

Worthdale Community Center
#259523 Sep 1-Dec 24 Tu, Th 6:30-7:30pm

Teen Center Open House

Age: 12-19 yrs. The Saint Monica Teen Center is an awesome facility for students between the ages of 13-19. The Teen center features a computer lab, teen lounge, multi-purpose room complete with arcade basketball, ping pong, foosball, assorted gaming stations, and a dance/arts studio. Attend our Open House to learn more about our programs, interact with our staff and win cool prizes. See you there.

St. Monica Teen Center
#261639 Sep 12 Sa 1:00-3:00pm

Teen First Friday

Age: 12-18 yrs. Join us the first Friday of every month from 3pm-6pm, at the Saint Monica Teen Center. We'll be hosting middle and high school students for a series of games, food, healthy competition and more. Invite a friend and come put your skills to the test!

St. Monica Teen Center
#261169 Sep 4 F 3:00pm-6:00pm
#261634 Oct 2 F 3:00pm-6:00pm
#261635 Nov 6 F 3:00pm-6:00pm
#261636 Dec 4 F 3:00pm-6:00pm

Teen Outreach Program

Age: 11-19 yrs. The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at seven community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and their environment. The TOP program will not be open on teacher workdays or days when WCPSS is closed due to inclement weather. Teens can register by dropping by any of our seven locations during program hours and completing a registration packet. For more information about the program, please call 919-996-2139.

Carolina Pines Community Center
#259707 Sep 8-Dec 21 M-F 3:00-6:00pm
Chavis Community Center
#259701 Sep 8-Dec 21 M-F 3:00-6:00pm
Green Road Community Center
#259705 Sep 8-Dec 21 M-F 3:00-6:00pm
Lions Park Community Center
#259702 Sep 8-Dec 21 M-F 3:00-6:00pm
Method Road Community Center
#259703 Sep 8-Dec 21 M-F 3:00-6:00pm
Millbrook Exchange Community Center
#259706 Sep 8-Dec 21 M-F 3:00-6:00pm
Roberts Park Community Center
#259704 Sep 8-Dec 21 M-F 3:00-6:00pm

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Youth Escape School Program

Ages/Grades: K-6. Need something for your child to do on school holidays and teacher workdays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while their parents work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Each participant must bring a lunch, drinks, and 2 snacks and should dress for play including sneakers/athletics shoes. Elections may impact site availability. If the minimum registration requirements are not met for a specific date at a location, parents/guardians will be notified at least five days in advance and given the option to change locations or receive a full refund for that date.

Abbotts Creek

#258626	Sept 28	M	7:30am-6:00pm
#258627	Oct 23*	F	7:30am-6:00pm
#258628	Nov 3*	T	7:30am-6:00pm
#258628	Nov 25*	W	7:30am-6:00pm
#258630	Dec 21	M	7:30am-6:00pm
#258631	Dec 22	T	7:30am-6:00pm
#258632	Dec 23*	W	7:30am-6:00pm
#258633	Dec 29*	T	7:30am-6:00pm
#258634	Dec 30*	W	7:30am-6:00pm
#258635	Dec 31*	Th	7:30am-6:00pm
#258636	Jan 19	T	7:30am-6:00pm
#258637	Feb 15	M	7:30am-6:00pm
#258638	Feb 16	T	7:30am-6:00pm
#258639	Mar 12	F	7:30am-6:00pm
#258640	Mar 26**	F	7:30am-6:00pm
#258641	Mar 29	M	7:30am-6:00pm
#258642	Mar 30	T	7:30am-6:00pm
#258643	Mar 31	W	7:30am-6:00pm
#258644	April 1	Th	7:30am-6:00pm
#258645	April 5	M	7:30am-6:00pm
#258646	April 6	T	7:30am-6:00pm
#258647	May 13*	Th	7:30am-6:00pm

Barwell Road

#258581	Sept 28	M	7:30am-6:00pm
#258582	Oct 23*	F	7:30am-6:00pm
#258583	Nov 3*	T	7:30am-6:00pm
#258584	Nov 25*	W	7:30am-6:00pm
#258585	Dec 21	M	7:30am-6:00pm
#258586	Dec 22	T	7:30am-6:00pm
#258587	Dec 23*	W	7:30am-6:00pm
#258588	Dec 29*	T	7:30am-6:00pm
#258589	Dec 30*	W	7:30am-6:00pm
#258590	Dec 31*	Th7	:30am-6:00pm
#258591	Jan 19	T	7:30am-6:00pm
#258592	Feb 15	M	7:30am-6:00pm
#258593	Feb 16	T	7:30am-6:00pm
#258594	Mar 12	F	7:30am-6:00pm
#258595	Mar 26**	F	7:30am-6:00pm
#258596	Mar 29	M	7:30am-6:00pm
#258597	Mar 30	T	7:30am-6:00pm
#258598	Mar 31	W	7:30am-6:00pm
#258599	April 1	Th	7:30am-6:00pm
#258600	April 5	M	7:30am-6:00pm
#258601	April 6	T	7:30am-6:00pm
#258602	May 13*	Th	7:30am-6:00pm

Carolina Pines

#258648	Sept 28	M	7:30am-6:00pm
#258649	Oct 23*	F	7:30am-6:00pm
#258650	Nov 3*	T	7:30am-6:00pm
#258651	Nov 25*	W	7:30am-6:00pm
#258652	Dec 21	M	7:30am-6:00pm
#258653	Dec 22	T	7:30am-6:00pm
#258654	Dec 23*	W	7:30am-6:00pm
#258655	Dec 29*	T	7:30am-6:00pm
#258656	Dec 30*	W	7:30am-6:00pm
#258657	Dec 31*	Th	7:30am-6:00pm
#258658	Jan 19	T	7:30am-6:00pm
#258659	Feb 15	M	7:30am-6:00pm
#258660	Feb 16	T	7:30am-6:00pm
#258661	Mar 12	F	7:30am-6:00pm
#258662	Mar 26**	F	7:30am-6:00pm
#258663	Mar 29	M	7:30am-6:00pm

#258664	Mar 30	T	7:30am-6:00pm
#258665	Mar 31	W	7:30am-6:00pm
#258666	April 1	Th	7:30am-6:00pm
#258667	April 5	M	7:30am-6:00pm
#258668	April 6	T	7:30am-6:00pm
#258669	May 13*	Th	7:30am-6:00pm

Chavis

#258670	Sept 28	M	7:30am-6:00pm
#258671	Oct 23*	F	7:30am-6:00pm
#258672	Nov 3*	T	7:30am-6:00pm
#258673	Nov 25*	W	7:30am-6:00pm
#258674	Dec 21	M	7:30am-6:00pm
#258675	Dec 22	T	7:30am-6:00pm
#258676	Dec 23*	W	7:30am-6:00pm
#258677	Dec 29*	T	7:30am-6:00pm
#258678	Dec 30*	W	7:30am-6:00pm
#258679	Dec 31*	Th	7:30am-6:00pm
#258680	Jan 19	T	7:30am-6:00pm
#258681	Feb 15	M	7:30am-6:00pm
#258682	Feb 16	T	7:30am-6:00pm
#258683	Mar 12	F	7:30am-6:00pm
#258684	Mar 26**	F	7:30am-6:00pm
#258685	Mar 29	M	7:30am-6:00pm
#258686	Mar 30	T	7:30am-6:00pm
#258687	Mar 31	W	7:30am-6:00pm
#258688	April 1	Th	7:30am-6:00pm
#258689	April 5	M	7:30am-6:00pm
#258690	April 6	T	7:30am-6:00pm
#258691	May 13*	Th	7:30am-6:00pm

Green Road

#258692	Sept 28	M	7:30am-6:00pm
#258693	Oct 23*	F	7:30am-6:00pm
#258694	Nov 3*	T	7:30am-6:00pm
#258695	Nov 25*	W	7:30am-6:00pm
#258696	Dec 21	M	7:30am-6:00pm
#258697	Dec 22	T	7:30am-6:00pm
#258698	Dec 23*	W	7:30am-6:00pm
#258699	Dec 29*	T	7:30am-6:00pm
#258700	Dec 30*	W	7:30am-6:00pm
#258701	Dec 31*	Th7	:30am-6:00pm
#258702	Jan 19	T	7:30am-6:00pm
#258703	Feb 15	M	7:30am-6:00pm
#258704	Feb 16	T	7:30am-6:00pm
#258705	Mar 12	F	7:30am-6:00pm
#258706	Mar 26**	F	7:30am-6:00pm
#258707	Mar 29	M	7:30am-6:00pm
#258708	Mar 30	T	7:30am-6:00pm
#258709	Mar 31	W	7:30am-6:00pm
#258710	April 1	Th	7:30am-6:00pm
#258711	April 5	M	7:30am-6:00pm
#258712	April 6	T	7:30am-6:00pm
#258713	May 13*	Th	7:30am-6:00pm

Joycee

#258714	Sept 28	M	7:30am-6:00pm
#258715	Oct 23*	F	7:30am-6:00pm
#258716	Nov 3*	T	7:30am-6:00pm
#258717	Nov 25*	W	7:30am-6:00pm
#258718	Dec 21	M	7:30am-6:00pm
#258719	Dec 22	T	7:30am-6:00pm
#258720	Dec 23*	W	7:30am-6:00pm
#258721	Dec 29*	T	7:30am-6:00pm
#258722	Dec 30*	W	7:30am-6:00pm
#258723	Dec 31*	Th	7:30am-6:00pm

#258724	Jan 19	T	7:30am-6:00pm
#258725	Feb 15	M	7:30am-6:00pm
#258726	Feb 16	T	7:30am-6:00pm
#258727	Mar 12	F	7:30am-6:00pm
#258728	Mar 26**	F	7:30am-6:00pm
#258729	Mar 29	M	7:30am-6:00pm
#258730	Mar 30	T	7:30am-6:00pm
#258731	Mar 31	W	7:30am-6:00pm
#258732	April 1	Th	7:30am-6:00pm
#258733	April 5	M	7:30am-6:00pm
#258734	April 6	T	7:30am-6:00pm
#258735	May 13*	Th	7:30am-6:00pm

Lake Lynn

#258736	Sept 28	M	7:30am-6:00pm
#258737	Oct 23*	F	7:30am-6:00pm
#258738	Nov 3*	T	7:30am-6:00pm
#258739	Nov 25*	W	7:30am-6:00pm
#258740	Dec 21	M	7:30am-6:00pm
#258741	Dec 22	T	7:30am-6:00pm
#258742	Dec 23*	W	7:30am-6:00pm
#258743	Dec 29*	T	7:30am-6:00pm
#258744	Dec 30*	W	7:30am-6:00pm
#258745	Dec 31*	Th	7:30am-6:00pm
#258746	Jan 19	T	7:30am-6:00pm
#258747	Feb 15	M	7:30am-6:00pm
#258748	Feb 16	T	7:30am-6:00pm
#258749	Mar 12	F	7:30am-6:00pm
#258750	Mar 26**	F	7:30am-6:00pm
#258751	Mar 29	M	7:30am-6:00pm
#258752	Mar 30	T	7:30am-6:00pm
#258753	Mar 31	W	7:30am-6:00pm
#258754	April 1	Th	7:30am-6:00pm
#258755	April 5	M	7:30am-6:00pm
#258756	April 6	T	7:30am-6:00pm
#258757	May 13*	Th	7:30am-6:00pm

Laurel Hills

#258758	Sept 28	M	7:30am-6:00pm
#258759	Oct 23*	F	7:30am-6:00pm
#258760	Nov 3*	T	7:30am-6:00pm
#258761	Nov 25*	W	7:30am-6:00pm
#258762	Dec 21	M	7:30am-6:00pm
#258763	Dec 22	T	7:30am-6:00pm
#258764	Dec 23*	W	7:30am-6:00pm
#258765	Dec 29*	T	7:30am-6:00pm
#258766	Dec 30*	W	7:30am-6:00pm
#258767	Dec 31*	Th	7:30am-6:00pm
#258768	Jan 19	T	7:30am-6:00pm
#258769	Feb 15	M	7:30am-6:00pm
#258770	Feb 16	T	7:30am-6:00pm
#258771	Mar 12	F	7:30am-6:00pm
#258772	Mar 26**	F	7:30am-6:00pm
#261608	Mar 29	M	7:30am-6:00pm
#258773	Mar 30	T	7:30am-6:00pm
#258774	Mar 31	W	7:30am-6:00pm
#258775	April 1	Th	7:30am-6:00pm
#258776	April 5	M	7:30am-6:00pm
#258777	April 6	T	7:30am-6:00pm
#258778	May 13*	Th	7:30am-6:00pm

* Traditional calendar and year-round calendar
WCPSS students are off.

** Only year-round calendar WCPSS students are off

Teen Service Day

Age: 14yrs. and up. Need to get some volunteer service hours knocked out while you're out of school? Make that experience memorable at Walnut Creek Wetland Park (and we'll even let you sleep late!) Projects may include preparing for events, mulching a trail, killing things (invasive plants, that is), or wading in a creek to collect trash that has washed in. All volunteers must have a signed waiver from a parent. Please bring a lunch, refillable water bottle, and wear clothes that can get wet, messy or torn. Light snacks will be provided.

Walnut Creek Wetland Center

#259391	Sep 28	M	10:00am-1:00pm
#259393	Oct 23	F	10:00am-1:00pm
#259394	Nov 3	Tu	10:00am-1:00pm

Teens Night Out

Age: 13-15 yrs. Come to the Creek and enjoy a night of music, competition, art, gaming and sports. This is a time for you to come and enjoy friends while doing things you enjoy! You will be able to pick your activities and enjoy all or just a few. Instead of sitting at home on social media, come be social!!! Space is limited, so be sure to get registered and don't miss out!

Marsh Creek Park – Course Fee: \$5

#261262	Sep 25	F	7:00-9:00pm
#261263	Oct 30	F	7:00-9:00pm
#261347	Nov 20	F	7:00-9:00pm
#261348	Dec 18	F	7:00-9:00pm

Teen Thrive

Age: 12-15 yrs. Teen Programs is proud to announce Teen Thrive. The purpose of this program is to empower teens to know that this is their year for success. This program will give teens the opportunity to cultivate their personal and educational goals. Teens will be challenged to think critically and improve their decision-making skills through teambuilding activities. Each Teen Thrive day focuses on different topics to help shape their future. Topics may include college tours, career prep, service projects and more!

St. Monica Teen Center – Course Fee: \$25

#261266	Sep 28	M	8:00am-5:00pm
#261267	Nov 3	Tu	8:00am-5:00pm

Adult**Bridge Club**

Age: 18yrs. and up. Join fellow bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$2 per person per meeting.

Tarboro Road Community Center – Course Fee: \$2

#261062	Sep 1-22	Tu	12:30-4:00pm
#261063	Oct 6-Nov 3	Tu	12:30-4:00pm
#261064	Nov 3-24	Tu	12:30-4:00pm
#261065	Dec 1-15	Tu	12:30-4:00pm

Card Game Night for Adults

Age: 18yrs. and up. Age: 18yrs and up. Laugh, learn and play! Enjoy learning new card games or teach a game you know to others. A great way to socialized and exercise the brain.

Tarboro Road Community Center

#261066	Sep 3-Dec 24	Th	6:00-8:00pm
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Checkers At Tarboro Road

Age: All Ages. Join the neighborhood checkers players. Bring a partner or meet a new one. Fun and fellowship for all!

Tarboro Road Community Center

#261067	Sep 11	F	11:00am-4:00pm
#261068	Oct 9	F	11:00am-4:00pm
#261069	Nov 13	F	11:00am-4:00pm
#261070	Dec 11	F	11:00am-4:00pm

Chicago Steppin' (Urban Ballroom)

Age: 18yrs. and up. The Capital City Steppers in partnership with Raleigh Parks and Recreation invite you to 'Look before you Step' by joining us for the partner's dance called Chicago Steppin. Courses will be every Friday at Green Road Community Center, 4201 Green Rd, Raleigh NC 27604. We invite you to come and take part in learning this beautiful partner's dance art form. Participants should be 18 years or older and no partner is required to take the lessons. The Capital City Steppers supported by the United Arts Council of Raleigh and Wake County and The North Carolina Arts Council is a recognized Non-Profit 501(C) organization.

Green Road Community Center – Course Fee: \$7

#258801	Sep 4-Nov 20	F	7:00-8:30pm
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Chicas, Conversation & Coffee Book Club

Age: 18-99 yrs. If you want great conversations and discussion while enjoying a good cup o' Joe, then this book club is for you. Oh, the places we will go! The group will select books on a monthly basis from a list of captivating best sellers. Club will meet every 2nd Saturday of the month.

Lions Park Community Center

#260339	Sep 19	Sa	10:00-11:00am
#260340	Oct 10	Sa	10:00-11:00am
#260341	Nov 14	Sa	10:00-11:00am

Dance With Me: Couples Dance

Age: 18yrs. and up. Participants and their partner will learn an interactive dance. Class will begin with introductions and icebreakers, then couples will learn choreography that require partner roles. Dance style will be Jazz! Classes may include chair choreography and/or heels. We will provide child care for children 6-12 years old. This class is perfect for date night are geared to get people moving around for fun!

Roberts Park Community Center – Course Fee: \$15

#261638	Dec 10	Th	6:30-8:00pm
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Explore North Carolina

Age: 18yrs. and up. Join other cultural enthusiast for day trips to cultural and historic places of interest in the North Carolina area. Trips depart from Top Greene Center around 8 a.m. and usually return by early evening. This trip we are traveling to the historic Pea Island life saving station. Preregistration is required. Suggestions for future trips locations are welcome! Call Top Greene for more information. Participants are responsible for admission fees and lunch.

John P 'Top' Greene Center

#261693	Oct 14	W	8:00am-5:00pm
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German Shepherd Dog Club

Age: 18yrs. and up. The purpose of the German Shepherd Dog Club is to improve the breed through education of club members and the public at large. The club meets the first Wednesday of each month and offers lectures and demonstrations throughout the year. See club president for information on meeting topics and club dues.

Millbrook Exchange Community Center

#260651	Sep 2	W	7:00-9:00pm
#260652	Oct 7	W	7:00-9:00pm
#260653	Nov 4	W	7:00-9:00pm
#260654	Dec 2	W	7:00-9:00pm

Open Ballroom Dance

Age: 18yrs. and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of ballroom music, and you are welcome to bring your own. Feel free to call ahead with any questions about the music. Please make sure to read the scheduled dates below, because the dance does not meet every week.

Pullen Community Center – Course Fee: \$2

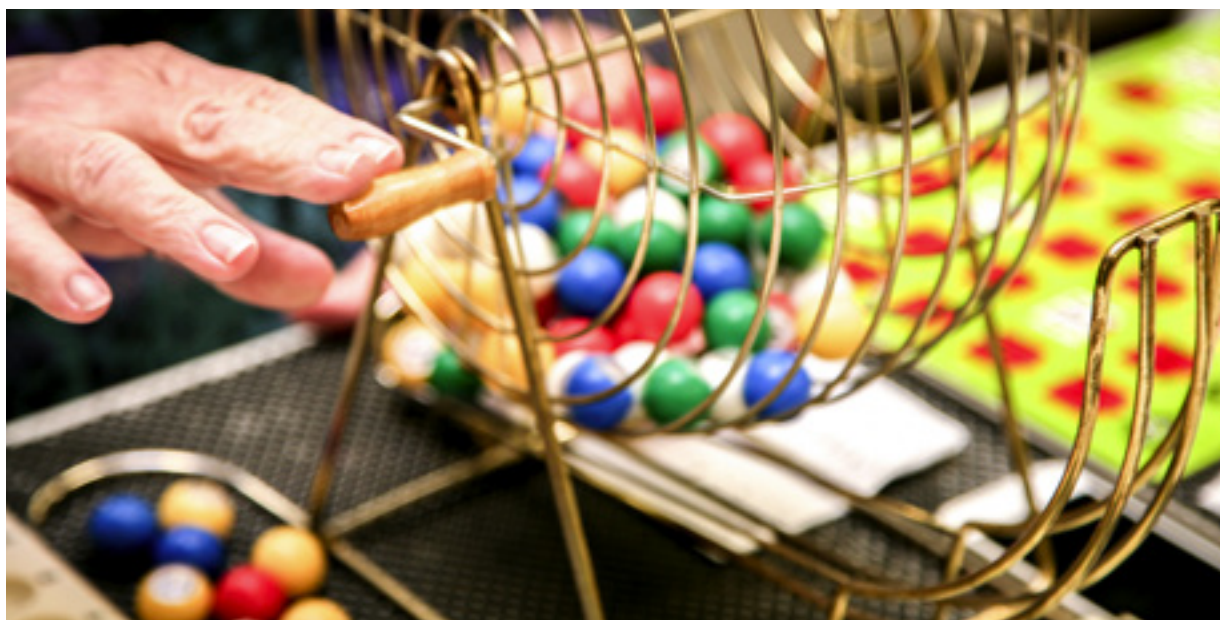
#261483	Sep 4	F	7:00-9:00pm
#261484	Sep 11	F	7:00-9:00pm
#261485	Sep 18	F	7:00-9:00pm
#261486	Sep 25	F	7:00-9:00pm
#261487	Oct 2	F	7:00-9:00pm
#261488	Oct 9	F	7:00-9:00pm
#261489	Oct 16	F	7:00-9:00pm
#261490	Oct 23	F	7:00-9:00pm
#261491	Oct 30	F	7:00-9:00pm
#261492	Nov 6	F	7:00-9:00pm
#261493	Nov 13	F	7:00-9:00pm
#261494	Nov 20	F	7:00-9:00pm

Pickleball End of Year Party and Toy Drive

Age: All Ages. Come join the City of Raleigh and all of your fellow pickleball players for an evening of food, games and laughter. We will be providing pizza and drinks. Admission is free to pickleball pass holders but we are asking for unwrapped toys to be donated for a toy drive hosted by the Raleigh Youth Council. There will be pickleball skills challenges, corn hole, free throw shooting and more!

Lake Lynn Community Center

#259230	Dec 3	Th	6:30-8:00pm
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Pinochle Challenge

Age: 50yrs. and up. Pinochle is a card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. If you do not know how to play, the group will teach you.

Biltmore Hills Community Center

#261633 Sep 4-Dec 18 F 1:00-8:00pm

Raleigh Hemerocallis Club

Age: 16yrs. and up. This club focuses on day lilies: recognizing their different forms and hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's fundraising allows it to have nationally known speakers at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

Powell Drive Park – Course Fee: \$1

#259825 Sep 8 Tu 6:30-9:00pm

Raleigh Zig-Zaggers Square Dance Club

Age: 13yrs. and up. The Zig-Zaggers are a challenge-level square dance group. The group is open to all dancers who have completed the A2 (advanced) level and want to take lessons for the C1 level as listed by Callerlab definition. All members also belong to other square dance clubs in the area offering classes at the basic and advanced levels. If you are interested in becoming a square dancer, the Zig-Zaggers are happy to provide contact information to get you started. Visitors are always welcome, but please call ahead to make sure the class is not canceled. This is a small group and must have eight people to dance.

Powell Drive Park – Course Fee: \$1

#259827 Sep 14-Dec 28 M 7:00-9:00pm

Sertoma Group - North Raleigh Rotary

Age: 18yrs. and up. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch and an informative presentation from a guest speaker. For information, visit www.northraleighrotary.org.

Sertoma Arts Center – Course Fee: \$1

#258388 Sep 2-Dec 30 W 11:30am-2:00pm

Sertoma Group - Sertoma Park Artists

Age: 16yrs. and up. 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 – Course Fee: \$3

#258386 Sep 3-Dec 31 Th 9:00am-12:00pm

Sister Enrichment Club

Age: 18yrs. and up. This program geared towards women, and will feature informative speakers who will uplift, encourage and motivate. The club will also include a Book of the Month. Take a moment for yourself, share social time and meet new friends.

Tarboro Road Community Center

#261115 Sep 7-Dec 28 M 6:30-8:30pm

Sister Share at CP

Age: 18yrs. and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

#260283	Sep 10	Th	6:30-8:00pm
#260284	Sep 24	Th	6:30-8:00pm
#260285	Oct 8	Th	6:30-8:00pm
#260286	Oct 22	Th	6:30-8:00pm
#260287	Nov 12	Th	6:30-8:00pm
#260288	Dec 10	Th	6:30-8:00pm

Senior

Active Adult Line Dancing

Age: 55yrs. and up. Would you like to dance, but don't have a partner? No problem! Line Dancing is a pattern of steps done repeatedly throughout the course of a song which individuals can do WITHOUT a partner. We'll dance to Soul, R&B, Country music PLUS other types. All the steps will be thoroughly explained. You'll develop your inner dancer, gain confidence, & make lifelong friendships in a safe & personal environment. Wear smooth-soled shoes; no experience necessary.

Worthdale Community Center – Course Fee: \$25

#261105 Sep 2-30 W 11:00am-12:00pm

#261114 Oct 7-28 W 11:00am-12:00pm

Bingo

Age: 18yrs. and up. This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All. Cost is \$1 for three cards or 50 cents per card. If Wake County Public Schools are delayed or cancelled due to weather, then Bingo is cancelled for that day.

Green Road Community Center

#258800 Sep 1-Dec 29 Tu 10:00am-1:00pm

Marsh Creek Park

#261216 Sep 3-Dec 10 Th 10:00am-1:00pm

Bingo for Seniors

Age: 55-99 yrs. Calling all bingo lovers! Join us for an exciting morning of bingo with lots of fun and laughs. Bingo classes will have a different theme each month. Classes will meet every 2nd and 4th Wednesday of the month. Senior Bingo at Lions Park Community Center is a great way to socialize with other seniors. Play to win amazing prizes and have coffee and a light brunch with your friends.

Lions Park Community Center – Course Fee: \$5

#260661 Sep 2 W 12:00-1:30pm

Bridge Club - Laurel Hills

Age: 55yrs. and up. Join members of the Laurel Hills Bridge Club as they meet weekly to play bridge in a fun and relaxed atmosphere. New participants are welcome to join us anytime!

Laurel Hills Community Center

#261018 Sep 1-Dec 22 Tu 10:15am-1:00pm

Bridge: Open Play

Age: 18yrs. and up. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Community Center

#261308 Sep 14-Dec 21 M 10:00am-1:00pm

#261309 Sep 2-Dec 30 W 10:00am-1:00pm

Brier Creek Senior Club - Drop In

Age: 55yrs. and up. Join us at Brier Creek for a morning of fun. Adults 55 and older can come together for socializing and game options like bingo, bridge, chess and more!

Brier Creek Community Center - Course Fee: \$2

#259290 Sep 1-Dec 29 Tu 10:15am-12:30pm

Brier Creek Seniors Club

Age: 55yrs. and up. Join us at Brier Creek for a morning of fun. Adults 55 and older can come together for socializing and game options like bingo, bridge, chess and more!

Brier Creek Community Center - Course Fee: \$15

#259283 Sep 1-Dec 29 Tu 10:15am-12:30pm

Golden Age Bingo

Age: 50yrs. and up. If you are 50 years or over and like to play games to win prizes join us for bingo. Bingo is played in a variety of ways. When you have it yell bingo! You will win a great prize.

Tarboro Road Community Center - Course Fee: \$3

#261075 Sep 21 M 11:30am-1:30pm

#261076 Oct 19 M 11:30am-1:30pm

#261077 Nov 16 M 11:30am-1:30pm

#261078 Dec 21 M 11:30am-1:30pm

Greystone Blanketeers

Age: 16yrs. and up. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Linda Seanor 919-413-3548.

Greystone Community Center

#261346 Sep 22-Dec 22 Tu 1:00-4:00pm

Mah Jongg Open Play

Age: All Ages. 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 Community Center

#261336 Sep 14-Dec 21 M 1:30-4:00pm

#261337 Sep 1-Dec 29 Tu 12:00-2:00pm

Mahjong Madness

Age: 18yrs. and up. Mahjong is a 2-4 player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

Green Road Community Center

#258814 Sep 1-Dec 29 Tu 1:00-4:30pm

Senior Club

Age: 50yrs. and up. Come join your neighborhood seniors for fellowship, friendship and fun. This group is for active adults 50 and over who like to travel, socialize, engage in recreational activities and just have a grand time! The Chavis Circle of Friends meets the 4th Wednesdays of every month.

Chavis Community Center

#259349 Sep 23 W 11:00am-1:30pm

#259350 Oct 28 W 11:00am-1:30pm

#259351 Nov 25 W 11:00am-1:30pm

#259352 Dec 26 Sa 2:45pm-8:30pm

Senior Club - Hedingham Hi-Milers Club

Age: 55-150 yrs. This senior club meets on 2nd Tuesday at 10:30 AM at Marsh Creek Community Center, 3050 N. New Hope Rd.

Marsh Creek Park

#261350 Sep 8-Dec 8 Tu 10:00am-12:00pm

Senior Club - Lions Park Senior Club

Age: 55-100 yrs. Join a group of friendly seniors for a grand time. If you like to travel, sing, dine on good food, keep up with the latest social events and have fun come join us. Club meets at Lions Park Community Center 516 Dennis Ave. on the 1st Wednesday of the month at 10:00am

Lions Park Community Center

#260345 Sep 2-Dec 16 W 9:45am-12:00pm

Senior Club - Snappy Seniors

Age: 55yrs. and up. This senior club is for individuals 55 and up. The club meets at Marsh Creek Community Center from 10 a.m. to 11:30 a.m. on the 1st and 3rd Mondays of the month.

Marsh Creek Park

#261227 Sep 7-Dec 7 M 10:00am-12:00pm

Senior Club - Worthdale Walkers

Age: 55yrs. and up. Adults 55 and up come out and enjoy walking, snacks, fellowship, speakers and health/life management sessions. Attend special events and trips throughout the year.

Worthdale Community Center

#259488 Sep 3-24 Th 11:00am-1:00pm

#259489 Oct 1-29 Th 11:00am-1:00pm

#259490 Nov 5-26 Th 11:00am-1:00pm

#259491 Dec 3-31 Th 11:00am-1:00pm

Senior Fridays

Age: 55yrs. and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Community Center

#261338 Sep 4-Dec 18 F 1:00-3:00pm

Senior Gaming Club

Age: 55yrs. and up. Join us at Roberts Park for a morning of fun! Adults 50 and better can come together for socializing and game options like bingo, bridge, chess and more! See you soon!

Roberts Park Community Center - Course Fee: \$4

#261599 Sep 1-29 Tu 11:30am-12:30pm

#261600 Oct 6-27 Tu 11:30am-12:30pm

#261601 Nov 3-24 Tu 11:30am-12:30pm

#261602 Dec 1-29 Tu 11:30am-12:30pm

Family

Apollo Heights Pop-up Market

Age: 1-99 yrs. Come out and see if you can find what you've been looking at our local pop-up market. All vendors are local small business owners wanting to show off their personalized products. We are sure you'll be pleased with your visit. Want Information On How You Can Become A Vendor, Call or Email

Ralph Campbell Community Center

#261874 Sep 12 Sa 12:00-3:00pm

#261875 Oct 10 Sa 12:00-3:00pm

#261876 Nov 14 Sa 12:00-3:00pm

#261877 Dec 19 Sa 12:00-3:00pm

ApolloWeen

Age: All Ages. Be sure to stop by the Ralph Campbell Center on Halloween night as you're making your trick or treat rounds through the city. We always have a Fun, Frightful scene and the BEST goody bags!

Ralph Campbell Community Center

#261792 Oct 31 Sa 6:00-8:00pm

Boo Bash

Age: All Ages. Get your costume ready and come be a part of District 1's Annual Boo Bash! Visit one of our decorated vehicles for some trunk-or-treating, try your hand at some FANGtastic games, take a walk through our Spooky Bus (both scary and non-scary versions are available), and just 'fall' into the fun of everything we have to offer! This event is sponsored by all of the District 1 Boo Crew Community Centers: Abbotts Creek, Brier Creek, Greystone, Lake Lynn, Millbrook and Optimist. Don't miss out on this happy haunting event for the whole family!

Brier Creek Community Center

#258144 Oct 23 F 6:00-8:00pm

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Golden Years Clubs

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the club leader for specific club information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11am
Sept - May: trips, meals, speakers
Susan (919) 624-1603

Chavis Circle of Friends

John Chavis Community Center
Wednesday, 11am
Oct. - May: speakers, cards, meals
Dennis (919) 831-6989

Fellowship Club

West Raleigh Presbyterian
2nd/4th Tuesday, 10am
Sept - May: speakers, meals, trips
Brenda (919) 85105851

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Sept - May: speakers, cards, trips
June - Aug: cards only
Jane (919) 801-0097

First Cosmopolitan Club

First Cosmopolitan Baptist
3rd Wednesday, 1pm
Sept - May: social
Gene (919) 266-1222

First Friday

Five Points Adult Center
1st Friday, 9:30am
Yearly: social, crafts
Joan (919) 803-2266

Go-Getters Club

Creedmoor Rd.
Federal Coastal Credit
2nd/4th Thursday, 10am
Sept - May: trips only
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Yearly: speakers, meals, trips
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Sept - May: speakers, trips
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Sept - May: speakers, meals, trips
Margie (919) 280-4840

Heddingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Aug - June: speakers, meals, trips
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:15am
Sept - May: speakers
James (984) 255-5487

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Sept - May: speakers, meals, trips
Kathy (919) 349-8905

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Sept - June: speakers, meals, cards, trips
Christie (919) 996-4726

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11am
Yearly: speakers, meals, trips
Cletha (919) 847-5988

Pullen Park Club

Pullen Park Comm. Center
Wednesdays, 10am
Yearly: cards
Jane (919) 785-1345

Quail Hollow Club

Millbrook United Methodist
Wednesdays, 9:45am
Sept - May: speakers, meals, cards
Susan (919) 870-0557

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
Wednesday, 12noon
Sept - May: speakers, meals, cards, trips
Kathy (919) 272-4442

St. Joseph Happy Hearts

St. Joseph Catholic Church
1st Tuesday, 12pm
Sept - May: speakers, meals, trips
Liz (919) 872-2917

Smiling Age Club

Billmore Hills Community Center
Tuesdays, 10am
Sept - May: speakers, trips
Mary (919) 755-1086

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Sept - May: speakers, meals
Nancy (804) 921-5465

Tarboro Road Movers and Shakers

Tarboro Road Comm Center
1st/3rd Monday, 11am
Sept - May: speakers, meals, trips
Chris/Sherri (919) 996-6505

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Sept - May: speakers, meals, trips
Mary Alice (919) 832-4485

Touch of Love

St. Mathew Baptist Church
Wed after the 2nd/4th Sun
10:30am
Sept - June: speakers, meals, trips
Dee (919) 630-0320

Trailblazers

Mt. Pleasant Baptist Church
2nd Tuesday 11:00 am
Yearly: speakers, meals
Deanna (919) 830-0975

Trinity JOY Club

Open Table UMC
3rd Tuesday, 11am
Aug - May: speakers, meals, trips
Jeanette (919) 872-6561

Wakefield Villagers Club

Villages of Wakefield
1st & 3rd Tuesday, 9:30am
Yearly: speakers, meals, cards, trips
Margaret (919) 556-9541

Watts Seniors

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30am
Sept - June: social, speakers
Gaynelle (919) 851-0869

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Sept - May: social
Carletta (919) 996-2730

Visually Impaired People of Wake

Pullen Community Center
2nd Tuesday, 10:30am
Yearly: social, speakers, bingo, trips
Carl (718) 598-7366

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Yearly: speakers, meals, trips
Brenda (919) 834-8170
Revised Aug. 2019

This information is not to be used for solicitation purposes.

Busker Series

Age: 1-99 yrs. Enjoy a curated selection of Raleigh's buskers every Monday, Wednesday, & Friday from 11am-2pm. (Weather permitting)
Moore Square

#260535 Aug 3-Nov 13 M, W, F 11:00am-2:00pm

Campbell Movie Night

Age: All Ages. Lets chill inside and watch a nice family movie together. Staff will be on site to help facilitate and monitor the activities.

Ralph Campbell Community Center

#261817 Sep 4 F 6:00-7:45pm
 #261827 Oct 2 F 6:00-7:45pm
 #261829 Nov 6 F 6:00-7:45pm
 #261831 Dec 4 F 6:00 PM-7:45pm

Fall Carnival

Age: 1-10 yrs. Experience lots of scary fun with games, prizes and treats! Wear a costume, and be sure to bring an adult to share the fun. Admission is free.

Carolina Pines Community Center

#260264 Oct 26 M 6:30-8:00pm

Fall Festival

Age: 1-12 yrs. Celebrate the fall season! Join us for a fun-filled evening of games, activities, etc. Prizes, candy and light refreshments will be available. Admission is free.

Chavis Community Center

#259342 Oct 22 Th 6:30-8:00pm

Family Night at the Movies

Age: 5yrs. and up. We've got the movie n you bring the kids, parents or friends! Join us the last Friday of each month at Sanderford Road Center. Preregistration is required.

Sanderford Road Park

#261564 Oct 2 F 6:00-8:00pm

FANG-tastic Halloween Drop In at Powell Drive Park

Age: 2-11 yrs. Bring your little pumpkins and young ghouls to our Halloween drop-in and get caught up in our web of goodies and games! Come as you are, hang around for a spell, vamp it up with activities and make no bones about it. You are sure to have a booo-tiful Halloween.

Powell Drive Park

#259812 Oct 31 Sa 5:30-7:00pm

Game On!

Age: 1 mths - 99 yrs. Come out to play our selection of games on Moore Square's beautiful lawn. Oversized Jenga, chess and connect four, cornhole, KanJam and Yard Yahtzee will be available for free play. Board and card games are also available! Free - No Registration Required!

Moore Square

#260543 Aug 4-Feb 25 Tu, Th 10:00am -2:00pm

Gingerbread Show Down

Age: All Ages. Candy! Frosting! Imagination! Celebrate the season by designing your very own gingerbread house using graham crackers, frosting and of course, CANDY! Bring your family and compete with other families for a chance to be crowned the Supreme Gingerbread Jam.

Greystone Community Center – Course Fee: \$20

#261869 Dec 19 Sa 10:30am-12:00pm

Haunted Halloween

Age: All Ages. Witches and goblins, spooks and spiders, join us for the spookiest night of the year.

Peach Road

#259417 Oct 30 F 6:30-8:00pm

Hidden Gems of North Raleigh

Age: All Ages. Below is a list of facilitated drop-in programs happening at participating North Raleigh parks between September 24-30, 2020. Any program with an asterisk by the event requires pre-registration. Please note that not all North Raleigh parks will have facilitated programming. Please read dates, times, and locations carefully. Be sure to call individual Community Centers with questions.

Abbotts Creek Community Center**Family Trivia Competition**

#260609 Sep 30 W 6:00-8:00pm

Craft on the Playground*

#260613 Sep 25 F 9:30-11:30am

Brier Creek Community Center**Fitness Circuit Trail**

#260612 Sep 29 Tu 10:00am-7:00pm

Eastgate Park**Fishing at Coopers Pond**

#260616 Sep 25 F 4:00-6:00pm

Greystone Community Center**Rock the Wall Climbing Challenge**

#260615 Sep 24 Th 10:00am-12:00pm

Lake Lynn Community Center**TACO Tuesday**

#260614 Sep 29 Tu 6:00-7:30pm

Millbrook Exchange Community Center**Wiffleball Sports**

#260617 Sep 28 M 10:00am-12:00pm

North Hills Park**Pop Up Event**

#260618 Sep 30 W 2:00-4:00pm

Optimist Community Center**NUTS about Optimist Park**

#260610 Sep 24 Th 11:30am-1:30pm

Strickland Road Neighborhood Park**Nature Walk and Sand Castle Building**

#260611 Sep 28 M 10:00-11:30am

Line Dance

Age: 16yrs. and up. You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions. Cost per class is \$5.

Tarboro Road Community Center – Course Fee: \$5

#261079	Sep 1	Tu	6:30-7:30pm
#261080	Sep 15	Tu	6:30-7:30pm
#261081	Sep 22	Tu	6:30-7:30pm
#261082	Oct 6	Tu	6:30-7:30pm
#261083	Oct 20	Tu	6:30-7:30pm
#261084	Oct 27	Tu	6:30-7:30pm
#261085	Nov 3	Tu	6:30-7:30pm
#261086	Nov 17	Tu	6:30-7:30pm
#261087	Nov 24	Tu	6:30-7:30pm
#261088	Dec 1	Tu	6:30-7:30pm
#261089	Dec 15	Tu	6:30-7:30pm
#261090	Dec 22	Tu	6:30-7:30pm

Marvelous Family Movie Night

Age: 4-99 yrs. Join us at Roberts Park for a Family Movie Night. We will be showing action packed Marvel Superhero movies. Please feel free to wear your favorite super hero gear. Kids will be allowed to take a selfie with a Superhero. For more information on movie please contact Roberts Park the week before. Friends, family and light refreshments, popcorn is the recipe for a good time. See you soon!

Roberts Park Community Center – Course Fee: \$5

#261615 Oct 16 F 6:30-8:30pm
 #261616 Nov 6 F 6:00-8:30pm

Movie Thursday at Top Greene

Age: 15yrs. and up. Do you enjoy movie classics, Westerns, romance, suspense or box office hits? Come enjoy popcorn while you watch a movie with your friends!

John P 'Top' Greene Center

#261704 Sep 17 Th 5:30-8:00pm
 #261705 Oct 22 Th 6:30-8:00pm
 #261706 Nov 19 Th 6:30-8:00pm

Parents VS Kids Game Night

Age: 6yrs. and up. Show the kids you can play games to! Sign up for Parents VS Kids Game Night. Two full hours of nothing but games and snacks. Families can go from room to room and engaged in multiple different games. Rooms includes Electronics Games, Board Games, and Active Games.

Roberts Park Community Center – Course Fee: \$3

#261637 Dec 4 F 6:00-8:00pm

Polar Express Family Festivities

Age: All Ages. Join us for a chilly festive family night as we venture to the snowy North Pole aboard the Polar Express. All train riders are welcome to wear their favorite PJs as we enjoy the Polar Express movie and an intermission filled with, hot cocoa, popcorn, pizza and more. All riders must present their ticket to board. ALL ABOARD!!

Greystone Community Center – Course Fee: \$5

#261873 Dec 4 F 5:30-8:00pm

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Pumpkin Palooza

Age: All Ages. Come and join us for an evening of family fun and creativity as we ring in the fall season! We will decorate pumpkins and enjoy tasty treats to inspire the most outrageous designs and creations.

Greystone Community Center – Course Fee: \$12
#261741 Sep 18 F 6:00-7:30pm

Pumpkinfest

Age: All Ages. Celebrate fall and pumpkins at our annual event. Pumpkins will come alive through your favorite carnival games, crafts, and more. Wear comfortable shoes and be ready for fun! Parents must stay to supervise children.

Barwell Road Community Center
#260172 Oct 16 F 6:30-8:30pm

Sanderford Road Trunk or Treat

Age: All Ages. Come show off your best costume at Sanderford Road! We will be passing out prizes and candy! Get ready to have a howling good time!

Sanderford Road Park
#261577 Nov 5 Th 6:00-8:00pm

Snacks with Santa

Age: 1-12 yrs. Join us for fun activities and snacks with Santa Claus. We'll have holiday games, arts and craft activities and story time with Santa! Bring your camera to capture a photo with the man in red! Please bring two nonperishable food items for this event.

Chavis Community Center
#259353 Dec 12 Sa 10:00am-12:00pm

Taco Tuesday

Age: All Ages. As part of Take a Child Outside (TACO) Week we will be hosting a fun filled evening of outdoor activities, a scavenger hunt and of course TACOS! Come play games on the back lawn, take a stroll around the lake and enjoy a family picnic. We will have a food truck on site selling tacos. This is a free event and will be held rain or shine.

Lake Lynn Community Center
#259517 Sep 29 Tu 6:00-7:30pm

Tiana's Daddy Daughter Tea Party

Age: 5-15 yrs. Dad's Enjoy a night of fairy dust, sparkling crowns, enchanted wands with your beautiful Daughters. Dads and Daughters get the opportunity to dress in their most elegant attire for magical night in the bayou of Roberts Park. Join Princess Tiana for some delicious snacks, tea, singing, dancing, princess training, story time, crafts, and a selfie with Tiana.

Roberts Park Community Center – Course Fee: \$15
#261805 Sep 18 F 6:00-8:00pm

Toys for Tots

Age: All Ages. Toys for Tots Registration Day. Register children, newborns to 13 years old to receive a toy for Christmas. Registration is one day only. Space is limited. You must register in person.

Hill Street Center Registration
#259278 Nov 18 W 5:00-7:00pm
#259279 Dec 19 Sa 1:30-3:30pm

Tree Trimming

Age: All Ages. Help us deck our halls for the holidays. Create ornaments to help us trim our tree or make your own ornaments to take home. Listen to Holiday music and enjoy cookies and hot chocolate.

Peach Road
#259420 Dec 3 Th 5:00-6:30pm

Worthdale Fall Festival

Age: 1-12 yrs. Bring the family and come celebrate fall at Worthdale Community Center. Activities include carnival games, arts and crafts, door prizes and refreshments.

Worthdale Community Center
#261312 Oct 9 F 6:00-8:00pm



Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services
919.996.2147
SRIS@raleighnc.gov

Program Director
Nikki Speer-Raleigh
nikki.speer@raleighnc.gov

Inclusion Manager
Shayle Wigger
shayle.wigger@raleighnc.gov

Program Manager
Christen Winstead
christen.winstead@raleighnc.gov

Assistant Program Managers
Olivia Atkinson
olivia.atkinson@raleighnc.gov

Taylor Shuler
taylor.shuler@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

Age: 8yrs. and up. Abilities Tennis of North Carolina is a local nonprofit 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. For more information, please call 919-996-2147 or email SRIS@raleighnc.gov.

Millbrook Tennis Center

Beginner Session

#259170 Sep 12-Oct 31 Sa 2:00-3:00pm

Advanced Session

#259169 Sep 12-Oct 31 Sa 3:30-5:00pm

Art Time

Age: 16yrs. and up. Join us to create some unique, one-of-a-kind art on the fourth Monday of the month! Each class will focus on a different theme, and various types of materials will be used. Materials will be provided. An instructor will be available to facilitate and assist participants at a ratio of 1:5. Individuals requiring a higher level of support may attend with a personal assistant. For more information, please call 919-996-2147.

Pullen Community Center – Course Fee: \$24

#260695 Sep 28 M 6:30-8:00pm

#260696 Oct 26 M 6:30-8:00pm

#260697 Nov 30 M 6:30-8:00pm

#260698 Dec 14 M 6:30-8:00pm

Bingo Night

Age: 18yrs. and up. Join us the second Wednesday of the month for a fun-filled night of bingo! There will be prizes and time with friends. A program instructor will be available to facilitate and assist all participants. No one-on-one assistance will be provided. Individuals requiring a higher level of support may attend with a personal assistant. Pre-registration is preferred. For more information, please call 919-996-2147.

Chavis Community Center – Course Fee: \$10

#260699 Sep 9 W 6:00-8:00pm

#260700 Oct 14 W 6:00-8:00pm

#260701 Nov 4 W 6:00-8:00pm

#260702 Dec 9 W 6:00-8:00pm

Cooking - Kitchen Cheers

Age: 16yrs. and up. This program is designed to meet the needs of teens and adults with developmental or physical disabilities. We will teach the basics of menu planning, kitchen safety and personal hygiene, how to read a recipe and basic kitchen skills needed to prepare various dishes. Please notify us of any food allergy or dietary restriction at the time of registration. Participants must be able to follow simple instructions and step-by-step directions. No one-on-one assistance is provided. Individuals requiring a higher level of assistance should attend with an approved personal assistant. For more information, please call 919-996-2147.

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Marsh Creek Park**October** – Course Fee: \$60

#260896 Oct 8-29 Th 6:00-8:00p

December – Course Fee: \$45

#260897 Dec 3-17 Th 6:00-8:00pm

Friendly Track Out

Friendly Track Out is designed to meet the needs of students with developmental disabilities who attend school on Track 4. The program is offered at Lake Lynn Community Center and Marsh Creek Community Center. Each week features structured recreation, leisure and social activities specifically for these students, in addition to field trips and inclusive activities with participants in the Track Out X-Press program. Participants must be able to participate successfully within a 1:3 ratio of staff to participants. Students who require more assistance or supervision may attend with a personal assistant. Behavior: staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate program behavior, without presenting a safety concern to themselves, other campers or staff. 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 participant 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, and in the community on field trips. Toileting and Personal Care: staff will provide verbal and visual prompting, assist camper with pull-up/diaper and/or clothing. Participant should be able to clean/wipe themselves with minimal assistance from staff. Registration for each break will close 1 month in advance. Additional forms and either a phone or live interview are required to complete the registration process. The interview is now part of the registration process to ensure that your participant is appropriately registered, so they can be the most successful in the program. This interview not only allows us to get to know the participant better but also provides a forum where we can answer any of your more specific questions. If at this interview, it is determined that Friendly Track Out is not appropriate for your participant, we will grant a full refund for the weeks in which they are registered. Please contact Specialized Recreation and Inclusion Services at 919-996-2147.

Specialized Recreation Social Programs

The following programs are designed for individuals with various disabilities, who are interested in travel, social events, and/or seasonal outings. Online registration may not be available for some outings. For more information, or to receive a bi-monthly newsletter, please call 919-996-2147.

Specialized Recreation Annual Outings & Trips

Age: 15 yrs. and up. Specialized Recreation & Inclusion Services offers annual outings for individuals with developmental and/or physical disabilities, blind or low vision, and deaf and/or hard of hearing participants. Activities range from local outings, to day and/or overnight trips, and are generally planned on a 4 participant to 1 chaperone ratio - some other requirements may apply. For more information on upcoming outings, please call 919-996-2147.

Non-City Owned Site

September: NC Zoo Outing**October:** NC State Fair Day/Night Outing**November:** Holiday Lights Outing**December:** Holiday Theater Outing

Specialized Recreation Social Events

Age: 14yrs. and up. Specialized Recreation & Inclusion Services hosts monthly social events, from dances to themed parties, you don't want to miss it! We will provide volunteer chaperones, music, refreshments, lots of friends and plenty of fun! Participants who need higher support, supervision or assistance are welcome to attend with a chaperone or personal assistant. These chaperones or personal assistants will attend for free but will still be required to fill out a registration form. Pre-registration may be required, call ahead for more information at 919-996-2147.

Non-City Owned Site – Course Fee: \$5**September:** TDSN Dance**October:** RYC Dance**November:** Glow Dance**December:** Holiday Dinner & Dance

HIP Silent Supper

Age: All Ages. Silent Suppers are held the 3rd Tuesday of each month. All are welcome. This program is designed for individuals who are deaf or hard of hearing and their family members. It provides an opportunity for beginner and advanced signers to socialize in a fun and relaxed setting. Preregistration is encouraged but not required. All attendees must sign in with staff upon arrival. For more information, please contact us at 919-996-2147.

Cary Towne Center

#260749 Sep 15 Tu 6:00-9:00pm

#260751 Nov 17 Tu 6:00-9:00pm

Crabtree Valley Mall

#260750 Oct 20 Tu 6:00-9:00pm

#260752 Dec 15 Tu 6:00-9:00pm

Inclusive Open Gym Basketball

Age: 18-99 yrs. We want to welcome YOU to come to our open gym program. This open gym experience will be a welcoming inclusive environment for ages 18 and up. Bring your friends and we will be ready to welcome you with a friendly accommodating environment to play basketball. When you leave, you will be ready to come back!

Jaycee Community Center

#260722 Sep 3-Dec 31 Th 10:00am-12:00pm

Next Step

Age: 17yrs. and up. Graduation is over. For many, Social Security, Medicaid, guardianship and other services are in place for an adult child with disabilities. Now what? Moving away from home is often the next step! Join this group as guest speakers from the community help us: (1) examine residential options in the Triangle area and (2) explore ways we can continue to be involved to enhance our adult child's life after the move into a new home. Meetings are 9:30-11:00 a.m. every third Saturday of the month at Millbrook Exchange Community Center, 1905 Spring Forest Road. Meetings are free, and light refreshments will be available. No reservations are necessary. For more information, contact Dave Curro at davecurro11@gmail.com.

Millbrook Exchange Community Center

#260745 Sep 19 Sa 9:00am-11:30am

#260746 Oct 17 Sa 9:00am-11:30am

#260747 Nov 21 Sa 9:00am-11:30am

#260748 Dec 19 Sa 9:00am-11:30am

Open Mic Night

Age: 18yrs. and up. 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. If performers require a higher level of support, assistants are welcome to attend. Preregistration is preferred. For more information, please call 919-996-2147.

Chavis Community Center

#260703	Sep 18	F	6:00-8:30pm
#260704	Oct 16	F	6:00-8:30pm
#260705	Nov 20	F	6:00-8:30pm
#260706	Dec 18	F	6:00-8:30pm

Quest Adult Day Program

Age: 22-99 yrs. This program is designed for participants with developmental and/or physical disabilities who are interested in daytime recreation, healthy living and community engagement. Participants must be able to work in a small group setting, 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. Personal assistants must complete additional paperwork and a background check before attending. Registration and additional participant information forms are required at least two weeks before each monthly program start date. For more information, please call 919-996-2147.

Five Points Center for Active Adults – Course Fee: \$125

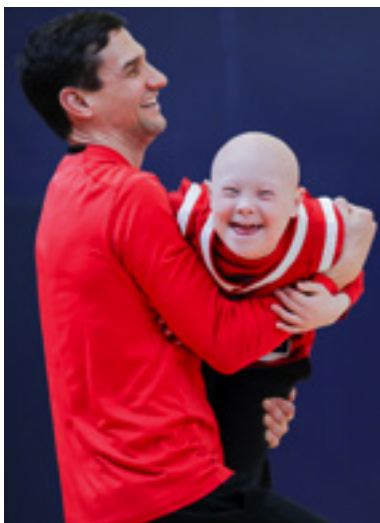
#260707	Sep 1-29	Tu	9:15am-2:15pm
#260708	Oct 6-27	Tu	9:15am-2:15pm
#260709	Nov 3-17	Tu	9:15am-2:15pm
#260710	Dec 1-15	Tu	9:15am-2:15pm

Millbrook Exchange Community Center – Course Fee: \$125

#260711	Sep 3-24	Th	9:15am-2:15pm
#260712	Oct 1-29	Th	9:15am-2:15pm
#260713	Nov 5-19	Th	9:15am-2:15pm
#260714	Dec 3-17	Th	9:15am-2:15pm

Raleigh Sidewinders Quad Rugby

Age: All Ages. 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.

Barwell Road Community Center

Recreational Bowling

Age: 6yrs. and up. This bowling program provides a fun and exciting place for youth and adults with developmental and/or physical disabilities to participate in bowling. This is a recreational program and does not provide instruction. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability and style of bowling. Cost includes 20 games of bowling and shoe rental. This program will be facilitated on a 1 to 10 staff to participant ratio. Individuals needing additional assistance are welcome to bring a personal assistant. For more information, please call 919-996-2147. Course Fee: \$65

AMF Pleasant Valley

#260715 Sep 12-Nov 14 Sa 10:00am-12:00pm

AMF South Hills

#260716 Sep 12-Nov 14 Sa 10:00am-12:00pm

SRIS Art Exploration

Age: 16yrs. and up. Join us on the second Monday of the month to engage in a fun art experience. Each class will be unique and will incorporate various art strategies and materials. An instructor will be available to facilitate and assist participants at a 1:6 ratio. Individuals requiring a higher level of support may attend with a personal assistant. For more information, please call 919-996-2147.

Sertoma Arts Center – Course Fee \$26

#261027	Sep 14	M	6:30-8:00pm
#261031	Oct 12	M	6:30-8:00pm
#261033	Nov 9	M	6:30-8:00pm
#261034	Dec 14	M	6:30-8:00pm

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. To receive more information on Special Olympics Wake County sport opportunities, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

Team PRIDE: Junior Wheelchair Basketball

Age: 6-20 yrs. This program is a collaboration of Bridge II Sports and the Raleigh Parks, Recreation and Cultural Resources Department and is designed for youth with a physical disability. We have two divisions: Prep and JV. Team PRIDE has weekly practices from late August thru March. In practices, we work on sports skills, building confidence, goal-setting and independence. The team travels for tournaments in and out of state. If you are interested in participating or learning more, please visit www.bridge2sports.org or call 866-880-2742.

Laurel Hills Community Center

Triangle Taiko

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

Age: All Ages. 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 696-2811 or visit www.trianglethunder.org.

Barwell Road Community Center

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Visually Impaired Programs

The following programs, noted as VIP, are designed for individuals who are blind or who have vision impairment. Visually Impaired programs are not currently available for online registration. To receive our bi-monthly Newsletter, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

VIP Bingo

Age: 14yrs. and up. Join us, the fourth Wednesday of the month, for an evening of fellowship, fun and bingo. Braille and large print cards are available. There will be no food or drink provided. Participants are welcome to bring or order food to be delivered to the program location. Food, delivery and eating should not interrupt the program. For more information, please call 919-996-2147.

Chavis Community Center – Course Fee: \$4

#259165	Sep 30	W	7:00-8:45pm
#259166	Oct 28	W	7:00-8:45pm
#259167	Nov 18	W	7:00-8:45pm
#259168	Dec 16	W	7:00-8:45pm

VIP Darts

Age: 18yrs. and up. Come enjoy a competitive evening playing darts. You must register for the entire month in order to participate. Weekly registration is not available. This program is designed for individuals with visual impairments. For more information, please call 919-996-2147.

Five Points Center for Active Adults

#260717	Sep 14-28	M	6:30-8:15pm
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Course Fee: \$16

#260718	Oct 5-26	M	6:30-8:15pm
#260719	Nov 2-30	M	6:30-8:15pm

Course Fee: \$8

#260720	Dec 7-14	M	6:30-8:15pm
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VIP Fun Bowl

Age: 18yrs. and up. This program is designed for participants with visual impairments. Come out and bowl! Participants must be able to carry balls to and from the lane, and bowl unassisted. No instruction or one-on-one assistance will be provided. Pin spotters will be provided, and guide rails are available. A fee of \$1 cash per game is paid directly to the bowling alley each day. Program is held at Buffalo Lanes North. All participants must register in advance for each month. Weekly registration is not available. For more information, please call 919-996-2147.

Non-City Owned Site

September – Course Fee: \$5

#260843	Sep 2-30	W	12:30-2:30pm
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October – Course Fee: \$4

#260844	Oct 7-28	W	12:30-2:30pm
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November – Course Fee: \$2

#260845	Nov 4, 18	W	12:30-2:30pm
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December – Course Fee: \$3

#260846	Dec 2-16	W	12:30-2:30pm
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VIP Outlaw Bowling

Age: 18yrs. and up. 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. PRCR Participant Emergency Contact Forms will be required for each bowler. Transportation is available for registered bowlers. Contact Sharon Benton, League President, at (919) 755-0700 for league information and transportation needs.

VIP Trivia

Age: 18yrs. and up. This program is designed for participants with visual impairments. Enjoy an evening playing competitive trivia on the third Thursday of each month. Participants must be able to meet at trivia location. Transportation home is offered within Raleigh city limits. Pre-registration is required. For more information, please call 919-996-2147.

Non-City Owned Site – Course Fee: \$4

#260867	Sep 17	Th	6:00-8:30pm
#260868	Oct 15	Th	6:00-8:30pm
#260869	Nov 19	Th	6:00-8:30pm
#260870	Dec 17	Th	6:00-8:30pm

Sports



Preschool

All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

Lake Lynn Community Center – Course Fee: \$27
#259632 Nov 7-21 Sa 9:15-10:00am
Course Fee: \$36

#259628 Sep 1-22 Tu 10:30-11:15am
#259629 Sep 3-24 Th 4:15-5:00pm
#259630 Oct 8-29 Th 5:15-6:00pm
#259631 Nov 3-24 Tu 9:30-10:15am
#259633 Dec 1-22 Tu 10:30-11:15am

Laurel Hills Community Center – Course Fee: \$27
#261364 Nov 7-21 Sa 11:00-11:45am
Marsh Creek Park – Course Fee: \$36

#261212 Oct 7-28 W 9:30am-10:15pm
#261213 Dec 2-23 W 9:30am-10:15pm

Optimist Community Center – Course Fee: \$36
#261349 Sep 9-30 W 5:00-5:45pm
#261355 Sep 14-Oct 5 M 5:00-5:45pm

Baseball - Little Sluggers

Age: 3-5 yrs. This class, an introduction to skills development, teaches the basics of baseball, including fielding, hitting, throwing and catching. The class will help develop

your child's hand-eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

Lake Lynn Community Center – Course Fee: \$36
Lake Lynn
#259634 Sep 29-Oct 20 Tu 10:30am-11:15pm

Basketball - Little Shooters

Age: 3-5 yrs. This is a skills, drills and play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding, noncompetitive sports experience. This gym does not have air conditioning.

Green Road Community Center – Course Fee: \$36
#258793 Sep 8-29 Tu 6:00-6:45pm
#258794 Oct 6-27 Tu 6:00-6:45pm
#258795 Nov 3-24 Tu 6:00-6:45pm

Lake Lynn Community Center – Course Fee: \$36
#259635 Sep 3-24 Th 5:15-6:00pm
#259636 Sep 12-Oct 3 Sa 9:15-10:00am
#259637 Nov 3-24 Tu 10:30-11:15am

Laurel Hills Community Center – Course Fee: \$27
#261552 Sep 12-26 Sa 10:15-11:00am
#261576 Sep 12-26 Sa 11:15am-12:00pm

Optimist Community Center – Course Fee: \$36
#261368 Sep 3-24 Th 5:00-5:45pm
#261369 Nov 16-Dec 7 M 5:00-5:45pm

Basketball - Twos Sport Zone

Age: 2-2 yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy tiny hoop games, touch-n-go dribbling, catch, pass and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K. This gym does not have air conditioning.

Laurel Hills Community Center – Course Fee: \$27
#261497 Sep 5-19 Sa 9:30-10:00am
#261498 Nov 7-21 Sa 10:15-10:45am

Football - Little Tacklers

Age: 3-5 yrs. Hut one, hut two ... hike! This class is an introduction in skills development that teaches the basics of football, including passing, kicking, catching and running. The class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork! Emphasis will be on safe play. Touchdown!

Lake Lynn Community Center – Course Fee: \$36
#259627 Sep 29-Oct 20 Tu 9:30-10:15am
Laurel Hills Community Center – Course Fee: \$36
#261585 Nov 7-21 Sa 12:15-1:00pm

Futsal Junior

Age: 3-4 yrs. Bring the little ones inside to play fun pick-up games with friends and meet people with a shared passion for futsal. The game of quick-paced indoor soccer will be played on a smaller basketball-style court with walls and a smaller, low-bouncing ball. Space, goals, futsal ball and chairs for parents provided. Participants must be accompanied and supervised by an adult. Onsite registration is required.

Ralph Campbell Community Center
#261870 Sep 5-Dec 19 Sa 2:00-4:00pm

Intro to Sports for Toddlers

Age: 3-5 yrs. Calling all toddlers that like to have fun! Join us at Roberts Park for a Toddler Introduction to Sports! Participants will explore sports including basketball, soccer, t-ball and hockey. A new sport will be introduced each class. Participants will take home a reward for participation. See you at Roberts!

Roberts Park Community Center – Course Fee: \$20
#261889 Oct 29-Nov 19 Th 11:00-11:45am

smALL-Stars - Soccer

Age: 3-5 yrs. Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship and teamwork. Students may move up to the advanced level of smALL-Stars Soccer with Instructor approval.

Abbotts Creek Community Center – Course Fee: \$40
#258197 Sep 1-22 Tu 4:45-5:30pm
#258198 Oct 6-27 Tu 4:45-5:30pm
#258199 Nov 3-24 Tu 4:45-5:30pm
#258200 Dec 1-22 Tu 4:45-5:30pm

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Soccer - Little Kickers

Age: 3-5 yrs. This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Lake Lynn Community Center – Course Fee: \$27

#259625 Nov 7-21 Sa 10:15-11:00am
Course Fee: \$36

#259622 Sep 1-22 Tu 9:30-10:15am

#259623 Sep 12-Oct 3 Sa 10:15-11:00am

#259624 Oct 8-29 Th 4:15-5:00pm

#259626 Dec 1-22 Tu 9:30-10:15am

Laurel Hills Community Center – Course Fee: \$36

#261371 Oct 3-24 Sa 10:15-11:00am

#261573 Oct 3-24 Sa 11:15am-12:00pm

Optimist Community Center – Course Fee: \$36

#261370 Sep 8-29 Tu 5:00-5:45pm

Soccer - Twos Sport Zone

Age: 2-2 yrs. Parent and child come off the sidelines and get into the game, learning soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$27

#261513 Nov 7-21 Sa 9:30-10:00am

Course Fee: \$36

#261512 Oct 3-24 Sa 9:30-10:00am

Youth**All Girls-All Stars**

Age: 6-9 yrs. This all girl atmosphere will allow your athlete to be introduced to a variety of sports! Participants will be introduced to the fundamentals of a different sport each week, such as baseball, soccer, basketball, football, hockey, lacrosse and others. Participants will also practice balancing, catching, agility, aiming, motor skills and much more. Give your girl the confidence and leadership she needs to Play Like a Girl!

Laurel Hills Community Center – Course Fee: \$27

#260985 Sep 14-28 M 5:00-5:45pm

Course Fee: \$36

#260984 Oct 5-26 M 5:00-5:45pm

Ballin' Basics Level 2

Age: 9-15 yrs. Participants will enhance their basketball skills during each session to prepare for league play. Players will work on defense, offense, position play, good sportsmanship and teamwork. Be sure to wear comfortable clothes and sneakers.

Worthdale Community Center – Course Fee: \$25

#260342 Sep 7-30 M, W 7:15-8:15pm

#260343 Oct 5-28 M, W 7:15-8:15pm

Ballin' Basics Level 1

Age: 5-12 yrs. This is an opportunity for beginners that are just starting to play basketball. Enjoy learning the fundamentals of basketball and being a team player. During each session participants will learn basic skills such as dribbling, passing, defense and shooting.

Worthdale Community Center – Course Fee: \$25

#260354 Oct 1-29 Th, Tu 6:00-7:00pm

#260355 Sep 1-29 Tu, Th 6:00-7:00pm

Basketball - Drills & Skills Clinic

Age: 8-15 yrs. This fun and instructional clinic is designed to focus on a player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork. Instructor: Daron Gibson, former college basketball player.

Brier Creek Community Center – Course Fee: \$40

#259271 Sep 10-Oct 1 Th 6:30-7:30pm

#259272 Oct 8-29 Th 6:30-7:30pm

Basketball - Shooters

Age: 6-9 yrs. This skills development sports program teaches the basics of basketball, including passing, dribbling and shooting. The program helps develop good hand-eye coordination as well as listening skills and good sportsmanship. This gym does not have air conditioning.

Laurel Hills Community Center – Course Fee: \$27

#261586 Sep 12-26 Sa 12:15-1:00pm

Basketball - Skill Development and Training Clinic

Age: 10-14 yrs. This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will have the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

Green Road Community Center – Course Fee: \$45

#258796 Sep 12-Oct 3 Sa 12:00-1:30pm

#258797 Oct 10-31 Sa 12:00-1:30pm

Basketball Skills for Beginners

Age: 6-9 yrs. Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Learn the basic techniques of dribbling, shooting and passing along with other drills for ball control. Be prepared to sweat, learn and have a good time!

Green Road Community Center – Course Fee: \$40

#258798 Sep 12-Oct 3 Sa 10:15-11:00am

#258799 Oct 10-31 Sa 10:15-11:00am

Lake Lynn Community Center – Course Fee: \$40

#259645 Sep 3-24 Th 6:15-7:00pm

#259646 Oct 8-29 Th 6:15-7:00pm

Cheerleading - Campbell Cheer Club with Coach 'A'

Age: 7-15 yrs. Coach Alexis will be teaching cheerleading skills and promoting physical fitness, coordination, confidence and fun! Participants will cheer during city wide basketball games held at Carolina Pines Community Center.

Carolina Pines Community Center – Course Fee: \$65

#261808 Dec 3-Apr 20 Th, Sa, Tu 6:30-8:30pm

Cricket for Beginning Youth

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

Abbotts Creek Community Center

#258147 Sep 2-Nov 18 W 5:30-7:00pm

Cricket Open Gym

Age: 7-12 yrs. Cricket Open Gym time.

Abbotts Creek Community Center

#258148 Sep 2-Nov 18 W 7:00-8:30pm

Homeschool PE Classes

Age: 6-12 yrs. This class will cover a variety of sports activities and games. Students will participate in age appropriate activities that include fitness, team building games, and sport specific skills. It's a great way to get the kids up and moving, learning new skills, trying new activities and making friends. Each month will be a different sport skill.

Optimist Community Center – Course Fee: \$15

#261391 Sep 2-23 W 3:00-3:45pm

#261392 Nov 18-Dec 9 W 3:00-3:45pm

Homeschool Sports

Age: 6-14 yrs. Meet us in the gym! Make friends while learning a variety of games, exercises and sports. Activities with instructor include kickball, basketball, soccer and more.

Worthdale Community Center – Course Fee: \$2

#261137 Sep 4-25 F 11:00am-12:00pm

#261161 Oct 2-30 F 11:00am-12:00pm

#261163 Nov 6-27 F 11:00am-12:00pm

Marsh Creek MVP Basketball Skills

Age: 10-14 yrs. 3...2...1... Swish!!! The crowd goes wild!!! Come join us for some fun and engaging basketball drills to prepare for your big moment. We will work on basic fundamentals to help you become the player you want to be. During our 4 one hour sessions we will practice dribbling, passing, shooting, and some simple defensive strategies. Sign up today, the ball is in your court!

Marsh Creek Park – Course Fee: \$40

#261295 Sep 7-28 M 7:00-8:00pm

#261321 Oct 5-26 M 7:00-8:00pm

Physical Education - Grade School

Age: 9-10 yrs. This program for school-age children provides a fun, encouraging and learning environment that promotes physical activity. It provides a foundation for building strong bodies and minds. The program is great for homeschooled children looking for physical education credit and for families seeking increased physical activity for their children.

Lions Park Community Center – Course Fee: \$30

9-10 year olds

#261298 Nov 5-19 Th 10:30-11:15am

#261304 Dec 3-17 Th 11:30am-12:15pm

5-6 year olds – Course Fee: \$40

#260657	Sep 1-22	Tu	10:30-11:15am
#260658	Oct 6-27	Tu	10:30-11:15am
#260659	Nov 3-24	Tu	10:30-11:15am
#260660	Dec 1-22	Tu	10:30-11:15am
#261284	Sep 1-22	Tu	11:30am-12:15pm
#261285	Oct 6-27	Tu	11:30am-12:15pm
#261292	Nov 3-24	Tu	11:30am-12:15pm
#261293	Dec 1-22	Tu	11:30am-12:15pm
#261296	Sep 3-24	Th	10:30-11:15am
#261297	Oct 1-22	Th	10:30-11:15am
#261299	Dec 3-24	Th	10:30-11:15am
#261301	Sep 3-24	Th	11:30am-12:15pm
#261302	Oct 1-22	Th	11:30am-12:15pm
#261303	Nov 5-26	Th	11:30am-12:15pm

Soccer - Kickers

Age: 9-12 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!

Brier Creek Community Center – Course Fee: \$40

#259443	Sep 10-Oct 1	Th	5:30-6:15pm
#259444	Oct 8-29	Th	5:30-6:15pm
#259445	Sep 8-29	Tu	5:30-6:15pm
#259446	Oct 6-27	Tu	5:30-6:15pm
#259449	Sep 10-Oct 1	Th	4:45-5:30pm
#259450	Oct 8-29	Th	4:45-5:30pm
#259451	Sep 8-29	Tu	4:45-5:30pm
#259452	Oct 6-27	Tu	4:45-5:30pm

Laurel Hills Community Center – Course Fee: \$36

#261582	Oct 3-24	Sa	12:30-1:15pm
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Soccer Skills for Beginners

Age: 6-9 yrs. Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

Lake Lynn Community Center – Course Fee: \$40

#259640	Sep 12-Oct 3	Sa	11:15am-12:00pm
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Sports Skills for Beginners

Age: 6-9 yrs. It's time to play! The session introduces sports such as baseball, basketball, soccer, lacrosse, hockey and more. Fundamentals of each sport will be taught at an age-appropriate level.

Lake Lynn Community Center – Course Fee: \$30

#259638	Nov 7-21	Sa	11:15am-12:00pm
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Tennis Jr. Level 1

No experience needed for this class. Players will work on building rallying skills, learning basic strokes, scorekeeping, and the rules of tennis. To graduate into level 2, players must be able to sustain a rally, make 6 out of 10 serve from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 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 – Course Fee: \$105

#261718	Sep 5-Nov 14	Sa	10:00-11:00am
#261726	Sep 5-Nov 14	Sa	11:00am-12:00pm

Course Fee: \$209

#261717	Sep 7-Nov 18	M, W	4:30-5:30pm
#261725	Sep 8-Nov 19	Tu, Th	5:30-6:30pm

Millbrook Tennis Center – Course Fee: \$105

#261713	Sep 5-Nov 21	Sa	9:00-10:00am
#261714	Sep 5-Nov 21	Sa	10:00-11:00am
#261715	Sep 5-Nov 21	Sa	11:00am-12:00pm
#261723	Sep 5-Nov 21	Sa	9:00-10:00am
#261724	Sep 5-Nov 21	Sa	11:00am-12:00pm
#261729	Sep 5-Nov 21	Sa	10:00-11:00am

Course Fee: \$209

#261709	Sep 7-Nov 18	M, W	5:00-6:00pm
#261710	Sep 7-Nov 18	M, W	6:00-7:00pm
#261711	Sep 8-Nov 19	Tu, Th	5:00-6:00pm
#261712	Sep 8-Nov 19	Tu, Th	6:00-7:00pm
#261719	Sep 7-Nov 18	M, W	5:00-6:00pm
#261720	Sep 7-Nov 18	M, W	6:00-7:00pm
#261721	Sep 8-Nov 19	Tu, Th	5:00-6:00pm
#261722	Sep 8-Nov 19	Tu, Th	6:00-7:00pm
#261727	Sep 7-Nov 18	M, W	4:00-5:00pm
#261728	Sep 8-Nov 19	Tu, Th	4:00-5:00pm

Tennis Jr. Level 2

Age: 8-18 yrs. Requirements: Must be able to sustain a rally with another student, serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full-swing forehand, backhand, full-swing serve, overhead and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 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**Lake Lynn age 8-18** – Course Fee: \$209

#261774	Sep 8-Nov 19	Tu, Th	4:00-5:00pm
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Millbrook Tennis Center**Millbrook age 10-18** – Course Fee: \$105

#261776	Sep 5-Nov 21	Sa	10:00-11:00am
#261777	Sep 5-Nov 21	Sa	9:00-10:00am
#261778	Sep 5-Nov 21	Sa	11:00am-12:00pm

Millbrook age 8-10 – Course Fee: \$209

#261775	Sep 7-Nov 18	M, W	5:00-6:00pm
#261779	Sep 8-Nov 19	Tu, Th	4:00-5:00pm
#261780	Sep 8-Nov 19	Tu, Th	5:00-6:00pm
#261781	Sep 7-Nov 18	M, W	4:00-5:00pm

Tennis Jr. Level 3

Age: 10-18 yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to Level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is seven weeks, which includes one bonus week.

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

Millbrook Tennis Center**Millbrook Age 10-18** – Course Fee: \$105

#261791	Sep 5-Nov 21	Sa	11:00am-12:00pm
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Millbrook Age 8-10 – Course Fee: \$209

#261789	Sep 7-Nov 18	M, W	5:00-6:00pm
#261790	Sep 8-Nov 19	Tu, Th	4:00-5:00pm

Tennis Jr. Tiny Tots

Age: 4-6 yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose-fitting clothing, nonmarking sneakers and a 19- or 21-inch junior 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

Lake Lynn Community Center – Course Fee: \$105

#261658	Sep 8-Nov 19	Tu, Th	5:00pm-5:30pm
#261659	Sep 7-Nov 18	M, W	5:30pm-6:00pm

Millbrook Tennis Center – Course Fee: \$105

#261656	Sep 7-Nov 18	M, W	4:00-4:30pm
#261657	Sep 8-Nov 19	Tu, Th	4:30-5:00pm
#261660	Sep 7-Nov 18	M, W	4:30-5:00pm

Course Fee: \$49.50

#261661	Sep 5-Nov 21	Sa	11:00-11:30am
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Course Fee: \$50

#261662	Sep 5-Nov 21	Sa	11:30am-12:00pm
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Tennis USTA Junior Team Tennis

Age: 6-8 yrs. Come to tryouts (TBD) at Millbrook Exchange Tennis Center to be placed on a team. Practices for 8U+10U are Fridays 5-6:30pm with matches Saturdays 9-10:30am. Practices for 12U, 14U, 18U are Friday afternoons in the Fall and Spring seasons with matches on Saturdays. Practices for 12U, 14U, 18U are once a week on a weekday morning, and matches are on another weekday morning. An end-of-the season tournament is held each season. Players must pay USTA annual membership (\$20) plus local league fee (\$22).

Millbrook Tennis Center – Course Fee: \$132

#261793	Sep 11-Nov 7	F-Sa	5:00-6:30pm
#261796	Sep 11-Nov 7	F-Sa	6:00-7:30pm
#261797	Sep 11-Nov 7	F-Sa	5:00-6:30pm
#261799	Sep 11-Nov 7	F-Sa	5:00-6:30pm
#261800	Sep 11-Nov 7	F-Sa	5:30-7:00pm
#261801	Sep 11-Nov 7	F-Sa	5:30-7:00pm
#261802	Sep 11-Nov 7	F-Sa	5:00-6:30pm
#261803	Sep 11-Nov 7	F-Sa	5:00-6:30pm

Non-City Owned Site – Course Fee: \$132**18U Gold**

#261798	Sep 12-Nov 7	Sa	1:30-3:00pm
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Volleyball - Skills - DAILY

Age: 8-14 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing and setter training. Use of correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more!

Optimist Community Center – Course Fee: \$20

#261397	Sep 4-Oct 9	F	6:30-8:30pm
#261398	Nov 6-Dec 18	F	6:30-8:30pm

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Volleyball - Skills Training

Age: 8-14 yrs. Bump! Set! Hit it over! At this skills training clinic, players focus on hitting, passing and setter training. Using correct arm and footwork positioning and posture will be taught, along with blocking and serving techniques and more!

Optimist Community Center – Course Fee: \$80
 #261399 Sep 4-Oct 9 F 6:30-8:30pm
 #261400 Nov 6-Dec 18 F 6:30-8:30pm

Winter Youth Volleyball

Age: 10-15 yrs. Don't just sit around this winter and let those volleyball skills get frozen! Join our winter youth league to keep playing through the holidays. Registration is Sept.30 - Oct. 30. Practices will be in November with play starting in December and finishing up in Feb. We will be taking the Thanksgiving, Christmas and New Year's holidays off. Focus of this program will teaching participants positions, rotations and more. Very limited spaces. Teams will be made up of the first 40 people to register.

Optimist Community Center – Course Fee: \$50
 #261396 Nov 11-Feb 10 W 6:00-9:00pm

Teen**Youth Open Play**

Age: 7-15 yrs. This is open play in the gym for youth up to the ages of 17yrs. Participants must have a valid Youth Open Play form on file at the center in order to participate.

Halifax Community Center
 #259543 Sep 5-26 Sa 9:15am-2:45pm
 #259544 Oct 10-24 Sa 9:15am-2:45pm
 #259545 Nov 7-28 Sa 9:15am-2:45pm

Adult**Adult Basketball Open Play**

Age: All Ages. Adult basketball players can come out and participate in a few friendly pick up games of basketball with your peers.

Halifax Community Center
 #259539 Sep 1-29 Tu, Th, Su 6:00-8:30pm
 #259540 Oct 1-29 Th, Su, Tu 6:00-8:30pm
 #259541 Nov 1-29 Su, Tu, Th 1:00-3:00pm

Adult Open Play at Jaycee

Age: 18yrs. and up. Open play basketball for ages 18 and up takes place at Jaycee Community Center on Tuesdays and Thursdays from 10:30 a.m. to 1 p.m. Photo ID is required.

Jaycee Community Center
 #259639 Sep 1-Dec 29 Tu, Th 10:30am-1:00pm

Adult Volleyball Open Play

Age: 16yrs. and up. If you enjoy playing volleyball with others in a competitive atmosphere, then this is for you!

Halifax Community Center
 #259529 Sep 4-25 F 6:00-8:30pm
 #259530 Oct 2-30 F 6:00-8:30pm
 #259531 Nov 6-20 F 6:00-8:30pm
 #259532 Dec 4 F 6:00-8:30pm

Basketball Open Gym - Biltmore Hills

Age: 16yrs. and up. This is community open gym time. Players must present a valid photo ID to staff, who will hold it while you play. You must fill out an Adult Open Play registration form and sign in at front desk.

Biltmore Hills Community Center
 #261643 Sep 1-30 Daily 11:00am-3:00pm
 #261644 Oct 1-31 Daily 11:00am-3:00pm
 #261645 Nov 1-30 Daily 2:00-4:00pm
 #261646 Dec 1-31 Tu-F, M 11:00am-3:00pm

Basketball Open Gym - Tarboro Road

All Ages. This is community open gym time. Adults must have a photo ID to play. Teens must have a signed participation form on file to enter during specified times. Please call 919-996-6505 for the weekly schedule.

Tarboro Road Community Center

Adults
 #261059 Sep 1-Dec 28 M,Tu,W 6:30-8:30pm
Teens
 #261060 Sep 3-Dec 24 Th 6:30-8:30pm
Youth and Family
 #261061 Sep 4-Dec 27 F 6:30-8:30pm
 Sep 4-Dec 27 Sa 12:00-2:30pm
 Sep 4-Dec 27 Su 1:00-5:30pm

Futsal Open Gym

Age: 16yrs. and up. Play pick-up games with friends and meet people with a shared passion for futsal. The game of quick-paced indoor soccer is played on a basketball-style court with no walls and a smaller, low-bouncing ball. Gym space, goals and futsal ball provided.

Biltmore Hills Community Center
 #261687 Sep 4-Dec 18 F 6:30-8:30pm

Green Road Open Gym

Age: 18yrs. and up. Green Road has open gym in Gymnasium #1 for ages 18 and up. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

Green Road Community Center

Adult - 18 and up
 #258810 Sep 1-Dec 31 M-F 12:15-2:30pm

Lake Lynn Open Play Basketball

Age: 18yrs. and up. Open Basketball at Lake Lynn Community Center. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call 919-996-2911 for schedule and details.

Lake Lynn Community Center

Adult Open Play
 #259546 Sep 6-Nov 1 Su 1:30-3:30pm
 #259547 Sep 6-Nov 1 Su 3:30-5:30pm

Pickleball – Citywide Daily Fee: \$2

Age: 18yrs. and up.

Brier Creek Community Center – Course Fee: \$2

#259497 Sep 6-Dec 28 Su-M 3:00-5:45pm

Green Road Community Center – Course Fee: \$2

#258815 Sep 6-Dec 27 Su 1:30-5:30pm

Lake Lynn Community Center – Course Fee: \$2

#259513 Sep 1-Dec 29 Tu, Th-Sa 6:00-8:45pm

Laurel Hills Community Center – Course Fee: \$2

#259499 Sep 2-Dec 28 W-F,M 10:30am-12:30pm

Method Road Community Center – Course Fee: \$2

#259498 Sep 2-Dec 31 W-Th,Sa,M 10:30am-2:30pm

Millbrook Exchange Community Center – Course Fee: \$2

#259508 Dec 7-Feb 4 M-Sa 10:30am-2:00pm

Optimist Community Center – Course Fee: \$2

#259504 Sep 10-Dec 31 Th,Su,Tu 10:45am-3:00pm



Pickleball Clinics

Age: 16yrs. and up. Pickleball Group Instruction with Joe Borrelli, ITPA Certified Level II Coach. Weekly clinics to include specific skill drills and controlled game scenarios. Maximum 12 players per clinic. All players must have a good knowledge of the game and be able to perform basic skills at an intermediate level. Duration 1.5 hours

Lake Lynn Community Center – Course Fee: \$15

#259255	Sep 9	W	12:00-1:30pm
#259256	Sep 16	W	12:00-1:30pm
#259257	Sep 23	W	12:00-1:30pm
#259258	Oct 7	W	12:00-1:30pm
#259259	Oct 14	W	12:00-1:30pm
#259260	Oct 21	W	12:00-1:30pm
#259261	Oct 28	W	12:00-1:30pm
#259263	Nov 18	W	12:00-1:30pm
#259264	Dec 2	W	12:00-1:30pm
#259265	Dec 9	W	12:00-1:30pm

Pickleball Pass - Indoor Play

Age: 16yrs. and up. What is pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Drop-in fee is \$2 daily, per site. A full session pass is available for \$10. Please visit www.raleighnc.gov keyword search Pickleball for the open play schedule and locations.

All Community Centers – Course Fee: \$10

#259496 Sep 1-Dec 31 Daily

Table Tennis - Open Play

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome!

Lake Lynn Community Center

#259251 Sep 3-Dec 21 Th, Sa, M

Table Tennis @ Brier Creek: Pass

Age: 8yrs. and up. Drop in on Friday evenings for fun and competition playing table tennis. All levels and ages are welcome and encouraged to play. Enjoy open play / pick games, and USATT-affiliated tournaments are held throughout the year. Session Pass: \$15. Coordinator: Jim McQueen.

Brier Creek Community Center – Course Fee: \$15

#259465 Sep 4-Dec 18 F 5:45-8:30pm

Table Tennis Brier Creek: Drop-In

Age: 8yrs. and up. Drop in on Friday evenings for fun and competition playing table tennis. All levels and ages are welcome and encouraged to play. Enjoy open play / pick games, and USATT-affiliated tournaments are held throughout the year. Drop In: \$5. Session Pass: \$15. Coordinator: Jim McQueen.

Brier Creek Community Center – Course Fee: \$15

\$5 Drop-In

#259467 Sep 4-Dec 18 F 5:45-8:30pm

Tennis Adult 2.5 Drills

Age: 18yrs. and up. 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. Topics may include topspin and underspin and slice on the serve. To advance to 3.0 Drills, players must be at the 3.0 level

or be able to hit topspin or underspin on some groundstrokes or volleys. Class length is 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

Lake Lynn Adult 2.5 Drills – Course Fee: \$209

#261840 Sep 8-Nov 19 Tu, Th 6:30-7:30pm

Millbrook Tennis Center

Millbrook Adult 2.5 Drills – Course Fee: \$105

#261839 Sep 5-Nov 21 Sa 10:00-11:00am

#261843 Sep 5-Nov 21 Sa 12:00-1:00pm

Millbrook Adult 2.5 Drills – Course Fee: \$209

#261837 Sep 7-Nov 18 M, W 11:00am-12:00pm

#261838 Sep 8-Nov 19 Tu, Th 10:00-11:00am

#261841 Sep 7-Nov 18 M, W 6:00-7:00pm

#261842 Sep 8-Nov 19 Tu, Th 7:00-8:00pm

Tennis Adult 3.0 Drills

Age: 18yrs. and up. Requirements: Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to 3.5 Drills, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class length is 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 – Course Fee: \$209

#261845 Sep 7-Nov 18 M, W 8:00-9:00pm

Millbrook Tennis Center – Course Fee: \$105

#261844 Sep 5-Nov 21 Sa 11:00am-12:00pm

Course Fee: \$209

#261846 Sep 7-Nov 18 M, W 7:00-8:00pm

#261847 Sep 8-Nov 19 Tu, Th 6:00-7:00pm

Tennis Adult 3.5 Drills

Age: 18yrs. and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on groundstrokes, underspin volleys and slice serves during match play. This is a drills class, which will work on all of your strokes. Class length is 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 Tennis Center – Course Fee: \$105

#261848 Sep 5-Nov 21 Sa 12:00-1:00pm

Course Fee: \$209

#261849 Sep 7-Nov 18 M, W 7:00-8:00pm

Tennis Adult Cardio - All Levels

Age: 18yrs. and up. 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 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 Tennis Center – Course Fee: \$105

#261850 Sep 8-Nov 17 Tu 9:00-10:00am

#261851 Sep 11-Nov 20 F 9:00-10:00am

#261852 Sep 10-Nov 19 Th 9:00-10:00am

Tennis Adult Doubles Ladder

Age: 18yrs. and up. 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.

Millbrook Tennis Center – Course Fee: \$24

#260670 Nov 23-Feb 15 M

#260671 Nov 23-Feb 15 M

Course Fee: \$24

#260670 Nov 23-Feb 15 M

#260671 Nov 23-Feb 15 M

Tennis Adult Level 1

Age: 18yrs. and up. 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

Lake Lynn Community Center – Course Fee: \$105

#261769 Sep 5-Nov 14 Sa 9:00-10:00am

Course Fee: \$209

#261767 Sep 7-Nov 18 M, W 6:00-7:00pm

Millbrook Tennis Center – Course Fee: \$105

#261765 Sep 5-Nov 21 Sa 9:00-10:00am

#261766 Sep 5-Nov 21 Sa 12:00-1:00pm

Course Fee: \$209

#261762 Sep 7-Nov 18 M, W 10:00-11:00am

#261763 Sep 7-Nov 18 M, W 6:00-7:00pm

#261764 Sep 8-Nov 19 Tu, Th 11:00am-12:00pm

#261768 Sep 8-Nov 19 Tu, Th 7:00-8:00pm

Tennis Adult Level 2

Age: 18yrs. and up. 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 Tennis Center – Course Fee: \$209

#261835 Sep 7-Nov 18 M, W 7:00-8:00pm

#261836 Sep 8-Nov 19 Tu, Th 6:00-7:00pm

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Tennis Adult Singles Ladder

Age: 18yrs. and up. 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 Tennis Center – Course Fee: \$24

#260771 Nov 23-Feb 8 M
 #260772 Nov 23-Feb 8 M
 #260773 Nov 23-Feb 8 M
 #260774 Nov 23-Feb 8 M
 #260775 Nov 23-Feb 8 M
 #260776 Nov 23-Feb 8 M
 #260777 Nov 23-Feb 8 M

Tennis Quadrants

Age: 18yrs. and up. 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 ñ 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 Tennis Center – Course Fee: \$44

#261854 Sep 9-Nov 18 W 9:30-11:30am
 #261855 Sep 7-Nov 16 M 7:00-9:00pm
 #261856 Sep 10-Nov 19 Th 7:00-9:00pm

Volleyball Open Play-Lake Lynn

Age: 16yrs. and up. Join us at Lake Lynn for Open Play Volleyball. Ages 16 years and up are welcome!

Lake Lynn Community Center

#259524 Sep 2-Dec 30 W, M 6:00-9:00pm

Senior**Basketball - Active Adults Open Play**

Age: 50yrs. and up. Join other active adults in playing basketball, staying healthy and learning the Senior Games rules! Participants play competitive half-court pickup games, and all levels are welcome. The gym is air conditioned and has sportscore flooring. Bring your towel and be ready to sweat!

Barwell Road Community Center

#261464 Sep 3-Dec 31 Th, M 3:00-6:00pm

Tennis - Free Play For Seniors

Age: 55yrs. and up. This drop-in mixer offers free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this program offers all levels of play. Simply show up and play.

Millbrook Tennis Center

#261853 Sep 3-Dec 28 Th, M 9:00am-12:00pm

Family**Lake Lynn Open Play Basketball**

Open Basketball at Lake Lynn Community Center. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times. Call 919-996-2911 for schedule and details.

Lake Lynn Community Center

Adult Open Play

#259546 Sep 6-Nov 1 Su 1:30-3:30pm

Youth Open Play

#259547 Sep 6-Nov 1 Su 3:30-5:30pm

Marsh Madness

Age: All Ages. Join us for an evening of sports-themed games and fun! There will be a basketball shooting challenge, eSports (sport video games), carnival games, crafts, trivia questions and more. Stadium food may also be available. Wear your favorite team's colors and join us for our first annual Marsh Madness Sports Party!

Marsh Creek Park

#260529 Oct 2 F 6:00-8:30pm



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: Matthew Wright

Email: Matthew.Wright@Raleighnc.gov

Assistant Manager: Allora Spruill

Email: Allora.Spruill@Raleighnc.gov

Pullen Park offers popular amenities such as a renovated 1911 Gustave A. Dentzel menagerie carousel, a C.P. Huntington miniature train ride, pedal boat rentals, a kiddie boat ride and exciting playground equipment. Picnic shelters and our Island Gazebo are also available to rent for all occasions. The Pullen Place Cafe offers seasonal menus in addition to standard park fare.

Tickets are \$1.50 each for all guests over 1 year old. Pedal boat rentals are \$6 per boat for a 30 minute ride. Riders must be at least 42 inches tall to ride unaccompanied on the carousel and train.

Hours of Operation

April-September	10:00am-9:00pm
October-March	10:00am-6:00pm

John Chavis Memorial Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601

Carousel Supervisor: Scott Mott

Phone: (919) 996-6468

Email: scott.mott@raleighnc.gov

Re-live the memories while riding the newly renovated Allan Herschell Carousel in its new location within the park.

Tickets are \$1.50 for all guests over 1 year old. Riders must be at least 42 inches tall to ride unaccompanied.

Hours of Operation

April-September	M-F	10:00am-9:00pm
	Sa	10:00am-8:00pm
	Su	10:00am-6:00pm
October-March	M-Sa	10:00am-6:00pm
	Su	12:00-6:00pm

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request

a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov To Apply for the Greenway Volunteer Program email rpvolunteer@raleighnc.gov

Historic Homes

Mordecai Historic Park

1 Mimosa Street, Raleigh NC, 27604

(919) 996-4364

www.raleighnc.gov/museums

Site Manager: Joshua Ingersoll

Email: joshua.ingersoll@raleighnc.gov

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and was once the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday—call or visit our website for times. The cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 919-831-6009.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions. For more information call 919-996-4363 and leave a message for the caretaker.

Lakes

Lake Johnson Park and Nature Preserve

4601 Avent Ferry Road, Raleigh NC, 27606

(919) 233-2121

Park Manager: Mark Elmore

Email: Mark.Elmore@raleighnc.gov

Year-round (October-March closed Mondays)

Assistant Park Manager: Chris Hill

Email: christopher.hill@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 rental, some motorized and some nonmotorized (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.

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.

Additional Facility and Program Information

Museums

COR Museum

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

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.

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 108 public tennis courts (104 are lighted) located at 23 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. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

Programs

The Cultural Outreach and Enrichment (COE) Program

Cultural Outreach Coordinator: Lisa-Ann Utsumi
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".

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.

School Programs

Youth Programs: 919-996-6165

Program Director:

Toni Webb

Email: toni.webb@raleighnc.gov

Program Managers:

Beth Soles

Email: beth.soles@raleighnc.gov

Joseph Voska

Email: joseph.voska@raleighnc.gov

Katie Walker

Email: katie.walker@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 Director:

Todd Riddick 919-996-2151

Email: todd.riddick@raleighnc.gov

Recreation Program Manager:

Carmen Rayfield 919-996-4734

Email: carmen.rayfield@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops

Additional Facility and Program Information

on a wide range of topics; and a network of 48 adult clubs throughout the city. Further information can be found throughout this brochure under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

Teen Programs

Program Supervisors:

Kent Hunt, Chiffonda Holloway, Jason Jones and Carmen Myles

The Teen Program of Raleigh Parks, Recreation and Cultural Resources provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County through various programs and events. The goal of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. For information on Teen programs, call 919-996-2139.

Portable Challenge Course for Teens

Age: 12-19yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$25 per staff hour of program with a minimum of 2 hours; we require a 1 to 10 staff member to student ratio.

Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, fundraisers, special events, and State Youth Council conferences. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The meetings take place on the second and fourth Mondays of each month during the traditional school year. Cost: There is no membership fee but there may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 919-996-2139 for more information.

Volunteer Opportunities with Raleigh Parks, Recreation and Cultural Resources

You are invited to make a difference in your community and volunteer with Raleigh Parks, Recreation and Cultural Resources. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our City parks, programs and facilities.

Volunteer Opportunities in the Parks

Volunteers can enhance City Parks and facilities through the following projects:

- Gardening/Landscaping
- Tree plantings
- Mulching
- Litter and debris removal
- Painting projects
- Removal of invasives

The Raleigh Parks, Recreation and Cultural Resources Adopt-A-Park Program utilizes volunteers to enhance city parks, trails and facilities. Over 70 groups currently participate in the program and volunteer quarterly to improve a park or trail.

Volunteer Opportunities in Recreation Programs

Volunteers can assist with the following Recreation Programs:

- **Sports and Tournaments** – Youth athletic coaches are needed for baseball, basketball, football, lacrosse, in-line hockey, softball, swimming and tennis
- **Special Events** – Assist with registration, set-up, and activities at various citywide special events.
- **Specialized Recreation Services** – Assist individuals with developmental and/or physical disabilities in diverse events and activities including Wake County Special Olympics.
- **COE (Cultural Outreach and Enrichment) Program** – Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteers 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 #1 Information

Participant #1 Name _____ DOB ____ / ____ / ____ ☐ Male ☐ Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: _____

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: _____

I request ADA accommodation for the disability/medical condition listed. ☐ 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 _____

I want Parks, Recreation and Cultural Resources to know about these medical conditions for the participant: _____

I want Parks, Recreation and Cultural Resources to know about these disabilities for the participant: _____

I request ADA accommodation for the disability/medical condition listed. ☐ 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 \$ _____

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



**Raleigh
Parks**

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.

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 cancelled 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.

Release, Indemnity, and Agreement Not To Sue

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, and musculoskeletal injuries, among others. I choose for myself or for my child to participate in the selected programs despite the risks.

By signing the Program Registration form, 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 teachers and supervisors of the program.

In return for the opportunity to participate in this program, I agree for myself and for my heirs, assigns, executors, and administrators to release, waive, and discharge any legal rights I may have to seek payment or relief of any kind from the City, its employees or its agents for injury, illness, or death resulting from this program. If I am registering a child for a program, I agree that I am a parent, legal guardian, or am otherwise responsible for the child whose application I am submitting and that I release, waive, and discharge any legal rights that I may assert on behalf of the child participation in the program. I also agree not to sue the City, its employees, or its agents and agree to indemnify the City for all claims, damages, losses, or expenses, including attorney's fees, if a suit is filed concerning an injury, illness, or death to me or to my child resulting from participation in the program.

Registration Date Mail-in, Walk-in, and RecLink Registration begins Tuesday, July 28, 2020

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ **Date** _____

Signature of parent/legal guardian if child is under 18 _____ **Date** _____

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

Frequently Called Numbers

Adopt-A-Park	919-996-3292
City Cemeteries	919-996-6548
General Park Maintenance	919-996-4115
Facilities and Operations	
Facilities, Irrigation, Lighting	919-996-3420
General Recreation	919-996-6640
Greenways	919-996-4786
Greenway Map Request	919-996-3285
Reclink Support	919-996-2153
Recreation Business Office	919-996-4800

Division

Administration	919-996-3285
Design/Development	919-996-4824
Maintenance/Parks	919-996-4115
Marketing	919-996-3285
Raleigh Arts	919-996-3610
Recreation	919-996-6640
Urban Forestry	919-996-4115

Programs

Adult Program	
Anne Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Wainui 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	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145
	or 919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
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

— •AEZ
9950 Durant Road, 27614
919-996-2770

All Children's Playground c/o Laurel Hills Park

— •BEG
3808 Edwards Mill Road, 27612
919-996-2383

Anderson Point Park c/o Barwell Road

— •EKMN
20 Anderson Point Drive, 27610
919-996-5994

Anne Gordon Center for Active Adults

— •L
1901 Spring Forest Road, 27615
919-996-4720

Annie Louise Wilkerson, MD Nature Preserve Park

— •K
5229 Awhs Haven Drive, 27614
919-996-6764

Baileywick Road Park c/o Lake Lynn

— •BEM
9501 Baileywick Road, 27615
919-996-2911

Barwell Road Community Center

— •AWZ
5857 Barwell Park Drive, 27610
919-996-5994

Barwell's Open Play Line: 919-996-6736

Biltmore Hills Park and Community Center

— •ABCDEGMZ
2615 Fitzgerald Drive, 27610
919-831-6895

Biltmore Hills Swimming Pool

— •D
701 Crown Crossing Lane, 27610
919-831-6736

Borden Building at Fletcher Park

— •GMV
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center c/o Green Road

— •BCEGM
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— •AEGMWZ
10810 Globe Road, 27617
919-420-2340

Brookhaven Nature Park

— •K
5125 Berkeley Street, 27612

Buffaloe Road Aquatics Center

— •D
5908 Buffaloe Road, 27616
919-996-5600

Buffaloe Road Athletic Park

— •BEW
5900 Buffaloe Road, 27616
919-996-6836

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— •ABCEUZ
2305 Lake Wheeler Road, 27603
919-831-6435

Cedar Hills Park c/o Optimist

— •BCEFGHM
5600 Sweetbriar Drive, 27609
919-996-2880

City of Raleigh Museum (COR)

220 Fayetteville Street, 27601
919-996-2220

Dorothea Dix Park

— •NUV
2105 Umstead Dr, Raleigh, NC 27603
919-996-6688

Durant Nature Preserve

— •EKMOQ
8305 Camp Durant Road, 27614
919-870-2871

Eastgate Neighborhood Park Center c/o Millbrook

— •CEJM
4200 Quail Hollow Drive, 27609
919-996-4156

Fallon Park c/o Kiwanis Park

2601 Oxford Road 27608
919-996-3135

Five Points Center for Active Adults

— •LZ
2000 Noble Road, 27608
919-996-4730

Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605
919-996-6833

Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587
919-996-5800

Garris Building c/o Jaycee

820 Clay Street, 27605
919-996-6833

Glen Eden Pilot Neighborhood Center c/o Jaycee

— •CM
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— •ABCEGMRZ
4201 Green Road, 27604
919-996-4141

Greystone Recreation Center

— •E
7713-55 Lead Mine Road, 27615
919-996-4848

Halifax Park and Community Center

— •AEG
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— •EM
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— •BEGRMN
1032 Clear Creek Farm Road, 27615
919-996-4156

Horseshoe Farm Nature Preserve

— •KN
2900 Horseshoe Farm Road, 27587
919-870-2871

Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608
919-996-6833

Jaycee Park and Community Center

— •ABCEJMRVZ
2405 Wade Avenue, 27607
919-996-6833

John Chavis Memorial Park and Community Center

— •ABCDEMNWZ
505 MLK Jr. Boulevard, 27601
919-831-6989

Directory

John Chavis Memorial Park Swimming Pool

— **•D**
720 Chavis Way, 27601
919-831-6565

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
919-831-6895

Kiwanis Neighborhood Park and Center

— **•BEGMU**
2525 Noble Road, 27608
919-996-3135

Lake Lynn Park and Community Center

— **•ABCENoz**
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve

— **•MNOPQ**
4601 Avent Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— **•D**
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— **•EJMOPQ**
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center Sassafras Playground

— **•ABEGMZ**
3808 Edwards Mill Road, 27612
919-996-2383

Leesville Community Park c/o Lake Lynn

— **E**
5105 Country Trail, 27613
919-996-2911

Lions Park and Community Center

— **•ABCEGMZ**
516 Dennis Avenue, 27604
919-996-4726

Lions Park BMX Track

— **S**
516 Dennis Avenue, 27604
919-996-4726

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center, Skate Park and Inline Hockey Rink

— **•ABEMTYZ**
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— **•AEGZ**
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

— **•ABEGMUZ**
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool

— **•D**
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center

— **C**
1905 B Spring Forest Road, 27615
919-996-4129

Mordecai Historic Park

— **V**
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— **BCEMN**
100 Chowan Circle, 27609
919-996-2880

Oakwood Off-Leash Dog Park c/o Lions

— **BMGU**
910 Brookside Drive, 27604
919-996-4726

Optimist Park and Community Center

— **•ABCDEN**
5900 Whittier Drive, 27609
919-996-2880

Optimist Swimming Pool

— **•D**
5902 Whittier Drive, 27609
919-996-2790

Peach Road Neighborhood Center

— **•EG**
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— **•CEG**
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— **•CEMOPZ**
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— **•D**
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

Closed for renovations

— **•L**
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— **Z**
408 Ashe Avenue, 27606
919-996-6052

Raleigh Little Theatre/Rose Garden

— **•V**
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— **•G**
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool

— **•D**
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— **•ABCEGLMZ**
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— **•BCEGM**
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— **•EGM**
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— **•L**
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— **BCEMN**
4203 Spring Forest Road 27616
919-996-4141

Strickland Road Park c/o Lake Lynn

— **E**
12804 Strickland Road, 27613
919-996-2911

Tarboro Road Park and Community Center

— **•ACEMZ**
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park

— **•**
107 Pullen Road, 27607
919-831-6936

Thomas G. Crowder Woodland Center

— **•KN**
5611 Jaguar Drive, 27606
919-996-3141

Tucker House

— **•**
418 N. Person Street, 27601
919-996-4363

Walnut Creek Softball Complex

— **•B**
1201 Sunnybrook Road, 27610
919-250-2725

Walnut Creek Wetland Center

— **•KN**
950 Peterson Street, 27610
919-996-2760

Walnut Terrace Center

— **•**
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center

— **CEMR**
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center

— **•ACEFZ**
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A	Gymnasiums	O	Lake
B	Lighted Ballfield(s)	P	Boat Rental
C	Tennis Courts	Q	Fishing
D	Pool	R	Sand Volleyball
E	Play Equipment	S	BMX Track
F	Mini Park	T	Inline Skating
G	Outdoor Basketball	U	Dog Park
H	Frisbee Golf	V	Gardens
J	Exercise Trail	W	Walking Track
K	Nature Study	Y	Skate Park
L	Arts	Z	Weight Room
M	Picnic Shelter	•	Handicap Accessible
N	Greenway Trail		



City of Raleigh
Parks, Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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Please recycle or share with a friend.

Play it Forward Raleigh!

Raleigh Parks, Recreation, and Cultural Resources Department provides assistance to families and individuals who desire to participate in departmental programs but for financial reasons cannot always afford to.

***Donate now and
give the gift of play!***

See page 5 for details.



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



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



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