



May-August 2020 Leisure Ledger

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



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Registration begins **March 24, 2020**
919-996-6640 | parks.raleighnc.gov

Contents

General Information

Administration 4
Capital Area Greenway 76
Directory 81-82
Registration Options 3
Registration Form 79-80
Special Events 6-7
Volunteer Opportunities 78

Facilities

Amusements 76
Arts Centers 18
Historic Homes 76
Lakes 76
Museums 77
Additional Facilities
and Programs 76-78
Tennis Center 77

Program Areas

Adult Program 77
Adventure 8-10
Aquatics 11-17
Arts Program 18-32
Athletic Teams/Leagues 33-36
City of Oaks Foundation 63
Cultural Outreach
and Enrichment Program 77
Educational Programs 37-44
Fitness 45-56
Gallery Program 18
Greenways 76
Nature Education 57-62
Social Program 64-67
Specialized Recreation
and Inclusion Services 68-70
Sports Program 71-75
Tennis 77
Teen Program 78

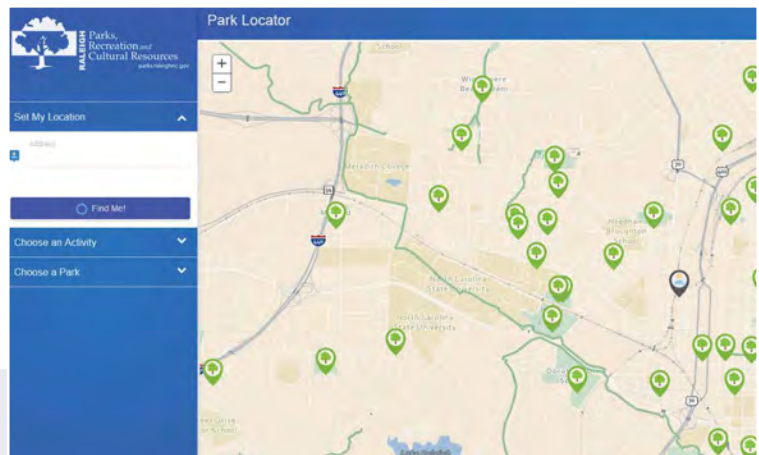
Together we connect and enrich our community through exceptional experiences.

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 ReLink at **parks.raleighnc.gov**
Click on My Account and select View Full Purchase History.



Browse or Register online with ReLink

Visit parks.raleighnc.gov

ReLink 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 (ReLink).
Program information is accurate at time of printing, but may be subject to change.

BE SOCIAL



pinterest.com/raleighparks



YouTube.com/raleighparksandrec



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



Instagram.com/raleighparks



facebook.com/raleighparks



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.

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
Patrick Buffkin
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



PLAY IT FORWARD RALEIGH

Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Financial Assistance Fund

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

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

City Of Raleigh

Financial Assistance Program – 6107

P.O. Box 590 Raleigh, NC 27602

City of Raleigh tax ID number: 56-6000236

Play It Forward Scholarship Fund

BY CHECK

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

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

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

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

ONLINE

To make a tax-deductible donation online, visit 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

May

MUD Day

Age: All Ages. Celebrate wetlands at our fourth annual Mud Day festival, winner of the 2018 NCRPA Innovative Program of the Year! There will be activities, games, live animal exhibits, food trucks, and of course a huge mud pit! Come dressed to get messy and wet!

Walnut Creek Wetland Center – \$0

#253521 May 16 Sa 10:00am-2:00pm

June

Lake Wheeler Kids' Fishing Day

Age: 6-12 yrs. Kid's Fishing Day is held once a year at Lake Wheeler Park. Kids ages 6 through 12 are encouraged to participate.

We will provide an opportunity for everyone to learn about the great recreational sport of fishing. This is a free event but we encourage registration on-line. This wonderful family event designed to foster interest in one of America's outdoor sports.

Lake Wheeler – \$0

#255851 Jun 6 Sa 9:00-11:00am

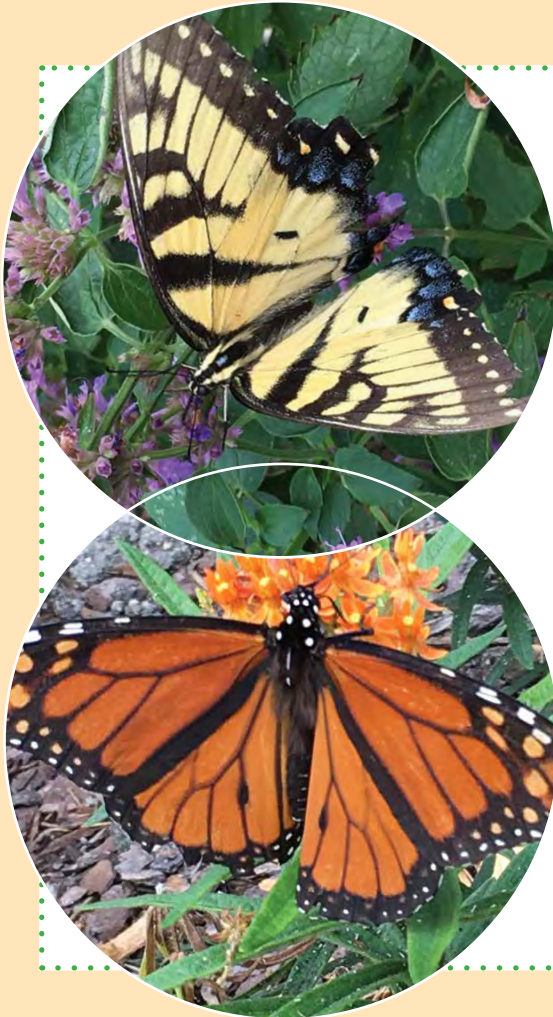
August

Mordecai Free Friday

Age: All Ages. Mordecai Historic Park will offer free tours throughout the day on this special Friday. Tours include the Mordecai House, Andrew Johnson birthplace, St. Mark's Chapel and Allen Kitchen. Tours begin on the hour and half hour and are limited to 20 persons per tour. The first tour will begin at 10 a.m., and the last tour starts at 3 p.m. Free tours are offered only twice a year, so don't miss out! First come, first served. No registration necessary.

Mordecai Historic Park – \$0

#253804 Aug 21 F 10:00am-4:00pm



POLLINATOR DAY at Forest Ridge Park

Pollinators are an integral part of our community! **Join us at Forest Ridge Park as we celebrate Pollinator Day on June 23.**

We'll be hosting interactive programs for youth, education seminars for adults, as well as drop in tours and demonstrations at our wildlife garden. Have fun, learn about the importance of pollinators, and how you can help maintain them in our community.

Programs and activities are scheduled throughout the day or you can drop in for a garden tour. We hope to see you out at the park on June 23.

Dorothea Dix Park

A Park For Everyone

Dorothea Dix Park is Raleigh's largest city park. The 308-acre site blends historic architecture and rich landscapes into a unique destination in the heart of Raleigh. Enjoy acres of open greenspace, stunning skyline views, the temporary dog park, summer sunflowers and more. Join us for programs like Yoga in the Park, Little Explorers and Walking Tours, and community events including SunFest. Visit dixpark.org for visitor information and upcoming programs and events.

Follow us @dixpark



Dorothea Dix Park Conservancy

Built By Everyone

The Dorothea Dix Park Conservancy is the nonprofit philanthropic partner of the City to support the creation and long-term success of the park through advocacy, fundraising, and community engagement. Conservancy donors also make our free programs and events possible – and extraordinary.



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

Mountain Bike Mini-Series

Age: 13-18 yrs. Hit the trails with this mini-series approach to mountain biking. If you're interested in mountain biking but don't have equipment or don't know where to ride, this program is for you. Utilize our bikes and learn to bike the right way in this three part series. Each session will be led by one of our experienced instructors that will get you set up to ride and guide you through fundamentals that can prepare you for a lifetime of enjoyment. All equipment will be provided. Pre-registration is required so sign up today!
Forest Ridge Park – Course Fee: \$105
#254249 Jun 22-24 M-W 8:30am-12:30pm

Adult

Bike Maintenance Clinic

Age: 14yrs. 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
#254225 May 16 Sa 1:00-3:00pm
#254226 Jul 18 Sa 1:00-3:00pm

Evening Kayak Tours

Age: 12yrs. and up. Lake Wheeler boasts over 800 acres of park, 650 of which are on the water. Come explore with us on our evening kayaking tours of the lake! Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning, this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Participants under the age of 16 must be registered with an adult. Advance registration is required for this program.

Lake Wheeler – Course Fee: \$20
#255332 Jul 10 F 6:00-8:00pm
#255375 Jul 31 F 6:00-8:00pm

Evening Stand-up Paddle Board Tour

Age: 12yrs. and up. Explore Lake Johnson on a stand-up paddle board with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided. Advance registration

Youth

Fishing on the Banks

Age: 10-12 yrs. Have fun and learn to fish from the banks of Falls Lake! Join our experienced instructors as they lead the group through fishing techniques and etiquette before heading down to the water to test out your skills. This program is designed to introduce fishing terms and basic casting skills in a fun environment. All equipment and bait is provided, but bring your pole if you'd like. Spots are limited so register soon to catch the big one!

Forest Ridge Park – Course Fee: \$4
#254227 May 21 Th 6:00-8:00pm
#254228 Aug 13 Th 6:00-8:00pm

Teen

Mountain Bike Basics

Age: 13-18 yrs. Hit the trails with this multi-session approach to mountain biking. If you're interested in mountain biking but don't have equipment or don't know where to ride, this course is for you. Utilize our bikes and learn to ride on some of the newest single track trail in the area. Each session will be led by one of our experienced instructors that will get you set up to ride and guide you through fundamentals that can prepare you for a lifetime of enjoyment. All equipment will be provided. Pre-registration is required so sign up today!

Forest Ridge Park – Course Fee: \$80
#254250 Jul 16-30 Th 6:00-8:30pm

is required for this program. All participants under the age of 16 must be registered with an adult.

Lake Johnson – Course Fee: \$30

#253365	Jun 4	Th	6:00-8:00pm
#253366	Jul 2	Th	6:00-8:00pm

Evening SUP Tours @ Falls Lake

Age: 16yrs. and up. Come join us at Forest Ridge Park to explore some of the Falls Lake Shoreline with our experienced Stand-Up Paddleboard guides! Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, deer, turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning, this program is great for beginner and experienced paddlers alike! All equipment is provided. Advance registration is required for this program. All participants must be 16 years old or older.

Forest Ridge Park – Course Fee: \$30

#255408	Aug 22	Sa	6:00-8:00pm
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Evening SUP Tours @ Lake Wheeler

Age: 16yrs. and up. Lake Wheeler boasts over 800 acres of park, 650 of which are on the water. Come explore with us on our evening stand up paddleboard tours of the lake! Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning, this program is great for beginner and experienced paddlers alike!

All equipment is provided, but feel free to bring your own (binoculars recommended). Participants must be 16 years old or older.

Lake Wheeler – Course Fee: \$30

#255407	Aug 21	F	6:00-8:00pm
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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

#254229	May 9	Sa	1:00-7:00pm
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Fundamentals of Kayaking

Age: 12yrs. and up. This class will introduce the basics of Kayaking in a calm setting and at a relaxed pace. Participants will learn the parts of a kayak, paddling strokes and techniques, maneuverability, and self-rescue techniques. Participants under the age of 16 must be registered with an adult. Be prepared to get wet. All equipment is provided. Advance registration is required for this program.

Lake Johnson – Course Fee: \$25

#253300	Jun 3	W	6:00-8:00pm
#253301	Jun 23	Tu	6:00-8:00pm
#253302	Jul 28	Tu	6:00-8:00pm
#253303	Aug 6	Th	6:00-8:00pm

Fundamentals of Sailing

Age: 16yrs. and up. Spend a day at the lake learning to sail a Sunfish sailboat. This course is perfect for beginners. Instruction includes: terminology, basic sailing theory and practice, rigging, and safety procedures. No previous sailing experience required. Be prepared to get wet. Please bring a bagged lunch and wear closed toed shoes. All equipment is provided. Advance registration is required for this program.

Lake Johnson – Course Fee: \$75

#253408	Jun 7	Su	10:00am-4:00pm
#253409	Jun 28	Su	10:00am-4:00pm
#253410	Jul 12	Su	10:00am-4:00pm
#253411	Jul 26	Su	10:00am-4:00pm
#253412	Aug 9	Su	10:00am-4:00pm

Fundamentals of Stand-up Paddle Boarding

Age: 12yrs. and up. This class will introduce the basics of Stand-up Paddle Boarding in a calm setting and at a relaxed pace. Participants will learn the parts of the stand-up paddle board, the different paddling strokes and techniques, maneuverability, and self-rescue techniques. Be prepared to get wet. All equipment is provided. Advance registration is required for this program. Participants under the age of 16 must be registered with an adult.

Lake Johnson – Course Fee: \$35

#253345	Jun 2	Tu	6:00-8:00pm
#253346	Jun 24	W	6:00-8:00pm
#253347	Jul 7	Tu	6:00-8:00pm
#253348	Jul 29	W	6:00-8:00pm
#253349	Aug 4	Tu	6:00-8:00pm

Guided Night Paddle

Age: 12yrs. and up. Explore Lake Johnson in a kayak after hours with an experienced guide and naturalist. Participants will learn about the wonderful wildlife that comes out at night. Look for beavers, owls, bats and more all while enjoying beautiful views of the moon on the water. Be prepared to get wet. All equipment is provided, participants will be using double kayaks so feel free register with a friend! Advance registration is required for this program.

Lake Johnson – Course Fee: \$20

#253414	Jun 19	F	8:30-10:30pm
#253415	Jul 17	F	8:30-10:30pm
#253416	Aug 7	F	8:30-10:30pm

Guided Sailing

Age: 12yrs. and up. This course is for those with experience sailing but still need some guidance and practice. Sail around the lake with an experienced instructor close at hand to help you perfect your technique. This program is great for someone brushing up on their skills while receiving guidance and feedback. Intro to Sailing, Fundamentals of Sailing, or equivalent experience required as a pre-requisite. Be prepared to get wet. All equipment is provided. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson – Course Fee: \$35

#254004	Jun 17	W	5:30-7:30pm
#254005	Jul 22	W	5:30-7:30pm

Intro to Sailing

Age: 12yrs. and up. In this course participants will learn the basics of sailing a Sunfish sailboat. This course is perfect for beginners and a great refresher for those who have experience but are feeling a bit rusty. All participants will be sailing in tandem. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Be prepared to get wet and wear closed toed shoes. All equipment is provided. Advance registration is required for this program.

Lake Johnson – Course Fee: \$35

#254007	Jun 15	M	5:30-7:30pm
#254008	Jun 16	Tu	5:30-7:30pm
#254009	Jul 20	M	5:30-7:30pm
#254010	Jul 21	Tu	5:30-7:30pm
#254011	Aug 3	M	5:30-7:30pm

Introduction to Camping

Age: 18yrs. and up. Do you want to go camping but feel nervous or intimidated about planning a trip? Whether you've never been or want to lead a small group trip, this program will give you a wealth of knowledge. Pre-registration is required so sign up today.

Forest Ridge Park – Course Fee: \$12

#254253	Jul 22-Aug 5	W	6:00-8:00pm
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Women's Mountain Bike Day Ride

Age: 18yrs. and up. Join us for International Women's Mountain Bike 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. This will be a no drop ride as we ride the 3+ miles of single track at Forest Ridge Park. Participants are encouraged to bring their own equipment; however, loaner equipment is available on request in advance. Pre-registration is encouraged but not required.

Forest Ridge Park

#254241	May 2	Sa	10:00am-12:00pm
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continued on page 10 —

continued from page 9 —

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 child(ren). 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
 #253314 May 17 Su 1:00-3:00pm
 #253315 Jun 27 Sa 9:00-11:00am

Evening Canoe Tour

Age: 10yrs. and up. Explore Lake Johnson in a canoe with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Participants under the age of 16 must be registered with an adult. Advance registration is required for this program.

Lake Johnson – Course Fee: \$20
 #253402 Jun 9 Tu 6:00-8:00pm
 #253403 Jul 14 Tu 6:00-8:00pm

Evening Kayak Tour

Age: 12yrs. and up. Explore Lake Johnson in a kayak with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as wading birds, many types of turtles, bald eagles, and osprey. Participants will even get to stay out a bit later than normal, so they can be on the water as the sun is setting. With a brief paddling lesson at the beginning this program is great for beginner and experienced paddlers alike! All equipment is provided, but feel free to bring your own (binoculars recommended). Participants under the age of 16 must be registered with an adult. Advance registration is required for this program.

Lake Johnson – Course Fee: \$20
 #253373 Jun 25 Th 6:00-8:00pm
 #253374 Jul 9 Th 6:00-8:00pm
 #253375 Jul 30 Th 6:00-8:00pm



Family Campout for National Campout Day

Age: 4yrs. and up. Did you know that June 22nd is National Campout Day? So, gather your family and join us at Forest Ridge Park for an overnight campout the following weekend! We'll cook dinner at the campfire, stargaze, and go for a night hike. In the morning, wake up with the birds, enjoy a camp breakfast, and have time to explore Forest Ridge Park. There are beautiful hiking trails with views of Falls Lake, and a playground for children. Bring a tent if you have one or borrow one of ours! Class fee is \$20 per adult and \$15 per youth. Preregistration is required at least four days prior to the program.

Forest Ridge Park – Course Fee: \$15
 #255413 Jun 27 Sa 5:00pm-9:00am

Mountains to Sea Trail Hiking Club

Age: 1yrs. and up. The Mountains-to-Sea Trail is a 1175-mile trail that runs from the mountains of North Carolina all the way to the coast. Luckily for us, over 60 miles of it are in Raleigh's backyard! Come join us this Summer for our Mountains-to-Sea Trail Hiking Club. We will meet up on the second Saturday of every month to complete a section, or multiple sections, as a group. All ages are welcome, but please keep in mind that we will be averaging somewhere between 5-10 miles per hike. All of the hikes will range from 'easy-moderate' levels of difficulty. The cost of each program is \$2 per person. Shuttle transportation from the end point of our hike back to the trailhead will be provided!

Forest Ridge Park – Course Fee: \$2
 #255409 May 9 Sa 8:00am-1:00pm
 #255410 Jun 13 Sa 8:00am-1:00pm
 #255411 Jul 11 Sa 8:00am-1:00pm
 #255412 Aug 8 Sa 8:00am-1:00pm

National Trails Day Events

Age: All Ages. This program is to support activities on National Trails Day

Forest Ridge Park
 #256864 Jun 6 Sa 8:00am-6:00pm

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 Buffalo Road Aquatic Center)

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

Buffalo Road Aquatic Center

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

All Pools

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

Punch Passes

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

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

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

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

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.

Biltmore Pool – Course Fee: \$39

#253631 Jul 11-25 Sa 10:10 -10:40am
Course Fee: \$41

#253630 Jun 29-Jul 2 M-Th 6:30 -7:00pm

#253632 Jul 13-16 M-Th 6:30 -7:00pm

#253633 Jul 27-30 M-Th 5:50 -6:20pm

Buffalo Rd Aquatic Center – Course Fee: \$39

#253666 Jul 11-25 Sa 10:10am -10:40am

Course Fee: \$41

#253663 May 30-Jun 20 Sa 10:10 -10:40am

#253669 Aug 8-29 Sa 10:10 -10:40am

Course Fee: \$56

#253661 May 12-28 Tu, Th 10:10 -10:40am

#253662 May 12-28 Tu, Th 4:30 -5:00pm

#253664 Jun 16-Jul 2 Tu, Th 11:30am -12:00pm

#253665 Jun 16-Jul 2 Tu, Th 4:30 -5:00pm

#253667 Jul 14-30 Tu, Th 11:30am -12:00pm

#253668 Jul 14-30 Tu, Th 4:30 -5:00pm

#253670 Aug 11-20 Tu-Th 10:50 -11:20am

#253671 Aug 11-27 Tu, Th 4:30 -5:00pm

Lake Johnson Pool – Course Fee: \$39

#253823 Jun 13-27 Sa 9:30am -10:00am

#253826 Jul 11-25 Sa 10:10am -10:40am

Course Fee: \$41

#253824 Jun 22-25 M-Th 4:30pm -5:00pm

#253825 Jun 29-Jul 2 M-Th 10:10am -10:40am

#253827 Jul 20-23 M-Th 9:30am -10:00am

Longview Pool – Course Fee: \$39

#253944 Jun 13-27 Sa 10:10 -10:40am

#253945 Jul 11-25 Sa 10:10 -10:40am

Millbrook Pool – Course Fee: \$39

#254059 Jul 11-25 Sa 9:30 -10:00am

Course Fee: \$41

#254053 May 30-Jun 20 Sa 9:30 -10:00am

#254056 Jun 29-Jul 2 M-Th 5:10 -5:40pm

#254064 Aug 8-29 Sa 9:30 -10:00am

Course Fee: \$56

#254052 May 4-20 M, W 10:50 -11:20am

#254054 Jun 2-11 Tu-Th 10:50 -11:20am

#254055 Jun 16-25 Tu-Th 9:30 -10:00am

#254057 Jul 7-16 Tu-Th 9:30 -10:00am

#254058 Jul 7-16 Tu-Th 5:10 -5:40pm

#254060 Jul 21-30 Tu-Th 9:30 -10:00am

#254061 Jul 21-30 Tu-Th 5:10 -5:40pm

#254062 Aug 4-13 Tu-Th 9:30 -10:00am

#254063 Aug 4-13 Tu-Th 5:10 -5:40pm

Optimist Pool – Course Fee: \$41

#254353 Aug 8-29 Sa 10:10 -10:40am

Course Fee: \$56

#254345 Jun 1-11 M, W-Th 10:10 -10:40am

#254346 Jun 1-11 M, W-Th 5:10 -5:40pm

#254347 Jun 22-Jul 2 M, W-Th 10:10 -10:40am

#254348 Jun 22-Jul 2 M, W-Th 5:10 -5:40pm

#254349 Jul 13-23 M, W-Th 10:10 -10:40am

#254350 Jul 13-23 M, W-Th 5:10 -5:40pm

#254351 Aug 3-13 M, W-Th 10:10 -10:40am

#254352 Aug 3-13 M, W-Th 5:10 -5:40pm

Pullen Aquatic Center – Course Fee: \$39

#254875 Jun 13-27 Sa 11:30am -12:00pm

#254880 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$56

#254876 Jun 15-25 M, W-Th 10:10 -10:40am

#254877 Jun 15-25 M, W-Th 5:10 -5:40pm

#254878 Jun 29-Jul 9 M, W-Th 10:10 -10:40am

#254879 Jun 29-Jul 9 M, W-Th 5:10 -5:40pm

#254881 Jul 20-30 M, W-Th 10:10 -10:40am

#254882 Jul 20-30 M, W-Th 5:10 -5:40pm

#254883 Aug 3-13 M, W-Th 10:10 -10:40am

#254884 Aug 3-13 M, W-Th 5:10 -5:40pm

Course Fee: \$73

#254873 May 12-Jun 4 Tu, Th 10:50 -11:20am

#254874 May 12-Jun 4 Tu, Th 5:10 -5:40pm

Ridge Road Pool – Course Fee: \$39

#255237 Jul 11-25 Sa 9:30 -10:00am

#255238 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#255236 Jul 6-9 M-Th 9:30 -10:00am

#255239 Jul 20-23 M-Th 5:10 -5:40pm

#255240 Jul 27-30 M-Th 6:30 -7:00pm

Course Fee: \$56

#255235 Jun 16-25 Tu-Th 10:10 -10:40am

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.

Buffalo Rd Aquatic Center – Course Fee: \$39

#253678 Jul 11-25 Sa 10:10 -10:40am

Course Fee: \$41

#253674 May 30-Jun 20 Sa 10:10 -10:40am

#253681 Aug 8-29 Sa 10:10 -10:40am

Course Fee: \$56

#253672 May 12-28 Tu, Th 10:10 -10:40am

#253673 May 12-28 Tu, Th 4:30 -5:00pm

#253676 Jun 16-Jul 2 Tu, Th 11:30am -12:00pm

#253677 Jun 16-Jul 2 Tu, Th 4:30 -5:00pm

#253679 Jul 14-30 Tu, Th 11:30am -12:00pm

#253680 Jul 14-30 Tu, Th 4:30 -5:00pm

#253683 Aug 11-20 Tu-Th 10:50 -11:20am

continued on page 12 —

#253684	Aug 11-27	Tu, Th	4:30 -5:00pm
Millbrook Pool – Course Fee: \$39			
#254071	Jul 11-25	Sa	10:10 -10:40am
Course Fee: \$41			
#254066	May 30-Jun 20	Sa	10:10 -10:40am
#254068	Jun 29-Jul 2	M-Th	5:50 -6:20pm
#254075	Aug 8-29	Sa	10:10 -10:40am
Course Fee: \$56			
#254065	May 4-20	M, W	11:30am -12:00pm
#254067	Jun 16-25	Tu-Th	10:10 -10:40am
#254069	Jul 7-16	Tu-Th	10:10 -10:40am
#254070	Jul 7-16	Tu-Th	5:50 -6:20pm
#254072	Jul 21-30	Tu-Th	10:10 -10:40am
#254073	Jul 21-30	Tu-Th	5:50 -6:20pm
#254074	Aug 4-13	Tu-Th	10:10 -10:40am
Optimist Pool – Course Fee: \$41			
#254364	Aug 8-29	Sa	10:50 -11:20am
Course Fee: \$56			
#254354	Jun 1-11	M, W-Th	10:10 -10:40am
#254355	Jun 1-11	M, W-Th	5:10 -5:40pm
#254356	Jun 22-Jul 2	M, W-Th	10:10 -10:40am
#254357	Jun 22-Jul 2	M, W-Th	5:10 -5:40pm
#254360	Jul 13-23	M, W-Th	10:10 -10:40am
#254361	Jul 13-23	M, W-Th	5:10 -5:40pm
#254362	Aug 3-13	M, W-Th	10:10 -10:40am
#254363	Aug 3-13	M, W-Th	5:10 -5:40pm
Pullen Aquatic Center – Course Fee: \$39			
#254886	Jun 13-27	Sa	10:50 -11:20am
#254891	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$56			
#254887	Jun 15-25	M, W-Th	10:50 -11:20am
#254888	Jun 15-25	M, W-Th	5:50 -6:20pm
#254889	Jun 29-Jul 9	M, W-Th	10:50 -11:20am
#254890	Jun 29-Jul 9	M, W-Th	5:50 -6:20pm
#254892	Jul 20-30	M, W-Th	10:50 -11:20am
#254893	Jul 20-30	M, W-Th	5:50 -6:20pm
#254894	Aug 3-13	M, W-Th	10:50 -11:20am
#254895	Aug 3-13	M, W-Th	5:50 -6:20pm
Course Fee: \$73			
#254885	May 12-Jun 4	Tu, Th	11:30am -1:00pm
Ridge Road Pool – Course Fee: \$39			
#255241	Jun 13-27	Sa	10:10 -10:40am
Course Fee: \$56			
#255242	Jun 16-25	Tu-Th	5:50 -6:20pm

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.

Biltmore Pool – Course Fee: \$39

#253636	Jul 11-25	Sa	10:10 -10:40am
#253637	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#253634	Jun 29-Jul 2	M-Th	5:50 -6:20pm
#253635	Jul 6-9	M-Th	5:50 -6:20pm
#253638	Jul 27-30	M-Th	5:50 -6:20pm

Buffaloe Rd Aquatic Center – Course Fee: \$39

#253690	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#253687	May 30-Jun 20	Sa	10:50 -11:20am
#253693	Aug 8-29	Sa	10:50 -11:20am
Course Fee: \$56			
#253685	May 12-28	Tu, Th	10:50 -11:20am
#253686	May 12-28	Tu, Th	5:10 -5:40pm
#253688	Jun 16-Jul 2	Tu, Th	10:10 -10:40am
#253689	Jun 16-Jul 2	Tu, Th	5:10 -5:40pm
#253691	Jul 14-30	Tu, Th	10:10 -10:50am
#253692	Jul 14-30	Tu, Th	5:10 -5:40pm
#253694	Aug 11-20	Tu-Th	10:10am -10:40am
#253695	Aug 11-27	Tu, Th	5:10 -5:40pm

Lake Johnson Pool – Course Fee: \$39

#253828	Jun 13-27	Sa	9:30 -10:00am
#253829	Jun 13-27	Sa	10:50 -11:20am
#253834	Jul 11-25	Sa	9:30 -10:00am
#253835	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#253830	Jun 15-18	M-Th	4:30 -5:00pm
#253831	Jun 15-18	M-Th	5:10 -5:40pm
#253832	Jun 22-25	M-Th	10:50 -11:20am
#253833	Jun 22-25	M-Th	5:10 -5:40pm
#253836	Jul 13-16	M-Th	5:10 -5:40pm
#253837	Jul 20-23	M-Th	5:10 -5:40pm
#254252	Jul 27-30	M-Th	5:10 -5:40pm

Longview Pool – Course Fee: \$39

#253946	Jun 13-27	Sa	10:10 -10:40am
#253947	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#253949	Jun 16-25	Tu, Th	5:10 -5:40pm
#253950	Jul 6-9	M-Th	5:50 -6:20pm

Millbrook Pool – Course Fee: \$39

#254088	Jul 11-25	Sa	9:30 -10:00am
Course Fee: \$41			
#254078	May 30-Jun 20	Sa	8:50 -9:20am
#254079	May 30-Jun 20	Sa	9:30 -10:00am
#254084	Jun 29-Jul 2	M-Th	5:10 -5:40pm
#254094	Aug 8-29	Sa	8:50 -9:20am
#254095	Aug 8-29	Sa	9:30 -10:00am
Course Fee: \$56			
#254076	May 4-20	M, W	10:50 -11:20am
#254077	May 4-20	M, W	5:10 -5:40pm
#254080	Jun 2-11	Tu-Th	10:50 -11:20am
#254081	Jun 2-11	Tu-Th	5:10 -5:40pm
#254082	Jun 16-25	Tu-Th	9:30 -10:00am
#254083	Jun 16-25	Tu-Th	11:30am -12:00pm
#254085	Jul 7-16	Tu-Th	9:30 -10:00am
#254086	Jul 7-16	Tu-Th	10:50 -11:20am
#254087	Jul 7-16	Tu-Th	5:10 -5:40pm
#254089	Jul 21-30	Tu-Th	9:30 -10:00am
#254090	Jul 21-30	Tu-Th	10:50 -11:20am
#254091	Jul 21-30	Tu-Th	5:10 -5:40pm
#254092	Aug 4-13	Tu-Th	9:30 -10:00am
#254093	Aug 4-13	Tu-Th	5:10 -5:40pm
#254096	Aug 17-Sep 2	M, W	5:10 -5:40pm

Optimist Pool – Course Fee: \$41

#254394	Aug 8-29	Sa	10:10 -10:40am
#254395	Aug 8-29	Sa	11:30am -12:00pm
Course Fee: \$56			
#254366	Jun 1-11	M, W-Th	10:10 -10:40am
#254368	Jun 1-11	M, W-Th	10:50 -11:20am
#254375	Jun 1-11	M, W-Th	5:10 -5:40pm
#254377	Jun 1-11	M, W-Th	5:50 -6:20pm
#254378	Jun 22-Jul 2	M, W-Th	10:10 -10:40am
#254380	Jun 22-Jul 2	M, W-Th	10:50 -11:20am
#254381	Jun 22-Jul 2	M, W-Th	5:10 -5:40pm
#254382	Jun 22-Jul 2	M, W-Th	5:50 -6:20pm
#254383	Jul 13-23	M, W-Th	10:10 -10:40am
#254385	Jul 13-23	M, W-Th	10:50 -11:20am
#254386	Jul 13-23	M, W-Th	5:10 -5:40pm
#254387	Jul 13-23	M, W-Th	5:50 -6:20pm
#254388	Aug 3-13	M, W-Th	10:10 -10:40am
#254389	Aug 3-13	M, W-Th	10:50 -11:20am
#254390	Aug 3-13	M, W-Th	5:10 -5:40pm
#254392	Aug 3-13	M, W-Th	5:50 -6:20pm

Pullen Aquatic Center – Course Fee: \$39

#254898	Jun 13-27	Sa	11:30am -12:00pm
#254904	Jul 11-25	Sa	11:30am -12:00pm
Course Fee: \$56			
#254899	Jun 15-25	M, W-Th	10:10 -10:40am
#254900	Jun 15-25	M, W-Th	5:10 -5:40pm
#254901	Jun 29-Jul 9	M, W-Th	10:10 -10:40am
#254903	Jun 29-Jul 9	M, W-Th	5:10 -5:40pm
#254905	Jul 20-30	M, W-Th	10:10 -10:40am
#254906	Jul 20-30	M, W-Th	5:10 -5:40pm
#254907	Aug 3-13	M, W-Th	10:10 -10:40am
#254908	Aug 3-13	M, W-Th	5:10 -5:40pm

Course Fee: \$73

#254896	May 12-Jun 4	Tu, Th	10:10 -10:40am
#254897	May 12-Jun 4	Tu, Th	5:10 -5:40pm
Ridge Road Pool – Course Fee: \$39			
#255243	Jun 13-27	Sa	8:50 -9:20am
#255245	Jun 13-27	Sa	10:50 -11:20am
#255254	Jul 11-25	Sa	9:30 -10:00am
#255255	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#255251	Jun 29-Jul 2	M-Th	10:10 -10:40am
#255252	Jun 29-Jul 2	M-Th	6:30 -7:00pm
#255253	Jul 6-9	M-Th	10:10 -10:40am
#255256	Jul 20-23	M-Th	10:50 -11:20am
#255257	Jul 27-30	M-Th	9:30 -10:00am
#255258	Jul 27-30	M-Th	5:10 -5:40pm
Course Fee: \$56			
#255246	Jun 16-25	Tu-Th	9:30 -10:00am
#255249	Jun 16-25	Tu-Th	10:50 -11:20am
#255250	Jun 16-25	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.

Biltmore Pool – Course Fee: \$41

#253639	Jul 6-9	M-Th	5:50 -6:20pm
#253640	Jul 13-16	M-Th	5:50 -6:20pm

Buffaloe Rd Aquatic Center – Course Fee: \$39

#253702	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#253699	May 30-Jun 20	Sa	10:50 -11:20am
#253705	Aug 8-29	Sa	10:50 -11:20am
Course Fee: \$56			
#253697	May 12-28	Tu, Th	11:30am -12:00pm
#253698	May 12-28	Tu, Th	5:10 -5:40pm
#253700	Jun 16-Jul 2	Tu, Th	10:10 -10:40am
#253701	Jun 16-Jul 2	Tu, Th	5:10 -5:40pm
#253703	Jul 14-30	Tu, Th	10:10 -10:40am
#253704	Jul 14-30	Tu, Th	5:10 -5:40pm
#253706	Aug 11-20	Tu-Th	10:10 -10:40am
#253707	Aug 11-27	Tu, Th	5:10 -5:40pm

Lake Johnson Pool

Course Fee: \$39			
#253838	Jun 13-27	Sa	11:30am -12:00pm
#253846	Jul 11-25	Sa	9:30 -10:00am
Course Fee: \$41			
#253839	Jun 15-18	M-Th	4:30 -5:00pm
#253840	Jun 22-25	M-Th	9:30 -10:00am
#253841	Jun 22-25	M-Th	4:30 -5:00pm
#253842	Jun 22-25	M-Th	5:50 -6:20pm
#253843	Jun 29-Jul 2	M-Th	9:30 -10:00am
#253844	Jun 29-Jul 2	M-Th	10:50 -11:20am
#253845	Jun 29-Jul 2	M-Th	5:10 -5:40pm
#253847	Jul 13-16	M-Th	9:30 -10:00am
#253848	Jul 13-16	M-Th	5:50 -6:20pm
#253849	Jul 20-23	M-Th	5:10 -5:40pm
#253850	Jul 27-30	M-Th	10:50 -11:20am
#253851	Jul 27-30	M-Th	5:50 -6:20pm

Longview Pool – Course Fee: \$39

#253951	Jun 13-27	Sa	11:30am -12:00pm
#253953	Jul 11-25	Sa	10:50 -11:20am
Course Fee: \$41			
#253952	Jun 16-25	Tu, Th	5:50 -6:20pm
#253955	Jul 6-9	M-Th	5:50 -6:20pm
#253956	Jul 20-23	M-Th	5:50 -6:20pm

Millbrook Pool – Course Fee: \$39

#254107 Jul 11-25 Sa 8:50am-9:20am
 #254108 Jul 11-25 Sa 10:10am-10:40am
 #254109 Jul 11-25 Sa 10:50am-11:20am
 Course Fee: \$41

#254099 May 30-Jun 20 Sa 10:10am-10:40am
 #254100 May 30-Jun 20 Sa 10:50am-11:20am
 #254104 Jun 29-Jul 2 M-Th 5:50pm-6:20pm
 #254114 Aug 8-29 Sa 10:10am-10:40am
 #255078 Aug 8-29 Sa 10:50am-11:20am
 Course Fee: \$56

#254097 May 4-20 M, W 11:30am-12:00pm
 #254098 May 4-20 M, W 5:50pm-6:20pm
 #254101 Jun 2-11 Tu-Th 11:30am-12:00pm
 #254102 Jun 2-11 Tu-Th 5:50pm-6:20pm
 #254103 Jun 16-25 Tu-Th 10:10-10:40am
 #254104 Jun 16-25 Tu-Th 10:10-10:40am
 #254106 Jul 7-16 Tu-Th 5:50-6:20pm
 #254110 Jul 21-30 Tu-Th 10:10-10:40am
 #254111 Jul 21-30 Tu-Th 5:50-6:20pm
 #254112 Aug 4-13 Tu-Th 10:10-10:40am
 #254113 Aug 4-13 Tu-Th 5:50-6:20pm
 #254115 Aug 17-Sep 2 M, W 5:10-5:40pm

Optimist Pool – Course Fee: \$41

#254412 Aug 8-29 Sa 10:10-10:40am
 #254413 Aug 8-29 Sa 11:30am-12:00pm
 Course Fee: \$56

#254396 Jun 1-11 M, W-Th 10:10-10:40am
 #254397 Jun 1-11 M, W-Th 10:50-11:20am
 #254398 Jun 1-11 M, W-Th 5:50-6:20pm
 #254399 Jun 1-11 M, W-Th 6:30-7:00pm
 #254400 Jun 22-Jul 2 M, W-Th 10:10-10:40am
 #254401 Jun 22-Jul 2 M, W-Th 10:50-11:20am
 #254402 Jun 22-Jul 2 M, W-Th 5:50-6:20pm
 #254403 Jun 22-Jul 2 M, W-Th 6:30-7:00pm
 #254404 Jul 13-23 M, W-Th 10:10-10:40am
 #254405 Jul 13-23 M, W-Th 10:50-11:20am
 #254406 Jul 13-23 M, W-Th 5:50-6:20pm
 #254407 Jul 13-23 M, W-Th 6:30-7:00pm
 #254408 Aug 3-13 M, W-Th 10:10-10:40am
 #254409 Aug 3-13 M, W-Th 10:50-11:20am
 #254410 Aug 3-13 M, W-Th 5:50-6:20pm
 #254411 Aug 3-13 M, W-Th 6:30-7:00pm

Pullen Aquatic Center – Course Fee: \$39

#254914 Jun 13-27 Sa 10:50-11:20am
 #254919 Jul 11-25 Sa 10:50-11:20am

Course Fee: \$56

#254915 Jun 15-25 M, W-Th 10:50-11:20am
 #254916 Jun 15-25 M, W-Th 5:50-6:20pm
 #254917 Jun 29-Jul 9 M, W-Th 10:50-11:20am
 #254918 Jun 29-Jul 9 M, W-Th 5:50-6:20pm
 #254920 Jul 20-30 M, W-Th 10:50-11:20am
 #254921 Jul 20-30 M, W-Th 5:50-6:20pm
 #254922 Aug 3-13 M, W-Th 10:50-11:20am
 #254923 Aug 3-13 M, W-Th 5:50-6:20pm

Course Fee: \$73

#254913 May 12-Jun 4 Tu, Th 10:50-11:20am

Ridge Road Pool – Course Fee: \$39

#255260 Jun 13-27 Sa 8:50-9:20am
 #255261 Jun 13-27 Sa 11:30am-12:00pm
 #255503 Jul 11-25 Sa 8:50-9:20am

Course Fee: \$41

#255288 Jun 29-Jul 2 M-Th 10:10-10:40am
 #255289 Jun 29-Jul 2 M-Th 5:10-5:40pm
 #255295 Jul 6-9 M-Th 10:50-11:20am
 #255296 Jul 6-9 M-Th 5:50-6:20pm
 #255504 Jul 20-23 M-Th 9:30-10:00am
 #255505 Jul 20-23 M-Th 10:50-11:20am
 #255506 Jul 20-23 M-Th 5:10-5:40pm
 #255507 Jul 27-30 M-Th 9:30-10:00am
 #255508 Jul 27-30 M-Th 5:10-5:40pm

Course Fee: \$56

#255262 Jun 16-25 Tu-Th 9:30-10:00am
 #255263 Jun 16-25 Tu-Th 4:30-5:00pm

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.

Biltmore Pool – Course Fee: \$39

#253642 Jul 11-25 Sa 10:50-11:20am
 Course Fee: \$41

#253641 Jun 29-Jul 2 M-Th 5:50-6:20pm
 #253643 Jul 27-30 M-Th 5:50-6:20pm

Buffaloe Rd Aquatic Center – Course Fee: \$39

#253717 Jul 11-25 Sa 10:50-11:20am
 Course Fee: \$41
 #253714 May 30-Jun 20 Sa 10:50-11:20am
 #253720 Aug 8-29 Sa 10:50-11:20am

Course Fee: \$56

#253708 May 12-28 Tu, Th 11:30am-12:00pm
 #253713 May 12-28 Tu, Th 5:10-5:40pm
 #253715 Jun 16-Jul 2 Tu, Th 10:10-10:40am
 #253716 Jun 16-Jul 2 Tu, Th 5:10-5:40pm
 #253718 Jul 14-30 Tu, Th 10:10-10:40am
 #253719 Jul 14-30 Tu, Th 5:10-5:40pm
 #253721 Aug 11-20 Tu-Th 10:50-11:20am
 #253722 Aug 11-27 Tu, Th 5:10-5:40pm

Lake Johnson Pool – Course Fee: \$39

#253852 Jun 13-27 Sa 8:50-9:20am
 #253855 Jul 11-25 Sa 8:50-9:20am

Course Fee: \$41

#253853 Jun 22-25 M-Th 5:10-5:40pm
 #253854 Jun 29-Jul 2 M-Th 5:10-5:40pm
 #253856 Jul 13-16 M-Th 10:10-10:40am
 #253857 Jul 13-16 M-Th 5:10-5:40pm
 #253858 Jul 20-23 M-Th 10:50-11:20am
 #253859 Jul 20-23 M-Th 5:50-6:20pm
 #253860 Jul 27-30 M-Th 10:10-10:40am
 #253861 Jul 27-30 M-Th 6:30-7:00pm

Longview Pool – Course Fee: \$39

#253959 Jul 11-25 Sa 11:30am-12:00pm

Millbrook Pool – Course Fee: \$39

#254124 Jul 11-25 Sa 10:50-11:20am
 Course Fee: \$41

#254117 May 30-Jun 20 Sa 10:50-11:20am
 #254121 Jun 29-Jul 2 M-Th 5:50-6:20pm
 #254129 Aug 8-29 Sa 10:50-11:20am

Course Fee: \$56

#254116 May 4-20 M, W 5:50-6:20pm
 #254118 Jun 2-11 Tu-Th 11:30am-12:00pm
 #254119 Jun 2-11 Tu-Th 5:50-6:20pm
 #254120 Jun 16-25 Tu-Th 10:50-11:20am
 #254122 Jul 7-16 Tu-Th 10:50-11:20am
 #254123 Jul 7-16 Tu-Th 5:50-6:20pm
 #254125 Jul 21-30 Tu-Th 10:50-11:20am
 #254126 Jul 21-30 Tu-Th 5:50-6:20pm
 #254127 Aug 4-13 Tu-Th 10:50-11:20am
 #254128 Aug 4-13 Tu-Th 5:50-6:20pm
 #254130 Aug 17-Sep 2 M, W 5:50-6:20pm

Optimist Pool – Course Fee: \$41

#254422 Aug 8-29 Sa 10:50-11:20am
 Course Fee: \$56

#254414 Jun 1-11 M, W-Th 11:30am-12:00pm
 #254415 Jun 1-11 M, W-Th 6:30-7:00pm

continued on page 14 —



#254416 Jun 22-Jul 2 M, W-Th 11:30am -12:00pm
 #254417 Jun 22-Jul 2 M, W-Th 6:30 -7:00pm
 #254418 Jul 13-23 M, W-Th 11:30am -12:00pm
 #254419 Jul 13-23 M, W-Th 6:30 -7:00pm
 #254420 Aug 3-13 M, W-Th 11:30am -12:00pm
 #254421 Aug 3-13 M, W-Th 6:30 -7:00pm

Pullen Aquatic Center – Course Fee: \$39

#254926 Jun 13-27 Sa 10:10 -10:40am
 #254932 Jul 11-25 Sa 10:10-10:40am

Course Fee: \$56

#254927 Jun 15-25 M, W-Th 11:30am -12:00pm
 #254929 Jun 15-25 M, W-Th 6:30 -7:00pm
 #254930 Jun 29-Jul 9 M, W-Th 11:30am -12:00pm
 #254931 Jun 29-Jul 9 M, W-Th 6:30 -7:00pm
 #254933 Jul 20-30 M, W-Th 11:30am -12:00pm
 #254934 Jul 20-30 M, W-Th 6:30 -7:00pm
 #254935 Aug 3-13 M, W-Th 11:30am -12:00pm
 #254936 Aug 3-13 M, W-Th 6:30 -7:00pm

Course Fee: \$73

#254924 May 12-Jun 4 Tu, Th 11:30am -12:00pm

#254925 May 12-Jun 4 Tu, Th 5:50 -6:20pm

Ridge Road Pool – Course Fee: \$41

#255509 Jun 29-Jul 2 M-Th 9:30 -10:00am

#255510 Jul 6-9 M-Th 6:30 -7:00pm

#255513 Jul 20-23 M-Th 10:10 -10:40am

#255514 Jul 20-23 M-Th 5:50 -6:20pm

#255515 Jul 27-30 M-Th 10:50 -11:20am

Youth

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.

Biltmore Pool – Course Fee: \$39

#253624 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#253622 Jun 29-Jul 2 M-Th 6:30 -7:00pm

#253623 Jul 6-9 M-Th 6:30 -7:00pm

#253625 Jul 27-30 M-Th 6:30 -7:00pm

Buffaloe Rd Aquatic Center – Course Fee: \$39

#253727 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#253724 May 30-Jun 20 Sa 11:30am -12:00pm

#253730 Aug 8-29 Sa 11:30am -12:00pm

Course Fee: \$56

#253723 May 12-28 Tu, Th 5:50 -6:20pm

#253725 Jun 16-Jul 2 Tu, Th 10:50 -11:20pm

#253726 Jun 16-Jul 2 Tu, Th 5:50 -6:20pm

#253728 Jul 14-30 Tu, Th 10:50 -11:20pm

#253729 Jul 14-30 Tu, Th 5:50 -6:20pm

#253731 Aug 11-20 Tu-Th 11:30am -12:00pm

#253732 Aug 11-27 Tu, Th 5:50 -6:20pm

Lake Johnson Pool – Course Fee: \$39

#253863 Jun 13-27 Sa 10:10 -10:40am

#253864 Jun 13-27 Sa 11:30am -12:00pm

#253868 Jul 11-25 Sa 10:50 -11:20am

Course Fee: \$41

#253865 Jun 15-18 M-Th 5:50 -6:20pm

#253866 Jun 29-Jul 2 M-Th 8:50 -9:20am

#253867 Jun 29-Jul 2 M-Th 5:50 -6:20pm

#253869 Jul 13-16 M-Th 9:30 -10:00am

#253871 Jul 27-30 M-Th 9:30 -10:00am

#253872 Jul 27-30 M-Th 5:50 -6:20pm

Longview Pool – Course Fee: \$39

#253960 Jun 13-27 Sa 10:50 -11:20am

Course Fee: \$41

#253961 Jun 16-25 Tu, Th 5:50 -6:20pm

#253962 Jul 6-9 M-Th 6:30 -7:00pm



#253963 Jul 20-23 M-Th 5:10 -5:40pm

#253964 Jul 20-23 M-Th 6:30pm -7:00pm

Millbrook Pool – Course Fee: \$39

#254142 Jul 11-25 Sa 9:30 -10:00am

Course Fee: \$41

#254132 May 30-Jun 20 Sa 8:50 -9:20am

#254133 May 30-Jun 20 Sa 9:30 -10:00am

#254137 Jun 29-Jul 2 M-Th 5:10 -5:40pm

#254149 Aug 8-29 Sa 9:30 -10:00am

Course Fee: \$56

#254131 May 4-20 M, W 5:10 -5:40pm

#254134 Jun 2-11 Tu-Th 5:10 -5:40pm

#254135 Jun 16-25 Tu-Th 9:30 -10:00am

#254136 Jun 16-25 Tu-Th 10:50 -11:20am

#254138 Jul 7-16 Tu-Th 9:30 -10:00am

#254139 Jul 7-16 Tu-Th 11:30am -12:00pm

#254140 Jul 7-16 Tu-Th 5:10 -5:40pm

#254141 Jul 7-16 Tu-Th 6:30 -7:00pm

#254143 Jul 21-30 Tu-Th 9:30 -10:00am

#254144 Jul 21-30 Tu-Th 11:30am -12:00pm

#254145 Jul 21-30 Tu-Th 5:10 -5:40pm

#254146 Jul 21-30 Tu-Th 6:30 -7:00pm

#254147 Aug 4-13 Tu-Th 10:50 -11:20am

#254148 Aug 4-13 Tu-Th 6:30 -7:00pm

#254150 Aug 17-Sep 2 M, W 5:50 -6:20pm

Optimist Pool – Course Fee: \$41

#254436 Aug 8-29 Sa 10:10 -10:40am

#254437 Aug 8-29 Sa 11:30am -12:00pm

Course Fee: \$56

#254423 Jun 1-11 M, W-Th 10:50 -11:20am

#254424 Jun 1-11 M, W-Th 5:10 -5:40pm

#254425 Jun 1-11 M, W-Th 6:30 -7:00pm

#254426 Jun 22-Jul 2 M, W-Th 10:50 -11:20am

#254427 Jun 22-Jul 2 M, W-Th 5:10 -5:40pm

#254429 Jun 22-Jul 2 M, W-Th 6:30 -7:00pm

#254430 Jul 13-23 M, W-Th 10:50 -11:20am

#254431 Jul 13-23 M, W-Th 5:10 -5:40pm

#254432 Jul 13-23 M, W-Th 6:30 -7:00pm

#254433 Aug 3-13 M, W-Th 10:50 -11:20am

#254434 Aug 3-13 M, W-Th 5:10 -5:40pm

#254435 Aug 3-13 M, W-Th 6:30 -7:00pm

Pullen Aquatic Center – Course Fee: \$39

#254958 Jun 13-27 Sa 9:30 -10:00am

#254969 Jul 11-25 Sa 9:30 -10:00am

Course Fee: \$56

#254965 Jun 15-25 M, W-Th 10:10 -10:40am

#254966 Jun 15-25 M, W-Th 5:10 -5:40pm

#254967 Jun 29-Jul 9 M, W-Th 10:10 -10:40am

#254968 Jun 29-Jul 9 M, W-Th 5:10 -5:40pm

#254970 Jul 20-30 M, W-Th 10:10 -10:40am

#254971 Jul 20-30 M, W-Th 5:10 -5:40pm

#254972 Aug 3-13 M, W-Th 10:10 -10:40am

#254973 Aug 3-13 M, W-Th 5:10 -5:40pm

Course Fee: \$73

#254948 May 12-Jun 4 Tu, Th 5:50 -6:20pm

Ridge Road Pool – Course Fee: \$39

#255516 Jun 13-27 Sa 9:30 -10:00am

#255523 Jul 11-Aug 1 Sa 11:30am -12:00pm

Course Fee: \$41

#255519 Jun 29-Jul 2 M-Th 10:50 -11:20am

#255520 Jun 29-Jul 2 M-Th 5:10 -5:40pm

#255521 Jul 6-9 M-Th 9:30 -10:00am

#255522 Jul 6-9 M-Th 5:10 -5:40pm

#255524 Jul 27-30 M-Th 5:50 -6:20pm

Course Fee: \$56

#255517 Jun 16-25 Tu-Th 10:10 -10:40am

#255518 Jun 16-25 Tu-Th 5:10 -5:40pm

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.

Biltmore Pool – Course Fee: \$41

#253626 Jul 6-9 M-Th 6:30 -7:00pm

#253627 Jul 13-16 M-Th 6:30 -7:00pm

Buffaloe Rd Aquatic Center – Course Fee: \$39

#253737 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#253734 May 30-Jun 20 Sa 11:30am -12:00pm

#253740 Aug 8-29 Sa 11:30am -12:00pm

Course Fee: \$56

#253733 May 12-28 Tu, Th 5:50 -6:20pm

#253735 Jun 16-Jul 2 Tu, Th 10:50 -11:20am

#253736 Jun 16-Jul 2 Tu, Th 5:50 -6:20pm

#253738 Jul 14-30 Tu, Th 10:50 -11:20am

#253739 Jul 14-30 Tu, Th 5:50 -6:20pm

#253741 Aug 11-20 Tu-Th 11:30am -12:00pm

#253742 Aug 11-27 Tu, Th 5:50 -6:20pm

Lake Johnson Pool – Course Fee: \$39

#253873 Jun 13-27 Sa 10:50 -11:20am

#253881 Jul 11-25 Sa 10:10 -10:40am

Longview Pool – Course Fee: \$39

#253965 Jun 13-27 Sa 10:50 -11:20am

Course Fee: \$41

#253970 Jun 16-25 Tu, Th 5:10 -5:40pm

Millbrook Pool – Course Fee: \$39

#254159	Jul 11-25	Sa	8:50 -9:20am
#254160	Jul 11-25	Sa	10:10 -10:40am
#254161	Jul 11-25	Sa	11:30am -12:00pm

Course Fee: \$41

#254152	May 30-Jun 20	Sa	10:10 -10:40am
#254153	May 30-Jun 20	Sa	11:30am -12:00pm
#254156	Jun 29-Jul 2	M-Th	6:30 -7:00pm
#254166	Aug 8-29	Sa	10:10 -10:40am
#254167	Aug 8-29	Sa	11:30am -12:00pm

Course Fee: \$56

#254151	May 4-20	M, W	6:30 -7:00pm
#254154	Jun 2-11	Tu-Th	6:30 -7:00pm
#254155	Jun 16-25	Tu-Th	10:10 -10:40am
#254157	Jul 7-16	Tu-Th	10:10 -10:40am
#254158	Jul 7-16	Tu-Th	6:30 -7:00pm
#254162	Jul 21-30	Tu-Th	10:10 -10:40am
#254163	Jul 21-30	Tu-Th	6:30 -7:00pm
#254164	Aug 4-13	Tu-Th	11:30am -12:00pm
#254165	Aug 4-13	Tu-Th	6:30 -7:00pm
#254168	Aug 17-Sep 2	M, W	6:30 -7:00pm

Optimist Pool – Course Fee: \$41

#254451	Aug 8-29	Sa	10:50 -11:20am
#254452	Aug 8-29	Sa	11:30a -12:00pm

Course Fee: \$56

#254438	Jun 1-11	M, W-Th	10:50 -11:20am
#254439	Jun 1-11	M, W-Th	5:50 -6:20pm
#254440	Jun 1-11	M, W-Th	6:30 -7:00pm
#254441	Jun 22-Jul 2	M, W-Th	10:50 -11:20am
#254442	Jun 22-Jul 2	M, W-Th	5:50 -6:20pm
#254443	Jun 22-Jul 2	M, W-Th	6:30 -7:00pm
#254444	Jul 13-23	M, W-Th	10:50 -11:20am
#254445	Jul 13-23	M, W-Th	5:50 -6:20pm
#254446	Jul 13-23	M, W-Th	6:30 -7:00pm
#254447	Aug 3-13	M, W-Th	10:50 -11:20am
#254448	Aug 3-13	M, W-Th	5:50 -6:20pm
#254449	Aug 3-13	M, W-Th	6:30 -7:00pm

Pullen Aquatic Center – Course Fee: \$39

#254975	Jun 13-27	Sa	10:10 -10:40am
#254981	Jul 11-25	Sa	10:10 -10:40am

Course Fee: \$56

#254977	Jun 15-25	M, W-Th	10:50 -11:20am
#254978	Jun 15-25	M, W-Th	5:50 -6:20pm
#254979	Jun 29-Jul 9	M, W-Th	10:50 -11:20am
#254980	Jun 29-Jul 9	M, W-Th	5:50 -6:20pm
#254982	Jul 20-30	M, W-Th	10:50 -11:20am
#254983	Jul 20-30	M, W-Th	5:50 -6:20pm
#254984	Aug 3-13	M, W-Th	10:50 -11:20am
#254985	Aug 3-13	M, W-Th	5:50 -6:20pm

Course Fee: \$73

#254974	May 12-Jun 4	Tu, Th	6:30 -7:00pm
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Ridge Road Pool – Course Fee: \$39

#255527	Jun 13-27	Sa	9:30 -10:00am
#255528	Jun 13-27	Sa	10:10 -10:40am
#255536	Jul 11-25	Sa	10:10 -10:40am

Course Fee: \$56

#255529	Jun 16-25	Tu-Th	10:50 -11:20am
#255530	Jun 16-25	Tu-Th	5:50 -6:20pm

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.

Biltmore Pool – Course Fee: \$39

#253628	Jul 11-25	Sa	11:30am -12:00pm
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Course Fee: \$41

#253629	Jul 13-16	M-Th	6:30 -7:00pm
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Buffaloe Rd Aquatic Center – Course Fee: \$39

#253747	Jul 11-25	Sa	11:30am -12:00pm
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Course Fee: \$41

#253744	May 30-Jun 20	Sa	11:30am -12:00pm
#253750	Aug 8-29	Sa	11:30am -12:00pm

Course Fee: \$56

#253743	May 12-28	Tu, Th	5:50 -6:20pm
#253745	Jun 16-Jul 2	Tu, Th	10:50 -11:20am
#253746	Jun 16-Jul 2	Tu, T	5:50 -6:20pm
#253748	Jul 14-30	Tu, Th	10:50 -11:20am
#253749	Jul 14-30	Tu, Th	5:50 -6:20pm
#253751	Aug 11-27	Tu, Th	5:50 -6:20pm

Lake Johnson Pool – Course Fee: \$39

#253887	Jun 13-27	Sa	8:50 -9:20am
#253895	Jul 11-25	Sa	11:30am -12:00pm

Course Fee: \$41

#253888	Jun 15-18	M-Th	6:30 -7:00pm
#253889	Jun 22-25	M-Th	10:10 -10:40am
#253890	Jun 22-25	M-Th	10:50 -11:20am
#253891	Jun 22-25	M-Th	6:30 -7:00pm
#253892	Jun 29-Jul 2	M-Th	8:50 -9:20am
#253893	Jun 29-Jul 2	M-Th	10:50am -11:20am
#253894	Jun 29-Jul 2	M-Th	4:30 -5:00pm
#253896	Jul 13-16	M-Th	10:50 -11:20am
#253897	Jul 13-16	M-Th	6:30 -7:00pm
#253898	Jul 20-23	M-Th	9:30 -10:00am
#253899	Jul 20-23	M-Th	10:50 -11:20am
#253900	Jul 20-23	M-Th	6:30 -7:00pm

#253901	Jul 27-30	M-Th	9:30 -10:00am
#253902	Jul 27-30	M-Th	10:10 -10:40am

Longview Pool – Course Fee: \$39

#253973	Jul 11-25	Sa	10:10am -10:40
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Course Fee: \$41

#253972	Jun 16-25	Tu, Th	6:30 -7:00pm
#253974	Jul 6-9	M-Th	6:30 -7:00pm

Millbrook Pool – Course Fee: \$39

#254176	Jul 11-25	Sa	10:50 -11:20am
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Course Fee: \$41

#254170	May 30-Jun 20	Sa	10:50 -11:20am
#254173	Jun 29-Jul 2	M-Th	6:30 -7:00pm
#254181	Aug 8-29	Sa	10:50 -11:20am

Course Fee: \$56

#254169	May 4-20	M, W	6:30 -7:00pm
#254171	Jun 2-11	Tu-Th	6:30 -7:00pm
#254172	Jun 16-25	Tu-Th	10:50 -11:20am
#254174	Jul 7-16	Tu-Th	10:50 -11:20am
#254175	Jul 7-16	Tu-Th	6:30 -7:00pm
#254177	Jul 21-30	Tu-Th	10:50 -11:20am
#254178	Jul 21-30	Tu-Th	6:30 -7:00pm
#254179	Aug 4-13	Tu-Th	11:30am -12:00pm
#254180	Aug 4-13	Tu-Th	7:10 -7:40pm
#254182	Aug 17-Sep 2	M, W	6:30 -7:00pm

Optimist Pool – Course Fee: \$41

#254463	Aug 8-29	Sa	10:50 -11:20am
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Course Fee: \$56

#254453	Jun 1-11	M, W-Th	11:30am -12:00pm
#254456	Jun 1-11	M, W-Th	5:50 -6:20pm
#254457	Jun 22-Jul 2	M, W-Th	11:30am -12:00pm
#254458	Jun 22-Jul 2	M, W-Th	5:50 -6:20pm
#254459	Jul 13-23	M, W-Th	11:30am -12:00pm
#254460	Jul 13-23	M, W-Th	5:50 -6:20pm
#254461	Aug 3-13	M, W-Th	11:30am -12:00pm
#254462	Aug 3-13	M, W-Th	5:50 -6:20pm

Pullen Aquatic Center – Course Fee: \$39

#254989	Jun 13-27	Sa	9:30 -10:00am
#254994	Jul 11-25	Sa	9:30 -10:00am

Course Fee: \$56

#254990	Jun 15-25	M, W-Th	11:30am -12:00pm
#254991	Jun 15-25	M, W-Th	6:30 -7:00pm
#254992	Jun 29-Jul 9	M, W-Th	11:30am -12:00pm
#254993	Jun 29-Jul 9	M, W-Th	6:30 -7:00pm
#254995	Jul 20-30	M, W-Th	11:30am -12:00pm
#254996	Jul 20-30	M, W-Th	6:30 -7:00pm
#254997	Aug 3-13	M, W-Th	11:30am -12:00pm
#254998	Aug 3-13	M, W-Th	6:30 -7:00pm

Course Fee: \$73

#254987	May 12-Jun 4	Tu, Th	6:30 -7:00pm
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Ridge Road Pool – Course Fee: \$39

#255541	Jun 13-27	Sa	11:30am -12:00pm
#255549	Jul 11-25	Sa	10:10 -10:40am

Course Fee: \$41

#255545	Jun 29-Jul 2	M-Th	5:50 -6:20pm
#255546	Jul 6-9	M-Th	10:10 -10:40am
#255547	Jul 6-9	M-Th	5:50 -6:20pm
#255550	Jul 20-23	M-Th	10:10 -10:40am
#255551	Jul 20-23	M-Th	5:50 -6:20pm
#255552	Jul 27-30	M-Th	10:10 -10:40am
#255553	Jul 27-30	M-Th	6:30 -7:00pm

Course Fee: \$56

#255544	Jun 16-25	Tu-Th	6:30 -7:00pm
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continued on page 16 —



Swim Lesson - Level 4 Stroke Improvement

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

Buffalo Rd Aquatic Center – Course Fee: \$39

#253755 Jul 11-25 Sa 12:10 -12:40pm
Course Fee: \$41

#253753 May 30-Jun 20 Sa 12:10 -12:40pm

#253759 Aug 8-29 Sa 12:10 -12:40pm

Course Fee: \$56

#253752 May 12-28 Tu, Th 6:30 -7:00pm

#253754 Jun 16-Jul 2 Tu, Th 6:30 -7:00pm

#253757 Jul 14-30 Tu, Th 6:30 -7:00pm

#253760 Aug 11-27 Tu, Th 6:30 -7:00pm

Lake Johnson Pool – Course Fee: \$39

#253904 Jun 13-27 Sa 10:10 -10:40am

#253910 Jul 11-25 Sa 8:50 -9:20am

Course Fee: \$41

#253905 Jun 15-18 M-Th 6:30 -7:00pm

#253906 Jun 22-25 M-Th 6:30 -7:00pm

#253907 Jun 29-Jul 2 M-Th 9:30 -10:00am

#253908 Jun 29-Jul 2 M-Th 4:30 -5:00pm

#253909 Jun 29-Jul 2 M-Th 6:30 -7:00pm

#253911 Jul 13-16 M-Th 10:50 -11:20am

#253912 Jul 13-16 M-Th 6:30 -7:00pm

#253913 Jul 20-23 M-Th 10:10 -10:40am

#253914 Jul 20-23 M-Th 6:30 -7:00pm

#253915 Jul 27-30 M-Th 10:50 -11:20am

#253916 Jul 27-30 M-Th 6:30 -7:00pm

Longview Pool – Course Fee: \$39

#253977 Jun 13-27 Sa 11:30am -12:00pm

Course Fee: \$41

#253978 Jun 16-25 Tu, Th 6:30 -7:00pm

Millbrook Pool – Course Fee: \$39

#254189 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#254184 May 30-Jun 20 Sa 11:30am -12:00pm

#254186 Jun 29-Jul 2 M-Th 6:30 -7:00pm

#254193 Aug 8-29 Sa 11:30am -12:00pm

Course Fee: \$56

#254183 May 4-20 M, W 7:10 -7:40pm

#254185 Jun 16-25 Tu-Th 11:30am -12:00pm

#254187 Jul 7-16 Tu-Th 11:30am -12:00pm

#254188 Jul 7-16 Tu-Th 7:10 -7:40pm

#254190 Jul 21-30 Tu-Th 11:30am -12:00pm

#254191 Jul 21-30 Tu-Th 7:10 -7:40pm

#254192 Aug 4-13 Tu-Th 7:10 -7:40pm

#254194 Aug 17-Sep 2 M, W 7:10 -7:40pm

Optimist Pool – Course Fee: \$41

#254472 Aug 8-29 Sa 9:30 -10:00am

Course Fee: \$56

#254464 Jun 1-11 M, W-Th 11:30am -12:00pm

#254465 Jun 1-11 M, W-Th 7:10pm -7:40pm

#254466 Jun 22-Jul 2 M, W-Th 11:30am -12:00pm

#254467 Jun 22-Jul 2 M, W-Th 7:10 -7:40pm

#254468 Jul 13-23 M, W-Th 11:30am -12:00pm

#254469 Jul 13-23 M, W-Th 7:10 -7:40pm

#254470 Aug 3-13 M, W-Th 11:30am -12:00pm

#254471 Aug 3-13 M, W-Th 7:10 -7:40pm

Pullen Aquatic Center – Course Fee: \$56

#255060 Jun 15-25 M, W-Th 11:30am -12:00pm

#255061 Jun 15-25 M, W-Th 6:30 -7:00pm

#255062 Jun 29-Jul 9 M, W-Th 11:30am -12:00pm

#255063 Jun 29-Jul 9 M, W-Th 6:30pm -7:00pm

#255064 Jul 20-30 M, W-Th 11:30am -12:00pm

#255065 Jul 20-30 M, W-Th 6:30 -7:00pm

#255066 Aug 3-13 M, W-Th 11:30am -12:00pm

#255067 Aug 3-13 M, W-Th 6:30 -7:00pm

Ridge Road Pool – Course Fee: \$39

#255554 Jun 13-27 Sa 10:50 -11:20am

#255562 Jul 11-25 Sa 10:50 -11:20am

Course Fee: \$41

#255560 Jun 29-Jul 2 M-Th 6:30 -7:00pm

#255561 Jul 6-9 M-Th 6:30 -7:00pm

#255563 Jul 20-23 M-Th 6:30 -7:00pm

#255564 Jul 27-30 M-Th 10:50 -11:20am

Course Fee: \$56

#255559 Jun 16-25 Tu-Th 6:30 -7:00pm

Swim Lesson - Level 5 Stroke Refinement

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

Buffalo Rd Aquatic Center – Course Fee: \$39

#253765 Jul 11-25 Sa 12:10 -12:40pm

Course Fee: \$41

#253763 May 30-Jun 20 Sa 12:10 -12:40pm

#253767 Aug 8-29 Sa 12:10 -12:40pm

Course Fee: \$56

#253762 May 12-28 Tu, Th 6:30 -7:00pm

#253764 Jun 16-Jul 2 Tu, Th 6:30 -7:00pm

#253766 Jul 14-30 Tu, Th 6:30 -7:00pm

#253768 Aug 11-27 Tu, Th 6:30 -7:00pm

Lake Johnson Pool – Course Fee: \$39

#253918 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#253917 Jun 29-Jul 2 M-Th 6:30 -7:00pm

#253919 Jul 20-23 M-Th 7:10 -7:40pm

Millbrook Pool – Course Fee: \$39

#254200 Jul 11-25 Sa 11:30am -12:00pm

Course Fee: \$41

#254195 May 30-Jun 20 Sa 11:30am -12:00pm

#254198 Jun 29-Jul 2 M-Th 7:10 -7:40pm

#254202 Aug 8-29 Sa 11:30am -12:00pm

Course Fee: \$56

#254196 Jun 2-11 Tu-Th 7:10 -7:40pm

#254197 Jun 16-25 Tu-Th 11:30am -12:00pm

#254199 Jul 7-16 Tu-Th 11:30am -12:00pm

#254201 Jul 21-30 Tu-Th 11:30am -12:00pm

#254203 Aug 17-Sep 2 M, W 7:10 -7:40pm

Optimist Pool – Course Fee: \$41

#254481 Aug 8-29 Sa 9:30 -10:00am

Course Fee: \$56

#254473 Jun 1-11 M, W-Th 11:30am -12:00pm

#254474 Jun 1-11 M, W-Th 7:10pm -7:40pm

#254475 Jun 22-Jul 2 M, W-Th 11:30am -12:00pm

#254476 Jun 22-Jul 2 M, W-Th 7:10 -7:40pm

#254477 Jul 13-23 M, W-Th 11:30am -12:00pm

#254478 Jul 13-23 M, W-Th 7:10 -7:40pm

#254479 Aug 3-13 M, W-Th 11:30am -12:00pm

#254480 Aug 3-13 M, W-Th 7:10 -7:40pm

Pullen Aquatic Center – Course Fee: \$56

#255068 Jun 15-25 M, W-Th 7:10 -7:40pm

#255069 Jun 29-Jul 9 M, W-Th 7:10 -7:40pm

#255070 Jul 20-30 M, W-Th 7:10 -7:40pm

#255071 Aug 3-13 M, W-Th 7:10 -7:40pm

Ridge Road Pool – Course Fee: \$41

#255569 Jul 20-23 M-Th 6:30 -7:00pm

Swim Team - Intra-City Swim Association

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

Biltmore Pool – Course Fee: \$74

3-18 Yrs Biltmore Baracudas

#253644 Jun 15-Aug 3 M, W, F 6:15 -7:00pm

Buffalo Rd Aquatic Center – Course Fee: \$74**3-18 Yrs Buffalo Road Blue Whales**

#253787 Jun 15-Aug 3 M, W, F 4:15 -5:00pm

3-10 Yrs Buffalo Road Blue Whales

#253788 Jun 15-Aug 3 M, W, F 5:15 -6:00pm

11-18 Yrs Buffalo Road Blue Whales

#253789 Jun 15-Aug 3 M, W, F 6:15 -7:00pm

Lake Johnson Pool – Course Fee: \$74**3-18 Yrs Lake Johnson Green Rays**

#253922 Jun 15-Aug 3 M, W, F 9:00 -9:45am

3-10 Yrs Lake Johnson Green Rays

#253923 Jun 15-Aug 3 M, W, F 6:15 -7:00pm

11-18 Yrs Lake Johnson Green Rays

#253924 Jun 15-Aug 3 M, W, F 7:15 -8:00pm

Longview Pool – Course Fee: \$74**3-18 Yrs Longview Sharks**

#253979 Jun 15-Aug 3 M, W, F 9:00 -9:45am

3-10 Yrs Longview Sharks

#253982 Jun 15-Aug 3 M, W, F 6:15 -7:00pm

11-18 Yrs Longview Sharks

#253983 Jun 15-Aug 3 M, W, F 7:15 -8:00pm

Millbrook Pool – Course Fee: \$74**3-18 Yrs Millbrook Marlins**

#254232 Jun 15-Aug 3 M, W, F 8:30 -9:15am

3-10 Yrs Millbrook Marlins

#254237 Jun 15-Aug 3 M, W, F 6:00 -6:45pm

11-18 Yrs Millbrook Marlins

#254238 Jun 15-Aug 3 M, W, F 7:00 -7:45pm

Optimist Pool – Course Fee: \$74**3-18 Yrs Optimist Otters**

#254529 Jun 15-Aug 3 M, W, F 9:00 -9:45am

3-10 Yrs Optimist Otters

#254530 Jun 15-Aug 3 M, W, F 6:00 -6:45pm

11-18 Yrs Optimist Otters

#254531 Jun 15-Aug 3 M, W, F 7:00 -7:45pm

Pullen Aquatic Center – Course Fee: \$74**3-10 Yrs Pullen Pirates**

#255115 Jun 15-Aug 3 M, W, F 5:30 -6:15pm

11-18 Yrs Pullen Pirates

#255116 Jun 15-Aug 3 M, W, F 6:30 -7:15pm

Ridge Road Pool – Course Fee: \$74**3-18 Yrs Ridge Road Dolphins**

#255591 Jun 15-Aug 3 M, W, F 9:00 -9:45am

3-10 Yrs Ridge Road Dolphins

#255622 Jun 15-Aug 3 M, W, F 6:15 -7:00pm

11-18 Yrs Ridge Road Dolphins

#255627 Jun 15-Aug 3 M, W, F 7:15 -8:00pm

Adult**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.

Buffalo Rd Aquatic Center – Course Fee: \$45

#253773 Jul 11-25 Sa 12:10pm -12:50pm

Course Fee: \$47

#253770 May 30-Jun 20 Sa 12:10pm -12:50pm

#253776 Aug 8-29 Sa 12:10pm -12:50pm

Course Fee: \$62

#253769 May 12-28 Tu, Th 6:30pm -7:10pm

#253771 Jun 16-Jul 2 Tu, Th 11:30am -12:10pm

#253772 Jun 16-Jul 2 Tu, Th 6:30 -7:10pm

#253774 Jul 14-30 Tu, Th 11:30am -12:10pm

#253775 Jul 14-30 Tu, Th 6:30 -7:10pm

#253777 Aug 11-27 Tu, Th 6:30 -7:10pm

Lake Johnson Pool – Course Fee: \$47

#253920 Jul 13-16 M-Th 7:10 -7:50pm
#253921 Jul 27-30 M-Th 7:10 -7:50pm

Longview Pool – Course Fee: \$45

#253942 Jul 11-25 Sa 11:30am -12:10pm
Course Fee: \$47

#253943 Jul 6-9 M-Th 7:10 -7:50pm

Millbrook Pool – Course Fee: \$45

#254202 Jul 11-25 Sa 8:40 -9:20am
Course Fee: \$47

#254205 May 30-Jun 20 Sa 8:40 -9:20am

#254206 Jun 29-Jul 2 M-Th 7:10 -7:50pm

#254210 Aug 8-29 Sa 8:40 -9:20am

Course Fee: \$62

#254204 May 4-20 M, W 7:10 -7:50pm

#254207 Jul 7-16 Tu-Th 7:10 -7:50pm

#254209 Jul 21-30 Tu-Th 7:10 -7:50pm

Optimist Pool – Course Fee: \$47

#254487 Aug 8-29 Sa 9:20 -10:00am
Course Fee: \$62

#254482 Jun 1-11 M, W-Th 7:10 -7:50pm

#254483 Jun 22-Jul 2 M, W-Th 7:10 -7:50pm

#254484 Jul 13-23 M, W-Th 7:10 -7:50pm

#254486 Aug 3-13 M, W-Th 7:10 -7:50pm

Pullen Aquatic Center – Course Fee: \$62

#255073 Jun 15-25 M, W-Th 7:10 -7:50pm

#255074 Jun 29-Jul 9 M, W-Th 7:10 -7:50pm

#255075 Jul 20-30 M, W-Th 7:10 -7:50pm

#255076 Aug 3-13 M, W-Th 7:10 -7:50pm

Course Fee: \$79

#255072 May 12-Jun 4 Tu, Th 7:10p-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: \$45

#253782 Jul 11-25 Sa 12:10 -12:50pm

Course Fee: \$47

#253779 May 30-Jun 20 Sa 12:10 -12:50pm

#253785 Aug 8-29 Sa 12:10 -12:50pm

Course Fee: \$62

#253778 May 12-28 Tu, Th 6:30 -7:10pm

#253780 Jun 16-Jul 2 Tu, Th 11:30am -12:10pm

#253781 Jun 16-Jul 2 Tu, Th 6:30 -7:10pm

#253783 Jul 14-30 Tu, Th 11:30am -12:10pm

#253784 Jul 14-30 Tu, Th 6:30 -7:10pm

#253786 Aug 11-27 Tu, Th 6:30 -7:10pm

Millbrook Pool – Course Fee: \$47

#254212 Jun 29-Jul 2 M-Th 7:10 -7:50pm
#254215 Aug 8-29 Sa 8:40 -9:20am

Course Fee: \$62

#254211 Jun 2-11 Tu-Th 7:10 -7:50pm

#254213 Jul 7-16 Tu-Th 7:10 -7:50pm

#254214 Jul 21-30 Tu-Th 7:10 -7:50pm

Optimist Pool – Course Fee: \$47

#254492 Aug 8-29 Sa 9:20 -10:00am
Course Fee: \$62

#254488 Jun 1-11 M, W-Th 7:10 -7:50pm

#254489 Jun 22-Jul 2 M, W-Th 7:10 -7:50pm

#254490 Jul 13-23 M, W-Th 7:10 -7:50pm

#254491 Aug 3-13 M, W-Th 7:10 -7:50pm

Pullen Aquatic Center – Course Fee: \$62

#255096 Jun 15-25 M, W-Th 7:10 -7:50pm

#255098 Jun 29-Jul 9 M, W-Th 7:10 -7:50pm

#255099 Jul 20-30 M, W-Th 7:10 -7:50pm

#255100 Aug 3-13 M, W-Th 7:10 -7:50pm

Course Fee: \$79

#255095 May 12-Jun 4 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

#254535 May 12-28 Tu, Th 4:00 -9:00pm

#254538 May 15-31 F-Su 5:00 -9:00pm

#254544 Jun 8-14 M, F-M 5:00 -7:00pm

#254566 Jun 15-19 M-F 9:00am -5:00pm

#254567 Jun 22-Jul 2 M-Th 9:00am -1:00pm

#254568 Jul 13-23 M-Th 9:00am -1:00pm

Pullen Aquatic Center – Course Fee: \$200

#255117 May 11-Jun 3 M-W 5:00 -9:00pm

#256081 May 11-17 M, F-M 5:00 -7:00pm

#256082 Jun 22-Jul 2 M-Th 5:00 -9:00pm

#256083 Jul 6-16 M-Th 5:00 -9:00pm

#256084 Jul 20-30 M-Th 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.

Optimist Pool – Course Fee: \$275

#254823 Jun 5-12 F, M-F 8:00am -12:00pm

Water Safety Instructor - American Red Cross

Age: 16-99 yrs. This American Red Cross course will certify candidates to teach water safety, including a basic water rescue course, learn-to-swim program and parent-and-child classes. All course materials are included in price of the course.

Optimist Pool – Course Fee: \$225

#254532 May 1-20 F, M, W 3:00 -6:00pm

Pullen Aquatic Center – Course Fee: \$225

#255106 Jun 15-19 M-F 9:00am -5:00pm





The **City of Raleigh** has a vision to get art everywhere! Raleigh Arts oversees the City's growing investments in the arts including:

- **GRANTS:** The Arts Partners grant program provides more than \$1.8M in grants to arts organizations each year, funding operating support as well as innovative and educational projects.
- **PUBLIC ART:** Raleigh reserves one percent of capital construction projects for public art and also partners with the community for temporary projects like GoRaleigh's Art-On-The-Move art buses, Art-Line performances and pop-up projects like Banjostand at Wide-Open Bluegrass.
- **EXHIBITIONS:** Block Gallery art exhibitions in the Raleigh Municipal Building, the Block2 Video Series at Market Plaza in downtown Raleigh as well as exhibitions at Pullen and Sertoma Arts Centers.
- **ARTS CENTERS:** Pullen and Sertoma Arts Centers host classes, workshops and programs for artists of all ages. Pullen is closed for renovations, so look out for pop-up studios around town.
- **EVENTS & AWARDS:** The Medal of Arts ceremony and the Piedmont Laureate writers' program honor special contributions to the community. Gifts of Gold, organized in conjunction with the Wake County Public School System, recognizes artistic talent in students. Events like the Fall Arts Fair and pop-up events connect local artists with the community.
- **MUNICIPAL ART COLLECTION:** Raleigh has 450 artworks throughout the City including work by local artists and major public art works.
- **OPPORTUNITIES FOR ARTISTS:** Raleigh Arts and arts partners have open calls for talent all year round. Subscribe to our newsletter or check social media for the latest listings.

Raleigh Arts has two resident advisory groups: the **Arts Commission**, and the **Public Art and Design Board**. For more information, contact the Office of Raleigh Arts at 919-996-3610 or www.raleighnc.gov/arts #arteverywhere
Facebook: @OfficeofRaleighArts, Twitter: @RaleighArts, Instagram: @Raleigh_Arts

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

May-June

Raleigh Room: Sophia Lemieux & Susan Roemer

Hall Gallery: John Johnson

Display Cases: Tammy Kaufman

July-August

Raleigh Room: Joe O'Shaughnessy
& Corneille Little

Hall Gallery: A Small Miracle / Transitions –
A Day Program

Display Cases: Meg O'Connor & Randy Hinson

Preschool

Art - Krafty Kids

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

Optimist Community Center

Course Fee: \$7

Mother's Day Surprise

#256779 May 1 F 12:30 -1:30pm
#256780 May 2 Sa 12:30 -1:30pm

Father's Day Surprise

#256781 Jun 5 F 12:30 -1:30pm
#256782 Jun 6 Sa 12:30 -1:30pm

Summer Daze

#256783 Jul 10 F 12:30 -1:30pm
#256784 Jul 11 Sa 12:30 -1:30pm

Slice of Fun

#256785 Aug 7 F 12:30pm -1:30pm
#256786 Aug 8 Sa 12:30 -1:30pm

Art - Storyland Adventures with Mr. Moo Monet

Age: 18 mths - 4 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: \$45

#256798 May 6-27 W 10:30 -11:15am

Art - 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

#255416 May 4-Jun 15 M 1:00 -2:00pm
#255417 Jul 6-Aug 10 M 1:00 -2:00pm

Ballerinos & Ballerinas Dance

Age: 3-5 yrs. Does your little one love to dance and spin? Ballerinos & Ballerinas is perfect for all aspiring dancers. Through basic techniques of ballet and tap, dancers will learn the beginning steps with Ms. Judy.

Greystone Community Center - Course Fee: \$30

#256037 May 4-18 M 4:15 -5:00pm
Course Fee: \$40

#256044 May 6-27 W 9:15 -10:00am
#256045 May 6-27 W 4:30 -5:15pm
#256039 Jun 1-22 M 4:15 -5:00pm
#256047 Jun 3-24 W 4:30 -5:15pm
#256041 Jul 6-27 M 4:15 -5:00pm
#256048 Jul 8-29 W 4:30 -5:15pm
#256043 Aug 3-24 M 4:15 -5:00pm
#256049 Aug 5-26 W 4:30 -5:15pm

Raleigh Little Theatre

Box Office: 919-821-3111

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

Email: info@raleighlittletheatre.org

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

May 9, 2020

Divas! 2020 Cabaret Fundraiser

May 16-17, 2020

The Music Man in concert with the Raleigh Symphony Orchestra

June 5-21, 2020

Urinetown, the Musical

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

Theatre In The Park

Box Office 919-831-6058

Business Office: 919-831-6936

Website: www.theatreinthepark.com

Email: info@theatreinthepark.com

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.

Most of the grounds surrounding Theatre In The Park are currently under construction. Parking for performances during the 2020 season will be on the Red Diamond Ball Field adjacent to Theatre In The Park.

To park, patrons will enter from Pullen Road as normal and will be directed by professional parking attendants. For those patrons who need special assistance or accommodations, a drop off point will be provided as close to the theatre entrance as possible. If you have questions ahead of your visit, please call 919-831-6936.

UPCOMING PERFORMANCES AND EVENTS

April 17 - May 3, 2020

Guess Who's Coming to Dinner

June 12 - 28, 2020

Edward Albee's Who's Afraid of Virginia Woolf?

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

Ballet and Tap for Preschoolers

Age: 3-4 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center - Course Fee: \$36

#254855 May 6-27 W 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

#256033 May 7-28 Th 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

#254937 Jun 6-Jul 25 Sa 11:15am -12:00pm

Ballet/Tap Duo Basics - Beginner

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

#256506 Jun 6-Jul 25 Sa 9:15 -10:00am

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

continued on page 20 —

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.

Millbrook Exchange Community Center – Course Fee: \$60
#255805 May 2-Jun 13 Sa 10:15 -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

#255734	Jun 2-23	Tu	5:30 -6:00pm
#255735	Jul 7-28	Tu	5:30 -6:00pm
#255736	Aug 4-25	Tu	5:30 -6:00pm

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

#256787 May 4-Jun 1 M 10:45 -11:30am

Dance - Twinkle Toes I

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

#255955 May 5-26 Tu 11:30am -12:15pm

Dance- Tap and Twirl

Age: 4-5 yrs. Your little dancer will have tons of fun learning the basics of ballet and tap. The class will help develop balance, coordination and self-confidence. Students will learn basic technique, body position and steps. Everything dancers learn will come together in an end-of-course performance for parents to enjoy.

Hill Street Center – Course Fee: \$35

#255738	Jun 2-23	Tu	6:00 -7:00pm
#255739	Jul 7-28	Tu	6:00 -7:00pm
#255740	Aug 4-25	Tu	6:00 -7:00pm

Little Crafters

Age: 2-5 yrs. Children will explore each theme through crafts and activities. The class will meet at the small shelter near the playground. Parent participation is required for children ages 2-3 and encouraged for children ages 4-5. Preregistration is required.

Anderson Point – Course Fee: \$5

#256476	May 20	W	10:00 -10:45am
#256477	Jun 17	W	10:00 -10:45am
#256478	Jul 22	W	10:00 -10:45am
#256479	Aug 26	W	10:00 -10:45am

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

18-36 months

#256018 May 1-29 F 11:00-11:45am

Ages 3-5 years

#256022 May 1-29 F 11:45am -12:30pm

Mommy & Me Movement

Age: 18 - 36 mths. Through interactive games, lively music and simple combinations, babies and parents will experience the joy of rhythm and dance with Ms. Judy. This amazing collaboration of play and movement is a great way to burn a few calories while having fun!

Greystone Community Center – Course Fee: \$40

#255985 May 7-28 Th 11:00 -11:45am

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

#255425 May 8-Jun 12 F 9:30 -10:15am

#255426 Jul 10-Aug 14 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

#255423 May 7-Jun 11 Th 9:30 -10:30am

#255424 Jul 9-Aug 13 Th 9:30 -10:30am

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

#255978 May 6-Jun 10 W 10:15 -11:00am

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

#255980 May 6-27 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.

Millbrook Exchange Community Center – Course Fee: \$60
 #255711 May 2-Jun 13 Sa 9:15 -10:00am
 #255716 May 1-Jun 5 F 10:15 -11:00am

Youth**African Dance for Youth**

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

Barwell Road Community Center – Course Fee: \$43
 #251880 May 2-16 Sa 11:00 -11:45am

All American Girls Create & Play

Age: 6-11 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

My Doll & Me Tea
 #256794 May 9 Sa 10:00am -12:00pm

Campout
 #256795 Jun 13 Sa 10:00am -12:00pm

Day at the Beach
 #256796 Jul 18 Sa 10:00am -12:00pm

Back to School Blast
 #256797 Aug 15 Sa 10:00am -12:00pm

Art - Drawing and Painting

Age: 7-11 yrs. Explore your creativity with drawing, watercolor and acrylic paints. This class is ideal for those wanting to work on individual projects. Supplies included. Instructor: Amy Veatch.

Sertoma Arts Center – Course Fee: \$80
 #255944 May 14-Jun 18 Th 4:00 -5:30pm

Art - Game Creators

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
 #255418 May 4-Jun 15 M 4:00 -6:00pm
 #255419 Jul 6-Aug 10 M 4:00 -6:00pm

Art - Get Your Passport: Art Explorers!

Age: 6-10 yrs. Come travel with us! Each week we'll learn about a different country and create projects inspired by its art. Destinations may include Australia, China, Egypt, Ghana, India, Mexico, Peru and more. No two sessions are ever alike, so sign up for them all! Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$90
 #255421 May 6-Jun 10 W 4:00 -6:00pm
 #255422 Jul 8-Aug 12 W 4:00 -6:00pm

Ballet I

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

Barwell Road Community Center – Course Fee: \$43
 #251884 May 2-16 Sa 10:00 -10:45am

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
 #254938 Jun 6-Jul 25 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.

Millbrook Exchange Community Center – Course Fee: \$60
 #255755 May 2-Jun 13 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

Millbrook Exchange Community Center – Course Fee: \$60
 #255810 May 2-Jun 13 Sa 11:15am -12:00pm
 #255815 May 2-Jun 13 Sa 1:15 -2:00pm

Beginning Ballet Babes

Age: 6-8 yrs. Does your little one love to dance and want to learn technical skills and terms? This class will be a fun introduction to basic ballet concepts, techniques, and terminology, including the use of props and time for improvisation.

Greystone Community Center – Course Fee: \$40
 #256029 May 6-27 W 5:15 -6:15pm
 #256030 Jun 3-24 W 5:15 -6:15pm
 #256031 Jul 8-29 W 5:15 -6:15pm
 #256032 Aug 5-26 W 5:15 -6:15pm

Dance - Bollywood Dance Kids

Age: 4-7 yrs. Bollywood Dance is a fusion of dance styles based on traditional Indian dances blended with world elements. This class offers a fun, relaxed intro to this fusion and gives children a glimpse into modern and traditional dances of India. Children learn with imagination, creativity, and encouragement, benefitting from the expertise of our gifted and highly experienced tutor Priya Chellani. They are taught vivacious routines with age appropriate music, in a fun loving atmosphere. Priya's experience makes even complex dance routines easy to follow. Instructor: Priya Chellani, Indigo Dance Evolution Academy.

Brier Creek Community Center – Course Fee: \$60
 #256575 May 2-Jun 6 Sa 10:30 -11:15am
 #256576 May 2-Jun 6 Sa 11:15 -12:00pm
 #256577 Jun 13-Jul 25 Sa 10:30 -11:15am
 #256578 Jun 13-Jul 25 Sa 11:15am -12:15pm

Dance- Modern Dance

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

Barwell Road Community Center – Course Fee: \$43
 #251876 May 2-16 Sa 12:00 -12:45pm

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
 #256790 May 15 F 5:30 -8:30pm
 #256791 Jun 19 F 5:30 -8:30pm
 #256792 Jul 24 F 5:30 -8:30pm
 #256793 Aug 21 F 5:30 -8:30pm

continued on page 22 —

Hip-Hop Fun

Age: 5-10 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
 #256014 May 4-18 M 5:00 -5:55pm
 Course Fee: \$40
 #256015 Jun 1-22 M 5:00 -5:55pm
 #256016 Jul 6-27 M 5:00 -5:55pm
 #256017 Aug 3-24 M 5:00 -5:55pm

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
 #256837 May 6-27 W 1:30 -3:00pm
 #256838 May 6-27 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
 #256801 May 6-27 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
 #255558 Aug 3-24 M 4:45 -5:15pm
 Course Fee: \$70
 \$30 - 3 classes
 #255555 May 4-18 M 4:45 -5:15pm
 Course Fee: \$80
 #255556 Jun 1-22 M 4:45 -5:15pm
 #255557 Jul 6-27 M 4:45 -5:15pm

It's Showtime

Age: 5-13 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.

Abbotts Creek Community Center – Course Fee: \$60
 #255833 May 6-Jun 10 W 6:30 -7:30pm

Jazz/Hip Hop Duo

Age: 6-11 yrs. Get moving and shaking in this engaging, fun-filled dance class! Participants will enjoy learning fundamental jazz and hip hop skills and dance moves. 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. Instructor: Tanesha Patrick

Green Road Community Center – Course Fee: \$70
 #254959 Jun 6-Jul 25 Sa 1:15 -2:00pm

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 – Course Fee: \$80
 #254018 Jun 11-Jul 30 Th 6:15 -7:30pm

Pottery - Ceramic Circus

Age: 6-11 yrs. In the first class students will create a big top circus tent. In the second class we will create clowns and circus animals. In the last class we will glaze these with bright colors. Pottery will be ready 2 weeks after the last class. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$50
 #255299 May 5-19 Tu 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.

Sertoma Arts Center – Course Fee: \$70
 #255233 May 11-Jun 8 M 4:15 -5:30pm
 #255942 Jul 9-30 Th 4:15 -5:30pm

Pottery - Something's Fishy

Age: 5-11 yrs. In the first class students will create a clay fish to hang on the wall. During the second class we will decorate these with glazes. Pottery will be ready 2 weeks after last class. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$35
 #255298 Jul 14-21 Tu 4:15 -5:30pm

Teen**Ballet/Lyrical for Teens**

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

Instructed by Ms. Gabbie.

Millbrook Exchange Community Center – Course Fee: \$72
 #255742 May 7-Jun 11 Th 6:30 -7:30pm

Drawing - Drawing Fundamentals for Teens

Age: 11-15 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. Amy Veatch instructs

Sertoma Arts Center – Course Fee: \$80
 #255946 May 4-Jun 15 M 4:30 -6:00pm

Hip-Hop for Teens

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

Instructed by Ms. Gabbie.

Millbrook Exchange Community Center – Course Fee: \$72
 #255828 May 7-Jun 11 Th 7:30 -8:30pm

Painting - Painting for Teens

Age: 11-15 yrs. Explore color, composition, balance and style in this painting class for teens. Students will use acrylic paint and brushes to create beautiful paintings from their own photos, nature, or still life. We will start off with a color study, then each student will work on ideas and create a plan for working through to a finished painting. Supplies included. Instructor: Amy Veatch.

Sertoma Arts Center – Course Fee: \$80
 #256068 May 12-Jun 16 Tu 4:00 -5:30pm

Pottery - Fairy Houses

Age: 8-15 yrs. We will make magical fairy houses that will only be limited by your imagination. We will take two class periods to form them with clay. The final week we will paint/glaze them to look whimsical. Two weeks after the last class, the projects will be available for pick up. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$65
 #255248 Jun 16-30 Tu 4:00 -6:00pm

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. Amanda Wilson instructs.
Sertoma Arts Center – Course Fee: \$125
 #256132 May 7-Jun 11 Th 4:30 -7:00pm

Printmaking - Printmaking for Teens

Age: 11-15 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
 #256069 May 13-Jun 17 W 4:30 -6:00pm

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.
Millbrook Exchange Community Center – Course Fee: \$72
 #255724 May 5-Jun 9 Tu 8:00 -8:50pm

Ballroom Dance - Beginners Rhythm

Age: 18yrs. and up. During this program you will have the opportunity to step into the world of American Rhythm Ballroom Dance. We will be working on the basic movements of Rumba, Cha Cha, and Swing. These dances are exciting and energetic. You will find yourself having fun and listening to great music that is just contagious. These basic movements will give you the ability to hold your own and feel comfortable and confident on the dance floor. No experience needed, all you need to do is just have fun.

Jaycee Community Center – Course Fee: \$120
 #256925 Jun 1-Jul 6 M 8:00 -8:50pm
 #256926 Jul 20-Aug 24 M 8:00 -8:50pm

Ballroom Dance - Beginners Smooth

Age: 18yrs. and up. During this program you will have the opportunity to step into a world of American Smooth Ballroom Dance. We will be working on the basic movements of Waltz, Tango, and Foxtrot. These dances are elegant and whimsical. You will find yourself having a fancy time and being taken away to a place of royalty. These basic movements

will give you the ability to hold your own and feel comfortable and confident on the dance floor. No experience needed, all you need to do is just have fun.

Jaycee Community Center – Course Fee: \$120
 #256928 Jun 15-Jul 6 M 7:00 -7:50pm
 #256929 Jul 20-Aug 24 M 7:00 -7:50pm

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
 #253376 May 2 Sa 9:00 -10:15am
 #253381 May 16 Sa 10:30 -11:45am
 #253387 Jun 6 Sa 9:00 -10:15am
 #253392 Jun 20 Sa 10:30 -11:45am
 #253397 Jul 18 Sa 9:00 -10:15am
 #253418 Aug 8 Sa 9:00 -10:15am
 #253424 Aug 29 Sa 9:00 -10:15am

Swing
 #253377 May 2 Sa 10:30 -11:45am
 #253382 May 23 Sa 9:00 -10:15am
 #253388 Jun 6 Sa 10:30 -11:45am
 #253393 Jun 27 Sa 9:00 -10:15am
 #253398 Jul 18 Sa 10:30 -11:45am
 #253420 Aug 15 Sa 9:00 -10:15am
 #253425 Aug 29 Sa 10:30 -11:45am

Tango
 #253378 May 9 Sa 9:00 -10:15am
 #253383 May 23 Sa 10:30 -11:45am
 #253389 Jun 13 Sa 9:00 -10:15am
 #253394 Jun 27 Sa 10:30 -11:45am
 #253399 Jul 25 Sa 9:00 -10:15am
 #253421 Aug 15 Sa 10:30 -11:45am

Foxtrot
 #253379 May 9 Sa 10:30 -11:45am
 #253384 May 30 Sa 9:00 -10:15am
 #253390 Jun 13 Sa 10:30 -11:45am
 #253395 Jul 11 Sa 9:00 -10:15am
 #253400 Jul 25 Sa 10:30 -11:45am
 #253422 Aug 22 Sa 9:00 -10:15am

Rumba
 #253380 May 16 Sa 9:00 -10:15am
 #253386 May 30 Sa 10:30 -11:45am
 #253391 Jun 20 Sa 9:00 -10:15am
 #253396 Jul 11 Sa 10:30 -11:45am
 #253401 Aug 1 Sa 9:00 -10:15am
 #253423 Aug 22 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
 #255623 Jun 3-10 W 6:30 -9:00pm

Belly Dance Intermediate at OPT

Age: 13yrs. and up. Designed for those who have mastered basic belly dance movements and combinations and are ready for the next challenge. Performance opportunities are provided for these continuing students. This class is by instructor invitation only.

Optimist Community Center – Course Fee: \$80
 #255822 May 17-Jul 26 Su 2:00 -3:00pm

Crochet for Beginners

Age: 18yrs. and up. Learn the basics of crocheting while meeting a new circle of friends. Use your new found crocheting skills to make gifts for friends and family. Instructor: Kim Roberto. Supplies needed: Susan Bates 8 or H Hook, yarn and scissors. Pre-registration required.

Brier Creek Community Center – Course Fee: \$15
 3 Classes
 #256142 May 4-18 M 11:00am -12:00pm
 Course Fee: \$20
 #256143 Jun 1-22 M 11:00am -12:00pm
 #256144 Jul 6-27 M 11:00am -12:00pm
 #256145 Aug 3-24 M 11:00am -12:00pm

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.

Jaycee Community Center
 #255463 May 14-Jul 9 Th 8:00 -9:00pm
 #255464 Jul 16-Sep 10 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
 #255465 Jun 5-26 F 6:00 -10:30pm
 #255466 Jul 3-31 F 6:00 -10:30pm
 #255467 Aug 7-28 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

continued on page 24 —

continued from page 23 —

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
#255469 May 6-Aug 26 W 7:00-10:00pm

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
#255470 May 14-Jul 9 Th 7:00-8:00pm
#255471 Jul 16-Sep 10 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
#256136 Jul 8-Aug 12 W 6:00-8:30pm

Drawing - Intermediate Drawing

Age: 16yrs. and up. This course is for the student who has completed a beginning drawing class and is ready to move towards independent art making. Intermediate drawing offers the structure of weekly meetings, regular critiques, and one-on-one instructor assistance of a drawing class with the independence to choose your drawing medium and subject matter similar to open studio. Amanda Wilson instructs.

Sertoma Arts Center – Course Fee: \$100
#256129 May 6-Jun 10 W 6:00-8:30pm

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
#254928 May 4-Jun 15 M 9:15am-12:15pm

Drawing - Workshop: Introduction to Zentangle

Age: 16yrs. and up. The Zentangle art method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world by people of all ages, skills and interests. It is easy to learn and easy to do. Materials fee of \$12 is due to instructor at start of workshop and includes all supplies needed. Instructor: Cathy Boytos.

Sertoma Arts Center – Course Fee: \$35
#255790 May 20 W 6:30-9:00pm
#255791 Jul 15 W 6:30-9:00pm

Fibers - Beginner Sewing Workshop

Age: 16yrs. and up. In this beginner workshop, attendees will learn the basics of how to sew and setting up a sewing machine. This class will cover the basic set up of a sewing machine, such as how to thread the machine, load the bobbin, adjust tension, change needles and more. Supply fee of \$5 due to instructor at start of workshop. Instructor: Tonya Hicks.

Sertoma Arts Center – Course Fee: \$25
#255856 May 9 Sa 11:00am-1:30pm

Fibers - Beginner Sewing: How to Make a Skirt

Age: 16yrs. and up. Have you always wanted to learn how to make a basic skirt? Well this is the workshop for you! We will cover the basics of sewing an elastic waist skirt. Creating a casing and inserting the elastic will be covered as well as how to hem a skirt. Supply list on Sertoma's webpage. Instructor: Tonya Hicks.

Sertoma Arts Center – Course Fee: \$25
#255855 Jun 17 W 12:00-2:30pm

Fibers - Beginner Sewing: Piped Pillows

Age: 16yrs. and up. Piping is a great way to add some color contrast and 'pop' to a decorative pillow. Once you learn how to make and attach piping, you can use this skill to add piping to many other kinds of projects. In this beginner class, you will learn how to construct a pillow, create your own piping, and trim your pillow with it. You will learn the basics of operating a sewing machine and develop fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. \$13 supply fee due to instructor at first class for cording fiberfill and interfacing. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$115
#254359 May 28-Jun 25 Th 6:30-8:30pm
#254365 May 26-Jun 23 Tu 10:00am-12:00pm

Fibers - Beginning Sewing: Sew an Apron

Age: 16yrs. and up. In this fun beginner's class you will gain experience tracing and cutting from a basic apron pattern, sewing with a consistent seam allowance and other fundamental sewing skills that are essential for progressing to more advanced projects. The goal of this one day workshop is for participants to leave with a completed apron and a personalized pattern to use in making other aprons. No prior sewing experience necessary. We will be using Sertoma's sewing machines. A \$5 supply fee for pattern and apron ties due to instructor at start of workshop. Supply list available on Sertoma's webpage. Pictures of a finished apron can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley

Sertoma Arts Center – Course Fee: \$45
#254393 Aug 29 Sa 1:00pm-4:00pm

Fibers - Sewing Machine - Beyond the Basics

Age: 16yrs. and up. Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies.

This class is intended for students who can confidently and independently thread and operate a sewing machine. A supply fee of \$10 is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$45
#254379 Jun 27 Sa 1:00-4:00pm

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: \$45
#254376 May 30 Sa 1:00-4:00pm

continued on page 26 —

Sandy Creek Weavers Community Residency

June 22-26 at Sertoma Arts Center

For a Community Residency we are aware that most people know very little about weaving. Not often do people have an opportunity to observe a weaver at work or to see an exhibit entirely made up of woven objects, or perhaps more importantly to sit at a loom and make it work. We intend to change all that.

Sandy Creek Weavers have woven with over 180,000 adults, in hospitals, arts councils, cancer centers, church's, and mini camps creating large tapestries on the 300-year-old floor loom which incorporates items of sentimental value woven into the weaving by the community members. The weaving becomes 'A Fabric Time Capsule' representing the time in history of the community. The tapestry is also left for permanent display. Participants are encouraged to bring an item that represents who they are at this time in their life or an item that represents what Sertoma Arts Center means to you. Participants are welcome to create individual weaving projects as well. Victoria Sowers from Sandy Creek Weavers will supervise and instruct. Drop in times listed below.

Community Weaving Project

Monday-Friday: 10am-2pm and 6pm-8pm

Individual Weaving Project

Monday-Tuesday: 9am-10am and 2pm-3pm

For more information call Sertoma Arts Center at 919-996-2329



Fibers - Sewing Open Studio

Age: 16yrs. and up. This open studio is for those who have taken a Sertoma sewing class with Joy Kelley. This is an uninstructed open studio environment where students work on their own projects. Students provide their own materials. Supervised by Joy Kelley.

Sertoma Arts Center – Course Fee: \$10
#254391 Aug 1 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
#254815 Jun 27-28 Sa-Su 9:30am -4:30pm
#254816 Aug 29-30 Sa-Su 9:30am -4:30pm

Fibers - Workshop: Beginning Sewing - Zipper Pouch

Age: 16yrs. and up. Sewing zippers can be intimidating, but this class is a great way to get comfortable with them. You will be making a cute zippered pouch that is great for storing small personal items such as cosmetics, pens and pencils or electronics accessories. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. A supply fee of \$2 is due to instructor at start of workshop. Instructor: Joy Kelley.

Sertoma Arts Center - Course Fee: \$45
#254367 May 16 Sa 1:00 -4:00pm

Fibers - Workshop: Exploring Shibori I

Age: 16yrs. and up. Shibori is practiced internationally for pattern creation on cloth through dye resist. That resist is created through compression. There is a variety of techniques used to manipulate cloth and other fibers in this way. We will explore some aspects of this through Itajime (board clamp), Nui (stitch), Arashi (pole), and other closely related techniques. A 5 day workshop will give time to explore variations in the indigo vat as well as combining it with other colors. Most tools will be provided as well as the dye. Beginners are welcome. A \$60 materials fee will cover some cloth, disposable materials

and tools, and the dye vats. Students should bring lunches and a drink. Supply list available on Sertoma's webpage. Instructor: Susan Fennell.

Sertoma Arts Center – Course Fee: \$300
#254912 Jun 22-26 M-F 10:00am -4:00pm

Fibers - Workshop: Sew a Reversible Table Runner

Age: 16yrs. and up. Reversible table runners are an easy way to change your table decoration to fit a new season, to celebrate a special occasion, or just to show off a special fabric that you love. In this workshop you will design and sew a reversible table runner while learning some fundamental skills that will enable you to progress to other home decor projects. No prior sewing experience necessary. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$45
#254384 Jul 25 Sa 1:00 -4:00pm

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
#254812 May 5-Jun 9 Tu 7:00 -9:30pm
#254813 May 6-Jun 10 W 10:00am -12:30pm
#254817 Jul 21-Aug 25 Tu 10:00am -12:30pm
#255931 Jun 20-Jul 25 Sa 10:30am -1:30pm

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
#254818 Jun 15-Jul 20 M 10:00am -12:30pm
#254819 May 14-Jun 18 Th 10:00am -12:30pm

Jewelry: Etching for Jewelry

Age: 16yrs. and up. In this class we will learn the basics of etching on copper to add texture and imagery to your jewelry designs. Students will have time to complete samples in class and will also learn how to safely set up their own etching system at home. All materials included. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$100
#255921 May 23-Jun 13 Sa 10:30am -1:30pm

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 set! 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: \$120
#254820 May 8-Jun 12 F 10:00am -12:30pm

Jewelry: Make Your Own Anodized Niobium Earrings

Age: 16yrs. and up. Anodizing niobium adds a splash of bright color to your jewelry. In this class students will learn how to safely carry out this electrochemical process to create beautiful one-of-a-kind pieces. In addition, students will learn basic metalsmithing techniques such as sawing, drilling, filing, texturing and riveting in order to turn their colored creations into 2 pairs of earrings or pendants. A \$30 kit will be available for purchase at the first class and will contain materials for your first project. Additional supplies will also be available for purchase if your creative juices really start to flow and you'd like to create further pieces. Instructor: Caitlin Lewis

Sertoma Arts Center – Course Fee: \$80
#254821 Jun 23-Jul 14 Tu 10:00am -12:30pm

Jewelry: Open Studio for Niobium & Enameling

Age: 16yrs. and up. Open studio for Niobium is for those who have taken Niobium at Sertoma or the Douglas Wunder workshop or the Kathryn Osgood Color on Metal workshop. You will be able to finish projects and explore new ideas using this space-age metal. Enameling open studio is for those who have taken an enameling class at Pullen or Sertoma. This will allow you to finish up projects and explore new ideas. No instruction provided. You may bring your own enamels as long as they are lead free. We will supply some supplies and provide kits for purchase if necessary. (1 session).

Sertoma Arts Center – Course Fee: \$5
#256070 Jul 2 Th 1:00 -4:00pm
#256072 Jul 9 Th 1:00 -4:00pm
#256073 Jul 16 Th 1:00 -4:00pm
#256074 Jul 23 Th 1:00 -4:00pm
#256075 Jul 30 Th 1:00 -4:00pm
#256076 Aug 6 Th 1:00 -4:00pm
#256077 Aug 13 Th 1:00 -4:00pm
#256078 Aug 20 Th 1:00 -4:00pm
#256079 Aug 27 Th 1:00 -4:00pm

Jewelry: Soldering Boot Camp

Age: 16yrs. and up. Let's get serious about soldering! In this class, we will cover the different types of soldering and learn how to solder multiple pieces together. But mostly we will practice, practice, practice until you feel confident that you can solder in your sleep! This class is a class of exercises in soldering, you will complete samples, not finished pieces of jewelry. Please do not bring outside projects. A kit with all you need will be included in the cost of this class. Prerequisite: Beginning and Continuing Metal at Sertoma or Pullen. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$110
#255940 Aug 1-29 Sa 10:30am -1:30pm

Jewelry: The Enameled Garden

Age: 16yrs. and up. With nature as inspiration, we will create forms based on botanical elements such as leaves, petals, pods, and flowers. A variety of forming techniques will be demonstrated, including form folding and shell forming. We will add color to our three-dimensional pieces using vitreous enamels. Basic metalworking skills helpful, but all levels are welcome. Instructor: Kathryn Osgood.

Sertoma Arts Center – Course Fee: \$130
#254902 Aug 15-16 Sa-Su 9:00am -4:00pm

Painting - Abstraction I with Peter Marin

Age: 16yrs. and up. This course invites the curious painter to explore abstraction through the painting medium. We will examine the history of abstraction with its movements and the evolution of modern thinking, equipping the students with the necessary references to embark on developing a personal abstract language/voice. Any painting medium is welcome. Previous painting experience recommended. Bring your usual painting materials and supports to class. Any wet media welcome. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$120
#254976 May 5-Jun 9 Tu 9:15am -12:15pm

Painting - Abstraction II with Peter Marin

Age: 16yrs. and up. This second course in the series opens the student up to contemporary abstract visual languages. The student explores the art of the last 40 years to inform and aid in defining their visual idioms and strengthen personal sensibilities. Class consists of slide lectures, studio time and take-home assignments. Prior painting experience and completion of Abstraction I required. Bring your usual painting materials and supports to class. Any wet media welcome. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$120
#254988 Jul 7-Aug 11 Tu 9:15am -12:15pm

Painting - Advanced Painting with Peter Marin

Age: 18yrs. 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.

Five Points Center for Active Adults – Course Fee: \$60
#256501 Jun 12-Jul 17 F 9:30am -12:00pm
Sertoma Arts Center – Course Fee: \$120
#254953 Jul 6-Aug 10 M 9:15am -12:15pm

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
#255526 Jul 6-Aug 10 M 1:00 -4:00pm

Painting - Art of the Still Life with Peter Marin

Age: 16yrs. and up. Art of the Still Life is a course 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. Bring usual painting materials, any wet media and 3 canvases any size desired as long as it may fit an easel. Instructor: Peter Marin.

Sertoma Arts Center – Course Fee: \$120
#255617 Jul 8-Aug 12 W 9:15am -12:15pm

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

#255492 May 16-Jun 20 Sa 9:00 -11:30am
#255493 Jun 27-Aug 1 Sa 9:00 -11:30am
#255494 Aug 8-Sep 12 Sa 9:00 -11:30am

Painting - Beginning Watercolor, Groundwork for Adventure

Age: 16yrs. and up. Students will learn the basic skills of watercolor painting that create colorful and glowing effects. We will demonstrate the properties of paints, paper and brushes, wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting. Students will gain an understanding of how pigment and water work along with specific brush skills. Skills to be taught include: use of color wheel, how values work, the importance of leaving your whites and mixing bright colors, neutrals and darks. Students provide their own supplies. A supply list is included. Instructor: Rick Bennett. (6 sessions)

Glen Eden Pilot Park – Course Fee: \$95
#254639 May 7-Jun 11 Th 7:00 -9:30pm
#254640 Jun 25-Jul 30 Th 7:00 -9:30pm

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 tree 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
#255783 May 6 W 12:00 -3:00pm
#255784 Jun 10 W 12:00 -3:00pm
#255785 Jul 8 W 12:00 -3:00pm
#255786 Aug 5 W 12:00 -3:00pm

continued on page 28 —

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)

Glen Eden Pilot Park – Course Fee: \$95

#254620	May 5-Jun 9	Tu	7:00 -9:30pm
#254637	Jun 23-Jul 28	Tu	7:00 -9:30pm
#254638	Aug 11-Sep 15	Tu	7:00 -9:30pm

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. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100

#256140	Jul 9-Aug 13	Th	1:00 -3:30pm
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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: \$110

#255495	May 17-Jun 21	Su	1:00 -3:30pm
#255496	Jun 28-Aug 2	Su	1:00 -3:30pm
#255497	Aug 9-Sep 13	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

#255525	May 4-Jun 15	M	1:00 -4:00pm
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Painting - Intro to Working with a Palette Knife in Acrylics

Age: 16yrs. and up. This class will be a great introduction for how to use a palette knife to achieve texture in a painting. We will be practicing different ways to use the tool to create different effects such as beautiful clouds, waves, reflections, mountains, trees, leaves, petals etc. Students will be taught the basics of impasto painting with Acrylic on

Canvas using Gel Mediums to create different textures in the raised paint. This course is great for anyone looking to try something new, or brush up on some techniques and learn a new trick or two. Instructor: Amanda Wilson. We will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently using the demonstrated techniques in their own work with the instructor's guidance. This course is great for any skill level. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100

#256131	May 7-Jun 11	Th	1:00 -3:30pm
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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

#253529	May 5-Jun 9	Tu	6:30 -9:00pm
#253530	Jul 7-Aug 11	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

#253522	May 4-Jun 15	M	6:30 -9:00pm
#253523	Jul 6-Aug 10	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

#253524	May 5-Jun 9	Tu	1:00p -3:30pm
#253525	Jul 7-Aug 11	Tu	1:00 -3:30pm



Painting - Mountain Scenes in Acrylic

Age: 16yrs. and up. Have you ever seen a beautiful landscape 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 landscapes 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 instructor's demonstrations in more of a step by step manor, or bring in a reference photograph and work more independently with the instructor's 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 on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100
#256134 Jul 8-Aug 12 W 1:00 -3:30pm

Painting - Open Studio Painting

Age: 16yrs. and up. This is an unstructured open studio environment where students work on their own projects. Students may paint in acrylics or watercolors. Bring a subject to paint if you wish. Students provide their own materials. (1 session)

Glen Eden Pilot Park - Course Fee: \$10
#254641 May 4 M 9:30am -12:30pm
#254642 May 11 M 9:30am -12:30pm
#254643 May 18 M 9:30am -12:30pm

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
#255597 May 6-Jun 10 W 9:15am -12:15pm

**Painting - Tropical Beach Scenes in Acrylic**

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 instructor's demonstrations in more of a step by step manor, or bring in a reference photograph and work more independently with the instructor's 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
#256126 May 6-Jun 10 W 1:00 -3:30pm

Painting in the Park

Age: 10yrs. and up. Join us on the beautiful grounds of Roberts Park for painting to capture the essence of nature. Artists of all levels are welcome. Rewind at Roberts Park for this relaxing event. Participants will take home their painting. See you at Roberts!

Roberts Park Community Center – Course Fee: \$5
#256203 May 21 Th 6:00 -7:30pm
#256204 Jul 23 Th 6:00 -7:30pm

Painting: Introduction

Age: 18yrs. and up. This course introduces the student to the practice of painting by examining practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Instructor: Peter Marin

Five Points Center for Active Adults – Course Fee: \$60
#256510 May 1-Jun 5 F 9:30am -12:00pm

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
#254752 Jun 1-22 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

continued on page 30—

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
#254748 May 13-Jun 24 W 9:30 -11:45am
#254749 May 13-Jun 24 W 7:00 -9:15pm

Pottery - Handbuilding: Continuing

Age: 16yrs. and up. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts.

Sertoma Arts Center – Course Fee: \$110
#254750 Jul 15-Aug 26 W 9:30 -11:45am
#254751 Jul 15-Aug 26 W 7:00 -9:15pm

Pottery - Handbuilt Containers with Lids

Age: 16yrs. and up. Join Tim Cherry in this intermediate level workshop focusing on lidded containers such as boxes and storage jars. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Tim Cherry instructs.

Sertoma Arts Center – Course Fee: \$65
#255058 Jun 15-Jul 6 M 9:30 -11:45am

Pottery - Handbuilt Pitchers, Teapots, Etc.

Age: 16yrs. and up. Join Tim Cherry in this intermediate level workshop focusing on constructing pouring vessels such as pitchers and teapots. Several molds and forms will be used in combination to create a larger piece. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Tim Cherry instructs.

Sertoma Arts Center – Course Fee: \$65
#255059 May 4-Jun 1 M 9:30 -11:45am

Pottery - Lids, Lids, and More Lids

Age: 16yrs. and up. This class will cover the many thrown construction methods for making covered dishes. Stoppers, teapot lids, butter bells, casseroles and jars are just a few of the covered items that will be demonstrated in this course. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee: \$65
#256080 Jul 20-Aug 10 M 7:00 -9:15pm

Pottery - Mishima and Sgraffito Decorative Techniques

Age: 16yrs. and up. Students will explore throwing different sizes and shapes on the pottery wheel and how to use Sgraffito and Mishima techniques to decorate the surface.

We will explore the use of slip inlay and carving techniques to create eye catching high contrast, colorful patterns and illustrations. This class is a great introduction on how to take surface treatment of your pottery one step further. The instructor will do class and one on one demonstrations of how to use these beautiful techniques and guide students through their individual projects. Students will create one of a kind works of art and really be able to explore these different ways of working with the surface of the clay. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. This course does not qualify for a studio card. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$110
#256141 Jul 9-Aug 20 Th 5:00 -7:15pm

Pottery - More Creatures!

Age: 16yrs. and up. The popularity of the Creatures of Habitat workshop has led to a second session of animal-building. This new workshop involves small-scale creations of cats, dogs, rabbits, bears and elephants ... oh my! Bring all of your handbuilding skills together for this fun exploration of creatures great and small. Basic handbuilding tools are necessary, along with a notebook for the planning process. Prerequisite: Beginner Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65
#254754 Aug 3-24 M 7:00 -9:15pm

Pottery - Studio Orientation- Qualified Pullen Potters

Age: 16yrs. and up. Sertoma Arts Center Pottery Studio Orientation is for qualified Pullen Art Center potters only who wish to use Sertoma's Clay Studio. Once you register, Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card, you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further information, please call 919-996-2329.

Sertoma Arts Center – Course Fee: \$25
#256939 May 11 M 6:00 -7:00pm
#256940 Jul 13 M 6:00 -7:00pm

Pottery - Ware for the Table

Age: 16yrs. and up. Have you ever thought of replacing your grandmothers china with something that you've made? Struggled to make matching pairs? Well this course is for you!!! Students will focus on making an individual set of tableware. Each potter will learn to throw drinking vessels like tumblers and wine goblets, side plates and dinner plates, salad and pasta bowls, plus other

assorted ware for the table. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Andy McKenzie.
Sertoma Arts Center – Course Fee: \$110
#256071 Jun 2-Jul 14 Tu 9:30 -11:45am

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. Joan Walsh instructs.

Sertoma Arts Center – Course Fee: \$110
#254720 May 13-Jun 24 W 7:00 -9:15pm
#254721 May 13-Jun 24 W 9:30 -11:45am
#254814 May 11-Jun 29 M 7:00 -9:15pm

Pottery - Wheel Throwing: Continuing

Age: 16yrs. and up. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. This is a seven-week class. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. Joan Walsh instructs.

Sertoma Arts Center – Course Fee: \$110
#254722 Jul 15-Aug 26 W 7:00 -9:15pm
#254723 Jul 15-Aug 26 W 9:30 -11:45am

Pottery - Workshop: Glazing Clinic

Age: 16yrs. and up. Glazing is often one of the most confusing and frustrating aspects of learning how to create pottery. In this demonstration workshop we will cover the basics of proper glazing and move into more challenging techniques such as glazing large pieces or closed forms. Demos will also include slips, underglazes and multiple glaze layering. Students should bring a notebook and be prepared to improve and expand their glazing knowledge. Prerequisite: Beginner Wheel/Handbuilding at Sertoma or Pullen Arts Center. This class does not qualify for a studio card. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$30
#255303 May 14 Th 9:30am -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

#256484	May 6	W	7:00 -9:30pm
#256485	May 13	W	7:00 -9:30pm
#256486	May 20	W	7:00-9:30pm
#256487	May 27	W	7:00 -9:30pm
#256488	Jun 3	W	7:00 -9:30pm
#256489	Jun 10	W	7:00 -9:30pm
#256490	Jun 17	W	7:00 -9:30pm
#256491	Jun 24	W	7:00 -9:30pm
#256492	Jul 1	W	7:00 -9:30pm
#256493	Jul 8	W	7:00 -9:30pm
#256494	Jul 15	W	7:00 -9:30pm
#256495	Jul 22	W	7:00 -9:30pm
#256496	Jul 29	W	7:00 -9:30pm
#256497	Aug 5	W	7:00 -9:30pm
#256498	Aug 12	W	7:00 -9:30pm
#256499	Aug 19	W	7:00 -9:30pm
#256500	Aug 26	W	7:00 -9:30pm

Senior

Bluegrass Jam

Age: 18yrs. and up. Join other musicians for a weekly bluegrass jam session. All levels are welcome. Come to play or come to listen!

Five Points Center for Active Adults

#254545 May 6-Aug 26 W 2:00 -4:30pm

Ceramics Basics - Painting Greenware

Age: 18yrs. and up. This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list of necessary materials to purchase on their own. Instructor: Ann Long.

Five Points Center for Active Adults

#254605 May 6-Aug 26 W 9:30am -12:00pm

Color Theory

Age: 18yrs. and up. Learn the nature and use of color. Emphasis will be on color mixing, manipulation, and the creation of color harmonies. This class will help artists improve their work in all color media. Supply list provided upon registration. Instructor:

Tracie Fracasso

Five Points Center for Active Adults – Course Fee: \$60

#254644 Jul 24-Aug 28 F 1:00 -3:30pm

Craft Group

Age: 18yrs. and up. Join your fellow crafters for this craft program. Bring your own unfinished items to work on or assist with projects for donation to local hospitals and charitable organizations.

Five Points Center for Active Adults

#254606 May 4-Aug 27 M-Th 10:00 -11:30am

Drawing: Fundamentals of Perspective

Age: 18yrs. and up. This class introduces one point, two point and aerial perspective to students who would like to create a sense of depth in their work. Subject matter will include geometric forms from still life studies, architectural structures and the theme of landscape. No prior experience in drawing is needed, as this course will help both beginning and advanced students who have an interest in improving their drawing skills.

Instructor: Nancy Carly

Anne Gordon Center for Active Adults – Course Fee: \$60

#255760 Jul 23-Aug 27 Th 1:00 -3:30pm

Five Points Center for Active Adults – Course Fee: \$60

#254645 Jul 21-Aug 25 Tu 1:00 -3:30pm

Drawing: Introduction

Age: 18yrs. and up. Explore the basic elements of drawing using various exercises and techniques designed to build confidence in creative abilities. Materials may include pencil, Sharpie, charcoal, ink, or conte. A supply list will be provided upon registration. Course content varies with instructor.

Anne Gordon Center for Active Adults – Course Fee: \$60

#255949 Jul 23-Aug 27 Th 1:00 -3:30pm

Five Points Center for Active Adults – Course Fee: \$60

#254647 Apr 21-May 26 Tu 1:00 -3:30pm

#254648 Jun 2-Jul 7 Tu 1:00 -3:30pm

Knitting and Crocheting

Age: 18yrs. and up. This class is for knitters and crocheters of all levels. Learn basic and new techniques and work on your projects as you socialize with others. Instructor: Judy Bregler.

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

#255226 May 5-Jun 23 Tu 2:00 -4:00pm

#255227 Jun 30-Aug 18 Tu 2:00 -4:00pm

#255228 May 7-Jun 25 Th 2:00 -4:00pm

#255229 Jul 2-Aug 20 Th 2:00 -4:00pm

Mixed Media: Trees

Age: 18yrs. and up. Let's have fun creating stylized trees with acrylic paint, stamps and stencils. On the second day we will make a tree collage with painted and embellished deli paper. The instructor will share stamps and stencils and other mixed media items.

Instructor: Marie Lawrence

Five Points Center for Active Adults – Course Fee: \$25

#255630 Jul 9-16 Th 1:00 -3:00pm

Painting: Acrylic & Oil

Age: 18yrs. and up. This basic painting class for both acrylic and oil painters is open to all levels. Topics include: how to handle, mix and apply paint; to break down complicated subjects into basic shapes; composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old masters paintings. Supply list provided upon registration. Instructor:

Tracie Fracasso

Anne Gordon Center for Active Adults – Course Fee: \$60

#255723 Apr 23-May 28 Th 1:00 -3:30pm

#255733 Jun 4-Jul 9 Th 1:00 -3:30pm

Five Points Center for Active Adults – Course Fee: \$60

#254533 Apr 24-May 29 F 1:00 -3:30pm

#254646 Jun 5-Jul 17 F 1:00 -3:30pm

continued on page 32 —

Painting: Acrylic Intermediate

Age: 18yrs. and up. This class will focus on composition, color and design in planning a painting. Demonstrations in class will focus on how to move from Realism to Abstraction using the subject matter of a still life and landscape for the initial four sessions of the class. Students are welcome to bring personal reference photos and work on individual projects. A strong light source with reference photos are encouraged. Having a black and white reference as well as a color reference is also very helpful in planning for value placement within the composition. Instructor: Nancy Carly

Five Points Center for Active Adults – Course Fee: \$60
Session One

#254485 May 4-Jun 29 M 9:30am -12:30pm
#254493 Jul 6-Aug 24 M 9:30am -12:30pm

Painting: All About Me Collage

Age: 18yrs. and up. Create a collage that will reflect your character traits and interests, and one which will reflect your goals. We will enhance these collages with symbols cut from painted deli paper and then embellish them with stenciled and stamped images. A supply list will be provided upon registration. Instructor: Marie Lawrence

Five Points Center for Active Adults – Course Fee: \$25
#255636 Aug 6-13 Th 1:00-3:00pm

Painting: Collaging Flowers

Age: 18yrs. and up. Celebrate Spring by creating a collage of flowers in a vase and one of flowers growing. Learn how to paint deli paper and how to combine painted paper and decorative paper with magazine pictures to make a unique, eye-catching collage. A supply list will be given upon registration. Instructor: Marie Lawrence

Five Points Center for Active Adults – Course Fee: \$25
#255626 May 6-13 W 1:00 -3:00pm

Painting: Oil, Advanced

Age: 18yrs. and up. This course is for those who have experience with oil painting and wish to further their knowledge and technical skills. Topics include architectural references in a landscape, creating a dynamic composition, and color harmony with a defined focal point. Students are encouraged to develop a personal style and interpretation for the subject matter from which they work. Instructor: Nancy Carly

Five Points Center for Active Adults – Course Fee: \$60
#254454 May 4-Jun 29 M 1:30 -4:30pm
#254455 Jul 6-Aug 24 M 1:30 -4:30pm

Quilting - Intermediate

Age: 18yrs. and up. This class is designed for individuals who have a basic knowledge of quilting and are comfortable using quilting tools. Each session will have a main design, and will explore other options if time allows. Instructions and a supply list will be available before the session starts. Must provide own sewing machine. Instructor: Martha Killian
Anne Gordon Center for Active Adults – Course Fee: \$20
#255230 May 4-Jul 13 M 1:00 -4:00pm

Raleigh Miniatures Guild

Age: 18yrs. and up. This group is for art enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. See club officers at meeting for information on additional fees and dues.

Anne Gordon Center for Active Adults – Course Fee: \$20
#255231 May 7-Jun 4 Th 10:00am -12:00pm

Readers Theatre

Age: 18yrs. and up. Readers' Theatre is much like radio: the script is read (no memorizing) and the story comes alive through the words of the author and the tone, pitch and emotion of the actors' voices. Minimal props and costumes may be used to enhance the story but are not required. Scripts include formal published plays and readings from noted authors. No previous acting experience is required. Plays may be performed before an audience of family and friends. Meets 2nd/4th Monday of the month.

Five Points Center for Active Adults
#254755 May 11-Aug 24 M 3:30 -5:30pm

Triangle Portrait Artists

Age: All Ages. Join a group dedicated to producing beautiful portraits! This class is self-lead, there is no formal instructor. For oil painters-use Gamsol solvent-free gel or liquid. No odorless or mineral spirits allowed in this group. A \$5 cash model fee will be collected each class meeting. Note: See club officers at meeting for information on additional fees and dues.

Five Points Center for Active Adults – Course Fee: \$18
#255290 May 5-Aug 25 Tu 9:00am -12:00pm

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 are familiar with working with transparent washes.

Instructor: Nancy Carly
Five Points Center for Active Adults – Course Fee: \$60
#254495 May 20-Jun 24 W 1:00 -4:00pm
#254528 Jul 8-Aug 12 W 1:00 -4:00pm

Family**Fibers - Sandy Creek Weavers Community Residency**

Age: All Ages. For a Community Residency we are aware that most people know very little about weaving. Not often do people have an opportunity to observe a weaver at work or to see an exhibit entirely made up of woven objects, or perhaps more importantly to sit at a loom and make it work. We intend

to change all that. Sandy Creek Weavers have woven with over 180,000 adults, in hospitals, arts councils, cancer centers, church's, and mini camps creating large tapestries on the 300-year-old floor loom which incorporates items of sentimental value woven into the weaving by the community members. The weaving becomes 'A Fabric Time Capsule' representing the time in history of the community. The tapestry is also left for permanent display. Participants are encouraged to bring an item that represents who they are at this time in their life or an item that represents what Sertoma Arts Center means to you. Participants are welcome to create individual weaving projects as well. Victoria Sowers from Sandy Creek Weavers will supervise and instruct. Drop in times listed below. Community Weaving Project Monday-Friday: 10am-2pm and 6pm-8pm Individual Weaving Project Monday-Tuesday: 9am-10am and 2pm-3pm
Sertoma Arts Center
Community Weaving Project
#255643 Jun 22-26 M-F 10:00am -2:00pm and 6:00-8:00pm
Individual Weaving Project
#255644 Jun 22-23 M-Tu 9:00-10:00am and 2:00-3:00pm

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
#255653 May 4-25 M 6:30 -8:00pm
#255654 Jun 1-29 M 6:30 -8:00pm
#255655 Jul 6-27 M 6:30 -8:00pm
#255656 Aug 3-31 M 6:30 -8:00pm

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
#253565 May 9 Sa 1:00 -3:00pm
#253566 Jun 13 Sa 1:00 -3:00pm
#253567 Jul 11 Sa 1:00 -3:00pm
#253568 Aug 8 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

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Athletic Program Assistant Manager

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

Note that Athletic League registration does not follow the standard registration period. Please visit www.parks.raleighnc.gov 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

District 1 Summer Basketball

Ages as of Aug. 31, 2020: Pee Wee 5 – 6, Mini-Mite 7 – 8. An instructional and recreational basketball program designed to develop skills, confidence and teamwork in a fun environment. Registration will be held May 6 – 19. Practices will start in June. Games will start in July and end in August. Games and Practices will be on Thursday evenings with some Saturdays. All games and practices will be held at Optimist Community Center unless additional space is needed.

Course Fee: \$60

Pee Wee

#256834 Th, Sa

Mini Mite

#256835 Th, Sa

Football-Flag Youth Mini-Mite Flag Football COED (Age 5-7)

Age: 5-7 yrs. The Athletics Division in coordination with community centers will be offering youth coed flag football for boys and girls ages 5-7. Registration will be held July 1-26. All participants must be the league's appropriate age as of August 31, 2020. Practices will begin at the beginning of August and can be anytime Monday-Friday, 6pm-8pm. Games will be played on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Course Fee: \$40 Residents, \$55 Non-Residents

Brier Creek

#256580 Aug 15-Nov 14 Sa 9:00-10:00am

Biltmore Hills

#256767 Sep 2-Dec 2 W 6:00-7:00pm

Cedar Hills Park

#256581 Aug 15-Nov 14 Sa 9:00-11:00am

Chavis Community Center

#256584 Aug 15-Nov 14 Sa 9:00-10:00am

Green Road Community Center

#256582 Aug 15-Nov 14 Sa 9:00-10:00am

Laurel Hills/Jaycee Park

#256761 Aug 12-Nov 11 W 6:00-7:00pm

Lake Lynn Community Center

#256763 Aug 15-22 Sa 9:00-10:00am

Lions Park Community Center

#256759 Aug 14-Nov 13 F 9:00-10:00am

Sgt. Courtney T. Johnson

#256585 Aug 15-Nov 14 Sa 9:00-10:00am

Worthdale Community Center

#256583 Aug 15-Nov 14 Sa 9:00-10:00am

continued on page 34 —

Football Youth Mitey-Mite Rookie Tackle League (Age 8-10)

Age: 8-10 yrs. The Athletics Division, in coordination with community centers, is offering tackle football for ages 8-10 (weight 45-115 pounds). Open registration is June 29-July 10. Registration may be left open pending number of available spots. League age is determined by August 31, 2020. Practices will begin at the beginning of August and can be anytime Monday-Friday, 6pm-8pm. Games will be played on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and only during the open registration period. Please check with your local Community Center for hours of operation.

Course Fee: \$55 Residents, \$70 Non-Residents.

Brier Creek - Chargers

#256605 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Billmore Hills - Steelers

#256614 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Millbrook Exchange (Cedar Hills) Park - Cowboys

#256606 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Chavis Park - Vikings

#256607 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Green Road - Eagles

#256608 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Jaycee Park - Cougars

#256609 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Lake Lynn - Panthers

#256610 Aug 3-Nov 6 M-Sa 6:00-9:00pm

Lions Park - Tigers

#256612 Aug 3-Nov 8 M-F, Su 6:00-9:00pm

Marsh Creek Park - Patriots

#256613 Aug 3-Nov 7 M-Sa 6:00-9:00pm

Sgt. Courtney T. Johnson & Sanderford Rd. Park - Jets

#256604 Aug 3-Nov 8 Daily 6:00-9:00pm

Worthdale Park - Rams

#256615 Aug 3-Oct 23 M-F 6:00-9:00pm

Football Youth Little League Tackle (Age 10-12)

Age: 10-12 yrs. The Athletics Division, in coordination with community centers, is offering tackle football for ages 10-12 (weight 75-145 pounds). Open registration is June 29-July 11. Registration may be left open pending number of available spots. League age is determined by August 31, 2020. Practices will begin at the beginning of August and can be anytime Monday-Friday, 6pm-8pm. Games will be played on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov. Course Fee: \$55 Residents, \$70 Non-Residents

Brier Creek Park - Chargers

#256592 Aug 5-Nov 20 W-F, M-W 6:00-9:00pm

Billmore Hills - Steelers

#256603 Aug 3-Nov 6 M, W, F 6:00-9:00pm

Millbrook Exchange (Cedar Hills) Park - Cowboys

#256593 Aug 3-Nov 6 M-F 6:00-9:00pm

Chavis Park - Vikings

#256594 Sep 1-Nov 6 Tu-F, M 6:00-9:00pm

Green Road - Eagles

#256595 Aug 3-Nov 7 M-Th, Sa 6:00-9:00pm

Jaycee & Laurel Hills Park - Cougars

#25659 Aug 3-Nov 5 M, W-Th 6:00-9:00pm

Lake Lynn - Panthers

#256597 Aug 3-Nov 6 M-F 6:00-9:00pm

Lions Park - Tigers

#256599 Aug 3-Nov 6 M-F 6:00-9:00pm

Marsh Creek Park - Patriots

#256600 Aug 3-Nov 6 M-F 6:00-9:00pm

Optimist - Wolfpack

#256601 Aug 3-Oct 23 M-F 6:00-9:00pm

Sgt. Courtney T. Johnson Center - Jets

#256591 Aug 3-Nov 6 M-F 6:00-9:00pm

Worthdale Park - Rams

#256602 Aug 3-Nov 6 M-F 6:00-9:00pm

Lake Lynn Youth Flag Football

Age: 8-13 yrs. An introduction to the game of football skills, fundamentals and sportsmanship will be taught to the beginning athlete. Leagues are offered to children ages 8-13 (age is as of August 31, 2020). All games and practices will primarily be held on Saturdays, starting in August and ending in November. Games will be played in North Raleigh. Registration fees include a shirt. Registration will be held June 29-July 17 at your local community center or online at reclink.raleighnc.gov.

Lake Lynn Community Center

Course Fee: \$40 Residents, \$55 Non-Residents

8-10 years #255861

11-13 years #255862

RPD Summer Basketball

Method Community Center and the Raleigh Police Department, in coordination with community centers throughout Raleigh, offers youth basketball for ages 13-14 and 15-17. The Parks, Recreation and Cultural Resources Department reserves the right to request that the parent/guardian provide a legal document (i.e. birth certificate) verifying the age of the participant as of Aug. 31, 2020. Game sites will be chosen pending registration. Practices will be at your local community center where possible.

Course Fee: \$55 Residents, \$70 Non-Residents

Summer Youth Touch Rugby

Age: 7-12 yrs. Coed Registration is scheduled for May 4-29, 2020. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the Raleigh RedHawks offers Youth Touch Rugby for girls and boys ages 7-12. Registration can be done online at reclink.raleighnc.gov or in person at your local community center. Practices and games will be held at Athens Drive High School. League age is determined as of August 31, 2020. Practices will begin in June with games in July and August on Saturdays only.

Course Fee: \$40 Residents, \$55 Non-Residents.

#255404 7-8 year olds

#255405 9-10 year olds

#255406 11-12 year olds

Youth Cheerleading

Age: 7-13 yrs. The Athletics Division, in coordination with the community centers, is offering cheerleading for ages 7-13. Registration is June 29th- July 10th (or until filled). Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined by age of participant as of August 31, 2020. For more information, please contact the Athletics Division at 919-996-6836.

Course Fee: \$55 Residents; \$70 Non-Residents

Lake Lynn Park

#256966 Aug 10- Nov 1 M, W, Sa 6:00pm

Brier Creek Park

#256967 Aug 10- Oct 29 M, Th 6:00pm

Green Road Park

#256968 Aug 10- Oct 29 M, W, Th 6:00pm

Lions Park

#256969 Aug 10- Oct 26 M 6:00pm

Millbrook Exchange Park

#256970 Aug 10- Oct 5 M 6:00pm

Marsh Creek Park

#256971 Aug 10- Oct 26 M, Th 6:00pm

Laurel Hills Park

#256972 Aug 10- Oct 26 M 6:00pm

Sgt. Courtney T. Johnson Park

#256973 Aug 10- Oct 28 W 6:00pm

Worthdale Park

#256974 Aug 10- Oct 28 M, W 6:00pm

Optimist Park

#256976 Aug 10- Oct 29 Tu, Th 6:00pm

Youth Baseball - Fall Mustang (9-10)

Youth Fall Mustang Baseball registration is June 29 - July 10. The Mustang Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games are held at North Hills Park and Baileywick Park, while practices can be held throughout the city. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2020. For more information please go to: www.raleighnc.gov.

Course Fee: Residents \$63, Non-Residents \$78

#255027 City Wide

Youth Baseball - Fall Bronco (11-12)

Youth Fall Bronco Baseball registration is June 29 - July 10. The Bronco Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games are held at Buffalo Road Athletic Park, while practices can be held throughout the city. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2020. For more information please go to: www.raleighnc.gov.

Course Fee: Residents \$63, Non-Residents \$78

#255030 City Wide

Youth Baseball - Fall Pony (13-14)

Youth Fall Pony Baseball registration is June 29 - July 10. The Pony Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games will be held at Buffalo Road Athletic Park, while practices can be held throughout the city. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2020. For more information please go to: www.raleighnc.gov.
Course Fee: Residents \$63, Non-Residents \$78
#255039 City Wide

Youth Baseball - Fall Colt (15-17)

Youth Fall Colt Baseball registration is June 29 - July 10. The Colt Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. All games will be held at Buffalo Athletic Park and Optimist Park, while practices can be held throughout the city. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League age is determined by participant's age on August 31, 2020. For more information please go to: www.raleighnc.gov.
Course Fee: Residents \$63, Non-Residents \$78
#255042 City Wide

Youth Baseball - Fall T-Ball (5-6)

Age: 5-6. Didn't get enough baseball in the Spring? Then sign up for more fun with District 1 sponsored T-Ball. This late summer/early fall league will give participants the opportunity to prepare and practice for next Spring's baseball season. Registration is July 1-12. Registration will be remain open, if needed, until league requirements are met, if space is still available. League practices will not start until early August. League age is determined by the participant's age as of August 31, 2020. Games and practices will be held at Optimist Community Center. There will be six clinic sessions held before the games begin. It allows the opportunity to work on a variety of basic skills.
Optimist Community Center
#256836

Youth Girls Netball League

Age: 9-16 yrs. Registration is April 27-May 8, for Youth Girls Netball League (ages 9-10; 11-12 and 13-16). The league is a way for youth to learn the fundamentals of netball and to teach positive sportsmanship. This league keeps score and records wins and losses. Volunteer coaches are needed who enjoy netball and want to teach youth and help develop league participants' skills and

knowledge of netball. Eligibility is determined by participant's age on August 31st, 2020. Course Fee: Residents \$40, Non-Residents \$55

Green Road Community Center

#256376 Miley Mile (9-10 yrs. old)

Chavis Community Center

#256377 Little League (11-12 yrs. old)

#256378 Junior League (13-16 yrs. old)

Youth Soccer - Fall

Age: 4-8 yrs. Our Youth Soccer Leagues are for boys and girls ages 4-8 of all skill levels. These leagues are intended to promote the interest in soccer among young athletes and teach the fundamentals and rules of the sport. All teams are coached by trained and certified volunteer coaches. Participants will experience playing in a team sport, with an emphasis on sportsmanship, fair play and fostering a love for the game. Leagues are offered to children ages 4-8; league age is determined by August 31, 2020. Practices will start in September and be one weeknight and Saturdays, games start in October and will be held on Saturdays through November. Games and practices will be played in the North and Central Raleigh areas. Registration fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents and will be July 1-28 at your local community center or online at raleighnc.gov. All leagues are co-ed.
Course Fee: \$55 Residents, \$70 Non-Residents
#255846 U4
#255847 U6
#255849 U8

Youth Summer Basketball League (9-10)

Age: 9-10 yrs. This league offers you the chance to participate in an organize competitive league for the summer. Games will be played Saturdays. Registration will be May 1-18.
Biltmore Hills Community Center - Course Fee: \$40
#256812 Jun 20-Aug 15 Sa 9:00am-1:00pm

Youth Volleyball

Ages as of Aug. 31, 2020: 7 - 15 yrs. Are you looking to BUMP, SET and ROTATE into a new sport? Then sign up for fun with District 1 sponsored youth volleyball. This Fall league will give participants the opportunity to be introduced, prepare and practice their skills. Registration is July 1-12. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until August and games will be played in September - November. Days of play will either be Monday, Wednesday, Thursday or Saturday depending on your age group. League age is determined by the participant's age as of August 31st, 2020. Games & Practices will be held at Optimist Community Center unless additional space is needed.

Course Fee: \$65

#256865 Ages 7 - 9

#256866 Ages 10 - 12

#256867 Ages 13 - 15

Teen

Biltmore Hills High School Basketball League

Age: 14-19 yrs. This league is for high school students who would like to sharpen their skills for the upcoming basketball season. Team and Individual registration will be August 1-17.
Biltmore Hills Community Center - Course Fee: \$40
#256814 Sep 9-Nov 2 W, M 6:00-9:00pm

Starlight Men's Basketball League

Age: 16-23 yrs. Starlight is an alternative activity for young adults during the summer. This competitive basketball league is open for team registration May 1-18.
Biltmore Hills Community Center - Course Fee: \$40
#256815 Jun 15-Aug 6 M, Th 9:00pm-12:00am

Adult

Adult Baseball

Age: 18+. The Athletics Division will be holding registration for the Adult Baseball League on July 27-31. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only.
Team Fee: \$600
#255049 City Wide

Adult Kickball

Age: 18+. The Athletics Division will be holding registration for the Adult Kickball league on August 17-21. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only.
Team Fee: \$400
#255132 M, W
#255131 Tu, Th

Adult Volleyball

Age: All Ages. Join Roberts Park Co-Ed Recreational Volleyball League for Adults. If you enjoy teamwork, setting, spiking and blocking, this may be the sport for you. It's time to play! Registration starts Dec. 5 - 18 2019
Roberts Park Community Center - Course Fee: \$20
#255212 Mar 16 Sa 6:00-6:45pm

continued on page 36 —

Early Summer Sand Volleyball League at Jaycee

Age: 18+ yrs. This summer Jaycee will be hosting two sand volleyball seasons. Join us for this early summer league to have fun in the sun! Team registration only: 6-person, 4-person, 3-person and doubles. Leagues will play mid May to mid July at Jaycee Park. Registration is limited based on dates of play. Registration dates: April 27- May 10, 2020.

Jaycee Community Center

#256176	May 12-Jul 2	Tu, Th	6:30-10:00pm
#256177	May 12-Jul 2	Tu, Th	6:30-10:00pm
Course Fee: \$60			
#256170	May 12-Jul 2	Tu, Th	6:30-10:00pm
Course Fee: \$80			
#256174	May 12-Jul 2	Tu, Th	6:30-10:00pm

Fall Adult Slow-Pitch

Age: 18+. The Athletics Division will be holding registration for Adult Fall Softball from Monday, July 13th through Friday, July 17th at Wade Ave Module Building, 2401 Wade Ave from 8:30am- 6pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration will be taken by a team fee of \$450 (includes tournament entry for all teams) with a Non Raleigh Resident fee of \$24 per player. Plan to begin the week of August 10th. Each team will receive a 10-game season. The single elimination tournament will begin at the end of the regular season games.

WCAC (Walnut Creek Athletic Complex)

Course Fee: \$450

#256366	Church Division
#256364	Co-Ed Division
#256354	Men's Open Division
#256355	Women's Open Division

Late Summer Sand Volleyball League at Jaycee

Age: 18+ yrs. This summer Jaycee will be hosting two sand volleyball seasons. Join us for this late summer league to have fun in the sun! Team registration only: 6-person, 4-person, 3-person and doubles. Leagues will play late July through mid-September at Jaycee Park. Registration is limited based on dates of play. Registration dates: July 13-26, 2020.

Jaycee Community Center

#256191	Jul 28-Sep 17	Tu, Th	6:30-10:00pm
Course Fee: \$60			
#256189	Jul 28-Sep 17	Tu, Th	6:30-10:00pm
Course Fee: \$70			
#256192	Jul 28-Sep 17	Tu, Th	6:30-10:00pm
Course Fee: \$80			
#256190	Jul 28-Sep 17	Tu, Th	6:30-10:00pm

Lions Adult Basketball

Age: 23-40 yrs. Come join us in our newly renovated gymnasium with AC and all-purpose sports floor. If you love playing organized basketball, then this is the league for you. Registration will run from May 4 to May 15. Only the first eight teams to register will be accepted for this league. Each team is guaranteed 10 games.

Lions Park Community Center – Course Fee: \$450

#256280	Jun 4-Aug 25	Th, Tu	6:15-8:30pm
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Pickleball Workshops

Pickleball workshops are offered to players of all levels, from beginner to intermediate. For specific questions, and to register for a time slot, please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314. Pre-registration is required.

Five Points Center for Active Adults

#254662	May 8-Aug 28	F	9:00am-3:00pm
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Tarboro Road Community Center

#254663	May 7-28	Th	10:30am-2:00pm
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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

#256178	Oct 13-Dec 1	Tu, Th	6:30-10:30pm
Course Fee: \$60			
#256169	Oct 15-Dec 3	Tu, Th	6:30-10:30pm
Course Fee: \$70			
#256175	Oct 13-Dec 1	Tu, Th	6:30-10:30pm
Course Fee: \$80			
#256173	Oct 15-Dec 3	Tu, Th	6:30-10:30pm

Starlight Women's Basketball League

Age: 15-50 yrs. This league is for women who would like to play competitive basketball. Team registration will be held May 1-18.

Biltmore Hills Community Center – Course Fee: \$40

#256813	Jun 15-Aug 6	M, Th	6:00-9:00pm
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Table Tennis Free Play

Age: 18yrs. and up. Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

#254764	May 7-Aug 27	Th	1:30-3:30pm
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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

#256444	May 4-Aug 31	M, Th	9:00am-12:00pm
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Educational



Preschool

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; this year, there will be a two-day or three-day option (both options will cover the same material). 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

Option A – Course Fee: \$144

#255970 May 4-20 M, W, F 9:15am-12:15pm

Option B – Course Fee: \$108

#255974 May 5-21 Tu, Th 9:15am-12:15pm

Preschoolers Makin Music

Age: 3-5 yrs. Makin' Music is an educational, fun, interactive intro to music for children under five years old. Families/Caregivers who attend the class will experience firsthand the mostly original music and will have the opportunity to play all kinds of handheld instruments and use many different props. The activity changes about every two minutes to keep little one's attention. Get ready for a jammed-packed 45 minutes of hand-clappin', toe-tappin', knee-slappin' fun! The music is available for purchase at an additional cost at the first class.

Laurel Hills Community Center – Course Fee: \$48

#256186 Jul 11-Aug 1 Sa 9:30-10:15am
Course Fee: \$72

#256183 May 5-Jun 9 Tu 9:30-10:15am

#256184 May 5-Jun 9 Tu 10:30-11:15 am

#256185 May 2-Jun 13 Sa 10:15-11:00am

Youth

Afterschool STEM Club - Millbrook Exchange

Age: 6-12 yrs. 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.

Millbrook Exchange Community Center – Course Fee:

\$40

#255875 May 12-Jun 2 Tu 4:00-5:00pm

#255876 May 14-Jun 4 Th 4:00-5:00pm

Saturday Science for Kids

Age: 6-10 yrs. Get into some science fun Saturday afternoons with hands-on science projects. Different themes each month. Learn and play at Peach Road Park.

Peach Road – Course Fee: \$3

#255995 May 9 Sa 3:30-4:30pm

#255996 Jun 20 Sa 3:30-4:30pm

#255997 Jul 18 Sa 3:30-4:30pm

#255998 Aug 15 Sa 3:30-4:30pm

Sensei Seth's 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

#255867 May 4-27 M, W 7:00-7:45pm

#255868 Jun 1-29 M, W 7:00-7:45pm

#255869 Jul 1-29 W, M 7:00-7:45pm

#255870 Aug 3-31 M, W 7:00-7:45pm

Summertime Science

Age: 6-11 yrs. Summer time is the perfect time to explore and experiment. Figure out the world of science around you through fun, hands-on activities. Each week a different themes.

Peach Road – Course Fee: \$5

#256009 Jul 1 W 6:00-7:00pm

#256010 Jul 8 W 6:00-7:00pm

#256011 Jul 15 W 6:00-7:00pm

#256012 Jul 22 W 6:00-7:00pm

#256013 Jul 29 W 6:00-7:00pm

Youth Reading, Writing and Math

Age: 4-9 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.

continued on page 38 —

Tarboro Road Community Center

#254851	May 10	Su	2:30-4:30pm
#254852	Jun 14	Su	2:30-4:30pm
#254853	Jul 12	Su	2:30-4:30pm
#254854	Aug 9	Su	2:30-4:30pm

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

#252607	May 11	M	6:30-7:30pm
#252608	Jun 8	M	6:30-7:30pm
#252609	Jul 13	M	6:30-7:30pm
#252610	Aug 10	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 at Glen Eden Pilot Park, 1500 Glen Eden Drive. No registration necessary.

Glen Eden Pilot Park – Course Fee: \$1

#255455	Jun 21	Su	1:00-5:00pm
#255456	Jul 19	Su	1:00-5:00pm
#255457	Aug 16	Su	1:00-5:30pm

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

#255213	Jun 1-22	M	6:30-8:00pm
#255214	Jul 6-27	M	6:30-8:00pm
#255225	Aug 3-24	M	6:30-8:00pm

Brier Creek Community Center

#255215	May 13-Jun 17	W	7:00-8:30pm
#255216	Jul 8-Aug 12	W	7:00-8:30pm

Chavis Community Center

#255222	Jun 6-27	Sa	11:30am-1:00pm
#255223	Aug 1-22	Sa	11:30am-1:00pm

Green Road Community Center

#255217	May 9-Jun 13	Sa	11:30am-1:00pm
#255218	Jul 11-Aug 15	Sa	11:30am-1:00pm

Method Road Community Center

#255220	May 7-Jun 11	Th	6:30-8:00pm
#255221	Jul 9-Aug 13	Th	6:30-8:00pm

Peach Road

#255219	May 5-26	Tu	6:30-8:00pm
#255224	Jun 2-23	Tu	6:30-8:00pm
#255511	Jul 7-28	Tu	6:30-8:00pm
#255512	Aug 4-25	Tu	6:30-8:00pm

Sensei Seth's Karate-Adult

Age: 13+ 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: \$100

#255927	May 4-27	M, W	8:00-8:45pm
#255928	Jun 1-29	M, W	8:00-8:45pm
#255929	Jul 1-29	W, M	8:00-8:45pm
#255930	Aug 3-31	M, W	8:00-8:45pm

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 with other like-minded adults; TechEX could be right up your alley.

In the first part of the class, you will be exposed to several cell phone applications. 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. No high-tech watches or other gadgets required. 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! The City of Raleigh currently offers two permanent Disc Golf courses that are becoming incredibly popular with adults. Discover cell phone applications that you can use to learn the locations of other courses around the country and help you keep score! Prerequisite: You must have working knowledge and access to your smartphone's store (Google Play or Apple App)

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

#256374	May 14	Th	9:00am-12:00pm
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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 with other like-minded adults; TechEX could be right up your alley.

In the first part of the class, you will be exposed to several cell phone applications. 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. No high-tech watches or other gadgets required. 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 Pickle Ball. Pickle Ball is a low impact sport that mimics tennis, but the pace is a lot slower. And the best part is you do not have to be a top athlete to enjoy the sport! The City of Raleigh offers many pickle ball courses. Discover cell phone applications that you can use to learn the locations of other courses around the country and help you keep score! Prerequisite: You must have working knowledge and access to your smartphone's store (Google Play or Apple App) in order to download the cell phone applications that we cover in class.

Tarboro Road Community Center – Course Fee: \$6

#256417	May 4	M	10:30am-1:30pm
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Senior**Amazon Alexa Basics 1**

Age: 18yrs. and up. Alexa is a virtual assistant developed by Amazon. You interact with Alexa using its smart speaker called Echo. The Echo speaker can be placed anywhere in your home. Just ask Alexa to check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more by saying commands. Plus learn about its exciting two-way intercom feature. And, learn how you can 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 while using your voice inside your home or from miles away with your smart phone! In this class you will learn the basic setup and what it takes to use Amazon's Alexa. Plus, we will explore many of its features and settings in the Alexa App. If you have ever wondered about what Alexa does and are on the fence about purchasing Alexa for your own home, this is one class you don't want to miss! For more information about this class please contact Tommy Hodges at 919-996-2458.

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

#256536	Jun 4	Th	10:00am-12:00pm
#256537	Aug 11	Tu	10:00am-12:00pm
#256669	Jun 16	Tu	2:00-4:00pm

Walnut Terrace Neighborhood Center – Course Fee: \$6

#256770	May 18	M	2:30-4:30pm
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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.

Registration ends approximately 1 week before the course begins For information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
 #256538 Jun 3-10 W 10:00-11:30am
 #256539 Aug 5-12 W 2:00pm-3:30pm
Five Points Center for Active Adults – Course Fee: \$12
 #256540 May 5-12 Tu 2:00-3:30pm

Android Phone Basics 2

Age: 18yrs. and up. Get comfortable using your Android Phone in this 2nd installment titled Android Phone Basics 2. Please bring your Android Phone because none will be provided. Please know your Android Account Information. *Registration ends approximately 1 week before the course begins* If you have any questions about this class please contact Tommy Hodges 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
 #256560 Jun 24-Jul 1 W 10:00-11:30am
 #256564 Aug 19-26 W 2:00-3:30pm
Five Points Center for Active Adults – Course Fee: \$12
 #256561 May 19-26 Tu 2:00-3:30pm

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
 #256565 Jun 11-18 Th 10:00-11:30am
 #256568 Jul 28-Aug 4 Tu 10:00-11:30am

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
 #256570 Aug 18-25 Tu 10:00-11:30am

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 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 phone 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 ShipIt! Prerequisite: You must have working knowledge of your smartphone and your phone's App Store. Plus you must know your ID and Password for your particular phone's App Store. This class will give you an overview of these various applications and what they do. However, if you want to use these applications on your own device you must already understand how to download

and install these applications yourself. For more information about this class please contact Tommy Hodges at 919-996-2458.
Anne Gordon Center for Active Adults – Course Fee: \$6
 #256571 May 20 W 10:00am-12:00pm
 #256572 Jun 3 W 2:00-4:00pm
Five Points Center for Active Adults – Course Fee: \$6
 #256573 Jul 2 Th 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 for you. This course is for beginners or new users who are just starting off using an Apple laptop. Objectives: Students will be introduced to the basics of Internet usage; how to connect to WiFi; Web Surfing and saving your favorite websites using the web browser Safari; know the weather at all times 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
 #256588 May 21-28 Th 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 for you. 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? Distributed as part of macOS, desktop operating system developed by Apple. The software is designed to work with AirPort Time Capsule, the Wi-Fi router with built-in hard disk, as well as other internal and external disk drives. 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 disk image as well as a boot disk. For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$6
 #256616 May 7 Th 10:00am-12:00pm

Book Discussion: It's Ok That You're Not Ok

Age: 18yrs. and up. The title says it all: It's ok that you're not ok! It's also ok when others around us are not ok! Let's dive into Megan Devine's book on the cultural reaction to grief and loss. Whether you are grieving the loss of a loved one yourself, or if you would like to learn how to better support others who are grieving, this book and discussion group is for you. Led by Heartland Hospice bereavement coordinator, Kristin Lassiter, the class will run for 4 weeks, about 75 minutes each session. Light refreshments will be provided. Purchase the book ahead of time (available

on Amazon or at most bookstores) and read chapters 1-4 before our first session. Try not to read ahead though-we will take it one section at a time!

Five Points Center for Active Adults
 #256057 May 7-28 Th 2:00-3:00pm

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 and show you all of its features for free. And 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 about this class please contact Tommy Hodges 919-996-2458.

Anne Gordon Center for Active Adults
 #256619 Aug 31 M 10:00-11:30am
 #256620 May 27 W 2:00-3:30pm
Five Points Center for Active Adults
 #256618 Jun 25 Th 10:00-11:30am

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 create and save short documents. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
 #256622 Jun 1-8 M 10:00-11:30am
Five Points Center for Active Adults
 Course Fee: \$12
 #256624 May 5-12 Tu 10:00-11:30am
 #256625 Jul 23-30 Th 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. The student will learn the basics of Windows 10 as well as how to use the different features of functions. You will learn how to enter/edit text in Microsoft Word and to save retrieve data files. This class is intended for those who have some knowledge of using a computer, but may not be familiar with 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: \$12
 #256627 Jun 22-29 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
 #256626 May 19-26 Tu 10:00-11:30am
 #256628 Aug 6-13 Th 10:00-11:30am

continued on page 40 —

Computer Basics 3

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

Anne Gordon Center for Active Adults – Course Fee: \$12
#256632 Jul 20-27 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
#256631 May 21-28 Th 2:00-3:30pm
#256633 Aug 13-20 Th 2:00-3:30pm

Computer Basics 4

Age: 18yrs. and up. In this course we concentrate solely on the Windows 10 Operating System. Join us as we dive into the Windows 10 System Settings and more! 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* Contact Tommy Hodges for more information about this class at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$10
#256635 May 11-18 M 10:00-11:30am
#256636 Aug 3-10 M 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$10
#256634 Aug 20-27 Th 10:00-11:30am

Computer Network Basics 1

Age: 18yrs. and up. In this class learn the theory behind setting up a basic network in your home using the Internet. Since every modem and wireless router is different, we will discuss generalities on how to set one

up in your own. This is a fantastic class for those interested in maintaining or setting up their own network at home. There are no prerequisites. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$6
#256637 May 6 W 2:00-4:00pm
#256640 Aug 17 M 10:00am-12:00pm
Five Points Center for Active Adults – Course Fee: \$6
#256638 Jun 25 Th 2:00p4:00pm

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.

Anne Gordon Center for Active Adults – Course Fee: \$6
#256641 May 27 W 10:00am-12:00pm

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
#256644 Jun 10-17 W 2:00-3:30pm

Five Points Center for Active Adults – Course Fee: \$12
#256645 May 7-14 Th 2:00-3:30pm
#256646 Aug 4-11 Tu 2:00-3:30pm
Walnut Terrace Neighborhood Center – Course Fee: \$12
#256647 Jun 1-8 M 2:30-4:00pm
#256771 Jul 20-27 M 2:30-4:00pm
#256772 Aug 24-31 M 2:30-4:00pm

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! Plus it is a way to keep all of your coupons in the same place! We'll show you how to collect coupons using popular apps on your smart phone and ditch those scissors and newspapers. Plus we will show you how to redeem them so you that you can 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.

Anne Gordon Center for Active Adults – Course Fee: \$6
#256652 Jun 15 M 10:00am-12:00pm
Five Points Center for Active Adults – Course Fee: \$6
#256653 Jul 2 Th 10:00am-12:00pm
#256654 Aug 27 Th 2:00-3:30pm

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
#256659 Aug 24 M 10:00am-12:00pm
#256874 May 20 W 2:00-4:00pm
Five Points Center for Active Adults – Course Fee: \$6
#256658 Jun 24 W 2:00-4:00pm

Finance: Beyond the Typical Realtor - What is a SRES

Age: 18yrs. and up. Learn about the differences between atypical realtor and one certified as a Senior Real Estate Specialist, how to talk with your family about living options and how to ease the transition to a new home while maximizing the return on your current home. Explore different living options such as university cities, age-friendly cities and outside the box communities such as tiny homes and discover the new safety and technology choices for your lifestyle. Presented by Mary Alice Connor, SRES of Keller Williams Realty.

Anne Gordon Center for Active Adults
#255762 Jun 15 M 3:00-4:00pm
Five Points Center for Active Adults
#255761 May 19 Tu 2:00-3:00pm



Finance: Government Benefits for Long Term Care

Age: 18yrs. and up. The cost of Long-Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. Learn various government benefit programs and the requirements to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

#254999 Jun 23 Tu 11:00am-12:00pm

Five Points Center for Active Adults

#255000 Aug 3 M 6:00-7:00pm

Finance: Medicare 101

Age: 18yrs. and up. The Seniors' Health Insurance Information Program (SHIIP) is a division of the N.C. Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and Abuse, and long-term care insurance. This seminar will provide a quick explanation of Medicare and a time for questions.

Anne Gordon Center for Active Adults

#255024 Jun 25 Th 10:00am-12:00pm

Five Points Center for Active Adults

#255025 Jun 16 Tu 10:00am-12:00pm

#255026 Aug 13 Th 6:00pm-8:00pm

Finance: Planning for Medicaid

Age: 18yrs. and up. This class will cover the basics of preparing yourself or family member for Medicaid. Medicaid eligibility requirements; coverage options; Look-back Period; asset and income limitations; and spousal or family asset protection will be provided by Huston Law Firm.

Anne Gordon Center for Active Adults

#255001 Jul 9 Th 11:00am-12:00pm

Five Points Center for Active Adults

#255002 May 12 Tu 2:30-3:30pm

Finance: Selling Your Home As-Is

Age: 18yrs. and up. There are many myths about what is required in order to sell a home. These falsehoods are often perpetuated by shows on television featuring real estate agents with pearly white teeth selling 2 million-dollar tiny homes. Learn the truth about what is 'required' to sell a home in the Raleigh area, what selling 'as-is' really means, and the secret behind the 'We Buy Houses' business model. Sponsored by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

Anne Gordon Center for Active Adults

#255005 Jun 16 Tu 10:30-11:30 AM

Five Points Center for Active Adults

#255006 Jul 7 Tu 2:00-3:00pm

Finance: Strategies for Selling Your Home in Today's Market

Age: 18yrs. and up. Selling your home that you have lived in for two, three or even five decades can seem like a daunting task, but it doesn't need to be so overwhelming. Real estate agents can be helpful, but they all seem to give a different and often conflicting advice, so who should I believe? Where do I begin and what should I expect before, during and after my home goes on the market? Get the FACTS about what is involved in selling a home in today's market and the top 10 Mistakes to Avoid when selling your home. This 90-minute lively program is presented by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

Anne Gordon Center for Active Adults

#255007 Aug 18 Tu 10:30am-12:00pm

Five Points Center for Active Adults

#255008 Jul 21 Tu 2:00-3:30pm

Finance: Understanding Beneficiary Designations

Age: 18yrs. and up. Beneficiary designations are an important part of an estate plan. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death' (POD) designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

#255015 Aug 20 Th 11:00am-12:00pm

Five Points Center for Active Adults

#255016 Jul 22 W 2:30-3:30pm

Finance: Understanding Veterans' Aid and Attendance Benefits

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

Anne Gordon Center for Active Adults

#255018 May 19 Tu 11:00am-12:00pm

Five Points Center for Active Adults

#255019 Jun 3 W 2:30-3:30pm

Finance: Using a Home Equity Conversion Mortgage

Age: 18yrs. and up. Today's retiree's may find themselves having to consider other options in addition to Social Security, retirement plans, and personal savings to help meet their financial needs. HECMs (Home Equity Conversion Mortgage, also called reverse mortgages) can, in the right circumstances and with the right borrower, offer both short-term (immediate need) and long-term benefits to help close in the gaps. HECMs accomplish this by turning part of the equity of their homes into cash they can

use today, or a line of credit that will be there when they need it. Retirement shouldn't be about worrying. It should be about enjoying life to the fullest. A HECM might be the financial planning tool that can put you on a path towards a more flexible and satisfying retirement. Sponsored by Reverse Mortgage Funding, LCC.

Anne Gordon Center for Active Adults

#255013 May 12 Tu 11:00am-12:00pm

Five Points Center for Active Adults

#255014 May 19 Tu 2:30-3:30pm

Finance: Wills Versus Trusts

Age: 18yrs. and up. Trusts are used for many different purposes. Learn the various types of trusts and how they may benefit you. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

#255020 Aug 25 Tu 11:00am-12:00pm

Five Points Center for Active Adults

#255021 Jun 16 Tu 2:30-3:30pm

Five Wishes

Age: 18yrs. and up. Having the conversation with family and friends about our advanced directives and living will can be challenging. Five Wishes is a program that provides the opportunity to express your personal, emotional, and spiritual needs. It lets you choose the person you want to make your health care decisions for you in the event you are not able. It helps you decide how you wish to be treated if you get seriously ill. Five Wishes is written by the American Bar association and designed to help you plan for the future. Sponsored by Liberty Hospice and Resources for Seniors.

Anne Gordon Center for Active Adults

#255022 May 14 Th 11:00am-12:00pm

Five Points Center for Active Adults

#255023 May 5 Tu 2:00-3:00pm

French Language, Continuation

Age: 18yrs. and up. This class builds a solid foundation of French language, covering grammar, conversation, writing, and listening skills. All those having attended previous classes or with an equivalent level are welcome to attend. Instructor: Kyle Beale
Five Points Center for Active Adults – Course Fee: \$80
 #255941 Jun 25-Aug 13 Th 10:00-11:30am

Gimp Photo Editing Basics 1

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. 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. Learn to use GIMP, a photo editing program that can help make your images look unique. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults

#256661 Jul 22-29 W 10:00-11:30am

continued on page 42 —

Gimp Photo Editing Basics 2

Age: 18yrs. and up. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. 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.

Anne Gordon Center for Active Adults

Course Fee: \$12
#256665 May 6-13 W 10:00-11:30am

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 some medical offices ask for your email when making appointments! 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.

Five Points Center for Active Adults – Course Fee: \$6
#256667 Jun 9 Tu 2:00-4:00pm

Google Applications Overview

Age: 18yrs. and up. Prerequisite: 'Computer Skills 1' or equivalent. Did you know if you have a Google or GMAIL account you have access to many free applications for everything from word processing to spreadsheets? 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.

Five Points Center for Active Adults – Course Fee: \$12
#256670 Jul 21-28 Tu 2:00-3:30pm

Google Chrome Intro

Age: 18yrs. and up. A web browser is that application on your computer that allows you to view websites. Your computer already came with one. But, did you know that you should consider having more than one web browser on your computer for security purposes? In this class you will learn about Google Chrome or just Chrome for short. Learn how it protects you from security issues like phishing and dangerous sites. Chrome has everything you need to make the most of the web, like quick answers in your address bar, one-click translation, and personalized articles for you on your phone.

When you're on the web, you're on a mission. Big or small, work or play - Chrome has the smarts and speed you need to do, create, and explore online. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. Please bring your personal laptop to the workshop. *If you do not have a laptop, one will be provided.* For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$6
#256671 May 13 W 2:00-4:00pm

Google Photos Intro

Age: 18yrs. and up. Learn basic photo editing and photo sharing using the Google Photos app. You will even learn how to make a photo book. This app can be used on most devices. Class will be using computers that have the Windows 10 operating system.

Computers will be provided We also urge you to bring your own smart phone, iPad or tablet - but it is not required. Bonus: If you are running out of storage space because your photos are taking up too much space on your Apple iCloud, we highly recommend those users also take this course to learn an alternative to photo storage on their Apple devices. Prerequisite: 'Computer Basics 1' or equivalent. Users will need to create a Google/Gmail account to utilize the application. If you have a GMAIL account already you will not need to create an account, but you will need to bring your GMAIL 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 only observe. For more information about this class please contact Tommy Hodges at 919-996-2458.
Five Points Center for Active Adults – Course Fee: \$12
#256672 Jun 23-30 Tu 2:00-3:30pm

Health Talks with Dr. Baldwin

Age: 18yrs. and up. Dr Baldwin, RFS Senior Care Pharmacist, will be on-site monthly to discuss important health topics, such as chronic illnesses and strategies for healthy living, that affect for older adults. Sponsored by Resources for Seniors and Grace Healthcare Services Inc.

Five Points Center for Active Adults
#255051 May 5-Aug 4 Tu 10:15 -11:15am

Health Topic: Blood Pressure and Weight Screening

Age: All Ages. Take advantage of FREE blood pressure and weight screenings on the 1st Tuesday and 4th Thursday of the month. Offered by Dr. Casey Baldwin with Resources for Seniors; or the registered nurse from Grace Healthcare Services.

Five Points Center for Active Adults
#255048 May 5-Aug 7 Tu, Th 9:30-10:15am

Health Topic: Finding The Missing Pieces In My Communication

Age: 18yrs. and up. During this one-hour class you will learn tips and tricks to hear better in various situations, discover why and how a hearing loss makes it difficult for you to hear, and be able to ask questions specific to you and your difficult listening situations. We will provide resources and instruction to help you reach your full potential, whether you wear hearing aids or not. Presented by Raleigh Hearing and Tinnitus Center

Anne Gordon Center for Active Adults
#255055 May 18 M 2:45-3:45pm
Five Points Center for Active Adults
#255056 Jun 9 Tu 2:00-3:00pm

Health Topic: Hearing Loss & Assistive Devices

Age: All Ages. This presentation covers a variety of topics related to hearing loss and describes the newer resources available to benefit hard of hearing individuals so they can lead independent lives and enjoy life more by reducing the stress associated with hearing loss. Topics covered include 1) Types of hearing loss, 2) Causes of hearing loss, 3) Overview and features of hearing aids and cochlear implants 4) Telecommunications equipment, 3) Overview of Smart phones 4) Public Accommodations, including television and movie captions. Sponsored by CapTel NC.

Anne Gordon Center for Active Adults
#255052 Jul 14 Tu 11:00am-12:00pm
Five Points Center for Active Adults
#255053 Jul 21 Tu 10:15-11:00am

Health Topic: Parkinson's Disease Dialogue

Age: 18yrs. and up. Are you living actively in the early stages of Parkinson's Disease (PD)? Please join us for an inviting open discussion of Parkinson's disease and sharing of experiences in a patient-centered environment. The early goal is to equip us to be 'prosumers' of PD related healthcare, by exchanging information, choosing topics for discussion and by sharing the collective wisdom. Each month there is a different presenter and discussion on a variety of topics relating to the health and wellbeing of persons living with Parkinson's disease and their care partners. Group meets on the last Friday of each month.

Five Points Center for Active Adults
#255054 May 29-Aug 28 F 1:30-3:00pm

iCloud Basics for iPad/iPhone

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. The iCloud service allows users to securely store photos, videos, documents, apps, music and so much more! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. The iCloud is your virtual hard drive that is

always accessible with an internet connection. This class will show you how to set up an account and use the iCloud. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$6
#256685 Jul 22 W 2:00pm-4:00pm
Five Points Center for Active Adults – Course Fee: \$6
#256684 Jun 2 Tu 2:00-4:00pm

Introducing SIRI - Your Personal Assistant for iPad/iPhone

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your iPhone or iPad PLUS your Apple ID and password. Wished you had a personal assistant to remind you to do something at a certain time or when you arrive at a certain place? Now you can! Get to know Siri, your personal assistant on your Apple device. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$6
#256696 Jul 21 Tu 10:00am-12:00pm

iPad Basics 1

Age: 18yrs. and up. Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
#256701 Aug 5-12 W 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
#256702 Jun 11-18 Th 2:00-3:30pm

iPad Basics 2

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or if you are an Intermediate user. Bring your iPad or iTouch PLUS your Apple ID and Password. This course will cover how to sync your iPad or iTouch device with an Apple or Windows computer. Learn about Facetime, how to transfer contacts, manage calendars, and to search and download apps from Apple App Store. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center for Active Adults – Course Fee: \$12
#256707 Aug 19-26 W 10:00-11:30am
Five Points Center for Active Adults – Course Fee: \$12
#256734 Jul 23-30 Th 2:00-3:30pm

iPad Basics 3

Age: 18yrs. and up. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password. Learn how to search and download the great 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.

Five Points Center for Active Adults – Course Fee: \$6
#256739 Jun 4 Th 2:00-4:00pm

iPhone Basics 1

Age: 18yrs. and up. Introduction to the basics of owning an iPhone. Must bring: Your own iPhone/iPad PLUS your Apple ID & Password. This class will provide a brief overview of the many popular applications that are out there. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$12
#256751 Jun 2-9 Tu 10:00-11:30am

iPhone Basics 2

Age: 18yrs. and up. Prerequisite: Must bring: Bring your own iPhone as well as your Apple ID and Password. You will learn basic set up, making simple phone calls, and advanced features such as iHealth, Notification, Cellular Data usage and the DO NOT DISTURB feature. Check out the popular apps such as Safari, Mail, Calendar, Maps, Weather and Contacts that truly makes the iPhone a 'Smartphone'. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Five Points Center for Active Adults – Course Fee: \$12
#256755 Jun 23-30 Tu 10:00-11:30am

Legal: Important Documents Everyone Should Have

Age: 18yrs. and up. Learn what core documents make up the foundation of a good estate plan - you need more than a will! Presented by Huston Law Firm, LLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults
#255003 Jul 16 Th 11:00am-12:00pm
Five Points Center for Active Adults
#255004 Jul 14 Tu 2:30-3:30pm

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
#256758 Jul 29 W 2:00-3:00pm
Five Points Center for Active Adults – Course Fee: \$6
#256757 Jun 16 Tu 10:00am-12:00pm
#256760 Aug 25 Tu 2:00-4:00pm

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

Walnut Terrace Neighborhood Center
#256768 May 11 M 2:30-4:00pm

Noggin Joggin'

Age: 18yrs. and up. Brain training that targets memory, attention, and focus can lead to better recollection, faster reaction time, and an overall sharper mind. Noggin Joggin' games work to stave off dementia, strengthen critical thinking skills, and promote brain health.

Presented by Homewatch Care Givers. Meets the first and third Monday of the month

Anne Gordon Center for Active Adults
#255017 May 4-Aug 17 M 1:30-2:30pm

One-On-One Caregiver Support or Grief Counseling

Age: 18yrs. and up. Kristin Lassiter will provide 1:1 counseling to support those in the primary caregiver role for a family member or those who have recently experienced the loss of a family member, friend or employment. To meet with Kristin, and learn ways to manage the challenges of caregiving or adjusting to a loss, you must make an appointment. Sponsored by Heartland Hospice and Resources for Seniors, Inc.

Five Points Center for Active Adults
#255028 May 18-Aug 17 M 1:00-3:00pm

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 likeminded 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.

Anne Gordon Center for Active Adults – Course Fee: \$6
#256762 Jul 1 W 2:00-4:00pm
Five Points Center for Active Adults – Course Fee: \$6
#256764 Aug 6 Th 2:00-4:00pm

continued on page 44 —

Questions Across the Spectrum Discussion Group

Age: 18yrs. and up. Participants will view videos from TED.com, upworthy.com and similar websites on a variety of topics, including nature, leisure, aging, compassion, intervention and science. A back-and-forth exchange of views will deepen understanding of questions and issues raised by living in a complex world. Preregistration is required. Class meets on the first and third Monday of each month.

Five Points Center for Active Adults

#254753 May 4-Aug 17 M 3:30-5:00pm

Resources for Seniors: Who Are We and How We Can Help

Age: 18yrs. and up. Resources for Seniors will provide an overview of their agency and the many resources they provide to the aging population including programs that assist with locating housing, transportation, in-home care, weatherization, home improvements and Medicare assistance.

Anne Gordon Center for Active Adults

#255040 Jun 11 Th 11:00am-12:00pm

Five Points Center for Active Adults

#255041 Jun 11 Th 1:30-2:30pm

Restorative Writing

Age: 18yrs. and up. Sometimes, we have things that we just can't talk about. It may be because the person we needed to say it to has died, or is simply not able to hear what we need to say. It may be that we just aren't willing to rock the boat that much. Come to these two sessions of restorative writing where we will support one another in writing 'the letters that we will never mail.' No writing experience necessary!

Anne Gordon Center for Active Adults

#255038 Jun 2-9 Tu 10:30am-12:00pm

SHIIP Counseling

Age: 18yrs. and up. These 1:1 appointments will help you to understand your Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65 or retiring and will have Medicare, now is the time to meet with a counselor and review your future Medicare options. Please call the Anne Gordon Center 919-996-4720, Five Points Center 919-996-4730 or Walnut Terrace Center 919-996-6160 to make an appointment.

Anne Gordon Center for Active Adults

#255043 May 4-Aug 31 M, F 9:30am-4:00pm

Five Points Center for Active Adults

#255044 May 6-Aug 27 W-Th 1:30-4:30pm

Walnut Terrace Neighborhood Center

#255045 May 7-Aug 27 Th 10:00am-1:00pm

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

#256773	Jun 15	M	2:30-4:30pm
#256774	Jun 22	M	2:30-4:30pm
#256775	Jun 29	M	2:30-4:30pm
#256776	Aug 3	M	2:30-4:30pm
#256777	Aug 10	M	2:30-4:30pm
#256778	Aug 17	M	2:30-4:30pm

The UPSide of DOWNsizing

Age: All Ages. Downsizing can prove to be time consuming and stressful. Deciding to 'downsize' now rather than later can provide financial benefits allow more time to make important decisions, reduce overall stress, and limit burden to family members. Determine your space versus your belongings ratio and ensure that you don't leave any of your treasured possessions behind. We will explain how letting go of 'space takers' can get the ball rolling and how to purge or liquidate the household goods that you no longer need. Presented by Caring Transitions.

Anne Gordon Center for Active Adults

#255046 Jun 8 M 2:00-3:00pm

Five Points Center for Active Adults

#255047 Aug 11 Tu 11:00am-12:00pm

Tips on Purchasing a Computer

Age: 18yrs. and up. 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 we will help you understand the differences between a laptop, desktop, and tablet so that you will have an idea of what you should be looking for. Then you can decide which will work best for your needs.

Anne Gordon Center for Active Adults – Course Fee: \$6

#256765 Jun 17 W 10:00am-12:00pm

Writing as a Meditative Practice

Age: All Ages. This workshop uses poetry and simple exercises as prompts to lead participants into writing on their life's journey, with optional sharing within the group. No writing experience needed. This is a safe, confidential group, where reading aloud reinforces the power of creating new art through our memories and stories. Led by William Finger, MSW. Meets the 2nd and 4th Wednesday of each month.

Five Points Center for Active Adults

#255297 May 13-Aug 26 W 2:00-4:00pm

Family

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

#255652 May 5-26 Tu 11:30am-1:30pm

Fitness



Preschool

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
#255966 May 5-26 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
#255963 May 5-26 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
#256367 May 5-26 Tu 5:30-6:15pm
#256368 Jun 2-23 Tu 5:30-6:15pm
#256369 Jul 7-28 Tu 5:30-6:15pm
#256370 Aug 4-25 Tu 5:30-6:15pm

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: \$28
#256276 May 7-28 Th 6:30-7:30pm
#256277 Jun 4-25 Th 6:30-7:30pm
#256278 Jul 2-30 Th 6:30-7:30pm
#256279 Aug 6-27 Th 6:30-7:30pm

Little Tumblers

Age: 2-4 yrs. This is an introductory level tumbling class that will improve your child's basic motor skills, coordination, strength, flexibility & balance. We will learn beginning tumbling skills using a variety of fun stations and activities.

Abbotts Creek Community Center - Course Fee: \$40
#255579 May 6-27 W 10:30-11:15am

Parent and Toddler Yoga

Age: 2-5 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

#256804	Jun 6-27	Sa	11:15am-12:00pm
#256805	Jul 11-Aug 1	Sa	11:15am-12:00pm
#256806	Aug 8-29	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 and meet new friends.

Worthdale Community Center - Course Fee: \$5

Mini Mite Tennis Indoor

#255107	May 5-26	Tu	10:00-11:00am
#255108	Jun 2-30	Tu	10:00-11:00am
#255109	Jul 7-28	Tu	10:00-11:00am
#255110	Aug 4-25	Tu	10:00-11:00am

Tiny Tumblers

Age: 18 - 30 mths. Both the parent & child participate in a 45 minute class. Parents and children will work together on body awareness, strength, balance, flexibility and fitness while learning basic gymnastics skills. This class is the perfect place to let your little one be active and burn some energy through a variety of activities.

Abbotts Creek Community Center - Course Fee: \$40
#255580 May 6-27 W 9:30-10:15am

Tumble 'n' Twist

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

#255747	May 6-27	W	5:30-6:15pm
#255748	Jun 3-24	W	5:30-6:15pm
#255749	Jul 8-29	W	5:30-6:15pm
#255750	Aug 5-26	W	5:30-6:15pm

Ages: 4-5

#255751	May 6-27	W	6:15-7:15pm
#255752	Jun 3-24	W	6:15-7:15pm
#255753	Jul 8-29	W	6:15-7:15pm
#255754	Aug 5-26	W	6:15-7:15pm

continued on page 46 —

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: \$45

Youth Monthly

#256087	May 2-30	Sa	11:00-11:45am
#256089	Jun 6-27	Sa	11:00-11:45am
#256091	Jul 4-25	Sa	11:00-11:45am
#256092	Aug 1-29	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: \$40

#256346	May 6-27	W	6:30-7:30pm
#256347	Jun 3-24	W	6:30-7:30pm
#256348	Jul 8-29	W	6:30-7:30pm
#256349	Aug 5-26	W	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

#256386	May 5-26	Tu	6:15-7:00pm
#256387	Jun 2-23	Tu	6:15-7:00pm
#256388	Jul 7-28	Tu	6:15-7:00pm
#256389	Aug 4-25	Tu	6:15-7:00pm

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.

Millbrook Exchange Community Center – Course Fee: \$60

#255839	May 2-Jun 13	Sa	2:15-3:00pm
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JKC Self Defense for Kids

Age: 8-11 yrs. Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that is not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean Styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners but advanced martial artists can benefit too!

Abbotts Creek Community Center – Course Fee: \$5
#252489 May 4-Aug 31 M 6:15-7:00pm

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

Beginning Shotokan

#256407	May 4-27	M, W	6:00-7:00pm
#256408	May 4-27	M, W	7:00-8:00pm
#256409	Jun 1-29	M, W	6:00-7:00pm
#256410	Jun 1-29	M, W	7:00-8:00pm
#256411	Jul 1-29	W, M	6:00-7:00pm
#256412	Jul 1-29	W, M	7:00-8:00pm
#256413	Aug 3-31	M, W	6:00-7:00pm
#256414	Aug 3-31	M, W	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: \$40

#256433	May 7-28	Th	6:00-7:00pm
#256434	Jun 4-25	Th	6:00-7:00pm
#256435	Jul 9-30	Th	6:00-7:00pm
#256436	Aug 6-27	Th	6:00-7:00pm

Tae Kwon Do Youth

Age: 5-13 yrs. Learn the art of self-defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee: \$25

#254027	May 5-28	Tu, Th	6:30-7:30pm
#254028	Jun 2-30	Tu, Th	6:30-7:30pm
#254029	Jul 2-30	Th, Tu	6:30-7:30pm
#254030	Aug 4-27	Tu, Th	6:30pm-7:30pm

Youth Boxing at Worthdale

Age: 8-12 yrs. Classes will teach basic boxing skills and techniques such as; stance, guard, movement, jab, cross, hook to participants. This class will increase strength and improves endurance. This class will also include shadow boxing, partner drills and pad work. These skills will give youth self-defense tools as well as self-confidence.

Worthdale Community Center – Course Fee: \$25

Ages 8-12

#255032	May 4-27	M, W	6:15-7:15pm
#255033	Jun 1-29	M, W	6:15-7:15pm
#255034	Jul 1-29	W, M	6:15-7:15pm
#255035	Aug 3-31	M, W	7:30-8:30pm

Youth Wah Lum Kung Fu

Age: 6-13 yrs. Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with 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.

Laurel Hills Community Center – Course Fee: \$225

Full Session

#255596	May 5-Aug 27	Tu, Th	5:15-6:15pm
Course Fee: \$60			
#255592	May 5-28	Tu, Th	5:15-6:15pm
#255593	Jun 2-30	Tu, Th	5:15-6:15pm
#255594	Jul 2-30	Th, Tu	5:15-6:15pm
#255595	Aug 4-27	Tu, Th	5:15-6:15pm

Adult

Abbotts Creek Tai Chi

Age: 18yrs. and up. End the week 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 more gentle 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

#254340	May 3-24	Su	5:00-5:55pm
#254341	Jun 7-28	Su	5:00-5:55pm
#254342	Jul 5-26	Su	5:00-5:55pm
#254343	Aug 2-23	Su	5:00-5:55pm

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

#255881	May 9	Sa	9:30-11:30am
#255882	Jun 13	Sa	9:30-11:30am
#255883	Jul 11	Sa	9:30-11:30am
#255884	Aug 8	Sa	9:30-11:30am

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

#255953	May 4-Aug 31	M	6:00-7:30pm
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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. Over the 8-week session students will learn an entire choreography and have the opportunity to perform for family and friends. Wear comfortable clothing, such as yoga pants, that allow for stretching. Shoes are not worn in class. Sadiyah instructs.

Optimist Community Center – Course Fee: \$80
#255820 May 17-Jul 26 Su 3:00-4:00pm

BootCamp At Worthdale II

Age: 18yrs. and up. Participants will experience a full body strength and conditioning workout which increases your metabolism so you will continue to burn more calories after each class 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. This is an advance level class.

Worthdale Community Center – Course Fee: \$15
#254048 May 2-30 Sa, Tu, Th 9:00-10:00am
#254049 Jun 2-30 Tu, Th, Sa 6:30-7:30pm
#254050 Jul 2-30 Th, Sa, Tu 6:30-7:30pm
#254051 Aug 1-29 Sa, Tu, Th 9:00-10:00am

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
#256562 May 4-Sep 2 M, W 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: \$65
Adult Monthly

#256096 May 6-Jun 6 W, Sa 6:30-7:30pm
#256099 Jun 6-Jul 1 Sa, W 12:00-1:00pm
#256100 Jul 4-Aug 5 Sa, W 12:00-1:00pm
#256101 Aug 1-29 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
#256086 May 2-Aug 29 Sa, W 11:00-11:45am

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
#256308 May 1-29 F 6:30-7:30pm
#256309 Jun 5-26 F 6:30-7:30pm
#256310 Jul 10-31 F 7:30-8:30pm
#256311 Aug 7-28 F 7:30-8:30pm

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
#252467 May 7-Aug 27 Th 6:30-7:30pm

Cardio Kickboxing at the Creek

Age: 18yrs. and up. A high energy class which combines muscle conditioning with kickboxing combination of punches and kicks in a variety of drills and exercises. Workouts strengthen the entire body and it is a great way for any fitness level to kick stress out of their life! Optional equipment: boxing gloves and punching mitts. Instructor: Hayley Tate, ACE Group Fitness certified

Brier Creek Community Center – Course Fee: \$30
\$30 - 3 classes
#256056 May 4-18 M 6:30-7:15pm
Course Fee: \$40
#256057 Jun 1-22 M 6:30-7:15pm
#256058 Jul 6-27 M 6:30-7:15pm
#256059 Aug 3-24 M 6:30-7:15pm

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

#256298 May 12 Tu 6:30-7:30pm
#256299 Jun 9 Tu 6:30-7:30pm
#256300 Jul 14 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
#254947 Jun 10-Aug 5 W 5:30-6:30pm

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
#256566 May 5-Jun 9 Tu 7:45-8:45pm
#256567 Jun 16-Jul 21 Tu 7:30-8:30pm

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
#256133 May 6-Aug 26 W 6:00pm-8:00pm

continued on page 48 —



continued from page 47 —

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. Instructors: Jackie Wheeler, Drop-in fee: \$2. Session Pass: \$10 .

Brier Creek Community Center – Course Fee: \$2
#256128 May 6-Aug 26 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, Daily Rate
#256855 May 5-Aug 11 Tu 6:30-7:30pm

Dance Mix

Age: 18yrs. and up. Let's get fit with a great dance workout. This class is based on Ballroom and Latin dances to get your heart pumping and you jamming. This class focuses on raising your energy up and breaking a sweat with some fun, cool, and fancy footwork. All levels are welcomed! So, grab your snickers and let's get our Dance Mix on.

Jaycee Community Center – Course Fee: \$120
#256931 Jun 3-Jul 8 W 8:00-8:50pm
#256932 Jul 22-Aug 26 W 8:00-8:50pm

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
#256559 May 8-Sep 2 F, W 11:30am-12:30pm

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

Abbotts Creek Community Center

Barwell Rd

Biltmore Hills

Brier Creek

Chavis Park

Green Road Center

Halifax Community Center

Jaycee

Laurel Hills Center

Lions Park

Marsh Creek Community Center

Method Road

Pullen Community Center

Roberts Park

Tarboro Road Center

Worthdale Community Center

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
#253653 Apr 28-Jun 16 Tu 1:30-2:30pm
#253654 Jul 7-Aug 11 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
#253647 Apr 27-Jun 15 M 6:15-7:15pm
#253648 Apr 27-Jun 15 M 7:30-8:30pm
#253649 Jul 6-Aug 10 M 7:30-8:30pm
#253650 Jul 6-Aug 10 M 6:15-7:15pm
#253651 Apr 28-Jun 16 Tu 12:00-1:00pm
#253652 Jul 7-Aug 11 Tu 12:00-1:00pm

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
#253657 Apr 29-Jun 17 W 7:30-8:30pm
#253658 Jul 8-Aug 12 W 7:30-8:30pm
#253659 Apr 30-Jun 18 Th 12:00-1:00pm
#253660 Jul 9-Aug 13 Th 12:00-1:00pm

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
#253655 Apr 29-Jun 17 W 6:15-7:15pm
#253656 Jul 8-Aug 12 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 Ghanous.

Sertoma Arts Center – Course Fee: \$32

#253511 Aug 8-29 Sa 10:15-11:15am
Course Fee: \$48

#253505 May 2-Jun 13 Sa 10:15-11:15am

#253506 Jun 20-Aug 1 Sa 10:15-11:15am

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

#252478 May 6-Aug 26 W 7:00-8:00pm

Greystone Community Center – Course Fee: \$5

Licensed Instructor Remy San Luis

#255959 May 2-Aug 29 Sa 10:00-11:00am

#255960 May 7-Aug 27 Th 6:00-7:00pm

Optimist Community Center – Course Fee: \$5

Licensed Instructor Justina Harvin

#256854 May 7-Aug 27 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

#252474 May 1-31 Daily 7:00am-9:00pm

#252475 Jun 1-30 Daily 7:00am-9:00pm

#252476 Jul 1-31 Daily 7:00am-9:00pm

#252477 Aug 1-31 Daily 9:00am-3:00pm

Green Road Community Center – Course Fee: \$2

#254954 May 1-31 Daily 10:00am-9:00pm

#254955 Jun 1-30 Daily 10:00am-9:00pm

#254956 Jul 1-31 Daily 10:00am-9:00pm

#254957 Aug 1-31 Daily 9:00am-3:00pm

Pullen Community Center – Course Fee: \$2

#256511 May 1-30 F-Sa, M-F 10:00am-9:00pm

#256512 Jun 1-30 M-Sa 10:00am-9:00pm

#256513 Jul 1-31 W-Sa, M-W 10:00am-9:00pm

#256514 Aug 1-31 Sa, M-Sa 9:00am-3:00pm

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

#252481 Jul 2-23 Th 6:15-7:00pm

Course Fee: \$40

#252479 May 7-28 Th 6:15-7:00pm

#252483 May 5-26 Tu 6:15-7:00pm

#252480 Jun 4-25 Th 6:15-7:00pm

#252484 Jun 2-23 Tu 6:15-7:00pm

#252485 Jul 7-28 Tu 6:15-7:00pm

#252482 Aug 6-27 Th 6:15-7:00pm

#252486 Aug 4-25 Tu 6:15-7:00pm

Halifax Daily Fit Pass

Age: 18yrs. and up. Want to try out the fitness room at Halifax? Come try our fit pass.

Halifax Community Center – Course Fee: \$2

#255871 May 1-31 Daily 10:00am-8:30pm

#255872 Jun 1-30 Daily 10:00am-8:30pm

#255873 Jul 1-31 Daily 10:00am-8:30pm

#255874 Aug 1-31 Daily 9:00am-3:00pm

JKC Self Defense

Age: 12yrs. and up. Learn self-defense in this fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that is not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean Styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners but advanced martial artists can benefit too!

Abbotts Creek Community Center – Course Fee: \$5

#252488 May 2-Aug 31 Sa, M 11:00am-12:00pm

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.

Laurel Hills Community Center – Course Fee: \$300

#255615 May 5-Aug 27 Tu-Th 6:30-7:30pm

Course Fee: \$80

#255611 May 5-28 Tu-Th 6:30-7:30pm

#255612 Jun 2-30 Tu-Th 6:30-7:30pm

#255613 Jul 1-30 W-Th, Tu 7:00-8:00pm

#255614 Aug 4-27 Tu-Th 6:30-7:30pm

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 Blaise.

Barwell Road Community Center – Course Fee: \$20

#256394 May 4-27 M, W 7:00-8:30pm

#256395 Jun 1-29 M, W 7:00-8:30pm

#256396 Jul 1-29 W, M 7:00-8:30pm

#256397 Aug 3-31 M, W 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

#254865 May 4-27 M, W 7:00-8:30pm

#254866 Jun 1-29 M, W 7:00-8:30pm

#254867 Jul 1-29 W, M 7:00-8:30pm

#254868 Aug 3-31 M, W 7:00-8:30pm

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-held 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

#255133 May 2 Sa 10:00am-12:00pm

MixedFit

Age: 18yrs. and up. Bring your friends or make new ones at Abbotts Creek Community Center each Wednesday evening for MixedFit! This class combines explosive dance moves with body weight toning for an awesome workout!

Abbotts Creek Community Center – Course Fee: \$5

#252490 May 2-Aug 29 Sa 9:30-10:30am

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

#256303 Jun 4-25 Th 6:45-7:45pm

#256304 Jul 2-30 Th 6:45-7:45pm

#256305 Aug 6-27 Th 6:45-7:45pm

continued on page 50 —

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

#254810 Aug 20-Oct 22 Th 6:00-7:00pm

Soul Line Dance & Get Fit - Abbotts Creek

Age: 18yrs. 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

#252492 May 3-Aug 30 Su 3:00-4:30pm

Soul Line Dance & Get Fit Class for Beginners - Marsh Creek

Age: 15yrs. and up. This is a beginner/advanced-beginner class for individuals new to line dancing or those who want to learn new line dance basics. The class will be taught at a slow-to-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

#256542	May 5	Tu	7:00-8:30pm
#256543	May 12	Tu	7:00-8:30pm
#256544	May 19	Tu	7:00-8:30pm
#256545	May 26	Tu	7:00-8:30pm
#256546	Jun 2	Tu	7:00-8:30pm
#256547	Jun 9	Tu	7:00-8:30pm
#256548	Jun 16	Tu	7:00-8:30pm
#256549	Jun 23	Tu	7:00-8:30pm
#256550	Jun 30	Tu	7:00-8:30pm
#256551	Jul 7	Tu	7:00-8:30pm
#256552	Jul 14	Tu	7:00-8:30pm
#256553	Jul 21	Tu	7:00-8:30pm
#256554	Jul 28	Tu	7:00-8:30pm
#256555	Aug 4	Tu	7:00-8:30pm
#256556	Aug 11	Tu	7:00-8:30pm
#256557	Aug 18	Tu	7:00-8:30pm
#256558	Aug 25	Tu	7:00-8:30pm

Soul Line Dancing

Age: 18yrs. and up. Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. All levels are welcome. Instructor Journonya Harris

Five Points Center for Active Adults – Course Fee: \$10

#254760	May 7-28	Th	10:15-11:00am
#254761	Jun 4-25	Th	10:15-11:00am
#254762	Jul 2-30	Th	10:15-11:00am
#254763	Aug 6-27	Th	10:15-11:00am

Stand-Up Paddle Board Yoga

Age: 16yrs. and up. SUP Yoga courses will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Total class will be 45 minutes with a 15 minute warm up paddle to and from location. Yoga and/or SUP experience required as a prerequisite. Advance registration is required for this program.

Instructor: Angel Bailey

Lake Johnson – Course Fee: \$15

#254781	Jun 8	M	6:30-7:45pm
#254782	Jun 22	M	6:30-7:45pm
#254783	Jul 13	M	6:30-7:45pm
#254784	Jul 27	M	6:30-7:45pm
#254785	Aug 10	M	6:30-7:45pm
#254786	Aug 24	M	6:30-7:45pm

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

#256469 May 6-Sep 2 W 6:00-7:30pm

Tae Kwon Do Level 2

Age: 13yrs. and up. Students will continue to learn the art of self-defense and discipline at an advanced level. Students will refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center – Course Fee: \$25

#254031	May 5-28	Tu, Th	7:30-8:30pm
#254032	Jun 2-30	Tu, Th	7:30-8:30pm
#254033	Jul 2-30	Th, Tu	7:30-8:30pm
#254034	Aug 4-27	Tu, Th	7:30-8:30pm

Tai Chi - Lake Lynn / Laurel Hills

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.

Laurel Hills Community Center – Course Fee: \$200

4 Month Session

#255610	May 5-Aug 27	Tu, Th	4:00-5:00pm
Course Fee: \$55			
#255606	May 5-28	Tu, Th	4:00-5:00pm
#255607	Jun 2-30	Tu, Th	4:00-5:00pm
#255608	Jul 2-30	Th, Tu	4:00-5:00pm
#255609	Aug 4-27	Tu, Th	4:00-5:00pm

Total Body Circuit

Age: 18yrs. and up. The purpose of this class is to deliver a comprehensive total-body workout combining exercises that promote muscular strength and endurance, power and aerobic endurance, through a well-balance routine through 15 stations (1 min. each). Instructor: Hayley Tate, ACE Group Fitness certified

Brier Creek Community Center – Course Fee: \$30

#256064	Aug 6-27	Th	7:30-8:15pm
Course Fee: \$40			
#256061	May 7-28	Th	7:30-8:15pm
#256062	Jun 4-25	Th	7:30-8:15pm
#256063	Jul 9-30	Th	7:30-8:15pm

Total Body Circuit/Drop-In

Age: 18yrs. and up. This class will deliver a comprehensive total-body workout combining exercises that promote muscular strength and endurance, power and aerobic endurance, through a well-balance routine of 15 stations (1 min. each). Instructor: Hayley Tate, ACE Group Fitness certified

Brier Creek Community Center – Course Fee: \$10

#256065 May 7-Aug 27 Th 7:30-8:15pm

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

May Line Dancing - \$5/day

#252642	May 4-18	M	7:00-8:30pm
#252643	Jun 1-29	M	7:00-8:30pm
#252644	Jul 6-27	M	7:00-8:30pm
#252645	Aug 3-31	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

#256482 Jun 24-Aug 26 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.

Greystone Community Center – Course Fee: \$60
#255589 May 5-Aug 18 Tu 7:00-7:45pm

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
#256480 Jun 30-Sep 1 Tu 4:00-5:00pm

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
#256454 May 4-Jun 1 M 10:15-11:30am
#256455 May 7-28 Th 10:15-11:30am
#256456 Jun 8-29 M 10:15-11:15am
#256457 Jun 4-25 Th 10:15-11:15am
#256458 Aug 3-24 M 10:15-11:30am
#256459 Aug 6-27 Th 10:15-11:30am
#256460 May 6-27 W 5:30-6:45pm
#256461 Jun 3-24 W 5:30-6:45pm
#256462 Aug 5-26 W 5:30-6:45pm

Yoga 4 Punch Pass

Age: 18yrs. and up. Punch pass may be used for Yoga class Wednesday evenings at Halifax Community Center only. Please bring your own mat. Punch pass registration and pass pick up is done at Halifax Community Center.

Halifax Community Center – Course Fee: \$45
#255877 May 6-27 W 6:30-7:30pm
#255878 Jun 3-24 W 6:30-7:30pm
#255879 Jul 1-29 W 6:30-7:30pm
#255880 Aug 5-26 W 6:30-7:30pm

Yoga 8 Punch Pass

Age: 18yrs. and up. Punch pass may be used for Yoga class Wednesday evenings at Halifax Community Center only. Please bring your own mat. Punch pass registration and pass pick up is done at Halifax Community Center.

Halifax Community Center – Course Fee: \$65
#255885 May 6-27 W 6:30-7:30pm
#255886 Jul 8-29 W 6:30-7:30pm
#255887 Jul 1-29 W 6:30-7:30pm
#255888 Aug 5-26 W 6:30-7:30pm

Yoga at Brier Creek/Drop In

Age: 18yrs. 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: \$5
#256541 May 5-Aug 25 Tu 6:45-7:45pm

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
#256516 May 5-Jun 9 Tu 6:45-7:45pm
#256517 Jun 16-Jul 21 Tu 6:45-7:45pm
#256518 Jul 28-Sep 1 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: \$80
#253710 May 12-Jun 30 Tu 9:30-11:00am
#253711 Jul 14-Sep 1 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
#254778 Jun 11-Jul 16 Th 6:30-7:30pm
#254779 Jul 30-Sep 3 Th 6:30-7:30pm

continued on page 52 —



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 ananas/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
#256853 May 6-Aug 19 W 7:00-8:15pm

Zumba at Abbotts Creek

Age: 1-30 yrs. Zumba dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party!
Abbotts Creek Community Center – Course Fee: \$5
#256026 May 6-Aug 26 W 7:00-8:00pm

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

#255889	May 4	M	6:45-7:45pm
#255890	May 11	M	6:45-7:45pm
#255891	May 18	M	6:45-7:45pm
#255892	May 25	M	6:45-7:45pm
#255893	Jun 1	M	6:45-7:45pm
#255894	Jun 8	M	6:45-7:45pm
#255895	Jun 15	M	6:45-7:45pm
#255896	Jun 22	M	6:45-7:45pm
#255897	Jun 29	M	6:45-7:45pm
#255898	Jul 6	M	6:45-7:45pm
#255899	Jul 13	M	6:45-7:45pm
#255900	Jul 20	M	6:45-7:00pm
#255901	Jul 27	M	6:45-7:45pm
#255902	Aug 3	M	6:45-7:00pm
#255903	Aug 10	M	6:45-7:45pm
#255904	Aug 17	M	6:45-7:45pm
#255905	Aug 24	M	6:45-7:00pm
#255906	Aug 31	M	6:45-7:45pm

ZUMBA® & ZUMBA® Toning with Maria - Bundle 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. Punch pass includes 5 passes that can be used at any time.

Green Road Community Center – Course Fee: \$25

#252620	Jun 1-5	M, W, F	6:00-7:00pm
#252621	May 4-8	M, W, F	6:00-7:00pm
#252622	May 11-15	M, W, F	6:00-7:00pm
#252623	May 27-29	W, F	6:00-7:00pm
#252624	Jun 8-12	M, W, F	6:00-7:00pm
#252625	Jun 15-19	M, W, F	6:00-7:00pm
#252626	Jun 22-26	M, W, F	6:00-7:00pm
#252627	Jun 29-Jul 3	M, W, F	6:00-7:00pm
#252628	May 18-22	M, W, F	6:00-7:00pm
#252629	Aug 3-7	M, W, F	6:00-7:00pm
#252630	Aug 10-14	M, W, F	6:00-7:00pm
#252631	Aug 17-21	M, W, F	6:00-7:00pm
#252632	Aug 24-31	M, W, F	6:00-7:00pm
#252634	Jul 27-31	M, W, F	6:00-7:00pm
#252635	Jul 20-24	M, W, F	6:00-7:00pm
#252636	Jul 13-17	M, W, F	6:00-7:00pm
#252637	Jul 6-10	M, W, F	6:00-7:00pm

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: \$3
#256449 May 4-Aug 31 M 6:00-7:00pm

Zumba® at Lions Park

Age: 16-99 yrs. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class is designed to help you shed those extra pounds or just give that fun exercise experience you have been looking for. Zumba® classes are held on Wednesdays and Saturdays.

Lions Park Community Center – Course Fee: \$5

#256312	May 2-30	Sa, W	10:00-11:00am
#256313	Jun 3-27	W, Sa	6:30-7:30pm
#256314	Jul 1-29	W, Sa	6:30-7:30pm
#256365	Aug 1-26	Sa, W	10:00-11:00am

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

\$24- 6 Visit Pass

#256098 May 5-Sep 2 Tu-W 7:30-8:30pm

\$5 Single Class

#256097 May 5-Sep 2 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

Zumba Daily Pass - \$5/day

#252638	May 1-29	F, M, W	6:00-7:00pm
#252639	Jun 1-29	M, W, F	6:00-7:00pm
#252640	Jul 1-31	W, F, M	6:00-7:00pm
#252641	Aug 3-28	M, W, F	6:00-7:00pm

Senior**Active Adult Line Dance**

Age: 50yrs. 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

#256519	May 2	Sa	9:00-10:00am
#256520	May 9	Sa	9:00-10:00am
#256521	May 16	Sa	9:00-10:00am
#256522	May 23	Sa	9:00-10:00am
#256523	May 30	Sa	9:00-10:00am
#256524	Jun 6	Sa	9:00-10:00am
#256525	Jun 13	Sa	9:00-10:00am
#256526	Jun 20	Sa	9:00-10:00am
#256527	Jun 27	Sa	9:00-10:00am
#256528	Jul 11	Sa	9:00-10:00am
#256529	Jul 18	Sa	9:00-10:00am
#256530	Jul 25	Sa	9:00-10:00am
#256531	Aug 1	Sa	9:00-10:00am
#256532	Aug 8	Sa	9:00-10:00am
#256533	Aug 15	Sa	9:00-10:00am
#256534	Aug 22	Sa	9:00-10:00am
#256535	Aug 29	Sa	9:00-10:00am

Adult Tap Dance

Age: 18yrs. and up. Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. If you can walk, you can dance! Student should bring tap or hard bottomed shoes for class. Instructor: Bev Norwood

Five Points Center for Active Adults – Course Fee: \$10

#253544	May 6-27	W	12:00-1:00pm
#253545	Jun 3-24	W	12:00-1:00pm
#253546	Jul 1-29	W	12:00-1:00pm
#253547	Aug 5-26	W	12:00-1:00pm

Ageless Grace

Age: 18yrs. and up. Learn 21 simple tools for lifelong comfort and ease! The tools focus on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while you are sitting in a chair. It's fun, and best of all, it's easy! Visit www.agelessgrace.com for more information.

Instructor: Missy Atkinson

Anne Gordon Center for Active Adults – Course Fee: \$10

#254254	May 5-26	Tu	2:00-2:45pm
#254255	Jun 2-30	Tu	2:00-2:45pm
#254256	Jul 7-28	Tu	2:00-2:45pm
#254257	Aug 4-25	Tu	2:00-2:45pm

Five Points Center for Active Adults – Course Fee: \$10

#254258	May 4-18	M	9:30-10:15am
#254259	Jun 1-29	M	9:30-10:15am
#254260	Jul 6-27	M	9:30-10:15am
#254261	Aug 3-31	M	9:30-10:15am

Walnut Terrace Neighborhood Center

#254262	May 5-26	Tu	12:00-12:45pm
#254263	Jun 2-30	Tu	12:00-12:45pm
#254264	Jul 7-28	Tu	12:00-12:45pm
#254265	Aug 4-25	Tu	12:00-12:45pm

AIM Fitness

Age: 18yrs. and up. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, and the use of hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted. *Please note that the free classes at the Five Points Center are limited to the first 30 people who arrive each day.*

Anne Gordon Center for Active Adults – Course Fee: \$10

#254270	May 5-26	Tu	9:15-10:00am
#254271	Jun 2-30	Tu	9:15-10:00am
#254272	Jul 7-28	Tu	9:15-10:00am
#254273	Aug 4-25	Tu	9:15-10:00am
#254278	May 5-26	Tu	3:00-3:45pm
#254279	Jun 2-30	Tu	3:00-3:45pm
#254280	Jul 7-28	Tu	3:00-3:45pm
#254281	Aug 4-25	Tu	3:00-3:45pm
#254282	May 7-28	Th	9:15-10:00am
#254283	Jun 4-25	Th	9:15-10:00am
#254284	Jul 2-30	Th	9:15-10:00am
#254285	Aug 6-27	Th	9:15-10:00am

AIM Intermediate

#254274	May 5-26	Tu	10:15-11:00am
#254275	Jun 2-30	Tu	10:15-11:00am
#254276	Jul 7-28	Tu	10:15-11:00am
#254277	Aug 4-25	Tu	10:15-11:00am
#254286	May 7-28	Th	10:15-11:00am
#254287	Jun 4-25	Th	10:15-11:00am
#254288	Jul 2-30	Th	10:15-11:00am
#254289	Aug 6-27	Th	10:15-11:00am

AIM Chair

#254316	May 5-26	Tu	12:45-1:30pm
#254317	Jun 2-30	Tu	12:45-1:30pm
#254318	Jul 7-28	Tu	12:45-1:30pm
#254319	Aug 4-25	Tu	12:45-1:30pm
#254328	May 7-28	Th	11:30am-12:15pm
#254329	Jun 4-25	Th	11:30am-12:15pm
#254330	Jul 2-30	Th	11:30am-12:15pm
#254494	Aug 6-27	Th	11:30am-12:15pm

Five Points Center for Active Adults – Course Fee: \$10

#254290	May 7-Aug 27	Th	9:30-10:00am
#254301	Jun 5-26	F	10:15-11:15am
#254302	Jul 10-31	F	10:15-11:15am
#254303	Aug 7-28	F	10:15-11:15am
#254332	Jul 1-29	W	12:00-12:45pm
#254333	Aug 5-26	W	12:00-12:45pm
#254334	Jun 3-24	W	12:00-12:45pm

Greystone Community Center – Course Fee: \$10

#254291	May 4-18	M	10:00-10:45am
#254292	Jun 1-29	M	10:00-10:45am
#254293	Jul 6-27	M	10:00-10:45am
#254294	Aug 3-24	M	10:00-10:45am
#254295	May 1-29	F	10:00-10:45am
#254296	Jun 5-26	F	10:00-10:45am
#254297	Jul 10-31	F	10:00-10:45am
#254298	Aug 12-Sep 2	F	10:00-10:45am
#254320	May 5-26	Tu	9:00-9:45am
#254321	Jun 2-30	Tu	9:00-9:45am
#254322	Jul 7-28	Tu	9:00-9:45am
#254323	Aug 4-25	Tu	9:00-9:45am
#254324	Jun 4-25	Th	9:00-9:45am
#254325	May 7-28	Th	9:00-9:45am
#254326	Jul 2-30	Th	9:00-9:45am
#254327	Aug 6-27	Th	9:00-9:45am

Halifax Community Center – Course Fee: \$10

#254267	May 4-18	M	11:45am-12:30pm
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Laurel Hills Community Center – Course Fee: \$10

#254300	May 1-29	F	10:15-11:15am
#254331	May 6-27	W	10:15-11:15am

Powell Drive Park – Course Fee: \$10

#254304	Jun 2-30	Tu	2:00-2:45pm
#254305	May 5-26	Tu	2:00-2:45pm
#254306	Jul 7-2	Tu	2:00-2:45pm
#254307	Aug 4-25	Tu	2:00-2:45pm
#254308	May 7-28	Th	2:00-2:45pm
#254309	Jun 7-28	Th	2:00-2:45pm
#254310	Jul 2-23	Th	2:00-2:45pm
#254311	Aug 6-27	Th	2:00-2:45pm

Tarboro Road Community Center – Course Fee: \$10

#254312	May 1-29	F, W	10:00am-10:45am
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Balance Fitness

Age: All Ages. Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes vary by instructor, difficulty/impact level, and option to use a chair for support.

Five Points Center for Active Adults – Course Fee: \$10

#254504	May 5-26	Tu	10:15am-11:00am
#254505	Jun 2-30	Tu	10:15am-11:00am
#254506	Jul 7-28	Tu	10:15am-11:00am
#254507	Aug 4-25	Tu	10:15am-11:00am
#254508	May 6-27	W	2:15pm-3:00pm
#254509	Jun 3-24	W	2:15pm-3:00pm
#254510	Jul 1-29	W	2:15pm-3:00pm
#254511	Aug 5-26	W	2:15pm-3:00pm
#254512	May 7-28	Th	9:15am-10:00am
#254513	Jun 4-25	Th	9:15am-10:00am
#254514	Jul 2-23	Th	9:15am-10:00am
#254515	Aug 6-27	Th	9:15am-10:00am
#254516	May 7-28	Th	11:15am-12:00pm
#254517	Jun 4-25	Th	11:15am-12:00pm
#254518	Jul 2-23	Th	11:15am-12:00pm
#254519	Aug 6-27	Th	11:15am-12:00pm
#254520	May 7-28	Th	6:45pm-7:30pm
#254521	Jun 4-25	Th	6:45pm-7:30pm
#254522	Jul 2-30	Th	6:45pm-7:30pm
#254523	Aug 6-27	Th	6:45pm-7:30pm
#254524	May 6-27	W	11:15am-12:00pm
#254525	Jun 3-24	W	11:15am-12:00pm
#254526	Jul 1-29	W	11:15am-12:00pm
#254527	Aug 5-26	W	11:15am-12:00pm

Cardio Dance

Age: 18yrs. and up. Dance to fun, upbeat tunes from yesterday and today. You'll have so much fun, you won't realize you're working out. All skill levels are welcome. Instructor Jourmonya Harris

Five Points Center for Active Adults – Course Fee: \$10

#254569	May 1-29	F	1:00-1:45pm
#254570	Jun 5-26	F	1:00-1:45pm
#254571	Jul 10-31	F	1:00-1:45pm
#254572	Aug 7-28	F	1:00-1:45pm

Cardio Sculpt

Age: 18yrs. and up. Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Five Points Center for Active Adults – Course Fee: \$10

#254577	May 4-18	M	6:30pm-7:15pm
#254578	Jun 1-29	M	6:30pm-7:15pm
#254579	Jul 6-27	M	6:30pm-7:15pm
#254580	Aug 3-24	M	6:30pm-7:15pm
#254581	May 5-26	Tu	10:15-11:00am
#254582	Jun 2-30	Tu	10:15-11:00am
#254583	Jul 7-28	Tu	10:15-11:00am
#254584	Aug 4-25	Tu	10:15-11:00am

#254585	May 6-27	W	9:15-10:00am
#254586	Jun 3-24	W	9:15-10:00am
#254587	Jul 1-29	W	9:15-10:00am
#254588	Aug 5-26	W	9:15-10:00am
#254589	May 6-27	W	10:15-11:00am
#254590	Jun 3-24	W	10:15-11:00am
#254591	Jul 1-29	W	10:15-11:00am
#254592	Aug 5-26	W	10:15-11:00am
#254593	Jun 4-25	Th	10:15-11:00am
#254594	May 7-28	Th	10:15-11:00am
#254595	Jul 2-30	Th	10:15-11:00am
#254596	Aug 6-27	Th	10:15-11:00am

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

#256283	Jun 2-30	Tu	11:30am-12:15pm
#256293	Jul 7-28	Tu	11:30am-12:15pm
#256297	Aug 4-25	Tu	11:30am-12:15pm

Dance Xross Fitness

Age: 18yrs. and up. This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing. Instructor: Linda Thomas

Anne Gordon Center for Active Adults – Course Fee: \$10

#254607	May 4-18	M	11:45am-12:45pm
#254608	Jun 1-29	M	11:45am-12:45pm
#254609	Jul 6-27	M	11:45am-12:45pm
#254610	Aug 3-31	M	11:45am-12:45pm

Five Points Center for Active Adults – Course Fee: \$10

#254611	May 5-26	Tu	11:00-11:45am
#254612	Jun 2-30	Tu	11:00-11:45am
#254613	Jul 7-28	Tu	11:00-11:45am
#254614	Aug 11-Sep 1	Tu	11:00-11:45am

Five Points Fitness Room

Age: 18yrs. and up. Take advantage of the cardiovascular and strength-training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours.

Five Points Center for Active Adults

#254615	May 20-Sep 18	W-F, M-W	9:00am-6:00pm
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Gentle Stretch

Age: 18yrs. and up. Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

Five Points Center for Active Adults – Course Fee: \$10

#254616	May 6-27	W	12:00-12:45pm
#254617	Jun 3-24	W	12:00-12:45pm
#254618	Jul 1-29	W	12:00-12:45pm
#254619	Aug 5-26	W	12:00-12:45pm

continued on page 54 —



continued from page 53 —

Line Dance for Active Adults

Age: 18yrs. and up. Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center for Active Adults

Introduction (little to no experience)

#254621	May 1-29	F	2:15-3:15pm
#254622	Jun 5-26	F	2:15-3:15pm
#254623	Jul 10-31	F	2:15-3:15pm
#254624	Aug 7-28	F	2:15-3:15pm

Beginner (some experience, need to know steps)

#254625	May 1-29	F	1:00-2:00pm
#254626	Jun 5-26	F	1:00-2:00pm
#254627	Jul 10-31	F	1:00-2:00pm
#254628	Aug 7-28	F	1:00-2:00pm

Five Points Center for Active Adults

Line Dance: Adv. Beginner/Improver (good experience)

#254629	May 4-Aug 31	M, W	1:15-2:15pm
#254633	May 4-Aug 31	M, W	2:15-3:15pm

Line Dance Open Studio

Age: 18yrs. and up. Join us for this fun and informal line dance open studio time. There is no instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

Anne Gordon Center for Active Adults

Beginner

(need to know steps)

#254649	May 4-Aug 31	M	4:00-5:30pm
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Adv. Beginner (good experience)

#254650	May 5-Aug 25	Tu	4:00-5:30pm
#254651	May 7-Sep 3	Th	4:30-5:45pm

Five Points Center for Active Adults

#254652	May 1-Aug 28	F	2:00-3:30pm
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Men's Strength and Conditioning

Age: 18yrs. and up. This class provides a total body workout in a men-only environment. Strength and cardio segments are incorporated using dumbbells, medicine balls, and resistance bands. Bring your mat. Instructor: Sue Payne.

Five Points Center for Active Adults – Course Fee: \$8

#254653	May 5-26	Tu	2:00-2:45pm
#254654	Jun 2-30	Tu	2:00-2:45pm
#254655	Jul 7-28	Tu	2:00-2:45pm
#254656	Aug 4-25	Tu	2:00-2:45pm
#254657	May 7-28	Th	12:00-12:45pm
#254658	Jun 4-25	Th	12:00-12:45pm
#254659	Jul 2-30	Th	12:00-12:45pm
#254660	Aug 6-27	Th	12:00-12:45pm

Mindful Meditation

Age: 18yrs. and up. Mindful Meditation is an exercise that integrates mind, body and spirit; but it does not require difficult floor work or strenuous poses. Class will incorporate warm-up movements and guided breathing, sitting, and walking techniques that enhance focus and spinal alignment. Practitioners will cultivate concentration within oneself and bring awareness to body mechanics, balance, and relaxation. Instructor: My Hao Tran

Anne Gordon Center for Active Adults – Course Fee: \$10

#255136	May 5-26	Tu	11:15am-12:00pm
#255137	Jun 2-30	Tu	11:15am-12:00pm
#255138	Jul 7-28	Tu	11:15am-12:00pm
#255139	Aug 4-25	Tu	11:15am-12:00pm

Pilates for Active Adults

Age: 18yrs. and up. Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

Five Points Center for Active Adults – Course Fee: \$10

#254692	May 4-18	M	9:15-10:00am
#254693	Jun 1-29	M	9:15-10:00am
#254694	Jul 6-27	M	9:15-10:00am
#254695	Aug 3-31	M	9:15-10:00am
#254696	May 4-18	M	5:30-6:30pm
#254697	Jun 1-29	M	5:30-6:30pm
#254698	Jul 6-27	M	5:30-6:30pm
#254699	Aug 3-31	M	5:30-6:30pm
#254700	May 6-27	W	10:15-11:15am
#254701	Jun 3-24	W	10:15-11:15am
#254702	Jul 1-29	W	10:15-11:15am
#254703	Aug 5-26	W	10:15-11:15am
#254704	May 8-29	F	11:30am-12:30pm
#254705	Jun 5-26	F	11:30am-12:30pm
#254706	Jul 10-31	F	11:30am-12:30pm
#254707	Aug 7-28	F	11:30am-12:30pm
#254708	May 4-18	M	4:30-5:30pm
#254709	Jun 1-29	M	4:30-5:30pm
#254710	Jul 6-27	M	4:30-5:30pm
#254711	Aug 3-31	M	4:30-5:30pm
#254712	May 6-27	W	11:15am-12:00pm
#254713	Jun 3-24	W	11:15am-12:00pm
#254714	Jul 1-29	W	11:15am-12:00pm
#254715	Aug 5-26	W	11:15am-12:00pm
#254716	May 7-28	Th	12:00-12:45pm
#254717	Jun 4-25	Th	12:00-12:45pm
#254718	Jul 2-30	Th	12:00-12:45pm
#254719	Aug 6-27	Th	12:00-12:45pm

Qi Gong

Age: 18yrs. and up. Qi Gong (chee-gong), the ancient Chinese practice of meditation with movement, uses 24 simple movements designed to promote internal energy and organ health. Practitioners believe that in addition to the physical exercise, the movements create good energy flow in the body and contribute to overall health. Qi Gong for Joint Health is conducted both seated and standing. You practice guided visualization, simple motion and balance exercises to improve strength and fluidity of movement, promoting bone and joint health. Instructor: Kathy Bundy

Anne Gordon Center for Active Adults – Course Fee: \$10

#254724	May 5-26	Tu	10:30-11:15am
#254725	Jun 2-30	Tu	10:30-11:15am
#254726	Jul 7-28	Tu	10:30-11:15am
#254727	Aug 4-25	Tu	10:30-11:15am
#254728	May 1-29	F	10:30-11:15am
#254729	Jun 5-26	F	10:30-11:15am
#254730	Jul 10-31	F	10:30-11:15am
#254731	Aug 7-28	F	10:30-11:15am
#254732	May 1-29	F	11:30-12:15pm
#254733	Jun 5-26	F	11:30-12:15pm
#254734	Jul 10-31	F	11:30-12:15pm
#254735	Aug 7-28	F	11:30-12:15pm

Five Points Center for Active Adults – Course Fee: \$10

#254736	May 5-26	Tu	9:15-10:00am
#254737	Jun 2-30	Tu	9:15-10:00am
#254738	Jul 7-28	Tu	9:15-10:00am
#254739	Aug 4-25	Tu	9:15-10:00am

Qi Gong for Joint Health

#254740	May 1-29	F	9:15-10:00am
#254741	Jun 5-26	F	9:15-10:00am
#254742	Jul 10-31	F	9:15-10:00am
#254743	Aug 7-28	F	9:15-10:00am

Walnut Terrace Neighborhood Center**Qi Gong: Joint Health**

#254744	May 4-25	M	11:30am-12:15pm
#254745	Jun 1-29	M	11:30am-12:15pm
#254746	Jul 6-27	M	11:30am-12:15pm
#254747	Aug 3-24	M	11:30am-12:15pm

Shibashi for Active Adults

Age: 18yrs. and up. Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how to cultivate energy that results in improved health. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress relief. Seated modifications will be available for those with physical limitations.

Anne Gordon Center for Active Adults – Course Fee: \$10

#255140	May 5-26	Tu	11:30am-12:30pm
#255141	Jun 2-30	Tu	11:30am-12:30pm
#255142	Jul 7-28	Tu	11:30am-12:30pm
#255143	Aug 4-25	Tu	11:30am-12:30pm

Silver Cardio

Age: 18yrs. and up. Classes start with basic warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, floor exercises and balance elements. Break a sweat and have lots of fun! Instructor: Bettie Iltenebach

Five Points Center for Active Adults

Course Fee: \$10

#254756	May 7-28	Th	1:00-1:45pm
#254757	Jun 4-25	Th	1:00-1:45pm
#254758	Jul 2-30	Th	1:00-1:45pm
#254759	Aug 6-27	Th	1:00-1:45pm

Tai Chi Chih

Age: 18yrs. and up. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center for Active Adults – Course Fee: \$8

#254765	May 4-18	M	10:30-11:30am
#254766	Jun 1-29	M	10:30-11:30am
#254767	Jul 6-27	M	10:30-11:30am
#254768	Aug 3-31	M	10:30-11:30am
#254769	May 4-18	M	11:30-12:30pm
#254770	Jun 1-29	M	11:30-12:30pm
#254771	Jul 6-27	M	11:30-12:30pm
#254772	Aug 3-24	M	11:30-12:30pm

Tai Chi for Active Adults

Age: 18yrs. and up. Tai chi is an ancient form of movement that uses low-impact, slow-motion motions to promote health and improve coordination, balance, and mental focus; Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style is modified for sitting. Intermediate Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements. Advanced Sun Style Part 2: This continuation of the Part One class will complete the Long Form with spiraling and crouching movements. Various Styles: Class changes through various forms of Tai Chi and Qi Gong. Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults – Course Fee: \$10**Chair Beginner Sun Style**

#255156	May 4-18	M	1:00-1:45pm
#255157	Jun 1-29	M	1:00-1:45pm
#255158	Jul 6-27	M	1:00-1:45pm
#255159	Aug 3-31	M	1:00-1:45pm

Intermediate Sun Style

#255160	May 4-18	M	2:00-2:45pm
#255161	Jun 1-29	M	2:00-2:45pm
#255162	Jul 6-27	M	2:00-2:45pm
#255163	Aug 3-31	M	2:00-2:45pm

Various Styles

#255164	May 4-18	M	3:00-3:45pm
#255165	Jun 1-29	M	3:00-3:45pm
#255166	Jul 6-27	M	3:00-3:45pm
#255167	Aug 3-31	M	3:00-3:45pm

Advanced Sun Style Part 2

#255168	May 7-28	Th	12:30-1:15pm
#255169	Jun 4-25	Th	12:30-1:15pm
#255170	Jul 2-30	Th	12:30-1:15pm
#255171	Aug 6-27	Th	12:30-1:15pm

Advanced Sun Style Part 1

#255172	May 7-28	Th	1:30-2:15pm
#255173	Jun 4-25	Th	1:30-2:15pm
#255174	Jul 2-30	Th	1:30-2:15pm
#255175	Aug 6-27	Th	1:30-2:15pm

Beginner Sun Style

#255176	May 7-28	Th	2:30-3:15pm
#255177	Jun 4-25	Th	2:30-3:15pm
#255178	Jul 2-30	Th	2:30-3:15pm
#255179	Aug 6-27	Th	2:30-3:15pm

Total Body

Age: All Ages. Build strength, balance, and flexibility-aspects of your health which are essential to maintaining physical independence. Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged

to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center – Course Fee: \$10

#255264	May 4-25	M	9:30-10:15am
#255265	Jun 1-29	M	9:30-10:15am

Five Points Center for Active Adults – Course Fee: \$10

#255276	May 5-26	Tu	1:00pm-1:45pm
#255277	Jun 2-30	Tu	1:00pm-1:45pm
#255278	Jul 7-28	Tu	1:00pm-1:45pm
#255279	Aug 4-25	Tu	1:00pm-1:45pm
#255280	May 7-28	Th	1:00pm-1:45pm
#255281	Jun 4-25	Th	1:00pm-1:45pm
#255282	Jul 2-30	Th	1:00pm-1:45pm
#255283	Aug 6-27	Th	1:00pm-1:45pm
#255284	May 7-28	Th	5:45pm-6:30pm
#255285	Jun 4-25	Th	5:45pm-6:30pm
#255286	Jul 2-30	Th	5:45pm-6:30pm
#255287	Aug 6-27	Th	5:45pm-6:30pm

Workout With Weights

Age: All Ages. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

Five Points Center for Active Adults – Course Fee: \$10

#255291	May 6-27	W	9:15-10:00am
#255292	Jun 3-24	W	9:15-10:00am
#255293	Jul 1-29	W	9:15-10:00am
#255294	Aug 5-26	W	9:15-10:00am

Yoga Chair

Age: 18yrs. and up. This class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center for Active Adults – Course Fee: \$10

#255180	May 4-18	M	9:15-10:15am
#255181	Jun 1-29	M	9:15-10:15am
#255182	Jul 6-27	M	9:15-10:15am
#255183	Aug 3-31	M	9:15-10:15am
#255184	May 7-28	Th	10:30-11:15am
#255185	Jun 4-25	Th	10:30-11:15am
#255186	Jul 2-30	Th	10:30-11:15am
#255187	May 7-28	Th	11:30am-12:15pm
#255188	Jun 4-25	Th	11:30am-12:15pm
#255189	Jul 2-30	Th	11:30am-12:15pm
#255190	Aug 6-27	Th	11:30am-12:15pm
#255203	Aug 6-27	Th	10:30am-11:15am

Five Points Center for Active Adults – Course Fee: \$10

#255191	May 5-26	Tu	11:30am-12:45pm
#255192	Jun 2-30	Tu	11:30am-12:45pm
#255193	Jul 7-28	Tu	11:30am-12:45pm
#255194	Aug 4-25	Tu	11:30am-12:45pm
#255195	May 7-28	Th	11:30am-12:45pm
#255196	Jun 4-25	Th	11:30am-12:45pm
#255197	Aug 6-27	Th	11:30am-12:45pm
#255198	Jul 2-30	Th	11:30am-12:45pm

Halifax Community Center – Course Fee: \$10

#255204	May 6-27	W	11:45am-12:30pm
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Walnut Terrace Neighborhood Center

#255199	May 6-27	W	9:00-10:00am
#255200	Jun 3-24	W	9:00-10:00am
#255201	Jul 1-29	W	9:00-10:00am
#255202	Aug 5-26	W	9:00-10:00am

continued on page 56 —

Yoga Gentle Floor

Age: 18yrs. and up. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed.

Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center for Active Adults – Course Fee: \$10

#255335	Aug 5-26	W	3:30-4:30pm
#255336	Jul 1-29	W	3:30-4:30pm
#255337	Jun 3-24	W	3:30-4:30pm
#255338	May 6-27	W	3:30-4:30pm
#255339	Aug 3-31	M	10:30-11:30am
#255340	Jul 6-27	M	10:30-11:30am
#255341	Jun 1-29	M	10:30-11:30am
#255342	May 4-18	M	10:30-11:30am
#255343	May 7-28	Th	9:15-10:15am
#255344	Jun 4-25	Th	9:15-10:15am
#255345	Jul 2-30	Th	9:15-10:15am
#255346	Aug 6-27	Th	9:15-10:15am
#255347	May 5-26	Tu	12:15-1:15pm
#255348	Jun 2-30	Tu	12:15-1:15pm
#255349	Jul 7-28	Tu	12:15-1:15pm
#255350	Aug 4-25	Tu	12:15-1:15pm
#255351	May 7-28	Th	3:30-4:30pm
#255352	Jun 4-25	Th	3:30-4:30pm
#255353	Jul 2-30	Th	3:30-4:30pm
#255370	Aug 6-27	Th	3:30-4:30pm

Yoga Restorative

Age: 18yrs. and up. Restorative yoga is a slow and still practice that focuses on poses to heal the effects of stress, injury, illness, and daily activity through a sequence of restful yoga poses. These restorative poses, along with breathing techniques and gentle stretches, serve to calm the nervous system, promote relaxation, and healing. Instructor: My Hao Tran

Anne Gordon Center for Active Adults – Course Fee: \$10

#255208	May 1-29	F	3:30-4:30pm
#255209	Jun 5-26	F	3:30-4:30pm
#255210	Jul 10-31	F	3:30-4:30pm
#255211	Aug 7-28	F	3:30-4:30pm

Yoga Vinyasa Yoga Flow

Age: 18yrs. and up. Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat.

Five Points Center for Active Adults – Course Fee: \$10

#255396	May 5-26	Tu	3:15-4:15pm
#255397	Jun 2-30	Tu	3:15-4:15pm
#255398	Jul 7-28	Tu	3:15-4:15pm
#255399	Aug 4-25	Tu	3:15-4:15pm
#255400	May 7-28	Th	6:15-7:15pm
#255401	Jun 4-25	Th	6:15-7:15pm
#255402	Jul 2-30	Th	6:15-7:15pm
#255403	Aug 6-27	Th	6:15-7:15pm

ZUMBA Gold®

Age: 18yrs. and up. Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

Anne Gordon Center for Active Adults – Course Fee: \$10

#255376	May 5-26	Tu	9:15-10:00am
#255377	Jun 2-30	Tu	9:15-10:00am
#255378	Jul 7-28	Tu	9:15-10:00am
#255379	Aug 4-25	Tu	9:15-10:00am
#255380	May 7-28	Th	1:00-1:45pm
#255381	Jun 4-25	Th	1:00-1:45pm
#255382	Jul 2-30	Th	1:00-1:45pm
#255383	Aug 6-27	Th	1:00-1:45pm
#255384	May 1-29	F	9:15-10:00am
#255385	Jun 5-26	F	9:15-10:00am
#255386	Jul 10-31	F	9:15-10:00am
#255387	Aug 7-28	F	9:15-10:00am

Five Points Center for Active Adults

Course Fee: \$10

#255388	May 5-26	Tu	12:00-12:45pm
#255389	Jun 2-30	Tu	12:00-12:45pm
#255390	Jul 7-28	Tu	12:00-12:45pm
#255391	Aug 4-25	Tu	12:00-12:45pm

Family**Gentle Yoga at Carolina Pines**

Age: 18yrs. 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

#256451	Jun 3-24	W	7:00-8:15pm
#256452	Jul 1-29	W	7:00-8:15pm
#256453	Aug 5-26	W	7:00-8:15pm
#256468	May 6-27	W	7:00-8:15pm

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

#255574	Aug 6-27	Th	7:00-7:45pm
Course Fee: \$40			
#255571	May 7-28	Th	6:00-6:45pm
#255572	Jun 4-25	Th	7:00-7:45pm
#255573	Jul 9-30	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: \$40

#255477	May 5-28	Tu, Th	6:30-8:00pm
#255478	Jun 2-30	Tu, Th	6:30-8:00pm
#255479	Jul 2-30	Th, Tu	6:30-8:00pm
#255480	Aug 4-27	Tu, Th	6:30-8:00pm

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

#256470	May 5-28	Tu, Th	7:00-8:30pm
#256471	Jun 2-30	Tu, Th	7:00-8:30pm
#256472	Jul 2-30	Th, Tu	7:00-8:30pm
#256473	Aug 4-27	Tu, Th	7:00-8:30pm

Nature Education

Annie Louise Wilkerson, MD
Nature Preserve Park
 919-996-6764

Durant Nature Preserve and
Horseshoe Farm Nature Preserve
 919-870-2871

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

Birds and Nests

Age: 3-5 yrs. Meet Mama and Papa Bluebird and take a peek in their nest box. We'll also go on a hunt to find hidden birds and identify the birds we see. Design a bird of your own and make a nest with eggs to take home. Children must be accompanied by an adult. Adult attends free of charge. Preregistration is required. Part of this program takes place on trails that may not be accessible by strollers.
Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
 #256749 May 13 W 10:30am-12:00pm
 #256750 May 16 Sa 10:30am-12:00pm

Dragons of the Pond!

Age: 2-6 yrs. With their beautiful colors and lacy wings, dragonflies are fascinating insects! But dragonflies live most of their lives IN the pond without wings or colorful bodies. Preschoolers will learn all about these amazing insects and even see up close and touch dragonfly nymphs as well as other

pond creatures. Songs, stories and crafts will complete our adventure. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center – Course Fee: \$2
 #253551 May 19 Tu 10:30-11:30am
Laurel Hills Community Center – Course Fee: \$2
 #253548 May 26 Tu 10:30-11:30am
 #253549 May 26 Tu 12:30-1:30pm
Carolina Pines Community Center – Course Fee: \$2
 #253550 May 27 W 10:30-11:30am

Eager Explorers Series

Age: 3-5 yrs. Join us for one or more Wednesday mornings this summer to explore animals at the Preserve. There will be stories, crafts and nature walks on various themes. These programs are designed for a parent or other adult to attend with their preschooler. There is no charge for adults. Note: Most programs will include an activity along a nature trail that is not stroller accessible.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
 #256740 Jun 10 W 10:30am-12:00pm
 #256741 Jun 17 W 10:30am-12:00pm
 #256742 Jun 24 W 10:30am-12:00pm
 #256743 Jul 8 W 10:30am-12:00pm
 #256744 Jul 15 W 10:30am-12:00pm
 #256745 Jul 22 W 10:30am-12:00pm
 #256746 Jul 29 W 10:30am-12:00pm
 #256747 Aug 5 W 10:30am-12:00pm
 #256748 Aug 12 W 10:30am-12:00pm

Firefly Frenzy!

Age: 2-6 yrs. Junior Naturalists will have great fun learning all about lightning bugs, the amazing lights of summer! Songs, games and a glowing craft are sure to delight our little learners. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Laurel Hills Community Center – Course Fee: \$2
 #253552 Jun 23 Tu 10:30-11:30am
 #253553 Jun 23 Tu 12:30-1:30pm
Carolina Pines Community Center – Course Fee: \$2
 #253554 Jun 24 W 10:30-11:30am
Sertoma Arts Center – Course Fee: \$2
 #253555 Jun 25 Th 10:30-11:30am

Getting to the Bottom of It!

Age: 2-6 yrs. Have you ever seen just the tail-end of an animal and wondered who it belonged to? Preschoolers will love this program featuring Stan Tekeila's book 'Whose Butt?' and delight in this giggle-worthy topic. While enjoying games and activities, we'll have lots of fun as we learn to identify animals by their back ends. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Sertoma Arts Center – Course Fee: \$2
 #253556 Jul 23 Th 10:30-11:30am
Laurel Hills Community Center – Course Fee: \$2
 #253557 Jul 28 Tu 10:30-11:30am
 #253558 Jul 28 Tu 12:30-1:30pm
Carolina Pines Community Center – Course Fee: \$2
 #253559 Jul 29 W 10:30-11:30am

Jake and Jennies: Young Explorers Club

Age: 3-8 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 recommended but not required.

Forest Ridge Park - Course Fee: \$4
 #254221 May 6 W 10:00-11:30am
 #254222 Jun 3 W 10:00-11:30am
 #254223 Jul 1 W 10:00-11:30am
 #254224 Aug 5 W 10:00-11:30am

continued on page 58 —

Junior Kids Fishing

Age: 4-6 yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. 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 – Course Fee: \$3

#253325	May 28	Th	5:30-7:00pm
#253326	Jun 18	Th	5:30-7:00pm
#253328	Jul 23	Th	5:30-7:00pm
#253330	Aug 20	Th	5:30-7:00pm

Kritter Kids

Age: 4-6 yrs. Hop, skip and slither your way to Lake Johnson Park. Together, we will learn about the wonders of nature that are found right here in the park. We will play hands-on games, complete a take-home craft and perhaps even see one of our wild friends close up! With a different theme each class, there's something here for everyone. Adult(s) must accompany child(ren). Adult(s) attend free.

Thomas G Crowder Woodland Center – Course Fee: \$3

Bats

#253334	Jun 18	Th	10:00-11:30am
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Insects

#253335	Jun 25	Th	10:00-11:30am
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Owls

#253336	Jul 9	Th	10:00-11:30am
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Turtles

#253337	Jul 16	Th	10:00-11:30am
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Raccoons

#253338	Jul 23	Th	10:00-11:30am
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Snakes

#253339	Jul 30	Th	10:00-11:30am
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Pollinators

#253341	Aug 13	Th	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

Birds

#253513	May 5	Tu	11:00am-12:00pm
#253514	Jun 9	Tu	11:00am-12:00pm
#253515	Jul 7	Tu	11:00am-12:00pm
#253516	Aug 4	Tu	11:00am-12:00pm

Snouts and Sniffers!

Age: 2-6 yrs. Young nature lovers will have great fun sharing in this program all about animal noses! We will enjoy Stan Tekela's story 'Snouts & Sniffers' and then play lots of games, sing songs and see live animals and their snouts and sniffers up close. 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

#253562	Aug 26	W	10:30-11:30am
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Laurel Hills Community Center – Course Fee: \$2

#253560	Aug 25	Tu	10:30-11:30am
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#253561	Aug 25	Tu	12:30-1:30pm
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Sertoma Arts Center – Course Fee: \$2

#253563	Aug 27	Th	10:30-11:30am
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Storybook Summer

Age: 2-6 yrs. Get excited about stories at the Preserve this summer! Join a nature instructor to read a nature-themed storybook and then head out onto the trail to look for elements of the story within the Preserve. Preregistration is required. Children must be accompanied by adults. Adults attend free. This program takes place on trails that may not be accessible by strollers.

Durant Nature Preserve – Course Fee: \$2

Dragonflies

#254036	May 5	Tu	10:00-11:00am
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Birds

#254037	May 19	Tu	10:00-11:00am
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Fawns

#254038	Jun 9	Tu	10:00-11:00am
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Tadpoles

#254039	Jun 23	Tu	10:00-11:00am
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Trees

#254040	Jul 7	Tu	10:00-11:00am
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Beavers

#254041	Jul 21	Tu	10:00-11:00am
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Fish

#254042	Aug 4	Tu	10:00-11:00am
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Caterpillars

#254043	Aug 18	Tu	10:00-11:00am
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The Water Drop Story

Age: 4-7 yrs. Where does your water come from? How does your water clean itself? Did you know there is no new water on earth. It has been recycled over and over again. Did you know that drink of water you had today a dinosaur may have drunk 65 million years ago? Water moves through and between lakes, rivers, streams, the ocean and atmosphere. Come learn about the water cycle and how water is recycled. You will make a model to take home and observe. Pre registration is required.

Forest Ridge Park – Course Fee: \$2

#254242	May 18	M	10:00-11:15am
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#254243	Jun 29	M	10:00-11:15am
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#254244	Jul 27	M	10:00-11:15am
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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

#255923	May 7	Th	10:00-11:00am
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#255932	Jun 4	Th	10:00-11:00am
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#255933	Jul 2	Th	10:00-11:00am
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#255934	Aug 6	Th	10:00-11:00am
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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

#253517	May 7	Th	11:00am-12:00pm
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#253518	Jun 11	Th	11:00am-12:00pm
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#253519	Jul 9	Th	11:00am-12:00pm
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#253520	Aug 6	Th	11:00am-12:00pm
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Youth**All About Plant Life**

Age: 5yrs. and up. Are you interested in how plants grow, eat, and live? Come learn all about plants, from their roots to their leaves. We will be planting our own seeds to take home and grow so you can see the magic of plant life with your very own eyes. A parent or guardian must accompany children for the duration of the event.

Lake Wheeler

#255943	Jul 22	W	9:00-10:00am
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Benefit The Birds!

Age: 3yrs. and up. Fly away with us on an amazing journey throughout the world of birds. Join us for some feathery fun on the deck while we bird watch for local species. We will also be making our very own bird feeders from recycled materials. A parent or guardian must accompany children for the duration of the event.

Lake Wheeler – Course Fee: \$2

#255945	Aug 5	W	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

Nature

#253532	May 3	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

#253526	Jun 14	Su	2:00-3:30pm
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#253527	Jul 19	Su	2:00-3:30pm
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Daring Discoverers Series

Age: 6-9 yrs. Make new friends and discover the wonders of nature with a park naturalist. The focus will be on hands-on outdoor discovery and respect for nature and all living things. In case of rain, indoor activities will be available. Each Thursday will have a different theme. Come to one or more! Wear clothes you don't mind getting dirty and closed-toed shoes, not sandals or flip-flops! Don't forget to put on bug spray and sunscreen before you come.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$5
Mysterious Mammals

#256681	Jun 11	Th	10:30am-12:00pm
#256687	Jun 18	Th	10:30am-12:00pm
#256692	Jun 25	Th	10:30am-12:00pm
#256693	Jul 9	Th	10:30am-12:00pm
#256694	Jul 16	Th	10:30am-12:00pm
#256695	Jul 23	Th	10:30am-12:00pm
#256697	Jul 30	Th	10:30am-12:00pm
#256698	Aug 6	Th	10:30am-12:00pm
#256699	Aug 13	Th	10:30am-12:00pm

Kids Fishing

Age: 7-12 yrs. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if your child can hook one and reel it in. 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 – Course Fee: \$3

#253332	May 29	F	5:30-7:00pm
#253333	Jun 19	F	5:30-7:00pm
#253343	Jul 24	F	5:30-7:00pm
#253344	Aug 21	F	5:30-7:00pm

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.

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

#254022	May 30	Sa	6:30-8:30pm
#253356	Aug 14	F	6:30-8:30pm

Pollinator Chronicles

Age: 3-6 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You will create a tie dye butterfly to take home!

Forest Ridge Park – Course Fee: \$2

Celebrate Pollinator Week at the Park

#254230	Jun 23	Tu	10:00-11:30am
#254231	Jun 23	Tu	4:00-5:30pm

Life in the Garden

#254240	Aug 25	Tu	10:00-11:30am
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Power to The Pollinators

Age: 4yrs. and up. Beautiful flowers are able to spread and grow all thanks to the bees and butterflies. Come learn about their role as pollinators and their overall importance to the environment with a fun activity. A parent or guardian must accompany children for the duration of the event.

Lake Wheeler

#255838	Jun 23	Tu	10:00-11:00am
#255844	Jul 11	Sa	10:00-11:00am

Tree-mendous Trees at Forest Ridge Park

Age: 6-10 yrs. Trees are a part of our everyday lives, but what do you really know about them? Come out for an easy nature



walk where we'll discover not just how important trees are for their environment, but to us as well. Be prepared for a 3/4 mile hike with plenty of water and good clothes for walking in the outdoors. Pre-registration is required so reserve your spot today.

Forest Ridge Park – Course Fee: \$2

#254247	Jun 17	W	10:00-11:30am
#254248	Jul 15	W	10:00-11:30am

Wondrous Water: Kids Kayaking

Age: 10-13 yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the headwaters to get a hands-on look at life in the lake. Be prepared to get wet and dirty. No paddling experience needed. All equipment is provided. Parent(s)/guardian(s) are not required to accompany child(ren). This program is designed to give parent(s)/guardian(s) time to enjoy the park while child(ren) enjoy the program. Advance registration is required for this program.

Lake Johnson – Course Fee: \$8

#253405	Jun 10	W	6:00-8:00pm
#253406	Jul 15	W	6:00-8:00pm
#253407	Aug 5	W	6:00-8:00pm

Would you like to tell the story?

Age: 4-7 yrs. Through storytelling and interactive participation children will learn about different types of storytelling such as fables, mad libs, picture books. They will create and recreate stories with different techniques. Come join us on an adventure as we use props and creativity to participate in the story telling. Children will learn some history of Falls Lake and create some reading art.

Forest Ridge Park – Course Fee: \$2

#254233	Jun 1	M	10:00-11:30am
#254234	Aug 3	M	10:00-11:30am

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

#255305	Aug 23	Su	5:30-7:30pm
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Barn Quilts

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

Horseshoe Farm Nature Preserve – Course Fee: \$50

#255259	May 16	Sa	9:00am-12:00pm
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Early Birding Walk

Age: 12yrs. and up. This program is for beginning birders and well-practiced watchers alike. Join us as we take a morning trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl. 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

#253321	May 23	Sa	7:00-9:00am
#253322	Jun 20	Sa	7:00-9:00am

continued on page 60 —

Early Birds

Age: 14yrs. and up. Grab your binoculars and meet us at Horseshoe Farm for a bird-watching hike led by guest naturalist Erla Beegle from Wake Audubon. The walk will be approximately 1 mile in length. For beginning and advanced birders alike. Bring your binoculars or borrow some of ours. Preregistration is not required but is very helpful for planning purposes.

Horseshoe Farm Nature Preserve**Spring Migrants**

#254428 May 9 Sa 8:00-9:30am

Environmental Lecture Series

Age: 16yrs. 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

#253308 May 18 M 7:00-8:00pm
#253309 Jun 8 M 7:00-8:00pm
#253310 Jul 13 M 7:00-8:00pm
#253311 Aug 10 M 7:00-8:00pm

Environmental/Continuing Education - NC CATCH

Age: 16yrs. and up. NC CATCH is an interdisciplinary aquatic resource education program delivered by the North Carolina Wildlife Resources Commission for educators of all types. Develop skills to lead youth in discovering aquatic environments through learning activities, educational materials, aquatic field trips and fishing experiences. Participants are introduced to proper conservation habits, outdoor ethics, fish and aquatic species information, water safety tips and practical fishing skills. Participants receive a free NC CATCH Instructor's Guide. This workshop counts as Criteria I credit for NC EE Certification. Please bring a bag lunch and dress for the weather. Advance registration is required.

Durant Nature Preserve

#254335 Jun 13 Sa 9:00am-3:30pm

Forest Ridge Park Book Club

Age: 18yrs. and up. Do you need an excuse to pick up a new book? We'll meet once a month to discuss a book we've picked at our previous meeting. Come join us as we discuss books on nature, the outdoors, & adventure. Meet likeminded people who want to explore our natural world through books! Pre-registration is required, so sign up today!

Forest Ridge Park – Course Fee: \$12

#254358 May 14-Aug 13 Th 6:00-7:30pm

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

#254239 May 9 Sa 8:00-10:00am

Invasive Plants

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

#254775 Jun 8 M 9:00am-12:00pm

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: \$8

#255641 May 3 Su 9:00am-11:00am

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

#253327 Jun 13 Sa 9:00-11:00am

#253329 Aug 15 Sa 9:00a11:00am

Wild Reads - Nature Book Club

Age: 14yrs. 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.

Durant Nature Preserve

Untamed: The Wildest Woman In America and the Fight For Cumberland Island - Will Harlan

#254450 Jul 22 W 6:00-7:30pm

Family**Tour de Trails**

Age: All Ages. 'Of all the paths that you take in life, make sure that a few of them are dirt.'

- John Muir. Come celebrate National Trails Day with us! Every year, on the first Saturday in June, land owners, parks, and trail users come together to enjoy activities and perform service projects on trails across the country. Four City of Raleigh parks located in North Raleigh have teamed up to provide activities destined to help you discover all the fun ways you can use our trails, find new trails you never knew about, and help give back to our well-loved trails by giving them a little TLC. Your National Trails Day adventure starts off at Durant Nature Preserve for an orientation to the day's activities. You'll receive an event passport and be guided to your first activity, a family-friendly park beautification project. From Durant Nature Preserve, we'll send you off to complete fun and exciting passport activities at Horseshoe Farm and Annie Louise Wilkerson Nature Preserves. Your trails journey ends at Forest Ridge Park with one more trail challenge to complete your passport and enter you in a drawing for some great National Trails Day gear! Transportation to parks and preserves is not provided. Bring a picnic lunch to enjoy at any time during the event. This event is free, but pre-registration is required to help us plan.

Durant Nature Preserve

#256067 Jun 6 Sa 9:00am-1:00pm

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

#256655 Aug 12 W 8:00pm-9:30pm

Boat Bonanza

Age: All Ages. Soak up summer sun and splash on the lake as you paddle a canoe with family or friends. Explore the borders under the trees, cruise past turtles, and enjoy an afternoon playing on the water. Get wet on shore with water games, or make a little boat of your own out of natural materials and set it to sail from the dock. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$5

#254026 Aug 8 Sa 3:00-5:00pm

Boats Afloat

Age: 5yrs. and up. Hike the woods together on a quest to find materials that will make a trusty, homemade boat. What floats, and what sinks? Examine several kinds of natural boats, then build your own model barge. When our boats are complete, we'll test them out in the creek! 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
#253954 May 17 Su 3:00-4:00pm

Citizen Science - Monarch Larva Monitoring Project

Age: 6yrs. and up. Join us in the field to do real science and learn about the incredible Monarch butterfly. We'll collect data from our milkweed plants to send to the Monarch Larva Monitoring Project. Scientists will use this data to study the butterflies. In addition to monarch larva, we'll see what other caterpillars call the Preserve home. Preregistration is required. Children must be accompanied by adults. Children and adults must register.

Horseshoe Farm Nature Preserve
#254025 Aug 29 Sa 4:30-5:30pm

Daddy & Me Fishing

Age: All Ages. Join us for this fun fishing program just for dads and kids this Father's Day. Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend an afternoon with the kids! 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
#253427 Jun 21 Su 1:00-3:00pm

Dip and Discover

Age: 5yrs. and up. Here's your chance to discover the mysterious and fascinating aquatic life living inside Durant's lake. We'll use dip nets to see who we can uncover hiding in the mud or darting through the water. Will we find tadpoles, frogs, dragonflies and salamanders? Join us to find out! Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2
#254024 May 24 Su 3:00-4:00pm

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

#253316 May 30 Sa 10:00am-12:00pm
#253317 Jun 20 Sa 10:00am-12:00pm
#253318 Jul 25 Sa 10:00am-12:00pm
#253319 Aug 22 Sa 10:00am-12:00pm

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
#255795 May 6 W 10:00-11:00am
#255796 May 23 Sa 10:00-11:00am
#255797 Jun 10 W 10:00-11:00am
#255798 Jun 27 Sa 9:00-10:00am
#255802 Jul 8 W 10:00-11:00am
#255804 Jul 25 Sa 9:00-11:00am

Family Naturalists: Snakes

Age: 5yrs. and up. Slither your way to Walnut Creek Wetland Park to celebrate snakes with us. Learn about snake habitat, the differences between venomous and nonvenomous snakes, and meet some of our friendly snakeambassadors. This program will include outdoor activities so please dress for the weather. The fee for this program is per family, and is designed for ages 5 and older.

Walnut Creek Wetland Center – Course Fee: \$5
#253528 Aug 16 Su 2:00-3:30pm

Family Vermicomposting

Age: 5yrs. and up. Come learn all about how red wiggler worms can recycle your leftover food into soil. Resources for where to purchase or order worms will be provided. Registration is per family (Only one family member needs to register, but please include the number of family members) and the program is most appropriate for families with children elementary age and older.

Walnut Creek Wetland Center – Course Fee: \$5
#253531 Jul 25 Sa 10:00-11:30am

Fishing 101

Age: 5yrs. and up. Get hooked on fishing by joining us for a fun casting lesson before we send you out to catch the BIG one off our fishing dock. Fishing poles and bait will be provided. Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2
#254046 Jun 20 Sa 10:00-11:00am

Fun with Fireflies

Age: 5yrs. and up. You know it's summer when fireflies light up the night sky. What better way to spend a summer evening than learning all about these fun, flying, flashing insects? Participants will make a firefly catcher and spend time catching fireflies for closer inspection. 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
#253957 Jun 19 F 8:00-9:00pm

Guided Nature Hike

Age: 5yrs. 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: \$1
#253312 May 16 Sa 9:00-11:00am
#253313 Jul 18 Sa 9:00-11:00am

Insect Olympics

Age: 4yrs. and up. We're celebrating the Summer Olympics with games and challenges inspired by our most talented insect friends. Test your flying power on the Grasshopper Hop Long Jump. Wiggle, weave, and navigate like a beetle through the Spiderweb Scramble. Solve puzzles and race to the finish line in the Firefly Flash Relay. Bring family and friends along to compete for fun and prizes in this bugged out day of play. Children must be accompanied by adults. Preregistration is required for all children and adults.

Durant Nature Preserve
#254020 Jul 25 Sa 2:00-3:30pm

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
#253352 May 10 Su 2:00-3:00pm
#253429 Jun 14 Su 2:00-3:00pm
#253430 Jul 12 Su 2:00-3:00pm
#253431 Aug 9 Su 2:00-3:00pm

Meteor Watch

Age: All Ages. Enjoy a late night out watching the Perseids meteor shower on its peak night. We will also enjoy a campfire with s'mores. All ages are welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren). 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: \$3
#254023 Aug 11 Tu 7:30-10:30pm

continued on page 62 —

Mommy & Me Fishing

Age: All Ages. Join us for this fun fishing program just for moms and kids this Mother's Day. Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend an afternoon with the kids! 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

#253426 May 10 Su 10:00am-12:00pm

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 up.

Durant Nature Preserve

May 8	F	10:00am-12:00pm
Jun 12	F	10:00am-12:00pm
Jul 10	F	10:00am-12:00pm
Aug 14	F	10:00am-12:00pm

Nature Art - Gytaku Fish Printing

Age: 4yrs. and up. Join us to learn about the ancient Japanese art of gyotaku fish printing. Learn about native fish in the Neuse River at Horseshoe and make painted fish prints from replica fish for lots of fishy fun with none of the fishy smell! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Horseshoe Farm Nature Preserve – Course Fee: \$3

#254021 Aug 1 Sa 4:00-5:00pm

Nature Art - Journey Staff

Age: 5yrs. and up. Take a stroll to create a Journey Staff, a 3-D collage made from items collected along a journey. We'll explore the meadow and forest edge to find striking and memorable natural materials, then weave, wrap, and attach them to a staff or walking stick. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Horseshoe Farm Nature Preserve – Course Fee: \$3

#254045 May 9 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! Please wear clothes you can get dirty. Note: Adults must accompany their children.

Annie Louise Wilkerson Nature Preserve

#256676 Jul 3 F 10:30am-2:00pm

Nature Walk

Age: 4yrs. and up. 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

#255824	May 14	Th	10:00-11:00am
#255826	Jun 18	Th	10:00-11:00am
#255827	Jul 16	Th	10:00-11:00am

Night Hikes at Forest Ridge Park

Age: 5yrs. and up. Wonder what goes bump in the night? Join park staff to learn about the amazing adaptations of North Carolina's nocturnal animals and discover that they're not so 'creepy' after all! We'll hike approximately 3/4 mile in the dark, so bring your flashlights, good hiking clothes and best night vision.

Forest Ridge Park – Course Fee: \$2

#254245	May 13	W	7:30-9:30pm
#254246	Aug 26	W	7:30-9:30pm

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

#253323	Jun 6	Sa	8:30-10:30pm
#253324	Aug 1	Sa	8:30-10:30pm

Sample Durant

Age: All Ages. Try everything Durant has to offer in one non-stop day of outdoor play. Meet our critters, take a canoe out for a spin on the lake, tackle a nature scavenger hunt, search for aquatic animals, investigate insects, cast a line from our fishing dock, build a boat, hike, play, create, and more! Look for the registration table at the North entrance next to the Preserve office. Preregistration is not required but is helpful for planning purposes. Children must be accompanied by adults.

Durant Nature Preserve

#253958 May 2 Sa 10:00am-2:00pm

Summer Scavenger Hunt

Age: 4yrs. and up. Enjoy some quality time with your family by coming out for our summer scavenger hunts. Explore our nature preserves together while learning a thing or two about the wild! Have fun seeing if you can uncover the nature-themed treasures we have hidden for you to find. Make an afternoon of

it and bring a picnic to enjoy before or after the hunt! 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

#253981 Jun 28 Su 4:00-5:00pm

Horseshoe Farm Nature Preserve – Course Fee: \$2

#253980 Jun 7 Su 4:00-5:00pm

Tracks, Scat, and Skulls

Age: 7yrs. and up. Do you know who shares our trails? Learn how to identify tracks, scat, and skulls of common animals found at Lake Johnson Park. We'll look for evidence of wandering wildlife and discover who's been in our backyard. Adult(s) must accompany child(ren), register, and pay the program fee.

Thomas G Crowder Woodland Center – Course Fee: \$3

#253369 Jul 11 Sa 10:30am-12:00pm

Turtle Trails

Age: All Ages. Come explore turtles of Durant and see what it's like to be a turtle! Play games, practice your camouflage skills, and learn about all the adaptations turtles use to survive in the wild. Afterwards, you'll get to meet Scout, our resident box turtle! 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

#255584 Jun 27 Sa 3:00-4:30pm

Twilight Walk

Age: 4yrs. 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 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

#256663	May 29	F	8:00-9:30pm
#256664	Jun 26	F	8:00-9:30pm

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

#253984	May 23	Sa	7:30-8:30pm
#253986	Jul 18	Sa	8:00-9:00pm



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

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. Nace en Peach Rd para un poco de tiempo de juego interior donde los m-s pequeños pueden gastar un poco de energía. Déjalos arrastrarse sobre las esterás, jugar baloncesto o la pelota. Los padres deben quedarse con sus hijos todo el tiempo.

Peach Road

#255951	May 5-Jun 11	Tu-Th	2:30-4:30pm
#255952	Aug 18-27	Tu-Th	2:30-4:30pm

Pirate Treasure Hunt

Age: 1-5 yrs. Arghhhh Mateys! Calling all Buccaneer's to help find the hidden treasure in Abbotts Creek Park! Activities and crafts will all be pirate-themed so don't hesitate to

come dressed as a Pirate! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather is appropriate) and active games!

Abbotts Creek Community Center – Course Fee: \$2
#252494 May 5 Tu 10:00-10:45am

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
#252491 May 1-Jun 5 F, M-F 8:00am -12:00pm
Barwell Road Community Center
#256440 May 6-Sep 4 W, F 10:00am-12:00pm
Laurel Hills Community Center
#256093 May 5-Jun 11 Tu, Th 10:00am-12:00pm

Youth

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 919-870-2880 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
#256857

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

#256878	May 1-22	F	6:00-8:00pm
#256879	Jun 5-26	F	6:00-8:00pm
#256880	Jul 3-24	F	6:00-8:00pm
#256881	Aug 7-28	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. You must register to drop in and be 12 or older to play billiards.

Peach Road

#255950 May 4-Aug 29 M, W, F-Sa 6:30-8:00pm

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

#252487 May 2-Aug 29 Sa 9:15-11:30am

Worthdale's Video Game Challenge

Age: 10yrs. and up. Calling all ages 10 and up! Come show off your gaming skills during Worthdale's Video Game Challenge. Enjoy Fortnite, NBA2K, and Madden NFL tournaments. Pre-registration is required.

Worthdale Community Center

– Course Fee: \$5
#255101 Jun 16 Tu 6:00-8:00pm
#255102 Jul 21 Tu 6:00-8:00pm

Teen

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

#255118 Jul 30-Aug 15 Th, Sa 6:30-7:30pm

Teen Service Day

Age: 12yrs. 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 Mud Day, mulching a trail, killing things (invasive plants, that is), or wading in Little Rock 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

#253536 May 1 F 9:00am-2:00pm

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

#254828 May 5-26 Tu 12:30-4:00pm

#254829 Jun 2-9 Tu 12:30-4:00pm

Card Game Night for Adults

Age: 18-100 yrs. 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

#254830 May 7-Aug 27 Th 6:00-8:30pm

Card Night for Adults

Age: 18yrs. and up. Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6 p.m.

Millbrook Exchange Community Center

#254856 May 1-Aug 28 F 6:00-8:30pm

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

#256876 May 1-Aug 21 F 7:00-8:30pm

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

#256290 Jun 13 Sa 10:00-11:00am

#256291 Jul 11 Sa 10:00-11:00am

#256292 Aug 8 Sa 10:00-11:00am

Dad and Me Celebration

Age: All Ages. Calling all DADS! Join us at Roberts Park for an event to celebrate all the fathers out there. Bring your children for an event full of fun, games, arts, laughter and food! Dress comfortably if you want to win the dance-off! Only the coolest dads allowed.... see you at Roberts!

Roberts Park Community Center – Course Fee: \$5

#256209 Jun 18 Th 6:00-8:00pm

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

#254861 May 6 W 7:00-9:00pm

#254862 Jun 3 W 7:00-9:00pm

#254863 Jul 1 W 7:00-9:00pm

#254864 Aug 5 W 7:00-9:00pm

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

#252617 Jun 19-Aug 28 F 7:00-8:30pm

#252618 May 1-Jun 12 F, M-F 12:15-2:30pm

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

#256172 Jun 9 Tu 6:45-9:30pm

#256179 Jul 14 Tu 6:45-9:30pm

#256180 Aug 11 Tu 6:45-9:30pm

Pullen Community Center – Course Fee: \$1

#256171 May 12 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

#255661 May 4-Aug 31 M 7:30-9:30pm

Sister Share at CP

Age: 16yrs. and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

#256474 May 14-28 Th 6:30-8:00pm

#256475 Jun 11-25 Th 6:30-8:00pm

Summer Camp for Women

Age: 18yrs. and up. The camp provides a place where women can gather on summer evenings for a special Ladies Night. Why should the children have all the fun? Come join us. We'll even take care of the children for you!

Carolina Pines Community Center

#256450 Jul 2-30 Th 6:30-8:00pm

Senior

Adult Program Movies

Age: 18yrs. and up. Join us for a movie that just recently left the theaters. Snacks and drinks are available from the machine or bring your own. There is a microwave available for your use. There is no pre-registration. Seating begins 45 minutes prior to showtime and is limited to the first 60 people. Sign-in required upon arrival.

Anne Gordon Center for Active Adults

#255308 May 6-Aug 26 W 2:00-4:30pm

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.

Anne Gordon Center for Active Adults

#255306 May 1-Aug 28 F 9:30am-12:00pm

Marsh Creek Park

#256569 May 7-Jun 11 Th 10:00am-1:00pm

continued on page 67 —

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
Wednesdays, 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

Hedingham 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

Greystone 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

Biltmore 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. Matthew 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.

Bingo for Adults

Age: 55yrs. and up. Come and enjoy making friends and sharing lots of laughs while playing bingo! This is not your typical bingo. We play a variety of games from straight bingo to Four Corners, Postage Stamp and Clear All. Cost is 50 cents per card or \$1 for 3 cards.

Green Road Community Center

#252646 May 5-Jun 9 Tu 10:00-1:00pm
#252647 Jun 16-Aug 25 Tu 8:00-11:00am

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

#256085 May 5-Jun 9 Tu 10:15am-1:00pm

Bridge, Mah Jong, and Games Open Play

Age: All Ages. Join your fellow game players for bridge, canasta, poker, mahjong, cribbage, dominoes or board games. Bring your own games to share with the group, if you wish. Games play vary by location/time. No registration required. This is an open play time for all, sign in upon arrival. Space may be limited.

Anne Gordon Center for Active Adults**Cards and Mahjong Open Play**

#254534 May 5-Aug 25 Tu 12:30-5:00pm
#254536 May 6-Aug 26 W 1:00-3:00pm
#254537 May 1-Aug 28 F 12:30-5:00pm

Five Points Center for Active Adults**Bridge and Games**

#254541 May 4-Aug 24 M 1:30-4:00pm
#254542 May 7-Aug 27 Th 10:00am-1:00pm
#254543 May 7-Aug 27 Th 2:00-4:00pm

Walnut Terrace Neighborhood Center**Cards and Mahjong Open Play**

#254539 May 5-Aug 25 Tu 1:00-3:30pm
#254540 May 7-Aug 27 Th 4:00-8:00pm

Bridge: Open Play

Age: 18yrs. and up. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Community Center

#255999 May 4-Aug 31 M 10:00am-1:30pm
#256000 May 6-Aug 26 W 10:00am-1:30pm

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

#255540 May 5-Aug 25 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

#255542 May 5-Aug 25 Tu 10:15am-12:30pm

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

#255989 May 26 Tu 1:00-4:00pm
#255990 Jun 30 Tu 1:00-4:00pm
#255991 Jul 28 Tu 1:00-4:00pm
#255992 Aug 25 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

#256027 May 4-Aug 31 M 1:30-4:00pm
#256028 May 5-Aug 25 Tu 12:00-3:00pm

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

#252619 May 5-Aug 25 Tu 1:00-4:00pm

Senior Fridays

Age: 50yrs. 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

#255984 May 1-Aug 28 F 1:00-3:00pm

Family**Family Fun Night at Roberts Park**

Age: 5-16 yrs. Come one...come all! Join us at Roberts Park for an evening of family fun! Activities include games, creative crafts, gym time and more! This is an event for the family so all ages are welcome. No one does family fun like Roberts Park! See you soon!

Roberts Park Community Center

#256202 Jul 24 F 6:00-8:00pm

Family Night at the Movies

Age: 5yrs. and up. We've got the movie ñ 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

#256882 May 29 F 6:00-8:00pm
#256883 Jul 31 F 6:00-8:00pm

Historic Method Day

Age: All Ages. Join us in celebrating the history of the Method Community. There will be informational vendors, a book-bag giveaway, games, music, arts and crafts and food. Come socialize with old friends while enjoying this special event.

Method Road Community Center

#255651 Aug 22 Sa 11:00am-3:00pm

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

#254835 May 5 Tu 6:30-7:30pm
#254836 May 19 Tu 6:30-7:30pm
#254837 May 26 Tu 6:30-7:30pm
#254838 Jun 2 Tu 6:30-7:30pm
#254839 Jun 16 Tu 6:30-7:30pm
#254840 Jun 23 Tu 6:30-7:30pm
#254841 Jun 30 Tu 6:30-7:30pm
#254842 Jul 7 Tu 6:30-7:30pm
#254843 Jul 21 Tu 6:30-7:30pm
#254844 Jul 28 Tu 6:30-7:30pm
#254845 Aug 4 Tu 6:30-7:30pm
#254846 Aug 18 Tu 6:30-7:30pm
#256165 Aug 25 Tu 6:30-7:30pm

Parents Night Out Xtreme

Age: 6-11 yrs. Parents it's time for a night on the town without the kids. This program offers a night out for parents while your children are being safely supervised in a fun and exciting environment. This program will offer a night of fun games, pizza, movies, craft projects, and team sports.

Lions Park Community Center - Course Fee: \$20

#256294 Jun 5 F 5:45-8:45pm
#256295 Jul 10 F 5:45-8:45pm
#256296 Aug 7 F 5:30-8:30pm

Tot Time Play Group

Age: Up to 5 yrs. Tot Time is a non-structured play time for young children to enjoy the fun atmosphere of a gym environment. It is geared toward parents looking for indoor play space with their toddlers in a safe, clean environment. We have age-appropriate equipment designed to let toddlers explore and learn new skills. Parents will need to supervise their children.

Worthdale Community Center

#254035 May 1-29 F 10:00am-11:00am

Youth and Family Movie Night

Age: All Ages. Come join us for a night of movie watching with your family and friends! We will provide the popcorn and a drink as well as an age-appropriate movie everyone will enjoy! Participants under 5 years old must be accompanied by an adult.

Pre-registration is required.**Tarboro Road Community Center**

#254847 May 15 F 6:30-8:00pm
#254848 Jun 19 F 6:30-8:00pm
#254849 Jul 17 F 6:30-8:00pm
#254850 Aug 21 F 6:30-8:00pm

Specialized Recreation and Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

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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

Family

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

#255663	May 18	M	6:30-8:00pm
#255664	Jun 29	M	6:30-8:00pm
#255665	Jul 27	M	6:30-8:00pm
#255666	Aug 31	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

#255671	May 13	W	6:00-8:00pm
#255672	Jun 10	W	6:00-8:00pm
#255673	Jul 8	W	6:00-8:00pm
#255674	Aug 12	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.

Marsh Creek Park – Course Fee: \$60

#255566	May 19-Jun 9	Tu	6:00-8:00pm
#255567	Jul 7-28	Tu	6:00-8:00pm
#255568	Aug 18-Sep 8	Tu	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.

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.

Non-City Owned Site

Cary Towne Center

#255585	May 19	Tu	6:00-9:00pm
#255587	July 21	Tu	6:00-9:00pm

Crabtree Valley Mall

#255586	Jun 16	Tu	6:00-9:00pm
#255588	Aug 18	Tu	6:00-9:00pm

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

#256106	May:	Carolina Mudcats Baseball Game
#256107	June:	NC Courage Soccer Game
#256108	July:	Local Theatre & Dinner Outing
#256109	August:	Water Park Day Trip

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. No pre-registration required. Fees will be collected at the door. For more information, call 919-996-2147.

Non-City Owned Site – Course Fee: \$5

May:	Summer Kick-Off Dance Party
June:	Cookout & a Movie
July:	Love Week Dance Party
August:	End of Summer Pool Party

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

#255590	May 16	Sa	9:30-11:00am
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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

#255707	May 15	F	6:00-8:30pm
#255708	Jun 19	F	6:00-8:30pm
#255709	Jul 17	F	6:00-8:30pm
#255710	Aug 21	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

#255598	May 5-26	Tu	9:15am-2:15pm
#255599	Jun 2-23	Tu	9:15am-2:15pm
#255600	Jul 7-28	Tu	9:15am-2:15pm
#255601	Aug 4-25	Tu	9:15am-2:15pm

Millbrook Exchange Community Center – Course Fee: \$125

#255602	May 7-28	Th	9:15am-2:15pm
#255603	Jun 4-25	Th	9:15am-2:15pm
#255604	Jul 9-30	Th	9:15am-2:15pm
#255605	Aug 6-27	Th	9:15am-2:15pm

continued on page 70 —

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.

Non-City Owned Site – Course Fee: \$65

AMF Pleasant Valley

#255721 May 30-Aug 8 Sa 10:00am-12:00pm

AMF South Hills

#255722 May 30-Aug 8 Sa 10:00am-12:00pm

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 call us at 919-996-2147.

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 yokoishashima@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 919-696-2811 or visit www.trianglethunder.org.

Barwell Road Community Center

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.

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

#255618	May 27	W	7:00-8:45pm
#255619	Jun 24	W	7:00-8:45pm
#255620	Jul 22	W	7:00-8:45pm
#255621	Aug 26	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

Course Fee: \$12

#255667	May 4-18	M	6:30-8:15pm
Course Fee: \$16			
#255668	Jun 8-29	M	6:30-8:15pm
#255669	Jul 6-27	M	6:30-8:15pm
Course Fee: \$20			
#255670	Aug 3-31	M	6:30-8:15pm

VIP Dinner and a Movie

Age: 18yrs. and up. This program is for individuals with visual impairments. Join us the second Sunday of every other month for dinner and a movie at a local restaurant and movie theatre. As new releases come out, we'll socialize and enjoy each other's company and then continue on to the feature of the month. Location and movie will be determined one week in advance. For more information, please contact 919-996-2147.

Non-City Owned Site – Course Fee: \$4

#255628	May 10	Su	4:00-9:00pm
#255629	Jul 12	Su	4:00-9:00pm

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 – Course Fee: \$4

#255631	May 6-27	W	12:30-2:30pm
#255632	Jun 3-24	W	12:30-2:30pm
#255633	Jul 8-29	W	12:30-2:30pm
#255634	Aug 5-26	W	12:30-2:30pm

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.

Non-City Owned Site

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

#255703	May 21	Th	6:00-8:30pm
#255704	Jun 18	Th	6:00-8:30pm
#255705	Jul 16	Th	6:00-8:30pm
#255706	Aug 20	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!

Laurel Hills Community Center – Course Fee: \$36
 #256148 May 2-30 Sa 11:00-11:45am
Optimist Community Center – Course Fee: \$36
 #256849 May 6-27 W 5:00-5:45pm
 #256850 Jun 3-24 W 5:00-5:45pm
 #256851 Jul 8-29 W 5:00-5:45pm
 #256852 Aug 5-26 W 5:00-5:45pm

All Stars-Two

Age: 2-2 yrs. Want to try several sports? All Stars-Two introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

Laurel Hills Community Center – Course Fee: \$36
 #256146 May 2-30 Sa 10:15-10:45am

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!

Laurel Hills Community Center – Course Fee: \$36
 #256103 Jun 6-27 Sa 11:00-11:45am

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
 #254939 May 5-26 Tu 6:00 PM-6:45 PM
 #254940 Jun 2-23 Tu 6:00 PM-6:45 PM
 #254941 Jul 7-28 Tu 6:00 PM-6:45 PM
 #254942 Aug 4-25 Tu 6:00 PM-6:45 PM
Laurel Hills Community Center – Course Fee: \$27
 #256122 Jul 11-25 Sa 11:00-11:45am

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
 #256119 Jul 11-25 Sa 10:15-10:45am

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
 #256205 Jun 24-Jul 15 W 11:00am-12:00pm

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!

Laurel Hills Community Center – Course Fee: \$36
 #256137 Aug 8-29 Sa 11:00-11:45am

Soccer - Mini Kickers

Age: 3-5 yrs. This class is an introduction to skill development that teaches the basics of soccer, including drills like passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork.

Green Road Community Center – Course Fee: \$27
 #254961 May 4-18 M 6:00-6:45pm
Green Road Community Center – Course Fee: \$36
 #254962 Jun 1-22 M 6:00-6:45pm
 #254963 Jul 6-27 M 6:00-6:45pm
 #254964 Aug 3-24 M 6:00-6:45pm

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: \$36
 #256124 Aug 8-29 Sa 10:15-10:45am

T- Ball - Twos Sport Zone

Age: 2-2 yrs. This parent-tot class is a great way to play while learning about the basics of baseball on a toddler's level. Little all-stars will enjoy the tiny T-ball games, hitting, catching, throwing and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$36
 #256102 Jun 6-27 Sa 10:15-10:45am

continued on page 72 —

Youth

All Sports - Youth

Age: 6-9 yrs. Interested in introducing your athlete 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.

Laurel Hills Community Center – Course Fee: \$36
#256150 May 2-30 Sa 12:00-12:45pm

Baseball - Sluggers

Age: 6-9 yrs. Crack! It's going, going ... gone! This class helps develop the skills of baseball, including running, hitting, throwing, pitching and fielding. The class also will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Laurel Hills Community Center – Course Fee: \$36
#256118 Jun 6-27 Sa 12:00-12:45pm

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
#255799 May 7-28 Th 6:30-7:30pm
#255800 Jun 4-25 Th 6:30-7:30pm
#255801 Jul 9-30 Th 6:30-7:30pm
#255803 Aug 6-27 Th 6:30-7:30pm

Basketball - Chavis Ballers

Age: 5-6 yrs. Let's shoot some hoops! Participants will be placed on teams for scrimmage-style games that will develop fundamental basketball skills, including dribbling, passing and shooting. This league is designed to help your child become familiar with the game of basketball as well as develop good listening skills and the value of good sportsmanship. All games will be played at Chavis. Registration will be held May 19-June 1.

Chavis Community Center – Course Fee: \$35
#255300 Jun 9-Jul 28 Tu 6:15-8:15pm

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
#256123 Jul 11-25 Sa 12:00-12:45pm

Basketball- Chavis AND 1 Hoops

Age: 7-8 yrs. Let's shoot some hoops! Participants will be placed on teams for scrimmage-style games that will develop fundamental basketball skills, including dribbling, passing and shooting. This league is designed to help your child become familiar with the game of basketball as well as develop good listening skills and the value of good sportsmanship. All games will be played at Chavis. Registration will be held May 19-June 1.

Chavis Community Center – Course Fee: \$35
#255302 Jun 11-Jul 30 Th 6:15-8:15pm

Basketball Fundamentals 101

Age: 5-12 yrs. Participants will learn more advanced fundamentals skills of basketball in each session. The skills sessions will cover all aspects of basketball, including shooting, passing, defense, offense, agility and dribbling. Scrimmage games will be included to add to the fun.

Worthdale Community Center – Course Fee: \$10
#254047 May 6-27 W 7:30-8:30pm
#255084 Jun 3-24 W 7:30-8:30pm
#255085 Jul 1-29 W 7:30-8:30pm
#255094 Aug 5-26 W 7:30-8:30pm

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: \$30
#254943 May 2-16 Sa 10:00-10:45am
#254945 Jul 11-25 Sa 10:00-10:45am
Green Road Community Center – Course Fee: \$40
#254944 Jun 6-27 Sa 10:00-10:45am
#254946 Aug 1-22 Sa 10:00-10:45am

Biltmore Hills Football Fundamentals and Conditioning

Age: 6-12 yrs. This program will help players with fundamentals and conditioning for the upcoming football season. They will learn stances, skills, and techniques that will help players get in and out of cuts, breaks, stops, change direction rapidly, building endurance and speed.

Biltmore Hills Community Center – Course Fee: \$15
#256816 Aug 10-13 M-Th 6:15-7:17pm

Cheerleading - Campbell Cheer Club

Age: 6-15 yrs. Coach Alexis will be teaching cheerleading skills and promoting physical fitness, coordination, confidence and fun!

Carolina Pines Community Center – Course Fee: \$35
#256053 May 4-27 M, W 6:30-8:00pm
#256054 Jun 1-29 M, W 6:30-8:00pm
#256055 Jul 1-27 W, M 6:30-8:00pm

Ralph Campbell Community Center

Course Fee: \$35
#256050 May 5-28 Tu, Th 6:30-8:00pm
#256051 Jun 2-30 Tu, Th 6:30-8:00pm
#256052 Jul 2-28 Th, Tu 6:30-8:00pm

Cricket for Beginning Youth

Age: 7-12 yrs. Learn the sport of Cricket from Nate Hays, the Youth Coordinator 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
#252468 May 6-Aug 26 W 5:30-7:00pm

Cricket Open Gym

Age: 7-12 yrs. Cricket Open Gym time
Abbotts Creek Community Center
#252469 May 6-Aug 26 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
#256845 May 6-27 W 3:00-3:45pm

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
#255624 Jun 9-30 Tu 5:30-6:15pm
#255625 Jun 11-Jul 2 Th 5:30-6:15pm
#255635 Jul 9-30 Th 5:30-6:15pm
#255637 Jul 7-28 Tu 5:30-6:15pm
#255638 Aug 4-25 Tu 5:30-6:15pm
#255639 Aug 6-27 Th 5:30-6:15pm
#255787 Jun 9-30 Tu 4:45-5:30pm
#255788 Jun 11-Jul 2 Th 4:45-5:30pm
#255789 Jul 9-30 Th 4:45-5:30pm
#255792 Jul 7-28 Tu 4:45-5:30pm
#255793 Aug 4-25 Tu 4:45-5:30pm
#255794 Aug 6-27 Th 4:45-5:30pm
Laurel Hills Community Center – Course Fee: \$36
#256138 Aug 8-29 Sa 12:00-12:45pm

Tennis Camp

This weeklong program provides tennis instruction and play for juniors of all levels. Players with no experience will learn how to play matches and those with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training and the week finishes with match play on Friday.

Millbrook Tennis Center – Course Fee: \$132

Age 8-10

#256319 Jun 15-19 M-F 9:00am-12:00pm
#256320 Jun 22-26 M-F 9:00am-12:00pm
#256321 Jul 6-10 M-F 9:00am-12:00pm
#256322 Jul 13-17 M-F 9:00am-12:00pm
#256323 Jul 20-24 M-F 9:00am-12:00pm

#256324	Jul 27-31	M-F	9:00am-12:00pm
#256325	Aug 3-7	M-F	9:00am-12:00pm
#256326	Aug 10-14	M-F	9:00am-12:00pm

Age 10-18

#256328	Jun 15-19	M-F	9:00am-12:00pm
#256329	Jun 22-26	M-F	9:00am-12:00pm
#256330	Jul 6-10	M-F	9:00am-12:00pm
#256331	Jul 13-17	M-F	9:00am-12:00pm
#256332	Jul 20-24	M-F	9:00am-12:00pm
#256333	Jul 27-31	M-F	9:00am-12:00pm
#256334	Aug 3-7	M-F	9:00am-12:00pm
#256335	Aug 10-14	M-F	9:00am-12:00pm

Tennis Camp Age 8-10

#256318	Jun 11-12	Th-F	9:00am-12:00pm
#256327	Jun 11-12	Th-F	9:00am-12:00pm

Tennis Jr. Level 1

No experience needed for this class. Players will work on building rallying skills, learning basic strokes, scorekeeping, and the rules of tennis. To graduate into level 2, players must be able to sustain a rally, make 6 out of 10 serve from the baseline, keep score and play a full court set. Please bring light, loose-fitting clothes, nonmarking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 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: \$132

#256221	May 4-Jun 17	M, W	4:30 PM-5:30 PM
#256229	May 5-Jun 18	Tu, Th	5:30 PM-6:30 PM
#256241	Jul 6-Aug 19	M, W	4:30 PM-5:30 PM
#256249	Jul 7-Aug 20	Tu, Th	5:30 PM-6:30 PM

#256222	May 9-Jun 20	Sa	10:00 AM-11:00 AM
#256230	May 9-Jun 20	Sa	11:00 AM-12:00 PM
#256242	Jul 11-Aug 22	Sa	10:00 AM-11:00 AM
#256250	Jul 11-Aug 22	Sa	11:00 AM-12:00 PM

Millbrook Tennis Center – Course Fee: \$132

#256214	May 4-Jun 17	M, W	5:00 PM-6:00 PM
#256215	May 4-Jun 17	M, W	6:00 PM-7:00 PM
#256216	May 5-Jun 18	Tu, Th	5:00 PM-6:00 PM
#256217	May 5-Jun 18	Tu, Th	6:00 PM-7:00 PM
#256223	May 4-Jun 17	M, W	5:00 PM-6:00 PM
#256224	May 4-Jun 17	M, W	6:00 PM-7:00 PM
#256225	May 5-Jun 18	Tu, Th	5:00 PM-6:00 PM
#256226	May 5-Jun 18	Tu, Th	6:00 PM-7:00 PM
#256231	May 4-Jun 17	M, W	4:00 PM-5:00 PM
#256232	May 5-Jun 18	Tu, Th	4:00 PM-5:00 PM
#256234	Jul 6-Aug 19	M, W	5:00 PM-6:00 PM
#256235	Jul 6-Aug 19	M, W	6:00 PM-7:00 PM
#256236	Jul 7-Aug 20	Tu, Th	5:00 PM-6:00 PM
#256237	Jul 7-Aug 20	Tu, Th	6:00 PM-7:00 PM
#256243	Jul 6-Aug 19	M, W	5:00 PM-6:00 PM
#256244	Jul 6-Aug 19	M, W	6:00 PM-7:00 PM
#256245	Jul 7-Aug 20	Tu, Th	5:00 PM-6:00 PM
#256246	Jul 7-Aug 20	Tu, Th	6:00 PM-7:00 PM
#256251	Jul 6-Aug 19	M, W	4:00 PM-5:00 PM
#256252	Jul 7-Aug 20	Tu, Th	4:00 PM-5:00 PM

#256218	May 9-Jun 20	Sa	9:00 AM-10:00 AM
#256219	May 9-Jun 20	Sa	10:00 AM-11:00 AM
#256220	May 9-Jun 20	Sa	11:00 AM-12:00 PM
#256227	May 9-Jun 20	Sa	9:00 AM-10:00 AM
#256228	May 9-Jun 20	Sa	11:00 AM-12:00 PM
#256233	May 9-Jun 20	Sa	10:00 AM-11:00 AM
#256238	Jul 11-Aug 22	Sa	9:00 AM-10:00 AM
#256239	Jul 11-Aug 22	Sa	10:00 AM-11:00 AM

#256240	Jul 11-Aug 22	Sa	11:00 AM-12:00 PM
#256247	Jul 11-Aug 22	Sa	9:00 AM-10:00 AM
#256248	Jul 11-Aug 22	Sa	11:00 AM-12:00 PM
#256253	Jul 11-Aug 22	Sa	10:00 AM-11:00 AM

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 – Course Fee: \$132

#256261	May 5-Jun 18	Tu, Th	4:00-5:00pm
#256269	Jul 7-Aug 20	Tu, Th	4:00-5:00pm

#256254	May 4-Jun 17	M, W	5:00-6:00pm
#256255	May 5-Jun 18	Tu, Th	5:00-6:00pm
#256257	May 4-Jun 17	M, W	4:00-5:00pm
#256258	May 5-Jun 18	Tu, Th	4:00-5:00pm
#256262	Jul 6-Aug 19	M, W	5:00-6:00pm
#256263	Jul 7-Aug 20	Tu, Th	5:00-6:00pm
#256265	Jul 6-Aug 19	M, W	4:00-5:00pm
#256266	Jul 7-Aug 20	Tu, Th	4:00-5:00pm

Tennis Jr. Level 3

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 – Course Fee: \$132

#256270	May 4-Jun 17	M, W	5:00-6:00pm
#256271	May 5-Jun 18	Tu, Th	4:00-5:00pm
#256273	Jul 6-Aug 19	M, W	5:00-6:00pm
#256274	Jul 7-Aug 20	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: \$66

#256200	May 4-Jun 17	M, W	5:30-6:00pm
#256201	May 5-Jun 18	Tu, Th	5:00-5:30pm
#256212	Jul 6-Aug 19	M, W	5:30-6:00pm
#256213	Jul 7-Aug 20	Tu, Th	5:00-5:30pm

Millbrook Tennis Center – Course Fee: \$36

#256198	May 9-Jun 20	Sa	11:00-11:30am
#256199	May 9-Jun 20	Sa	11:30am-12:00pm
#256210	Jul 11-Aug 22	Sa	11:00-11:30am
#256211	Jul 11-Aug 22	Sa	11:30am-12:00pm

#256195	May 4-Jun 17	M, W	4:00-4:30pm
#256196	May 4-Jun 17	M, W	4:30-5:00pm
#256197	May 5-Jun 18	Tu, Th	4:30-5:00pm
#256206	Jul 6-Aug 19	M, W	4:00-4:30pm
#256207	Jul 6-Aug 19	M, W	4:30-5:00pm
#256208	Jul 7-Aug 20	Tu, Th	4:30-5:00pm

Tennis USTA Junior Team Tennis

Come to tryouts (TBD) at Millbrook Exchange Tennis Center to be placed on a team. Practices for 8U+10U are Fridays 5-6:30pm with matches Saturdays 9-10:30am. Practices for 12U, 14U, 18U are Friday afternoons in the Fall and Spring seasons with matches on Saturdays. Practices for 12U, 14U, 18U are once a week on a weekday morning, 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

#256336	Jun 12-Aug 8	F-Sa	5:00-6:30pm
#256338	Jun 16-Jul 31	Tu, F	9:30-11:00am
#256339	Jun 16-Jul 29	Tu-W	9:00-10:30am
#256341	Jun 9-Jul 30	Tu, Th	10:30am-12:00pm
#256343	Jun 12-Aug 8	F-Sa	5:00-6:30pm
#256344	Jun 12-Aug 8	F-Sa	5:00-6:30pm
#256340	Jun 17-Jul 29	W	9:30-11:30am
#256342	Jun 11-Jul 30	Th, Tu	9:30-11:30am

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**DAILY Fee/\$20 Class**

#256860	May 1-Jun 5	F	6:30-8:30pm
#256861	Jul 10-Aug 14	F	6:30-8:30pm

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

#256862	May 1-Jun 5	F	6:30-8:30pm
#256863	Jul 10-Aug 14	F	6:30-8:30pm

continued on page 74 —



continued from page 73 —

Adult

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

#255454 May 1-Aug 28 F, Th 6:30-8:30pm

Basketball Open Gym - Biltmore Hills

Age: 6-100 yrs. 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

#256825 May 2-31 Sa-Th 9:30am-2:30pm
#256830 Jun 1-28 M-Th, Sa-M 6:30-8:30pm
#256831 Jul 5-26 Su 1:00-6:00pm
#256832 Aug 1-30 Sa-Th 9:30am-2:30pm

Basketball Open Gym - Tarboro Road

Age: 18yrs. and up. This is community open gym time. Adults must have a photo ID to play. Youth 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

#254825 May 3-Aug 23 Su 2:00-5:00pm
#254826 May 6-Sep 4 W, F 6:30-8:30pm
#254827 May 7-Sep 7 Th, M 6:30-8:30pm

Futsal Open Gym at Biltmore Hills

Age: 12yrs. 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

#256826 May 1-29 F 6:00-8:30pm
#256827 Jun 5-26 F 6:00-8:30pm
#256828 Jul 3-31 F 6:00-8:30pm
#256829 Aug 7-28 F 6:00-8:30pm

Pickleball Indoor Play

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.

Course Fee: \$10

#255548 May-August Pass

Table Tennis - Open Play

Age: All Ages. Join us at Lake Lynn for a spirited game of table tennis. All abilities are welcome!

Abbotts Creek Community Center

#255543 May 4-Jun 4 M, Th 9:00am-2:00pm

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

#256125 May 1-Aug 28 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

#256120 May 1-Aug 21 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 - Course Fee: \$132

Lake Lynn Adult 2.5 Drills

#256404 May 5-Jun 18 Tu, Th 6:30-7:30pm

#256420 Jul 7-Aug 20 Tu, Th 6:30-7:30pm

Millbrook Tennis Center - Course Fee: \$132

Millbrook Adult 2.5 Drills

#256398 May 4-Jun 17 M, W 11:00am-12:00pm

#256399 May 4-Jun 17 M, W 6:00-7:00pm

#256400 May 5-Jun 18 Tu, Th 10:00-11:00am

#256401 May 5-Jun 18 Tu, Th 7:00-8:00pm

#256405 Jul 6-Aug 19 M, W 11:00am-12:00pm

#256406 Jul 6-Aug 19 M, W 6:00-7:00pm

#256415 Jul 7-Aug 20 Tu, Th 10:00-11:00am

#256416 Jul 7-Aug 20 Tu, Th 7:00-8:00pm

Course Fee: \$72

Millbrook Adult 2.5 Drills

#256402 May 9-Jun 20 Sa 10:00-11:00am

#256403 May 9-Jun 20 Sa 12:00-1:00pm

#256418 Jul 11-Aug 22 Sa 10:00-11:00am

#256419 Jul 11-Aug 22 Sa 12:00-1:00pm

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: \$132

#256424 May 4-Jun 17 M, W 8:00-9:00pm

#256428 Jul 6-Aug 19 M, W 8:00-9:00pm

Millbrook Tennis Center - Course Fee: \$132

#256421 May 4-Jun 17 M, W 7:00-8:00pm

#256422 May 5-Jun 18 Tu, Th 6:00-7:00pm

#256425 Jul 6-Aug 19 M, W 7:00-8:00pm

#256426 Jul 7-Aug 20 Tu, Th 6:00-7:00pm

Course Fee: \$72

#256423 May 9-Jun 20 Sa 11:00am-12:00pm

#256427 Jul 11-Aug 22 Sa 11:00am-12:00pm

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: \$132

#256430 May 4-Jun 17 M, W 7:00-8:00pm

#256431 Jul 6-Aug 19 M, W 7:00-8:00pm

Course Fee: \$72

#256429 May 9-Jun 20 Sa 12:00-1:00pm

#256432 Jul 11-Aug 22 Sa 12:00-1:00pm

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: \$72

#256437	May 5-Jun 16	Tu	9:00 AM-10:00 AM
#256438	May 7-Jun 18	Th	9:00 AM-10:00 AM
#256439	May 8-Jun 19	F	9:00 AM-10:00 AM
#256441	Jul 7-Aug 18	Tu	9:00 AM-10:00 AM
#256442	Jul 9-Aug 20	Th	9:00 AM-10:00 AM
#256443	Jul 10-Aug 21	F	9:00 AM-10:00 AM

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.

Women's 3.5 Doubles

#255763	May 18-Aug 3	M
#255764	May 18-Aug 3	M
#255765	Aug 17-Nov 2	M
#255766	Aug 17-Nov 2	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: \$132

#256362	May 4-Jun 17	M, W	6:00-7:00pm
#256384	Jul 6-Aug 19	M, W	6:00-7:00pm

Course Fee: \$72

#256363	May 9-Jun 20	Sa	9:00-10:00am
#256385	Jul 11-Aug 22	Sa	9:00-10:00am

Millbrook Tennis Center – Course Fee: \$132

#256356	May 4-Jun 17	M, W	10:00-11:00am
#256357	May 4-Jun 17	M, W	6:00-7:00pm
#256358	May 5-Jun 18	Tu, Th	11:00am-12:00pm
#256359	May 5-Jun 18	Tu, Th	7:00-8:00pm
#256373	Jul 6-Aug 19	M, W	10:00-11:00am
#256379	Jul 6-Aug 19	M, W	6:00-7:00pm
#256380	Jul 7-Aug 20	Tu, Th	11:00am-12:00pm
#256381	Jul 7-Aug 20	Tu, Th	7:00-8:00pm

Course Fee: \$72

#256360	May 9-Jun 20	Sa	9:00-10:00am
#256361	May 9-Jun 20	Sa	12:00-1:00pm
#256382	Jul 11-Aug 22	Sa	9:00-10:00am
#256383	Jul 11-Aug 22	Sa	12:00-1:00pm

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: \$132

#256390	May 4-Jun 17	M, W	7:00-8:00pm
#256391	May 5-Jun 18	Tu, Th	6:00-7:00pm
#256392	Jul 6-Aug 19	M, W	7:00-8:00pm
#256393	Jul 7-Aug 20	Tu, Th	6:00-7:00pm

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.

#255767	May 18-Jul 27	M
#255768	May 18-Jul 27	M
#255769	May 18-Jul 27	M
#255770	May 18-Jul 27	M
#255771	May 18-Jul 27	M
#255772	May 18-Jul 27	M
#255773	May 18-Jul 27	M
#255774	Aug 17-Oct 26	M
#255775	Aug 17-Oct 26	M
#255776	Aug 17-Oct 26	M
#255777	Aug 17-Oct 26	M
#255778	Aug 17-Oct 26	M
#255779	Aug 17-Oct 26	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 in 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

Wednesday Morning Quadrants

#256446	May 20-Jul 29	W	9:30 AM-11:30 AM
#256447	May 18-Jul 27	M	7:00 PM-9:00 PM
#256448	May 21-Jul 30	Th	7:00 PM-9:00 PM

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

#256445 May 4-Sep 3 M, Th 3:00-6:00pm

Parkinson's Pickleball Workshop & Beginner/Advanced Beginner

Age: 18yrs. and up. Playing Pickleball is a great exercise for anyone, especially for those diagnosed with Parkinson's disease (PD). Evidence continues to show that daily regular exercise has a profound effect on managing PD symptoms. Pickleball combines hand, eye coordination and simple movement thus assisting with daily life activities.

Pickleball combines the elements tennis, badminton and table tennis on a court with solid paddles and a waffle ball. All levels of experience and physical mobility welcome. For specific questions please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314.

Chavis Community Center

#255852	May 5-26	Tu	10:30am-2:00pm
#256315	Jun 14-28	Su	11:00am-2:00pm
#256316	Jul 12-26	Su	11:00am-2:00pm
#256317	Aug 2-23	Su	11:00am-2:00pm

Pickleball - Open Play

Age: 18yrs. and up. Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary. Paddles are provided.

Five Points Center for Active Adults

#254661 May 8-Sep 1 F, Tu 3:15-5:45pm

Pickleball Workshops/Clinics

Age: 18yrs. and up. Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Workshops are offered to players of all levels, from beginner to intermediate. For specific questions, and to register for a time slot, please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314. Pre-registration is required.

Five Points Center for Active Adults

#254662 May 8-Aug 28 F 9:00am-3:00pm

Tarboro Road Community Center

#254663 May 7-28 Th 10:30am-2:00pm

Table Tennis Free Play

Age: 18yrs. and up. Learn to play table tennis. All ability levels are welcome.

Five Points Center for Active Adults

#254764 May 7-Aug 27 Th 1:30-3:30pm

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

#256444 May 4-Aug 31 M, Th 9:00am-12:00pm

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 and Oakwood 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, 919-872-4128.

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

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

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Information

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

<u>Course Barcode</u>	<u>Program Name</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>	<u>Fee</u>
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

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

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, **March 24, 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
Walnut Terrace Center	919-996-6160
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
Community Centers Program	
2401 Wade Avenue	919-996-6640
Cultural Outreach and Enrichment Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
820 Clay Street	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	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	919-872-4128
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 Awls 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 Optimist

2601 Oxford Road 27608
919-996-2880

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 c/o Optimist

— **•BEGM**
Closed for renovations; reopening late 2019.
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
919-933-2111

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**
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
919-872-4128

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**
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	



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