



January-April 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 **December 4, 2019**
919-996-6640 | parks.raleighnc.gov

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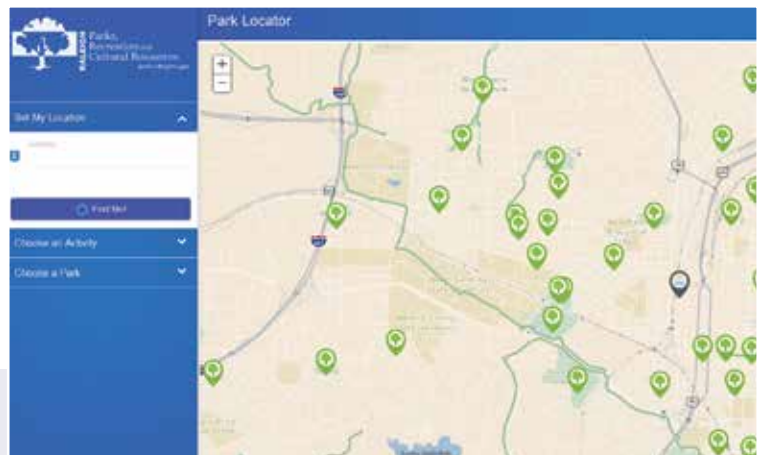
Together we connect and enrich our community through exceptional experiences.

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

Start Exploring With Park Locator!

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

Access Park Locator:
<http://maps.raleighnc.gov/parklocator/>
* You may also access Park Locator at
Parks.raleighnc.gov



DISCOVER YOUR

Raleigh Parks, Recreation and Cultural Resources Department

3 WAYS TO REGISTER

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



Browse or Register online with Reclink

Visit parks.raleighnc.gov

Reclink allows you to search for classes, programs, and events by age, location, barcode, or keyword. With your Login ID and Family PIN you can then complete your registration and payment online.



mail-in

Raleigh Parks, Recreation and Cultural Resources Department
Attn: Recreation Business Office
2401 Wade Avenue
Raleigh, NC 27607



walk-in

Bring your completed registration form and payment to one of our staffed Recreation sites during regular business hours.

For more information about online registration, visit parks.raleighnc.gov or call 919-996-2153 (Reclink). Program information is accurate at time of printing, but may be subject to change.

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: Nancy McFarlane
Corey Branch
David Cox
Kay Crowder
Stef Mendell
Russ Stephenson
Nicole Stewart
Dickie Thompson

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 Winters

Management Team

Interim Director: Scott Payne

Assistant Director:
Sally Thigpen

Assistant Director:
Ken Hisler

Assistant Director:
Stephen Bentley

Administration Superintendent:
Helene McCullough

Historic Resources and Museum Program Advisory Board

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

City of Raleigh Historic Cemetery Advisory Board

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

Public Art and Design Board

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

Financial Assistance

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



Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Financial Assistance Fund

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

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

City Of Raleigh

Financial Assistance Program – 6107

P.O. Box 590 Raleigh, NC 27602

City of Raleigh tax ID number: 56-6000236

Play It Forward Scholarship Fund

BY CHECK

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

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

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

Name(s): _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

ONLINE

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

\$10 donation code #239366

\$20 donation code #239367

\$50 donation code #239368

\$100 donation code #239370

Special Events



April

Egg Hunt

All Ages. Come to your local community center on Saturday, April 13, for a fun-filled morning! Check with the center closest to you to find out what exciting pre-hunt events are planned and for the inclement weather policy. Hunts start promptly at 11 a.m. This is a free activity, and preregistration is not required.

Abbotts Creek Community Center
Anderson Point Park
Brier Creek Community Center
Carolina Pines
John Chavis Memorial Park
Laurel Hills Community Center
Lions Park Community Center
Mordecai Historic Park
Pullen Amusements
Roberts Park

Apr 4

Sa

11am

Letterland Day

All Ages. Pullen Park is transformed into the imaginary place Letterland, home to all the letters of the alphabet. The day includes opportunities to meet characters such as Firefighter Fred and see his fire engine, Clever Cat for a ride on the carousel, and Bouncy Ben and his boats. Pullen's train will turn into Talking Tess' train, and Impy Ink will be face painting at Golden Girl's gazebo. There will be other games and activities, photo opportunities, local school groups singing Letterland songs, and more. Free parking will be available in the Coliseum Deck on the campus of NCSU.

Pullen Amusements – \$0

#251158 Apr 25

Sa

10:00am-4:00pm

Moore Square has a full calendar of programs and events!

MOVE MOORE!

Wellness programming that engages all ages, levels, and backgrounds.

Shape Up! Fitness series, Yoga Classes, Moore Square Market

MOORE KIDS!

Programs geared towards families with children.

Game On!, Children's Vendor Fairs, Read With Me Children's Hour, Wonder-Create-Explore series

MOORE SQUARE LIVE!

Programming that brings people together to enjoy the park and be entertained.

Moore Buskers, Music Festivals, Raleigh Rockers Breakdancing Demonstrations, Moore Movies

CREATE MOORE!

Programs that encompass the exciting arts and cultural experiences that make Downtown Raleigh a thriving and inviting place.

Art in Nature, Craft Corner, Culture Pop Ups

TELL ME MOORE!

Programs that expand the mind and educate on current events, history and a variety of other topics.

Reading Room, Square Roots History Tours, Raleigh Roots History Festival

For Moore info: www.raleighnc.gov/MooreSquare



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

Adventure Program
2100 Old NC 98 Hwy.
Wake Forest, NC 27587
Phone: 919-996-6855

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

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

River Access and Disc Golf Courses:

Visit our Website for more information

Youth

Adventure Days

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

Forest Ridge Park
Course Fee: \$45

Hike and Climb #249464 Jan 29	W	8:00am-5:00pm
Outdoor Explorer #249465 Mar 9	M	8:00am-5:00pm

Fishing on the Banks

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

Forest Ridge Park – Course Fee: \$4
#249510 Mar 24 Tu 4:00-6:00pm
#249511 Apr 25 Sa 1:00-3:00pm

Mini-Adventure Series

Age: 10-12 yrs. Make your Spring Break an Adventure! This mini-series will introduce many different adventure activities to youth over the course of 3 sessions. Activities may include wilderness survival skills, fishing, wildlife camera traps, or plant and animal

identification. All sessions will take place in the outdoors so dress for the weather. Spots are limited so register today!

Forest Ridge Park – Course Fee: \$45
#249512 Apr 6-8 M-W 8:30am-12:00pm

Off the Trail: Wilderness Survival Challenge

Age: 10-12 yrs. Come explore 'Off the Trail'! Join us at Forest Ridge Park to learn basic orienteering skills and test your wilderness preparedness while you work with a team to compete against others in an 'Oregon Trail'-esque orienteering challenge. During this course, participants will learn how to read a map and a compass, learn basic wilderness survival skills, and experience Forest Ridge Park's beautiful scenery and wildlife. Participants should dress for the outdoors in clothes that they don't mind getting dirty. Participants should also bring bug spray and a water bottle. If you have any questions, contact Outdoor Recreation Programs at adventure.program@raleighnc.gov or (919) 996-6855!

Forest Ridge Park – Course Fee: \$10
#249533 Mar 28 Sa 1:00-4:00pm

Teen

Merit Badge Program -Cycling

Age: 9yrs. and up. Merit Badge Programs are designed to focus on the Boys Scouts of America requirements for specific topics. The majority of these programs focus on outdoor skills. Please look for individual session titles for brief description of topics. For more information call the Outdoor Recreation Programs office at 919-996-6855.

Forest Ridge Park – Course Fee: \$15
#249513 Mar 21 Sa 1:00-5:00pm

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
#249589 Jan 25 Sa 1:00-3:00pm
#249601 Mar 28 Sa 1:00-3:00pm

Guided Mountain Bike Ride

Age: 16yrs. and up. Let's hit the trail! Take this opportunity to get out and ride the trails at Forest Ridge Park. Our guides will take the group through a brief bike inspection and warm-up before riding the trails together. This ride is open to all levels. However, participants should be comfortable riding at least 3 miles of trail. Participants are encouraged to

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bring their own equipment, however, loaner equipment is available and must be reserved in advance. Spots are limited, so register today! For more information, contact Outdoor Recreation Programs at adventure.program@raleighnc.gov or (919) 996-6855.

Forest Ridge Park – Course Fee: \$5
#249534 Apr 4 Sa 1:00-3:00pm

Kayak Basics

Age: 8yrs. and up. Come out and learn how to kayak in the warm, indoor waters of Optimist Pool. This four-hour course provides a comfortable and pleasant environment in which to learn the basics of kayaking. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready to get outside spend some time on the water when the weather warms up. Kayak experience is not required, but participants should have basic swimming ability and comfort in water. Equipment and instruction are provided. Please bring with you clothes that can get wet, a towel and a change of dry clothes. Preregistration is required. Participants under 18 are welcome when registered with an adult. Questions? Contact the Adventure Program at adventure.program@raleighnc.gov or 919-996-6855

Optimist Pool – Course Fee: \$33
#249490 Jan 11 Sa 1:00-5:00pm
#249491 Feb 8 Sa 1:00-5:00pm

Kayak Pool Sessions

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

Optimist Pool

Mountain Bike Basics

Age: 14yrs. and up. If you are interested in getting into the sport of mountain biking, this course is for you! This program will cover the essentials of mountain biking and include a guided trail ride. If you do not have your own equipment, bikes and helmets can be provided on a limited basis and must be reserved in advance by calling the Forest Ridge Park Office (919) 556-6781. Spots are limited, so register today!

Forest Ridge Park – Course Fee: \$10
#249507 Mar 14 Sa 9:00-11:00am

Private Roll Instruction

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

Optimist Pool – Course Fee: \$40

Family

Compass Basics

Age: 12yrs. 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.

Lake Johnson – Course Fee: \$5
#248576 Mar 22 Su 1:00-3:00pm

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

Preschool

Parent & Child Aquatics Level 1

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

Buffalo Rd Aquatic Center – Course Fee: \$41

#248912	Jan 4-25	Sa	11:30am-12:00pm
#248915	Feb 8-29	Sa	11:30am-12:00pm
#248918	Mar 14-Apr 4	Sa	11:30am-12:00pm
#248921	Apr 18-May 9	Sa	11:30am-12:00pm
Course Fee: \$56			
#248913	Jan 7-23	Tu, Th	4:30-5:00pm
#248914	Feb 4-20	Tu, Th	4:30-5:00pm

#248916	Mar 3-19	Tu, Th	10:10-10:40am
#248917	Mar 3-19	Tu, Th	4:30-5:00pm
#248919	Apr 14-30	Tu, Th	10:10-10:40am
#248920	Apr 14-30	Tu, Th	4:30-5:00pm

Millbrook Pool – Course Fee: \$41

#249128	Jan 11-Feb 1	Sa	9:30-10:00am
#249129	Feb 8-29	Sa	9:30-10:00am
#249132	Mar 7-28	Sa	9:30-10:00am
#249136	Apr 18-May 9	Sa	9:30-10:00am
Course Fee: \$56			

#249130	Feb 24-Mar 11	M, W	10:10-10:40am
#249131	Feb 24-Mar 11	M, W	5:10-5:40pm
#249133	Mar 16-Apr 1	M, W	5:10-5:40pm
#249134	Apr 13-29	M, W	10:10-10:40am
#249135	Apr 13-29	M, W	5:10-5:40pm

Optimist Pool – Course Fee: \$41

#249370	Jan 18-Feb 8	Sa	10:10-10:40am
#249371	Mar 14-Apr 4	Sa	10:10-10:40am
#249372	Apr 18-May 9	Sa	10:10-10:40am

Pullen Aquatic Center – Course Fee: \$41

#249685	Jan 11-Feb 1	Sa	11:30am-12:00pm
#249686	Feb 8-29	Sa	11:30am-12:00pm

Course Fee: \$73

#249684	Jan 7-30	Tu, Th	5:10-5:40pm
#249687	Feb 11-Mar 5	Tu, Th	5:10-5:40pm
#249688	Mar 10-Apr 2	Tu, Th	10:10-10:40am
#249689	Mar 10-Apr 2	Tu, Th	5:10-5:40pm
#249708	Apr 14-May 7	Tu, Th	10:10-10:40am
#249709	Apr 14-May 7	Tu, Th	5:10-5:40pm

Parent & Child Aquatics Level 2

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

Buffalo Rd Aquatic Center – Course Fee: \$41

#248922	Jan 4-25	Sa	11:30am-12:00pm
#248925	Feb 8-29	Sa	11:30am-12:00pm
#248928	Mar 14-Apr 4	Sa	11:30am-12:00pm
#248931	Apr 18-May 9	Sa	11:30am-12:00pm
Course Fee: \$56			

#248923	Jan 7-23	Tu, Th	4:30-5:00pm
#248924	Feb 4-20	Tu, Th	4:30-5:00pm
#248926	Mar 3-19	Tu, Th	10:10-10:40am
#248927	Mar 3-19	Tu, Th	4:30-5:00pm
#248929	Apr 14-30	Tu, Th	10:10-10:40am
#248930	Apr 14-30	Tu, Th	4:30-5:00pm

Millbrook Pool – Course Fee: \$41

#249139	Jan 11-Feb 1	Sa	10:10-10:40am
#249140	Feb 8-29	Sa	10:10-10:40am
#249142	Mar 7-28	Sa	10:10-10:40am
#249144	Apr 18-May 9	Sa	10:10-10:40am
Course Fee: \$56			

#249141	Feb 24-Mar 11	M, W	10:50-11:20am
#249143	Apr 13-29	M, W	10:10-10:40am

Optimist Pool – Course Fee: \$41

#249373	Jan 18-Feb 8	Sa	10:50-11:20am
#249374	Mar 14-Apr 4	Sa	10:50-11:20am
#249375	Apr 18-May 9	Sa	10:50-11:20am

Pullen Aquatic Center – Course Fee: \$41

#249691	Jan 11-Feb 1	Sa	10:50-11:20am
Course Fee: \$73			

#249690	Jan 7-30	Tu, Th	5:10-5:40pm
#249692	Feb 8-29	Sa	10:50-11:20am
#249693	Feb 11-Mar 5	Tu, Th	5:10-5:40pm
#249694	Mar 10-Apr 2	Tu, Th	10:10-10:40am
#249695	Mar 10-Apr 2	Tu, Th	5:10-5:40pm
#249717	Apr 14-May 7	Tu, Th	10:10-10:40am
#249718	Apr 14-May 7	Tu, Th	5:10-5:40pm

Preschool Aquatics Level 1

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

Buffalo Rd Aquatic Center – Course Fee: \$41

#248932	Jan 4-25	Sa	10:10-10:40am
#248935	Feb 8-29	Sa	10:10-10:40am
#248943	Mar 14-Apr 4	Sa	10:10-10:40am
#248946	Apr 18-May 9	Sa	10:10-10:40am
Course Fee: \$56			

#248933	Jan 7-23	Tu, Th	5:10-5:40pm
#248934	Feb 4-20	Tu, Th	5:10-5:40pm
#248936	Mar 3-19	Tu, Th	10:50-11:20am
#248942	Mar 3-19	Tu, Th	5:10-5:40pm
#248944	Apr 14-30	Tu, Th	10:50-11:20am
#248945	Apr 14-30	Tu, Th	5:10-5:40pm

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Millbrook Pool – Course Fee: \$41

#249146	Jan 11-Feb 1	Sa	9:30-10:00am
#249147	Jan 11-Feb 1	Sa	10:10-10:40am
#249149	Feb 8-29	Sa	9:30-10:00am
#249150	Feb 8-29	Sa	10:10-10:40am
#249153	Mar 7-28	Sa	9:30-10:00am
#249154	Mar 7-28	Sa	10:10-10:40am
#249173	Apr 18-May 9	Sa	9:30-10:00am

Course Fee: \$56

#249145	Jan 6-24	M, W, F	5:10-5:40pm
#249148	Jan 27-Feb 12	M, W	5:10-5:40pm
#249151	Feb 24-Mar 11	M, W	11:30am-12:00pm
#249152	Feb 24-Mar 11	M, W	5:10-5:40pm
#249165	Mar 16-Apr 1	M, W	10:10-10:40am
#249166	Mar 16-Apr 1	M, W	5:10-5:40pm
#249167	Apr 13-29	M, W	10:50-11:20am
#249169	Apr 13-29	M, W	5:10-5:40pm
#249172	Apr 13-29	M, W	5:50-6:20pm

Optimist Pool – Course Fee: \$41

#249376	Jan 18-Feb 8	Sa	10:10-10:40am
#249377	Jan 18-Feb 8	Sa	11:30am-12:00pm
#249380	Mar 14-Apr 4	Sa	10:10-10:40am
#249381	Mar 14-Apr 4	Sa	11:30am-12:00pm
#249383	Apr 18-May 9	Sa	10:10-10:40am
#249384	Apr 18-May 9	Sa	11:30am-12:00pm

Course Fee: \$56

#249378	Jan 21-Feb 6	Tu, Th	5:10-5:40pm
#249379	Feb 18-Mar 5	Tu, Th	5:10-5:40pm
#249382	Apr 14-30	Tu, Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$41

#249725	Jan 11-Feb 1	Sa	11:30am-12:00pm
#249728	Feb 8-29	Sa	11:30am-12:00pm

Course Fee: \$73

#249696	Jan 7-30	Tu, Th	5:10-5:40pm
#249722	Jan 7-30	Tu, Th	5:50-6:20pm
#249729	Feb 11-Mar 5	Tu, Th	5:10-5:40pm
#249730	Feb 11-Mar 5	Tu, Th	5:50-6:20pm
#249731	Mar 10-Apr 2	Tu, Th	10:50-11:20am
#249732	Mar 10-Apr 2	Tu, Th	11:30am-12:00pm
#249734	Mar 10-Apr 2	Tu, Th	5:10-5:40pm
#249735	Mar 10-Apr 2	Tu, Th	5:50-6:20pm
#249736	Apr 14-May 7	Tu, Th	10:50-11:20am
#249737	Apr 14-May 7	Tu, Th	11:30am-12:00pm
#249738	Apr 14-May 7	Tu, Th	5:10-5:40pm
#249739	Apr 14-May 7	Tu, Th	5:50-6:20pm

Preschool Aquatics Level 2

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

Buffaloe Rd Aquatic Center – Course Fee: \$41

#248947	Jan 4-25	Sa	10:10-10:40am
#248950	Feb 8-29	Sa	10:10-10:40am
#248954	Mar 14-Apr 4	Sa	10:10-10:40am
#248963	Apr 18-May 9	Sa	10:10-10:40am

Course Fee: \$56

#248948	Jan 7-23	Tu, Th	5:10-5:40pm
#248949	Feb 4-20	Tu, Th	5:10-5:40pm
#248951	Mar 3-19	Tu, Th	10:50-11:20am
#248953	Mar 3-19	Tu, Th	5:10-5:40pm
#248960	Apr 14-30	Tu, Th	10:50-11:20am
#248961	Apr 14-30	Tu, Th	5:10-5:40pm

Millbrook Pool – Course Fee: \$41

#249185	Jan 11-Feb 1	Sa	10:10-10:40am
#249189	Feb 8-29	Sa	10:10-10:40am
#249192	Mar 7-28	Sa	10:10-10:40am
#249203	Apr 18-May 9	Sa	10:10-10:40am

Course Fee: \$56

#249184	Jan 6-24	M, W, F	5:10-5:40pm
#249188	Jan 27-Feb 12	M, W	5:10-5:40pm
#249191	Feb 24-Mar 11	M, W	5:10-5:40pm
#249194	Mar 16-Apr 1	M, W	10:50-11:20am
#249198	Mar 16-Apr 1	M, W	5:10-5:40pm
#249199	Apr 13-29	M, W	10:50-11:20am
#249200	Apr 13-29	M, W	11:30am-12:00pm
#249201	Apr 13-29	M, W	5:10-5:40pm

Optimist Pool – Course Fee: \$41

#249385	Jan 18-Feb 8	Sa	10:10-10:40am
#249386	Jan 18-Feb 8	Sa	11:30am-12:00pm
#249389	Mar 14-Apr 4	Sa	10:10-10:40am
#249390	Mar 14-Apr 4	Sa	11:30am-12:00pm
#249392	Apr 18-May 9	Sa	10:10-10:40am
#249393	Apr 18-May 9	Sa	11:30am-12:00pm

Course Fee: \$56

#249387	Jan 21-Feb 6	Tu, Th	5:10-5:40pm
#249388	Feb 18-Mar 5	Tu, Th	5:10-5:40pm
#249391	Apr 14-30	Tu, Th	5:10-5:40pm

Pullen Aquatic Center

Course Fee: \$41

#249743	Jan 11-Feb 1	Sa	10:50-11:20am
#249744	Feb 8-29	Sa	10:50-11:20am

Course Fee: \$73

#249742	Jan 7-30	Tu, Th	5:50-6:20pm
#249745	Feb 11-Mar 5	Tu, Th	5:50-6:20pm
#249746	Mar 10-Apr 2	Tu, Th	10:50-11:20pm
#249747	Mar 10-Apr 2	Tu, Th	5:50-6:20pm
#249748	Apr 14-May 7	Tu, Th	10:50-11:20pm
#249749	Apr 14-May 7	Tu, Th	5:50-6:20pm

Preschool Aquatics Level 3

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

Buffaloe Rd Aquatic Center – Course Fee: \$41

#248967	Jan 4-25	Sa	10:10-10:40am
#248970	Feb 8-29	Sa	10:10-10:40am
#248973	Mar 14-Apr 4	Sa	10:10-10:40am
#248976	Apr 18-May 9	Sa	10:10-10:40am

Course Fee: \$56

#248968	Jan 7-23	Tu, Th	5:10-5:40pm
#248969	Feb 4-20	Tu, Th	5:10-5:40pm
#248971	Mar 3-19	Tu, Th	11:30am-12:00pm
#248972	Mar 3-19	Tu, Th	5:10-5:40pm
#248974	Apr 14-30	Tu, Th	11:30am-12:00pm
#248975	Apr 14-30	Tu, Th	5:10-5:40pm

Millbrook Pool – Course Fee: \$41

#249211	Jan 11-Feb 1	Sa	10:50-11:20am
#249215	Feb 8-29	Sa	10:50-11:20am
#249217	Mar 7-28	Sa	10:50-11:20am
#249230	Apr 18-May 9	Sa	10:50-11:20am

Course Fee: \$56

#249210	Jan 6-24	M, W, F	5:50-6:20pm
#249212	Jan 27-Feb 12	M, W	5:50-6:20pm
#249216	Feb 24-Mar 11	M, W	5:50-6:20pm
#249219	Mar 16-Apr 1	M, W	11:30am-12:00pm
#249224	Mar 16-Apr 1	M, W	5:50pm-6:20pm
#249227	Apr 13-29	M, W	11:30am-12:00pm
#249229	Apr 13-29	M, W	5:50-6:20pm

Optimist Pool – Course Fee: \$41

#249394	Jan 18-Feb 8	Sa	10:50-11:20am
#249395	Jan 18-Feb 8	Sa	11:30am-12:00pm
#249399	Mar 14-Apr 4	Sa	10:50-11:20am
#249400	Mar 14-Apr 4	Sa	11:30am-12:00pm
#249402	Apr 18-May 9	Sa	10:50-11:20am
#249403	Apr 18-May 9	Sa	11:30am-12:00pm

Course Fee: \$56

#249397	Jan 21-Feb 6	Tu, Th	5:50-6:20pm
#249398	Feb 18-Mar 5	Tu, Th	5:50-6:20pm
#249401	Apr 14-30	Tu, Th	5:50-6:20pm

Pullen Aquatic Center – Course Fee: \$41

#249750	Jan 11-Feb 1	Sa	10:10-10:40am
#249751	Feb 8-29	Sa	10:10-10:40am

Youth**Aquatic Junior Lifeguard**

Age: 11-14 yrs. The City of Raleigh Junior Lifeguard Program provides youth ages 11-14 an introduction into the role of a professional lifeguard. The program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible future lifeguards. Lessons are grouped into four main areas: prevention, response, leadership and professionalism.

Millbrook Pool – Course Fee: \$135

#250566	Apr 6-10	M-F	9:00am-4:00pm
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Group Swim and Play

Age: 3-6 yrs. This program combines a 30 minute swim lesson for varying skill levels with 45 minutes of self directed recreational swimming scheduled during the day for children that are home schooled, tracked out or on a non-traditional calendar.

Buffaloe Rd Aquatic Center – Course Fee: \$65**Ages 3-6**

#249330	Jan 6-22	M, W	10:15-11:30am
#249335	Feb 3-19	M, W	10:15-11:30am

Ages 7-13

#249331	Jan 6-22	M, W	10:15-11:30am
#249333	Feb 3-19	M, W	10:15-11:30am

Millbrook Pool – Course Fee: \$65**Ages 3-6**

#249339	Feb 24-Mar 11	M, W	12:15-1:00pm
#249341	Mar 16-Apr 1	M, W	12:15-1:00pm

Ages 7-13

#249340	Feb 24-Mar 11	M, W	1:15-2:00pm
#249342	Mar 16-Apr 1	M, W	1:15-2:00pm

Swim Lesson - Level 1**Intro Water Skills**

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

Buffaloe Rd Aquatic Center – Course Fee: \$41

#248977	Jan 4-25	Sa	10:50-11:20am
#248981	Feb 8-29	Sa	10:50-11:20am
#248983	Mar 14-Apr 4	Sa	10:50-11:20am
#248985	Apr 18-May 9	Sa	10:50-11:20am

Course Fee: \$56

#248978	Jan 7-23	Tu, Th	5:50-6:20pm
#248979	Feb 4-20	Tu, Th	5:50-6:20pm
#248982	Mar 3-19	Tu, Th	5:50-6:20pm
#248984	Apr 14-30	Tu, Th	5:50-6:20pm

Millbrook Pool – Course Fee: \$41

#249232	Jan 11-Feb 1	Sa	9:30-10:00am
#249233	Jan 11-Feb 1	Sa	10:50-11:20am
#249237	Feb 8-29	Sa	9:30-10:00am
#249238	Feb 8-29	Sa	10:50-11:20am
#249240	Mar 7-28	Sa	9:30-10:00am
#249241	Mar 7-28	Sa	10:50-11:20am
#249244	Apr 18-May 9	Sa	9:30-10:00am
#249245	Apr 18-May 9	Sa	10:50-11:20am



Course Fee: \$56
#249231 Jan 6-24 M, W, F 5:50-6:20pm
#249236 Jan 27-Feb 12 M, W 5:50-6:20pm
#249239 Feb 24-Mar 11 M, W 5:50-6:20pm
#249242 Mar 16-Apr 1 M, W 5:50-6:20pm
#249243 Apr 13-29 M, W 5:50-6:20pm

Optimist Pool – Course Fee: \$41
#249404 Jan 18-Feb 8 Sa 10:10-10:40am
#249407 Mar 14-Apr 4 Sa 10:10-10:40am
#249409 Apr 18-May 9 Sa 10:10-10:40am
Course Fee: \$56

#249405 Jan 21-Feb 6 Tu, Th 5:50-6:20pm
#249406 Feb 18-Mar 5 Tu, Th 5:50-6:20pm
#249408 Apr 14-30 Tu, Th 5:50-6:20pm

Pullen Aquatic Center – Course Fee: \$41
#249762 Jan 11-Feb 1 Sa 10:10-10:40am
#249763 Feb 8-29 Sa 10:10-10:40am
Course Fee: \$73

#249761 Jan 7-30 Tu, Th 6:30-7:00pm
#249764 Feb 11-Mar 5 Tu, Th 6:30-7:00pm
#249765 Mar 10-Apr 2 Tu, Th 6:30-7:00pm
#249766 Apr 14-May 7 Tu, Th 6:30-7:00pm

Swim Lesson - Level 2 Fundamental Skills

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

Buffalo Rd Aquatic Center – Course Fee: \$41
#248986 Jan 4-25 Sa 10:50-11:20am
#248989 Feb 8-29 Sa 10:50-11:20am
#248991 Mar 14-Apr 4 Sa 10:50-11:20am
#248993 Apr 18-May 9 Sa 10:50-11:20am
Course Fee: \$56

#248987 Jan 7-23 Tu, Th 5:50-6:20pm
#248988 Feb 4-20 Tu, Th 5:50-6:20pm
#248990 Mar 3-19 Tu, Th 5:50-6:20pm
#248992 Apr 14-30 Tu, Th 5:50-6:20pm

Millbrook Pool – Course Fee: \$41
#249251 Jan 11-Feb 1 Sa 10:50-11:20am
#249253 Jan 11-Feb 1 Sa 11:30am-12:00pm
#249258 Feb 8-29 Sa 10:50-11:20am
#249261 Mar 7-28 Sa 10:50-11:20am

#249266 Apr 18-May 9 Sa 10:10-10:40am
#249267 Apr 18-May 9 Sa 10:50-11:20am
Course Fee: \$56

#249250 Jan 6-24 M, W, F 6:30-7:00pm
#249257 Jan 27-Feb 12 M, W 6:30-7:00pm
#249259 Feb 24-Mar 11 M, W 5:50-6:20pm
#249260 Feb 24-Mar 11 M, W 6:30-7:00pm
#249262 Mar 16-Apr 1 M, W 5:50-6:20pm
#249263 Mar 16-Apr 1 M, W 6:30-7:00pm
#249264 Apr 13-29 M, W 6:30-7:00pm
#249265 Apr 13-29 M, W 7:10-7:40pm

Optimist Pool – Course Fee: \$41
#249410 Jan 18-Feb 8 Sa 10:50-11:20am
#249411 Jan 18-Feb 8 Sa 11:30am-12:00pm
#249414 Mar 14-Apr 4 Sa 10:50-11:20am
#249415 Mar 14-Apr 4 Sa 11:30am-12:00pm
#249417 Apr 18-May 9 Sa 10:50-11:20am
#249418 Apr 18-May 9 Sa 11:30am-12:00pm
Course Fee: \$56

#249412 Jan 21-Feb 6 Tu, Th 6:30-7:00pm
#249413 Feb 18-Mar 5 Tu, Th 6:30-7:00pm
#249416 Apr 14-30 Tu, Th 6:30-7:00pm

Pullen Aquatic Center – Course Fee: \$41
#249768 Jan 11-Feb 1 Sa 9:30-10:00am
#249769 Feb 8-29 Sa 9:30-10:00am
Course Fee: \$73

#249767 Jan 7-30 Tu, Th 6:30-7:00pm
#249770 Feb 11-Mar 5 Tu, Th 6:30-7:00pm
#249771 Mar 10-Apr 2 Tu, Th 6:30-7:00pm
#249772 Apr 14-May 7 Tu, Th 6:30-7:00pm

Swim Lesson - Level 3 Stroke Development

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

Buffalo Rd Aquatic Center – Course Fee: \$41
#248994 Jan 4-25 Sa 10:50-11:20am
#249001 Feb 8-29 Sa 10:50-11:20am
#249003 Mar 14-Apr 4 Sa 10:50-11:20am
#249005 Apr 18-May 9 Sa 10:50-11:20am
Course Fee: \$56
#248995 Jan 7-23 Tu, Th 5:50-6:20pm
#249000 Feb 4-20 Tu, Th 5:50-6:20pm

#249002 Mar 3-19 Tu, Th 5:50-6:20pm
#249004 Apr 14-30 Tu, Th 5:50-6:20pm

Millbrook Pool – Course Fee: \$41
#249269 Jan 11-Feb 1 Sa 11:30am-12:00pm
#249271 Feb 8-29 Sa 11:30am-12:00pm
#249273 Mar 7-28 Sa 11:30am-12:00pm
#249276 Apr 18-May 9 Sa 11:30am-12:00pm
Course Fee: \$56

#249268 Jan 6-24 M, W, F 6:30-7:00pm
#249270 Jan 27-Feb 12 M, W 6:30-7:00pm
#249272 Feb 24-Mar 11 M, W 6:30-7:00pm
#249274 Mar 16-Apr 1 M, W 6:30-7:00pm
#249275 Apr 13-29 M, W 6:30-7:00pm

Optimist Pool – Course Fee: \$41
#249419 Jan 18-Feb 8 Sa 10:50-11:20am
#249422 Mar 14-Apr 4 Sa 10:50-11:20am
#249424 Apr 18-May 9 Sa 10:50-11:20am
Course Fee: \$56

#249420 Jan 21-Feb 6 Tu, Th 6:30-7:00pm
#249421 Feb 18-Mar 5 Tu, Th 6:30-7:00pm
#249423 Apr 14-30 Tu, Th 6:30-7:00pm

Pullen Aquatic Center – Course Fee: \$41
#249774 Jan 11-Feb 1 Sa 9:30-10:00am
#249775 Feb 8-29 Sa 9:30-10:00am
Course Fee: \$73

#249773 Jan 7-30 Tu, Th 7:10-7:40pm
#249776 Feb 11-Mar 5 Tu, Th 7:10-7:40pm
#249777 Mar 10-Apr 2 Tu, Th 7:10-7:40pm
#249778 Apr 14-May 7 Tu, Th 7:10-7:40pm

Swim Lesson - Level 4 Stroke Improvement

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

Buffalo Rd Aquatic Center – Course Fee: \$41
#249006 Jan 4-25 Sa 11:30am-12:00pm
#249009 Feb 8-29 Sa 11:30am-12:00pm
#249011 Mar 14-Apr 4 Sa 11:30am-12:00pm
#249013 Apr 18-May 9 Sa 11:30am-12:00pm

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Course Fee: \$56

#249007	Jan 7-23	Tu, Th	6:30-7:00pm
#249008	Feb 4-20	Tu, Th	6:30-7:00pm
#249010	Mar 3-19	Tu, Th	6:30-7:00pm
#249012	Apr 14-30	Tu, Th	6:30-7:00pm

Millbrook Pool – Course Fee: \$41

#249278	Jan 11-Feb 1	Sa	11:30am-12:00pm
#249280	Feb 8-29	Sa	11:30am-12:00pm
#249282	Mar 7-28	Sa	11:30am-12:00pm
#249285	Apr 18-May 9	Sa	11:30am-12:00pm

Course Fee: \$56

#249277	Jan 6-24	M, W, F	7:10-7:40pm
#249279	Jan 27-Feb 12	M, W	7:10-7:40pm
#249281	Feb 24-Mar 11	M, W	6:30-7:00pm
#249283	Mar 16-Apr 1	M, W	6:30-7:00pm
#249284	Apr 13-29	M, W	6:30-7:00pm

Optimist Pool – Course Fee: \$41

#249426	Jan 18-Feb 8	Sa	9:30-10:00am
#249429	Mar 14-Apr 4	Sa	9:30-10:00am
#249431	Apr 18-May 9	Sa	9:30-10:00am

Course Fee: \$56

#249427	Jan 21-Feb 6	Tu, Th	7:10-7:40pm
#249428	Feb 18-Mar 5	Tu, Th	7:10-7:40pm
#249430	Apr 14-30	Tu, Th	7:10-7:40pm

Pullen Aquatic Center – Course Fee: \$73

#249779	Jan 7-30	Tu, Th	7:10-7:40pm
#249780	Feb 11-Mar 5	Tu, Th	7:10-7:40pm
#249781	Mar 10-Apr 2	Tu, Th	7:10-7:40pm
#249782	Apr 14-May 7	Tu, Th	7:10-7:40pm

Swim Lesson - Level 5 Stroke Refinement

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

Buffaloe Rd Aquatic Center – Course Fee: \$41

#249014	Jan 4-25	Sa	11:30am-12:00pm
#249017	Feb 8-29	Sa	11:30am-12:00pm

#249019	Mar 14-Apr 4	Sa	11:30am-12:00pm
#249021	Apr 18-May 9	Sa	11:30am-12:00pm

Course Fee: \$56

#249015	Jan 7-23	Tu, Th	6:30-7:00pm
#249016	Feb 4-20	Tu, Th	6:30-7:00pm
#249018	Mar 3-19	Tu, Th	6:30-7:00pm
#249020	Apr 14-30	Tu, Th	6:30-7:00pm

Millbrook Pool – Course Fee: \$41

#249286	Feb 8-29	Sa	11:30am-12:00pm
#249287	Mar 7-28	Sa	11:30am-12:00pm
#249288	Apr 18-May 9	Sa	11:30am-12:00pm

Optimist Pool – Course Fee: \$41

#249432	Jan 18-Feb 8	Sa	9:30-10:00am
#249435	Mar 14-Apr 4	Sa	9:30-10:00am
#249437	Apr 18-May 9	Sa	9:30-10:00am

Course Fee: \$56

#249432	Jan 18-Feb 8	Tu, Th	7:10-7:40pm
#249434	Feb 18-Mar 5	Tu, Th	7:10-7:40pm
#249436	Apr 14-30	Tu, Th	7:10-7:40pm

Swim Team - Intra-City Swim Association

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

Buffaloe Rd Aquatic Center – Course Fee: \$78**3-18 Yrs Buffaloe Road Blue Whales**

#249334	Feb 10-Apr 27	M, W	4:15-5:00pm
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3-10 Yrs Buffaloe Blue Whales

#249335	Feb 10-Apr 27	M, W	5:15-6:00pm
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11-18 Yrs Buffaloe Blue Whales

#249336	Feb 10-Apr 27	M, W	6:15-7:00pm
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Millbrook Pool – Course Fee: \$78**3-10 Yrs Millbrook Marlins**

#249337	Feb 11-Apr 28	Tu, Th	6:00-6:45pm
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11-18 Yrs Millbrook Marlins

#249338	Feb 11-Apr 28	Tu, Th	7:00-7:45pm
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Optimist Pool – Course Fee: \$78**3-10 Yrs Optimist Otters**

#249438	Feb 10-Apr 27	M, W	6:00-6:45pm
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11-18 Yrs Optimist Otters

#249439	Feb 10-Apr 27	M, W	7:00-7:45pm
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Pullen Aquatic Center – Course Fee: \$78**3-10 Yrs Pullen Pirates**

#249787	Feb 10-Apr 27	M, W	5:30-6:15pm
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11-18 Yrs Pullen Pirates

#249788	Feb 10-Apr 27	M, W	6:30-7:15pm
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Adult**Adult Fitness Swimming Class**

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

Buffaloe Rd Aquatic Center – Course Fee: \$62

#249040	Jan 7-23	Tu, Th	6:30-7:10pm
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#249041	Feb 4-20	Tu, Th	6:30-7:10pm
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#249042	Mar 3-19	Tu, Th	6:30-7:10pm
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#249043	Apr 14-30	Tu, Th	6:30-7:10pm
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Adult Learning the Basics Swim Class

Age: 13yrs. and up. This class helps teens and adults overcome their fear of the water and learn the basic skills for a minimum level of water competency. Participants strive for skill and stroke performance, to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Buffaloe Rd Aquatic Center – Course Fee: \$47

#249024	Jan 4-25	Sa	12:10-12:50pm
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#249027	Feb 8-29	Sa	12:10-12:50pm
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#249029	Mar 14-Apr 4	Sa	12:10-12:50pm
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#249031	Apr 18-May 9	Sa	12:10-12:50pm
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Course Fee: \$62

#249025	Jan 7-23	Tu, Th	6:30-7:10pm
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#249026	Feb 4-20	Tu, Th	6:30-7:10pm
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#249028	Mar 3-19	Tu, Th	6:30-7:10pm
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#249030	Apr 14-30	Tu, Th	6:30-7:10pm
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Millbrook Pool – Course Fee: \$47

#249290	Jan 11-Feb 1	Sa	8:40-9:20am
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#249291	Feb 8-29	Sa	8:40-9:20am
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#249292	Mar 7-28	Sa	8:40-9:20am
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#249294	Apr 18-May 9	Sa	8:40-9:20am
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Course Fee: \$62

#249289	Jan 6-24	M, W, F	7:10-7:50pm
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#249293	Apr 13-29	M, W	7:10-7:50pm
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Optimist Pool – Course Fee: \$47

#249576	Mar 14-Apr 4	Sa	9:20-10:00am
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#249577	Apr 18-May 9	Sa	9:20-10:00am
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Pullen Aquatic Center – Course Fee: \$79

#249783	Mar 10-Apr 2	Tu, Th	7:10-7:40pm
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#249784	Apr 14-May 7	Tu, Th	7:10-7:40pm
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Adult Refining Swim Strokes Class

Age: 13yrs. and up. This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water.

Buffaloe Rd Aquatic Center – Course Fee: \$47

#249032	Jan 4-25	Sa	12:10-12:50pm
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#249035	Feb 8-29	Sa	12:10-12:50pm
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#249037	Mar 14-Apr 4	Sa	12:10-12:50pm
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#249039	Apr 18-May 9	Sa	12:10-12:50pm
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Course Fee: \$62

#249033	Jan 7-23	Tu, Th	6:30-7:10pm
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#249034	Feb 4-20	Tu, Th	6:30-7:10pm
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#249036	Mar 3-19	Tu, Th	6:30-7:10pm
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#249038	Apr 14-30	Tu, Th	6:30-7:10pm
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Millbrook Pool – Course Fee: \$47

#249295	Jan 11-Feb 1	Sa	8:40-9:20am
#249297	Feb 8-29	Sa	8:40-9:20am
#249298	Mar 7-28	Sa	8:40-9:20am
#249300	Apr 18-May 9	Sa	8:40-9:20am

Course Fee: \$62

#249296	Jan 27-Feb 12	M, W	7:10-7:50pm
#249299	Apr 13-29	M, W	7:10-7:50pm

Optimist Pool – Course Fee: \$47

#249578	Mar 14-Apr 4	Sa	9:20-10:00am
#249579	Apr 18-May 9	Sa	9:20-10:00am

Pullen Aquatic Center – Course Fee: \$79

#249785	Mar 10-Apr 2	Tu, Th	6:30-7:10pm
#249786	Apr 14-May 7	Tu, Th	6:30-7:10pm

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

#249440	Jan 20-Feb 5	M, W	4:00-9:00pm
#249441	Jan 24-Feb 2	F-Su	4:00-9:00pm
#249442	Mar 6-15	F-Su	4:00-9:00pm
#249443	Apr 6-10	M-F	9:00am-5:00pm

Pullen Aquatic Center – Course Fee: \$200

#249790	Feb 10-Mar 4	M, W	5:00-9:00pm
#249791	Mar 9-Apr 1	M, W	5:00-9:00pm

#249792	Mar 20-29	F-Su	5:00-9:00pm
#249793	Apr 13-May 6	M, W	5:00-9:00pm
#249794	Apr 17-26	F-Su	5:00-9:00pm

Lifeguarding Instructor - American Red Cross

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

Pullen Aquatic Center – Course Fee: \$275

#249796	Jan 7-30	Tu, Th	5:00-9:00pm
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Water Safety Instructor - American Red Cross

Age 16 yrs. and up. 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. Participants must be able to demonstrate proficiency in Freestyle, Backstroke, Breaststroke, Side Stroke, and Butterfly.

Millbrook Pool – Course Fee: \$225

#249446	Mar 9-25	M, W	5:00-9:00pm
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Optimist Pool – Course Fee: \$225

#249445	Jan 6-22	M, W	5:00-9:00pm
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Pullen Aquatic Center – Course Fee: \$225

#249795	Feb 11-Mar 5	Tu, Th	5:00-9:00pm
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Family

Water Exercise

Passes can be purchased at any pool. No preregistration is required. This pass allows you to attend any 8 water exercise classes within 1 year.

Raleigh Resident: Adult \$40, Senior \$32

Non-Raleigh Resident: Adult \$52, Senior \$44

Want to Try Just One Class?

Single classes can be purchased at the front desk.

Resident Adult \$8, Non-Resident Adult \$9

Resident Senior \$6, Non-Resident Senior \$7

Deep Water Exercise - Intervals

Age: 13yrs. and up. Intervals, Intensity Level 3, offers a combination of high- and low-intensity exercises designed to keep you moving.

Optimist Pool

Jan 6-May 1	M, W, F	11:00am-12:00pm
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Pullen Aquatic Center

Jan 6-May 1	M, F	8:30-9:30am
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Deep Water Exercise - Power Hour

Age: 13yrs. and up. Power Hour, Intensity Level 4-5, teaches quick, continuous and powerful movements with no impact for the advanced exerciser.

Millbrook Pool

Jan 7-Apr 30	Tu, Th	6:00-7:00pm
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Jan 11-May 2	Sa	8:00-9:00am
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Pullen Aquatic Center –

Jan 7-Apr 28	Tu	11:00am-12:00pm
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Shallow Water Exercise - Aqua Blast

Age: 13yrs. and up. Come for a fun workout in shallow water that will challenge your core strength and give you a cardiovascular workout.

Pullen Aquatic Center

Jan 7-Apr 30	Tu, Th	11:00am-12:00pm
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Shallow Water Exercise - Hydro-fusion

Age: 13yrs. and up. Hydro-fusion, Intensity Level 2-4, is designed for all fitness levels. This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.

Optimist Pool

Jan 6-May 1	M, W, F	10:00-11:00am
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Jan 7-Apr 30	Tu, Th	9:00-10:00am
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Shallow Water Exercise - Join-1 Class

Age: 13yrs. and up. Intensity Level 1-2, is designed for people with arthritis, fibromyalgia or other conditions who would benefit from a range-of-motion exercise.

Pullen Aquatic Center

Jan 6-May 1	M, F	9:45-10:45am
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Shallow Water Exercise - Pool Pilates

Age: 13yrs. and up. Pilates is designed for all ages. It is a class with a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance. Pilates improves flexibility, emphasizes alignment, breathing and developing a strong core.

Pullen Aquatic Center

Jan 7-Apr 30	Tu, Th	10:00-11:00AM
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Shallow Water Exercise - Water Walking

Age: 13-150 yrs. Water Walking, Intensity Level 1-2, is designed for all fitness levels. This class focuses on flexibility and cardiovascular endurance, allowing participants to improve range of motion using long movements.

Optimist Pool

Jan 6-May 1	M, W, F	9:00-10:00am
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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

January-February

Raleigh Room: Patricia Sheets

Hall Gallery: Watercolor Society of North Carolina

Display Cases: Julie Rowe & Ann C. Boyd

March

All Gallery Spaces: ArtQuake

April

All Gallery Spaces: Sertoma Park Artists'

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-craft project or edible creation. A new project is introduced with each theme class. Staff will provide supplies; you provide the fun! Preregistration is required, and the fee is per class.

Optimist Community Center – Course Fee: \$7

Winter Wonders

#250523	Jan 10	F	12:30-1:30pm
#250524	Jan 11	Sa	12:30-1:30pm

Valentine's for Everyone

#250526	Feb 7	F	12:30-1:30pm
#250527	Feb 8	Sa	12:30-1:30pm

Leapin' Leprechauns

#250528	Mar 13	F	12:30-1:30pm
#250529	Mar 14	Sa	12:30-1:30pm

Spring Surprise

#250530	Apr 3	F	12:30-1:30pm
#250525	Apr 4	Sa	12:30-1:30pm

Art - Storyland Adventures with Mr. Moo Monet

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

Optimist Community Center – Course Fee: \$36

#251333	Jan 15-Feb 5	W	10:30-11:15am
#251334	Feb 19-Mar 11	W	10:30-11:15am
#251335	Mar 25-Apr 15	W	10:30-11:15am

Art Adventures

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

Laurel Hills Community Center – Course Fee: \$36

#248544	Feb 1-22	Sa	10:00-11:00am
#248545	Mar 7-28	Sa	10:00-11:00am

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

#250341	Jan 6-27	M	4:15pm-5:00pm
Course Fee: \$40			
#250342	Jan 8-29	W	9:15-10:00am
#250343	Feb 3-24	M	4:15-5:00pm
#250344	Feb 5-26	W	9:15-10:00am
#250345	Mar 2-23	M	4:15-5:00pm
#250346	Mar 4-25	W	9:15-10:00am
#250347	Apr 6-27	M	4:15-5:00pm
#250348	Apr 8-29	W	9:15-10:00am

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

January 17 - February 2, 2020

**The Curious Incident of the Dog
In the Night-Time** - Mystery

February 14-23, 2020

Seussical, Jr. - Musical, Family Series

March 20 - April 5, 2020

The Jungle Book - Drama, Family Series

April 10-26, 2020

A Raisin in the Sun - Drama

May 16-17, 2020

**Raleigh Symphony Orchestra
Spring Concert** - Musical

June 5-21, 2020

Urinetown, the Musical - Comedy

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

February 14 - March 1, 2020

The Old Man & The Old Moon

April 17 - May 3, 2020

Guess Who's Coming to Dinner

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

#249862	Jan 8-29	W	10:15-11:00am
#249863	Feb 5-26	W	10:15-11:00am
#249864	Mar 4-25	W	10:15-11:00am
#249865	Apr 1-22	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

#250352	Jan 9-30	Th	10:00-10:45am
#250353	Feb 6-27	Th	10:00-10:45am
#250354	Mar 5-26	Th	10:00-10:45am
#250355	Apr 2-30	Th	10:00-10:45am

Ballet Basics I - Beginner

Age: 3-5 yrs. Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals, including body alignment, basic ballet terminology and principles of postures. Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Tanesha Patrick

Green Road Community Center – Course Fee: \$70

#247628	Jan 4-Feb 15	Sa	9:15-10:00am
#247629	Jan 4-Feb 15	Sa	10:15-11:00am
#247630	Feb 29-Apr 18	Sa	9:15-10:00am
#247631	Feb 29-Apr 18	Sa	10:15-11:00am

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Ballet Basics II - Intermediate

Age: 6-8 yrs. Young ballet dancers will work on each movement in barre and center exercises and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary but encouraged. Instructor: Tanesha Patrick
Green Road Community Center – Course Fee: \$70
 #247632 Jan 4-Feb 15 Sa 11:15am-12:00pm
 #247633 Feb 29-Apr 18 Sa 11:15am-12:00pm

Ballet/Tap for Mini Stars

Age: 4-5 yrs. Your preschooler will learn techniques to grow as a dancer. Class is split from ballet and then into tap. We will work on flexibility and ballet terminology. Students will learn how to turn without getting dizzy and leap as high as they can without falling! Students should wear white or pink tights, ballet slippers/tap shoes and black or pink leotards. Ballet skirt is optional. Instructed by Ms. Gabbie.
Millbrook Exchange Community Center – Course Fee: \$150

Full Session

#250290	Jan 4-Apr 25	Sa	10:15-11:00am
Course Fee: \$40			
#250286	Jan 4-25	Sa	10:15-11:00am
#250288	Mar 7-28	Sa	10:15-11:00am
#250289	Apr 4-25	Sa	10:15-11:00am
Course Fee: \$50			
#250287	Feb 1-29	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

#249652	Jan 7-28	Tu	4:30-5:00pm
#249653	Feb 4-25	Tu	4:30-5:00pm
#249654	Mar 3-24	Tu	4:30-5:00pm
#249655	Apr 14-May 5	Tu	4:30-5:00pm

Create with Me Preschool Art

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

Millbrook Exchange Community Center

Course Fee: \$50

#250559	Jan 7-Feb 11	Tu	10:45-11:30am
#250560	Mar 10-Apr 21	Tu	10:45-11:30am

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

#250531	Jan 6-27	M	10:45-11:30am
#250532	Feb 10-Mar 2	M	10:45-11:30am
#250533	Mar 9-30	M	11:00-11:45am
#251049	Apr 6-27	M	11:00-11:45am

Dance - Jazz - Z Creative Dance for 2s and 3s

Age: 2-3 yrs. Come, little dancers, and do your thing! You know you like to pop and swing! Learn dances from around the world as you jazz it up, flip, heel-toe and rock 'n' roll! Dancers will also perform top hat moves and use floating ribbon streamers, scarves and other memorable props to enhance their artistic dance experience. This is a fun, creative class, great for motor skills, fitness and social skills. Instructor: Ms. Khadija (Coach K).

Laurel Hills Community Center – Course Fee: \$40

#248605	Feb 1-22	Sa	10:15-10:45am
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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: \$30

#250364	Apr 14-28	Tu	11:30am-12:15pm
Course Fee: \$40			
#250361	Jan 7-28	Tu	11:30am-12:15pm
#250362	Feb 4-25	Tu	11:30am-12:15pm
#250363	Mar 3-24	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

#249664	Jan 7-28	Tu	5:15-6:15pm
#249665	Feb 4-25	Tu	5:15-6:15pm
#249666	Mar 3-24	Tu	5:15-6:15pm
#249667	Apr 14-May 5	Tu	5:15-6:15pm

Little Brittos Art

Age: 3-5 yrs. Named for Romero Britto, the Brazilian pop artist who uses bright, bold colors in his joyful paintings, this literature-based class provides preschool preparation. The focus is on student independence; no parent/caregiver participation. Each week, we'll read a story, then create an art project inspired by its subject or characters. We'll use our imaginations and a variety of media, including paint, oil pastels,

crayons, markers and glue to create original, colorful works of art every week. Dress for a mess, and come ready to have some art-filled fun!

Millbrook Exchange Community Center

Course Fee: \$65

#250561	Jan 7-Feb 11	Tu	11:45am-12:45pm
#250562	Mar 10-Apr 21	Tu	11:45am-12:45pm

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: \$30

18-36 months

#250447	Apr 3-24	F	11:00-11:45am
#250451	Apr 3-24	F	11:45am-12:30pm
Course Fee: \$40			

18-36 months

#250444	Jan 3-24	F	11:00-11:45am
#250445	Feb 7-28	F	11:00-11:45am
#250446	Mar 6-27	F	11:00-11:45am
#250448	Jan 3-24	F	11:45am-12:30pm
#250449	Feb 7-28	F	11:45am-12:30pm
#250450	Mar 6-27	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

#250410	Jan 9-30	Th	11:00-11:45am
#250411	Feb 6-27	Th	11:00-11:45am
#250412	Mar 5-26	Th	11:00-11:45am
#250413	Apr 2-30	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

#249650	Jan 10-Feb 14	F	9:30-10:15am
#249651	Mar 13-Apr 24	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

#249648	Jan 9-Feb 13	Th	9:30-10:30am
#249649	Mar 12-Apr 16	Th	9:30-10:30am

Preschool - Wild Animal Art

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

Sertoma Arts Center – Course Fee: \$70

#249640 Jan 6-Feb 17 M 1:00-2:00pm
#249641 Mar 9-Apr 13 M 1:00-2:00pm

Suzuki Music for Babies

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

Greystone Community Center – Course Fee: \$55

#250415 Jan 8-Feb 12 W 10:00-10:50am
#250417 Mar 4-Apr 8 W 10:00-10:50am

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

#250440 Jan 8-29 W 3:45-4:30pm
#250441 Feb 5-26 W 3:45-4:30pm
#250442 Mar 4-25 W 3:45-4:30pm
#250443 Apr 8-29 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: \$130

#250334 Jan 10-Apr 24 F 10:15-11:00am
Course Fee: \$150
#250329 Jan 4-Apr 25 Sa 9:15-10:00am
Course Fee: \$30
#250333 Apr 3-17 F 10:15-11:00am
Course Fee: \$40
#250325 Jan 4-25 Sa 9:15-10:00am
#250327 Mar 7-28 Sa 9:15-10:00am
#250328 Apr 4-25 Sa 9:15-10:00am
#250330 Jan 10-31 F 10:15-11:00am
#250331 Feb 7-28 F 10:15-11:00am
#250332 Mar 6-27 F 10:15-11:00am
Course Fee: \$50
#250326 Feb 1-29 Sa 9:15-10:00am

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

#250927 Jan 4-25 Sa 11:00-11:45am
#250928 Feb 1-22 Sa 11:00-11:45am
#250929 Mar 7-28 Sa 11:00-11:45am
#250930 Apr 4-25 Sa 11:00-11:45am

Afterschool Art - Drawing to Painting

Age: 11-14 yrs. In this class you will learn basic drawing skills, composition and painting. Discover what you can do with color! Learn the color wheel, mix colors and then apply the paint. Students can bring

in pictures or objects to work on, use their imagination to create their own subject, or work on items brought in by the instructor. Students will work with pencils, water color and/or acrylics. Registration is due 3 days prior to class start date.

Halifax Community Center – Course Fee: \$60

#250973 Jan 2-23 Th 4:00-5:30pm
#250974 Feb 6-27 Th 4:00-5:30pm
#250975 Mar 5-26 Th 4:00-5:30pm
#250976 Apr 2-23 Th 4:00-5:30pm

All American Girls Create & Play

Age: 6-12 yrs. Bring your favorite doll and enjoy some special create-and-play time together! We may make crafts and accessories, read stories, play games, sing and 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

Winter Fun & Play

#250519 Jan 11 Sa 10:00am-12:00pm

Love is in the Air

#250520 Feb 8 Sa 10:00am-12:00pm

Day at the Spa

#250521 Mar 14 Sa 10:00am-12:00pm

Going on an Egg Hunt

#250522 Apr 4 Sa 10:00am-12:00pm

Art - Art Club

Age: 7-11 yrs. Come join the Art Club! Members will choose projects from a list provided by the instructor, such as weaving, bookmaking, mask-making, sculpture, mixed-media painting, puppet making, posters and printmaking. No two sessions are alike, so join as many as you can. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center – Course Fee: \$90

#249643 Jan 6-Feb 17 M 4:00-6:00pm
#249644 Mar 9-Apr 13 M 4:00-6:00pm

Art - Fantastic Beasts and How to Make Them

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

Sertoma Arts Center – Course Fee: \$90

#249645 Jan 8-Feb 12 W 4:30-6:30pm
#249646 Mar 11-Apr 15 W 4:30-6:30pm

Art Adventures for Kids

Age: 6-12 yrs. Your artist will explore the world of art and create masterpieces each week. Watch as imaginations soar and we get dirty in the process!

Laurel Hills Community Center – Course Fee: \$36

#248546 Feb 1-22 Sa 11:15am-12:15 pm
#248547 Mar 7-28 Sa 11:15am-12:15pm



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Ballet Basics III - Advanced

Age: 9-12 yrs. Young dancers will gain a sense of awareness of body coordination and alignment. Participants will work on ballet movements in barre and center exercises. While dancers focus on structural lesson plans, they are encouraged to develop their own creativity. Prior experience is required for this course. Instructor: Tanesha Patrick

Green Road Community Center – Course Fee: \$70

#247634 Jan 4-Feb 15 Sa 12:15-1:00pm

#247635 Feb 29-Apr 18 Sa 12:15-1:00pm

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

#250918 Jan 4-25 Sa 10:00-10:45am

#250919 Feb 1-22 Sa 10:00-10:45am

#250920 Mar 7-28 Sa 10:00-10:45am

#250921 Apr 4-25 Sa 10:00-10:45am

Ballet/Lyrical/Tap for Shooting Stars

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

Millbrook Exchange Community Center

Course Fee: \$150

Full Session

#250283 Jan 4-Apr 25 Sa 12:15-1:00pm

Course Fee: \$40

#250279 Jan 4-25 Sa 12:15-1:00pm

#250281 Mar 7-28 Sa 12:15-1:00pm

#250282 Apr 4-25 Sa 12:15-1:00pm

Course Fee: \$50

#250280 Feb 1-29 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: \$150

Full Session - Mini Stars 4-5yrs

#250301 Jan 4-Apr 25 Sa 11:15am-12:00pm

#250306 Jan 4-Apr 25 Sa 1:15-2:00pm

Course Fee: \$40

Mini Stars 4-5yrs

#250297 Jan 4-25 Sa 11:15am-12:00pm

#250299 Mar 7-28 Sa 11:15am-12:00pm

#250300 Apr 4-25 Sa 11:15am-12:00pm

#250302 Jan 4-25 Sa 1:15-2:00pm

#250304 Mar 7-28 Sa 1:15-2:00pm

#250305 Apr 4-25 Sa 1:15-2:00pm

Course Fee: \$50

Mini Stars 4-5yrs

#250298 Feb 1-29 Sa 11:15am-12:00pm

#250303 Feb 1-29 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

#251602 Jan 8-29 W 5:15-6:15pm

#251603 Feb 5-26 W 5:15-6:15pm

#251604 Mar 4-25 W 5:15-6:15pm

#251605 Apr 1-22 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

#251112 Feb 22-Mar 28 Sa 10:30-11:15am

#251113 Feb 22-Mar 28 Sa 11:15-12:15pm

#251114 Jan 11-Feb 15 Sa 10:30-11:15am

#251115 Jan 11-Feb 15 Sa 11:15am-12:00pm

Dance - Tap and Jazz

Age: 4-6 yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing coordination and self-esteem. Dancers will dance with props, hats, batons and flowing ribbons. Instructor: Ms. Khadija.

Laurel Hills Community Center – Course Fee: \$40

#248606 Feb 1-22 Sa 11:00-11:45am

Drawing - Drawing Fundamentals

Age: 6-10 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. Instructor: Sarah Clover.

Sertoma Arts Center – Course Fee: \$80

#250989 Jan 7-Feb 11 Tu 4:30-6:00pm

#250990 Mar 10-Apr 14 Tu 4:30-6:00pm

Drawing and Painting

Age: 6-10 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

#250626 Feb 27-Apr 2 Th 4:00-5:30pm

Girls & Their Dolls Night Out

Age: 5-12 yrs. Girls and their dolls are invited to come spend the evening with us. We will 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

#251554 Jan 24 F 5:30-8:30pm

#251555 Feb 21 F 5:30-8:30pm

#251556 Mar 27 F 5:30-8:30pm

#251557 Apr 24 F 5:30-8:30pm

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

#250380 Jan 6-27 M 5:00-5:55pm

Course Fee: \$40

#250381 Feb 3-24 M 5:00-5:55pm

#250382 Mar 9-30 M 5:00-5:55pm

#250383 Apr 6-27 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: \$47

#251542 Jan 15-Feb 5 W 1:30-3:00pm

#251543 Jan 15-Feb 5 W 4:30-6:00pm

#251544 Feb 19-Mar 11 W 1:30-3:00pm

#251545 Feb 19-Mar 11 W 4:30-6:00pm

#251546 Mar 25-Apr 15 W 1:30-3:00pm

#251547 Mar 25-Apr 15 W 4:30-6:00pm

Homeschool Art Time

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
 #251539 Jan 15-Feb 5 W 11:45am-12:45pm
 #251540 Feb 19-Mar 11 W 11:45am-12:45pm
 #251541 Mar 25-Apr 15 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
 #248871 Mar 31-Apr 21 Tu 5:00-5:30pm
 Course Fee: \$80
 #248868 Jan 7-28 Tu 5:00-5:30pm
 #248869 Feb 4-25 Tu 5:00-5:30pm
 #248870 Mar 3-24 Tu 5:00-5:30pm

It's Showtime

Age: 6-18 yrs. Students build confidence and find their voice with beginning acting lessons. Students will be taking on different emotions and environments as they work on skits. It's time for your close up! Instructor: Gabriellia Whitaker.

Abbotts Creek Community Center – Course Fee: \$150
Full Session
 #250319 Jan 8-Apr 29 W 6:30-7:30pm
 Course Fee: \$40
 #250315 Jan 8-29 W 6:30-7:30pm
 #250316 Feb 5-26 W 6:30-7:30pm
 #250317 Mar 4-25 W 6:30-7:30pm
 Course Fee: \$50
 #250318 Apr 1-29 W 6:30-7:30pm

Jazz/Hip Hop Duo

Age: 6-11 yrs. Beginner level dance Jazz/ Hip Hop Dance instruction in a fun and supportive environment. Come learn some cool moves! Instructor: Tanesha Patrick
Green Road Community Center – Course Fee: \$70
Green Road Community Center
 #247626 Jan 4-Feb 15 Sa 1:15-2:00pm
 #247627 Feb 29-Apr 18 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
Full session– Course Fee: \$160
 #249350 Jan 9-Apr 30 Th 6:15-7:30pm
Half session – Course Fee: \$80
 #249351 Mar 5-Apr 30 Th 6:15-7:30pm

Pottery - Funky Fungi

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

Sertoma Arts Center – Course Fee: \$45
 #249642 Feb 12-19 W 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. 4 sessions. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$70
 #249740 Jan 28-Feb 18 Tu 4:15-5:30pm

Pottery - Valentines in Clay

Age: 5-12 yrs. Come and make cut-outs in clay for Valentine's Day! We will be making and decorating them in the first class and glazing them in the second class. Finished pieces will be ready to pick up two weeks after the last class. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$45
 #249733 Jan 27-Feb 3 M 4:15-5:30pm

Pottery - Varmint Vessels

Age: 6-11 yrs. The young artists begin by creating basic cylinder forms that they will then transform into rascally wild animals by carving, attaching sprigs of clay and using various other techniques. In the second class students will decorate with glazes. Instructor: Patty Merrell.

Sertoma Arts Center – Course Fee: \$45
 #249647 Mar 11-18 W 4:15-5:30pm

Pottery - Youth Handbuilding

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

Sertoma Arts Center – Course Fee: \$100
 #249719 Feb 24-Mar 30 M 4:00-6:00pm

Sweetheart Art

Age: 5-14 yrs. Roses are red, violets are blue, sugar is sweet ... this program at Sanderford Road Center is too! Join us for Valentine's Day inspired arts and crafts.

Sanderford Road Park
 #251111 Feb 13 Th 5:00-6:00pm

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: \$184

Full Session
 #250272 Jan 9-Apr 30 Th 6:30-7:30pm
 Course Fee: \$48
 #250268 Jan 9-30 Th 6:30-7:30pm
 #250269 Feb 6-27 Th 6:30-7:30pm
 #250270 Mar 5-26 Th 6:30-7:30pm
 Course Fee: \$60
 #250271 Apr 2-30 Th 6:30-7:30pm

Beginning Drawing- Teens

Age: 13-18 yrs. Whether you are a beginner or experienced draftsman, this class is for you! This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will learn drawing elements such as contour hatching, positive/negative space and value. Students will learn to break down complicated subjects into basic shapes. Students will experiment with drawing materials such as pencils, charcoal, chalk pastel and conte-crayon. Students will draw natural and man-made objects. This course provides a good foundation for all art classes. Students provide their own supplies. Supplies list provided upon registration.

Millbrook Exchange Community Center
 Course Fee: \$60
 #250550 Jan 6-Feb 17 M 3:00-5:00pm
 #250551 Mar 9-Apr 13 M 3:00-5:00pm

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. Instructor: Sarah Clover.

Sertoma Arts Center – Course Fee: \$90
 #250995 Jan 7-Feb 11 Tu 6:30-8:30pm
 #250996 Mar 10-Apr 14 Tu 6:30-8:30pm

Drawing and Painting for Teens

Age: 11-15 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: \$90
 #250624 Jan 27-Mar 9 M 4:00-6:00pm

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Hip-Hop for Teens

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

Millbrook Exchange Community Center
Course Fee: \$184
Full Session

#250313	Jan 9-Apr 30	Th	7:30-8:30pm
Course Fee:	\$48		
#250309	Jan 9-30	Th	7:30-8:30pm
#250310	Feb 6-27	Th	7:30-8:30pm
#250311	Mar 5-26	Th	7:30-8:30pm
Course Fee:	\$60		
#250312	Apr 2-30	Th	7:30-8:30pm

Pottery - Continuing Teen Wheel

Age: 12-16 yrs. Teens continue to learn the basics of throwing pots on the potter's wheel. Class time includes throwing demonstrations followed by practice time on the wheel. This class will be a continuation of learning from the first Teen Wheel course. We will briefly brush up on the basics of wheel throwing, but this course is not an introduction to the potter's wheel. Teens should have taken the beginning course Teen Wheel or have other equivalent experience. We will expand on learning how to use the wheel to create finished pieces such as bowls, mugs, vases and candle stick holders. Students will work at their own level and pace to complete beautiful works of art! 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. Prerequisite: Teen Wheel course at Sertoma Arts Center. 6 sessions. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$125
#250620 Mar 10-Apr 14 Tu 4:00-6:30 pm

Pottery - Handbuilding for Teens

Age: 13-16 yrs. These ceramics classes are specially geared towards fun and artistic discovery by learning basic skills for sculpting and manipulating clay with pinch, coil and slab techniques. In our relaxed environment, teens will gain knowledge & confidence in the arts, while learning creative thinking. Teens will gain the experience of working in a professional pottery studio as well as learn hand building/sculpting and multiple surface decoration techniques will be demonstrated and applied. No prior experience is required. 6 sessions. Instructor: Lynn Kurisko.

Sertoma Arts Center – Course Fee: \$100
#249721 Mar 17-Apr 21 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
#250558 Jan 7-Feb 11 Tu 4:00-6:30pm

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:	\$184		
#250266	Jan 7-Apr 28	Tu	8:00-8:50pm
Course Fee:	\$48		
#250262	Jan 7-28	Tu	8:00-8:50pm
#250263	Feb 4-25	Tu	8:00-8:50pm
#250265	Apr 7-28	Tu	8:00-8:50pm
Course Fee:	\$60		
#250264	Mar 3-31	Tu	8:00-8:50pm

Beginning Drawing- Adults

Age: 18yrs. and up. Whether you are a beginner or experienced draftsman, this class is for you! This is a basic drawing class for both beginners and those who are looking to sharpen their drawing skills. Students will learn drawing elements such as contour hatching, positive/negative space and value. Students will learn to break down complicated subjects into basic shapes. Students will experiment with drawing materials such as pencils, charcoal, chalk pastel and conte-crayon. Students will draw natural and man-made objects. This course provides a good foundation for all art classes. Students provide their own supplies. Supplies list provided upon registration.

Millbrook Exchange Community Center

Course Fee:	\$90		
#250548	Jan 9-Feb 13	Th	4:30-7:00pm
#250549	Mar 12-Apr 16	Th	4:30-7:00pm

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.

Optimist Community Center – Course Fee: \$80
#248711 Jan 5-Feb 23 Su 2:00-3:00pm
#248712 Mar 8-Apr 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. Instructor: Kim Roberto

Brier Creek Community Center – Course Fee: \$20
#248864 Jan 6-27 M 11:00am-12:00pm
#248865 Feb 3-24 M 11:00am-12:00pm
#248866 Mar 2-23 M 11:00am-12:00pm
#248867 Mar 30-Apr 27 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

#249711	Jan 9-Mar 5	Th	8:00-9:00pm
#249712	Mar 12-May 7	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

#249713	Jan 3-31	F	6:00-10:30pm
#249716	Apr 3-24	F	6:00-10:30pm
#249720	May 1-29	F	6:00-10:30pm

Jaycee Community Center – Course Fee: \$1

#249714	Feb 7-28	F	6:00-10:30pm
#249715	Mar 6-27	F	6:00-10:30pm

Dance - Scottish

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

Glen Eden Pilot Park – Course Fee: \$1

#251123	Jan 8-29	W	7:00-10:00pm
#251124	Feb 5-26	W	7:00-10:00pm
#251125	Mar 4-25	W	7:00-10:00pm
#251126	Apr 1-29	W	7:00-10:00pm

Dance Beginner Clogging

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

Jaycee Community Center – Course Fee: \$35

#249723	Jan 9-Mar 5	Th	6:00-7:00pm
#249724	May 14-Jul 9	Th	6:00-7:00pm

Dance-Advanced Clogging

Age: 6yrs. and up. Looking for a clogging challenge? Give our advanced class a try. It's fun and great exercise, in an open, noncompetitive environment. Clogging began in the mountains of North Carolina and has spread worldwide. It is the wonderful percussive dance often seen when bluegrass or old-time music is playing. This class incorporates pop songs as well. Bryan Craddock, director of the Hemlock Bluffs Cloggers, is an excellent instructor. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Please note that a beginner class is offered at 6 p.m., and the Hemlock Bluff Cloggers Club is offered at 8 p.m.

Jaycee Community Center – Course Fee: \$35
 #249726 Jan 9-Mar 5 Th 7:00-8:00pm
 #249727 Mar 12-May 7 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.

Sertoma Arts Center – Course Fee: \$100
 #249537 Jan 24-Feb 28 F 9:30am-12:00pm
 Instructor: Chelsea Brown.
 #249538 Jan 8-Feb 12 W 6:00-8:30pm
 Instructor: Amanda Wilson

Drawing - Beginning Drawing Part 2

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

Sertoma Arts Center – Course Fee: \$100
 #249539 Mar 13-Apr 24 F 9:30am-12:00pm
 Instructor: Chelsea Brown.
 #249540 Mar 11-Apr 15 W 6:00-8:30pm
 Instructor: Amanda Wilson

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. Instructor: Chelsea Brown.

Sertoma Arts Center – Course Fee: \$100
 #249535 Jan 22-Feb 26 W 9:30am-12:00pm
 #249536 Mar 11-Apr 22 W 9:30am-12:00pm

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
 #250957 Feb 12 W 6:30-9:00pm
 #250962 Apr 8 W 6:30-9:00pm

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 fee of \$5 due to instructor at start of workshop. Instructor: Tonya Hicks.

Sertoma Arts Center – Course Fee: \$35
 #249639 Mar 21 Sa 12:00-3:30pm

Fibers - Beginner Sewing: Machine Basics

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
 #249638 Jan 25 Sa 12:00-2:30pm

Fibers - Beginning Sewing: Channel Stitched Pillow

Age: 16yrs. and up. Channel stitching is a great technique for adding visual and textural interest to pillows. In this beginner class, you will learn how to construct a pillow and use interfacing to give it structure and a professional finish. You will use a walking foot - one of the most versatile of all sewing machine feet - to customize your pillow with channel stitching. You will also 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. \$10 supply fee to be paid to instructor at first class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley.

Sertoma Arts Center – Course Fee: \$100
 #249100 Feb 11-Mar 10 Tu 10:00am-12:00pm
 #249101 Feb 13-Mar 12 Th 6:30-8:30pm

Fibers - Beginning Sewing: Quilting

Age: 16yrs. and up. Are you a beginning sewer interested in quilting, but would like some hands on instruction and support as you learn? If so, this class is for you! Each student will make a small wall hanging size quilt, learning the fundamental steps of fabric preparation, quilt construction and finishing

methods along the way. We will discuss key tools and the 'why' of each step (exploring topics such as fabric and batting selection and how fabric grainline affects your quilt). Each student will gain the skills needed to progress to more advanced quilts. We will be using Sertoma's sewing machines. Supply list available on Sertoma's webpage. More details can be found on the instructor's website creativesewingstudios.com. Instructor: Joy Kelley

Sertoma Arts Center – Course Fee: \$120
 #249102 Mar 24-Apr 28 Tu 10:00am-12:00pm
 #249103 Mar 26-Apr 30 Th 6:30 PM-8:30pm

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: \$30
 #249107 Apr 4 Sa 1:00-4:00pm

Fibers - Beginning Surface Embroidery

Age: 16yrs. and up. Embroidery is a traditional needlecraft used to create decorative pieces and also to embellish clothing, quilts, sewn projects and much more. In this class you'll learn which embroidery tools and supplies work best for beginners, how to hoop fabric to keep it taut, how to transfer designs onto fabric to stitch, and a visual encyclopedia of the most common stitches. Each class will focus on a different group (or family) of stitches: straight stitches, back stitches, chain stitches, buttonhole or blanket stitches, fly or feather stitches, cross stitches, knotted stitches, composite stitches, couched or laid stitches and woven stitches. Class project include a sampler and then a choice of a tote bag or a piece of hooped wall art. Supply fee of \$10 due to instructor at start of class. Instructor: Jennifer Markowitz.

Sertoma Arts Center – Course Fee: \$130
 #249623 Jan 6-Feb 17 M 1:00-3:30pm
 #249624 Mar 9-Apr 13 M 6:00-8:30pm

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Fibers - Embroidered Geographies: Mapping Memories

Age: All Ages Embroidered maps can be used to re-visit personal geography including periods of dislocation, memories, traumas, confusions, and artifacts. Embroidery used in a precisely imprecise way can expose memory in all its disarray and confusion. Throughout this class, you will learn a series of embroidery stitches and techniques that you will then use to produce your own piece of textile art. Using simple surface design, fabric manipulation and hand embroidery, students will map their personal histories through thread and cloth. All levels are welcome. Supply fee of \$10 due to instructor at first class. Instructor: Jennifer Markowitz.

Sertoma Arts Center – Course Fee: \$130
#249625 Jan 6-Feb 17 M 6:00-8:30pm
#249626 Mar 9-Apr 13 M 1:00-3:30pm

Fibers - Quilting Basics - Piecing with a Sewing Machine

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

Sertoma Arts Center – Course Fee: \$30
#249106 Mar 7 Sa 1:00-4:00pm

Fibers - Scrunch, Pleat and Cinch in Shibori and Indigo

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

Sertoma Arts Center – Course Fee: \$120
#249109 Mar 21-22 Sa-Su 10:00am-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: \$30
#249105 Feb 15 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: \$30
#249104 Feb 1 Sa 1:00-4:00pm

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 unstructured 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
#249108 Apr 18 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
#249528 Feb 22-23 Sa-Su 9:30am-4:30pm
#249529 Apr 25-26 Sa-Su 9:30am-4:30pm

Glassmaking - Glass Jewelry

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

Sertoma Arts Center – Course Fee: \$105
#249633 Jan 15-Feb 12 W 6:30-9:00pm

Jewelry - Beginning Enameling

Age: 16yrs. and up. This class is designed for the aspiring enamellist. Starting with the absolute basics, we will explore color on metal with transparent and opaque enamels. The sky's the limit - there will be tons of room for experimentation! Students will come away with the basic knowledge and confidence to enamel and oodles of samples to make into finished jewelry. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$130
#249517 Jan 11-Feb 8 Sa 10:30am-1:30pm

Jewelry: Anodizing Niobium

Age: 16yrs. and up. Experiment by adding beautiful color to your jewelry! With anodized niobium, you can add color to your pieces. Students will learn to anodize niobium with an electrolyte solution and electrical current. Anodizing brings out amazing color and highlights texture on niobium. The pieces created can be added to other metals by cold joining or be the centerpiece in a set of earrings or necklace. The creative possibilities are endless! Must have had a jewelry class at Sertoma or Pullen Arts Center. \$35 kit will be available for purchase at the first class. Instructor: amy Veatch.

Sertoma Arts Center – Course Fee: \$130
#249516 Mar 19-Apr 23 Th 10:00am-12:30pm

Jewelry: Beginning Metals

Age: 16yrs. and up. Design and construct earrings, pins, pendants, charms or other small objects and tokens in this basic metal-working 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. Instructors: Betty McKim or Amy Veatch.

Sertoma Arts Center – Course Fee: \$130
#249525 Jan 27-Mar 9 M 10:00am-12:30pm
#249526 Mar 18-Apr 22 W 10:00am-12:30pm

Jewelry: Champlevè & Cloisonné Enamel

Age: 16yrs. and up. Learn the art of champlevè enamel jewelry! We will start with sheets of fine silver, saw out the design, and fuse the bases using an acetylene torch. Then you will learn how to inlay the cloisonné enamels into the silver bases and create a beautiful champlevè pendant. Instructor: Sandra McEwen.

Sertoma Arts Center – Course Fee: \$575
#249531 Apr 24-26 F-Su 9:00am-4:00pm

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. Instructor: Betty McKim or Amy Veatch.

Sertoma Arts Center – Course Fee: \$130
#249514 Feb 5-Mar 11 W 10:00am-12:30pm
#249515 Feb 26-Apr 1 W 7:00-9:30pm

Jewelry: Flush Setting Basics

Age: 16yrs. and up. This class is designed to get you comfortable with the basics of flush setting. Students will practice setting stones on a sample plate. Purchase \$10 kit at first class from instructor. Beginners welcome! Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$95
#249519 Apr 4-18 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 sell! Must have had a jewelry class at Sertoma or Pullen Arts Centers. \$30 Kit will be available for purchase at the first class. Instructor: Amy Veatch (6 sessions).

Sertoma Arts Center – Course Fee: \$120
#249524 Feb 28-Apr 3 F 10:00am-12:30pm

Jewelry: Introduction to Tube Setting

Age: 16yrs. and up. Whether you have never set a stone before or you just need a little practice with the technique, this tube setting class is not to be missed! We will learn how to cut our tubing and solder it onto flat and curved surfaces. Then we will set a small faceted cubic zirconia into our tubing. We will start with practice pieces but if you want to add a stone to a piece of jewelry that you made in a previous class, we can work on that, too. Class will include all you need to get started. Prerequisite: Beginning Metal.

Instructor: Sarah West
Sertoma Arts Center – Course Fee: \$95
#249530 Mar 21-28 Sa 10:30am-1:30pm

Jewelry: Keepsakes - Fusing Memories in Enamel

Age: 16yrs. and up. This workshop will explore enameling as a medium to permanently save your treasured photos and memories into a beautiful keepsake made of glass fired on metal. Using exciting waterslide decal techniques, personal images can be fired on previously enameled pieces. Students will learn a variety of sifting, stenciling, painting, and drawing techniques using oxides, watercolor enamels, and

China paints to embellish or highlight their keepsakes. Supply of \$35 to be paid at first class. Instructor: Barbara McFadyen.

Sertoma Arts Center – Course Fee: \$140
#249532 Mar 7-8 Sa-Su 9:00am-4:00pm

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 a 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
#250259 Jan 21-Feb 11 Tu 10:00am-12:30pm
#250260 Mar 10-31 Tu 7:00-9:30pm

Jewelry: Make Your Own Textured Hoop Earrings

Age: 16yrs. and up. In this one day class, students will learn the basics of jewelry making while learning to make a unique pair of hoop earrings in copper or brass. All materials included. More materials available for purchase. Instructor: Sarah West.

Sertoma Arts Center – Course Fee: \$50
#249518 Feb 29 Sa 10:30am-2:30pm

Jewelry: Open Studio for Enameling

Age: 16yrs. and up. 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 enameling kits for purchase if necessary. (1 session).

Sertoma Arts Center – Course Fee: \$5
#250082 Jan 16 Th 1:00-4:00pm
#250083 Jan 23 Th 1:00-4:00pm
#250084 Jan 30 Th 1:00-4:00pm
#250085 Feb 6 Th 1:00-4:00pm
#250086 Feb 13 Th 1:00-4:00pm
#250087 Feb 20 Th 1:00-4:00pm
#250088 Feb 27 Th 1:00-4:00pm
#250089 Mar 5 Th 1:00-4:00pm
#250091 Mar 12 Th 1:00-4:00pm



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Jewelry: Open Studio for Niobium

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. Supervision of the studio will be provided by Amy Veatch. Kits and metal will be available for sale. (1 session)

Sertoma Arts Center – Course Fee: \$5

#250093	Mar 19	Th	1:00-4:00pm
#250094	Mar 26	Th	1:00-4:00pm
#250095	Apr 2	Th	1:00-4:00pm
#250096	Apr 9	Th	1:00-4:00pm
#250097	Apr 16	Th	1:00-4:00pm
#250098	Apr 23	Th	1:00-4:00pm

Jewelry: Studio Orientation

Age: 16yrs. and up. This orientation is for students who had participation cards and had taken beginning classes at Pullen Arts Center. This will allow you to get a studio card at Sertoma and use the torches, as well as inform you of the Sertoma procedures and policies for the jewelry studio. Call and set up a time and date if you are interested in this opportunity to work in the new Sertoma Jewelry Studio (approx. 1hr. session). Otherwise participation cards are available after successfully completing a beginning jewelry class which included soldering at Sertoma. Instructor: Betty McKim.

Sertoma Arts Center - Course Fee: \$25

#250080	Jan 2	Th	9:00-10:00am
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Literary - Journal Writing Workshop: Write Your Journey

Age: 16yrs. and up. Your life or journey of life is worth recording. What seems mundane today might be extraordinary tomorrow.

Journal writing invites you to follow a path of self-discovery, self-organization and personal expression. In this class, you'll learn about different journaling styles; however, we will focus on simply starting a routine of writing and reflection. We will look at how you can create space for yourself and set the mood for journaling. You'll also practice writing through prompts and discussion. Leave the class with at least one journal entry you've written and resources that will guide you as you continue to develop your practice. Bring a journal and a pen or pencil with you. A quote: Our lives are at once ordinary and mythical. We live and die, age beautifully or full of wrinkles. We wake in the morning, buy yellow cheese, and hope we have enough money to pay for it. At the same instant we have these magnificent hearts that pump through all sorrow and all winters we are alive on the earth. We are important and our lives are important, magnificent really, and their details are worthy to be recorded. From Natalie Goldberg, *Writing Down the Bones*. Instructor: Yvonne Lowe.

Sertoma Arts Center – Course Fee: \$50

#250947	Jan 22	W	7:00-9:30pm
#250948	Mar 25	W	7:00-9:30pm



Painting - Advanced Oil Studio

Age: 16yrs. and up. This class is ideal for those with some oil painting experience, all skill levels are welcome. Students will bring their own projects or ideas and proceed with advice and demonstrations from the instructor. Assistance with how to get started, 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. The instructor will assist as you learn at your own pace and grow as an artist. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$120

#250564	Jan 8-Feb 12	W	1:30-4:30pm
#250621	Mar 11-Apr 15	W	1:30-4:30pm

Painting - Beginners Oil Painting with Eleanor

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

Jaycee Community Center – Course Fee: \$110

#250054	Jan 11-Feb 15	Sa	9:00-11:30am
#250055	Feb 22-Mar 28	Sa	9:00-11:30am
#250056	Apr 4-May 9	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

#250499	Jan 9-Feb 13	Th	7:00-9:30pm
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Painting - Beginning Watercolors

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

Supply list available on Sertoma's webpage.

Instructor: Ryan Fox.

Sertoma Arts Center – Course Fee: \$100

#249606	Jan 6-Feb 17	M	9:30am-12:00pm
#249607	Mar 23-Apr 20	M	9:30am-12:30pm

Painting - Chinese Brush Painting - Flowers & Birds

Age: 16yrs. and up. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Flowers and birds is one of the 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

#249096	Jan 8	W	12:00-3:00pm
#249097	Feb 5	W	12:00-3:00pm
#249098	Mar 11	W	12:00-3:00pm
#249099	Apr 8	W	12:00-3:00pm

Painting - Cityscapes in Acrylic

Age: 16yrs. and up. Have you ever seen a beautiful city skyline 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 the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one on one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush before you will be able to go home with something you are proud of! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100

#250567	Jan 7-Feb 11	Tu	10:00am-12:30pm
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Painting - Color Mixing for Oil Painters

Age: 16yrs. and up. We will cover the subtleties of color mixing to achieve that perfect color harmony - the balance between warm and cool colors, intense color and more subdued, supporting colors, shades, tones and highlights. We will do some academic color mixing exercises and then apply our mixing knowledge to an original composition. Supply list available on Sertoma's webpage. Instructor: Anna Podris.

Sertoma Arts Center – Course Fee: \$100

#249637	Feb 27-Apr 2	Th	6:30-9:00pm
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Painting - Colorful Portraits in Oil

Age: 16yrs. and up. This class will demonstrate basic portraiture in oils. The instructor will demonstrate how to set up a portrait using both realistic and expressive color. We will learn the use of color and how to incorporate it into portraiture. Students will work from reference photos. Please come to the first class with a portrait photo you

would like to work from, or with an idea in mind for your first painting. You will be guided from start to finish through your painting with individual help and class demonstrations from the instructor. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$120

#250572	Jan 9-Feb 13	Th	12:30-3:30pm
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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

#250497	Jan 7-Feb 11	Tu	7:00-9:30pm
#250498	Mar 10-Apr 14	Tu	7:00-9:30pm

Painting - Continuing Watercolors

Age: 18yrs. and up. In this class the basics of watercolor will be reinforced as additional watercolor techniques are learned and practiced. This class is for watercolorists who are ready to step beyond beginning watercolor as well as those who want to strengthen and add to their painting skills. Beginning watercolorists are welcome. Supply list available on Sertoma's webpage.

Sertoma Arts Center – Course Fee: \$100

#249110	Jan 6-Feb 10	M	12:30-3:30pm
Instructor: Kate Lagaly			
#249608	Mar 23-Apr 20	M	1:00-4:00pm
Instructor: Ryan Fox			

Painting - Intermediate Oil Painting with Eleanor

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

Jaycee Community Center – Course Fee: \$95

#250057	Jan 12-Feb 16	Su	1:00-3:30pm
#250058	Feb 23-Mar 29	Su	1:00-3:30pm
#250059	Apr 5-May 10	Su	1:00-3:30pm

Painting - Introduction to Oils

Age: 16yrs. and up. This class is an introduction to oil painting, intended for anyone who is curious about this medium and needs a place to start. The course will cover the basics of oil painting, including: materials used, basic color theory and color mixing, form, value, perspective, composition, themes and painting techniques. The class will include brief lectures and instructor demonstrations. Supply list available on Sertoma's webpage. Anna Podris instructs

Sertoma Arts Center – Course Fee: \$100

#249634	Jan 16-Feb 20	Th	6:30-9:00pm
#249636	Apr 16-May 21	Th	6:30-9:00pm

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

#249115	Jan 7-Feb 11	Tu	6:30-9:00pm
#249116	Mar 10-Apr 14	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

#249111	Jan 6-Feb 17	M	6:30-9:00pm
#249112	Mar 9-Apr 13	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

#249113	Jan 7-Feb 11	Tu	1:00-3:30pm
#249114	Mar 10-Apr 14	Tu	1:00-3:30pm

Painting - Open Studio Painting

Age: 16yrs. and up. This is an uninstructed 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

#250501	Jan 6	M	9:30am-12:30pm
#250502	Jan 13	M	9:30am-12:30pm
#250503	Jan 27	M	9:30am-12:30pm
#250504	Feb 3	M	9:30am-12:30pm
#250505	Feb 10	M	9:30am-12:30pm
#250506	Feb 17	M	9:30am-12:30pm
#250507	Feb 24	M	9:30am-12:30pm
#250508	Mar 9	M	9:30am-12:30pm
#250509	Mar 16	M	9:30am-12:30pm

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#250510	Mar 23	M	9:30am-12:30pm
#250511	Mar 30	M	9:30am-12:30pm
#250512	Apr 6	M	9:30am-12:30pm
#250513	Apr 13	M	9:30am-12:30pm
#250514	Apr 20	M	9:30am-12:30pm
#250515	Apr 27	M	9:30am-12:30pm

Painting - Pets/Animals in Acrylic

Age: 16yrs. and up. This class will demonstrate basic pet portraiture/animal painting in acrylic. The instructor will demonstrate how to set up a portrait using both realistic and expressive color. Students will work from reference photos. Please come to the first class with a photo you would like to work from, or with an idea in mind for your first painting. You will be guided from start to finish through your painting with individual help and class demonstrations from the instructor. All skill levels welcome! This is a great introduction of how to paint animals! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$120

#250622	Mar 12-Apr 16	Th	12:30-3:30pm
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Painting - Watercolor II, Achieving the Next Level

Age: 16yrs. and up. Intermediate and advanced students will refine and learn new brush skills to allow them to paint with confidence and achieve glowing colors and rich darks. We will explore and practice three major styles of developing a watercolor painting; quick sketch, layered approach and sectional development. We will discuss methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow, and atmosphere. Abstract painting will be used to develop gestural brush strokes, looser style

and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and receive assistance with problem areas. Students provide their own supplies. Supply list is included.

Instructor: Rick Bennett. (6 sessions)

Glen Eden Pilot Park – Course Fee: \$95

#250500	Mar 12-Apr 16	Th	7:00-9:30pm
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Painting - Winter Landscapes in Acrylic

Age: 16yrs. and up. Have you ever seen a beautiful winter 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 seascapes and leave with at least one completed painting. We will cover the use of color, perspective, light, value, how to create your own compositions and more. You will start with a sketch and move along during the length of the course with plenty of one on one assistance from the instructor as well as class demonstrations to help you along the way. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructors demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently with the instructors guidance. This course is great for any skill level, whether you have been painting for years or have never touched a brush before you will be able to go home with something you are proud of! Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$100

#250623	Mar 10-Apr 14	Tu	10:00am-12:30pm
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Painting - Workshop: Introduction to Painting with Pastels

Age: 16yrs. and up. This workshop will teach you what pastels are, their properties and how to apply painting techniques with them. Using soft pastels, we will create bold, crisp realism to soft impressionism paintings. Students will create and use tools to blend and crush the paint instead of using fingers or tortillions. Supply list available on Sertoma's webpage. Instructor: Coni Mansfield.

Sertoma Arts Center – Course Fee: \$150

#250971	Apr 4-5	Sa-Su	10:00am-4:00pm
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Painting - Workshop: Two Days of Watercolors

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

Sertoma Arts Center – Course Fee: \$150

#249527	M	9:45am-3:30pm
	Tu	10:30am-3:30pm

Painting - Workshop: Watercolor Weekend

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

Sertoma Arts Center – Course Fee: \$150

#249520	Jan 18-19	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm
#249521	Feb 29-Mar 1	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm
#249522	Mar 21-22	Sa	9:45am-3:30pm
		Su	10:30am-3:30pm

Painting- Acrylic and Oil

Age: 18yrs. and up. This class is open to everyone from absolute beginners to seasoned painters. This is a basic painting class for both acrylic and oil painters. Students will learn to handle, mix and apply paint. Students will learn to break down complicated subjects into basic shapes. Students will learn composition, proportion and how to create form using value and color. Students may work from still lifes, photos or copy old master's paintings. Students provide their own supplies. Supplies list provided upon registration.

Millbrook Exchange Community Center

Course Fee: \$90

#250556	Jan 6-Feb 17	M	12:00-2:30pm
#250557	Mar 9-Apr 13	M	12:00-2:30pm



Pottery - Advanced Wheel

Age: 16yrs. and up. In the advanced wheel class students will be challenged to push their abilities to work with larger amounts of clay while increasing their sophistication in creating forms. Advanced forms can include (but will not be limited to) large lidded forms, out of round forms, segmented throwing, donuts, faceted and darted forms, and anything else you can think of! Each student will receive individual instruction and will be expected to work outside of their comfort zone in order to spur growth. This is a seven-week class. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee: \$110
#249756 Jan 13-Mar 2 M 7:00-9:15pm

Pottery - Electric Kilns: Setup & Maintenance

Age: 16yrs. and up. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. (This class does not qualify for studio card purchase.) Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$60
#249356 Mar 6 F 9:30am-1:00pm

Pottery - Handbuilding: Beginning

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

Sertoma Arts Center – Course Fee: \$110
#249462 Jan 15-Feb 26 W 9:30-11:45am
Instructor: Tim Cherry
#249463 Jan 15-Feb 26 W 7:00-9:15pm
Instructor: Steve Karloski

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

#249468 Mar 18-Apr 29 W 9:30am-11:45am
Instructor: Tim Cherry
#249469 Mar 18-Apr 29 W 7:00pm-9:15pm
Instructor: Steve Karloski

Pottery - Image Transfer for Beginners

Age: 16yrs. and up. Learn how to transfer different types of images onto clay surfaces for decoration using underglaze or stain medium. Techniques include basic slip transfer, laser print resist and EZ Screen. Other image transfer processes may be included if time permits. Pointers on making pottery pieces will be discussed and demonstrated in the workshop. Class work may be handbuilt or thrown and will be made in red earthenware in order to maximize color intensity. Techniques are easily transposed to other firing temperatures and will be discussed. A materials fee of \$12 will be collected by the instructor at the first class to cover underglaze, slips, low fire glaze, etc. Students purchase clay from Sertoma. This class does not qualify for a studio card at Sertoma Arts Center. Open to qualified Sertoma Arts Center potters and qualified Pullen Arts Center potters who have completed the Studio Orientation for Pullen Potters class prior to registration only. Students must be able to throw or handbuild forms suitable for image transfer. Instructor: Randy Hinson.

Sertoma Arts Center – Course Fee: \$65
#249353 Jan 9-30 Th 9:30am-12:00pm
#249354 Feb 20-Mar 12 Th 9:30am-12:00pm

Pottery - Introduction to Majolica

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

Sertoma Arts Center – Course Fee: \$65
#249355 Apr 2-23 Th 9:30am-12:00pm

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
#250577 Mar 19-Apr 30 Th 5:00-7:15pm

Pottery - Production!

Age: 16yrs. and up. Learn how to make sets, groups, and a series in this class focused on small-scale production. Explore techniques and tricks to fine-tune the creative process, allowing your handbuilding skills and design ideas to grow and flourish. Students should bring all of their own handbuilding supplies, plus any preferred texturing or handbuilding materials such as molds and forms. The instructor will also supply representative tools and forms for class use. Beginning Handbuilding at Sertoma or Pullen Arts Centers is required to qualify for this class. This course does not qualify for a studio card. Instructor: Steve Karloski.

Sertoma Arts Center – Course Fee: \$65
#249470 Feb 3-24 M 7:00-9:15pm

Pottery - Sagger Firing and Terra Sigillatas

Age: 16yrs. and up. Throughout history potters have worked with saggars to protect pieces from the heat and damaging impact of direct flame. In this course we will use saggars, or protective containers, to create a contained environment where the pots can be impregnated by the metallic oxides and salts, and carbon bearing organic material that surrounds them. In order to create a wonderful shiny surface on these pots we will create terra sigillatas (a very fine clay slip) that will allow the pots to be burnished and achieve a nearly glass like surface with out the addition of a glaze. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. Instructor: Andy McKenzie.

Sertoma Arts Center – Course Fee: \$110
#249892 Mar 10-Apr 21 Tu 9:30-11:45am

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Pottery - Sculptural Handbuilding

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

Sertoma Arts Center – Course Fee: \$65
#249471 Apr 6-27 M 7:00-9:15pm

Pottery - Throwing a Matching Dinnerware Set

Age: 16yrs. and up. Students will explore the use of the wheel to create a cohesive dinnerware set. The instructor will do class and one on one demonstrations of how to throw different pieces successfully with tips and tricks along the way. Students will create matching bowls, cups/mugs, plates, platters, serving dishes, wine goblets, etc. The instructor will demonstrate what makes a successful collection and how to put your own individual character into your complete set. We will be exploring different throwing techniques and how to take the basics one step further. This course does not qualify for a studio card. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center. Instructor: Amanda Wilson.

Sertoma Arts Center – Course Fee: \$110
#250555 Jan 16-Feb 27 Th 5:00-7:15pm

Pottery - Throwing Bigger and Taller

Age: 16yrs. and up. This class is designed to give students the required skills to begin to work with larger amounts (greater than 4 lbs.) on the potters wheel. Proper ergonomics and body position will be emphasized to help control the clay and to minimize the risk of injury. Large bowls and cylinder forms will be covered, as well steps to deal with the host of issues that trimming and glazing larger work presents. 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: \$65
#249893 Feb 7-28 F 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.

Sertoma Arts Center – Course Fee: \$110
#249488 Jan 15-Feb 26 W 7:00-9:15pm
Instructor: Joan Walsh
#249489 Jan 15-Feb 26 W 9:30-11:45am
Instructor: Tina Granville

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.

Sertoma Arts Center – Course Fee: \$110
#249493 Mar 18-Apr 29 W 7:00-9:15pm
Instructor: Joan Walsh
#249494 Mar 18-Apr 29 W 9:30-11:45am
Instructor: Tina Granville

Pottery - Workshop: Where Function and Sculpture Meet

Age: 16yrs. and up. The focus of this workshop is for students to create expressive sculptural planters in clay. Each student will learn how to hollow build a figurative form using a variety of hand-building techniques. Students should plan to bring a sketchbook and any desired images for inspiration. Students may take their finished piece home or leave it to be fired and contacted when it is ready to be picked up. Supply list available on Sertoma's webpage. Instructor: Gabrielle Graber.

Sertoma Arts Center – Course Fee: \$250
#249622 Mar 14-15 Sa-Su 9:00am-5:00pm

Printmaking - Intro to Linoleum Block Print

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

Sertoma Arts Center – Course Fee: \$105
#249611 Apr 14-May 19 Tu 7:00-9:30pm

Printmaking - Intro to Printmaking

Age: 16yrs. and up. Learn the printmaking techniques of intaglio, relief and monotype to print your own greeting cards, posters or fine art prints. Class will cover linoleum block, drypoint and the more painterly

monotype printmaking. Use our Dick Blick printing press to pull your one-of-a-kind print or series of prints. We will study different registration methods, ink choices and techniques to add color and learn how to pull the perfect print! Supply list is available on Sertoma's webpage. Supplies are approximately \$30-\$50. Instructor: Keith Norval. (6 sessions).

Sertoma Arts Center – Course Fee: \$105
#249609 Jan 14-Feb 18 Tu 7:00-9:30pm

Printmaking - Learn to Screen Print

Age: 16yrs. and up. If you want to make your own T-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, making transparencies, exposing the screen and printing techniques. You can use store-bought screens or learn how to build your own inexpensive screens. You can also print on tote bags, dish towels, paper and more. All skill levels welcome. Supply list is available on Sertoma's webpage. Instructor: Keith Norval. (6 sessions)

Sertoma Arts Center – Course Fee: \$105
#249610 Feb 25-Mar 31 Tu 7:00-9:30pm

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

#251276	Jan 29	W	7:00-9:30pm
#251277	Jan 8	W	7:00-9:30pm
#251278	Feb 5	W	7:00-9:30pm
#251279	Feb 12	W	7:00-9:30pm
#251280	Jan 15	W	7:00-9:30pm
#251281	Feb 19	W	7:00-9:30pm
#251282	Feb 26	W	7:00-9:30pm
#251283	Mar 4	W	7:00-9:30pm
#251284	Mar 11	W	7:00-9:30pm
#251285	Jan 22	W	7:00-9:30pm
#251286	Mar 18	W	7:00-9:30pm
#251287	Mar 25	W	7:00-9:30pm
#251288	Apr 1	W	7:00-9:30pm
#251292	Apr 8	W	7:00-9:30pm
#251293	Apr 15	W	7:00-9:30pm
#251298	Apr 22	W	7:00-9:30pm
#251299	Apr 29	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

#247842 Jan 8-Apr 29 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
 #248838 Jan 8-Apr 29 W 9:30am-12:00pm

Color Theory

Age: 18yrs. and up. This is a course in which the student will explore the amazing world of color. Students will learn about the nature and use of color. Emphasis will be upon color mixing, manipulation and the creation of color harmonies. This 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
 #249089 Jan 10-Feb 14 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
 #248017 Jan 2-Apr 30 M-Th 10:00-11:30am

Drawing: Beginning Gesture

Age: 18yrs. and up. The definition of the word gestural is the act of making marks on a picture plane that captures the quick, expression of an object. Students will experiment with ink & brush, charcoal, and the techniques of line and mass gestures. Students will work from a variety of still-lives. Master Expressionist drawings will be referenced. Instructor: Susan Soper
Five Points Center for Active Adults – Course Fee: \$60
 #249085 Feb 7-Mar 13 F 9:30am-12:00pm

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. Materials include pencil, charcoal and wash with pen and ink. 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. Emphasis will be on including a defined light source and the overall design of the page. Instructor: Nancy Carly
Abbotts Creek Community Center – Course Fee: \$60
 #249072 Jan 7-Feb 11 Tu 10:00am-1:00pm

Drawing: Introduction, Part 1

Age: 18yrs. and up. Students will 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
 #249075 Jan 9-Feb 13 Th 1:00-3:30pm
Five Points Center for Active Adults
 Course Fee: \$60
 #249079 Jan 7-Feb 11 Tu 1:00-3:30pm

Drawing: Introduction, Part 2

Age: 18yrs. and up. This class is for students who have taken a basic drawing class. Students will explore surface textures and composition. 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
 #249076 Feb 20-Mar 26 Th 1:00-3:30pm
Five Points Center for Active Adults
 Course Fee: \$60
 #249080 Feb 18-Mar 24 Tu 1:00-3:30pm

Jewelry Making Made Simple

Age: All Ages. Learn all of the basics needed to make your own jewelry in a fun and relaxing atmosphere. Each class will focus on a specific type of jewelry making technique as you create your own jewelry project from start to finish. No experience needed. Tools are available for you to use and materials are included in class fee.

Walnut Terrace Neighborhood Center
 Course Fee: \$20

Snowflake Bracelet

#250101 Jan 7 Tu 6:00-8:00pm
 #250102 Jan 16 Th 10:00am-12:00pm

Marbled Hearts

#250103 Jan 21 Tu 6:00-8:00pm
 #250104 Jan 30 Th 10:00am-12:00pm

Inspirational Bracelet

#250106 Feb 6 Th 10:00am-12:00pm
 #250105 Feb 11 Tu 6:00-8:00pm

Sculpey Earrings

#250108 Mar 5 Th 10:00am-12:00pm
 #250107 Mar 10 Tu 6:00-8:00pm

Irish Necktie

#250110 Mar 19 Th 10:00am-12:00pm
 #250109 Mar 24 Tu 6:00-8:00pm

Sculpey Textured Pendant & Necklace

#250112 Apr 21-28 Tu 6:00-8:00pm
 #250113 Apr 23-30 Th 10:00am-12:00pm

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

#248444 Jan 7-Feb 25 Tu 2:00-4:00pm
 #248445 Mar 3-Apr 21 Tu 2:00-4:00pm
 #248446 Jan 9-Feb 27 Th 2:00-4:00pm
 #248447 Mar 5-Apr 23 Th 2:00-4:00pm

Mixed Media Birds

Age: 18yrs. and up. We will start with a background of acrylic paint and then stamp and stencil birds on Day 1. On Day 2 we will make a bird collage. Experience the effects of acrylic ink and artists crayons. For all levels of experience. The instructor will share painted paper for collage, mixed media items, stamps and stencils. Supply list will be provided upon registration. Instructor: Marie Lawrence
Five Points Center for Active Adults – Course Fee: \$25
 #248854 Apr 16-23 Th 1:00-3:00pm

Open Art Studio

Age: All Ages. This is an unstructured open studio environment where students may work on their own projects from painting, to ceramics, to knitting. Students will provide their own materials.

Five Points Center for Active Adults

#249343 Jan 2-Apr 30 Th 9:15am-12:15pm

Painting: Acrylic

Age: 18yrs. and up. The class will combine a structured approach to a still life with landscape. Topics include: application of acrylic paint, value placement, color harmony, and composition of the work as a unified whole. Note: Painting students who have had previous experience in Acrylics are welcome to bring in current studio projects to work on.

Five Points Center for Active Adults – Course Fee: \$80
 #249086 Jan 13-Mar 9 M 10:00am-1:00pm

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,



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proportion and how to create form using value and color. Students may work from still lifes, photos or copy old masters paintings. Supplies list provided upon registration.

Instructor: Tracie Fracasso

Five Points Center for Active Adults – Course Fee: \$60
#249087 Feb 21-Mar 27 F 1:00-3:30pm

Painting: Collaging Whimsical Houses

Age: 18yrs. and up. Create two colorful collages with imaginative, little houses. These will be made from cut painted deli paper and scrapbook papers. They can perk up your own walls or the walls of your friends and family. Supply list will be provided upon registration. Painted deli-paper and scrapbook paper will be shared by the instructor.

Instructor: Marie Lawrence

Five Points Center for Active Adults – Course Fee: \$25
#248853 Mar 19-26 Th 1:00-3:00pm

Painting: Exploring Abstract

Age: 18yrs. and up. Explore acrylic abstract painting even if you have never experienced this kind of painting. Try dripping, spattering, and scraping and the use of mixed media to enhance your paintings. Gesso and fluid acrylics will be shared by the instructor.

Supply list will be provided upon registration.

Instructor: Marie Lawrence

Five Points Center for Active Adults – Course Fee: \$25
#248855 Feb 13-20 Th 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 skill with this medium. This course will cover types of panels, brushes and materials needed for this class. Most students will complete 1-3 panels depending on the subject matter they wish to paint. Subject matter covered in this workshop will 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 that they work from. Instructor: Nancy Carty

Five Points Center for Active Adults – Course Fee: \$80
#249077 Jan 13-Mar 9 M 1:30-4:30pm

Quilting - Basics For Beginner Level 1

Age: 18yrs. and up. This class will teach you about simple blocks, basic techniques, choosing fabric, tool usage, and quality terms. Each student will make a small quilt or wall hanging or a table runner. Bring your own machine. A few machines are available at the center for students use. Supply list available before the session starts. Instructor: Jeanette Gray

Halifax Community Center – Course Fee: \$20
#251272 Jan 3-Mar 6 F 10:30am-1:30pm

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. Bringing your own sewing machine is required. Each session will have a main

design, and we will explore other options if time allows. Instructions and a supply list will be available before the session starts. For more information, please call 919-996-4720.

Instructor: Martha Killian

Anne Gordon Center for Active Adults – Course Fee: \$20
#248448 Jan 6-Mar 16 M 1:00-4:00pm

Quilting- Basics For Beginners Level 2

Age: 18yrs. and up. This class will be for quilters who have basic knowledge of patchwork and are wanting to learn more block designs and techniques. Bring your own sewing machine. A few machines are available at the center for student use. Supply list available before the session starts.

Instructor: Jeanette Gray.

Halifax Community Center – Course Fee: \$20
#251275 Jan 8-Mar 11 W 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: \$4
#248449 Jan 2-Apr 16 Th 10:00am-12:00pm

Readers Theatre

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 and 1st/3rd Tuesday of the month.

Five Points Center for Active Adults
#248141 Jan 7-Apr 27 Tu, M 4:00-5:45pm

Triangle Portrait Artists

Age: All Ages. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and 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
#248220 Jan 7-Apr 28 Tu 9:00am-12:00pm

Watercolor: Introduction with Nancy Carty

Age: 18yrs. and up. If you have ever wanted to try your hand at Watercolor this class will introduce you to the basics. Types of paper and the use of various brushes (flats and rounds) will be addressed. Students will be introduced to using a flat wash, graded wash, wet on wet and dry on dry as part of using watercolor as a medium. Subject matter

will include a basic still life and the theme of landscape and nature. Photo references will be used for the last two sessions. Overall composition of the page, value placement and the use of color theory will be addressed as part of working on a study.

Abbotts Creek Community Center – Course Fee: \$60
#249073 Feb 18-Mar 24 Tu 10:00am-1:00pm
Five Points Center for Active Adults – Course Fee: \$60
#249074 Jan 8-Feb 26 W 1:00-4:00pm

Family

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

#251029	Jan 6-27	M	6:30-8:00pm
#251030	Feb 3-24	M	6:30-8:00pm
#251031	Mar 2-30	M	6:30-8:00pm
#251032	Apr 6-27	M	6:30-8:00pm

Nature + Art

Age: 10yrs. and up. In this series, we will take natural elements and turn them into beautiful pieces of art! This session is appropriate for families (kids ages 10 and up is most appropriate), and the cost is per set of materials for one project. Please wear clothing appropriate to spend some time outdoors in the creek. Bring your own rain boots or borrow a pair of ours.

Walnut Creek Wetland Center – Course Fee: \$8

Fishy, Fishy

#249082	Mar 21	Sa	3:00-4:30pm
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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

#249345	Jan 11	Sa	1:00-3:00pm
#249346	Feb 8	Sa	1:00-3:00pm
#249347	Mar 14	Sa	1:00-3:00pm
#249348	Apr 11	Sa	1:00-3:00pm

Spring Egg Decorating

Age: 3yrs. and up. Springtime is here again! Join us at Sanderford Road Center to make fun and colorful decorative eggs with your family. Come one, come all!

Sanderford Road Park

#251110	Apr 9	Th	5:00-6:00pm
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Athletics Teams/ Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Jason Simpson
jason.simpson@raleighnc.gov

Athletic Program Managers

Toni Moyer
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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

MLB Pitch Hit & Run

Ages: 7-14. The Parks, Recreation and Cultural Resources Department hosts an MLB Pitch, Hit & Run event on Saturday, March 14, at Buffalo Road Athletic Park, 5900 Buffalo Road. Registration starts at 9:00am. This event is free for boys and girls ages 7-14 (based on age as of July 17, 2020). The Pitch, Hit and Run competition allows children to show off their baseball or softball skills at the MLB All-Star Game. Boys and girls divide into age groups to compete in pitch (throwing strikes to a designated target), hit (hitting from a stationary batting tee for distance and accuracy) and run (sprinting from second base to home plate). High scorers advance to sectional competition. Register on site March 14.
#251324

Youth Baseball - Spring TBall (5-6)

Youth T-Ball (ages 5-6) Baseball registration is February 3-14, 2020. The T-Ball Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#251117	District 1
#251118	District 2
#251119	District 3
#251120	District 4

Youth Baseball - Spring Pinto (7-8)

Youth Pinto (ages 7-8) Baseball registration is February 3-14, 2020. The Pinto Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does not keep score or record wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#251127	District 1
#251128	District 2
#251129	District 3
#251130	District 4

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Youth Baseball - Spring Mustang (9-10)

Youth Mustang (ages 9-10) Baseball registration is February 3-14, 2020. The Mustang Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#251154	District 1
#251155	District 2
#251156	District 3
#251157	District 4

Youth Baseball - Spring Bronco (11-12)

Youth Bronco (ages 11-12) Baseball registration is February 3-14, 2020. The Bronco Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#251165	District 1
#251166	District 2
#251167	District 3
#251168	District 4

Youth Baseball - Spring Pony (13-14)

Youth Pony (ages 13-14) Baseball registration is February 3-14, 2020. The Pony Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#251195	District 1&3
#251196	District 2&4

Youth Baseball - Spring Colt (15-17)

Youth Colt (ages 15-17) Baseball registration is February 3-14, 2020. The Colt Baseball League is a way for youth to learn the fundamentals of baseball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy baseball, want to teach youth, and to help develop league participants' skills and knowledge of baseball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

#251218	City Wide
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Youth Lacrosse (Grades 2nd-8th)

Registration is scheduled for January 20th through 31st, 2020. Raleigh Parks, Recreation and Cultural Resources Athletics Division in conjunction with the North Carolina Lacrosse Academy offers Youth LAX for boys grades 2nd through 8th. Registration can be done online at reclink.raleighnc.gov. Practices and games will be primarily held at Jaycee Community Center & Buffalo Road Athletic Park. Game and practice days will vary, but expect to practice and play two weekdays and on Saturday.

#251108	2nd-4th Grade
#251109	5th-6th Grade
#251116	7th-8th Grade

Spring NFL Flag Football

Age: 5-13 yrs. Come have fun playing football while learning football skills, fundamentals and sportsmanship. Leagues are offered to children ages 5-13 (age is as of August 31, 2019). Registration fees include a shirt. Registration will be held February 3-23, 2020. For more details contact Lake Lynn Community Center at 919-996-2911.

Willams Park / Kiwanis Park	Course Fee: \$55
#248825	5-7 year old league
#248826	8-10 year old league
#248827	11-13 year old league

Youth Soccer - Spring

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 March and may be one weeknight and Saturdays, games start in April and will be held on Saturdays through May. Games and practices will be played in the North and West Raleigh areas. Registration fee is \$55 for Raleigh residents and \$70 for non-Raleigh residents and will begin in January at your local community center and online.

Willams Park / Kiwanis Park / Laurel Hills Park
Course Fee: \$55

#248820	U4
#248821	U6
#248822	U8



Youth Volleyball - Spring

Are you looking to BUMP, SET and ROTATE into a new sport? Then sign up for fun with District 1 sponsored youth volleyball. This Spring league will give participants the opportunity to be introduced, prepare and practice their skills. Registration is February 3 - 14. Registration will remain open, if needed, until league requirements are met, if space is still available. League practices will not start until March and games will be played in April - May. League age is determined by the participant's age as of August 31st, 2019. Practice and games could be on either Monday, Wednesday, Thursday or Saturday. Exact dates and times cannot be determined until after registration has completed. Games will be held at Optimist Community Center and practice will be held at Optimist. For more information or details about the league, please call 919-996-2880.

#251549	U9
#251550	U12
#251551	U15

Mini Girls Softball

Age: 7-9 yrs. This league is for girls ages 7-9 years old who are looking to learn the basic fundamentals of the sport of softball as well as learn good sportsmanship. Registration will be February 3rd-14th (or until filled). Cost will be \$40 for Raleigh Residents and \$55 for Non-Raleigh Residents. Players age will be determined with an age as of date by August 31, 2019. Practices and games will take place at Lions Park.

Course fee: \$40

#251548 Apr 1-30 M, T, W, Th, Sa

Girls Spring Softball

Age: 10-17 yrs. Youth Girls Spring Softball registration is February 3-14, 2020. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Modified Pitch is offered for Girls (10-12) and Fast Pitch is offered for Girls (13-17). This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy softball, want to teach youth, and to help develop league participants' skills and knowledge of softball. League Age is determined by participant's age on August 31, 2019. For more information please go to: www.raleighnc.gov. The fee is \$40 for Raleigh Residents or \$55 for Non-Raleigh Residents.

Buffaloe Road Athletic Park; Optimist Park

Course Fee: \$40

#251290 Apr 1-30 M, T, W, Th, Sa 6:30-8:00pm

#251291 Apr 1-30 M, Tu, W, Th Sa 6:30-8:00pm

Adult

Sand Volleyball Spring League at Jaycee

Age: All Ages. Catch spring volleyball fever. Get a jump start on the summer season with our spring sand season. Registration dates: Feb. 7-21, 2020. Leagues: beginner and intermediate. Team registration: 6-person, 4-person, 3-person and doubles. League will play mid March-May at Jaycee Park. Play days have been determined as outlined below. Dates may change due to weather or scheduling conflicts. Space is limited by day/league.

Jaycee Community Center - Course Fee: \$50

Sand Volleyball-Fall Doubles Coed Intermediate

#251147 Mar 17-May 26 Tu 6:30-10:30pm
Course Fee: \$60

Sand Volleyball-Fall 3 Person Coed Intermediate

#251146 Mar 19-May 28 Th 6:30-10:30pm
Course Fee: \$70

Sand Volleyball-Fall 4 Person Coed Intermediate

#251148 Mar 17-Jun 9 Tu 6:30-10:30pm
Course Fee: \$80

Sand Volleyball-Fall 6 Person Coed Beginner

#251145 Mar 19-May 28 Th 6:30-10:30 pm

Adult Spring Softball

Age: 18 and up. The Athletics Division will be holding registration for Adult Spring Softball from Monday, February 17th through Thursday, February 20th via online or at Wade Avenue 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 \$500 (includes tournament entry for all teams) with a Non-Raleigh Resident fee of \$24 per player. Plan to begin the week of April 6th. Each team will receive a 12-game season. The single elimination tournament will begin at the end of the regular season games.

Various Softball Fields - Course Fee: \$500

# 251775	Men's Open
# 251776	Women's Open
# 251777	Co-Ed
# 251778	Church

Adult Men's Spring Baseball

Ages: 18+. The Athletics Department will be holding registration for the Adult Baseball League on March 3rd through 7th 2020 and will last until the league is full. Team fee is \$500. Registration will be located at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Thursday or online. 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.

#251078

Adult Coed Spring Kickball

Ages: 18+. The athletics division is offering adult kickball registration from March 9th to 12th 2020 at 2401 Wade Ave in Jaycee Park from 8:30am-5:15pm or online. For more information please contact 996-6836. Team fee is \$400.

#251090	Mon/Wed
#251095	Tue/Thu

Women's 23+ Spring Basketball League

Age: 23-60 yrs. March Madness may be over, but that does not mean we cannot keep playing! Come and join our female basketball league.

Halifax Community Center - Course Fee: \$475

#249966 Mar 17-Apr 30 Tu, Th 6:30-9:00pm

Educational



Educational Programs

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

Course Fee: \$126	
#250407 Apr 2-30	Th, Tu 9:15am-12:15pm
Course Fee: \$144	
#250404 Jan 7-30	Tu, Th 9:15am-12:15pm
#250405 Feb 4-27	Tu, Th 9:15am-12:15pm
Course Fee: \$162	
#250406 Mar 3-31	Tu, Th 9:15am-12:15pm

Course Fee: \$180	
#250403 Apr 1-29	W, F, M 9:15am-12:15pm
Course Fee: \$198	
#250400 Jan 6-31	M, W, F 9:15am-12:15pm
Course Fee: \$216	
#250401 Feb 3-28	M, W, F 9:15am-12:15pm
Course Fee: \$234	
#250402 Mar 2-30	M, W, F 9:15am-12:15pm

Youth

Afterschool STEM Club- Millbrook Exchange

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

Millbrook Exchange Community Center

Course Fee: \$60	
#250192 Jan 7-Feb 11	Tu 4:00pm-5:00pm
#250193 Mar 10-Apr 21	Tu 4:00pm-5:00pm

Empowering Girls Through S.T.E.M.

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

Millbrook Exchange Community Center

Course Fee: \$60	
#250177 Jan 8-Feb 19	W 4:00-5:00pm
#250178 Mar 11-Apr 22	W 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

#251016 Jan 18	Sa 3:30-4:30pm
#251017 Feb 15	Sa 3:30-4:30pm
#251018 Mar 21	Sa 3:30-4:30pm
#251019 Apr 18	Sa 3:30-4:30pm

Spanish for Kids

Age: 5-7 yrs. This course will introduce children to the Spanish speaking world. Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component

Peach Road - Course Fee: \$25

Ages 5-7	
#251050 Jan 15-Feb 12	W 4:00-4:45pm
#251059 Jan 16-Feb 13	Th 4:00-4:45pm

Worthdale Stream Challenge

Age: 8-18 yrs. STREAM Challenge is a competition based on the idea of educating students in four specific disciplines - science, technology, engineering and mathematics. STREAM integrates them into a cohesive learning paradigm based on real-world applications and participants will compete in different categories. Participants will have fun learning with peers.

Worthdale Community Center

#251064 Apr 18	Sa 9:00am-3:00pm
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Youth Reading, Writing and Math

Age: 5-13 yrs. Julia's School work with children with the development of life skills. Reading, Writing, Math and Manners are essential for the fundamental development of young people. The school emphasizes the three L's (listen, learn and laugh). Registration for this program will be taken on site at the Tarboro Road Community Center.

Tarboro Road Community Center

#249834 Jan 12	Su 2:30-4:30pm
#249835 Feb 9	Su 2:30-4:30pm
#249836 Mar 15	Su 2:30-4:30pm
#249837 Apr 19	Su 2:30-4:30pm

Teen

Dog Training for Teens

Age: 12-17 yrs. Learn the basics on how to train your dog. Focus on safety and building a trusting relationship between your teen and their dog. Topics discussed: dog communication and body language, basic needs of your dog, the gold standard for dog training as well as proper leash handling and basic commands. Equipment needed: 6ft leash with collar, no retractables or harnesses, treat pouch for waist, high value meat treats, broken into small pieces (beef, chicken, bacon, etc.) Instructor: Victoria Haffer.

Brier Creek Community Center – Course Fee: \$115
#251149 Apr 13-May 18 M 5:00-6:00pm

Teambuilding For Teens

Age: 10-19 yrs. Let the Teen Program custom design a team-building workshop to help meet your group's needs and challenges. Initiative activities are used to enhance problem-solving, team-building, conflict resolution and other life skills through experiential learning and will be tailored to your group. These programs are great for schools, church groups, student councils, drop-out prevention programs and established youth groups. Courses will be held at the site of your choice and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of two hours. We require a staff member to student ratio of 1:10. Call the Teen Program at 919-996-2140 for more information.

Non-City Owned Site

#250257 Jan 2-Apr 30 Daily 9:00am-5:00pm

Teen Thrive

Age: 12-15 yrs. Teen Programs is proud to announce Teen Thrive. The purpose of this program is to empower teens to know that this is their year for success. This program will give teens the opportunity to cultivate their personal and educational goals. Teens will be challenged to think critically and improve their decision-making skills through teambuilding activities. They will also explore various higher education and career opportunities by visiting local college campuses and businesses. Teens will also learn how to build resumes, complete job applications and develop interview skills. Community service projects will be completed to teach teens the importance of giving back to their community.

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

#250253 Jan 29 W 8:00am-5:00pm
#250254 Feb 18 Tu 8:00am-5:00pm
#250255 Mar 9 M 8:00am-5:00pm

The Teen Entrepreneur

Age: 12-17 yrs. Teens explore creating a business plan and how to put it into action in a encouraging environment. We will talk through the basics of how to bring a viable business idea to fruition in a fun, collaborative and supportive setting. Handouts will be provided. Instructor: Victoria Haffer, M.S.

Brier Creek Community Center – Course Fee: \$120
#251132 Jan 23-Feb 27 Th 5:00-6:00pm

Adult

A Love Affair With My Hair - Natural Hair Workshop Series

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

Green Road Community Center – Course Fee: \$5
Taking on the Transition

#249365 Jan 13 M 6:30-7:30pm
#249366 Feb 10 M 6:30-7:30pm
#249367 Mar 9 M 6:30-7:30pm
#249368 Apr 13 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

#249701 Mar 15 Su 1:00-5:30pm
#249702 Apr 19 Su 1:00-5:30pm
#249703 May 17 Su 1:00-5:30pm
Jaycee Community Center – Course Fee: \$1
#249699 Jan 19 Su 1:00-5:00pm
#249700 Feb 16 Su 1:00-5:00pm

Bridge 101

Age: 18yrs. and up. If you are new to bridge or just want to brush up on the basics, this class is for you. Topics include etiquette, rank of suits and counting points, opening bids and responding, raising your partner, preemptive bids, the overcall, scorekeeping, game points, double and the finesse. Conventions to be covered include the Better Minor, Short Club, Blackwood, Gerber and Stayman. Sessions are hands-on and accompanied by a syllabus. Please preregister for this class. Please note that the beginner's class will meet January 6 - February 17 & March 9 - April 13. There will be an intermediate class held January 8 - February 12. There is also an intermediate-'advanced play' class being offered, March 4 - April 8. This class is intended for participants who have experienced bridge players or who have previously taken the beginner and intermediate class.

Pullen Community Center – Course Fee: \$35

Beginner Bridge Classes

#251074 Jan 6-Feb 17 M 2:00pm-4:00pm
#251075 Mar 9-Apr 13 M 2:00pm-4:00pm
#251076 Mar 4-Apr 8 W 10:00am-12:00pm
#251077 Jan 8-Feb 12 W 10:00am-12:00pm

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

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

Abbotts Creek Community Center

#249316 Jan 27-Mar 2 M 6:30-8:00pm
#249317 Mar 16-Apr 20 M 6:30-8:00pm

Brier Creek Community Center

#249324 Jan 22-Feb 26 W 7:00-8:30pm
#249325 Mar 18-Apr 22 W 7:00-8:30pm

Chavis Community Center

#249314 Jan 11-Feb 15 Sa 11:30am-1:00pm
#249327 Mar 14-Apr 18 Sa 11:30am-1:00pm

Green Road Community Center

#249318 Jan 11-Feb 15 Sa 11:30am-1:00pm
#249319 Mar 7-Apr 11 Sa 11:30am-1:00pm

Method Road Community Center

#249322 Jan 16-Feb 20 Th 6:30-8:00pm
#249323 Mar 12-Apr 16 Th 6:30-8:00pm

Peach Road

#249320 Jan 14-Feb 18 Tu 6:30-8:00pm
#249321 Mar 10-Apr 14 Tu 6:30-8:00pm

Film and Acting Basics

Age: 18yrs. and up. Join Artist Christopher Terrell with his award-winning Industry Experts and your Abbotts Creek family for these unique explorations through film and acting basics. Register for all workshops in the series or just the ones that interest you! Basic Acting will cover screen acting, timing/line delivery, what casting directors look for, and how to build your resume. Screen Writing will cover what a script is/different types/characteristics. Cinematography will cover exposure, aperture, shutter speed, shot sizes, angles/moves. Film Directing will cover roles of the director, the director as a storyteller, the business of film, and the visual concept. All workshops will take a break from 12-1 for lunch. Mark your calendars for the opportunity to tie all of this together with 'Short Film Shoot' on January 11th!

Abbotts Creek Community Center – Course Fee: \$160

Basic Acting

#248391 Feb 8 Sa 10:00am-3:00pm
#248392 Mar 14 Sa 10:00am-3:00pm
#248393 Apr 11 Sa 10:00am-3:00pm
#248394 Jan 11 Sa 10:00am-3:00pm

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Finance - Budgeting Allows You to Enjoy Your Life

Age: All Ages. Did you know that debt and stress are like co-joined twins? It's said that 'money doesn't buy happiness' but having enough money to pay all our bills allows us to provide for our families, plan for the future and enjoy our leisure time. Life really isn't about how much money you make, but more about, how you handle the money that you do make. That is where budgeting comes into play. Budgeting is thought of by most, that you have to give up and stop yourself from enjoying stuff. Budgeting does not stop you from enjoying stuff, it ensures that you enjoy stuff when you want it. This class will teach you that budgeting is pretty easy, give you the tools to make a personal budget, tips on how to save money and eliminate impulse buying. Let your money work for you, not you work for money.

Walnut Terrace Neighborhood Center - Course Fee: \$15
#250227 Jan 1-15 W 6:00-9:00pm

Financial Wellness

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

Abbotts Creek Community Center

Budgeting for Success

#248395	Jan 7	Tu	6:30-7:30pm
#248396	Feb 4	Tu	6:30-7:30pm
#248397	Mar 3	Tu	6:30-7:30pm
#248398	Apr 7	Tu	6:30-7:30pm

Foundation of Investing - Investment 101

Age: 18yrs. and up. Building your investor IQ starts with understanding the basics. Don't let fear of the unknown prevent you from investing in your future. Getting started can be easier than you think if you understand the basics. Whether you are new to investing or simply need a refresher, Edward Jones Foundation of Investing is the perfect seminar.

The seminar features bonds, stocks, mutual funds, retirement, the importance of asset allocation and steps to help you build a better investment strategy.

Method Road Community Center

#251022 Feb 25 Tu 6:30-7:15pm

Lawn Care for Beginners

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

Abbotts Creek Community Center

#248387 Mar 5 Th 6:30-7:30pm

New To Email 1

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

Jaycee Community Center

#251526 Apr 20 M 3:00-5:00pm

Rain Barrels and Rain Gardens

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

Walnut Creek Wetland Center

#250518 Feb 22 Sa 10:00-11:30am

Storytelling for Environmental Educators at Forest Ridge

Age: 18yrs. and up. Have you ever been mesmerized by a good storyteller, and perhaps even wished you could tell stories like that? In this workshop we will learn about the origins of storytelling, how to gauge your audience and many storytelling

techniques. This program is eligible for Criteria 3 and Continuing Ed credit towards NC Environmental Education certification. Please come dressed to spend some time outdoors, bring a water bottle and a bag lunch. Coffee, tea, and hot chocolate will be provided.

Forest Ridge Park

#249962 Feb 4 Tu 9:00am-5:00pm

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

#251407	Jan 7	Tu	2:00-3:30pm
#251408	Mar 10	Tu	2:00-3:30pm

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

#251442	Jan 8-15	W	10:00-11:30am
#251448	Mar 2-9	M	10:00-11:30am

Five Points Center for Active Adults

Course Fee: \$12

#251449	Feb 11-18	Tu	2:00-3:30pm
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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

#251454 Mar 16-23 M 10:00-11:30am

Five Points Center for Active Adults

Course Fee: \$12

#251577 Feb 25-Mar 3 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

#251474 Mar 31-Apr 7 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

#251475 Apr 14-21 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 Shipt! 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

#251438 Feb 10 M 10:00am-12:00pm

Five Points Center for Active Adults

Course Fee: \$6

#251437 Jan 7 Tu 10:00am-12:00pm

#251439 Mar 17 Tu 2:00-4:00pm

#251441 Apr 28 Tu 10:00am-12:00pm

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.

Brier Creek Community Center

Course Fee: \$12

#251427 Jan 6-13 M 3:00-4:30pm

Five Points Center for Active Adults

Course Fee: \$12

#251429 Mar 26-Apr 2 Th 10:00-11:30am

Apple Laptop Basics 2

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 Pages which is Apple's version of Microsoft Word. Learn how to simply create a document; save the document; create a folder; and delete files while using Pages. We cover a multitude of quick key commands and multiple ways to handle, copy, and move files. For more information about this class please contact Tommy Hodges at 919-996-2458.

Brier Creek Community Center

Course Fee: \$12

#251431 Feb 3-10 M 3:00-4:30pm

Five Points Center for Active Adults

Course Fee: \$12

#251430 Apr 9-16 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.

Brier Creek Community Center

Course Fee: \$6

#251436 Mar 2 M 3:00-5:00pm

Five Points Center for Active Adults

Course Fee: \$6

#251434 Apr 23 Th 10:00am-12:00pm

Being Proactive with Home Modifications to Prevent Falls

Age: 18yrs. and up. Presenting an educational seminar for fall prevention in the home. Research shows that falls are not an inevitable part of aging and home modifications are one of the top ways to prevent falls. Explore ways to modify your home environment to reduce the risk of falls. By being pro-active with home modifications, you can continue to live in your home and maintain your current active, independent lifestyle. This presentation is hosted by a physical therapist who is also CAPS (Certified Aging in Place) and an occupational therapist who is a Senior Home Safety Specialist. Anne Gordon Center for Active Adults

Anne Gordon Center for Active Adults

#249552 Mar 26 Th 11:00am-12:00pm

Five Points Center for Active Adults

#249553 Jan 28 Tu 3:15-4:15pm

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

#251472 Jan 22 W 10:00-11:30am

Brier Creek Community Center

#251473 Mar 16 M 3:00-4:30pm

Five Points Center for Active Adults

#251462 Jan 9 Th 10:00-11:30am

#251471 Mar 10 Tu 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

#251412 Jan 29-Feb 5 W 10:00-11:30am

#251413 Mar 4-11 W 2:00-3:30pm

Five Points Center for Active Adults

Course Fee: \$12

#251414 Jan 9-16 Th 2:00-3:30pm

#251416 Feb 27-Mar 5 Th 10:00-11:30am

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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

#251418	Feb 17-24	M	10:00-11:30am
#251421	Mar 18-25	W	2:00-3:30pm

Five Points Center for Active Adults

Course Fee: \$12

#251417	Jan 21-28	Tu	10:00-11:30am
#251419	Feb 6-13	Th	2:00-3:30pm
#251420	Mar 12-19	Th	10:00-11:30am

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

#251423	Apr 1-8	W	2:00-3:30pm
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Five Points Center for Active Adults

Course Fee: \$12

#251422	Feb 20-27	Th	2:00-3:30pm
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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

#251426	Apr 15-22	W	2:00-3:30pm
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Five Points Center for Active Adults

Course Fee: \$10

#251425	Mar 5-12	Th	2:00-3:30pm
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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

#251574	Apr 29	W	2:00-4:00pm
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Five Points Center for Active Adults

Course Fee: \$6

#251575	Feb 13	Th	10:00am-12:00pm
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Walnut Terrace Neighborhood Center

Course Fee: \$6

#251576	Jan 27	M	3:00-5:00pm
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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

#251476	Jan 22	W	2:00-4:00pm
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Five Points Center for Active Adults

Course Fee: \$6

#251477	Feb 18	Tu	10:00am-12:00pm
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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

#251478	Jan 8-15	W	2:00-3:30pm
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#251481	Feb 12-19	W	10:00-11:30am
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#251484	Mar 30-Apr 6	M	10:00-11:30am
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Brier Creek Community Center – Course Fee: \$12

#251482	Apr 6-13	M	3:00-4:30pm
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Five Points Center for Active Adults – Course Fee: \$12

#251479	Jan 28-Feb 4	Tu	2:00-3:30pm
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#251480	Feb 25-Mar 3	Tu	10:00-11:30am
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#251485	Apr 23-30	Th	2:00-3:30pm
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Pullen Community Center – Course Fee: \$12

#251483	Mar 23-30	M	3:00-4:30pm
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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

#251487	Jan 13	M	10:00am-12:00pm
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Five Points Center for Active Adults

Course Fee: \$6

#251486	Apr 28	Tu	2:00-4:00pm
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Walnut Terrace Neighborhood Center

Course Fee: \$6

#251488	Jan 27	M	3:00-4:30pm
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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

#251490	Apr 29	W	10:00am-12:00pm
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Five Points Center for Active Adults

Course Fee: \$6

#251489	Jan 14	Tu	10:00am-12:00pm
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Finance: Basics of Estate Planning

Age: 18yrs. and up. Tom McCuiston from McCuiston Law Offices, PLLC, discusses documents needed in estate planning such as powers of attorney, trust, wills and living wills and the consequences of having or not having these documents. Topics include: tax consequences of not having a will, creating trusts and why they may be helpful, responsibilities of designated power of attorney, property transfer and the consequences of not having a will. Sponsored by McCuiston Law Firm.

Five Points Center for Active Adults

#249056	Feb 4	Tu	1:00-2:00pm
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Finance: Government Benefits for Long Term Care

The cost of Long Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. In this presentation, we review the various programs and outline the requirements for a family to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

#249204 Jan 23 Th 11:00am-12:00pm

Five Points Center for Active Adults

#249205 Jan 27 M 6:00-7:00pm

#249207 Apr 9 Th 3:00-4:00pm

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

#249170 Feb 11 Tu 10:00am-12:00pm

Five Points Center for Active Adults

#249171 Feb 25 Tu 1:00-3:00pm

#249174 Apr 13 M 6:00-8:00pm

Finance: Planning for Medicaid

Age: 18yrs. and up. Answers to questions about 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. This is a program to learn the basics for preparing for Medicaid either for you or another family member.

Anne Gordon Center for Active Adults

#249213 Jan 6 M 2:45-3:45pm

#249214 Apr 20 M 3:00pm-4:00pm

Five Points Center for Active Adults

#249218 Jan 8 W 10:00-11:00am

#249220 Mar 26 Th 2:00-3:00pm

Finance: Social Security Strategies for Retirement

Age: 18yrs. and up. Are you thinking of or planning to retire? How does Social Security fit into your retirement income plan? When should you start taking benefits? What about taxes? Learn about the advantages and disadvantages associated with retirement and Social Security. Presented by Edward Jones Investments.

Anne Gordon Center for Active Adults

#249057 Feb 27 Th 11:00am-12:00pm

Five Points Center for Active Adults

#249058 Apr 21 Tu 1:00-2:00pm

Finance: The Truth About Living Trusts

Age: 18yrs. and up. Have you received a postcard recently from an attorney telling you not to be a 'burden' on your children, to avoid 'burdening' them, you must use a trust? Are you afraid of the 'hassle' and 'delay' of probate? Do you wonder if your neighbor having a trust means you should have one too? This presentation by Tom McCuiston of the McCuiston Law Firm takes the mystery out of living trusts and explains when a trust is necessary and when it is not.

Five Points Center for Active Adults

#249060 Apr 21 Tu 1:00-2:00pm

Finance: Understanding Beneficiary Designations

Age: 18yrs. and up. Not understanding beneficiary designations can ruin an estate plan. There are many ways to pass on an inheritance other than a will or trust. 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

#249221 Mar 10 Tu 11:00am-12:00pm

Five Points Center for Active Adults

#249222 Apr 27 M 7:00-8:00pm

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, it helps to pay for the cost of long term care no matter if it is Skilled Nursing, Assisted Living or In-Home Professional Care. War-time veterans should learn how to qualify and how to use this benefit. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

#249225 Apr 30 Th 1:00-2:00pm

Five Points Center for Active Adults

#249226 Feb 6 Th 6:00-7:00pm

Finance: Wills Versus Trusts

Age: 18yrs. and up. One comment made so often..... 'I don't need a trust, I'm not rich'. There are different trusts for different purposes, from a basic revocable living trust, to Special Needs or Supplemental Needs Trusts, charitable trusts, right down to a Pet Trust for your beloved animals. Our question during these talks: 'is your will sufficient to accomplish your estate planning goals'? Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center for Active Adults

#249228 Feb 13 Th 11:00am-12:00pm

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

#249061 Mar 12 Th 11:00am-12:00pm

Five Points Center for Active Adults

#249062 Mar 4 W 1:00-2:00pm

French Language, Continuation

Age: 18yrs. and up. Let's take out time to learn some French! Come join us for a continuing class of beginner French language. This class continues to build a solid foundation of French language, covering French 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: \$70

#248851 Jan 9-Feb 27 Th 10:30am-12:00pm

French: French for Travelers

Age: 18yrs. and up. Are you planning a trip to France? How nice it would be to be operational in French while you're there, to read menus, road signs, to have simple conversations with people. Come learn the foundations of French in a class specifically developed for the traveler. You'll cover basic grammar in the context of travel vocabulary, dialogues, and practice. You'll go from basic building blocks to realistic travel situations, and that will enhance your trip! Instructor: Kyle Beale

Five Points Center for Active Adults

Course Fee: \$70

#248852 Mar 12-Apr 30 Th 10:30am-12:00pm

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.

Five Points Center for Active Adults – Course Fee: \$12

#251491 Jan 14-21 Tu 2:00-3:30pm

#251493 Mar 24-31 Tu 2:00-3:30pm

continued on page 40 —

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.

Five Points Center for Active Adults

Course Fee: \$12

#251494	Feb 4-11	Tu	10:00-11:30am
#251495	Apr 7-14	Tu	2:00-3:30pm

GMAIL Basics 1

Age: 18yrs. and up. Nowadays, you need an email address for almost everything: Rewards programs, subscriptions, online receipts, and access to more knowledge through online newsletters require you to have an email account. Even 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.

Anne Gordon Center for Active Adults

Course Fee: \$6

#251497	Jan 6	M	10:00am-12:00pm
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Five Points Center for Active Adults

Course Fee: \$6

#251496	Mar 24	Tu	10:00am-12:00pm
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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.

Anne Gordon Center for Active Adults

Course Fee: \$12

#251498	Apr 15-22	W	10:00-11:30am
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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.

Five Points Center for Active Adults

Course Fee: \$6

#251499	Mar 19	Th	2:00-4:00pm
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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.

Anne Gordon Center for Active Adults

Course Fee: \$12

#251500	Feb 26-Mar 4	W	10:00-11:30am
#251501	Apr 13-20	M	10:00-11:30am

Health Talks with Dr. Baldwin

Age: 18yrs. and up. Dr Casey Baldwin, RFS Senior Care Pharmacist, will be on-site monthly to discuss important health topics for older adults. Topics include chronic illnesses and strategies for healthy living. Sponsored by Resources for Seniors and Grace Healthcare Services Inc. Meets on the 1st Tuesday and 3rd Thursday of each month.

Five Points Center for Active Adults

#249193	Jan 7-Apr 7	Tu	10:15-11:15am
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Health Topic: Blood Pressure and Weight Screening

Age: All Ages. Take advantage of these FREE blood pressure and weight screenings offered by Dr. Casey Baldwin with Resources for Seniors. This will take place the first Tuesday and third Thursday of the month.

Five Points Center for Active Adults

#249190	Jan 7-Apr 7	Tu	9:30-10:15am
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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

#249197	Jan 31-Apr 24	F	1:30-3:00pm
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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

#251520	Feb 12	W	2:00-4:00pm
#251521	Apr 29	W	2:00-4:00pm

Five Points Center for Active Adults

Course Fee: \$6

#251518	Feb 13	Th	10:00am-12:00pm
#251519	Apr 21	Tu	2:00-4:00pm

iCloud for Apple Laptops

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. In this class you will learn how to set up your iCloud for your Apple Laptop. 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. The iCloud is your virtual hard drive that is always accessible with an internet connection. This class will show you how to set and use the iCloud.

Brier Creek Community Center – Course Fee: \$6

#251433	Mar 9	M	3:00-5:00pm
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Five Points Center for Active Adults – Course Fee: \$6

#251432	Apr 23	Th	2:00-4:00pm
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If Not Home, Where Then?

Age: All Ages. This seminar will help people evaluating a possible move from their home to independent or assisted living. Featured speakers will be Gina Murray, RN, BSN and director of Aware Senior Care, which provides in-home care for seniors and the chronically

ill, and an advocate for geriatric care. Gina will present signs that perhaps home is no longer the best place to live. The geriatric care advocate will discuss various options, such as independent living, assisted living, continuing care retirement communities and residential home care. You will learn what to consider and evaluate in terms of where to live, and you will leave with an understanding of various living options and costs.

Anne Gordon Center for Active Adults

#249159 Mar 24 Tu 11:00am-12:00pm
Five Points Center for Active Adults
#249160 Apr 20 M 7:00-8:00pm

Independent Living

Age: All Ages. Retirement communities and 55+ active adult living options are springing up all around Wake County and the metropolitan area of Raleigh as well as in every other city in the country. But what are they exactly? What do they offer me as a senior? Where do I even begin? During this 90-minute panel discussion, learn the FACTS about local independent senior living options from some of the most knowledgeable and experienced professionals in the senior living industry. Sponsored by Milestone Moves Realty Group.

Anne Gordon Center for Active Adults

#249186 Jan 13 M 1:00-2:30pm
Five Points Center for Active Adults
#249187 Jan 21 Tu 1:00-2:30pm

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
#251503 Feb 20 Th 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
#251506 Jan 27-Feb 3 M 10:00-11:30am
#251507 Mar 11-18 W 10:00-11:30am

Five Points Center for Active Adults

Course Fee: \$12
#251508 Feb 25-Mar 3 Tu 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
#251509 Mar 25-Apr 1 W 10:00-11:30am

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.

Anne Gordon Center for Active Adults

Course Fee: \$6
#251510 Apr 8 W 10:00am-12:00pm

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.

Anne Gordon Center for Active Adults

Course Fee: \$12
#251514 Jan 29-Feb 5 W 2:00-3:30pm

Five Points Center for Active Adults

Course Fee: \$12
#251512 Jan 16-23 Th 10:00-11:30am
#251513 Mar 26-Apr 2 Th 2:00-4:00pm

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.

Anne Gordon Center for Active Adults

Course Fee: \$12
#251515 Feb 19-26 W 2:00-3:30pm

Five Points Center for Active Adults

Course Fee: \$12
#251516 Jan 30-Feb 6 Th 10:00-11:30am
#251517 Apr 9-16 Th 2:00-3:30pm

Know Your Property's Title and Deed

Age: All Ages. This presentation is about understanding Title, Transfer of Title and several types of Deeds involved in residential real estate transactions. The focus will be on

voluntary and involuntary transfer of Title and the several types of deeds when involved in selling or buying a home. The class will cover the four deeds on property-General Warranty Deeds, Special Warranty Deeds, Quitclaim Deeds, and Special Purpose Deeds. Presented by Lila Martin of Allen Tate Reality.

Anne Gordon Center for Active Adults

#249161 Jan 14 Tu 11:15am-12:15pm

Five Points Center for Active Adults

#249162 Jan 14 Tu 2:00-3:00pm

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

#249208 Mar 30 M 1:00-2:00pm

Five Points Center for Active Adults

#249209 Mar 12 Th 2:00-3:00pm

Let's Talk: Easing the Family Dialogue

Age: All Ages. Ever wonder how you are going to talk to your loved-ones or family about your healthcare, financial and living wishes as you age? This program addresses strategies to help manage the difficult dynamics as you discuss your own or your senior loved one's needs. Presented by Homewatch Care Givers of the Triangle.

Anne Gordon Center for Active Adults

#249163 Feb 17 M 2:45-3:45pm

Five Points Center for Active Adults

#249164 Mar 4 W 2:45-3:45pm

Living Well at Home

Age: All Ages. This presentation gives information on making the most of your doctor visits, understanding your medications; safety tips to avoid mishaps at home and where to find resources available to seniors in the community. Sponsored by Aware Senior Care and Resources for Seniors.

Anne Gordon Center for Active Adults

#249168 Jan 21 Tu 11:00am-12:00pm

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

#251523 Apr 27 M 10:00am-12:00pm

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

#251522 Jan 23 Th 2:00-4:00pm

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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

#251524 Feb 17 M 3:00-5:00pm

Noggin Joggin'

Age: 18yrs. and up. People who regularly partake in the stimulating activities showed healthier densities of 'white matter'-the parts of the brain that transmit information-than those who didn't. In other words: If you don't use it, you lose it. Brain training that targets memory, attention and focus can lead to better recollection, faster reaction time and an overall sharper mind. Our Noggin Joggin' brain games work to stave off dementia, strengthen critical thinking skills, and promote brain health. Join us monthly in a variety of brain stimulating activities to keep our brains active. Presented by Homewatch Care Givers. This is held the first and third Monday of each month.

Anne Gordon Center for Active Adults

#248450 Jan 6-Apr 20 M 1:30- 2:30pm

One-On-One Caregiver Support or Grief Counseling

Age: 18yrs. and up. Kristin Lassiter will provide one-on-one counseling to support those in the primary caregiver role for a family member or those who have recently experienced the loss of a loved-one, 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. This free service is sponsored by Heartland Hospice and Resources for Seniors, Inc.

Five Points Center for Active Adults

#249175 Feb 17-Apr 20 M 2:00-3:45pm

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.

Five Points Center for Active Adults

Course Fee: \$6
#251528 Mar 17 Tu 10:00am-12:00pm

Protect Yourself and Loved Ones

Age: All Ages. Most falls can be prevented, and you have the power to reduce your risk and protect your older loved ones from a serious fall. More than one out of four older people (65+) falls each year, but less than half tell their doctor or even their loved ones. Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active. Falling once doubles an individual's chances of falling again. If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

Walnut Terrace Neighborhood Center

#250186 Feb 13 Th 10:00-11:30am
#250187 May 5 Tu 6:30-8:00pm

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

#248140 Jan 6-Apr 20 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

#249176 Jan 28 Tu 10:00-11:00am

Five Points Center for Active Adults

#249177 Jan 30 Th 1:00-2:00pm

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

#248451 Jan 6-Apr 27 M, F 9:30am-4:00pm

Five Points Center for Active Adults

#248452 Jan 29-May 27 W-Th 1:30-4:30pm

Sleep Well at Home

Age: All Ages. This seminar will provide helpful information and education about common sleep disorders and how through healthy diet, exercise and establishing a good bedtime routine you can sleep better. The main part of the seminar will feature a certified doctor and/or sleep therapist. Good quality sleep is essential to your good health! If you

are having consistent, unexplained difficulty falling or staying asleep, are snoring heavily, or are just not waking up feeling rested, these are signs that it is time for a medical exam by a sleep doctor. Poor sleep quality has been associated with depression, weight gain, anxiety and other issues. Sponsored by Aware Senior Care.

Five Points Center for Active Adults

#249202 Feb 10 M 7:00-8:00pm

Solo & Savvy - Responding to the Challenges of Aging Alone

Age: 18yrs. and up. What and who are Elder Orphans? Whether the moniker we use is Elder Orphan, Solo Ager or simply 'Solo' find out about this emerging demographic within the aging population. Rising in number, this population encounters unique challenges - and remedy. Learn about ways that persons aging alone can find solutions through planning. Sponsored by Navigate NC LLC.

Anne Gordon Center for Active Adults

#249178 Jan 14 Tu 10:00-11:00am

Five Points Center for Active Adults

#249179 Jan 13 M 6:00-7:00pm

#249180 Jan 28 Tu 2:00-3:00pm

The UPside of DOWNsizing

Age: All Ages. Learning more about "Downsizing and Rightsizing" has become an essential part of aging, but you don't have to do it alone. Selecting the right time, the right place and the right amount of personal belongings to take when you move 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 additional 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 help you get the ball rolling and we will share how we can purge or liquidate the household goods that you will no longer need.

Anne Gordon Center for Active Adults

#249181 Mar 2 M 2:30-3:30pm

Five Points Center for Active Adults

#249182 Mar 18 W 2:00-3:00pm

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.

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

#251531 Jan 30 Th 2:00-4:00pm

#251532 Apr 30 Th 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, with a core of members, where reading aloud reinforces the power of creating new art through our memories and stories. Led by William Finger, MSW, who enjoys writing as a way to reflect on our life stories and nurture our daily lives. The class utilizes ideas developed by the writer Dan Wakefield (The Story of Your Life: Writing a Spiritual Autobiography), Nan Phifer (Memoirs of the Soul), and others. Finger's memoir, The Crane Dance: Taking Flight in Midlife (2016), recounts how he came to terms with chronic low-grade depression and found new vitality for life, using meditation, yoga, expressive arts and other efforts, including medication and therapy.

Five Points Center for Active Adults

#248225 Jan 8-Apr 22 W 2:00-4:00pm

Family

Chavis Community Legacy Ceremony

Age: All Ages. Come celebrate the historic and cultural significance of the Chavis community. The celebration will consist of a banquet highlighting citizens who have made significant contributions.

Chavis Community Center

#247229 Mar 26 Th 6:30-8:30pm

Dos and Don'ts of Event Planning

Age: 13yrs. and up. Looking to throw an event that guests will remember? From arriving on time to choosing the perfect venue, every detail counts. This workshop will help you plan the most memorable event by knowing the do's and don'ts of event planning.

Green Road Community Center - Course Fee: \$5

#250981 Feb 21 F 6:30-7:30pm

Homeschool Explorers

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

Method Road Community Center - Course Fee: \$1

#251023 Jan 7-28 Tu 11:30am-1:30pm

#251024 Feb 4-25 Tu 11:30am-1:30pm

#251025 Mar 3-31 Tu 11:30am-1:30pm

#251026 Apr 7-28 Tu 11:30am-1:30pm

Magic Makers-Event Planning Workshop

Age: 13yrs. and up. Do you love attending social gatherings? Are you often mesmerized by the decor of an event? Well behind every event is a planner that makes that MAGIC happen. This workshop spark your inner magic and help guide you on your way to developing and designing incredible looking events.

Green Road Community Center - Course Fee: \$5

#250982 Mar 20 F 6:30-7:30pm

Sanderford Computer Lab

Age: 10yrs. and up. Enjoy the use of our computer lab-work on your resume, do some research, search for jobs and more! The lab is available during regular business hours unless being used for center programming.

Sanderford Road Park

#251091 Mar 2-31 M-Sa 2:00-8:00pm

#251092 Jan 1-31 W-Sa, M-W 2:00-8:00pm

#251093 Feb 1-29 Sa, M-Sa 11:00am-5:00pm

#251094 Apr 1-30 W-Sa, M-W 2:00-8:00pm

Fitness



Preschool

Fitness - Superhero Training

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

Barwell Road Community Center

Course Fee: \$5
#250645 Mar 5 Th 10:00-10:45am

Gymnastics - Tumbling Tinies

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

Greystone Community Center

Course Fee: \$30
#250375 Apr 14-28 Tu 9:30-10:15am
Course Fee: \$40
#250372 Jan 7-28 Tu 9:30-10:15am
#250373 Feb 4-25 Tu 9:30-10:15am
#250374 Mar 3-24 Tu 9:30-10:15am

Gymnastics - Tumbling Tots

Age: 18 mths - 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: \$30
#250377 Apr 14-28 Tu 10:30-11:15am
Course Fee: \$40
#250376 Jan 7-28 Tu 10:30-11:15am
#250378 Feb 4-25 Tu 10:30-11:15am
#250379 Mar 3-24 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
#250647 Jan 7-28 Tu 5:30-6:15pm
#250648 Feb 4-25 Tu 5:30-6:15pm
#250649 Mar 3-24 Tu 5:30-6:15pm
#250650 Apr 7-28 Tu 5:30-6:15pm

Kidokinetics

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

Greystone Community Center - Course Fee: \$40

Preschool Sports & Fitness

#250384	Jan 6-Feb 3	M	12:00-12:45pm
#250385	Feb 24-Mar 16	M	12:00-12:45pm
#250386	Apr 20-May 11	M	12:00-12:45pm
#250387	Jan 9-30	Th	1:15-2:00pm
#250388	Feb 13-Mar 5	Th	1:15-2:00pm
#250389	Mar 19-Apr 16	Th	1:15-2:00pm

Kidokinetics Jr.

Age: 18 mths - 3 yrs. Kidokinetics Jr. is an all around sports fitness program for toddlers and their grown-ups! Move, stretch and build confidence together while learning sports fundamentals and play skills. Our curriculum is designed to get toddlers engaged in active play in order to encourage a positive attitude toward sports and physical activity in a fun, non-competitive environment. Activities include soccer, basketball, volleyball, hockey, parachute games, tennis, baseball, obstacle courses, hula hoops and lots more!

Greystone Community Center - Course Fee: \$40

Sports (w/caregiver)

#250392	Jan 6-Feb 3	M	11:00-11:45am
#250393	Feb 24-Mar 16	M	11:00-11:45am
#250394	Apr 20-May 11	M	11:00-11:45am
#250395	Jan 9-30	Th	12:15-1:00pm
#250396	Feb 13-Mar 5	Th	12:15-1:00pm
#250397	Mar 19-Apr 16	Th	12:15-1:00pm

Kinder Tae Kwon Do

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

Lions Park Community Center - Course Fee: \$25

#251450	Mar 5-26	Th	6:30-7:30pm
#251451	Feb 6-27	Th	6:30-7:30pm
#251452	Jan 9-30	Th	6:30-7:30pm
#251453	Apr 2-23	Th	6:30-7:30pm

Little Tumblers

Age: 30 mths - 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: \$30
#248815 Apr 1-15 W 10:30-11:15am
Course Fee: \$40
#248812 Jan 8-29 W 10:30-11:15am
#248813 Feb 5-26 W 10:30-11:15am
#248814 Mar 4-25 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

#249677	Jan 11-Feb 1	Sa	11:15am-12:00pm
#249678	Feb 8-29	Sa	11:15am-12:00pm
#249679	Mar 7-28	Sa	11:15am-12:00pm
#249680	Apr 18-May 9	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

#251219	Jan 8-29	W	10:00-11:00am
#251220	Feb 5-26	W	10:00-11:00am
#251221	Mar 4-25	W	10:00-11:00am
#251222	Apr 1-29	W	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: \$30

#248819	Apr 1-15	W	9:30-10:15am
Course Fee: \$40			
#248816	Jan 8-29	W	9:30-10:15am
#248817	Feb 5-26	W	9:30-10:15am
#248818	Mar 4-25	W	9:30-10:15am

Tumble 'n' Twist

Age: 2-3 yrs. Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motor 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 Yrs.

#249668	Jan 8-29	W	5:00-5:45pm
#249669	Feb 5-26	W	5:00-5:45pm
#249670	Mar 4-25	W	5:00-5:45pm
#249676	Apr 1-29	W	5:00-5:45pm

Ages: 4-5 Yrs.

#249671	Jan 8-29	W	5:45-6:45pm
#249672	Feb 5-26	W	5:45-6:45pm
#249673	Mar 4-25	W	5:45-6:45pm
#249675	Apr 1-29	W	5:45-6:45pm

Youth

Double Dutch

Age: 16yrs. and up. What goes around, comes around (literally)! Experience one of the most exciting past times of your youth while burning off extra calories. Participants will develop improved hand-eye to foot coordination, synchronization, and rhythm. Double dutch ropes will be provided.

Green Road Community Center – Course Fee: \$5

#249369	Feb 2-Apr 26	Su	1:00-2:00pm
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Gymnastics- Youth Tumbling

Age: 6-11 yrs. Participants will learn basic gymnastic floor moves such as forward rolls, backward rolls, handstands, cartwheels and more. Participants will practice coordination, flexibility and strength exercises. This class is tumbling fun!

Barwell Road Community Center – Course Fee: \$40

Youth Beginner

#250939	Jan 7-28	Tu	6:15-7:00pm
#250940	Feb 4-25	Tu	6:15-7:00pm
#250941	Mar 3-24	Tu	6:15-7:00pm
#250942	Apr 7-28	Tu	6:15-7:00pm

Homeschool Open Gym - Millbrook

Age: 5-17 yrs. Calling all homeschoolers in the Millbrook area. Join us for open gym each Tuesday. Staff will provide equipment, and you provide the fun. This is a great way to get some midday wiggles out before school starts back in the afternoon and to meet other homeschool students in your neighborhood.

Millbrook Exchange Community Center

#249875	Jan 2-Feb 6	Th	12:30-2:00pm
	Mar 12-Apr 30	Th	12:30-2:00pm

Jazzy Cheer-Hip Hop Fusion

Age: 6-13 yrs. This fun, high-energy class offers a mixture of cheerleading and hip-hop. So get those Poms Poms ready and learn to do some footwork with jazz hands! Please wear comfortable attire. Ages 6-13 years old. Instructed by Ms. Gabbie.

Millbrook Exchange Community Center

Course Fee: \$150

Full session

#250324	Jan 4-Apr 25	Sa	2:15-3:00pm
Course Fee: \$40			
#250320	Jan 4-25	Sa	2:15-3:00pm
#250322	Mar 7-28	Sa	2:15-3:00pm
#250323	Apr 4-25	Sa	2:15-3:00pm
Course Fee: \$50			
#250321	Feb 1-29	Sa	2:15-3:00pm

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! Instructor isamy Benevento.

Abbotts Creek Community Center – Course Fee: \$5

#248386	Jan 6-Apr 27	M	6:15-7:00pm
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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 January

#250963	Jan 6-29	M, W	6:00-7:00pm
#250964	Feb 3-26	M, W	6:00-7:00pm
#250965	Mar 2-30	M, W	6:00-7:00pm
#250966	Apr 6-29	M, W	6:00-7:00pm
#250967	Jan 6-29	M, W	7:00-8:00pm
#250968	Feb 3-26	M, W	7:00-8:00pm
#250969	Mar 2-30	M, W	7:00-8:00pm
#250970	Apr 6-29	M, W	7:00-8:00pm

Tae Kwon Do outh

Age: 6-76 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

#251214	Jan 7-Feb 6	Tu, Th	6:30-7:30pm
#251215	Feb 6-Mar 3	Th, Tu	6:30-7:30pm
#251216	Mar 5-31	Th, Tu	6:30-7:30pm
#251217	Apr 2-May 5	Th, Tu	6:30-7:30pm
Course Fee: \$40			
#251214	Jan 7-Feb 6	Tu, Th	6:30-7:30pm

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 skill will give youth self-defense tools as well as self-confidence.

Worthdale Community Center – Course Fee: \$25

#251232	Jan 6-29	M, W	6:15-7:15pm
#251233	Feb 3-26	M, W	6:15-7:15pm
#251234	Mar 2-30	M, W	6:15-7:15pm
#251235	Apr 1-29	W, M	7:30-8:00pm

Youth Wah Lum Kung Fu

Age: 6-13 yrs. Traditional Chinese Kung Fu class, taught by Sifu Matthew Martin, a certified Wah Lum instructor with 20 years of experience. Wah Lum Kung Fu is an internationally renowned style of martial arts brought to the U.S. by Grandmaster Chan Pui. Wah Lum Kung Fu will develop your child's flexibility, coordination, concentration, confidence, and discipline. The classes are exciting, educational, and fun, and children will increase their speed, stamina, strength, and overall health. Children will benefit from the strengthening of both body and mind that result from training in Wah Lum Kung Fu. A uniform fee of \$85 will be due before the second month of classes.

Laurel Hills Community Center

Course Fee: \$225

Full Session

#250233	Jan 7-Apr 30	Tu, Th	5:15-6:15pm
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Course Fee: \$60			
#250229 Jan 7-30	Tu, Th	5:15-6:15pm	
#250230 Feb 4-27	Tu, Th	5:15-6:15pm	
#250231 Mar 3-31	Tu, Th	5:15-6:15pm	
#250232 Apr 2-30	Th, Tu	5:15-6:15pm	

Teen

TruFit Teens: Fitness With a HIIT

Age: 12-19 yrs. Looking to explore high intensity interval training aka HIIT? Come to the Saint Monica Teen Center and check it out! This HIIT class will combine short periods of intense cardio mixed with longer periods of low intensity cardio or strength training. If you want to push yourself a little further while breaking a sweat at the same time, come check us out. See you there for fitness with a HIIT!

St. Monica Teen Center

#251160 Feb 4	Tu	4:30-5:30pm
#251162 Feb 6	Th	4:30-5:30pm
#251170 Feb 11	Tu	4:30-5:30pm
#251178 Feb 13	Th	4:30-5:30pm
#251183 Feb 18	Tu	4:30-5:30pm
#251184 Feb 20	Th	4:30-5:30pm
#251188 Feb 25	Tu	4:30-5:30pm
#251189 Feb 27	Th	4:30-5:30pm

Adult

BE AWARE!- Women's Self Defense Seminar

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 seminar 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.

Millbrook Exchange Community Center

Course Fee: \$20			
#250195 Jan 11	Sa	9:30-11:30am	
#250196 Feb 15	Sa	9:30-11:30am	
#250197 Mar 14	Sa	9:30-11:30am	
#250198 Apr 18	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
#250356 Jan 6-Apr 27 M 6:00-7:30pm

Belly Dance for Fun and Fitness

Age: 16yrs. and up. Learn to move your body in ways you never thought possible and bring out your inner goddess. No prior dance experience is necessary for this course as we will cover the basic movements of belly dance while engaging core muscles. Strengthen and tone through low-impact dance. During each class students will learn a different combination of dance moves. 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.

Brier Creek Community Center – Course Fee: \$80
#248710 Mar 8-May 3 Su 3:00-4:00pm
Optimist Community Center – Course Fee: \$80
#248709 Jan 5-Feb 23 Su 3:00-4:00pm

Bootcamp At Worthdale

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. All levels are welcomed.

Worthdale Community Center – Course Fee: \$10
#251190 Jan 2-30 Th, Sa 7:15-8:15pm
#251191 Feb 1-29 Sa, Th 9:00-10:00am
#251192 Mar 5-28 Th, Sa 7:15-8:30pm
#251193 Apr 2-30 Th, Sa 7:15-8:30pm

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

#250972 Jan 6-May 13 M, W 6:30-8:30pm

Cardio Fitness Workout Class

Age: 18yrs. and up. Tae kwon do develops strength, speed, balance, flexibility and stamina. Along with a cardio workout, this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training, this program works on multiple body areas, including core, arms and legs. The class is designed to build physical fitness and a healthier body.

Lions Park Community Center – Course Fee: \$20
(\$12 for those enrolled in Lions Park Tae Kwon Do)
#251444 Jan 3-24 F 7:30-8:30pm
#251445 Feb 7-28 F 7:30-8:30pm
#251446 Mar 6-27 F 7:30-8:30pm
#251447 Apr 3-24 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
#248371 Jan 2-Apr 30 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: \$40
#249554 Jan 6-27 M 6:30-7:15pm
#249555 Feb 3-24 M 6:30-7:15pm
#249556 Mar 2-23 M 6:30-7:15pm
#249557 Mar 30-Apr 20 M 6:30-7:15pm

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

#247581 Mar 4-Apr 29 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
#251176 Feb 25-Mar 31 Tu 7:30-8:30pm
#251177 Jan 14-Feb 18 Tu 7:30-8:45pm



Dance - Contemporary Beginner/Improver Line Dance

Age: 18yrs. and up. Come and join this line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! You'll learn basic dance steps while having a lot of fun! 6:00- 6:30 New beginner - A great way to start line dancing. You'll learn the steps for beginner line dances. 6:30 - 7:30 Beginner line dancing - Build on your knowledge of line dance steps by dancing contemporary line dances to all kinds of music. 7:30 - 8:00 Beginner plus line dancing- Work on more challenging dances at the high beginner and improver level. Knowledge of line dance steps and prior experience necessary. Instructors: Jackie Wheeler, Drop-in fee: \$2. Session Pass: \$10 .

Brier Creek Community Center

Course Fee: \$10

#251121 Jan 8-Apr 29 W 6:00-8:30pm

Course Fee: \$2

#251122 Jan 8-Apr 29 W 6:00-8:30pm

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

#251250 Jan 7-Apr 28 Tu 6:30-7:30pm

Dance Xross Fitness at the Creek

Age: 18yrs. and up.

This is an intermediate to advanced level fitness class for our active adults. This fun, high-energy class is geared toward active older adults and combines dance fitness, with kickboxing moves, strength training, and soul line dancing. Instructor: Linda Thomas

Brier Creek Community Center - Course Fee: \$5

#251159 Jan 8-May 1 W, F 9:30-10:30am

Exercise - Fitness Centers

Age: 18yrs. and up. Check out the fitness rooms around the city! Take advantage of a variety of cardiovascular and strength-training equipment and get into shape. Fitness rooms will be open during normal center operating hours. Participants must be 18 or older. Please see staff for additional information.

Abbotts Creek Community Center

Course Fee: \$15

#248372 Jan 1-31 Daily

#248373 Feb 1-29 Daily

#248374 Mar 1-31 Daily

#248375 Apr 1-30 Daily

Heart Health Month - All Community Centers

City Wide Membership - Class Fee: \$0

#251297 Feb 1-29 Daily

City Wide Membership - Course Fee: \$20

#250165 Jan 2-31 Daily

#250166 Feb 1-29 Daily

#250167 Mar 1-31 Daily

#250168 Apr 1-30 Daily

Barwell Road Community Center - Course Fee: \$15

#248956 Jan 2-31 Daily

#248957 Feb 1-29 Daily

#248958 Mar 1-31 Daily

#248959 Apr 1-30 Daily

Brier Creek Community Center - Course Fee: \$15

#250140 Jan 2-31 Daily

#250142 Feb 1-29 Daily

#250143 Mar 1-31 Daily

#250145 Apr 1-30 Daily

Brier Creek 6 month membership - Class Fee: \$75

#250146 Jan 2-Apr 15 Daily

Carolina Pines Community Center - Course Fee: \$15

#250931 Jan 2-31 Daily

#250932 Feb 1-29 Daily

#250933 Mar 1-31 Daily

#250934 Apr 1-30 Daily

Chavis Community Center - Course Fee: \$10

#250161 Jan 1-31 Daily

#250162 Feb 1-29 Daily

#250163 Mar 1-31 Daily

#250164 Apr 1-30 Daily

Green Road Community Center - Course Fee: \$10

#247582 Jan 2-31 Daily

#247583 Feb 1-29 Daily

#247584 Mar 1-31 Daily

#247585 Apr 1-30 Daily

Halifax Community Center - Course Fee: \$15

#250935 Jan 2-31 Daily

#250936 Feb 1-29 Daily

#250937 Mar 1-31 Daily

#250938 Apr 1-30 Daily

Jaycee Community Center - Course Fee: \$15

#249757 Jan 2-31 Daily

#249758 Feb 1-29 Daily

#249759 Mar 1-31 Daily

#249760 Apr 1-30 Daily

#249838 May 1-31 Daily

Laurel Hills Community Center - Course Fee: \$15

#248549 Jan 2-31 Daily

#248550 Feb 1-29 Daily

#248551 Mar 1-31 Daily

#248552 Apr 1-30 Daily

Laurel Hills 6 month membership - Class Fee: \$60

#248553 Jan 2-May 5 Daily

Course Fee: \$90

Laurel Hills 6 month membership - Class Fee: \$60

#248553 Jan 2-May 5 Daily

Lions Park Community Center - Course Fee: \$12

#250958 Jan 2-31 Daily

#250959 Feb 1-29 Daily

#250960 Mar 1-31 Daily

#250961 Apr 1-30 Daily

Marsh Creek Park - Course Fee: \$10

#250153 Jan 2-31 Daily

#250154 Feb 1-29 Daily

#250155 Mar 1-31 Daily

#250156 Apr 1-30 Daily

Method Road Community Center - Course Fee: \$12

#250149 Jan 2-31 Daily

#250150 Feb 1-29 Daily

#250151 Mar 1-31 Daily

#250152 Apr 1-30 Daily

Millbrook Exchange Community Center - Course Fee: \$12

#249868 Feb 1-28 Daily

#249867 Jan 1-Feb 4 Daily

#249869 Mar 1-31 Daily

#249870 Apr 1-30 Daily

Pullen Community Center - Course Fee: \$10

#250137 Jan 2-31 Daily

#250138 Feb 1-29 Daily

#250139 Mar 2-31 Daily

#250141 Apr 1-30 Daily

Roberts Park Community Center - Course Fee: \$10

#250136 Jan 2-31 Daily

#250144 Feb 1-29 Daily

#250147 Mar 1-31 Daily

#250148 Apr 1-30 Daily

Tarboro Road Community Center - Course Fee: \$10

#250991 Jan 2-31 Daily

#250992 Feb 1-29 Daily

#250993 Mar 1-31 Daily

#250994 Apr 1-30 Daily

Worthdale Community Center - Course Fee: \$10

#250124 Jan 2-31 Daily

#250125 Feb 1-29 Daily

#250126 Mar 1-31 Daily

#250171 Apr 1-30 Daily

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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

#248799	Jan 7-Feb 11	Tu	1:30-2:30pm
#248800	Mar 3-Apr 7	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

#248787	Jan 6-Feb 17	M	6:15-7:15pm
#248788	Jan 6-Feb 17	M	7:30-8:30pm
#248789	Mar 2-Apr 6	M	7:30-8:30pm
#248790	Mar 2-Apr 6	M	6:15pm-7:15pm
#248791	Jan 7-Feb 11	Tu	12:00-1:00pm
#248792	Mar 3-Apr 7	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

#248795	Jan 8-Feb 12	W	7:30-8:30pm
#248796	Mar 4-Apr 8	W	7:30-8:30pm
#248797	Jan 9-Feb 13	Th	12:00-1:00pm
#248798	Mar 5-Apr 9	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

#248793	Jan 8-Feb 12	W	6:15-7:15pm
#248794	Mar 4-Apr 8	W	6:15-7:15pm

Exercise - The Nia Technique

Age: 13yrs. and up. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. New to Nia? Take a free class! Instructor: Laura Ghantous.

Sertoma Arts Center – Course Fee: \$56

#248801	Jan 4-Feb 15	Sa	10:15-11:15am
#248802	Feb 29-Apr 18	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.

Abbotts Creek Community Center – Course Fee: \$5

#248532	Jan 8-Apr 29	W	7:00-8:00pm
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Greystone Community Center – Course Fee: \$5

Zumba with Licensed Zumba Instructor Justina Harvin

#250365	Jan 7-Apr 28	Tu	6:45-7:45pm
#250366	Jan 4-Apr 25	Sa	10:00-11:00am
#250367	Jan 2-Apr 30	Th	6:00-7:00pm

Optimist Community Center – Course Fee: \$5

Instructor: Justina Harvin

#251248	Jan 2-Apr 30	Th	6:45-7:45pm
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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

#248380	Jan 1-31	Daily	7:00am-9:00pm
#248381	Feb 1-29	Daily	9:00am-3:00pm
#248382	Mar 1-31	Daily	1:00-6:00pm
#248383	Apr 1-30	Daily	7:00am-9:00pm

Green Road Community Center – Course Fee: \$2

#247586	Feb 1-29	Daily	9:00am-3:00pm
#247587	Jan 2-31	Daily	10:00am-9:00pm
#247588	Mar 1-31	Daily	1:00-6:00pm
#247589	Apr 1-30	Daily	10:00am-9:00pm

Halifax Community Center – Course Fee: \$2

#251259	Jan 1-31	Daily	10:00am-8:30pm
#251260	Feb 1-29	Daily	9:00am-3:00pm
#251261	Mar 1-31	Daily	1:00-6:00pm
#251262	Apr 1-30	Daily	10:00am-8:30pm

Pullen Community Center – Course Fee: \$2

#251081	Jan 1-31	W-Sa, M-W	10:00am-9:00pm
#251082	Feb 1-29	Sa, M-Sa	9:00am-3:00pm
#251083	Mar 2-31	M-Sa	10:00am-9:00pm
#251084	Apr 1-30	W-Sa, M-W	10:00am-9:00pm

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

#248429	Mar 12-Apr 2	Th	6:15-7:00pm
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Course Fee: \$40

#248427	Jan 9-30	Th	6:15-7:00pm
#248428	Feb 13-Mar 5	Th	6:15-7:00pm
#248430	Apr 9-30	Th	6:15-7:00pm

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! Instructor isamy Benevento.

Abbotts Creek Community Center – Course Fee: \$5

#248385	Jan 4-Apr 27	Sa, M	11:00am-12:00pm
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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

Jan-Apr Session

#250250	Jan 7-Apr 30	Tu-Th	6:30-7:30pm
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Course Fee: \$80

#250246	Jan 7-30	Tu-Th	6:30-7:30pm
#250247	Feb 4-27	Tu-Th	6:30-7:30pm
#250248	Mar 3-31	Tu-Th	6:30-7:30pm
#250249	Apr 1-30	W-Th, Tu	7:00-8:00pm

Laurel Hills Gentle Yoga

Age: 16-99 yrs. Gentle 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

#250179	Jan 6-Feb 3	M	10:15-11:30am
#250180	Jan 8-29	W	5:30-6:45pm
#250182	Jan 9-30	Th	10:15-11:30am
#250199	Feb 3-24	M	10:15-11:30am
#250200	Feb 5-26	W	5:30-6:45pm
#250202	Feb 6-27	Th	10:15-11:30am
#250203	Mar 2-23	M	10:15-11:30am
#250206	Mar 4-25	W	5:30-6:45pm
#250208	Mar 5-26	Th	10:15-11:30am
#250221	Apr 6-27	M	10:15-11:30am
#250222	Apr 1-22	W	5:30-6:45pm
#250223	Apr 2-23	Th	10:15-11:30am

Laurel Hills Yoga Drop in Fee

Age: All Ages

Gentle Yoga Drop in Fee

Laurel Hills Community Center – Course Fee: \$10
#250224 Jan 6-May 7M, W-Th 10:15-11:30am

Lunch Time Free-play Basketball

Age: 18yrs. and up. Beat the Mid-day work stress and play noon day basketball. Release the pressures of the job and get a good workout.

Method Road Community Center

#251051 Jan 2-Apr 30 Th, Tu 10:30am-2:30pm

Martial Arts - Adult Shotokan Karate-Do

Age: 15yrs. and up. Learn a traditional martial art and enjoy a challenging workout! Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Some youth designated by instructor may participate in this class. Instructor: Eric Blaize.

Barwell Road Community Center

Course Fee: \$20

#250977	Jan 6-29	M, W	7:00-8:30pm
#250978	Feb 3-26	M, W	7:00-8:30pm
#250979	Mar 2-30	M, W	7:00-8:30pm
#250980	Apr 1-29	W, M	7:00-8:30pm

Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13yrs. and up. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center

Course Fee: \$45

#249879	Jan 6-29	M, W	7:00-8:30pm
#249880	Feb 3-26	M, W	7:00-8:30pm
#249881	Mar 2-25	M, W	7:00-8:30pm
#249882	Apr 6-29	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 Calls, discover how to rehydrate connective tissue and allow the body to release long-hold tension. Many of us carry this tension in low back, neck and shoulders often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better and more aligned. To read more about MELT visit www.meltmethod.com

or email the instructor Jenny Turnage with your questions jenny@foodfityoga.com
Thomas G Crowder Woodland Center

Course Fee: \$25

#249249 Jan 25 Sa 10:00am-12:00pm

Men on Weights

Age: 18yrs. and up. Men, it is time to put down the remote and take control of your health! This program is designed to teach you the proper usage of exercise machines, free weights, resistance bands, BOSU and more. You will learn exercise principles and improve your physical fitness. You will also learn how to design a personal exercise program to meet your goals.

Green Road Community Center

Course Fee: \$5

#250983 Jan 2-Apr 30 Th 10:00-11:00am

MixedFit

Age: 18yrs. and up. Bring your friends of 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

#249138 Jan 8-Apr 29 W 6:30-7:30pm

MixedFit at the Creek

Age: 18yrs. and up. High energy fitness class which is a people inspired fitness program that incorporates explosive movements and boot camp toning! Instructor: Shaunta Clowney, National Trainer. \$5 drop in or 30 day Fit Pass.

Brier Creek Community Center – Course Fee: \$5

#251161 Jan 8-May 4 W, M 6:30-7:30pm

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

#250424	Jan 9-30	Th	6:45-7:45pm
#250425	Feb 6-27	Th	6:45-7:45pm
#250426	Mar 5-26	Th	6:45-7:45pm
#250427	Apr 9	Th	6:45-7:45pm
#250428	May 7-Jun 4	Th	6:45-7:45pm

Movin' and Groovin'

Age: 18yrs. and up. The Parks, Recreation and Cultural Resources Department is partnering with the Health Promotion Chronic Disease Prevention and 4-H Youth Development sections of Wake Human Services for the fifth season of the Movin' and Groovin' walking series. This series encourages families to increase their physical activity in a free, fun and safe way. Adults will take part in mini physical activity sessions as well as organized walking. Children will engage in exercise activities and nutrition education. Join us to enjoy beautiful outdoor resources and fun for the whole family.

Spring Forest Road Park

#247593 Apr 2-Jun 4 Th 6:00-7:00pm

Roberts Park Walking Club

Age: 16yrs. and up. Let's get moving! Join us at Roberts Park for a community walking club in the Roberts Park gym. This is a great way to fit exercise into your day and build relationships with your neighbors, family and friends. Rain or shine....see you at Roberts Park!

Roberts Park Community Center

#251238 Jan 6-Apr 22 M, W 10:00am-12:00pm

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

#248389 Jan 5-Apr 26 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

#250998	Mar 3	Tu	7:00-8:30pm
#250999	Mar 10	Tu	7:00-8:30pm
#251000	Mar 17	Tu	7:00-8:30pm
#251001	Mar 24	Tu	7:00-8:30pm
#251002	Mar 31	Tu	7:00-8:30pm
#251003	Apr 7	Tu	7:00-8:30pm
#251004	Apr 14	Tu	7:00-8:30pm
#251005	Apr 21	Tu	7:00-8:30pm
#251006	Jan 7	Tu	7:00-8:30pm
#251007	Jan 14	Tu	7:00-8:30pm
#251008	Jan 28	Tu	7:00-8:30pm
#251009	Feb 4	Tu	7:00-8:30pm
#251010	Feb 11	Tu	7:00-8:30pm
#251011	Feb 18	Tu	7:00-8:30pm
#251012	Feb 25	Tu	7:00-8:30pm
#251013	Jan 21	Tu	7:00-8:30pm
#251014	Apr 28	Tu	7:00-8:30pm

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Soul Line Dancing

Age: 18yrs. and up. Join us for a fun filled line dance experience! Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. From beginner to intermediate - all are welcome. Instructor Jourmonya Harris

Five Points Center for Active Adults – Course Fee: \$10

#248562	Jan 2-30	Th	10:15-11:00am
#248563	Feb 6-27	Th	10:15-11:00am
#248564	Mar 5-26	Th	10:15-11:00am
#248565	Apr 2-30	Th	10:15-11:00am

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
#248625 Jan 8-Apr 29 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			
#251210	Jan 7-Feb 6	Tu, Th	7:30-8:30pm
#251211	Feb 6-Mar 5	Th, Tu	7:30-8:30pm
#251212	Mar 5-31	Th, Tu	7:30-8:30pm
#251213	Apr 2-May 5	Th, Tu	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

#250244	Jan 7-Apr 30	Tu, Th	4:00-5:00pm
Course Fee: \$55			
#250240	Jan 7-30	Tu, Th	4:00-5:00pm
#250241	Feb 4-27	Tu, Th	4:00-5:00pm
#250242	Mar 3-31	Tu, Th	4:00-5:00pm
#250243	Apr 2-30	Th, Tu	4:00-5:00pm

Tai Chi at Abbotts Creek

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. Instructoramy Benevento, whose teacher was a student of the late Cheng Man-Ching, has trained in Tai Chi for over 25 years. Only \$5 per class.

Abbotts Creek Community Center – Course Fee: \$5
#248390 Jan 5-Apr 26 Su 5:00-5:55pm

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			
#249549	Apr 2-23	Th	7:30-8:15pm
Course Fee: \$40			
#249546	Jan 9-30	Th	7:30-8:15pm
#249547	Feb 6-27	Th	7:30-8:15pm
#249548	Mar 5-26	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
#249559 Jan 9-Apr 30 Th 7:30-8:15pm

Total Body Toning at Lake Johnson Park

Age: 18yrs. and up. Build muscular strength, endurance and stability in this fun 50-minute workout designed to tone your entire body. We'll use our own bodyweight as well as dumbbells, resistance bands, and other equipment to build core strength. Each class will include some light cardio (as a warm up), squats, lunges, barre moves and more! Class will end with floor work. Participants are encouraged to work at their own level. Add in some motivating music and you'll leave feeling energized and accomplished. Who knew working out could be so much fun! Instructor Jenny Turnage has certifications in group fitness, yoga and personal training.

Thomas G Crowder Woodland Center

Course Fee: \$10			
#249252	Jan 7	Tu	6:10-7:00pm
#249254	Jan 9	Th	5:10-6:00pm
#249255	Jan 15	W	6:10-7:00pm

Trail Running for New Runners

Age: 16yrs. and up. In this 9 week course we will use a Couch to 5K inspired approach to work up to running for 30 minutes straight. Participants will receive a step-by-step plan to work from walking and jogging to running. We will meet once a week to discuss dimensions of trail running including posture, clothing and gear, as well as to motivate each other and discuss what's working and what's not after a session. Register today and get ready for the trail.

Forest Ridge Park – Course Fee: \$45
#250020 Mar 9-May 4 M 6:00-7:30pm



Try this at Home Yoga

Age: 18yrs. and up. Looking for a way to winddown after a long day of work? This beginner yoga class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Participants will be introduced to yoga postures through step-by-step verbal description and demonstration. Many of the postures you learn can be done in your own home.

Hill Street Center – Course Fee: \$40

#249681	Jan 9-30	Th	6:30-7:30pm
#249682	Feb 6-27	Th	6:30-7:30pm
#249683	Mar 5-26	Th	6:30-7:30pm

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 per day

#247600	Jan 6-27	M	7:00-8:30pm
#247601	Feb 3-24	M	7:00-8:30pm
#247602	Mar 2-30	M	7:00-8:30pm
#247603	Apr 6-27	M	7:00-8:30pm

Women on Weights

Age: 18yrs. and up. Ladies – don't shy away from free weights and strength training! This program is designed to teach you the proper use of exercise machines, free weights, resistance bands, balls, BOSU etc. You will build endurance, improve muscle tone, and learn exercise principles. You will also design a personal exercise program to meet your fitness goals.

Green Road Community Center – Course Fee: \$5

#247636	Jan 7-Apr 28	Tu	10:00-11:00am
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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

#251194	Jan 8-Mar 11	W	5:15-6:15pm
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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

#251610	Jan 7-Apr 28	Tu	7:00-7:45pm
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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

#251227	Jan 7-Mar 10	Tu	4:00-5:00pm
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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

W	6:30-7:30pm
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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: \$20

#251152	Mar 31-May 5	Tu	6:45-7:45pm
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Course Fee: \$40

#251150	Jan 7-Feb 11	Tu	6:45-7:45pm
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#251151	Feb 18-Mar 24	Tu	6:45-7:45pm
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Yoga at Lake Johnson: Gentle Yoga

Age: 18yrs. and up. This class offers a gentle approach to yoga using modifications to adapt the poses to each individual. The pace is slow so it's appropriate for those who want to begin a practice, those who are dealing with certain physical conditions, or those who just want a calming practice. The focus of the class will be to build strength, increase core stability, and range of motion. See you on the mat! Certified Yoga Instructor Tina Stephens.

Thomas G Crowder Woodland Center

Course Fee: \$10

#248514	Jan 7	Tu	6:30-7:30pm
#248515	Jan 14	Tu	6:30-7:30pm
#248516	Jan 28	Tu	6:30-7:30pm
#248517	Feb 11	Tu	6:30-7:30pm
#248518	Feb 25	Tu	6:30-7:30pm
#248519	Mar 10	Tu	6:30-7:30pm
#248520	Mar 24	Tu	6:30-7:30pm
#248521	Mar 31	Tu	6:30-7:30pm
#248522	Apr 14	Tu	6:30-7:30pm
#248523	Apr 28	Tu	6:30-7:30pm

Yoga at Lake Johnson: Therapeutic Renewal Yoga

Age: 16yrs. and up. Stretch. Breathe. Release tension. Thought you could not do yoga? This class can benefit those who are new to yoga or are looking for a safe, gentle, accessible way to explore yoga poses, breathing techniques and relaxation practices. TJ Martin is a registered yoga teacher at the 500-hour level and an integrative yoga therapist and has been a yoga instructor for Pink Ribbon Yoga Retreats since 2005.

Thomas G Crowder Woodland Center

Course Fee: \$70

#248317	Jan 7-Feb 25	Tu	9:30-11:00am
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Course Fee: \$80

#248318	Mar 10-Apr 28	Tu	9:30-11:00am
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Yoga at Lake Johnson: Yoga for All Levels

Age: 18-65 yrs. 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

#249246	Jan 9-Feb 13	Th	6:30-7:30pm
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#249247	Feb 27-Apr 2	Th	6:30-7:30pm
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#249248	Apr 16-May 21	Th	6:30-7:30pm
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Yoga at Lake Johnson: Yoga Foundations

Age: 18yrs. and up. If you are new to yoga, or need a refresher course, this 6-week series is for you! Jenny offers a strong foundation of basic poses, yoga breathing, careful alignment and conscious relaxation practices. Participants will be guided through various modifications of poses to meet individual needs so that you have the best experience. Yoga is a wonderful practice that offers many physical and mental benefits. Come find the joy of yoga! Certified yoga instructor: Jenny Turnage

Thomas G Crowder Woodland Center

Course Fee: \$70

#249234	Jan 6-Feb 17	M	6:15-7:30pm
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Yoga at Optimist Community Center

Age: 16yrs. and up. Restorative and chakra yoga for mind and body balance. Your yoga instructor will lead you to rejuvenate through restorative anandas/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 – Course Fee: \$8

#251263	Jan 8-Apr 29	W	7:00-8:15pm
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YogaCore Teen & Mom

Age: 12yrs. and up. Class includes stretching, strengthening and breathing exercises that will leave you refreshed, relaxed and peaceful.

Bond with your teen while doing something fun and healthy for both of you. All levels welcome. No experience necessary. Please bring yoga mat and 4inch yoga block.

Instructor: Victoria Haffer, M.S.

Brier Creek Community Center – Course Fee: \$99

#251186	Jan 9-30	Th	6:30-7:30pm
#251187	Feb 13-Mar 5	Th	6:30-7:30pm

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
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

#247604	Jan 3	F	6:00-7:00pm
#247605	Jan 6-10	M, W, F	6:00-7:00pm
#247606	Jan 13-17	M, W, F	6:00-7:00pm
#247607	Jan 22-24	W, F	6:00-7:00pm
#247608	Jan 27-29	M, W	6:00-7:00pm
#247609	Feb 3-7	M, W, F	6:00-7:00pm
#247610	Feb 10-14	M, W, F	6:00-7:00pm
#247611	Feb 17-21	M, W, F	6:00-7:00pm
#247612	Feb 24-28	M, W, F	6:00-7:00pm
#247613	Mar 2-6	M, W, F	6:00-7:00pm
#247614	Mar 9-13	M, W, F	6:00-7:00pm
#247615	Mar 16-20	M, W, F	6:00-7:00pm
#247616	Mar 23-27	M, W, F	6:00-7:00pm
#247617	Mar 30-Apr 3	M, W, F	6:00-7:00pm
#247618	Apr 6-10	M, W, F	6:00-7:00pm
#247619	Apr 13-17	M, W, F	6:00-7:00pm
#247620	Apr 20-24	M, W, F	6:00-7:00pm
#247621	Apr 27-29	M, W	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
#250985 Jan 6-May 4 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

#251145	Jan 4-29	Sa, W	10:00-11:00am
#2511460	Feb 1-26	Sa, W	10:00-11:00am
#2511461	Mar 4-28	W, Sa	6:30-7:30pm
#2511463	Apr 1-25	W, Sa	6:30-7:30pm

ZUMBA® Boom

Age: 16yrs. and up. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Passes: \$5 (daily), \$24 (6 visits), \$42 (12 visits).

Laurel Hills Community Center – Course Fee: \$24
#250228 Jan 7-Apr 29 Tu-W 7:30-8:30pm

ZUMBA® with Maria - Daily Pass

Age: 12yrs. and up. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Green Road Community Center – Course Fee: \$5

January Zumba Daily Pass - \$5/day

#247622	Jan 3-29	F, M, W	6:00-7:00pm
#247623	Feb 3-28	M, W, F	6:00-7:00pm
#247624	Mar 2-30	M, W, F	6:00-7:00pm
#247625	Apr 1-29	W, F, M	6:00-7:00pm

Senior**Active Adult Line Dance**

Age: 18yrs. 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

#250628	Jan 4	Sa	9:15-10:15am
#250629	Jan 11	Sa	9:15-10:15am
#250630	Jan 18	Sa	9:15-10:15am
#250631	Jan 25	Sa	9:15-10:15am
#250632	Feb 1	Sa	9:15-10:15am
#250633	Feb 8	Sa	9:15-10:15am
#250634	Feb 15	Sa	9:15-10:15am
#250635	Feb 22	Sa	9:15-10:15am
#250636	Feb 29	Sa	9:15-10:15am
#250637	Mar 7	Sa	9:15-10:15am
#250638	Mar 14	Sa	9:15-10:15am
#250639	Mar 21	Sa	9:15-10:15am
#250640	Mar 28	Sa	9:15-10:15am
#250641	Apr 4	Sa	9:15-10:15am
#250642	Apr 11	Sa	9:15-10:15am
#250643	Apr 18	Sa	9:15-10:15am
#250644	Apr 25	Sa	9:15-10:15am

Adult Tap Dance

Age: 18yrs. and up. Learn basic tap dance patterns that will be incorporated into short dances to music. This will be a good physical and mental workout as you learn (or maybe re-learn) classic patterns. Tap dance does not require a partner or a group so you can practice any time. If you can walk you can dance! Instructor: Bev Norwood

Five Points Center for Active Adults – Course Fee: \$10

#247670	Jan 8-29	W	12:00-1:00pm
#247671	Feb 5-26	W	12:00-1:00pm
#247672	Mar 4-25	W	12:00-1:00pm
#247673	Apr 1-29	W	2:00-1:00pm

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

#247674	Jan 7-28	Tu	2:00-2:45pm
#247675	Feb 4-25	Tu	2:00-2:45pm
#247676	Mar 3-31	Tu	2:00-2:45pm
#247677	Apr 7-28	Tu	2:00-2:45pm

Five Points Center for Active Adults

Course Fee: \$10

#247678	Jan 6-27	M	9:30-10:15am
#247679	Feb 3-24	M	9:30-10:15am
#247680	Mar 2-30	M	9:30-10:15am
#247681	Apr 6-27	M	9:30-10:15am

Walnut Terrace Neighborhood Center

#247682	Jan 7-28	Tu	12:00-12:45pm
#247683	Feb 4-25	Tu	12:00-12:45pm
#247684	Mar 3-31	Tu	12:00-12:45pm
#247685	Apr 7-28	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

Instructor: Jourmonya Harris Raynor

#247761	Jan 7-28	Tu	9:15-10:00am
#247762	Feb 4-25	Tu	9:15-10:00am
#247763	Mar 3-31	Tu	9:15-10:00am
#247764	Apr 7-28	Tu	9:15-10:00am

Intermediate

#247765	Jan 7-28	Tu	10:15-11:00am
#247766	Feb 4-25	Tu	10:15-11:00am
#247767	Mar 3-31	Tu	10:15-11:00am
#247768	Apr 7-28	Tu	10:15-11:00am

Instructor: Valerie Salinas

#247769	Jan 7-28	Tu	3:00-3:45pm
#247770	Feb 4-25	Tu	3:00-3:45pm
#247771	Mar 3-31	Tu	3:00-3:45pm
#247772	Apr 7-28	Tu	3:00-3:45pm
#247773	Jan 2-30	Th	9:15-10:00am
#247774	Feb 6-27	Th	9:15-10:00am
#247775	Mar 5-26	Th	9:15-10:00am



Senior Games March – April 2020

Registration: Jan 28 - Mar 10, 2020

wcseniorgames.org, (919) 582-9395

Email: wcseniorgames@gmail.com

Facebook: @WakeCountySeniorGames



#247776 Apr 2-30 Th 9:15-10:00am
Intermediate

#247777	Jan 2-30	Th	10:15-11:00am
#247778	Feb 6-27	Th	10:15-11:00am
#247779	Mar 5-26	Th	10:15-11:00am
#247780	Apr 2-30	Th	10:15-11:00am
248455	Jan 7-28	Tu	12:45-1:30pm
#248456	Feb 4-25	Tu	12:45-1:30pm
#248457	Mar 3-31	Tu	12:45-1:30pm
#248458	Apr 7-28	Tu	12:45-1:30pm

Five Points Center for Active Adults – Course Fee: \$0
Instructor: Jourmonya Harris Raynor

#247781 Jan 2-Apr 30 Th 9:30-10:00am

Greystone Community Center – Course Fee: \$10

Instructor: Lauren Lewellyn

#247782	Jan 6-27	M	10:00-10:45am
#247783	Feb 3-24	M	10:00-10:45am
#247784	Mar 2-30	M	10:00-10:45am
#247785	Apr 6-27	M	10:00-10:45am
#247786	Jan 3-31	F	10:00-10:45am
#247787	Feb 7-28	F	10:00-10:45am
#247788	Mar 6-27	F	10:00-10:45am
#247789	Apr 3-24	F	10:00-10:45am
#251562	Jan 7-28	Tu	9:00-9:45am
#251563	Feb 4-25	Tu	9:00-9:45am
#251564	Mar 3-31	Tu	9:00-9:45am
#251565	Apr 7-28	Tu	9:00-9:45am
#251566	Jan 2-30	Th	9:00-9:45am
#251567	Feb 6-27	Th	9:00-9:45am
#251568	Mar 5-26	Th	9:00-9:45am
#251569	Apr 2-30	Th	9:00-9:45am

Halifax Community Center – Course Fee: \$0

Instructor: Jourmonya Harris-Raynor

#247790	Jan 6-27	M	11:45am-12:30pm
#247791	Feb 3-24	M	11:45am-12:30pm
#247792	Mar 2-30	M	11:45am-12:30pm
#247793	Apr 6-27	M	11:45am-12:30pm

Laurel Hills Community Center – Course Fee: \$10

Instructor: Bettie Ittenbach

#247794	Jan 6-27	M	10:15-11:15am
#247795	Feb 3-24	M	10:15-11:15am
#247796	Mar 2-30	M	10:15-11:15am
#247797	Apr 6-27	M	10:15-11:15am
#247798	Jan 3-31	F	10:15-11:15am
#247799	Feb 7-28	F	10:15-11:15am
#247800	Mar 6-27	F	10:15-11:15am
#247801	Apr 3-24	F	10:15-11:15am

Powell Drive Park – Course Fee: \$10

Instructor: Jourmonya Harris-Raynor

#247802	Jan 7-28	Tu	2:00-2:45pm
#247803	Feb 4-25	Tu	2:00-2:45pm
#247804	Mar 3-31	Tu	2:00-2:45pm
#247805	Apr 7-28	Tu	2:00-2:45pm
#247806	Jan 2-30	Th	2:00-2:45pm
#247807	Feb 6-27	Th	2:00-2:45pm
#247808	Mar 5-26	Th	2:00-2:45pm
#247809	Apr 2-30	Th	2:00-2:45pm

Tarboro Road Community Center – Course Fee: \$10

Instructor: Janet Wise

#247810	Jan 3-31	W, F	10:00-10:45am
#247811	Feb 5-28	W, F	10:00-10:45am
#247812	Mar 4-27	W, F	10:00-10:45am
#247813	Apr 1-29	W, F	10:00-10:45am

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 differ by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center – Course Fee: \$10

#247814	Jan 7-28	Tu	10:30-11:15am
#247815	Feb 4-25	Tu	10:30-11:15am
#247816	Mar 3-31	Tu	10:30-11:30am
#247817	Apr 7-28	Tu	10:30-11:15am
#247818	Jan 2-30	Th	10:30-11:15am
#247819	Feb 6-27	Th	10:30-11:15am
#247820	Mar 5-26	Th	10:30-11:15am
#247821	Apr 2-30	Th	10:30-11:15am

Five Points Center for Active Adults – Course Fee: \$10

#247822	Jan 7-28	Tu	10:15-11:00am
#247823	Feb 4-25	Tu	10:15-11:00am
#247824	Mar 3-31	Tu	10:15-11:00am
#247825	Apr 7-28	Tu	10:15-11:00am
#247826	Jan 8-29	W	2:15-3:00pm
#247827	Feb 5-26	W	2:15-3:00pm
#247828	Mar 4-25	W	2:15-3:00pm
#247829	Apr 1-29	W	2:15-3:00pm
#247830	Jan 2-30	Th	9:15-10:00am
#247831	Feb 6-27	Th	9:15-10:00am
#247832	Mar 5-26	Th	9:15-10:00am
#247833	Apr 2-30	Th	9:15-10:00am
#247834	Jan 2-30	Th	11:15am-12:00pm

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#247835	Feb 6-27	Th	11:15am-12:00pm
#247836	Mar 5-26	Th	11:15am-12:00pm
#247837	Apr 2-30	Th	11:15am-12:00pm
#247838	Jan 2-30	Th	6:45-7:30pm
#247839	Feb 6-27	Th	6:45-7:30pm
#247840	Mar 5-26	Th	6:45-7:30pm
#247841	Apr 2-30	Th	6:45-7:30pm

Bootcamp

Age: 18yrs. and up. Bootcamp is designed to push you a little further than you would normally push yourself. It builds on the fundamentals of cardio and strength training. You will use bodyweight exercises like pushups, squats and burpees interspersed with aerobic activities. Be prepared to sweat in this class. Bring a towel and your mat.

Abbotts Creek Community Center – Course Fee: \$10

#247843	Jan 6-27	M	10:30-11:15am
#247844	Feb 3-24	M	10:30-11:15am
#247845	Mar 2-30	M	10:30-11:15am
#247846	Apr 6-27	M	10:30-11:15am
#247847	Jan 8-29	W	10:30-11:15am
#247848	Feb 5-26	W	10:30-11:15am
#247849	Mar 4-25	W	10:30-11:15am
#247850	Apr 1-29	W	10:30-11:15am
#247851	Jan 3-31	F	10:30-11:30am
#247852	Feb 7-28	F	10:30-11:15am
#247853	Mar 6-27	F	10:30-11:15am
#247854	Apr 3-24	F	10:30-11:15am

Five Points Center for Active Adults – Course Fee: \$10

#247855	Jan 7-28	Tu	9:15-10:00am
#247856	Feb 4-25	Tu	9:15-10:00am
#247857	Mar 3-31	Tu	9:15-10:00am
#247858	Apr 7-28	Tu	9:15-10:00am
#247859	Jan 8-29	W	1:15-2:00pm
#247860	Feb 5-26	W	1:15-2:00pm
#247861	Mar 4-25	W	1:15-2:00pm
#247862	Apr 1-29	W	1:15-2:00pm

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

#247868	Jan 3-31	F	1:00-1:45pm
#247869	Feb 7-28	F	1:00-1:45pm
#247870	Mar 6-27	F	1:00-1:45pm
#247871	Apr 3-24	F	1:00-1:45pm

Cardio Sculpt

Age: 18yrs. and up. Cardio Sculpt is a combination class that 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.

Abbotts Creek Community Center

Course Fee: \$10

#247964	Jan 7-28	Tu	9:15-10:00am
#247966	Feb 4-25	Tu	9:15-10:00am
#247967	Mar 3-31	Tu	9:15-10:00am
#247968	Apr 7-28	Tu	9:15-10:00am
#247971	Jan 2-30	Th	9:15-10:00am
#247973	Feb 6-27	Th	9:15-10:00am
#247974	Mar 5-26	Th	9:15-10:00am
#247975	Apr 2-30	Th	9:15-10:00am

Five Points Center for Active Adults – Course Fee: \$10

#247985	Jan 6-27	M	9:30-10:15am
#247986	Feb 3-24	M	9:30-10:15am
#247987	Mar 2-30	M	9:30-10:15am
#247988	Apr 6-27	M	9:30-10:15am
#247989	Jan 6-27	M	6:30-7:15pm
#247990	Feb 3-24	M	6:30-7:15pm
#247991	Mar 2-30	M	6:30-7:15pm
#247992	Apr 6-27	M	6:30-7:15pm
#247993	Jan 7-28	Tu	10:15-11:00am
#247994	Feb 4-25	Tu	10:15-11:00am
#247995	Mar 3-31	Tu	10:15-11:00am
#247996	Apr 7-28	Tu	10:15-11:00am
#247997	Jan 8-29	W	9:15-10:00am
#247998	Feb 5-26	W	9:15-10:00am
#247999	Mar 4-25	W	9:15-10:00am
#248000	Apr 1-29	W	9:15-10:00am
#248001	Jan 8-29	W	10:15-11:00am
#248002	Feb 5-26	W	10:15-11:00am
#248003	Mar 4-25	W	10:15-11:00am
#248004	Apr 1-29	W	10:15-11:00am
#248005	Jan 8-29	W	11:15-12:00pm
#248006	Feb 5-26	W	11:15-12:00pm
#248007	Mar 4-25	W	11:15-12:00pm
#248008	Apr 1-22	W	11:15-12:00pm
#248013	Jan 2-23	Th	10:15-11:00am
#248014	Feb 6-27	Th	10:15-11:00am
#248015	Mar 5-26	Th	10:15-11:00am
#248016	Apr 2-23	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

#250419	Jan 7-28	Tu	11:30am-12:15pm
#250420	Feb 4-25	Tu	11:30am-12:15pm
#250421	Mar 3-31	Tu	11:30am-12:15pm
#250422	Apr 7-May 5	Tu	11:30am-12:15pm
#250423	May 5-26	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.

Anne Gordon Center for Active Adults – Course Fee: \$10

#248018	Jan 6-27	M	11:45am-12:45pm
#248019	Feb 3-24	M	11:45am-12:45pm
#248020	Mar 2-30	M	11:45am-12:45pm
#248021	Apr 6-27	M	11:45am-12:45pm

Five Points Center for Active Adults – Course Fee: \$10

#248022	Jan 7-28	Tu	11:00-11:45am
#248023	Feb 4-25	Tu	11:00-11:45am
#248024	Mar 3-31	Tu	11:00-11:45am
#248025	Apr 7-28	Tu	11:00-11:45am

Five Points Fitness Room

Age: 18yrs. and up. Take advantage of the variety of 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

#248067 Jan 2-Apr 30 Th-F, M-Th 9:00am-9:00pm

Gentle Stretch

Age: 18yrs. and up. In this 45-minute chair class, 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

#248069	Jan 8-29	W	12:00-12:45pm
#248070	Feb 5-26	W	12:00-12:45pm
#248071	Mar 4-25	W	12:00-12:45pm
#248072	Apr 1-29	W	12:00-12:45pm

Get Fit Seniors

Age: 55yrs. and up. Join us every Tuesday at Roberts Park for exercise programs that promote senior fitness and healthy living. Classes are designed to introduce exercises that increase muscle strength, range of motion, and balance. All activities will take place in a fun and engaging environment with friends. For all programs, a chair can be used seated or standing for additional support. See you at Roberts!

Roberts Park Community Center

#251244	Jan 7-28	Tu	10:30-11:30am
#251245	Feb 4-25	Tu	10:30-11:00am
#251246	Mar 3-24	Tu	10:30-11:30am
#251247	Apr 7-May 5	Tu	10:30-11:30am

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)

#248073	Jan 3-31	F	2:15-3:15pm
#248074	Feb 7-28	F	2:15-3:15pm
#248075	Mar 6-27	F	2:15-3:15pm
#248076	Jan 3-31	F	1:00-2:00pm
#248077	Feb 7-28	F	1:00-2:00pm
#248078	Mar 6-27	F	1:00-2:00pm
#248079	Apr 3-24	F	1:00-2:00pm
#248088	Apr 3-24	F	2:15-3:15pm

Five Points Center for Active Adults

Adv. Beginner/Improver (good experience)

#248080	Jan 6-29	M, W	1:15-2:15pm
#248081	Feb 3-26	M, W	1:15-2:15pm
#248082	Mar 2-30	M, W	1:15-2:15pm
#248083	Apr 1-29	W, M	1:00-2:00pm
#248084	Jan 6-29	M, W	2:15-3:15pm
#248085	Feb 3-26	M, W	2:15-3:15pm
#248086	Mar 2-30	M, W	2:15-3:15pm
#248087	Apr 1-29	W, M	2:00-3:00pm

Line Dance Open Studio

Age: 18yrs. and up. Join us for this fun and informal line dance open studio time. There is not an instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

Anne Gordon Center for Active Adults

Beginner (need to know steps)

#248093	Jan 6-Apr 27	M	4:00-5:30pm
#248094	Jan 7-Apr 28	Tu	4:00-5:30pm
#248095	Jan 2-Apr 30	Th	4:30-5:45pm

Five Points Center for Active Adults

#248096	Jan 3-Apr 24	F	2:00-3:30pm
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Line Dance: Learn to Line Dance

Age: 18yrs. and up. This learn to line dance class will teach basic line dance steps. We will go slow so that everyone will learn and you will be able to do basic beginner dances at the end of each class. We will learn about finding the beat of the music, counting the beats and dancing to the tempo of the music. We'll be dancing to all kinds of music from oldies to new pop and country western. The focus is on having fun learning how to dance!

Anne Gordon Center for Active Adults – Course Fee: \$10
#249081 Feb 6-27 Th 11:15am-12:15pm

Mature Adult Fitness

Age: 55yrs. and up. This group exercise program is designed to improve your overall health and fitness. All classes are taught to music. Participants should wear loosely fitted, athletic-style apparel.

Green Road Community Center

#250984	Jan 7-Apr 28	Tu	11:00am-12:00pm
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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

#248098	Jan 7-28	Tu	2:00-2:45pm
#248099	Feb 4-25	Tu	2:00-2:45pm
#248100	Mar 3-31	Tu	2:00-2:45pm
#248101	Apr 7-28	Tu	2:00-2:45pm
#248102	Jan 2-30	Th	12:00-12:45pm
#248103	Feb 6-27	Th	12:00-12:45pm
#248104	Mar 5-26	Th	12:00-12:45pm
#248105	Apr 2-30	Th	12:00-12:45pm

Mindful Meditation

Age: 18yrs. and up. Like Yoga, 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 techniques, with sitting and walking meditation techniques to enhance focus and spinal alignment. This class will allow practitioners to cultivate concentration within oneself and bring awareness to one's body mechanics, balance, and relaxation.

Instructor: My Hao Tran

Anne Gordon Center for Active Adults – Course Fee: \$10

#248459	Jan 7-28	Tu	11:15am-12:00pm
#248460	Feb 4-25	Tu	11:15am-12:00pm
#248461	Mar 3-31	Tu	11:15am-12:00pm
#248462	Apr 7-28	Tu	11:15am-12:00pm

Personal Training Sessions

Age: 18yrs. and up. These sessions will provide one-on-one training with a certified instructor who will help you meet your personal fitness goals. These sessions are a

great way to kick off your fitness routine, keep you motivated or help you identify your fitness needs. Sessions will be scheduled at a time that is mutually convenient for the patron and the instructor.

Five Points Center for Active Adults

Course Fee: \$40/hr.

PT with Sue Payne

#248106	Jan 2-Apr 30	M-F	9:30am-5:30p
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PT with Linda Lisko

#248107	Jan 2-Apr 30	M-F	9:30am-5:30p
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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. Bring your own mat.

Five Points Center for Active Adults – Course Fee: \$10

#247516	Feb 3-24	M	9:15-10:00am
#247517	Mar 2-30	M	9:15-10:00am
#247518	Apr 6-27	M	9:15-10:00am
#247519	Jan 6-27	M	5:30-6:30pm
#247520	Feb 3-24	M	5:30-6:30pm
#247521	Apr 6-27	M	5:30-6:30pm
#247522	Mar 2-30	M	5:30-6:30pm
#247523	Mar 6-27	F	11:30am-12:30pm
#247524	Apr 3-24	F	11:30am-12:30pm
#247525	Jan 6-27	M	9:15-10:00am
#247526	Jan 8-29	W	10:15-11:00am
#247527	Feb 5-26	W	10:15-11:00am
#247528	Mar 4-25	W	10:15-11:00am
#247529	Apr 1-29	W	10:15-11:00am
#247530	Jan 8-29	W	11:15am-12:00pm
#247531	Feb 5-26	W	11:15am-12:00pm
#247532	Mar 4-25	W	11:15am-12:00pm
#247533	Apr 1-29	W	11:15am-12:00pm
#247534	Jan 2-30	Th	12:00-1:00pm
#247535	Feb 6-27	Th	12:00-1:00pm
#247536	Mar 5-26	Th	12:00-1:00pm
#247537	Apr 9-30	Th	12:00-1:00pm
#247538	Jan 3-31	F	11:30am-12:30pm
#247539	Feb 7-28	F	11:30am-12:30pm

Qi Gong

Age: 18yrs. and up. 24-Posture 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

#248115	Jan 7-28	Tu	10:30-11:15am
#248116	Feb 4-25	Tu	10:30-11:15am
#248117	Mar 3-31	Tu	10:30-11:15am
#248118	Apr 7-28	Tu	10:30-11:15am
#248119	Jan 3-31	F	10:30-11:15am
#248120	Feb 7-28	F	10:30-11:15am
#248121	Mar 6-27	F	10:30-11:15am
#248122	Apr 3-24	F	10:30-11:15am

Joint Health

#248123	Jan 3-31	F	11:30am-12:15pm
#248124	Feb 7-28	F	11:30am-12:15pm
#248125	Mar 6-27	F	11:30am-12:15pm
#248126	Apr 3-24	F	11:30am-12:15pm

Five Points Center for Active Adults – Course Fee: \$10

#248127	Jan 7-28	Tu	9:15-10:00am
#248128	Feb 4-25	Tu	9:15-10:00am
#248129	Mar 3-31	Tu	9:15-10:00am
#248130	Apr 7-28	Tu	9:15-10:00am
#248131	Jan 3-31	F	9:15-10:00am
#248132	Feb 7-28	F	9:15-10:00am
#248133	Mar 6-27	F	9:15-10:00am
#248134	Apr 3-24	F	9:15-10:00am

Walnut Terrace Neighborhood Center**Qi Gong: Joint Health**

#248135	Jan 6-27	M	11:30am-12:15pm
#248136	Feb 3-24	M	11:30am-12:15pm
#248137	Mar 2-30	M	11:30am-12:15pm
#248138	Apr 6-May 4	M	11:30am-12:15pm

Senior Circuit at Worthdale

Age: 55yrs. and up. Participants will work their upper body one day and lower body the other. This circuit will help you to learn how to use the weight room equipment with the help of staff instruction. You will also be able to meet up with other seniors and enjoy social time!

Worthdale Community Center – Course Fee: \$10

#251198	Jan 2-30	Th, Tu	12:00-1:00pm
#251199	Feb 4-27	Th, Tu	12:00-1:00pm
#251200	Mar 3-31	Tu, Th	12:00-1:00pm
#251201	Apr 2-30	Th, Tu	12:00-1:00pm

SENIOR TENNIS FREE PLAY

Age: 55yrs. and up. Tennis is a good fitness and social activity for older adults. Enjoy indoor and outdoor tennis with peers. No experience necessary, equipment is provided and all ability levels are welcome.

Worthdale Community Center

#251204	Apr 1-29	W	11:00am-12:00pm
#251205	Jan 8-29	W	11:00am-12:00pm
#251206	Feb 5-26	W	11:00am-12:00pm
#251207	Mar 4-25	W	11:00am-12:00pm

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 you can cultivate energy that results in improved health.†As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief.†Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!

Anne Gordon Center for Active Adults – Course Fee: \$10

#248146	Jan 7-28	Tu	11:30am-12:30pm
#248147	Feb 4-25	Tu	11:30am-12:30pm
#248148	Mar 3-31	Tu	11:30am-12:30pm
#248149	Apr 7-28	Tu	11:30am-12:30pm

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Five Points Center for Active Adults – Course Fee: \$10

#248150	Jan 8-29	W	4:30-5:30pm
#248151	Feb 5-26	W	4:30-5:30pm
#248152	Mar 4-25	W	4:30-5:30pm
#248153	Apr 1-29	W	4:30-5:30pm
#248154	Jan 2-30	Th	2:00-3:00pm
#248155	Feb 6-27	Th	2:00-3:00pm
#248156	Mar 5-26	Th	2:00-3:00pm
#248157	Apr 2-30	Th	2:00-3:00pm

Halifax Community Center – Course Fee: \$10

#248158	Jan 6-27	M	10:30-11:15am
#248159	Feb 3-24	M	10:30-11:15am
#248160	Mar 2-30	M	10:30-11:15am
#248161	Apr 6-27	M	10:30-11:15am

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. You'll break a sweat and have lots of fun!

Instructor: Bettie Iitenbach

Five Points Center for Active Adults – Course Fee: \$10

#248162	Jan 2-30	Th	1:00-1:45pm
#248163	Feb 6-27	Th	1:00-1:45pm
#248164	Mar 5-26	Th	1:00-1:45pm
#248165	Apr 2-30	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**Tai Chi Ch- Beginner**

#248167	Jan 6-27	M	10:30am-11:30am
#248168	Feb 3-24	M	10:30am-11:30am
#248169	Mar 2-23	M	10:30am-11:30am
#248170	Apr 6-27	M	10:30am-11:30am

Tai Chi Chih Intermediate

#248171	Jan 6-27	M	11:30am-12:30pm
#248172	Feb 3-24	M	11:30am-12:30pm
#248173	Mar 2-30	M	11:30am-12:30pm
#248174	Apr 6-27	M	11:30am-12:30pm

Tai Chi for Active Adults

Age: 18yrs. and up. Tai chi is a low-impact, slow-motion exercise consisting of a series of motions that can be adapted for any fitness level. Tai chi is an ancient form of movement that promotes health and improves 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 has the beginning movements modified for sitting. Intermediate Sun Style: This is a continuation of the beginner class including 10 new movements. This class will increase your endurance and your mental acuity. Learn to step with more agility and direction to increase your balance and coordination. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class will teach the first half of the Sun 73 Long Form movements. Movements include kicks and

standing on one leg, which will increase your balance and coordination as well as your lower body and core strength. Advanced Sun Style Part 2: A continuation of the Part One class, here you will complete the Long Form with spiraling and crouching movements.

The sequence begins with gentle movements and progresses to more challenging, flowing forms. It is a great overall workout for the body and mind. Advanced Various Styles: Some previous experience is required. This class will explore styles including the most popular Yang 24 forms and Chen style movements. Instructor: Rita Shaloiko

Anne Gordon Center for Active Adults – Course Fee: \$10**Chair Beginner Sun Style**

#248463	Jan 6-27	M	1:00-1:45pm
#248464	Feb 3-24	M	1:00-1:45pm
#248465	Mar 2-30	M	1:00-1:45pm
#248466	Apr 6-27	M	1:00-1:45pm

Intermediate Sun Style

#248467	Jan 6-27	M	2:00-2:45pm
#248468	Feb 3-24	M	2:00-2:45pm
#248469	Mar 2-30	M	2:00-2:45pm
#248470	Apr 6-27	M	2:00-2:45pm

Advanced Various Styles

#248471	Jan 6-27	M	3:00-3:45pm
#248472	Feb 3-24	M	3:00-3:45pm
#248473	Mar 2-30	M	3:00-3:45pm
#248474	Apr 6-27	M	3:00-3:45pm

Advanced Sun Style Part 2

#248475	Jan 2-30	Th	12:30-1:15pm
#248476	Feb 6-27	Th	12:30-1:15pm
#248477	Mar 5-26	Th	12:30-1:15pm
#248478	Apr 2-30	Th	12:30-1:15pm

Advanced Sun Style Part 1

#248479	Jan 2-30	Th	1:30-2:15pm
#248480	Feb 6-27	Th	1:30-2:15pm
#248481	Mar 5-26	Th	1:30-2:15pm
#248482	Apr 2-30	Th	1:30-2:15pm

Beginner Sun Style

#248483	Jan 2-30	Th	2:30-3:15pm
#248484	Feb 6-27	Th	2:30-3:15pm
#248485	Mar 5-26	Th	2:30-3:15pm
#248486	Apr 2-30	Th	2:30-3:15pm

Total Body

Age: All Ages. Improve your quality of life by building strength, balance, and flexibility; aspects of your health which are essential to maintaining physical independence. In this class you will use body weight, hand weights, resistance bands, and other exercise 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

#248195	Jan 6-27	M	9:30-10:15am
#248196	Feb 3-24	M	9:30-10:15am
#248197	Mar 2-30	M	9:30-10:15am
#248198	Apr 6-27	M	9:30-10:15am
#248199	Jan 8-29	W	9:30-10:15am
#248200	Feb 5-26	W	9:30-10:15am
#248201	Mar 4-25	W	9:30-10:15am
#248202	Apr 1-29	W	9:30-10:15am
#248203	Jan 3-31	F	9:30-10:15am
#248204	Feb 7-28	F	9:30-10:15am
#248205	Mar 7-28	Sa	9:30-10:15am
#248206	Apr 3-24	F	9:30-10:15am

Five Points Center for Active Adults – Course Fee: \$10

#248207	Jan 7-28	Tu	1:00-1:45pm
#248208	Feb 4-25	Tu	1:00-1:45pm

#248209	Mar 3-24	Tu	1:00-1:45pm
#248210	Apr 7-28	Tu	1:00-1:45pm
#248211	Jan 2-30	Th	1:00-1:45pm
#248212	Feb 6-27	Th	1:00-1:45pm
#248213	Mar 5-26	Th	1:00-1:45pm
#248214	Apr 2-30	Th	1:00-1:45pm
#248215	Jan 2-30	Th	5:45-6:30pm
#248216	Feb 6-27	Th	5:45-6:30pm
#248217	Mar 5-26	Th	5:45-6:30pm
#248218	Apr 9-May 7	Th	5:45-6:30pm

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

#248221	Jan 8-29	W	9:15-10:00am
#248222	Feb 5-26	W	9:15-10:00am
#248223	Mar 4-25	W	9:15-10:00am
#248224	Apr 1-29	W	9:15-10:00am

Worthdale Yoga for Seniors

Age: 55yrs. and up. Come enjoy a gentle, chair-based class that will help anyone of any skill set - sit, breathe and move with ease.

The instructor will lead you through practices to improve posture, balance, breathing capacity, focus and mobility. Participants will use the chair in a variety of ways.

Worthdale Community Center

#251229	Feb 6-27	Th	10:15-11:00am
#251230	Mar 5-26	Th	10:15-11:00am
#251231	Apr 2-30	Th	10:15-11:00am

Yoga Chair

Age: 18yrs. and up. This beginning 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

#248230	Jan 6-27	M	9:15-10:15am
#248231	Feb 3-24	M	9:15-10:15am
#248232	Mar 2-30	M	9:15-10:15am
#248233	Apr 6-27	M	9:15-10:15am
#248250	Jan 2-30	Th	10:30-11:15am
#248251	Feb 6-27	Th	10:30-11:15am
#248252	Mar 5-26	Th	10:30-11:15am
#248253	Apr 2-30	Th	10:30-11:15am
#248254	Jan 2-30	Th	11:30am-12:15pm
#248255	Feb 6-27	Th	11:30am-12:15pm
#248256	Mar 5-26	Th	11:30am-12:15pm
#248257	Apr 2-30	Th	11:30am-12:15pm

Five Points Center for Active Adults – Course Fee: \$10

#248240	Jan 7-28	Tu	11:30am-12:45pm
#248241	Feb 4-25	Tu	11:30am-12:45pm
#248242	Mar 3-31	Tu	11:30am-12:45pm
#248243	Apr 7-28	Tu	11:30am-12:45pm
#248244	Jan 2-30	Th	11:30am-12:45pm
#248245	Feb 6-27	Th	11:30am-12:45pm
#248258	Apr 2-30	Th	11:30am-12:45pm
#248261	Mar 5-26	Th	11:30am-12:45pm

Halifax Community Center

#248246	Mar 4-25	W	11:45am-12:30pm
#248247	Apr 1-29	W	11:45am-12:30pm

Course Fee: \$10

#248259	Jan 8-29	W	11:45am-12:30pm
#248260	Feb 5-26	W	11:45am-12:30pm

Walnut Terrace Neighborhood Center

#248248	Jan 8-29	W	9:00-10:00am
#248249	Feb 5-26	W	9:00-10:00am
#248286	Mar 4-25	W	9:00-10:00am
#248287	Apr 1-29	W	9:00-10:00am

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. Students should bring your own mat.

Anne Gordon Center for Active Adults – Course Fee: \$10

#248026	Jan 6-27	M	10:30-11:30am
#248027	Feb 3-24	M	10:30-11:30am
#248028	Mar 2-30	M	10:30-11:30am
#248029	Apr 6-27	M	10:30-11:30am
#248030	Jan 8-29	W	3:30-4:30pm
#248031	Feb 5-26	W	3:30-4:30pm
#248032	Mar 4-25	W	3:30-4:30pm
#248033	Apr 1-29	W	3:30-4:30pm
#248034	Jan 2-30	Th	9:15-10:15am
#248035	Feb 6-27	Th	9:15-10:15am
#248036	Mar 5-26	Th	9:15-10:15am
#248037	Apr 2-30	Th	9:15-10:15am
#248038	Jan 7-28	Tu	12:15-1:15pm
#248039	Feb 4-25	Tu	12:15-1:15pm
#248040	Mar 3-31	Tu	12:15-1:15pm
#248041	Apr 7-28	Tu	12:15-1:15pm
#248042	Jan 2-30	Th	3:30-4:30pm
#248043	Feb 6-27	Th	3:30-4:30pm
#248044	Mar 5-26	Th	3:30-4:30pm
#248045	Apr 2-30	Th	3:30-4:30pm

Five Points Center for Active Adults – Course Fee: \$10

#248046	Jan 6-27	M	2:00-3:00pm
#248047	Feb 3-24	M	2:00-3:00pm
#248048	Mar 2-30	M	2:00-3:00pm
#248049	Apr 6-27	M	2:00-3:00pm
#248050	Jan 6-27	M	3:15-4:15pm
#248051	Feb 3-24	M	3:15-4:15pm
#248052	Mar 2-30	M	3:15-4:15pm
#248053	Apr 6-27	M	3:15-4:15pm
#248054	Jan 1-15	W	3:15-4:15pm
#248055	Feb 5-26	W	3:15-4:15pm
#248056	Mar 4-25	W	3:15-4:15pm
#248057	Apr 1-29	W	3:15-4:15pm

Halifax Community Center – Course Fee: \$10

#248058	Jan 1-29	W	10:30-11:30am
#248059	Feb 5-26	W	10:30-11:30am
#248060	Mar 4-25	W	10:30-11:30am
#248061	Apr 1-29	W	10:30-11:30am

Tarboro Road Community Center – Course Fee: \$10

#248062	Jan 1-31	W, F	11:00-11:45am
#248063	Feb 5-28	W, F	11:00-11:45am
#248064	Mar 4-27	W, F	11:00-11:45am
#248065	Apr 1-29	W, F	11:00-11:45am

Yoga Restorative

Age: 18yrs. and up. Restorative yoga is a slow and still practice that focuses on poses that help to heal the effects of stress, injury, illness and daily activity. This class will take you through a sequence of restful yoga poses, supported by props such as blankets, bolsters, straps, and blocks. Patrons are encouraged to find comfort and ease in their own body. These restorative poses along with breathing techniques and gentle stretches, serve to calm the nervous system, promote relaxation, and healing.

Anne Gordon Center for Active Adults – Course Fee: \$10

#248009	Jan 3-31	F	3:30-4:30pm
#248010	Feb 7-28	F	3:30-4:30pm
#248011	Mar 6-27	F	3:30-4:30pm
#248012	Apr 3-24	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 or towel.

Five Points Center for Active Adults – Course Fee: \$10

#247977	Jan 7-28	Tu	3:15-4:15pm
#247978	Feb 4-Mar 3	Tu	3:15-4:15pm
#247979	Mar 3-31	Tu	3:15-4:15pm
#247980	Apr 7-28	Tu	3:15-4:15pm
#247981	Jan 2-30	Th	6:15-7:15pm
#247982	Feb 6-27	Th	6:15-7:15pm
#247983	Mar 5-26	Th	6:15-7:15pm
#247984	Apr 2-30	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 while combining cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be given so you may work at your own level.

Anne Gordon Center for Active Adults – Course Fee: \$10

#247949	Jan 7-28	Tu	9:15-10:00am
#247950	Feb 4-25	Tu	9:15-10:00am
#247951	Mar 3-31	Tu	9:15-10:00am
#247952	Apr 7-28	Tu	9:15-10:00am
#247953	Jan 2-30	Th	1:00-1:45pm
#247954	Feb 6-27	Th	1:00-1:45pm
#247955	Mar 5-26	Th	1:00-1:45pm
#247956	Apr 2-30	Th	1:00-1:45pm
#247957	Jan 3-31	F	9:15-10:00am
#247958	Feb 7-28	F	9:15-10:00am
#247959	Mar 6-27	F	9:15-10:00am
#247960	Apr 3-24	F	9:15-10:00am

Five Points Center for Active Adults – Course Fee: \$10

#247961	Jan 7-28	Tu	12:00-12:45pm
#247962	Feb 4-25	Tu	12:00-12:45pm
#247963	Mar 3-31	Tu	12:00-12:45pm
#247965	Jan 7-28	Tu	12:00-12:45pm
#247969	Apr 2-30	Th	7:30-8:15pm
#247970	Feb 6-27	Th	7:30-8:15pm
#247972	Mar 5-26	Th	7:30-8:15pm
#247976	Apr 2-30	Th	7:30-8:15pm

Family

Gentle Yoga at Carolina Pines

Age: 15yrs. and up. Gentle yoga is appropriate for beginners and all levels. Class will focus on alignment principles and the connection of movement and breath. Each class ends with a period of relaxation. This class will increase your balance, help you become more flexible, relieve muscle tension and reduce stress.

Carolina Pines Community Center – Course Fee: \$35

#250651	Jan 8-29	W	7:00-8:15pm
#250652	Feb 5-26	W	7:00-8:15pm
#250653	Mar 4-25	W	7:00-8:15pm
#250654	Apr 1-29	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: \$40

#248872	Jan 9-30	Th	6:00-6:45pm
#248873	Jan 9-30	Th	7:00-7:45pm
#248874	Feb 6-27	Th	6:00-6:45pm
#248875	Feb 6-27	Th	7:00-7:45pm
#248876	Mar 5-26	Th	6:00-6:45pm
#248877	Mar 5-26	Th	7:00-7:45pm
#248878	Apr 2-23	Th	6:00-6:45pm
#248879	Apr 2-23	Th	7:00-7:45pm

Tae Kwon Do - Martial Arts

Age: 7yrs. and up. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Lions Park Community Center – Course Fee: \$35

#251455	Jan 2-30	Th, Tu	7:30-8:30pm
#251456	Feb 4-27	Tu, Th	6:30-7:30pm
#251457	Apr 2-28	Th, Tu	7:30-8:30pm
#251458	Mar 3-26	Tu, Th	6:30-7:30pm

Wado-Ryu Karate-Martial Arts

Age: 8yrs. and up. Wado-Ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. The first hour of class is for kids 8-16 and their parents. The second hour is for ages 16 and up. Instructors are members of the U.S. Eastern Wado-Ryu Federation. There are yearly opportunities to learn from the highest ranks of the discipline. Uniforms are required after two months of practice. Membership to USEWF is available after the first belt test. Belt test fee is minimal, including the price of the belt and certificate.

Carolina Pines Community Center – Course Fee: \$40

#250922	Jan 2-30	Th, Tu	6:30-8:30pm
#250923	Feb 4-27	Tu, Th	6:30-8:30pm
#250924	Mar 3-31	Tu, Th	6:30-8:30pm
#250925	Apr 2-30	Th, Tu	6:30-8:30pm

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

Animal Architects

Age: 2-6 yrs. Our natural world is filled with talented architects from beavers to birds to spiders! Children will become architects as they come to understand how wild creatures create and build. Children will enjoy games, stories, songs and crafts. 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
 #249574 Apr 8 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2
 #249572 Apr 7 Tu 10:30-11:30am

#249573 Apr 7 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2
 #249575 Apr 9 Th 10:30-11:30am

Creepy Crawlers & Wiggly Worms

Age: 3-6 yrs. What hops, scurries, skitters, wiggles, and flies? Our invertebrate friends at Durant! Learn what makes insects unique, and find out what it's like to explore the world through insect eyes. Test your little-critter knowledge, meet some wiggly worms, and search for interesting insects in our Butterfly Garden. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Durant Nature Preserve – Course Fee: \$2
 #249943 Apr 14 Tu 10:00-11:00am

Digging Into the Past

Age: 3-6 yrs. How big were the dinosaurs that roamed the earth? How do we know what we know about dinosaurs? Through activities and games, youth will dig through the dirt to find some dinosaur 'fossils.' They will create some mold fossils to take home along with a hatched dinosaur egg. Come join the fun as we learn about what fossils can tell us about the past!

Forest Ridge Park – Course Fee: \$6
 #249599 Mar 16 M 10:00-11:30am
 #249600 Apr 13 M 10:00-11:30am

Do Beavers Need Blankets?

Age: 2-6 yrs. Come and find out how and when wild animals in our forests, fields and ponds SLEEP! This program is inspired by Stan Tekiela's book: 'Do Beavers Need Blankets?' Songs, stories and fun activities will keep your little ones wide-eyed! 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
 #249562 Jan 15 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2

#249560 Jan 14 Tu 10:30-11:30am

#249561 Jan 14 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2
 #249563 Jan 23 Th 10:30-11:30am

EGGcellent Adventures!

Age: 2-6 yrs. What's in an egg? Little ones will find out with this EGGcellent program featuring the many animals that begin life in an egg! We'll enjoy songs, games and crafts. 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
 #249571 Mar 11 W 10:30-11:30am

Laurel Hills Community Center – Course Fee: \$2

#249569 Mar 10 Tu 10:30-11:30am

#249570 Mar 10 Tu 12:30-1:30pm

Sertoma Arts Center – Course Fee: \$2
 #249568 Mar 5 Th 10:30-11:30am

Fairies and Trolls

Age: 3-5 yrs. Do fairies and trolls live at the nature preserve? Come find out. Make a tiny house in the woods for a mouse, bug, toad, woodland fairy or even a troll. Wear fairy wings and walk the fairy trails! Advance registration is required. Adults must accompany children; adults attend free. This program takes place on trails that may not be accessible by strollers.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$4
 #249918 Mar 25 W 12:45-2:15pm
 #249919 Mar 28 Sa 10:30am-12:00pm

Foxes and Coyotes

Age: 3-5 yrs. We will explore the wonders of foxes and coyotes with puppets, fur, skulls and stories. Weather permitting, we'll go outside to look for their tracks, poop and dens. Make a fox toy and a coyote or fox track to take home! Advance registration is required for this program. Adults must accompany children; adults attend free. This program may take place on trails that are not accessible by strollers.

Annie Louise Wilkerson Nature Preserve – Course Fee: \$3
 #249915 Feb 12 W 12:4m-2:15pm
 #249916 Feb 15 Sa 10:30am-12:00pm

Hoot-Owls

Age: 3-6 yrs. Who's a-hootin' in the hollow tree? Join us for all things owly as we look for wild owl signs on a short walk in the Preserve. How do owls' eyes work? What do they eat? Where do they live? Can they really turn their heads all the way around? Find out, and more, on our Hoot-Owl hike. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Durant Nature Preserve – Course Fee: \$2
#249853 Feb 11 Tu 10:00-11:00am

Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Registration is recommended but not required.

Forest Ridge Park – Course Fee: \$3
#249583 Jan 8 W 10:00-11:30am
#249584 Feb 5 W 10:00-11:30am
#249585 Mar 4 W 10:00-11:30am
#249586 Apr 1 W 10:00-11:30am

Leapin' Lizards

Age: 2-6 yrs. Little ones are invited to leap on over to discover the wonders of lizards. Songs, stories and fun activities all celebrating these interesting reptiles are sure to please budding naturalists. We will even get a chance to see and touch some live lizards. 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
#249567 Feb 12 W 10:30-11:30am
Laurel Hills Community Center – Course Fee: \$2
#249565 Feb 11 Tu 10:30-11:30am
#249566 Feb 11 Tu 12:30-1:30pm
Sertoma Arts Center – Course Fee: \$2
#249564 Feb 6 Th 10:30-11:30am

Masters of Disguise

Age: 1-5 yrs. Do you know that adaptation is the key to survival in the wild? Successful animals and plants can hide really well through disguises. Come learn about camouflage, mimicry, blending and other ways to hide in plain sight. This program will include games and activities to see if you can find the hidden creatures as well as the creation of some camouflage artwork.

Forest Ridge Park – Course Fee: \$3
#249595 Mar 30 M 10:00-11:30am

Meadow Wee Walkers

Age: Up to 5 yrs. Join us for a special Wee Walkers at Horseshoe Farm Nature Preserve. This is a great opportunity for adults and little ones to meet each other and explore what's happening in nature as we take an easy-paced hike around the preserve. We'll explore

the meadow and look for wildlife and signs of spring. Advance registration is not required but is helpful for planning purposes. Children must be accompanied by an adult.

Horseshoe Farm Nature Preserve
#249944 Apr 23 Th 10:00-11:00am

Preschool Swamp Romp

Age: 2-6 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
Groundhogs
#248898 Feb 11 Tu 11:00am-12:00pm
Frogs
#248899 Mar 10 Tu 11:00am-12:00pm
Trees
#248900 Apr 7 Tu 11:00am-12:00pm

Snowflake Explorers

Age: 3-6 yrs. No two snowflakes are exactly alike - but who discovered that? Settle in for story time as we read about Snowflake Bentley, the first person ever to study snowflakes up close. Learn about snow crystals and flakes shaped like trees, and make snowflakes of your own to take home. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Durant Nature Preserve – Course Fee: \$2
#249841 Jan 7 Tu 10:00-11:00am

Spring Sprites

Age: 3-6 yrs. Spring is drawing near, so let's give it a warm welcome! Join us to play with the new colors the season brings, and explore what warmer weather means for our plants and animals. We'll end with a stroll through the preserve to spread spring's magic, encouraging flower buds to blossom and animals to wake up from long winter naps. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Durant Nature Preserve – Course Fee: \$2
#249905 Mar 10 Tu 10:00-11:00am

Wee Walker Egg Hunt

Age: Up to 5 yrs. Join an egg hunt just for our Wee Walkers! Have your little one bring a basket to find the hidden eggs and the surprises that are inside. After the hunt, we'll have spring-inspired activity stations in the field for your Wee Walkers to enjoy! Preregistration is required. Children must be accompanied by an adult. Adults attend free.

Durant Nature Preserve – Course Fee: \$2
#249855 Apr 7 Tu 10:00-11:00am

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
#249839 Mar 5 Th 10:00-11:00am
#249840 Apr 2 Th 10:00-11:00am

Wee Wetland Walkers

Age: All Ages. This free program is designed to move at a toddler's pace: Run. Stop. Pick dandelions. Run. Climb on a rock. Find an interesting leaf! Join others for an easy-paced hike around the greenway, accompanied by one of our naturalists. Please register at least 24 hours in advance.

Walnut Creek Wetland Center
#248902 Mar 12 Th 11:00am-12:00pm
#248903 Apr 9 Th 11:00am-12:00pm

Welcome, Hummingbirds

Age: 3-5 yrs. The hummingbirds are coming back to Raleigh from their winter homes in Mexico and Central America. Learn about hummers and play some hummingbird games. Help us put up the nectar feeders in the park for our hungry hummingbirds. Advance registration is required for this program. Adults must accompany children; adults attend free.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#249921 Apr 8 W 12:45pm-2:15pm
#249922 Apr 11 Sa 10:30am-12:00pm

Wildlife in Winter

Age: 3-5 yrs. What do wild animals do in winter? Let's pretend to be animals that hibernate, migrate and stay warm in the cold, winter woods! Take a hike, do a craft and learn how to help our wild friends. Advance registration is required for this program. Adults must accompany their children; adults attend free. This program may take place on trails that are not accessible by strollers.

Annie Louise Wilkerson Nature Preserve
Course Fee: \$3
#249913 Jan 15 W 12:45-2:15pm
#249914 Jan 18 Sa 10:30am-12:00pm

Youth

Animal Hibernation

Age: 6-10 yrs. Have you ever wonder what happens to all of the animals during winter? Come learn what life is like for all of our woodland creatures and make some fun hibernation crafts! Space is limited so register early. A parent or guardian must accompany children for the duration of the event.

Lake Wheeler – Course Fee: \$3
#250068 Jan 22 W 11:00am-12:00pm

Animal Survival

Age: 3-5 yrs. BRRR, it's cold and the trees are bare. There is less food available. How does life change in the winter forest? Some animals hibernate, some migrate, and some make changes in their lifestyle. Come learn about animal life and the adaptations animals make to survive!

Forest Ridge Park – Course Fee: \$6
#249602 Jan 15 W 10:00-11:30am
#249603 Feb 12 W 10:00am-11:30am

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#249604 Jan 11 Sa 10:00-11:30am
#249605 Feb 8 Sa 10:00-11:30am

Birds of a Feather

Age: 6-9 yrs. Birds of a feather flock together. Come learn all about the world of birds with a wonderful story and some feathery crafts.

Lake Wheeler – Course Fee: \$3

#250067 Feb 6 Th 10:00-11:00am

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

Sustainability

#248894 Feb 2 Su 2:00-5:00pm

Forestry

#248895 Mar 1 Su 2:00-5:00pm

Reptiles and Amphibians

#248896 Mar 29 Su 2:00-5:00pm

Counting Canids

Age: 6-9 yrs. Learn about canids -- wolves, coyotes and foxes -- and how they are alike and different. Take a hike to look for tracks and signs. Learn how biologists use wildlife cameras to reveal these secretive animals. Make casts of canid feet to take home.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5

#250252 Feb 23 Su 2:00-3:30pm

Crazy Caterpillars

Age: 6-10 yrs. Do you know how caterpillars become butterflies? Join us for an exciting tale about a funny little caterpillar becoming a beautiful butterfly and make your own caterpillar crafts.

Lake Wheeler – Course Fee: \$3

#250069 Mar 20 F 11:00am-12:00pm

Equinox Astronomy

Age: 8-13 yrs. Why do we have seasons? Why do we say the spring days are 'getting longer'? How do flowers know when to bloom? In this investigation, we will construct models to understand how the source of the seasons is literally, 'out of this world.'

Annie Louise Wilkerson Nature Preserve

Course Fee: \$4

#249910 Mar 20 F 2:00-3:30pm

Geology Detectives: Minerals

Age: 8-13 yrs. Don't be fooled by fool's gold. Learn how geologists test minerals by using properties including hardness, streak, color, luster and acid reactivity. Take on the challenge of testing and identifying a variety of mineral samples. Take home a mineral for your own collection!

Annie Louise Wilkerson Nature Preserve

Course Fee: \$5

#249906 Jan 24 F 3:00-4:30pm



Meteorology Masters: Weather Instruments

Age: 9-13 yrs. You could ask a groundhog or join us to learn how scientists really predict the weather by practicing your own observation-based forecast. We will measure the atmosphere using tools, including an anemometer, hygrometer, barometer and sling psychrometer. Make a weather instrument to take home!

Annie Louise Wilkerson Nature Preserve

Course Fee: \$4

#249909 Feb 21 F 2:00-3:30pm

National Bat Appreciation Day

Age: 6-10 yrs. Help us celebrate National Bat Appreciation Day. Come out and learn about the world of bats. Space is limited so register early!

Lake Wheeler – Course Fee: \$3

#250100 Apr 17 F 11:00am-12:00pm

Owl Pellets

Age: 6-9 yrs. Learn all about our native owls. An owl doesn't digest the fur, feathers or bones of its prey. Instead, owls cough up some pretty disgusting pellets, which you will get to dissect! Weather permitting, we'll take a hike in the winter woods to call for owls. Parents are welcome to stay but are not required to accompany children. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy.

Annie Louise Wilkerson Nature Preserve

Course Fee: \$4

#249907 Jan 31 F 4:00-6:00pm

Rethink Reptiles

Age: 6-10 yrs. Did you know there are more than 9,500 different kinds of reptiles worldwide! Come learn all about the reptiles that live here in North Carolina.

Lake Wheeler – Course Fee: \$3

#250081 Mar 18 W 10:00-11:00am

Spring into Nature

Age: 8-10 yrs. Drop off your child for a fun day of nature. We will play games, do crafts, and learn about what make nature neat. This program is hands-on and will have many activities outdoors. Please dress for the weather and wear comfortable walking shoes. Preregistration is required at least 48 hours in advance of the program.

Thomas G Crowder Woodland Center – Course Fee: \$35

#248589 Mar 9 M 8:00am-5:30pm

Tracks and Scat!

Age: 7-12 yrs. How can you tell an animal has been in an area? Take a walk outside and discover ways to find signs of animals in the outdoors. Fun way to explore animals tracks. Parent or guardian must accompany children for the duration of the event. Space is limited so register early.

Lake Wheeler – Course Fee: \$3

#250090 Apr 17 F 11:00am-12:00pm

Volcanic Action

Age: 6-10 yrs. Have you seen pictures of the Kilauea volcano lava flows? Do you know when lava cools you are left with igneous rocks? Do you know there is a lot of granite in North Carolina and at one time that was hot magma that cooled inside the earth to form the rock? Come learn about igneous rocks with an edible lab and slime project.

Forest Ridge Park – Course Fee: \$6

#249597	Mar 7	Sa	10:00-11:30am
#249598	Apr 11	Sa	10:00-11:30am

Adult

Aquatic Wild at Walnut Creek Wetland Center

Age: 17-99 yrs. Aquatic Wild is a K-12 aquatic wildlife-based education program that fosters responsible actions toward wildlife and other natural resources. The new field investigation component allows students to take a leading role investigating aquatic habitats and resources. It is open to all interested educators, including schoolteachers, park, nature center and camp personnel, and scout leaders. Participants will receive the Aquatic Wild Activity Guide and qualify for CEU and Environmental Educator credits. Please dress for the weather. Part of this workshop will take place outside.

Walnut Creek Wetland Center

#250339	Mar 16	M	9:00am-4:00pm
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Container Gardening: Vegetables, Fruits, Herbs & Ornamentals

Age: 18yrs. and up. In this FREE class, taught by Extension Master Gardeners of Wake County, you will learn the benefits of container gardening for edibles and ornamentals, and how to create them at home. Feel free to bring your own ideas for discussion.

Walnut Creek Wetland Center

#249084	Apr 18	Sa	10:30am-12:00pm
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Early Bird Walk

Age: 10yrs. 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. 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: \$3

#248572	Feb 15	Sa	8:30-10:00am
#248581	Apr 18	Sa	8:00-10:00am

Early Birds

Age: 16yrs. 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

#249860	Mar 27	F	8:00-9:30am
#249861	Apr 4	Sa	8:00-9:30am

Environmental Education/Continuing Ed: Advanced Wild Raptors

Age: 17yrs. and up. This workshop is designed for both formal and non-formal educators and will cover identification of native raptor species and how to educate around these fascinating birds! Participants should dress for the weather in comfortable clothing and bring binoculars if you have them.

Walnut Creek Wetland Center

#250534	Jan 8	W	10:00am-3:00pm
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Environmental Education: Leopold Education Project

Age: 18yrs. and up. The Leopold Education Project (LEP) is an interdisciplinary education Program based on the works of Aldo Leopold. LEP uses Leopold's writings as a springboard for engaging students in natural science curriculum, and uses the outdoors as a learning laboratory to connect with the essentials standards. It provides teachers with the tools to give students direct experiences with the natural and cultural world outside the classroom and promotes critical thinking skills. This is a Criteria 1 class for those pursuing NC Environmental Educator certification, and is worth up to 10 hours. There is a \$50 fee payable to Center for Human Earth Restoration, on the day of the event. Please register at least 5 days in advance.

Walnut Creek Wetland Center

#248905	Feb 10	M	9:00am-5:00pm
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Environmental/Cont Ed: Places We Live + Forests of the World

Age: 16yrs. and up. Come explore two of Project Learning Tree's Secondary Modules. This workshop will lead participants from investigating benefits of trees in our urban communities to discovering forests and their uses around the world. This workshop is ideal for educators working with students in grades 6-12. Please bring a bag lunch. All workshop participants will receive the Places We Live and the Forests of the World PLT secondary modules through a generous sponsorship from our partner, the NC Forestry Association. These materials meet standards for 6-8th grade social studies, 8th grade science, Biology, Earth/Environmental Science, Civics & Economics, and 21st Century Geography. CEU renewal credits will be offered. This workshop qualifies for Criteria I in the NC

EE Certification Program. Course fee: \$20. Registration Deadline: Jan 22 To sign up, register and pay fee directly to PLT at go.ncsu.edu/ncpltt_durant.

Durant Nature Preserve

Jan 29	W	9:00am-3:30pm
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Environmental/Continuing Ed: WILD Mammals and WILD Bears

Age: 16yrs. and up. This two-in-one event offers back-to-back programs. Mammals covers common Piedmont mammals, focusing on identification, habitats, life cycles, adaptations, and management practices. Using skins, skulls, tracks and scat, we will observe, identify and share background information. Several outdoor games and activities for K-12 formal and non-formal educators will round out the morning. After a 30-minute lunch break, we will turn our attention to Bears. The afternoon session will explore background, research, and information on living with bears, as well as outdoor games and activities, including how to set up a bear-wise campsite. Participants are welcome to take either or both workshops. Each session is eligible for 3 hours Criteria II credit in the NC EE program, total 6 hours. This special program has limited space. Program offered by NC Wildlife Resources Commission, taught by Regional Education Specialist C.C. King

Durant Nature Preserve

WILD Mammals

#249883	Jan 25	Sa	9:00am-12:00pm
#249884	Jan 25	Sa	12:30-3:30pm

Environmental/Continuing Education - Spring Bird ID

Age: 14yrs. and up. Practice your bird identification skills by joining State Park Ranger Education and Interpretation Specialist Brian Bockhahn for a bird identification workshop at beautiful Durant Nature Preserve. After a brief introduction on bird biology and identification tips, we'll spend the majority of our time in the field listening and looking for our spring migratory birds. Please bring binoculars if you have them. This workshop will count toward Criteria II requirements of the N.C. Environmental Education Certification program. Preregistration is required.

Durant Nature Preserve

#249945	Apr 24	F	8:00am-11:00am
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Environmental/Continuing Education: Project OWL

Age: 16yrs. and up. Project OWL (Outdoor Wonders and Learning), presented by The North Carolina Arboretum, is a curriculum program that supports formal and non-formal educators with grades K-5 to deliver multi-disciplinary learning experiences in the outdoors. Educators gain skills and resources to facilitate engaging, inquiry-based lessons that meet NC Essential Standards and develop comfort with science and nature. This workshop is eligible for Criteria 1 credit in

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the NC Environmental Education Certification program. Please bring a bag lunch. Class fee: \$10. College students with a major in Environmental Education or Elementary Ed pay a reduced fee of \$5. To hold your spot, register directly with Project OWL at <https://bit.ly/33xPhmB>.

Durant Nature Preserve

Feb 29 Sa 9:00am-3:30pm

**Environmental/Continuing Education:
WILD amphibians**

Age: 16yrs. and up. This afternoon workshop is designed for adults, including both formal and non-formal educators, to deepen their knowledge of Piedmont amphibians. Activities will include identification, life cycles, habitat, conservation, and ideas for sharing learning with children and youth. The day will include classroom time as well as exploration of amphibian habitats outdoors. Please bring a snack and water bottle and dress for the weather. This free course is eligible for 4 hours of Criteria II or III credit toward N.C. Environmental Educator certification. Advance registration is required.

Durant Nature Preserve

#249948 Apr 8 W 1:00-5:00pm

Frosty Flicks - Winter Film Series

Age: 16yrs. and up. It's dark outside, just right for a movie! Take advantage of winter evenings with our new documentary series in the scenic Campbell Lodge. Film topics will cover current science events and environmental conservation near home and around the world. Each film screening includes Q&A discussion, opportunities for sharing resources, networking time, and, of course, popcorn! Frosty Flicks events are eligible for NC EE Criteria III credit. All interested community members are invited. Preregistration is required. Register to receive an email announcing each month's film and topic.

Durant Nature Preserve

#249848 Jan 23 Th 6:30-8:30pm

#249849 Feb 20 Th 6:30-8:30pm

Gardening for Pollinators

Age: 12yrs. and up. Prepare your garden for spring by planting for pollinators. Learn how pollinators play an essential role in every ecosystem and what to plant to provide food and habitat for them. Participants will go home with knowledge of how to start their own pollinator garden and something to put in it. Advance registration is required for this program.

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

#248585 Apr 19 Su 1:00-3:00pm

Introduction to Birding

Age: 13yrs. and up. What kind of bird is that? In this program, participants will learn bird identification techniques. This program will start inside and then venture through the park to spot our feathered friends. Participants will receive field guides of local birds to take home. This is an outdoor event, and participants should dress for weather conditions. We will provide some binoculars, but you are encouraged to bring your own if you have them.

Forest Ridge Park – Course Fee: \$10

#249587 Apr 4 Sa 9:00-11:00am

Lovers' Night Hike

Age: 16yrs. and up. The trails are lined with luminaries after the sun goes down to guide you on a stroll into the romantic lives of wildlife. Enjoy an easy walk in the night woods with loved ones or friends, and meet animated wildlife who weave stories of animal courtship and love. See what love is like for animals, from the drama of deer dating to the risks of praying mantis proposals. Meet a tell-all black widow and some friendly frogs. They're sweet, they're silly - they're not your usual love stories! Take a night hike unlike any you've seen, and wind your way to the campfire for s'mores, hot cocoa, cider, and charming ambiance. Advance registration is required to hold your spot.

Durant Nature Preserve – Course Fee: \$5

#249947 Feb 13 Th 7:30-9:00pm

Reduce, Reuse, Recycle

Age: All Ages. Learn how to reduce, reuse, and recycle and enjoy some arts and crafts with recycled materials. All ages welcome, but most appropriate for families with children elementary school age. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$3

#248629 Jan 25 Sa 10:00-11:30am

Seasonal Tree ID

Age: 18yrs. and up. What kind of tree is that? In this program, you will learn to identify local trees based on bark, limb, buds and branching patterns as well as leaves, seeds and habitat. Participants will receive field guides for local trees to keep and take home. This is an outdoor event, and you should dress for weather conditions. Participants are eligible to receive three hours of Criteria II (outdoor) or Criteria III credit toward N.C. Environmental Educator Certification. Sign up today and answer the question, "What kind of tree is that?"

Forest Ridge Park – Course Fee: \$10

#249588 Feb 9 Su 2:00-5:00pm

Wild Reads - Nature Book Club

Age: 15yrs. 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

**Some We Love, Some We Hate, Some We Eat:
Why It's So Hard to Think Straight about Animals**
by Hal Herzog

#249850 Jan 29 W 6:00-7:30pm

Love, Some We Hate, Some We Eat:

**A Delicious Country: Rediscovering the Carolinas
Along the Route of John Lawson's 1700 Expedition**
by Scott Huler

#249851 Apr 22 W 6:00-7:30pm

Winter Tree ID

Age: 18yrs. and up. Did you know you can figure out what species a tree is without using the leaves? Discover how to identify trees using bark and buds and a dichotomous key. You'll spend time with an experienced naturalist specializing in forestry and learn skills that you can use in any formal or informal education setting. Class includes the book *Winter Tree Finder* (Watts) to take home. This course is eligible for Criteria II or III credit toward N.C. Environmental Educator Certification. Please dress for the outdoors.

Walnut Creek Wetland Center – Course Fee: \$10

#248857 Jan 12 Su 2:00-5:00pm

Senior

Make and Take: Blue Bird Boxes

Age: 18yrs. and up. Build a bluebird box that you can take home and post in your yard. This project-based program allows you to create and construct a take home, useable birdbox. Learn about bluebird habits and etiquette of hosting bluebirds. Registration covers all the materials and equipment needed to complete the project from start to finish. There is an additional registration and fee for transportation. Pre-registration required.

Forest Ridge Park – Course Fee: \$15

#249582 Jan 23 Th 10:00am-12:00pm

Wildlife in Motion

Age: 18yrs. and up. Take your best shot! This program introduces the use of trail cameras for wildlife viewing. In this two-session course you will get tips on use and etiquette, site selection, and how to set up a wildlife camera trap. The course will start indoors before moving outside to allow time to set up cameras in the park. On the second session we will retrieve the cameras to see what we've captured. This program will spend time outdoors; please dress accordingly. Sign

up today to find out what critters are in your community. Cameras are provided
Forest Ridge Park – Course Fee: \$5
 #249581 Mar 12-19 Th 10:00am-12:00pm

Family

Animal Poops and Pukes

Age: 6yrs. and up. Discover the yucky, weird, and fascinating ways that animal food comes back out. Learn about the science of scatology, dissect owl pellets to examine raptor puke, and find out what the splashy white stuff in bird poo is all about. Join us for a dynamic, silly, gross afternoon of awesome wildlife science. Children must be accompanied by adults. Children and adults must register and pay the program fee.
Horseshoe Farm Nature Preserve – Course Fee: \$4
 #249854 Feb 23 Su 3:00-4:30pm

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

#249897	Jan 10	F	5:30-7:00pm
#249898	Feb 7	F	6:00-7:30pm
#249899	Mar 6	F	6:00-7:30pm
#249900	Apr 3	F	7:30-9:00pm

Big Sweep Spring 2020

Age: 5yrs. and up. The Walnut Creek Wetland Center was founded by dedicated community volunteers who came together to clean up a neglected area and establish a nature park for southeast Raleigh. Be a part of the legacy of this gem by helping us with our biannual cleanup of the wetland. Please bring your own water bottle, and we will fill it with ice water. Light refreshments will be available when you are done! Registration is not required but appreciated for planning purposes. All volunteers will be required to sign a liability waiver, and children under 18 will need a waiver signed by a parent or guardian.

Walnut Creek Wetland Center

#248909 Apr 4 Sa 9:00am-12:00pm

Bird Buffet

Age: 4yrs. and up. Fix a feast for your feathered friends! As we look for birds in the Preserve, we'll whip up a batch of suet and make simple feeders to hold the birds' nutritious snack. Take your feeder home to enjoy winter birdwatching in your own backyard! Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$4

#249846 Jan 11 Sa 2:00-3:00pm

Bird Feeder Watch

Age: 7yrs. and up. Join us for the Great Backyard Bird Count! Spend some time counting birds at our feeders and then make your own suet bird feed to take home. Ages 7+ welcome, but most appropriate for families with children middle 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

#248574 Feb 16 Su 2:00-3:00pm

Buds and Blooms

Age: 6yrs. and up. What is happening inside spring buds? How do they grow flowers? Practice your dissection skills to peek inside the petals! Use magnifiers and microscopes to discover the answers, and try several painting techniques to make prints and pictures with natural materials to share what you've found. Children must be accompanied by adults. Children and adults must register and pay program fee.

Durant Nature Preserve – Course Fee: \$2

#249920 Mar 29 Su 3:00-4:00pm

Campfire Story & Marshmallow Roast

Age: 6yrs. and up. Gather 'round the campfire for an evening of storytelling, nature, and marshmallows. As dusk falls, we'll come together to meet new friends, enjoy quality time, and share a tale connected to the forests and wildlife of the Preserve. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2

#249842	Jan 10	F	5:00-6:00pm
#249843	Feb 8	Sa	5:30-6:30pm
#249844	Mar 14	Sa	7:00-8:00pm

Earth Day Adventure

Age: All Ages. Celebrate mother nature this Earth Day at Lake Johnson Park. Make a seed ball and enjoy a game while learning about how you can help our planet! All ages welcome, but most appropriate for children elementary school age. 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

#248588 Apr 22 W 6:00-7:30pm

Family Campfire Cooking

Age: 8yrs. and up. Skip the kitchen for a night of family fun and skill-building as you work together to prepare (and eat!) a delicious dinner over the campfire. Practice building a fire, cooking with coals, and assembling a meal sure to please the whole crew. This weeknight escape brings your family together for a tempting taste of the great outdoors even during the week. Children must be accompanied by adults. Children and adults must register and pay program fee.

Durant Nature Preserve – Course Fee: \$8

#249917 Mar 25 W 5:30-7:30pm

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

#248579	Mar 15	Su	1:00-3:00pm
#248580	Apr 18	Sa	10:00am-12:00pm

Feathery Friends

Age: All Ages. Join us for the Great Backyard Bird Count! Learn about what makes birds cool, spend some time identifying birds at our feeders, and make your own bird treats to take home. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$3

#248573 Feb 15 Sa 10:30am-12:00pm

Frog Song Campfire and Marshmallow Roast

Age: 6yrs. and up. Gather 'round the campfire as we listen to the songs of spring. We'll learn about the frogs that make Durant Nature Preserve their home as we roast marshmallows around the campfire circle. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve – Course Fee: \$2

#249845 Apr 17 F 7:30-8:30pm

Groundhog Day Hike

Age: 3yrs. and up. Can the groundhog really predict upcoming weather? Join park staff as we learn more about this interesting animal and the myths and legends associated with it, all while enjoying a pleasant nature hike. Participants need to wear appropriate outdoor clothing and footwear.

Forest Ridge Park – Course Fee: \$2

#250338 Feb 2 Su 9:00-11:00am

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Guided Nature Hike

Age: 4yrs. and up. Join us for a 2 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. The program will run rain or shine Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$2
#248575 Mar 14 Sa 10:00am-12:00pm

Happy Leap Deer!

Age: 6yrs. and up. Bound into the bonus day of Leap Year by exploring the lives of Durant's deer families. We'll explore the woods to seek signs of deer like antler rubbings, tracks and scat. Decorate deer tracks to take home, and play fun games to learn more about these magnificent mammals. Children must be accompanied by adults. Children and adults must register and pay program fee.

Durant Nature Preserve – Course Fee: \$3
#249896 Feb 29 Sa 3:00p-4:00pm

Lake Johnson Park Nature Explorers

Age: All Ages. Flip over logs, dig a hole, or sift through leaves with one of our naturalists. Participants will immerse themselves in nature and learn about the interesting things they find. All ages welcome, but most appropriate for families with children elementary school age or older. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Thomas G Crowder Woodland Center – Course Fee: \$2
#248626 Jan 12 Su 2:00-3:00pm
#248627 Feb 9 Su 2:00-3:00pm
#248628 Mar 8 Su 2:00-3:00pm

Lake Wheeler 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.

Lake Wheeler – Course Fee: \$3
#250076 Mar 28 Sa 10:00-11:00am
#250077 Apr 25 Sa 10:00-11:00am

Meteor Watch

Age: All Ages. Enjoy a late night out watching the Quadrantids meteor shower on its peak night. We will also enjoy a campfire with s'mores. All ages welcome, but most appropriate for children elementary school age. 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
#248829 Jan 3 F 7:00-10:00pm

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
Apr 10 F 10:00am-12:00pm

Nature Art - Equinox Sun Printing

Age: 4yrs. and up. Soak up the sun as you make works of solar art on this special day, the weekend of the Spring Equinox. Collect natural materials, explore textures and shapes, and set your prints in the sun to preserve the sunlight of the first days of Spring in your creation. Make patterns, try some art science, and explore! Children must be accompanied by adults. Children and adults must register and pay program fee.

Horseshoe Farm Nature Preserve – Course Fee: \$2
#249908 Mar 21 Sa 12:00-1:00pm

Nature Art - Pinecone Pals & Forest Fairies

Age: 5yrs. and up. Pick a pinecone and turn it into your newest friend. We'll learn about pinecones and use them as the base for character sculpture. Transform yours into a fairy, an animal, or a fanciful creature of your own creation. Enjoy a morning at the Preserve tapping into nature-based creativity. Preregistration is required. Children must be accompanied by adults. Adults attend free.

Horseshoe Farm Nature Preserve – Course Fee: \$2
#250111 Jan 19 Su 3:00-4:00pm

Nature Play Days

Age: All Ages. Join us anytime between 11 a.m. and 3 p.m. to enjoy our latest ideas 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. No large groups please! This play day is designed for small family groups.

Annie Louise Wilkerson Nature Preserve
#249912 Apr 17 F 11:00am-3:00pm

NC Science Festival - Family Citizen Science - NestWatch

Age: 8yrs. and up. Become a scientist for a day! Learn how we collect data from our bluebird boxes for NestWatch, investigate the different species of birds that use our nest boxes, and see nests and eggs up close! We'll send you home with all the information you need to start your own NestWatch in your backyard. Youth must be accompanied by adults. Youth and adults must register. Eligible for 1 hr of Criteria II credit in the NC EE certification program.

Durant Nature Preserve
#249946 Apr 26 Su 3:30-4:30pm

New Year's Day Hike

Age: 5yrs. and up. Get off on the right step with the new year! We will quietly hike all three trails in mindful meditation to reflect on the year that has passed and face the new one ahead. Guided by a naturalist we will stop periodically to take in some of Wilkerson's winter wonders. Please wear comfortable shoes for hiking and bring a reusable water bottle. Meet at the park office.

Annie Louise Wilkerson Nature Preserve
#251062 Jan 1 W 2:30-4:00pm

Nocturnal Nature

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
#248587 Apr 4 Sa 8:00-10:00pm

Pint-Sized Planters

Age: All Ages. What do plants need to survive? Why are plants important? In this springtime program we will explore the needs of plants, make our very own seed starters and become little scientists as we take a closer look at pollinators! 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
#248578 Mar 21 Sa 9:00-11:00am

Salamander Sleuthing

Age: 5yrs. and up. In this family affair, we will learn about our quiet amphibian friends who make the wetland home, and spend some time in the park's vernal pools and creeks looking for these elusive, slippery critters! Participants should come dressed to spend time outdoors and possibly getting wet. (A change of clothes is recommended). Bring your own rain boots or borrow a pair of ours. Fee is PER FAMILY residing in the same home, or grandparent/grandchildren. Only one person per family need register. Recommended ages 5 and up.

Walnut Creek Wetland Center – Course Fee: \$5
#248908 Mar 22 Su 2 :00-3:30pm

Shell-ebrating Turtles

Age: All Ages. Ever wonder what makes turtles so unique? We will learn about the different types of turtles, what makes each so special, and what you can do if you find one in the wild. You will even get an up close and personal look at Lake Johnson Park's very own box turtle! 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
#248577 Mar 29 Su 1:00-3:00pm

Spring Has Sprung Wildflower Walk

Age: 7yrs. and up. Spring is here, Earth Day is around the corner, and the wildflowers have arrived. Take a stroll around the Preserve with a naturalist to find out what's in bloom and what to watch for in the coming weeks. Take home wildflower seeds and suggestions for native flowers to encourage near your home. Youth must be accompanied by adults. Youth and adults must register in advance.

Durant Nature Preserve
#249859 Apr 19 Su 3:00-4:00pm

Statewide Star Party

Age: All Ages. Join members of the Raleigh Astronomy Club and Wilkerson Nature Preserve for a special star gaze in conjunction with the N.C. Science Festival. Event is free of charge! Club members will share their telescopes and knowledge of the night sky. Please park in the overflow parking lot and walk to the field near the park office. You may wish to bring a flashlight (with a red light if possible) to aid you in walking. Adults must accompany their children.

Annie Louise Wilkerson Nature Preserve
#249953 Apr 25 Sa 8:00-10:30pm

Super Soils

Age: All Ages. Celebrate World Wetlands Day and Groundhog Day by exploring groundhogs' home - the soil! Get the dirt on dirt as you explore all the stations around the farmhouse to make sand art, meet live animals that dwell in dirt, and try several soil science experiments. Make a seed ball to take home a small treasure of wildflower seeds and compost soil to plant. Children must be accompanied by adults. Preregistration is not required but is very helpful for planning. Please sign in at the welcome table when you arrive.

Horseshoe Farm Nature Preserve
#249852 Feb 1 Sa 2:00-3:30pm

Survive the Wild

Age: 6yrs. and up. Do you have what it takes to survive in the wild? Come find out! Join us for an afternoon of games and challenges to see what life is like for animals in the woods. Practice camouflage, learn how raptors hunt, build a forest shelter, and hone your fire-building skills to make s'mores. It's a wild day of wildlife wisdom for anyone eager to play in the woods. Children must be accompanied by adults. Children and adults must register and pay program fee.

Durant Nature Preserve – Course Fee: \$5
#249901 Mar 7 Sa 2:00-4:00pm

Tree-mendous Trees

Age: All Ages. Come join us for this tree-mendous program where you'll get to learn all about trees. We will learn what makes trees so unique, how we use them in our everyday lives, and even how to identify some of our common trees that can be found in your backyard! All ages welcome, but most appropriate for families with children elementary school age. 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
#248586 Apr 25 Sa 1:00-3:00pm

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
#249902 Feb 29 Sa 5:00-6:30pm
#249903 Mar 28 Sa 6:30-8:00pm
#249904 Apr 24 F 7:00-8:30pm

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
#249857 Mar 21 Sa 6:30-7:30pm
#249858 Apr 18 Sa 7:00-8:00pm

Wildflower Walk

Age: 5yrs. and up. Many wildflowers bloom in spring. Join us for a leisurely hike as we learn to recognize some blooming beauties and appreciate their stories. Program is for all ages. 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
#249911 Apr 4 Sa 10:30-11:30am





City of Oaks Foundation urges children to get outside

Did you know that American children spend an average of 10 minutes each day in outdoor play? 10 minutes a day! As you might suspect, this is a fraction of the time that kids spent playing outdoors 20 years ago, and most of the time that was spent outside has been soaked up by screen time—children in front of phones, tablets, computers and televisions.

Playing outside in nature is vital to childhood development—not to mention physical health. Inventing games and establishing rules helps kids hone their social skills. Unstructured play with natural materials sparks

a child's imagination and creativity. Accomplishments bolster self-confidence, and failings teach them how to handle adversity. Nature play is a time-tested way for children to find their own paths and learn how to get along with others.

If playing outside is so beneficial, then why are children doing so little of it? Richard Louv, author of *Last Child in the Woods*, believes there are 5 barriers to nature play. First, America is growing more urbanized, and our cities' growth is without adequate natural areas and access to them. Second, many parents are afraid to let their children play in the woods and creeks. Third, technology dominates every aspect of our lives (children and adults alike). Fourth, we no longer consider nature play as an enriching activity. Fifth, nature often is seen as the problem (e.g. climate change, species extinction) and not the solution.

This is why the City of Oaks Foundation is busy conserving natural places around Raleigh and providing scholarships to help children participate in the City's incredible summer camps and nature programs.

Through our Raleigh, Naturally land conservation program, we work with landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land. Our Give Play initiative strives to remove cost as a barrier for children's participation in the nature play programs Raleigh offers.

Support the City of Oaks Foundation with your tax-deductible contribution and help reverse our nature deficit.

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

Cupid's Cuties

Age: 2-5 yrs. It's Valentine's Day and what better way to celebrate than being with the little ones you love! Kids and parents, come join us for fun story time and crafts to celebrate this happy holiday.

Hill Street Center – Course Fee: \$8
#250307 Feb 10 M 3:30-4:30pm

Dinosaur Discovery Day

Age: 2-5 yrs. Come join us on this fun adventure as we learn about the world of Dinosaurs. Who was the biggest? Who was the toughest? What did they eat? We will go back in time to learn about dinosaurs and how they explored the earth with fun stories, activities and crafts. Please preregister your children so that we can plan accordingly.

Pullen Community Center – Course Fee: \$8
#251249 Apr 21 Tu 10:00-11:00am

Earth Day Craft Party

Age: 2-5 yrs. This Earth Day we will learn all about the environment and mother earth through crafts, stories, and a recycling project.

Jaycee Community Center – Course Fee: \$8
#250517 Apr 20 M 10:00-11:00am

Eco-Avengers

Age: 3-6 yrs.
Let's celebrate Earth Day by discovering ways we can help our planet and protect the environment. As Eco-Avengers, it is our duty to raise awareness, educate, and act to promote environmentally friendly deeds that inspire others to join our efforts. Planet Earth will take center stage with crafts, activities, and food experiences all themed towards our majestic earthly home.

Greystone Community Center – Course Fee: \$10
Earth Day Celebration
#251424 Apr 22 W 2:30-4:00pm

Greystone's Winter Wonderland

Age: 3-6 yrs. Brrrr! Bring your little snow bunnies in for some warmth, fun times and winter themed activities as we escape the

dropping temperatures. Children will partake in crafts, games and food creations while sipping on hot chocolate and socializing with new friends. We may not get snow often in the South, but in our Winter Wonderland, you never know what magic may occur.

Greystone Community Center – Course Fee: \$10
#251470 Jan 15 W 2:30-4:00pm

Happy Birthday Dr. Seuss

Age: 2-5 yrs. Let's wish Dr. Seuss a happy birthday with a morning filled with fun activities! We will read books, make some crafts and play games. We will even have birthday cupcakes. Come out and join us for an awesome time! Please preregister your children so that we can plan accordingly.

Pullen Community Center – Course Fee: \$8
#251315 Mar 3 Tu 10:00-11:00am

Hop into Spring

Age: 2-5 yrs. Spring brings memories of birds chirping, smelling the flowers, and playing outside after a long winter. It's a wonderful time to explore all that Spring has to offer. Come have fun making crafts related to the season of Spring and hear stories related to the fun things that happen during this time of year.

Hill Street Center – Course Fee: \$8
#250314 Apr 13 M 3:30-4:30pm

Little Leprechaun

Age: 2-5 yrs. Calling all the little leprechauns, one and all! We are going to have a sham-ROCK of a good time creating crafts and reading stories to celebrate this fun holiday! Hope to see you soon!

Hill Street Center – Course Fee: \$8
#250308 Mar 16 M 3:30-4:30pm

National Lego Day Celebration

Age: 2-5 yrs. Come celebrate National Lego Day with us! We will explore and use our imagination to build. Each participant will get to bring home their very own Lego creation.

Jaycee Community Center – Course Fee: \$10
#250060 Jan 27 M 10:00-11:00am

Panda Day Craft Party

Age: 2-5 yrs. Celebrate National Panda Day with us learning all about their habitats, personalities and how we can help pandas from being endangered. We will explore through crafts, story time, and other fun activities!

Jaycee Community Center – Course Fee: \$8
#250516 Mar 16 M 10:00-11:00am

Party Like a Seuss!

Age: 3-6 yrs. Come cut loose for Dr. Seuss as we celebrate his birthday! Our superb celebration is sure to excite our little tykes as we read some of our favorite stories and craft some masterpieces themed to some of his greatest books. Now, no party is complete without a tasty treat, so rest assured some of our creations can't be eaten with our feet!

Greystone Community Center – Course Fee: \$10
#251428 Mar 2 M 2:30-4:00pm

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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. Nase 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 esterillas, jugar baloncesto o la pelota. Los padres deben quedarse con sus hijos todo el tiempo.

Peach Road

#250997 Jan 2-Apr 1 Th, Tu-Th 2:30-4:30pm

Play, Create and Explore-Preschool

Age: 3-5 yrs. Join us as we get creative in the kitchen, get crafty with art, get active in the gym and explore in the lab! Schedule: March 4, arts and crafts; March 11, science; March 18, active games; March 25, cooking.

Tarboro Road Community Center – Course Fee: \$20
#249830 Mar 4-25 W 10:30-11:30am

Playgroup Tot Time

Age: Up to 5 yrs. The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Participation in the program is limited to children who are under 6 years of age and registration is required for all participants. Please check with individual facilities for maximum number of registrants allowed at a time.

Abbotts Creek Community Center

#248388 Jan 1-Apr 30 W-F, M-W 8:00am-12:00pm

Barwell Road Community Center

#249329 Jan 3-Apr 29 F, W 10:00am-12:00pm

Green Road Community Center

#247595 Jan 2-Apr 28 Th-F, M-Th 10:30am-12:00pm

Jaycee Community Center

#250046 Jan 8-May 8 W, F 10:30am-12:30pm

Laurel Hills Community Center

#248592 Sep 3-Dec 29 Th, Tu 10:00am-12:00pm

Millbrook Exchange Community Center

#249876 Jan 2-Feb 6 Th 10:30am-12:00pm

Mar 12-Apr 30 Th 10:30am-12:00pm

Optimist Community Center

#251316 Jan 3-Apr 24 F 10:30am-1:30pm

Roberts Park Community Center

#251197 Sep 8-Dec 29 Tu 10:30am-12:30pm

Tarboro Road Community Center

#249832 Jan 3-Apr 24 F 10:30am-12:00pm

Preschool Mardi Gras Party

Age: 2-5 yrs. We will explore the rich history that is Mardi Gras through masks, a food experience, stories, and even a parade! Join us for this fun experience!

Jaycee Community Center – Course Fee: \$8

#250245 Feb 24 M 10:00-11:00am

Preschool Prom

Age: 2-5 yrs. Your preschooler can get all dressed up, walk the red carpet and come to the Preschool Prom. Promgoers will enjoy dancing and dining (light snacks) with all the other kings and queens. They'll make a memorable craft and get their picture taken in our photo booth with friends. This is sure to be a night your preschooler won't forget! Pre-registration is required.

Greystone Community Center – Course Fee: \$15

#250225 Mar 20 F 5:30-7:00pm

Pullen Summer Camp Preview

Age: 4-5 yrs. Summer camp registration is right around the corner. Join us for a morning where we will be previewing all our preschool summer camps. For the parents, we will briefly talk about the camps we are offering and the dates. For the children, we will play a game, make a craft or read a book from each of the different camp weeks. This is a great way to see what camps your child might be interested in! Please preregister your children so that we can plan accordingly.

Pullen Community Center – Course Fee: \$8

#251332 Feb 4 Tu 10:00-11:00am

small Stars - Baseball

Age: 3-5 yrs. Need to know: Introduce your future all-star to baseball in this fun and engaging look at baseball for preschoolers. Your child will learn the basics of baseball while developing hand/eye coordination, listening skills, good sportsmanship, and teamwork. Students may move up to the advanced level of small-Stars Baseball with Instructor approval.

Abbotts Creek Community Center – Course Fee: \$40

Beginner

#248410 Jan 2-23 Th 4:45-5:30pm

#248411 Feb 6-27 Th 4:45-5:30pm

#248412 Mar 5-26 Th 4:45-5:30pm

#248413 Apr 2-23 Th 4:45-5:30pm

#248414 Jan 2-23 Th 5:30-6:15pm

#248415 Feb 6-27 Th 5:30-6:15pm

#248416 Mar 5-26 Th 5:30-6:15pm

#248417 Apr 2-23 Th 5:30-6:15pm

Spring Spectacular!

Age: 3-6 yrs. Can you smell it??? Spring is in the air! Come celebrate the first day of spring with us while we plant seeds, make crafts and enjoy tasty treats...all Spring themed of course. We will learn about Spring and appreciate all the beauty and liveliness of this flower powered season.

Greystone Community Center – Course Fee: \$10

#251443 Mar 19 Th 2:30-4:00pm

Stories and Art

Age: 3-5 yrs. Pre-schoolers will have fun listening to exciting stories while they create and color pictures of what the stories are about. This is a great opportunity to make new friends and enjoy social time.

Worthdale Community Center – Course Fee: \$2

#251208 Mar 5-26 Th 10:00-10:45am

#251209 Apr 2-30 Th 10:00-10:45am

Valentine's Extravaganza

Age: 3-6 yrs. No heartbreakers at this party! Join our love-filled festivities as we celebrate Valentine's Day with new and old friends in the Raleigh community. Please invite your neighbors, family and friends to join in for our LOVEly celebration. We will play games and make special gifts/treats for the one(s) you love this Valentine's Day Valentine's day is also about candy, so of course we will indulge in some of our own edible creations.

Greystone Community Center – Course Fee: \$10

#251435 Feb 12 W 2:30-4:00pm

Youth**Birthday Bash**

Age: 3-12 yrs. Does the idea of entertaining a crowd of children leave you weak in the knees? Worry no more with our newly redesigned birthday party packages! The two-hour Birthday Bash packages include gym games, a two-hour rental of the party room and goodie bags for your participants. Basic Package- \$175 2 hours Birthday Party Room 1 hour gym games with birthday bash staff Up to 25 goodie bags Pirate Party- \$200 2 hours Birthday Party Room 1 hour pirate themed gym games with birthday bash staff Up to 25 pirate themed goodie bags and Pirate Hats Princess Party- \$200 2 hours Birthday Party Room 1 hour princess themed gym games with birthday bash staff Up to 25 princess themed goodie bags and princess tiaras Art Party- \$200 2 hours Birthday Party Room 30 minutes gym games with birthday bash staff 30 minute art project with birthday bash staff Up to 25 goodie bags Sports Party- \$200 2 hours Birthday Party Room 1 hour gym games with birthday bash staff Up to 25 goodie bags and sports balls Call Jaycee Community Center at 919-996-6833 for further details and to register.

Jaycee Community Center – Course Fee: \$175

#250053 Jan 5 Su 12:30-2:30pm

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

#251314 Jan 4 Sa 6:30-8:30pm

Birthday Parties at Pullen Community Center

Age: 3-12 yrs. Pullen Community Center offers birthday parties for children 3-12 years old. We offer two packages of two hours each. The first package includes an hour at the center and an hour at Pullen Park. The second package includes an hour at the center and an hour making crafts. A birthday staff member stays with your group during the two hours. The room is decorated with balloons and tablecloths for you; all you have to do is bring the children and cake. Please call the center at 919-831-6052 for more information.

Pullen Community Center – Course Fee: \$120

Breakfast with the Bunny

Age: Up to 11 yrs.

Hop on over to Laurel Hills for our annual Breakfast with the Bunny Event which will include crafts and other family entertainment. Families will enjoy light refreshments and have an opportunity to meet the bunny!

Laurel Hills Community Center

#248555 Apr 4 Sa 10:00-11:00am

Cut Loose With Dr. Seuss

Age: 6-12 yrs.

Come celebrate Dr. Seuss' birthday dressed as your favorite storybook character at Method Road. Kids will engage in arts and crafts, relay races and a food experience. A special guest from a Dr. Seuss story will pay a visit! Registration ends Friday, February 28. You can register at Method Road Community Center or on RecLink through raleighnc.gov.

Method Road Community Center

#251153 Mar 6 F 4:30-6:00pm

Daddy Daughter Dance

Age: All Ages. Hey dads and daughters, get dressed up and celebrate Valentine's Day at Laurel Hills with a night of dancing, refreshments and great entertainment. The fee includes heavy hors d'oeuvres, a flower for each daughter and door prizes. Bring your camera to capture this fun evening! A photo area will be set up and staff will be available to assist with picture taking. (No photos will be printed on site.) Register early, space is limited! Cost is per person.

Laurel Hills Community Center – Course Fee: \$17

#251289 Feb 7 F 6:30-8:30pm

Game Room

Age: 6-16 yrs.

Peach Road's game room will be open on designated weeknights from 6:30 to 8 p.m. Play Nintendo, Wii, billiards or table tennis. You must register to drop in and be 12 or older to play billiards.

Peach Road

#251015 Jan 3-Apr 27 F-Sa, M, W 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

#248384 Jan 4-Apr 25 Sa 9:15-11:30am

LEGO Open Build

Age: 3-99 yrs. Looking to unwind, get creative and build with LEGOs? Or maybe you just want to introduce your kids to LEGOs? Stop by Open Build and have fun. For ages 3+ Mega Blocks and LEGOs will be provided, no instruction.

Jaycee Community Center

#250045 Jan 7-May 28 Tu, Th 3:30-5:00pm

Love Bugs Activity Night

Age: 6-12 yrs. Join us for a special night of craft making. Your child will prepare their own special love bug to give to the one they love most!

Tarboro Road Community Center

#249829 Feb 13 Th 6:00-7:30pm

Millbrook Exploration Club

Age: 5-12 yrs. Looking for an EXCITING and ENRICHING full-day program for your child on teacher workdays? Join us for a fantastic day of EXPLORING and ADVENTURING as we JOURNEY around Wake County and beyond! Drop off location for each trip will be Millbrook Exchange Community Center. Doors open at 8am, pick-up is no later than 6pm. Pack your child a change of clothes, morning snack, lunch, and water bottle, we will provide a nutritious afternoon snack and an unforgettable experience. Course Fee: \$55

North Carolina Natural Science Museum

#250201 Jan 29 W 8:00am-6:00pm

Marbles Children's Museum

#250204 Feb 18 Tu 8:00am-6:00pm

Raven Rock State Park

#250205 Mar 9 M 8:00am-6:00pm

North Carolina Zoo

#250207 Apr 13 M 8:00am-6:00pm

No School Fun Day

Age: 6-13 yrs. Need something for your child to do on teacher workdays or holidays? Sign up for a great day of recreational fun that includes sports, crafts, games and a movie. Each participant must bring lunch, two snacks and drinks

Roberts Park Community Center – Course Fee: \$35

#251392 Feb 3 M 8:00am-6:00pm

#251393 Feb 17 M 8:00am-6:00pm

#251394 Feb 24 M 8:00am-6:00pm

Open Activities

Age: 6-11 yrs. Play games, create crafts and have fun. Call 919-807-8545 or come visit us to see what we have planned.

Peach Road

#251020 Jan 4-Apr 25 Sa 11:30am-1:30pm

Play, Create and Explore-School Age

Age: 5-12 yrs. Join us as we get creative in the kitchen, get crafty with art, get active in the gym and explore in the lab! Schedule: April 1, arts and crafts; April 8, science; April 15, active games; April 22, cooking.

Tarboro Road Community Center – Course Fee: \$20

#249831 Apr 1-22 W 6:00-7:00pm

Stay-cation

Age: 6-11 yrs. Kids! staying around town for break? Bored in the house. Join us in the afternoon for hands-on activities. Create, build and compete...what did you do during the break? Different themes every day.

Peach Road

Sense of Taste

#251067 Apr 6 M 4:00-5:00pm

#251068 Apr 7 Tu 5:00-6:00pm

#251069 Apr 9 Th 5:00-6:00pm

#251070 Apr 8 W 5:00-6:00pm

#251071 Apr 13 M 5:00-6:00pm

Superhero Training Day

Age: 2-10 yrs. Join us as we train to be SUPER HEROES! We will make our costumes, learn new skills, train to defeat the villains and test ourselves on the obstacle course. Participants can come dressed in their own costume or be able to create their own.

Kiwanis Park – Course Fee: \$5

#250226 Apr 28 Tu 4:00-5:30pm

Teen

Raleigh Youth Council

Age: 14-18 yrs. Are you a high school student interested in initiating, organizing and executing programs and projects that benefit teens? The Raleigh Youth Council is for teens and is run by teens. They focus on leadership opportunities, community service, recreation and fundraising as well as special events such as Youth Legislative Assembly, State Youth Council conferences and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Parks, Recreation and Cultural Resources Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, call the Teen Program at 919-996-2139. This program meets every 2nd and 4th Monday of each month through May.

Laurel Hills Community Center

#250256 Jan 13-May 11 M 7:00-8:00pm

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Saint Monica Teen Center Super Bowl Party

Age: 12-18 yrs. Ready for the biggest football game of the season? Come to the Saint Monica Teen Center to enjoy the Super Bowl with all of your friends. There's bound to be great football action and plenty of hilarious commercials as well. And no Super Bowl party would be complete without some snacks to enjoy during the game!

St. Monica Teen Center – Course Fee: \$5
#251243 Feb 2 Su 6:00-9:00pm

Teen Movie Monday

Age: 12-18 yrs. Come to the Saint Monica Teen Center to enjoy a movie on the big screen with your friends just like at the movie theater! Popcorn will be provided to recreate the movie going experience! Bring a friend and enjoy the show! Movie Mondays occur on the 1st and 3rd Mondays of each month.

St. Monica Teen Center

#250337	Jan 6	M	4:00-6:00pm
#251255	Jan 20	M	4:00-6:00pm
#251256	Feb 3	M	4:00-6:00pm
#251257	Feb 17	M	4:00-6:00pm
#251258	Mar 2	M	4:00-6:00pm
#251264	Mar 16	M	4:00-6:00pm
#251265	Apr 6	M	4:00-6:00pm
#251266	Apr 20	M	4:00-6:00pm

Teen Outreach Program

Age: 11-19 yrs. The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at seven community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and

their environment. The TOP program will not be open on teacher workdays or days when WCPSS is closed due to inclement weather. Teens can register by dropping by any of our seven locations during program hours and completing a registration packet. For more information about the program, please call 919-996-2139.

Carolina Pines Community Center

#251057 Jan 6-May 29 M-F 3:00p6:00pm

Chavis Community Center

#251052 Jan 6-May 29 M-F 3:00-6:00pm

Green Road Community Center

#251055 Jan 6-May 29 M-F 3:00-6:00pm

Lions Park Community Center

#251058 Jan 6-May 29 M-F 3:00-6:00pm

Method Road Community Center

#251053 Jan 6-May 29 M-F 3:00-6:00pm

Millbrook Exchange Community Center

#251056 Jan 6-May 29 M-F 3:00-6:00pm

Roberts Park Community Center

#251054 Jan 6-May 29 M-F 3:00-6:00pm

Teen Service Day

Age: 14yrs. and up. Need to get some volunteer service hours knocked out while you're out of school? Make that experience memorable at Walnut Creek Wetland Park (and we'll even let you sleep late!) Projects may include 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 refillable water bottle, and wear clothes that can get wet, messy or torn. Light snacks will be provided.

Walnut Creek Wetland Center

#248906 Feb 18 Tu 9:00am-12:00pm

Teen X-Scape

Age: 12-15 yrs. Looking for an X-Scape during spring break? Teen X-Scape provides a daily off-site field trip along with a structured recreation program designed for teens while promoting social interaction. Participants will

engage in recreational games, team building, arts and crafts and other fun activities in both indoor and outdoor settings. Computer time will be offered in addition to the other activities. Participants should bring a lunch and two snacks each day.

St. Monica Teen Center – Course Fee: \$100
#251406 Apr 6-9 M-Th 7:30am-6:00pm

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

#249800 Jan 7-28 Tu 12:30-4:00pm

#249801 Feb 4-25 Tu 12:30-4:00pm

#249802 Mar 3-31 Tu 12:30-4:00pm

#249803 Apr 7-May 5 Tu 12:30-4:00pm

Card Game Night for Adults

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

#249805 Jan 2-Apr 23 Th 6:00-8:00pm

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

#249866 Jan 3-Apr 24 F 6 6:00-8:30pm

Checkers At Tarboro Road

Age: All Ages. Join the neighborhood checkers players. Bring a partner or meet a new one. Fun and fellowship for all!

Tarboro Road Community Center

#249806 Jan 10 F 11:00am-4:00pm

#249807 Feb 14 F 11:00am-4:00pm

#249808 Mar 13 F 11:00am-4:00pm

#249809 Apr 10 F 11:00am-4:00pm

Chicas, Conversation & Coffee Book Club

Age: 18-99 yrs. If you want great conversations and discussion while enjoying a good cup o' Joe, then this book club is for you. Oh, the places we will go! The group will select books on a monthly basis from a list of captivating best sellers. Club will meet every 2nd Saturday of the month.

Lions Park Community Center

#251467 Jan 11-Apr 18 Sa 10:00-11:00am

Design Without the Wine

Age: 20yrs. and up. Discover your inner artist in a fun and creative atmosphere, while the instructor guides you through, step -by-step, as you create your own painting on canvas. No previous art experience is necessary. Create memories and a masterpiece in one evening with the most fun art experience that is for everyone. We provide the canvas, paint



supplies and teach basics of color mixing, methods of paint applications and brush strokes. Feel free to bring your own snacks and non-alcoholic drinks.

Walnut Terrace Neighborhood Center

Course Fee: \$30

Cherry Blossoms

#249543	Feb 20	Th	6:30-8:45pm
#249545	Apr 16	Th	6:30-9:00pm

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

#249871	Jan 8	W	7:00-9:00pm
#249872	Feb 5	W	7:00-9:00pm
#249873	Mar 4	W	7:00-9:00pm
#249874	Apr 1	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

#247590 Jan 3-Apr 27 F, M, W 12:15-2:30pm

Open Ballroom Dance

Age: 18yrs. and up. Bring your partner or come solo and have fun dancing the night away. We play a variety of ballroom music, and you are welcome to bring your own. Feel free to call ahead with any questions about the music. Please make sure to read the scheduled dates below, because the dance does not meet every week.

Pullen Community Center – Course Fee: \$2

#251096	Jan 3	F	7:00-9:00pm
#251097	Jan 10	F	7:00-9:00pm
#251098	Jan 17	F	7:00-9:00pm
#251099	Jan 24	F	7:00-9:00pm
#251100	Jan 31	F	7:00-9:00pm
#251101	Feb 7	F	7:00-9:00pm
#251102	Feb 14	F	7:00-9:00pm
#251103	Feb 21	F	7:00-9:00pm
#251104	Feb 28	F	7:00-9:00pm
#251105	Mar 6	F	7:00-9:00pm
#251106	Mar 20	F	7:00-9:00pm
#251107	Mar 27	F	7:00-9:00pm
#251163	Apr 3	F	7:00-9:00pm
#251164	Apr 10	F	7:00-9:00pm
#251169	Apr 17	F	7:00-9:00pm
#251175	Apr 24	F	7:00-9:00pm

Raleigh Hemerocallis Club

Age: 13yrs. 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.

Pullen Community Center – Course Fee: \$1

#251037	Jan 21	Tu	6:30-8:30pm
#251038	Feb 18	Tu	6:30-8:30pm
#251039	Mar 17	Tu	6:30-8:30pm
#251040	Apr 21	Tu	6:30-8:30pm

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.

Pullen Community Center – Course Fee: \$1

#251041	Jan 6-27	M	7:00-9:00pm
#251042	Feb 3-24	M	7:00-9:00pm
#251043	Mar 2-30	M	7:00-9:00pm
#251044	Apr 6-27	M	7:00-9:00pm

Sister Enrichment Club

Age: 18yrs. and up. This program geared towards women will feature informative speakers who will uplift, encourage and motivate. The club will also include a Book of the Month. Take a moment for yourself, share social time and meet new friends.

Tarboro Road Community Center

#249833 Jan 6-Apr 27 M 6:30-8:30pm

Sister Share at CP

Age: 18yrs. and up. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

#250949	Jan 9	Th	6:30-8:00pm
#250950	Jan 23	Th	6:30-8:00pm
#250951	Feb 13	Th	6:30-8:00pm
#250952	Feb 27	Th	6:30-8:00pm
#250953	Mar 12	Th	6:30-8:00pm
#250954	Mar 26	Th	6:30-8:00pm
#250955	Apr 9	Th	6:30-8:00pm
#250956	Apr 23	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

#248454 Jan 8-Apr 29 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

#248345 Jan 3-Apr 24 F 9:30am-12:00pm

Green Road Community Center

#247580 Jan 7-Apr 28 Tu 10:30am-1:00pm

Marsh Creek Park

#248346 Jan 2-Apr 16 Th 10:00am-1:00pm

Walnut Terrace Neighborhood Center

#248347 Jan 6-Apr 27 M 1:00-4:00pm

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

#248554 Jan 7-Apr 28 Tu 10:15am-1:00pm

Bridge, Cribbage, and Games

Age: 18yrs. and up. Join your fellow game players for intermediate bridge, canasta, cribbage, dominoes or board games. Bring your own games to share with the group, if you wish.

Five Points Center for Active Adults

#247867 Jan 6-Apr 27 M 1:30-4:00pm

Bridge: Open Play

Age: 18yrs. and up. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Community Center

#250359 Jan 6-Apr 20 M 10:00am-1:00pm

#250360 Jan 8-Apr 29 W 10:00am-1:00pm

Brier Creek Seniors Club

Age: 55yrs. and up. Welcome! Are you 55 plus and new to the area or have lived in Raleigh for many years? Come join a 'Kick Off Celebration' for a fun and exciting activities here at Brier Creek! Refreshment provided! Call 420-2340 for more information regarding trips and activities planned throughout the year. Club meets every Tuesday 10:15am-12:15pm

Brier Creek Community Center – Course Fee: \$15

#249048 Jan 7-Apr 21 Tu 10:15am-12:30pm

Cards and Mahjong Open Play

Age: 18yrs. and up. Want to play bridge, canasta, poker, mahjong or more with your friends? Have you not played in a while and want to freshen up your skills? Bring your supplies or use ours. No registration required. This is an open play time for all, sign in upon arrival. First come first served space is limited.

Anne Gordon Center for Active Adults

#248348 Jan 7-Apr 28 Tu 12:30-5:00pm

#248349 Jan 8-Apr 29 W 1:00-3:00pm

#248350 Jan 3-Apr 24 F 12:30-5:00pm

Walnut Terrace Neighborhood Center

#248351 Jan 7-Apr 28 Tu 9:00-11:45am

#248352 Jan 2-Apr 30 Th 4:00-8:00pm

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Chair Volleyball - Senior Adults

Age: 55yrs. and up. Chair volleyball for ages 55 and up is more fun than you can possibly stand - while seated! Come enjoy this fun-filled game. Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-eye coordination and endurance. The game is played with a beach ball and a five-foot-high net. Rules are similar to regular volleyball except 'cheeks on the chair!'

Jaycee Community Center

#249704	Jan 6-27	M	10:30am-12:00pm
#249705	Feb 3-24	M	10:30am-12:00pm
#249706	Mar 2-30	M	10:30am-12:00pm
#249707	Apr 6-27	M	10:30am-12:00pm
#249710	May 4-25	M	10:30am-12:00pm

Chess: Introduction

Age: All Ages Learn or revisit the basics of the fascinating game of chess with an easy and guided 'tour' of the chessboard and pieces, game rules, basic strategies and tactics. Discover or rediscover the ancient game played by millions worldwide, and the benefits that include exercising both sides of the brain, Alzheimer's prevention, sparking creativity, social benefits and much more. Chess instructor Rachel Kincaid will bring all equipment. Those that already know how to play are welcome to join the group for an open play opportunity. Preregistration is requested.

Five Points Center for Active Adults

#249022	Jan 13	M	1:00-2:30pm
#249023	Jan 27	M	6:00-7:30pm

Golden Age Bingo

Age: 50-100 yrs. If you are 50 years or over and like to play games to win prizes join us for bingo. Bingo is played in a variety of ways. When you have it yell bingo! You will win a great prize. Refreshments provided.

Tarboro Road Community Center - Course Fee: \$3

#249810	Feb 17	M	11:30am-1:30pm
#249811	Mar 16	M	11:30am-1:30pm
#249812	Apr 20	M	11:30am-1:30pm
#249813	May 18	M	11:30am-1:30pm

Greystone Blanketeers

Age: 16yrs. and up. Knit, crochet, sew or quilt for charity. We meet the fourth Tuesday of the month from 1 p.m. to 4 p.m. to make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals and homeless groups. Come join us, meet new people, and help bring a little joy to those in need. We do not offer lessons, but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information, contact Linda Seanor 919-413-3548.

Greystone Community Center

#250368	Jan 28	Tu	1:00-4:00pm
#250369	Feb 25	Tu	1:00-4:00pm
#250370	Mar 24	Tu	1:00-4:00pm
#250371	Apr 28	Tu	1:00-4:00pm

**Mah Jongg**

Age: 18yrs. and up. Mah jongg is a tile game that can be traced back to the 1800s. A growing number of people are realizing the intellectual challenge mah jongg poses and the beauty and excitement of the game itself.

Five Points Center for Active Adults

#248097	Jan 2-Apr 30	Th	2:00-4:00pm
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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

#250408	Jan 6-Apr 27	M	1:30-4:00pm
#250409	Jan 7-Apr 28	Tu	12:00-2:00pm

Mahjong Madness

Age: 18yrs. and up. Mahjong is a 2-4 player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

Green Road Community Center

#247592	Jan 7-Apr 28	Tu	1:00-4:30pm
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Men's Mornings

Age: All Ages. Men, are you looking for a place to hang out, play some games and socialize with the 'Guys'? Men's Mornings is just what you are looking for. Drop in and enjoy coffee and an easy and fun game of video bowling. Card games, cornhole and other games are also options, or just pop in for a visit. Registration is not required, you will be asked to sign in upon arrival.

Walnut Terrace Neighborhood Center

#248354	Jan 6-Apr 27	M	9:00am-12:00pm
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Movies at Walnut Terrace Center

Age: 18yrs. and up. Join us for a newly released movie. Bring your own drinks and snacks, as our site does not have vending machines. Microwave on site is available for your use. No registration, it is first come first serve starting at 9:30 and space is limited to 25 people. Free. You will be asked to sign in upon arrival. Monthly movie listing available at center.

Walnut Terrace Neighborhood Center

#248355	Jan 3-Apr 24	F	9:30am-12:00pm
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Senior Club

Age: 50yrs. and up. Come join your neighborhood seniors for fellowship, friendship and fun. This group is for active adults 50 and over who like to travel, socialize, engage in recreational activities and just have a grand time! The Chavis Circle of Friends meets the 4th Wednesdays of every month.

Chavis Community Center

#250452	Jan 22	W	11:00am-1:30pm
#250453	Feb 26	W	11:00am-1:30pm
#250454	Mar 25	W	11:00am-1:30pm
#250455	Apr 22	W	11:00am-1:30pm

John P 'Top' Greene Center

#250456	May 27	W	11:00am-1:30pm
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Senior Club - Snappy Seniors

Age: 55yrs. and up. This senior club is for individuals 55 and up. The club meets at Marsh Creek Community Center from 10 a.m. to 11:30 a.m. on the 1st and 3rd Mondays of the month.

Marsh Creek Park

#250987	Jan 6-Apr 20	M	10:00am-12:30pm
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Senior Club - Worthdale Walkers

Age: 55yrs. and up. Adults 55 and up come out and enjoy walking, fellowship, speakers and health/life management sessions. Attend special events and trips throughout the year.

Worthdale Community Center

#251171	Jan 2-30	Th	11:00am-1:00pm
#251172	Feb 6-27	Th	11:00am-1:00pm
#251173	Mar 5-26	Th	11:00am-1:00pm
#251174	Apr 2-23	Th	11:00am-1:00pm

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

#250414 Jan 3-Apr 24 F 1:00-3:00pm

Senior Gaming Club

Age: 55yrs. and up. Join us at Roberts Park for a morning of fun! Adults 50 and better can come together for socializing and game options like bingo, bridge, chess and more! See you soon!

Roberts Park Community Center

#251239 Jan 7-28 Tu 11:30am-12:30pm

#251240 Feb 4-25 Tu 11:30am-12:30pm

#251241 Mar 3-31 Tu 11:30am-12:30pm

#251242 Apr 7-28 Tu 11:30am-12:30pm

Family

Family Movie Night at Roberts Park

Age: 4yrs. and up. Join us at Roberts Park for a Family Movie Night! Friends, family and popcorn is the recipe for a good time. See you soon!

Roberts Park Community Center

#251330 Apr 24 F 6:00-8:30pm

#251331 Feb 28 F 6:00-8:30pm

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

#251079 Jan 31 F 6:00-8:00pm

#251080 Mar 27 F 6:00-8:00pm

Games Galore at Sanderford - Fun Fridays

Age: 5-15 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 the family the more the merrier!

Sanderford Road Park

#251085 Jan 3-24 F 6:00-8:00pm

#251086 Feb 7-28 F 6:00-8:00pm

#251087 Mar 6-20 F 6:00-8:00pm

#251088 Apr 3-24 F 6:00-8:00pm

Hearts and Arrows Movie Event

Age: All Ages. Hearts for your sweetheart. Joins us to celebrate the LOVEliest day of the year with a kids valentine movie.

Peach Road

#251028 Feb 20 Th 5:30-7:30pm

HELLO SPRING!!!

Age: All Ages. Come join us for a spring welcoming celebration. Enjoy plenty of fun activities, games, music and prizes. "Vengan a celebrar la bienvenida de primavera! Disfrute en abundancia las divertidas actividades, musica, comida gratis y premios."

Peach Road

#251048 Mar 28 Sa 1:00-4:00pm

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

#249814 Jan 7 Tu 6:30-7:30pm

#249815 Jan 21 Tu 6:30-7:30pm

#249816 Jan 28 Tu 6:30-7:30pm

#249817 Feb 4 Tu 6:30-7:30pm

#249818 Feb 18 Tu 6:30-7:30pm

#249819 Feb 25 Tu 6:30-7:30pm

#249820 Mar 3 Tu 6:30-7:30pm

#249821 Mar 17 Tu 6:30-7:30pm

#249822 Mar 24 Tu 6:30-7:30pm

#249823 Mar 31 Tu 6:30-7:30pm

#249824 Apr 7 Tu 6:30-7:30pm

#249825 Apr 21 Tu 6:30-7:30pm

#249826 Apr 28 Tu 6:30-7:30pm

Love the Summer Luau!

Age: All Ages. Sick of the Winter? Enjoy a Summer's night at our Love the Summer Luau. Get into the luau spirit and play summer games with us.

Peach Road

#251047 Jan 31 F 6:00-7:30pm

Mother & Son

Age: 1mths. and up. Calling all Moms and Sons!! UP, UP, and AWAY!! It's Super Hero DAY!! Come dressed in your costume and have some fun. Plenty of activities and games for all Mother & Sons!! Costumes are not mandatory, but come dressed so that you can enter the Super Hero Contest!!

Chavis Community Center - Course Fee: \$5

Cupid Ball

#247230 Feb 7 F 6:30-8:30pm

Movie Night with the Family

Age: All Ages. Come enjoy a free movie with the family. We'll provide the entertainment while you get to spend quality time with your family. Preregistration is recommended. Call ahead to see what movie will be playing.

Hill Street Center

#250293 Jan 24 F 6:00-8:00pm

#250294 Feb 21 F 6:00-8:00pm

#250295 Mar 20 F 6:00-8:00pm

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

#251464 Feb 7 F 5:45-8:45pm

#251465 Mar 6 F 5:45-8:45pm

#251466 Apr 3 F 5:30-8:30pm

St. Patty's Kids Fun Night

Age: 1-17 yrs. Come one...come all! Join us at Roberts Park for an evening of fun and St. Patrick's Day inspired activities.....for kids of course! No one does fun like Roberts Park! See you soon!

Roberts Park Community Center - Course Fee: \$2

#251336 Mar 13 F 5:00-7:00pm

Vision Board Class

Age: 16yrs. and up. In this Vision Board Class you will participate in bringing your dreams and future plans in the forefront of your life one picture at a time. Learn key areas to focus on and enjoy creating a vision board that represents you. Supplies will be provided.

Worthdale Community Center - Course Fee: \$5

#251072 Jan 11 Sa 10:00am-12:00pm



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
Sep-May: trips, meals,
speakers
Velma (919) 847-0775

Chavis Circle of Friends

John Chavis Community Cen.
Wednesday, 11am
Oct.-May: speakers,
cards, meals
Clara (919) 900-7269

Fellowship Club

West Raleigh Presbyterian
2nd/4th Tuesday, 10am
Sep - May: speakers,
meals, trips
Brenda (919) 851-5851

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10am
Sep-May: speakers,
cards, trips
June-Aug: cards only
Jane (919) 801-0097

First Cosmopolitan Club

First Cosmopolitan Baptist
3rd Wednesday, 1pm
Sep-May: social
Gene (919) 266-1222

First Friday

Five Points Adult Center
1st Friday, 9:30am
Yearly: social, crafts
Joan (919) 803-2266

G.E.M.S.

Watts Chapel
Wednesday after the 1st/3rd
Sunday, 10:30am
Sep-June: social, speakers
Gaynelle (919) 851-0869

Go-Getters Club

Creedmoor Rd.
Federal Coastal Credit
2nd/4th Thursday, 10am
Sep-May: trips only
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11am
Yearly: speakers, meals,
cards, trips
Carletta (919) 996-2730

Golden Jewels

St. Paul AME Church
Wednesdays, 10am
Sep-May: speakers, trips
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Sep-May: speakers,
meals, trips
Margie (919) 467-0572

Heddingham Hi-Milers

Willow Oak Clubhouse
2nd Tuesday, 10:00am
Aug-June: speakers,
meals, trips
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:15am
Sep-May: speakers
Robert (919) 834-3424

Lake Lynn Seniors

Lake Lynn Comm. Center
Tuesdays, 10am
Sep-May: speakers, meals,
trips
Kathy (919) 349-8905

Lions Park Club

Lions Park Comm. Center
1st Wednesday, 10am
Sep-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
Sep-May: speakers,
meals, cards
Susan (919) 870-0557

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
Wednesday, 12noon
Sep-May: speakers, meals,
cards, trips
Kathy (919) 272-4442

St. Joseph Happy Hearts

St. Joseph Catholic Church
1st Tuesday, 12pm
Sep-May: speakers,
meals, trips
Connie (919) 418-3743

Smiling Age Club

Blittmore Hills Comm. Center
Tuesdays, 10am
Sep-May: speakers, trips
Mary (919) 755-1086

Snappy Seniors

Marsh Creek Comm. Center
1st and 3rd Monday, 10am
Sep-May: speakers, meals
Nancy (804) 921-5465

Tarboro Road Movers and Shakers

Tarboro Road Comm Center
1st/3rd Monday, 11am
Sep - May: speakers,
meals, trips
Chris/Sherri 919-996-6505

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Sep-May: speakers,
meals, trips
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Ch.
Wed after the 2nd/4th
Sun, 10:30am
Yearly: speakers,
meals, trips
Dee (919) 630-0320

Trailblazers

Mt. Pleasant Baptist Ch.
2nd Tuesday 11:00 am
Yearly: speakers, meals
Lizzie (919) 847-0831

Trinity JOY Club

Open Table Trinity UMC
3rd Tuesday, 11am
Aug-May: speakers,
meals, trips
Betty (919) 850-9191

Wakefield Villagers Club

Villages of Wakefield
1st & 3rd Tuesday, 9:30am
Yearly: speakers, meals,
cards, trips
Margaret (919) 556-9541

Worthdale Walkers Club

Worthdale Comm. Center
Thursdays, 11am
Sep-May: social
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center
2nd/4th Wednesday, 10am
Yearly: speakers,
meals, trips
Brenda (919) 834-8170

Specialized Recreation and Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

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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

Abilities Tennis

Ages: 8yrs and up. Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2-3pm or 3:30-5pm) at Millbrook Tennis Center. For more information, please call 919-996-2147.

Millbrook Tennis Center

S	2:00-3:00pm
S	3:30-5:00pm

Art Time

Age: 16yrs. and up. Join us to create some unique, one-of-a-kind art on the 4th 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

#250457	Jan 27	M	6:30-8:00pm
#250458	Feb 24	M	6:30-8:00pm
#250459	Mar 23	M	6:30-8:00pm
#250460	Apr 27	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 required. For more information, please call 919-996-2147.

Chavis Community Center – Course Fee: \$10

#250461	Jan 15	W	6:00-8:00pm
#250462	Feb 12	W	6:00-8:00pm
#250463	Mar 11	W	6:00-8:00pm
#250464	Apr 8	W	6:00-8:00pm

Buddy Basketball

Age: 5-14 yrs. Buddy Basketball is an instructional program for children with developmental disabilities age 5-14 that focuses on developing basic basketball skills such as passing, dribbling, guarding and shooting. Each participant must attend with a buddy (sibling, friend, assistant, parent). Only the participant must register for the program; there is no charge for the buddy. For more information, please call 919-996-2147.

Marsh Creek Park – Course Fee: \$30

#249632	Jan 25-Mar 14	Sa	10:00-11:00am
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Specialized
Recreation

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, call 919-996-2147.

Marsh Creek Park – Course Fee: \$60

#250543	Jan 14-Feb 4	Tu	6:00-8:00pm
#250544	Mar 3-24	Tu	6:00-8:00pm
#250545	Apr 21-May 12	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**

#250476	Jan 21	Tu	6:00-9:00pm
#250474	Mar 17	Tu	6:00-9:00pm

Crabtree Valley Mall

#250473	Feb 18	Tu	6:00-9:00pm
#250475	Apr 21	Tu	6:00-9:00pm

Inclusive Open Gym Basketball

18yrs. and up. We want to welcome YOU to come to our open gym program. This open gym experience will be a welcoming inclusive environment for ages 18 and up. Bring your friends and we will be ready to welcome you with a friendly accommodating environment to play basketball. When you leave, you will be ready to come back!

Jaycee Community Center

#250043	Jan 9-May 28	Th	10:00am-12:00pm
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Next Step

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

#250234	Jan 18	Sa	9:00-11:30am
#250235	Feb 15	Sa	9:00-11:30am
#250236	Mar 21	Sa	9:00-11:30am
#250237	Apr 18	Sa	9:00-11:30am

Open Mic Night

Age: 18yrs. and up. If you love to sing or perform, then it is your time to shine! Grab your friends and join us on the 3rd Friday of each month for karaoke open mic! We have thousands of songs to choose from in an encouraging, family-friendly atmosphere. We provide a staff to facilitate and supervise performers. If performers require a higher level of support, assistants are welcome to attend. Preregistration is required. For more information, contact 919-996-2147.

Chavis Community Center

#250478	Jan 17	F	6:00-8:30pm
#250479	Feb 21	F	6:00-8:30pm
#250480	Mar 20	F	6:00-8:30pm
#250481	Apr 17	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. Please call 919-996-2147 or email SRIS@raleighnc.gov for more information.

Five Points Center for Active Adults

Course Fee: \$125

#250209	Jan 7-28	Tu	9:15am-2:15pm
#250210	Feb 4-25	Tu	9:15am-2:15pm
#250211	Mar 3-31	Tu	9:15am-2:15pm
#250212	Apr 7-28	Tu	9:15am-2:15pm

Millbrook Exchange Community Center

Course Fee: \$125

#250213	Jan 9-30	Th	9:15am-2:15pm
#250214	Feb 6-27	Th	9:15am-2:15pm
#250215	Mar 5-26	Th	9:15am-2:15pm
#250216	Apr 2-30	Th	9:15am-2:15pm

Raleigh Sidewinders Quad Rugby

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.

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, call 919-996-2147.

Specialized Recreation Social Programs

The following programs are designed for individuals with various disabilities, who are interested in travel, social events, and/or seasonal outings. Online registration may not be available for some outings. For more information, or to receive a bimonthly newsletter, please call 919-996-2111

Specialized Recreation Annual Outings & Trips

Age: 15yrs. and up. Specialized Recreation offers annual outings for individuals with developmental and/or physical disabilities, blind or low vision, and deaf and 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. Online registration may not be available for some outings. For more information, or to receive a bi-monthly outing flier, please call 919-996-2111.

Carolina Hurricanes – Course Fee: \$80

#251060 Jan 7 Tu 6:30-10:30pm

Charlotte Hornets Weekend – Course Fee: \$200

#251061 Feb 22-23 Sa-Su 9:00am -11:00pm

S.T.A.R. Theatre – Course Fee: \$10

#251063 Mar 28 Sa 6:30-10:00pm

Frankie's Fun Park – Course Fee: \$40

#251073 Apr 23 Th 6:30-10:00pm

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.

Snowflake Ball at Cary Academy – Course Fee: \$5

Jan 31 F 7:00-9:30pm

Valentine's Dance at Millbrook Exchange Community Center

TBD Sa 7:00-9:30pm

March Madness at Five Points Center for Active Adults

Mar 20 F 5:30-8:30pm

AMF Pleasant Valley – Course Fee: \$65

#250482 Jan 25-Mar 28 Sa 10:00am-12:00pm

AMF South Hills – Course Fee: \$65

#250483 Jan 25-Mar 28 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 contact 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. Thunder has weekly practices from late August to March. In practices, we work on sports skills, building confidence, goal-setting and independence. The team travels for tournaments in and out of state. If you are interested in participating or learning more, please visit www.bridge2sports.org or call 866-880-2742.

Laurel Hills Community Center

Triangle Taiko

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail yokoiwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

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.

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Visually Impaired Programs

The following programs, noted as VIP, are designed for individuals who are blind or who have vision impairment. Visually Impaired programs are not currently available for online registration. To receive our bi-monthly newsletter, please contact us at 919-996-2147.

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 contact 919-996-2147.

Chavis Community Center – Course Fee: \$4

#250484	Jan 22	W	7:00-8:45pm
#250485	Feb 26	W	7:00-8:45pm
#250486	Mar 25	W	7:00-8:45pm
#250487	Apr 22	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, call 919-996-2147.

Five Points Center for Active Adults

January – Course Fee: \$12

#250488	Jan 6-27	M	6:30-8:15pm
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February – Course Fee: \$16

#250489	Feb 3-24	M	6:30-8:15pm
#250491	Apr 6-27	M	6:30-8:15pm

March – Course Fee: \$20

#250490	Mar 2-30	M	6:30-8:15pm
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April – Course Fee: \$16

#250491	Apr 6-27	M	6:30-8:15pm
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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

#250494	Jan 12	Su	4:00-9:00pm
#250495	Mar 8	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.

Course Fee: \$4.

#250539	Jan 8-29	W	12:30-2:30pm
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#250540	Feb 5-26	W	12:30-2:30pm
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#250541	Mar 4-25	W	12:30-2:30pm
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Course Fee: \$5

#250542	Apr 1-29	W	12:30-2:30pm
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VIP Outlaw Bowling

Age: 18yrs. and up.

The Raleigh Blind Bowlers Association - The Raleigh Outlaws, operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. PRCR Participant Emergency Contact Forms will be required for each bowler. Transportation is available for registered bowlers. Contact Sharon Benton, League President, at (919) 755-0700 for league information and transportation needs.

VIP Trivia

Age: 18yrs. and up. This program is designed for participants with visual impairments. Enjoy an evening playing competitive trivia every 3rd Thursday of each month. Participants must be able to meet at trivia location.

Transportation home is offered within the Raleigh city limits. Pre-registration is required. For more information, please contact us at 919-996-2147.

Non-City Owned Site – Course Fee: \$4

January

#250535	Jan 16	Th	6:00-8:30pm
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#250536	Feb 20	Th	6:00-8:30pm
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#250537	Mar 19	Th	6:00-8:30pm
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#250538	Apr 16	Th	6:00-8:30pm
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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!

Green Road Community Center – Course Fee: \$27
 #247570 Mar 7-28 Sa 11:00-11:45am
 #247571 Apr 4-25 Sa 11:00-11:45am
 Course Fee: \$36
 #247569 Feb 1-22 Sa 11:00-11:45am
Optimist Community Center – Course Fee: \$36
 #251552 Jan 9-30 Th 5:00-5:45pm
 #251553 Mar 4-25 W 5:00-5:45pm

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.

Green Road Community Center – Course Fee: \$36
 #247573 Feb 4-25 Tu 6:00-6:45pm
 #247574 Mar 3-24 Tu 6:00-6:45pm
 #247575 Apr 7-28 Tu 6:00-6:45pm
Laurel Hills Community Center – Course Fee: \$36
 #248614 Mar 7-28 Sa 10:45-11:30am

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.

Laurel Hills Community Center – Course Fee: \$36
 #248607 Mar 7-28 Sa 10:00-10:30am

Optimist Wide World of Sport Clinics (Ages 4-5)

Age: 4-5 yrs. Looking for a non-competitive sports environment through repetition and teamwork in a fun, safe and nurturing environment. Look no further. We are offering instructional sport clinics for preschool aged children. This is a highly structured format for beginners that want to learn the game

the right way. We will work on key skills in each of the sports as well as developing hand-eye coordination, listening skills, good sportsmanship, and teamwork. The first part of the 4 week program focuses on fundamentals while the second part of the program focuses on scrimmages and playing the game.

Optimist Community Center – Course Fee: \$45
 #251327 Jan 6-Feb 3 M 6:00-7:00pm
 #251328 Mar 17-Apr 7 Tu 5:00-6:00pm

smALL-Stars - Soccer

Age: 3-5 yrs. Introduce your future all-star to soccer in this fun and engaging look at soccer for preschoolers. Your child will learn the basics of soccer while developing hand-eye coordination, listening skills, good sportsmanship and teamwork. Students may move up to the advanced level of smALL-Stars Soccer with Instructor approval.

Abbotts Creek Community Center
Beginner – Course Fee: \$30
 #248409 Apr 7-28 Tu 4:45-5:30pm
Beginner – Course Fee: \$40
 #248406 Jan 7-28 Tu 4:45-5:30pm
 #248407 Feb 4-25 Tu 4:45-5:30pm
 #248408 Mar 3-24 Tu 4:45-5:30pm
 #248418 Jan 7-28 Tu 5:30-6:15pm
 #248419 Feb 4-25 Tu 5:30-6:15pm
 #248420 Mar 3-24 Tu 5:30-6:15pm
 #248421 Apr 7-28 Tu 5:30-6:15pm

Soccer - Little Kickers

Age: 5-8 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!

Brier Creek Community Center – Course Fee: \$40
 #248862 Apr 9-30 Th 4:45-5:30pm
 #248863 Mar 12-Apr 2 Th 4:45-5:30pm
Green Road Community Center – Course Fee: \$27
 #249360 Apr 6-27 M 6:15-7:00pm
 Course Fee: \$36
 #249358 Feb 3-24 M 6:15-7:00pm
 #249359 Mar 2-23 M 6:15-7:00pm
Laurel Hills Community Center – Course Fee: \$27
 #248620 Apr 4-25 Sa 10:45-11:30am

Soccer - Twos Sport Zone

Age: 2-2 yrs. Parent and child come off the sidelines and get into the game, learning soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Instructor: Coach K.

Laurel Hills Community Center – Course Fee: \$27
 #248617 Apr 4-25 Sa 10:00am-10:30am

Sports with Coach Scott

Age: 3-5 yrs. Sports with Coach Scott aims to introduce preschool age children to the world of sports. The classes will focus on learning new skills, teamwork and most importantly having fun. We will work on the beginning stages of sports, basic techniques and coordination. Children will participate in soccer, basketball, baseball and other games

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to keep them entertained and having fun. Registration is required 3 days prior to class start date.

Halifax Community Center – Course Fee: \$60
 #250018 Jan 6-27 M 1:15-2:30pm
 #250019 Jan 10-31 F 1:15-2:30pm
 #250021 Feb 3-24 M 1:15-2:30pm
 #250022 Feb 7-28 F 1:15-2:30pm
 #250023 Mar 6-27 F 1:15-2:30pm
 #250024 Mar 2-23 M 1:15-2:30pm

Toddler Intro to Sports

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: \$25
 #251323 Feb 6-27 Th 11:00am-12:00pm
 #251329 Mar 5-26 Th 11:00am-12:00pm

Youth

Ballin' Basics Level 2

Age: 7-12 yrs. Participants will enhance their basketball skills during each session to prepare for league play. Work on defense, offense, position play, good sportsmanship and teamwork. Be sure to wear comfortable clothes and sneakers.

Worthdale Community Center – Course Fee: \$25
 #251181 Mar 9-30 M, W 7:30-8:30pm
 #251182 Apr 1-29 W, M 7:30-8:30pm

Ballin' Basics Level 1

Age: 7-12 yrs. This is an opportunity for beginners and those who may have just started to play basketball. Enjoy learning the fundamentals of basketball. Each session participant will learn basic skills such as dribbling, passing, defense and shooting.

Worthdale Community Center – Course Fee: \$25
 #251179 Mar 9-30 M, W 6:15-7:15pm

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.

Laurel Hills Community Center – Course Fee: \$36
Laurel Hills (Ages 6-9)
 #248808 Mar 7-28 Sa 11:45am-12:30pm

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
 #247579 Apr 4-25 Sa 10:15-11:00am
 Course Fee: \$40
 #247577 Feb 1-22 Sa 10:15-11:00am
 #247578 Mar 7-28 Sa 10:15-11:00am

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
 #248400 Mar 11-Apr 29 W 5:30-7:00pm
Cricket Open Gym

Age: 7-12 yrs.
Cricket Open Gym time
Abbotts Creek Community Center
 #248399 Mar 11-Apr 29 W 7:00-8:30pm

Fast Break Varsity Basketball Clinic

Age: 8-12 yrs. Learning basketball has never been more fun! Join us at Roberts Park for our Fast Break Varsity Basketball Clinic. This workshop focuses on defense, dribbling, shot technique, passing and team work. This is a kid friendly way to learn basketball fundamentals and have fun.

Roberts Park Community Center – Course Fee: \$10
 #251317 Jan 22 W 6:30-7:30pm
 #251318 Feb 26 W 6:30-7:30pm
 #251319 Mar 25 W 6:30-7:30pm
 #251320 Apr 22 W 6:30-7:30pm

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
 #251558 Jan 8-29 W 3:00-3:45pm
 #251559 Mar 4-25 W 3:00-3:45pm
 #251560 Apr 1-22 W 3:00-3:45pm

Raleigh Rockets Track Club

Age: 7-12 yrs. Interested in Track and Field? Raleigh Rockets is a recreational track and field program developed to introduce young athletes to this sport rich in tradition and history. The program combines technical development and fundamental techniques with safety and a major focus on fun! We want to inspire athletes to have a love for running and be active! Participants will have weekly practice sessions at team sites as well as opportunities to put it all together in fun-filled track meets and competitions. Uniform shirts provided.

Abbotts Creek Community Center – Course Fee: \$25
 #248602 Mar 2-May 20 M, W 5:30-7:00pm
Biltmore Hills Community Center – Course Fee: \$25
 #248593 Mar 3-May 21 Tu, Th 5:30-7:00pm
Brier Creek Community Center – Course Fee: \$25
 #248603 Mar 3-May 21 Tu, Th 5:30-7:00pm
Carolina Pines Community Center – Course Fee: \$25
 #248599 Mar 2-May 20 M, W 5:30-7:00pm

Chavis Community Center – Course Fee: \$25
 #248597 Mar 3-May 21 Tu, Th 5:30-7:00pm
Green Road Community Center – Course Fee: \$25
 #248601 Mar 3-May 21 Tu, Th 5:30-7:00pm
Jaycee Community Center – Course Fee: \$25
 #248600 Mar 2-May 20 M, W 5:30-7:00pm
Laurel Hills Community Center – Course Fee: \$25
 #248598 Mar 3-May 14 Tu, Th 5:30-7:00pm
Marsh Creek Park – Course Fee: \$25
 #248604 Mar 3-May 21 Tu, Th 5:30-7:00pm
Ralph Campbell Community Center – Course Fee: \$25
 #248596 Mar 2-May 20 M, W 5:30-7:00pm
Sanderford Road Park – Course Fee: \$25
 #248594 Mar 2-May 20 M, W 5:30-7:00pm
Sgt. Courtney T. Johnson Center – Course Fee: \$25
 #248595 Mar 3-May 21 Tu, Th 5:30-7:00pm

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
 #248858 Mar 12-Apr 2 Th 5:30-6:15pm
 #248859 Apr 9-30 Th 5:30-6:15pm
Laurel Hills Community Center – Course Fee: \$27
 #248621 Apr 4-25 Sa 11:45am-12:30pm

Spring Break Basketball Camp

Age: 7-12 yrs. The camp provides youth an opportunity to stay active, make new friends and have fun during their break. Participants will improve and develop their basketball skills. Emphasis will be on shooting, passing, dribbling, rebounding, defense and team play. Participants should bring lunch and two snacks each day. Must pre-register.

Worthdale Community Center – Course Fee: \$100
 #251185 Apr 6-9 M-Th 7:30am-6:00pm

Spring Fling Baseball Clinic

Age: 7-10 yrs. Calling all Pinto (7-8) and Mustang (9-10) League players. Method Community Park along with league coaches and special guests will conduct a baseball clinic to get players ready for the upcoming season. All fundamentals of baseball from offense to defense will be covered in this full day of instruction. Eligibility is based on age as of Aug. 31, 2019.

Method Road Community Center – Course Fee: \$10
 #251045 Feb 29 Sa 9:00am-2:00pm

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****Lake Lynn age 6-8** – Course Fee: \$132

#249930 Mar 9-Apr 22 M, W 4:30-5:30pm

Lake Lynn age 8-18

#249938 Mar 10-Apr 23 Tu, Th 5:30-6:30pm

Lake Lynn age 6-8 – Course Fee: \$72

#249931 Mar 7-Apr 18 Sa 10:00-11:00am

Lake Lynn age 8-18

#249939 Mar 7-Apr 18 Sa 11:00am-12:00pm

Millbrook Tennis Center – Course Fee: \$132**Millbrook age 6-8**

#249923 Mar 9-Apr 22 M, W 5:00-6:00pm

#249924 Mar 9-Apr 22 M, W 6:00-7:00pm

#249925 Mar 10-Apr 23 Tu, Th 5:00-6:00pm

#249926 Mar 10-Apr 23 Tu, Th 6:00-7:00pm

Millbrook age 8-10

#249932 Mar 9-Apr 22 M, W 5:00-6:00pm

#249933 Mar 9-Apr 22 M, W 6:00-7:00pm

#249934 Mar 10-Apr 23 Tu, Th 5:00-6:00pm

#249935 Mar 10-Apr 23 Tu, Th 6:00pm-7:00pm

Millbrook age 10-18

#249940 Mar 9-Apr 22 M, W 4:00pm-5:00pm

#249941 Mar 10-Apr 23 Tu, Th 4:00pm-5:00pm

Millbrook age 6-8 – Course Fee: \$72

#249927 Mar 7-Apr 25 Sa 9:00-10:00am

#249928 Mar 7-Apr 25 Sa 10:00-11:00am

#249929 Mar 7-Apr 25 Sa 11:00am-12:00pm

Millbrook age 8-10

#249936 Mar 7-Apr 25 Sa 9:00-10:00am

#249937 Mar 7-Apr 25 Sa 11:00am-12:00pm

Millbrook age 10-18

#249942 Mar 7-Apr 25 Sa 10:00-11:00am

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**Lake Lynn age 8-18**

#249961 Mar 10-Apr 23 Tu, Th 4:00-5:00pm

Millbrook Tennis Center – Course Fee: \$132**Millbrook age 8-10**

#249954 Mar 10-Apr 23 Tu, Th 5:00-6:00pm

#249956 Mar 9-Apr 22 M, W 5:00-6:00pm

Millbrook age 10-18

#249957 Mar 9-Apr 22 M, W 4:00-5:00pm

#249958 Mar 10-Apr 23 Tu, Th 4:00-5:00pm

Millbrook age 8-10 – Course Fee: \$72

#249955 Mar 7-Apr 25 Sa 11:00am-12:00pm

Millbrook age 10-18

#249959 Mar 7-Apr 25 Sa 9:00-10:00am

#249960 Mar 7-Apr 25 Sa 10:00-11:00am

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**Millbrook age 8-10** – Course Fee: \$132

#249963 Mar 9-Apr 22 M, W 5:00-6:00pm

Millbrook age 10-18

#249965 Mar 10-Apr 23 Tu, Th 4:00-5:00pm

Millbrook age 10-18 – Course Fee: \$72

#249964 Mar 7-Apr 25 Sa 11:00am-12:00pm

Tennis Jr. Tiny Tots

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**Lake Lynn** – Course Fee: \$66

#249890 Mar 10-Apr 23 Tu, Th 5:00-5:30pm

#249891 Mar 9-Apr 22 M, W 5:30-6:00pm

Millbrook Tennis Center**Millbrook Tennis** – Course Fee: \$36

#249888 Mar 7-Apr 25 Sa 11:00-11:30am

#249889 Mar 7-Apr 25 Sa 11:30am-12:00pm

Millbrook Tennis – Course Fee: \$66

#249885 Mar 10-Apr 23 Tu, Th 4:30-5:00pm

#249886 Mar 9-Apr 22 M, W 4:00-4:30pm

#249887 Mar 9-Apr 22 M, W 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).

continued on page 82 —

Millbrook Tennis Center – Course Fee: \$132

#249972	Feb 28-Apr 25	F-Sa	5:00-6:30pm
#249973	Feb 28-Apr 25	F-Sa	5:00-6:30pm
#249976	Feb 28-Apr 25	F-Sa	5:00-6:30pm
#249977	Feb 28-Apr 25	F-Sa	5:00-6:30pm
#249978	Feb 28-Apr 25	F-Sa	5:30-7:00pm
#249979	Feb 28-Apr 25	F-Sa	6:00-7:30pm
#249980	Feb 28-Apr 25	F-Sa	5:30-7:00pm
#249981	Feb 28-Apr 25	F-Sa	5:00-6:30pm
#249982	Feb 28-Apr 25	F-Sa	4:30-6:00pm
#249974	Feb 29-Apr 25	Sa	12:00-1:30pm
#249975	Feb 29-Apr 25	Sa	1:30-3:00pm

Ultimate Frisbee Youth Clinic

Age: 6-12 yrs. Youth will participate in an ultimate frisbee clinic. This is a clinic for beginners who are interested in learning a new sport. Ultimate Frisbee is a combination of football, basketball and soccer. Please wear gym clothes and tennis shoes. Members from NC State's Ultimate Frisbee teams and members from Triangle Ultimate will instruct.

Method Road Community Center

#251046	Mar 5-Apr 30	Th	4:15-5:15pm
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Volleyball - Skills - DAILY

Age: 7-14 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**

#251321	Jan 3-Feb 7	F	6:30-8:30pm
#251322	Mar 6-Apr 17	F	6:30-8:30pm

Volleyball - Skills Training

Age: 7-14 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

#251325	Jan 3-Feb 7	F	6:30-8:30pm
#251326	Mar 6-Apr 10	F	6:30-8:30pm

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

#249698	Jan 2-May 28	Th, Tu	12:00-2:00pm
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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**Adults**

#249797	Jan 5-Apr 26	Su	2:00-5:00pm
#249798	Jan 3-Apr 24	F, W	6:30-8:30pm
#249799	Jan 2-Apr 27	Th, M	6:30-8:30pm

Pickleball Citywide Daily Fee

Age: 14yrs. and up.

Pickleball daily fee is \$2.

Green Road Community Center

#247594	Jan 5-Apr 26	Su	1:30-5:30pm
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Laurel Hills Community Center

#251313	Jan 7-Apr 29	Tu-W, F	10:30am-12:30pm
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Method Road Community Center

#251131	Jan 6-May 6	M, W	11:00am-3:00pm
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Millbrook Exchange Community Center

#249877	Jan 6-May 6	M, W	10:30am-2:00pm
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Optimist Community Center

#251561	Jan 2-May 5	Th, Su, Tu	10:45am-4:00pm
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Pickleball Pass - Indoor Play

Age: 18yrs. and up. What is pickleball? It's a combination of tennis, badminton and table tennis that is fast-paced, easy to learn, great exercise and great fun! Drop-in fee is \$2 daily, per site. A full session pass is available for \$10. Please visit www.raleighnc.gov keyword search Pickleball for the open play schedule and locations.

Chavis Community Center – Course Fee: \$10

#250251	Jan 2-Apr 29	Th-F, Su-Th	10:30am-2:00pm
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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

#248722	Jan 2-Apr 27	Th, M	9:00am-2:00pm
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Table Tennis Brier Creek

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

#251202	Jan 3-Apr 24	F	5:45-8:30pm
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Course Fee: \$5

#251203	Jan 3-Apr 24	F	5:45-8:30pm
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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: \$66

#251398	Mar 10-Apr 21	Tu	9:00-10:00am
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#251399	Mar 13-Apr 24	F	9:00-10:00am
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#251400	Mar 12-Apr 23	Th	9:00-10:00am
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Tennis Adult Doubles Ladder

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

Millbrook Tennis Center – Course Fee: \$24**Women's 3.5 Doubles**

#249612	Mar 9-May 11	M	
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Men's 4.0 Doubles

#249613	Mar 9-May 11	M	
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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

#250037	Mar 9-Apr 22	M, W	6:00-7:00pm
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Course Fee: \$72

#250036	Mar 7-Apr 18	Sa	9:00-10:00am
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Millbrook Tennis Center

Course Fee: \$132

#250029	Mar 9-Apr 27	M, W	10:00-11:00am
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#250030	Mar 10-Apr 23	Tu, Th	11:00am-12:00pm
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#250032	Mar 10-Apr 23	Tu, Th	7:00-8:00pm
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#250033	Mar 9-Apr 22	M, W	6:00-7:00pm
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#250034	Mar 9-Apr 22	M, W	7:00-8:00pm
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Course Fee: \$72

#250031	Mar 7-Apr 25	Sa	9:00-10:00am
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#250035	Mar 7-Apr 25	Sa	12:00-1:00pm
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Tennis Adult Level 2.0/2.5 Drills

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 plus be at a level higher than 2.5. 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

Lake Lynn Community Center – Course Fee: \$132

#251386	Mar 10-Apr 23	Tu, Th	6:30-7:30pm
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Millbrook Tennis Center – Course Fee: \$132

#251381	Mar 10-Apr 23	Tu, Th	10:00-11:00am
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#251383	Mar 9-Apr 22	M, W	6:00-7:00pm
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#251384	Mar 10-Apr 23	Tu, Th	7:00-8:00pm
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#251387	Mar 9-Apr 27	M, W	11:00am-12:00pm
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Course Fee: \$72

#251382	Mar 7-Apr 25	Sa	10:00-11:00am
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#251385	Mar 7-Apr 25	Sa	12:00-1:00pm
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Tennis Adult Level 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 Level 4, 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
 #251391 Mar 9-Apr 22 M, W 8:00-9:00pm
Millbrook Tennis Center – Course Fee: \$132
 #251389 Mar 9-Apr 22 M, W 7:00-8:00pm
 #251390 Mar 10-Apr 23 Tu, Th 6:00-7:00pm
 Course Fee: \$72
 #251388 Mar 7-Apr 25 Sa 11:00am-12:00pm

Tennis Adult Level 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 both groundstrokes, underspin volleys and slice serves. This is a drills class, which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Millbrook Tennis Center – Course Fee: \$132
 #251396 Mar 10-Apr 23 Tu, Th 6:00-7:00pm
 Course Fee: \$72
 #251395 Mar 7-Apr 25 Sa 12:00-1:00pm

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.

Millbrook Tennis Center – Course Fee: \$24

Men's 3.0

#249614 Mar 9-May 4 M

Men's 3.5

#249615 Mar 9-May 4 M

Men's 4.0

#249616 Mar 9-May 4 M

Men's 4.5

#249617 Mar 9-May 4 M

Women's 2.5

#249618 Mar 9-May 4 M

Women's 3.0

#249619 Mar 9-May 4 M

Women's 3.5

#249620 Mar 9-May 4 M

Tennis Quadrants

Age: 18yrs. and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format ñ eight games with each of the three other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up, and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Millbrook Tennis Center – Course Fee: \$44
Monday Night Womens Quadrants

#251401 Mar 2-May 11 M 7:00-9:00pm
 #251402 Mar 5-May 14 Th 7:00-9:00pm
 #251403 Mar 4-May 13 W 9:30am-11:30am

Volleyball Open Gym Jaycee

Age: 18yrs. and up. Interested in volleyball? Visit Jaycee Community Center on Monday and Wednesday nights for volleyball open gym meet-up.

Jaycee Community Center
 #250047 Mar 10-May 26 Tu 6:30-8:30pm

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
 #250988 Jan 2-Apr 30 Th, M 3:00-6:00pm

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, and all equipment is provided.

Five Points Center for Active Adults
 #248111 Jan 3-May 5 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. Two, three or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Experienced volunteer players offer free workshops to players of all levels, from beginners with new or minimal knowledge of the game and rules to intermediate players who have developed consistency in their serves and returns with the ability to direct the ball. For specific questions please contact Rudy Patterson at Rudy.Patterson@gmail.com or 919-812-5314. Pre-registration is required.

Five Points Center for Active Adults
 #248112 Jan 3-Apr 24 F 9:00am-3:00pm
Tarboro Road Community Center
 #248113 Jan 2-Apr 23 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
 #248166 Jan 2-Apr 30 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
 #251405 Jan 2-Apr 30 Th, M 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 rpdvolunteer@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.

Additional Facility and Program Information

They are located at Carolina Pines Park, Millbrook Exchange Park, Jaycee Park and Oakwood Park.

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

Additional Facility and Program Information

leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of 48 adult clubs throughout the city. Further information can be found throughout this brochure

under the Senior Sections, or by calling 919-996-4720, 919-996-4730 or 919-996-6160.

Teen Programs

Program Supervisors:

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. Volunteer are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact Mary Owens at mary.owens@raleighnc.gov or call 919-996-3292.



Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov

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 Wednesday, December 4, 2019

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
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
Social Clubs	or 919-996-2146
Visually Impaired	919-996-2148
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

Bailewick Road Park c/o Lake Lynn

— •BEM
9501 Bailewick 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

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

— •ABCEGMZ
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

John Chavis Memorial Park Swimming Pool

— •D
720 Chavis Way, 27601
919-831-6565

Directory

John P. "Top" Greene Center

— •
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-831-6895

Kiwanis Neighborhood Park and Center c/o Optimist

— •BEGM
Closed for renovations; reopening late 2019.
2525 Noble Road, 27608
919-996-2880

Lake Lynn Park and Community Center

— •ABCENOZ
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve

— •MNOPQ
4601 Aventura Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— •D
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— •EJMOPQ
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center

Sassafras Playground
— •ABEGMZ
3808 Edwards Mill Road, 27612
919-996-2383

Leesville Community Park c/o Lake Lynn

— E
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 Parkamusements

— •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
919-831-6052

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 Neighborhood 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	P	Boat Rental
B	Lighted Ballfield(s)	Q	Fishing
C	Tennis Courts	R	Sand Volleyball
D	Pool	S	BMX Track
E	Play Equipment	T	Inline Skating
F	Mini Park	U	Dog Park
G	Outdoor Basketball	V	Gardens
H	Frisbee Golf	W	Walking Track
J	Exercise Trail	Y	Skate Park
K	Nature Study	Z	Weight Room
L	Arts	•	Handicap Accessible
M	Picnic Shelter		
N	Greenway Trail		
O	Lake		



#RaleighParks





City of Raleigh Parks,
Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
PRCR 6501

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PLAY IT FORWARD RALEIGH

Raleigh Parks, Recreation,
and Cultural Resources
Department provides
assistance to families and
individuals who desire to
participate in departmental
programs but for financial
reasons cannot always
afford to.

**Donate now and
give the gift of play!**

See page 5 for details.



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