

2021 | May - August

Leisure Ledger



**Raleigh
Parks**

Online Registration Starts
March 23, 2021

parks.raleighnc.gov

919.996.6640

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

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Together we connect and enrich our community through exceptional experiences.

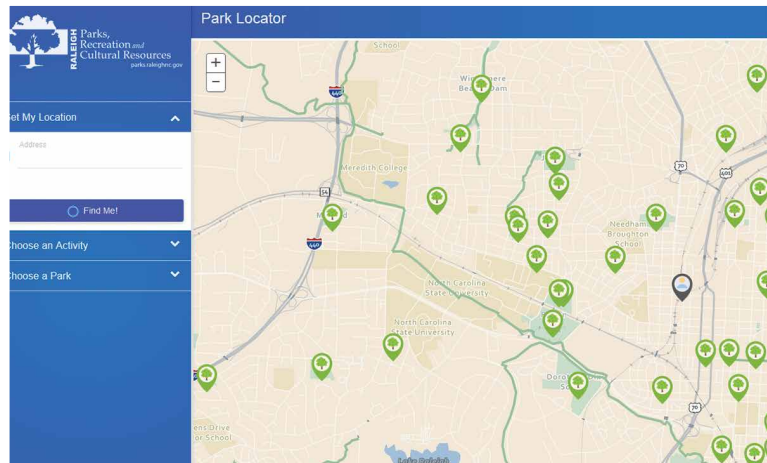
Raleigh Parks, Recreation and Cultural Resources Department boasts over 200 parks including features like amusements, art centers, athletic facilities, community centers, lakes, nature preserves, off-leash dog parks, playgrounds, swimming pools, historic homes, and open spaces. With innovative programs offered throughout the year, there are endless opportunities to learn something new, refine skills, or meet new friends. Whether you play tennis on one of our 108 courts, dive into one of 8 pools, explore over 100 miles of paved greenway, or simply enjoy a picnic in the park, we hope you take time to discover YOUR Raleigh Parks, Recreation and Cultural Resources Department!

Start Exploring With Park Locator!

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

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

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



DISCOVER YOUR

Raleigh Parks, Recreation and Cultural Resources Department

3 WAYS TO REGISTER

Registration Status: Check the status of your registration at any time by going to RecLink at parks.raleighnc.gov



Browse or Register online with RecLink

Visit parks.raleighnc.gov

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



mail-in

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



walk-in

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

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



My Raleigh Subscriptions

Sign up at www.raleighnc.gov to receive emails or text messages about a variety of City of Raleigh topics including Parks and Recreation.

BE SOCIAL



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



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



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



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



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



PLAY SAFELY

The health and safety of the community and our staff remain our top priorities. While we are hopeful that the programs included will give you an opportunity to stay active and healthy, all offerings are subject to modification or cancellation based upon state and local guidelines. Visit parks.raleighnc.gov to view the status of park facilities, amenities, and programs.

Social Distancing Best Practices

- Always keep at least 6 feet between you and others.
- Walk, jog, hike, and bike in a single file on the trail.
- When crossing a bridge on the trail, allow one group or trail user to pass at a time to maintain 6 feet of distance.
- Avoid gathering in groups at trailheads or other areas.
- To improve social distancing, consider visiting less busy trails or parks. Use our Park Locator <http://maps.raleighnc.gov/parklocator/> to find the park closest to you.
- If you are exhibiting symptoms, do not visit the park or trails. However, people with COVID-19 may not exhibit symptoms, so it is important to practice the above guidelines even when feeling well.

Thank you for staying safe, Raleigh!



Raleigh Parks

Raleigh City Council*

Mayor: Mary-Ann Baldwin
Corey Branch
Patrick Buffkin
David Cox
Stormie D. Forte
David Knight
Jonathan Melton
Nicole Stewart

Parks, Recreation and Greenway Advisory Board Members*

Chair: Jennifer Wagner
Vice Chair: Beverley Clark
Carol Ashcraft
Christopher Dillon
Lex Janes
Brad Johnson
Christina Jones
Rashawn King
Kendall Harris
Dexter Hebert
Carol Love
Marsha Presnell Jennette
Lindsay Saunders
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: Moses T. Alexander Greene
Vice Chair: Jamie Dawson
David Clegg
Courtney Greer
Pam Hartley
Bain Jones
Judy Payne
Angela Salamanca
Shelley Smith
Isabel Villa-Garcia
Billy Warden
Patty Williams

Management Team

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

Historic Resources and Museum Program Advisory Board

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

City of Raleigh Historic Cemetery Advisory Board

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

Public Art and Design Board

Chair: Scott Hazard
Vice Chair: Linda Dallas
Adam Cave
Susan Cannon
Lincoln Hancock
Angela Lombardi
Phillip Jefferson

Financial Assistance

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



Donate to Financial Assistance Fund

Together we connect and enrich our community through exceptional experiences.



Play It Forward Financial Assistance Fund

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

To make a tax-deductible donation, please mail a completed form to:

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

Play It Forward Scholarship Fund

BY CHECK

- Yes, we/I would like to help by donating to the Financial Assistance Scholarship Fund. Please accept my gift of: \$10 \$20 \$50 Other _____
- My check is enclosed (Payable to the City of Raleigh and Tax Deductible)

Name(s): _____
 Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____

ONLINE

To make a tax-deductible donation online, visit parks.raleighnc.gov and search "Play It Forward".

Aquatics

For information about dates of operations, hours of operation, and amenities please visit www.raleighnc.gov/aquatics.

Admission Fees

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

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

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

All Pools

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

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

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

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

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

Private Swim Lessons

Private swim lessons and stroke development are offered at Buffalo Road Aquatic Center, Millbrook Pool, Optimist Pool, and Pullen Aquatic Center. Private lessons are offered at times when group lessons are not being conducted and based on instructor availability. Contact the aquatic center for information on requesting private swim lessons. A single Private Lesson is one (1) 30 minute lesson. The Private Lesson package is four (4) 30 minute lessons.

Private Lesson - Single: \$30
Private Lesson - Package: \$100

Aquatic Water Exercise Passes

Senior Resident: \$32
Adult Resident: \$40
Senior Non-Resident: \$44
Adult Non-Resident: \$52

Passes are valid for any 8 classes for one (1) year after date of purchase.

Drop-in Rates

Drop-in rates are available for single classes.

Senior Resident: \$6
Adult Resident: \$8
Senior Non-Resident: \$7
Adult Non-Resident: \$9

Preschool

Parent & Child Aquatics Level 1

Age: 0.5-3 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.

Billmore Hills Pool

Jun 28-Jul 1	M-Th	6:30-7:00pm	Fee: \$41
Jul 10-Jul 31	Sa	10:10-10:40am	Fee: \$41
Jul 12-Jul 15	M-Th	5:50-6:20pm	Fee: \$41
Jul 26-Jul 29	M-Th	6:30-7:00pm	Fee: \$41

Buffaloe Road Aquatic Center

May 4-May 20	Tu,Th	10:50-11:20am	Fee: \$56
May 4-May 20	Tu,Th	4:30-5:00pm	Fee: \$56
May 15-Jun 5	Sa	11:30am-12:00pm	Fee: \$41
Jun 1-Jun 17	Tu,Th	10:50-11:20am	Fee: \$56
Jun 1-Jun 17	Tu,Th	4:30-5:00pm	Fee: \$56
Jun 19-Jul 10	Sa	11:30am-12:00pm	Fee: \$41
Jun 29-Jul 15	Tu, Th	11:30am-12:00pm	Fee: \$56
Jun 29-Jul 15	Tu,Th	4:30-5:00pm	Fee: \$56
Jul 24-Aug 14	Sa	11:30am-12:00pm	Fee: \$41
Jul 27-Aug 12	Tu,Th	11:30am-12:00pm	Fee: \$56
Jul 27-Aug 12	Tu,Th	4:30-5:00pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	9:30-10:00am	Fee: \$39
Jun 21-Jun 24	M-Th	4:30-5:00pm	Fee: \$41
Jun 28-Jul 1	M-Th	10:10-10:40am	Fee: \$41
Jul 10-Jul 31	Sa	10:10-10:40am	Fee: \$41
Jul 19-Jul 22	M-Th	9:30-10:00am	Fee: \$41

Longview Pool

Jul 10-Jul 31	Sa	10:10-10:40am	Fee: \$41
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Millbrook Pool

May 3-May 19	M,W	10:50-11:20am	Fee: \$56
Jun 5-Jun 26	Sa	9:30-10:00am	Fee: \$41
Jun 8-Jun 17	Tu-Th	10:50-11:20am	Fee: \$56
Jun 22-Jul 1	Tu-Th	9:30-10:00am	Fee: \$56
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Jul 20-Jul 29	Tu-Th	9:30-10:00am	Fee: \$56
Jul 20-Jul 29	Tu-Th	5:10-5:40pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	9:30-10:00am	Fee: \$56
Aug 3-Aug 12	Tu-Th	5:10-5:40pm	Fee: \$56
Aug 7-Aug 28	Sa	9:30-10:00am	Fee: \$41

Optimist Pool

Jun 7-Jun 17	M,W,Th	10:10-10:40am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:10-5:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:10-10:40am	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:10-5:40pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	10:10-10:40am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:10-5:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:10-10:40am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:10-5:40pm	Fee: \$56
Aug 7-Aug 28	Sa	10:10-10:40am	Fee: \$41

Pullen Aquatic Center

Jun 5-Jun 26	Sa	11:30am-12:00pm	Fee: \$41
Jun 7-Jun 17	M,W,Th	10:10-10:40am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:10-5:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:10-10:40am	Fee: \$56
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Jul 19-Jul 29	M,W,Th	5:10-5:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:10-10:40am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:10-5:40pm	Fee: \$56

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Ridge Road Pool

Jun 15-Jun 24	Tu-Th	10:10-10:40am	Fee: \$56
Jul 5-Jul 8	M-Th	9:30-10:00am	Fee: \$41
Jul 10-Jul 24	Sa	9:30-10:00am	Fee: \$39
Jul 10-Jul 24	Sa	11:30am-12:00pm	Fee: \$39
Jul 19-Jul 22	M-Th	11:30am-12:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	6:30- 7:00pm	Fee: \$41

Parent & Child Aquatics Level 2

Age: 0.5-3 yrs. Participants improve on skills from Level 1 parent and child swim lessons and learn more advanced skills to prepare for Level 1 preschool swim lessons. Three-year-olds ready to learn without a parent or caregiver should enroll in Level 1 preschool swim lessons.

Buffaloe Road Aquatic Center

May 4-May 20	Tu,Th	10:50-11:20am	Fee: \$56
May 4-May 20	Tu,Th	4:30-5:00pm	Fee: \$56
May 15-Jun 5	Sa	11:30am-12:00pm	Fee: \$41
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Jul 27-Aug 12	Tu,Th	11:30am-12:00pm	Fee: \$56
Jul 27-Aug 12	Tu, Th	4:30-5:00pm	Fee: \$56

Millbrook Pool

May 3-May 19	M,W	11:30am-12:00pm	Fee: \$56
Jun 5-Jun 26	Sa	10:10-10:40am	Fee: \$41
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Aug 3-Aug 12	Tu-Th	10:10-10:40am	Fee: \$56
Aug 7-Aug 28	Sa	10:10-10:40am	Fee: \$41

Optimist Pool

Jun 7-Jun 17	M,W,Th	10:10-10:40am	Fee: \$56
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Jun 28-Jul 8	M,W,Th	10:10-10:40am	Fee: \$56
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Pullen Aquatic Center

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Ridge Road Pool

Jun 12-Jun 26	Sa	10:10-10:40am	Fee: \$39
Jun 15-Jun 24	Tu-Th	5:50-6:20pm	Fee: \$39

Preschool Aquatics Level 1

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

Biltmore Hills Pool

Jun 28-Jul 1	M-Th	5:50-6:20pm	Fee: \$41
Jul 5-Jul 8	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 31	Sa	10:10-10:40am	Fee: \$41
Jul 10-Jul 31	Sa	10:50-11:20am	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Buffaloe Road Aquatic Center

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Longview Pool

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Millbrook Pool

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Aug 16-Sep 1	M, W	5:10-5:40pm	Fee: \$56

Optimist Pool

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Pullen Aquatic Center

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Jul 19-Jul 29	M,W,Th	10:10-10:40am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:10-5:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:10-10:40am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:10-5:40pm	Fee: \$56

Ridge Road Pool

Jun 12-Jun 26	Sa	8:50-9:20am	Fee: \$39
Jun 12-Jun 26	Sa	10:50-11:20am	Fee: \$39
Jun 15-Jun 24	Tu-Th	9:30-10:00am	Fee: \$56
Jun 15-Jun 24	Tu-Th	10:50-11:20am	Fee: \$56
Jun 15-Jun 24	Tu-Th	5:10-5:40pm	Fee: \$56
Jun 28-Jul 1	M-Th	10:10-10:40am	Fee: \$41
Jun 28-Jul 1	M-Th	6:30-7:00pm	Fee: \$41
Jul 5-Jul 8	M-Th	10:10-10:40am	Fee: \$41
Jul 10-Jul 24	Sa	9:30-10:00am	Fee: \$39
Jul 10-Jul 24	Sa	10:50-11:20am	Fee: \$39
Jul 19-Jul 22	M-Th	10:50-11:20am	Fee: \$41
Jul 26-Jul 29	M-Th	9:30-10:00am	Fee: \$41
Jul 26-Jul 29	M-Th	5:10-5:40pm	Fee: \$41



Preschool Aquatics Level 2

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

Biltmore Hills Pool

Jul 5-Jul 8	M-Th	5:50-6:20pm	Fee: \$41
Jul 12-Jul 15	M-Th	5:50-6:20pm	Fee: \$41

Buffalo Road Aquatic Center

May 4-May 20	Tu, Th	10:10-10:40am	Fee: \$56
May 4-May 20	Tu, Th	5:10-5:40pm	Fee: \$56
May 15-Jun 5	Sa	10:10-10:40am	Fee: \$41
Jun 1-Jun 17	Tu, Th	10:10-10:40am	Fee: \$56
Jun 1-Jun 17	Tu, Th	5:10-5:40pm	Fee: \$56
Jun 19-Jul 10	Sa	10:10-10:40am	Fee: \$41
Jun 29-Jul 15	Tu, Th	10:10-10:40am	Fee: \$56
Jun 29-Jul 15	Tu, Th	5:10-5:40pm	Fee: \$56
Jul 24-Aug 14	Sa	10:10-10:40am	Fee: \$41
Jul 27-Aug 12	Tu, Th	10:10-10:40am	Fee: \$56
Jul 27-Aug 12	Tu, Th	5:10-5:40pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	11:30am-12:00pm	Fee: \$39
Jun 14-Jun 17	M-Th	4:30-5:00pm	Fee: \$41
Jun 21-Jun 24	M-Th	9:30-10:00am	Fee: \$41
Jun 21-Jun 24	M-Th	4:30-5:00pm	Fee: \$41
Jun 21-Jun 24	M-Th	5:50-6:20pm	Fee: \$41
Jun 28-Jul 1	M-Th	9:30-10:00am	Fee: \$41
Jun 28-Jul 1	M-Th	10:50-11:20am	Fee: \$41
Jun 28-Jul 1	M-Th	5:10-5:40pm	Fee: \$41
Jul 10-Jul 31	Sa	9:30-10:00am	Fee: \$41
Jul 12-Jul 15	M-Th	9:30-10:00am	Fee: \$41
Jul 12-Jul 15	M-Th	5:50-6:20pm	Fee: \$41
Jul 19-Jul 22	M-Th	5:10-5:40pm	Fee: \$41
Jul 26-Jul 29	M-Th	10:50-11:20am	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Longview Pool

Jun 21-Jun 24	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 31	Sa	10:50-11:20am	Fee: \$41
Jul 12-Jul 15	M-Th	5:50-6:20pm	Fee: \$41
Jul 19-Jul 22	M-Th	5:50-6:20pm	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Millbrook Pool

May 3-May 19	M, W	11:30am-12:00pm	Fee: \$56
May 3-May 19	M, W	5:50-6:20pm	Fee: \$56
Jun 5-Jun 26	Sa	10:10-10:40am	Fee: \$41
Jun 5-Jun 26	Sa	10:50-11:20am	Fee: \$41
Jun 8-Jun 17	Tu-Th	11:30am-12:00pm	Fee: \$56
Jun 8-Jun 17	Tu-Th	5:50-6:20pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	10:10-10:40am	Fee: \$56
Jul 6-Jul 15	Tu-Th	10:10-10:40am	Fee: \$56
Jul 6-Jul 15	Tu-Th	5:50-6:20pm	Fee: \$56
Jul 10-Jul 24	Sa	8:50-9:20am	Fee: \$39
Jul 10-Jul 24	Sa	10:10-10:40am	Fee: \$39
Jul 10-Jul 24	Sa	10:50-11:20am	Fee: \$39
Jul 20-Jul 29	Tu-Th	10:10-10:40am	Fee: \$56
Jul 20-Jul 29	Tu-Th	5:50-6:20pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	10:10-10:40am	Fee: \$56
Aug 3-Aug 12	Tu-Th	5:50-6:20pm	Fee: \$56
Aug 7-Aug 28	Sa	10:10-10:40am	Fee: \$41
Aug 7-Aug 28	Sa	10:50-11:20am	Fee: \$41
Aug 16-Sep 1	M, W	5:10-5:40pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	10:10-10:40am	Fee: \$56
Jun 7-Jun 17	M,W,Th	10:50-11:20am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:50-6:20pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:10-10:40am	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:50-11:20am	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:50-6:20pm	Fee: \$56



Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	10:10-10:40am	Fee: \$56
Jul 19-Jul 29	M,W,Th	10:50-11:20am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:50-6:20pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:10-10:40am	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:50-11:20am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:50-6:20pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 7-Aug 28	Sa	10:10-10:40am	Fee: \$41
Aug 7-Aug 28	Sa	11:30am-12:00pm	Fee: \$41

Pullen Aquatic Center

Jun 5-Jun 26	Sa	10:50-11:20am	Fee: \$41
Jun 7-Jun 17	M,W,Th	10:50-11:20am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:50-6:20pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:50-11:20am	Fee: \$56
Jul 10-Jul 24	Sa	10:50-11:20am	Fee: \$41
Jul 19-Jul 29	M,W,Th	10:50-11:20am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:50-6:20pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:50-11:20am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:50-6:20pm	Fee: \$56

Ridge Road Pool

Jun 12-Jun 26	Sa	8:50-9:20am	Fee: \$39
Jun 12-Jun 26	Sa	11:30am-12:00pm	Fee: \$39
Jun 15-Jun 24	Tu-Th	9:30-10:00am	Fee: \$56
Jun 15-Jun 24	Tu-Th	4:30-5:00pm	Fee: \$56
Jun 28-Jul 1	M-Th	10:10-10:40am	Fee: \$41
Jun 28-Jul 1	M-Th	5:10-5:40pm	Fee: \$41
Jul 5-Jul 8	M-Th	10:50-11:20am	Fee: \$41
Jul 5-Jul 8	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 24	Sa	8:50-9:20am	Fee: \$39
Jul 19-Jul 22	M-Th	9:30-10:00am	Fee: \$41
Jul 19-Jul 22	M-Th	10:50-11:20am	Fee: \$41
Jul 19-Jul 22	M-Th	5:10-5:40pm	Fee: \$41
Jul 26-Jul 29	M-Th	9:30-10:00am	Fee: \$41
Jul 26-Jul 29	M-Th	5:10-5:40pm	Fee: \$41

Preschool Aquatics Level 3

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

Biltmore Hills Pool

Jun 28-Jul 1	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 31	Sa	10:50-11:20am	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Buffalo Road Aquatic Center

May 4-May 20	Tu, Th	10:50-11:20am	Fee: \$56
May 4-May 20	Tu, Th	5:10-5:40pm	Fee: \$56

May 15-Jun 5	Sa	10:10-10:40am	Fee: \$41
Jun 1-Jun 17	Tu, Th	10:50-11:20am	Fee: \$56
Jun 1-Jun 17	Tu, Th	5:10-5:40pm	Fee: \$56
Jun 19-Jul 10	Sa	10:10-10:40am	Fee: \$41
Jun 29-Jul 15	Tu, Th	10:10-10:40am	Fee: \$56
Jun 29-Jul 15	Tu, Th	5:10-5:40pm	Fee: \$56
Jul 24-Aug 14	Sa	10:10-10:40am	Fee: \$41
Jul 27-Aug 12	Tu, Th	10:10-10:40am	Fee: \$56
Jul 27-Aug 12	Tu, Th	5:10-5:40pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	8:50-9:20am	Fee: \$39
Jun 21-Jun 24	M-Th	5:10-5:40pm	Fee: \$41
Jun 28-Jul 1	M-Th	5:10-5:40pm	Fee: \$41
Jul 10-Jul 31	Sa	8:50-9:20am	Fee: \$41
Jul 12-Jul 15	M-Th	10:10-10:40am	Fee: \$41
Jul 12-Jul 15	M-Th	5:10-5:40pm	Fee: \$41
Jul 19-Jul 22	M-Th	10:50-11:20am	Fee: \$41
Jul 19-Jul 22	M-Th	5:50-6:20pm	Fee: \$41
Jul 26-Jul 29	M-Th	10:10-10:40am	Fee: \$41
Jul 26-Jul 29	M-Th	6:30-7:00pm	Fee: \$41

Longview Pool

Jul 10-Jul 31	Sa	11:30am-12:00pm	Fee: \$41
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Millbrook Pool

May 3-May 19	M, W	5:50-6:20pm	Fee: \$56
Jun 5-Jun 26	Sa	10:50-11:20am	Fee: \$41
Jun 8-Jun 17	Tu-Th	11:30am-12:00pm	Fee: \$56
Jun 8-Jun 17	Tu-Th	5:50-6:20pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	10:50-11:20am	Fee: \$56
Jul 6-Jul 15	Tu-Th	10:50-11:20am	Fee: \$56
Jul 6-Jul 15	Tu-Th	5:50-6:20pm	Fee: \$56
Jul 10-Jul 24	Sa	10:50-11:20am	Fee: \$39
Jul 20-Jul 29	Tu-Th	10:50-11:20am	Fee: \$56
Jul 20-Jul 29	Tu-Th	5:50-6:20pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	10:50-11:20am	Fee: \$56
Aug 3-Aug 12	Tu-Th	5:50-6:20pm	Fee: \$56
Aug 7-Aug 28	Sa	10:50-11:20am	Fee: \$41
Aug 16-Sep 1	M, W	5:50-6:20pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 7-Aug 28	Sa	10:50-11:20am	Fee: \$41

Pullen Aquatic Center

Jun 5-Jun 26	Sa	10:10-10:40am	Fee: \$41
Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56

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Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 10-Jul 24	Sa	10:10-10:40am	Fee: \$41
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56

Ridge Road Pool

Jun 28-Jul 1	M-Th	9:30-10:00am	Fee: \$41
Jul 5-Jul 8	M-Th	6:30-7:00pm	Fee: \$41
Jul 19-Jul 22	M-Th	10:10-10:40am	Fee: \$41
Jul 19-Jul 22	M-Th	5:50-6:20pm	Fee: \$41
Jul 26-Jul 29	M-Th	10:50-11:20am	Fee: \$41

Youth

Intra City Swim Team

Age: 3-18 yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Prerequisite - participants must be able to swim 25 yards unassisted.

Biltmore Hills Pool

Biltmore Barracudas Ages 3-18

Jun 14-Aug 2	M,W,F	6:15-7:00pm	Fee: \$74
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Buffaloe Road Aquatic Center

Buffaloe Blue Whales Ages 11-18

Jun 14-Aug 2	M,W,F	4:00-4:45pm	Fee: \$74
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Buffaloe Blue Whales Ages 3-10.

Jun 14-Aug 2	M,W,F	5:00-5:45	Fee: \$74
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Buffaloe Blue Whales Ages 3-18

Jun 14-Aug 2	M,W,F	6:00-6:45pm	Fee: \$74
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Lake Johnson Pool

Lake Johnson Green Rays Ages 3-18

Jun 14-Aug 2	M,W,F	9:00-9:45am	Fee: \$74
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Lake Johnson Green Rays Ages 3-10

Jun 14-Aug 2	M,W,F	6:15-7:00pm	Fee: \$74
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Lake Johnson Green Rays Ages 11-18

Jun 14-Aug 2	M,W,F	7:15-8:00pm	Fee: \$74
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Longview Pool

Longview Sharks Ages 3-18

Jun 14-Aug 2	M,W,F	9:00-9:45am	Fee: \$74
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Longview Sharks Ages 3-10

Jun 14-Aug 2	M,W,F	6:15-7:00pm	Fee: \$74
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Longview Sharks Ages 11-18

Jun 14-Aug 2	M,W,F	7:15-8:00pm	Fee: \$74
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Millbrook Pool

Millbrook Marlins Ages 3-18

Jun 14-Aug 2	M,W,F	8:30-9:15am	Fee: \$74
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Millbrook Marlins Ages 3-10

Jun 14-Aug 2	M,W,F	6:00-6:45pm	Fee: \$74
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Millbrook Marlins Ages 11-18

Jun 14-Aug 2	M,W,F	7:00-7:45pm	Fee: \$74
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Optimist Pool

Optimist Otters Ages 3-18

Jun 14-Aug 2	M,W,F	9:00-9:45am	Fee: \$74
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Optimist Otters Ages 3-10

Jun 14-Aug 2	M,W,F	6:00-6:45pm	Fee: \$74
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Optimist Otters Ages 11-18

Jun 14-Aug 2	M,W,F	7:00-7:45pm	Fee: \$74
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Pullen Aquatic Center

Pullen Pirates Ages 3-10

Jun 14-Aug 2	M,W,F	5:30-6:15pm	Fee: \$74
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Pullen Pirates Ages 11-18

Jun 14-Aug 2	M,W,F	6:30-7:15pm	Fee: \$74
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Ridge Road Pool

Ridge Road Dolphins Ages 3-18

Jun 14-Aug 2	M,W,F	9:00-9:45am	Fee: \$74
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Ridge Road Dolphins Ages 3-10

Jun 14-Aug 2	M,W,F	6:15-7:00pm	Fee: \$74
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Ridge Road Dolphins Ages 11-18

Jun 14-Aug 2	M,W,F	7:15-8:00pm	Fee: \$74
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Swim Lesson - Level 1 Intro Water Skills

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

Biltmore Hills Pool

Jun 28-Jul 1	M-Th	6:30-7:00pm	Fee: \$41
Jul 5-Jul 8	M-Th	6:30-7:00pm	Fee: \$41
Jul 10-Jul 31	Sa	11:30am-12:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	6:30-7:00pm	Fee: \$41

Buffaloe Road Aquatic Center

May 4-May 20	Tu, Th	5:50-6:20pm	Fee: \$56
May 15-Jun 5	Sa	10:50-11:20am	Fee: \$41
Jun 1-Jun 17	Tu, Th	5:50-6:20pm	Fee: \$56
Jun 19-Jul 10	Sa	10:50-11:20am	Fee: \$41
Jun 29-Jul 15	Tu, Th	10:50-11:20am	Fee: \$56
Jun 29-Jul 15	Tu, Th	5:50-6:20pm	Fee: \$56
Jul 24-Aug 14	Sa	10:50-11:20am	Fee: \$41
Jul 27-Aug 12	Tu, Th	10:50-11:20am	Fee: \$56
Jul 27-Aug 12	Tu, Th	5:50-6:20pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	10:10-10:40am	Fee: \$39
Jun 12-Jun 26	Sa	11:30am-12:00pm	Fee: \$39
Jun 14-Jun 17	M-Th	5:50-6:20pm	Fee: \$41
Jun 28-Jul 1	M-Th	8:50-9:20am	Fee: \$41
Jun 28-Jul 1	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 31	Sa	10:50-11:20am	Fee: \$41
Jul 12-Jul 15	M-Th	9:30-10:00am	Fee: \$41
Jul 26-Jul 29	M-Th	9:30-10:00am	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Longview Pool

Jun 21-Jun 24	M-Th	5:50-6:20pm	Fee: \$41
Jul 12-Jul 15	M-Th	6:30-7:00pm	Fee: \$41
Jul 19-Jul 22	M-Th	5:10-5:40pm	Fee: \$41
Jul 19-Jul 22	M-Th	6:30-7:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	5:10-5:40pm	Fee: \$41

Millbrook Pool

May 3-May 19	M, W	5:10-5:40pm	Fee: \$56
Jun 5-Jun 26	Sa	8:50-9:20am	Fee: \$41
Jun 5-Jun 26	Sa	9:30-10:00am	Fee: \$41
Jun 8-Jun 17	Tu-Th	5:10-5:40pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	9:30-10:00am	Fee: \$56
Jun 22-Jul 1	Tu-Th	10:50-11:20am	Fee: \$56
Jul 6-Jul 15	Tu-Th	9:30-10:00am	Fee: \$56
Jul 6-Jul 15	Tu-Th	11:30am-12:00pm	Fee: \$56
Jul 6-Jul 15	Tu-Th	5:10-5:40pm	Fee: \$56
Jul 6-Jul 15	Tu-Th	6:30-7:00pm	Fee: \$56
Jul 10-Jul 24	Sa	9:30-10:00am	Fee: \$39
Jul 20-Jul 29	Tu-Th	9:30-10:00am	Fee: \$56
Jul 20-Jul 29	Tu-Th	11:30am-12:00pm	Fee: \$56
Jul 20-Jul 29	Tu-Th	5:10-5:40pm	Fee: \$56
Jul 20-Jul 29	Tu-Th	6:30-7:00pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	10:50-11:20am	Fee: \$56
Aug 3-Aug 12	Tu-Th	6:30-7:00pm	Fee: \$56
Aug 7-Aug 28	Sa	9:30-10:00am	Fee: \$41
Aug 16-Sep 1	M, W	5:50-6:20pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	10:50-11:20am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:10-5:40pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:50-11:20am	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:10-5:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	10:50-11:20am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:10-5:40pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:50-11:20am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:10-5:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 7-Aug 28	Sa	10:10-10:40am	Fee: \$41
Aug 7-Aug 28	Sa	11:30am-12:00pm	Fee: \$41

Pullen Aquatic Center

Jun 5-Jun 26	Sa	9:30-10:00am	Fee: \$41
Jun 7-Jun 17	M,W,Th	10:10-10:40am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:10-5:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:10-10:40am	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:10-5:40pm	Fee: \$56
Jul 10-Jul 24	Sa	9:30-10:00am	Fee: \$41
Jul 19-Jul 29	M,W,Th	10:10-10:40am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:10-5:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:10-10:40am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:10-5:40pm	Fee: \$56

Ridge Road Pool

Jun 12-Jun 26	Sa	9:30-10:00am	Fee: \$39
Jun 15-Jun 24	Tu-Th	10:10-10:40am	Fee: \$56
Jun 15-Jun 24	Tu-Th	5:10-5:40pm	Fee: \$56
Jun 28-Jul 1	M-Th	10:50-11:20am	Fee: \$41
Jun 28-Jul 1	M-Th	5:10-5:40pm	Fee: \$41
Jul 5-Jul 8	M-Th	9:30-10:00am	Fee: \$41
Jul 5-Jul 8	M-Th	5:10-5:40pm	Fee: \$41
Jul 10-Jul 24	Sa	11:30am-12:00pm	Fee: \$39
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Swim Lesson - Level 2 Fundamental Skills

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

Biltmore Hills Pool

Jul 5-Jul 8	M-Th	6:30-7:00pm	Fee: \$41
Jul 12-Jul 15	M-Th	6:30-7:00pm	Fee: \$41

Buffaloe Road Aquatic Center

May 4-May 20	Tu, Th	5:50-6:20pm	Fee: \$56
May 15-Jun 5	Sa	10:50-11:20am	Fee: \$41
Jun 1-Jun 17	Tu, Th	5:50-6:20pm	Fee: \$56
Jun 19-Jul 10	Sa	10:50-11:20am	Fee: \$41
Jun 29-Jul 15	Tu, Th	10:50-11:20am	Fee: \$56
Jun 29-Jul 15	Tu, Th	5:50-6:20pm	Fee: \$56
Jul 24-Aug 14	Sa	10:50-11:20am	Fee: \$41
Jul 27-Aug 12	Tu, Th	10:50-11:20am	Fee: \$56
Jul 27-Aug 12	Tu, Th	5:50-6:20pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	10:50-11:20am	Fee: \$39
Jun 14-Jun 17	M-Th	5:10-5:40pm	Fee: \$41
Jun 14-Jun 17	M-Th	5:50-6:20pm	Fee: \$41
Jun 21-Jun 24	M-Th	9:30-10:00am	Fee: \$41
Jun 21-Jun 24	M-Th	10:10-10:40am	Fee: \$41
Jun 21-Jun 24	M-Th	5:50-6:20pm	Fee: \$41
Jun 28-Jul 1	M-Th	10:10-10:40am	Fee: \$41
Jun 28-Jul 1	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 31	Sa	10:10-10:40am	Fee: \$41
Jul 12-Jul 15	M-Th	10:10-10:40am	Fee: \$41
Jul 12-Jul 15	M-Th	5:50-6:20pm	Fee: \$41
Jul 19-Jul 22	M-Th	10:10-10:40am	Fee: \$41
Jul 19-Jul 22	M-Th	5:50-6:20pm	Fee: \$41
Jul 26-Jul 29	M-Th	5:10-5:40pm	Fee: \$41

Longview Pool

Jun 21-Jun 24	M-Th	5:10-5:40pm	Fee: \$41
Jun 21-Jun 24	M-Th	6:30-7:00pm	Fee: \$41
Jul 19-Jul 22	M-Th	5:50-6:20pm	Fee: \$41

Millbrook Pool

May 3-May 19	M, W	6:30-7:00pm	Fee: \$56
Jun 5-Jun 26	Sa	10:10-10:40am	Fee: \$41
Jun 5-Jun 26	Sa	11:30am-12:00pm	Fee: \$41
Jun 8-Jun 17	Tu-Th	6:30-7:00pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	10:10-10:40am	Fee: \$56
Jul 6-Jul 15	Tu-Th	10:10-10:40am	Fee: \$56

Jul 6-Jul 15	Tu-Th	6:30-7:00pm	Fee: \$56
Jul 10-Jul 24	Sa	8:50-9:20am	Fee: \$39
Jul 10-Jul 24	Sa	10:10-10:40am	Fee: \$39
Jul 10-Jul 24	Sa	11:30am-12:00pm	Fee: \$39
Jul 20-Jul 29	Tu-Th	10:10-10:40am	Fee: \$56
Jul 20-Jul 29	Tu-Th	6:30-7:00pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	11:30am-12:00pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	6:30-7:00pm	Fee: \$56
Aug 7-Aug 28	Sa	10:10-10:40am	Fee: \$41
Aug 7-Aug 28	Sa	11:30am-12:00pm	Fee: \$41
Aug 16-Sep 1	M, W	6:30-7:00pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	10:50-11:20am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:50-6:20pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:50-11:20am	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:50-6:20pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	10:50-11:20am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:50-6:20pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:50-11:20am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:50-6:20pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 7-Aug 28	Sa	10:50-11:20am	Fee: \$41
Aug 7-Aug 28	Sa	11:30am-12:00pm	Fee: \$41

Pullen Aquatic Center

Jun 5-Jun 26	Sa	10:10-10:40am	Fee: \$41
Jun 7-Jun 17	M,W,Th	10:50-11:20am	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:50-6:20pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	10:50-11:20am	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:50-6:20pm	Fee: \$56
Jul 10-Jul 24	Sa	10:10-10:40am	Fee: \$41
Jul 19-Jul 29	M,W,Th	10:50-11:20am	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:50-6:20pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	10:50-11:20am	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:50-6:20pm	Fee: \$56

Ridge Road Pool

Jun 12-Jun 26	Sa	9:30-10:00am	Fee: \$39
Jun 12-Jun 26	Sa	10:10-10:40am	Fee: \$39
Jun 15-Jun 24	Tu-Th	10:50-11:20am	Fee: \$56
Jun 15-Jun 24	Tu-Th	5:50-6:20pm	Fee: \$56
Jun 28-Jul 1	M-Th	9:30-10:00am	Fee: \$41
Jun 28-Jul 1	M-Th	10:50-11:20am	Fee: \$41
Jun 28-Jul 1	M-Th	5:50-6:20pm	Fee: \$41
Jul 5-Jul 8	M-Th	10:50-11:20am	Fee: \$41
Jul 5-Jul 8	M-Th	5:10-5:40pm	Fee: \$41
Jul 10-Jul 24	Sa	10:10-10:40am	Fee: \$39
Jul 19-Jul 22	M-Th	9:30-10:00am	Fee: \$41
Jul 26-Jul 29	M-Th	10:10-10:40am	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

**Swim Lesson - Level 3
Stroke Development**

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

Biltmore Hills Pool

Jul 10-Jul 31	Sa	11:30am-12:00pm	Fee: \$41
Jul 12-Jul 15	M-Th	6:30-7:00pm	Fee: \$41

Buffaloe Road Aquatic Center

May 4-May 20	Tu,Th	5:50-6:20pm	Fee: \$56
May 15-Jun 5	Sa	10:50-11:20am	Fee: \$41
Jun 1-Jun 17	Tu, Th	5:50-6:20pm	Fee: \$56
Jun 19-Jul 10	Sa	10:50-11:20am	Fee: \$41
Jun 29-Jul 15	Tu, Th	10:50-11:20am	Fee: \$41
Jun 29-Jul 15	Tu, Th	5:50-6:20pm	Fee: \$56

Jul 24-Aug 14	Sa	10:50-11:20am	Fee: \$41
Jul 27-Aug 12	Tu, Th	10:50-11:20am	Fee: \$41
Jul 27-Aug 12	Tu, Th	5:50-6:20pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	8:50-9:20am	Fee: \$39
Jun 14-Jun 17	M-Th	6:30-7:00pm	Fee: \$41
Jun 21-Jun 24	M-Th	10:10-10:40am	Fee: \$41
Jun 21-Jun 24	M-Th	10:50-11:20am	Fee: \$41
Jun 21-Jun 24	M-Th	6:30-7:00pm	Fee: \$41
Jun 28-Jul 1	M-Th	8:50-9:20am	Fee: \$41
Jun 28-Jul 1	M-Th	10:50-11:20am	Fee: \$41
Jun 28-Jul 1	M-Th	4:30-5:00pm	Fee: \$41
Jul 10-Jul 31	Sa	11:30am-12:00pm	Fee: \$41
Jul 12-Jul 15	M-Th	10:50-11:20am	Fee: \$41
Jul 12-Jul 15	M-Th	6:30-7:00pm	Fee: \$41
Jul 19-Jul 22	M-Th	9:30-10:00am	Fee: \$41
Jul 19-Jul 22	M-Th	10:50-11:20am	Fee: \$41
Jul 19-Jul 22	M-Th	6:30-7:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	9:30-10:00am	Fee: \$41
Jul 26-Jul 29	M-Th	10:10-10:40am	Fee: \$41

Longview Pool

Jul 10-Jul 31	Sa	10:10-10:40am	Fee: \$41
Jul 12-Jul 15	M-Th	6:30-7:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	5:50-6:20pm	Fee: \$41

Millbrook Pool

May 3-May 19	M, W	6:30-7:00pm	Fee: \$56
Jun 5-Jun 26	Sa	10:50-11:20am	Fee: \$41
Jun 8-Jun 17	Tu-Th	6:30-7:00pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	10:50-11:20am	Fee: \$56
Jul 6-Jul 15	Tu-Th	10:50-11:20am	Fee: \$56
Jul 6-Jul 15	Tu-Th	6:30-7:00pm	Fee: \$56
Jul 10-Jul 24	Sa	10:50-11:20am	Fee: \$39
Jul 20-Jul 29	Tu-Th	10:50-11:20am	Fee: \$56
Jul 20-Jul 29	Tu-Th	6:30-7:00pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	11:30am-12:00pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	7:10-7:40pm	Fee: \$56
Aug 7-Aug 28	Sa	10:50-11:20am	Fee: \$41
Aug 16-Sep 1	M, W	6:30-7:00pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	5:50-6:20pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	5:50-6:20pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	5:50-6:20pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	5:50-6:20pm	Fee: \$56
Aug 7-Aug 28	Sa	10:50-11:20am	Fee: \$41

Pullen Aquatic Center

Jun 5-Jun 26	Sa	9:30-10:00am	Fee: \$41
Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 10-Jul 24	Sa	9:30-10:00am	Fee: \$41
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56

Ridge Road Pool

Jun 12-Jun 26	Sa	11:30am-12:00pm	Fee: \$39
Jun 15-Jun 24	Tu-Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 1	M-Th	5:50-6:20pm	Fee: \$41
Jul 5-Jul 8	M-Th	10:10-10:40am	Fee: \$41
Jul 5-Jul 8	M-Th	5:50-6:20pm	Fee: \$41
Jul 10-Jul 24	Sa	10:10-10:40am	Fee: \$39
Jul 19-Jul 22	M-Th	10:10-10:40am	Fee: \$41
Jul 19-Jul 22	M-Th	5:50-6:20pm	Fee: \$41
Jul 26-Jul 29	M-Th	10:10-10:40am	Fee: \$41
Jul 26-Jul 29	M-Th	6:30-7:00pm	Fee: \$41

**Swim Lesson - Level 4
Stroke Improvement**

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

Buffaloe Road Aquatic Center

May 4-May 20	Tu, Th	6:30-7:00pm	Fee: \$56
May 15-Jun 5	Sa	11:30am-12:00pm	Fee: \$41
Jun 1-Jun 17	Tu, Th	6:30-7:00pm	Fee: \$56
Jun 19-Jul 10	Sa	11:30am-12:00pm	Fee: \$41
Jun 29-Jul 15	Tu, Th	6:30-7:00pm	Fee: \$56
Jul 24-Aug 14	Sa	11:30am-12:00pm	Fee: \$41
Jul 27-Aug 12	Tu, Th	6:30-7:00pm	Fee: \$56

Lake Johnson Pool

Jun 12-Jun 26	Sa	10:10-10:40am	Fee: \$39
Jun 14-Jun 17	M-Th	6:30-7:00pm	Fee: \$41
Jun 21-Jun 24	M-Th	6:30-7:00pm	Fee: \$41
Jun 28-Jul 1	M-Th	9:30-10:00am	Fee: \$41
Jun 28-Jul 1	M-Th	4:30-5:00pm	Fee: \$41
Jun 28-Jul 1	M-Th	6:30-7:00pm	Fee: \$41
Jul 10-Jul 31	Sa	8:50-9:20am	Fee: \$41
Jul 12-Jul 15	M-Th	10:50-11:20am	Fee: \$41
Jul 12-Jul 15	M-Th	6:30-7:00pm	Fee: \$41
Jul 19-Jul 22	M-Th	10:10-10:40am	Fee: \$41
Jul 19-Jul 22	M-Th	6:30-7:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	10:50-11:20am	Fee: \$41
Jul 26-Jul 29	M-Th	6:30-7:00pm	Fee: \$41

Longview Pool

Jul 10-Jul 31	Sa	11:30am-12:00pm	Fee: \$41
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Millbrook Pool

May 3-May 19	M, W	7:10-7:40pm	Fee: \$56
Jun 5-Jun 26	Sa	11:30am-12:00pm	Fee: \$41
Jun 22-Jul 1	Tu-Th	7:10-7:40pm	Fee: \$56
Jul 6-Jul 15	Tu-Th	11:30am-12:00pm	Fee: \$56
Jul 6-Jul 15	Tu-Th	7:10-7:40pm	Fee: \$56
Jul 10-Jul 24	Sa	11:30am-12:00pm	Fee: \$39
Jul 20-Jul 29	Tu-Th	11:30am-12:00pm	Fee: \$56
Jul 20-Jul 29	Tu-Th	7:10-7:40pm	Fee: \$56
Aug 3-Aug 12	Tu-Th	7:10-7:40pm	Fee: \$56
Aug 7-Aug 28	Sa	11:30am-12:00pm	Fee: \$41
Aug 16-Sep 1	M, W	7:10-7:40pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	7:10-7:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	7:10-7:40pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	7:10-7:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	7:10-7:40pm	Fee: \$56
Aug 7-Aug 28	Sa	9:30-10:00am	Fee: \$41

Pullen Aquatic Center

Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	6:30-7:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	6:30-7:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	6:30-7:00pm	Fee: \$56

Ridge Road Pool

Jun 12-Jun 26	Sa	10:50-11:20am	Fee: \$39
Jun 15-Jun 24	Tu-Th	6:30-7:00pm	Fee: \$56
Jun 28-Jul 1	M-Th	6:30-7:00pm	Fee: \$41
Jul 5-Jul 8	M-Th	6:30-7:00pm	Fee: \$41
Jul 10-Jul 24	Sa	10:50-11:20am	Fee: \$39
Jul 19-Jul 22	M-Th	6:30-7:00pm	Fee: \$41
Jul 26-Jul 29	M-Th	10:50-11:20am	Fee: \$41

continued on page 12 —

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 Road Aquatic Center

May 4-May 20	Tu, Th	6:30-7:00pm	Fee: \$56
May 15-Jun 5	Sa	11:30am-12:00pm	Fee: \$41
Jun 1-Jun 17	Tu, Th	6:30-7:00pm	Fee: \$56
Jun 19-Jul 10	Sa	11:30am-12:00pm	Fee: \$41
Jun 29-Jul 15	Tu, Th	6:30-7:00pm	Fee: \$56
Jul 24-Aug 14	Sa	11:30am-12:00pm	Fee: \$41
Jul 27-Aug 12	Tu, Th	6:30-7:00pm	Fee: \$56

Lake Johnson Pool

Jun 28-Jul 1	M-Th	6:30-7:00pm	Fee: \$56
Jul 10-Jul 31	Sa	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 22	M-Th	7:10-7:40pm	Fee: \$56

Millbrook Pool

Jun 5-Jun 26	Sa	11:30am-12:00pm	Fee: \$41
Jun 8-Jun 17	Tu-Th	7:10-7:40pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	11:30am-12:00pm	Fee: \$56
Jun 22-Jul 1	Tu-Th	11:30am-12:00pm	Fee: \$56
Jul 10-Jul 24	Sa	11:30am-12:00pm	Fee: \$39
Jul 20-Jul 29	Tu-Th	11:30am-12:00pm	Fee: \$56
Aug 7-Aug 28	Sa	11:30am-12:00pm	Fee: \$41
Aug 16-Sep 1	M, W	7:10-7:40pm	Fee: \$56

Optimist Pool

Jun 7-Jun 17	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 7-Jun 17	M,W,Th	7:10-7:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	11:30am-12:00pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	7:10-7:40pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	11:30am-12:00pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	7:10-7:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	11:30am-12:00pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	7:10-7:40pm	Fee: \$56
Aug 7-Aug 28	Sa	9:30-10:00am	Fee: \$41

Pullen Aquatic Center

Jun 7-Jun 17	M,W,Th	7:10-7:40pm	Fee: \$56
Jun 28-Jul 8	M,W,Th	7:10-7:40pm	Fee: \$56
Jul 19-Jul 29	M,W,Th	7:10-7:40pm	Fee: \$56
Aug 9-Aug 19	M,W,Th	7:10-7:40pm	Fee: \$56

Ridge Road Pool

Jul 19-Jul 22	M-Th	6:30-7:00pm	Fee: \$41
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Adult

Adult Learning the Basics Swim Class

Age: 13-99 yrs. This class helps teens and adults overcome their fear of the water and learn the basic skills for a minimum level of water competency. Participants strive for skill and stroke performance, to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Buffaloe Road Aquatic Center

May 4-May 20	Tu, Th	11:30am-12:10pm	Fee: \$62
May 4-May 20	Tu, Th	6:30-7:10pm	Fee: \$62
May 15-Jun 5	Sa	12:10-12:50pm	Fee: \$47
Jun 1-Jun 17	Tu, Th	11:30am-12:10pm	Fee: \$62
Jun 1-Jun 17	Tu, Th	6:30-7:10pm	Fee: \$62
Jun 19-Jul 10	Sa	12:10-12:50pm	Fee: \$47
Jun 29-Jul 15	Tu, Th	11:30am-12:10pm	Fee: \$62
Jun 29-Jul 15	Tu, Th	6:30-7:10pm	Fee: \$62

Jul 24-Aug 14	Sa	12:10-12:50pm	Fee: \$47
Jul 27-Aug 12	Tu, Th	11:30am-12:10pm	Fee: \$62
Jul 27-Aug 12	Tu, Th	6:30-7:10pm	Fee: \$62

Lake Johnson Pool

Jul 12-Jul 15	M-Th	7:10-7:50pm	Fee: \$47
Jul 26-Jul 29	M-Th	7:10-7:50pm	Fee: \$47

Longview Pool

Jul 12-Jul 15	M-Th	7:10-7:50pm	Fee: \$47
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Millbrook Pool

May 3-May 19	M, W	7:10-7:50pm	Fee: \$62
Jun 5-Jun 26	Sa	8:40-9:20am	Fee: \$47
Jul 6-Jul 15	Tu-Th	7:10-7:50pm	Fee: \$62
Jul 10-Jul 24	Sa	8:40-9:20am	Fee: \$45
Jul 20-Jul 29	Tu-Th	7:10-7:50pm	Fee: \$62
Aug 7-Aug 28	Sa	8:40-9:20am	Fee: \$47

Optimist Pool

Jun 7-Jun 17	M,W,Th	7:10-7:50pm	Fee: \$62
Jun 28-Jul 8	M,W,Th	7:10-7:50pm	Fee: \$62
Jul 19-Jul 29	M,W,Th	7:10-7:50pm	Fee: \$62
Aug 9-Aug 19	M,W,Th	7:10-7:50pm	Fee: \$62
Aug 7-Aug 28	Sa	9:20-10:00am	Fee: \$47

Pullen Aquatic Center

Jun 7-Jun 17	M,W,Th	7:10-7:50pm	Fee: \$62
Jun 28-Jul 8	M,W,Th	7:10-7:50pm	Fee: \$62
Jul 19-Jul 29	M,W,Th	7:10-7:50pm	Fee: \$62
Aug 9-Aug 19	M,W,Th	7:10-7:50pm	Fee: \$62

Adult Refining Swim Strokes Class

Age: 13-99 yrs. This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water.

Buffaloe Road Aquatic Center

May 4-May 20	Tu, Th	11:30am-12:10pm	Fee: \$62
May 4-May 20	Tu, Th	6:30-7:10pm	Fee: \$62
May 15-Jun 5	Sa	12:10-12:50pm	Fee: \$47
Jun 1-Jun 17	Tu, Th	11:30am-12:10pm	Fee: \$62
Jun 1-Jun 17	Tu, Th	6:30-7:10pm	Fee: \$62
Jun 19-Jul 10	Sa	12:10-12:50pm	Fee: \$47
Jun 29-Jul 15	Tu, Th	11:30am-12:10pm	Fee: \$62
Jun 29-Jul 15	Tu, Th	6:30-7:10pm	Fee: \$62
Jul 24-Aug 14	Sa	12:10-12:50pm	Fee: \$47
Jul 27-Aug 12	Tu, Th	11:30am-12:10pm	Fee: \$62
Jul 27-Aug 12	Tu, Th	6:30-7:10pm	Fee: \$62

Millbrook Pool

Jun 8-Jun 17	Tu-Th	7:10-7:50pm	Fee: \$62
Jul 6-Jul 15	Tu-Th	7:10-7:50pm	Fee: \$62
Jul 20-Jul 29	Tu-Th	7:10-7:50pm	Fee: \$62
Aug 7-Aug 28	Sa	8:40-9:20am	Fee: \$41

Optimist Pool

Jun 7-Jun 17	M,W,Th	7:10-7:50pm	Fee: \$62
Jun 28-Jul 8	M,W,Th	7:10-7:50pm	Fee: \$62
Jul 19-Jul 29	M,W,Th	7:10-7:50pm	Fee: \$62
Aug 9-Aug 19	M,W,Th	7:10-7:50pm	Fee: \$62
Aug 7-Aug 28	Sa	9:20-10:00am	Fee: \$41

Pullen Aquatic Center

Jun 7-Jun 17	M,W,Th	7:10-7:50pm	Fee: \$62
Jun 28-Jul 8	M,W,Th	7:10-7:50pm	Fee: \$62
Jul 19-Jul 29	M,W,Th	7:10-7:50pm	Fee: \$62
Aug 9-Aug 19	M,W,Th	7:10-7:50pm	Fee: \$62

WATER EXERCISE

Deep Power Hour (Level 4-5)

Age: 13+ yrs. Quick, continuous and powerful movements with no impact for the advanced exerciser.

Millbrook Pool

May 1-Sep 4	Sa	8:00-9:00am
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Deep Water Intervals (Level 3-4)

Ages 13+ Combination of high and low intensity exercises using a belt for support and a variety of other equipment of added strength and resistance.

Optimist Aquatic Center

May 4-Sept 4	M,W,F	11:00am-12:00pm
May 5-Sept 5	T, Th	8:00-9:00am

Pullen Aquatic Center

May 4-Sept 4	M,W,F	8:30-9:30 am
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Hydro Fusion (Level 2-4)

Age: 13+ yrs. This class offers a variety of continuous exercises to gain muscular strength, coordination and cardiovascular endurance.

Optimist Pool

May 3-Sep 3	M,W,F	9:00-10:00am
May 4-Sep 2	Tu,Th	10:00-11:00am

Join-t (Level 1-2)

Age: 13+ yrs. This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from range of motion exercises in a warm water pool.

Pullen Aquatic Center

May 3-Sep 3	M,W,F	9:45-10:45am
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Pool Pilates

Age: 13+ yrs. This is a beginner non-impact exercise routine that improves flexibility, builds strength and develops control and endurance in the whole body. It puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance

Pullen Aquatic Center

May 4-Sep 9	Tu,Th	11:00am-12:00pm
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Pool Pilates Plus

Age: 13+ yrs. Advanced and combination movements with exercises to facilitate flexibility, strength and endurance. Continued emphasis on alignment, breathing, developing a strong core and improving coordination and balance.

Pullen Aquatic Center

May 4-Sep 2	Tu,Th	10:00-11:00am
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Water Walking Plus

Age: 13+ yrs. Class involves faster movements with exercises and combination movements than those in the water walking classes. This class is for the more advanced water walker.

Optimist Pool

May 3-Sep 3	M,W,F	9:00-10:00am
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Raleigh Arts

The City of Raleigh believes that arts, culture, and creativity enhance our quality of life, boost the economy, and help connect our communities. With the help of two volunteer advisory groups, the Arts Commission and the Public Art and Design Board, Raleigh Arts oversees a portfolio of programs, funding opportunities and creative placemaking initiatives including:

- Artist Opportunities, resources, and capacity building
- Arts Grants that provide \$1.9 million to non-profit organizations each year
- Exhibitions and the Municipal Art Collection
- Medal of Arts and Gifts of Gold Awards
- Neighborhood Art Funds
- Piedmont Laureate Program
- Public Art including the Percent for Art program and Citizen-Initiated Projects
- Pullen and Sertoma Arts Centers
- Universal Access and the Arts Initiatives

To learn more visit www.raleighnc.gov/arts and follow us on social media.

Facebook: [@OfficeofRaleighArts](https://www.facebook.com/OfficeofRaleighArts)

Instagram: [@Raleigh_Arts](https://www.instagram.com/Raleigh_Arts)

Twitter: [@RaleighArts](https://twitter.com/RaleighArts)



Pullen Arts Center

105 Pullen Road Raleigh, NC 27607

(919)996-6126

Director: Eliza Kiser

Pullen Arts Center Reopening

Pullen Arts Center is a community arts education facility focused on serving beginning to advanced visual artists of all ages by providing quality instruction by professional teaching artists, gallery exhibition opportunities, and studio access. Programming is focused in five studio areas - pottery, glass, bookmaking & printmaking, painting & drawing, and jewelry.

In addition to the art classes, studio memberships, and Art4Fun summer camps that Pullen Arts Center has been known for, Pullen Arts Center now also offers a Teen Art Pass, Monday Creative Aging memberships, Studio Assistantships, kiln rentals, and facility rentals. Learn more at www.raleighnc.gov/arts. Questions? Email Pullen.Arts@raleighnc.gov.

Pullen Arts Center's Gallery Exhibits

May - June:

Jennifer Bonner
Peter Marin
Susan Martin
Brook Ramsey
Dominick Rapone
Amy Veatch

July - August:

Nancy Carty
Beth Mastick
Barbara McFadyen
Katherine Medlin
Jermaine Powell
Kathy Steinsberger
Marlene True

Exhibitions are free, open to the public, and on display during normal operating hours.

Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612

(919)996-2329

Director: Julia Meder

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

Gallery Hours – Exhibits are on display in the lobby and hall gallery during normal operating hours. For exhibits in the Raleigh Room please call Sertoma for viewing hours.

Raleigh Room, Display Case and Hall Gallery:

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

Sertoma Arts Center's Gallery Exhibits

May/June

Raleigh Room: Jan-Ru Wan
Hall Gallery: John Johnson
Display Cases: Jennifer Mecca

July/August

Raleigh Room: Triangle Visual Artists'
Hall Gallery: Linda Hauser + Ari Ferro
Display Cases: Janine LeBlanc + Triangle Visual 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-crafts project or edible creation. A new project is introduced with each themed class. Staff provides supplies; you provide the fun! Preregistration is required, and the fee is per class.

Optimist Community Center

Mother's Day Surprise

May 7 F 12:30-1:30pm Fee: \$7

Mother's Day Surprise

May 8 Sa 12:30-1:30pm Fee: \$7

Father's Day Surprise

Jun 11 F 12:30-1:30pm Fee: \$7

Father's Day Surprise

Jun 12 Sa 12:30-1:30pm Fee: \$7

Summer Daze

Jul 9 F 12:30-1:30pm Fee: \$7

Summer Daze

Jul 10 Sa 12:30-1:30pm Fee: \$7

Slice of Fun

Aug 13 F 12:30-1:30pm Fee: \$7

Slice of Fun

Aug 14 Sa 12:30-1:30pm Fee: \$7

Art - Storyland Adventures with Mr. Moo Monet

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

Optimist Community Center

May 19-Jun 9 W 10:30-11:15am Fee: \$36

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

May 8-May 22 Sa 10:00-11:00am Fee: \$27

Jun 5-Jun 26 Sa 10:00-11:00am Fee: \$36

Jul 10-Jul 31 Sa 10:00-11:00am Fee: \$36

Aug 7-Aug 28 Sa 10:00-11:00am Fee: \$36

Ballet and Tap for Preschoolers

Age: 4-5 yrs. Your preschooler will learn technique and grow as a dancer in this class. Half of the class is devoted to ballet and the other half is devoted to tap. White or pink tights, pink or black leotard, ballet slippers and tap shoes are preferred but not required.

Millbrook Exchange Community Center

Ages 4-5

May 4-May 25 Tu 10:15-11:00am Fee: \$36

Ages 2-3

May 5-May 26 W 10:15-11:00am Fee: \$36

Raleigh Little Theatre

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

Email: info@raleighlittletheatre.org

Box Office: 919-821-3111

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

UPCOMING PERFORMANCES AND EVENTS

Please check RaleighLittleTheatre.org for events in 2021 that may have been rescheduled from the 2019-2020 season due to COVID-19.

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

Theatre In The Park

Website: www.theatreinthepark.com

Email: info@theatreinthepark.com

Box Office 919-831-6058

Business Office: 919-831-6936

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

UPCOMING PERFORMANCES AND EVENTS

June 4 - 20, 2021

Always A Bridesmaid

July 30 - August 15, 2021

Switzerland

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

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 Recreation Center

May 6-May 27 Th 10:00-10:45am Fee: \$40

Ballet/ Tap Duo - Beginner Basics

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

Green Road Community Center

May 1-Jun 19 Sa 9:15-10:00am Fee: \$70

May 1-Jun 19 Sa 10:15-11:00am Fee: \$70

Jul 10-Aug 28 Sa 9:15-10:00am Fee: \$70

Jul 10-Aug 28 Sa 10:15-11:00am Fee: \$70

Ballet/ Tap Duo - Intermediate

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

Green Road Community Center

May 1-Jun 19 Sa 11:15am-12:00pm Fee: \$70

Jul 10-Aug 28 Sa 11:15am-12:00pm Fee: \$70

Dance -Ballet

Age: 3-5 yrs. This basic introductory ballet course will introduce your ballerina to the world of ballet. Ballerinas will build their confidence and nurture a love for movement, music, and dance.

Laurel Hills Community Center

May 1-May 22 Sa 9:15-10:00am Fee: \$40

May 4-May 25 Tu 10:15-11:00am Fee: \$40

Jun 5-Jun 26 Sa 9:15-10:00am Fee: \$40

Jul 10-Jul 31 Sa 9:15-10:00am Fee: \$40

Aug 7-Aug 28 Sa 9:15-10:00am Fee: \$40

Dance- Tap and Twirl

Age: 4-5 yrs. Your little dancer will have tons of fun learning the basics of ballet and tap. The class will help develop balance, coordination and self-confidence. Students will learn basic technique, body position and steps.

Hill Street Neighborhood Center

May 4-May 25 Tu 6:30-7:30pm Fee: \$35

Jun 1-Jun 22 Tu 6:30-7:30pm Fee: \$35

Jul 6-Jul 27 Tu 6:30-7:30pm Fee: \$35

Aug 3-Aug 24 Tu 6:30-7:30pm Fee: \$35

Dancin' Dynamos

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

Greystone Recreation Center

May 5-May 26 W 10:45-11:30am Fee: \$40

May 5-May 26 W 4:30-5:15pm Fee: \$40

Jun 2-Jun 23 W 4:30-5:15pm Fee: \$40

Jul 7-Jul 28 W 4:30-5:15pm Fee: \$40

Aug 4-Aug 25 W 4:30-5:15pm Fee: \$40

May 3-May 24	M	4:15-5:00pm	Fee: \$40
Jun 7-Jun 28	M	4:15-5:00pm	Fee: \$40
Jul 12-Jul 26	M	4:15-5:00pm	Fee: \$30
Aug 2-Aug 23	M	4:15-5:00pm	Fee: \$40

Little Fancy Feet Dance

Age: 1.5-3 yrs. 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 Recreation Center

May 7-May 28	F	11:00-11:45am	Fee: \$40
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Preschool - Mini Monets

Age: 1.5-2 yrs. This class introduces little ones to a variety of art materials through hands-on learning. Discovery and creative play encourage the development of motor skills and group social skills. A parent or caregiver attends with child; only child should be registered for class. Supplies included.

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center

May 14-Jun 18	F	9:30-10:15am	Fee: \$65
Jul 16-Aug 20	F	9:30-10:15am	Fee: \$65

Preschool - Petite Picassos

Age: 3-4 yrs. Classes will encourage children to create unique works of art as we explore different painting and craft techniques. Each week, we'll read a new book that will inspire our projects. The classes provide preschool prep with a focus on student independence. No parent/guardian participation. Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center

May 13-Jun 17	Th	10:30-11:30am	Fee: \$75
Jul 15-Aug 19	Th	10:30-11:30am	Fee: \$75

Preschool - What Can You See Under the Sea?

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

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center

May 13-Jun 17	Th	12:00-1:00pm	Fee: \$75
Jul 15-Aug 19	Th	12:00-1:00pm	Fee: \$75

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. Supplies included.

Instructor: Michelle Davis Petelinz.

Sertoma Arts Center

May 11-Jun 15	Tu	1:00-2:00pm	Fee: \$75
Jul 13-Aug 17	Tu	1:00-2:00pm	Fee: \$75

Suzuki Music for Babies

Age: 0-3 yrs. In this interactive music class for parent and child (birth to age 3), parents enjoy watching their babies develop rhythm, melodic awareness, memory and movement. Through activities such as singing, dancing and story time, children learn self-control, sharing, independence and listening skills.

A home CD and booklet (one-time purchase from instructor) reinforce class songs and activities. For the most rewarding experience, start early (age 1 or younger) and repeat as often as you wish. Caregiver does not enroll.

Greystone Recreation Center

May 5-Jun 9	W	9:30-10:20am	Fee: \$55
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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 Recreation Center

May 5-May 26	W	3:45-4:30pm	Fee: \$40
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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

May 1-May 22	Sa	11:00-11:45am	Fee: \$43
Feb 6-Feb 27	Sa	11:00-11:45am	Fee: \$43
Feb 6-Feb 27	Sa	11:00-11:45am	Fee: \$43
Feb 6-Feb 27	Sa	11:00-11:45am	Fee: \$43

continued on page 16 —



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! Supplies included. Instructor: Michelle Davis Petelinz.

Sertoma Arts Center		
May 11-Jun 15 Tu	4:00-6:00pm	Fee: \$100
Jul 13-Aug 17 Tu	4:00-6:00pm	Fee: \$100

Art - Game Creators

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

Sertoma Arts Center		
May 10-Jun 21 M	4:30-6:30pm	Fee: \$100
Jul 12-Aug 16 M	4:30-6:30pm	Fee: \$100

Art - Get Your Passport: Art Explorers!

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

Sertoma Arts Center		
May 12-Jun 16 W	4:00-6:00pm	Fee: \$100
Jul 14-Aug 18 W	4:00-6:00pm	Fee: \$100

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		
Apr 10-May 1 Sa	11:15am-12:15pm	Fee: \$36

Ballet - Youth

Age: 6-9 yrs. This ballet class will introduce your dancer to the world of ballet. Dancers will learn basic movements and choreography, build confidence, and nurture a love of movement and music during this class.

Laurel Hills Community Center		
May 1-May 22 Sa	10:30-11:30am	Fee: \$40
Jun 5-Jun 26 Sa	10:30-11:30am	Fee: \$40
Jul 10-Jul 31 Sa	10:30-11:30am	Fee: \$40
Aug 7-Aug 28 Sa	10:30-11:30am	Fee: \$40

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			
May 1-May 22 Sa	10:00-10:45am	Fee: \$43	
Jun 5-Jun 26 Sa	10:00-10:45am	Fee: \$43	
Jul 3-Jul 24 Sa	10:00-10:45am	Fee: \$43	
Aug 7-Aug 28 Sa	10:00-10:45am	Fee: \$43	

Ballet/ Tap Duo - Advanced

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

Green Road Community Center			
May 1-Jun 19 Sa	12:15-1:00pm	Fee: \$70	
Jul 10-Aug 28 Sa	12:15-1:00pm	Fee: \$70	

Dance Contemporary

Age: 10-12 yrs. This contemporary dance class will inspire dancers to be exploratory in their movement while being able to embody various movement styles and emotions. It will emphasize spatial and body awareness, the use of weight, floor work, leaps, turns, and proper body alignment.

Laurel Hills Community Center			
May 2-May 23 Su	1:30-2:30pm	Fee: \$40	
May 3-May 24 M	6:30-7:30pm	Fee: \$40	
Jun 6-Jun 27 Su	1:30-2:30pm	Fee: \$40	
May 6-May 27 Th	6:30-7:30pm	Fee: \$40	

Dance- Modern Dance

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

Barwell Road Community Center			
May 1-May 22 Sa	1:00-1:45pm	Fee: \$43	

Drawing - Drawing Fundamentals

Age: 8-11 yrs. In this class students will learn the basics of drawing using techniques that will help them draw the objects in front of them. We will do practice and final drawings using a variety of materials including marker, charcoal, pastel and pencil. Supplies included. Instructor: Amy Veatch.

Sertoma Arts Center		
May 11-Jun 15 Tu	4:30-6:00pm	Fee: \$80

Hip Hop Hooray

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 Recreation Center			
May 3-May 24 M	5:00-5:55pm	Fee: \$40	
Jun 7-Jun 28 M	5:00-5:55pm	Fee: \$40	
Jul 12-Jul 26 M	5:00-5:55pm	Fee: \$30	
Aug 2-Aug 23 M	5:00-5:55pm	Fee: \$40	

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			
May 19-Jun 9 W	1:30-3:00pm	Fee: \$47	
May 19-Jun 9 W	4:30-6:00pm	Fee: \$47	

Homeschool Art Time (ages 4 - 6)

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

Optimist Community Center			
May 19-Jun 9 W	11:45am-12:45pm	Fee: \$40	



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

May 3-May 24 M 4:45-5:15pm Fee: \$80
Jun 7-Jun 28 M 4:45-5:15pm Fee: \$80
Jul 12-Aug 2 M 4:45-5:15pm Fee: \$80
Aug 9-Aug 30 M 4:45-5:15pm Fee: \$80

Jazz/Hip Hop Duo

Age: 6-11 yrs. Get moving and shaking in this engaging, fun-filled dance class! Participants will enjoy learning fundamental jazz and hip hop skills and dance moves. Dancing is a healthy form of self-expression and a effective way to increase self-esteem in people of ages. Don't miss out on this opportunity to experience this fun class
Instructor: Tanesha Patrick

Green Road Community Center

May 1-Jun 19 Sa 1:15-2:00pm Fee: \$70
Jul 10-Aug 28 Sa 1:15-2:00pm Fee: \$70

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

Jun 3-Jul 29 Th 6:15-7:30pm Fee: \$85

Painting in the Park

Age: 4-11 yrs. Join us in a relaxed, creative, and natural setting at Roberts Park. Kids will enjoy arts and crafts while listening to music. A great time is sure to be had, while meeting others. Supplies will be included.

Roberts Park Community Center

May 15 Sa 11:00am-12:00pm Fee: \$10
Aug 27 F 6:30-7:30pm Fee: \$10
Jun 25 F 6:00-7:00pm Fee: \$10

Pottery - Ceramic Circus

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

Sertoma Arts Center

May 13-May 27 Th 4:15-5:30pm Fee: \$60

Pottery - Fairy Houses

Age: 9-15 yrs. We will make magical fairy houses that will only be limited by your imagination. We will take two class periods to form them with clay. The final week we will paint/glaze them to look whimsical. Two weeks after the last class, the projects will be available for pick up. Instructor: Lynn Kurisko.

Sertoma Arts Center

Jul 13-Jul 27 Tu 4:00-6:00pm Fee: \$75

Pottery - Flowers and Flower Pots

Age: 9-15 yrs. Using nature and imagination as a guide, children in this pottery class will be able to play while they create a spring flower pot with flowers. Pottery will be ready for pick-up two weeks after class is over. 3 sessions. Instructor: Lynn Kurisko.

Sertoma Arts Center

Jul 12-Jul 19 M 4:00-6:00pm Fee: \$50

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. Supplies included. Instructor: Lynn Kurisko.

Sertoma Arts Center

May 24-Jun 21 M 4:15-5:30pm Fee: \$80

Pottery - Handbuilding for Youth & Teens

Age: 9-15 yrs. Students work with real 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, and students can pick up finished work two weeks after last class. Instructor: Lynn Kurisko.

Sertoma Arts Center

May 18-Jun 8 Tu 4:00-6:00pm Fee: \$100

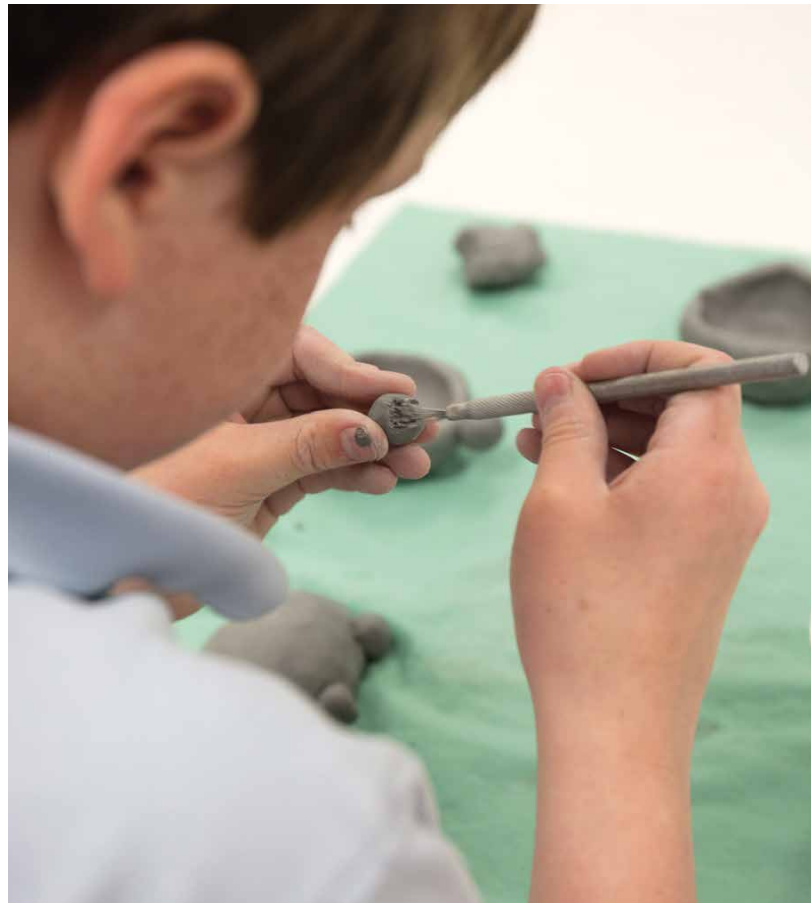
Pottery - Snails and Bugs

Age: 6-11 yrs. If you like slimy or squirmy creatures then this is the class for you! We will form, texture, incise, and join clay during the first class. During the second class we will decorate the pottery with glazes. Pottery will be ready for pick-up two weeks after class is over. Supplies included. Instructor: Patty Merrell.

Sertoma Arts Center

Jul 15-Jul 22 Th 4:15-5:30pm Fee: \$40

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Step Dance Program

Age: 8-14 yrs. Join us for a program that will teach youth the foundation and techniques of Step, while empowering them to influence positive changes in their communities, schools and families. Students will learn basic step rhythms, formations and performance structure.

Barwell Road Community Center

May 6-May 27	Th	6:00-7:00pm	Fee: \$40
Jun 3-Jun 24	Th	6:00-7:00pm	Fee: \$40
Jul 1-Jul 22	Th	6:00-7:00pm	Fee: \$40
Aug 5-Aug 26	Th	6:00-7:00pm	Fee: \$40

Teen

Drawing - Drawing Fundamentals for Teens

Age: 12-16 yrs. This class will explore drawing fundamentals such as contour drawing, gesture drawing, value and shading, composition and perspective. We will draw figures, landscapes in realistic and abstract experiments using a variety of drawing materials: pencil, pen, charcoal, colored pencils, pastels and markers. Supplies included. Instructor: Anne Terry.

Sertoma Arts Center

May 10-Jun 21	M	4:30-6:00pm	Fee: \$90
Jul 12-Aug 16	M	4:30-6:00pm	Fee: \$90

Jewelry - Create Your Own Stamped Jewelry

Age: 13-16 yrs. Have you ever wanted to create unique, personalized jewelry for yourself or your friends? In this workshop, students will learn the basics of metal stamping to design and create one-of-a-kind pieces incorporating monograms, mantras or simple images. Price includes materials to make a pendant necklace and two styles of bracelet. Instructor: Caitlin Lewis.

Sertoma Arts Center

May 15	Sa	10:00am-1:00pm	Fee: \$50
Aug 21	Sa	10:00am-1:00pm	Fee: \$50

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. Supplies included. Instructor: Anne Terry.

Sertoma Arts Center

May 12-Jun 16	W	4:00-6:30pm	Fee: \$125
Jul 7-Aug 11	W	4:00-6:30pm	Fee: \$125

Printmaking - Printmaking for Teens

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

Sertoma Arts Center

May 20-Jun 17	Th	4:00-6:00pm	Fee: \$90
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Adult

Ballroom Dance 101

Age: 16-99 yrs. Have you ever wanted to learn how to do the Waltz, Swing, Tango, Foxtrot, or Rumba? Come join us at Thomas G Crowder Woodland Center and learn to dance. With a all kinds of different styles offered, you can pick and choose what you would like to learn from our dance instructor, Ian McAreavy

Thomas G. Crowder Woodland Center

Foxtrot

May 22	Sa	10:30-11:45am	Fee: \$10
Jun 19	Sa	9:00-10:15am	Fee: \$10
Aug 21	Sa	10:30-11:45am	Fee: \$10

Rumba

May 22	Sa	9:00-10:15am	Fee: \$10
Jul 24	Sa	10:30-11:45am	Fee: \$10
Aug 21	Sa	9:00-10:15am	Fee: \$10

Swing

May 8	Sa	9:00-10:15am	Fee: \$10
Jun 5	Sa	10:30-11:45am	Fee: \$10
Jul 10	Sa	9:00-10:15am	Fee: \$10
Aug 7	Sa	10:30-11:45am	Fee: \$10

Tango

Jun 19	Sa	10:30-11:45am	Fee: \$10
Jul 24	Sa	9:00-10:15am	Fee: \$10

Waltz

May 8	Sa	10:30-11:45am	Fee: \$10
Jun 5	Sa	9:00-10:15am	Fee: \$10
Jul 10	Sa	10:30-11:45am	Fee: \$10
Aug 7	Sa	9:00-10:15am	Fee: \$10

Barn Quilts

Age: 16+ yrs. You don't have to have a barn or live in the country to enjoy the beauty of barn quilting. The quilt patterns that grace the sides of old barns, bring communities together and provide a creative way to honor family heritage. Learn how quilt trails along the countryside came to be as you join instructor Beth Ball in a quilt painting workshop.

The farming history and peaceful setting of Horseshoe Farm will provide inspiration, as you paint a quilt masterpiece that you will be proud to display. Quilt patterns, instruction, paints and other needed materials for completing a 2' x 2' painted quilt board are provided in this all inclusive workshop. Please bring a water bottle and dress to be outdoors. Preregistration is required.

Horseshoe Farm Nature Preserve

May 15	Sa	9:00am-12:00pm	Fee: \$50
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Bookmaking - A Book in a Box

Age: 16+ yrs. Make a hard cover book that slips into it's own drop-top box case. This class covers cutting and covering bookboard, binding using the french-link/kettle stitch, and adhering the text block firmly into the book board case. We also learn to make a book-like box that's easy and beautiful. All levels. Supply fee of \$40 is due to instructor at the first class.

Pullen Arts Center

Aug 9-Aug 30	M	1:00-4:00pm	Fee: \$76
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Bookmaking - Tunnel Books and Star Books

Age: 16+ yrs. Explore how a basic accordion book can become a small world or a revolving calliope as two fun and easy structures become complex and intricate. Paper cutting, collage, painted or drawn imagery, and your own story will be part of this class. Optional, bring your own collage or photographs, to add to your books. A \$30 studio fee is due to the instructor at the first class.

Pullen Arts Center
Jul 12-Aug 2 M 6:00-9:00pm Fee: \$76

Carolina Scottish Dance Society

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
Carolina Scottish Dance Society
May 5-May 26 W 7:00-9:30pm Fee: \$1

Dance - Hemlock Bluff Cloggers Club

Age: 12-99 yrs. 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
Jul 15-Aug 26 Th 8:00-9:00pm Fee: \$0

Dance Beginner Clogging

Age: 7-99 yrs. 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
Jul 15-Aug 26 Th 6:00-7:00pm Fee: \$35

Dance-Advanced Clogging

Age: 6-99 yrs. 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
Jul 15-Aug 26 Th 7:00-8:00pm Fee: \$35

Drawing - Flowers and Greenery

Age: 16-99 yrs. This is a drawing class focusing on drawing Flowers & Greenery. It is best to have taken Drawing Beginning 1 before attending this class or have any comparable drawing experience. Amanda will lead you through each stage of a drawing so that you can draw along with her from start to finish. Students will also be creating their own drawings from references that they bring in and from observation. Along the way you will learn valuable tricks and methods to use in your future artwork and leave with drawings that you are proud of. Amanda will take you step by step through demonstrated examples that you can practice and use in your own work as well as provide plenty of one on one help to answer any questions you may have. Instructor: Amanda Wilson.

Sertoma Arts Center
Jul 14-Aug 18 W 6:30-9:00pm Fee: \$105

Drawing - Intermediate Drawing with Amanda Wilson

Age: 16-99 yrs. This course is for the students who have completed a beginning drawing class and are 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 an open studio. The instructor will be giving demonstrations during class on some more advanced techniques, and students have the option to follow along. Instructor: Amanda Wilson.

Sertoma Arts Center
May 6-Jun 10 Th 6:30-9:00pm Fee: \$105

Drawing - Intro to Drawing with Peter Marin

Age: 16-99 yrs. This course covers the elemental visual languages of drawing- line, contour, mass, gesture and value- and builds upon them to begin developing the necessary drawing skills to facilitate personal expression. Students are encouraged to practice drawing through class and take-home assignments and strengthen their observational skills. Course consists of slide lectures and studio time. No experience required. Students provide their own supplies after the first class. Supplies list provided on receipt or by calling 919-996-4895. Instructor: Peter Marin (6 sessions)

Pullen Arts Center
May 10-Jun 21 M 6:30-9:30pm Fee: \$114
Sertoma Arts Center
May 10-Jun 21 M 9:30am-12:30pm Fee: \$115

Drawing - Landscapes with Amanda Wilson

Age: 16-99 yrs. This is a drawing class focusing on drawing Landscapes. It is best to have taken Beginning Drawing Part 1 at Sertoma before attending this class or have any comparable drawing experience. Amanda will lead you through each stage of a drawing so that you can draw along with her from start to finish. Students will also be creating their own drawings from references that they bring in. Along the way you will learn valuable tricks and methods to use in your future artwork and leave with drawings that you are proud of. Amanda will take you step by step through demonstrated examples that you can practice and use in your own work as well as provide plenty of one on one help to answer any questions you may have. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center
May 5-Jun 9 W 6:30-9:00pm Fee: \$105

Fibers - Beginning Sewing: Quilting

Age: 16-99 yrs. 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
Jul 13-Aug 17 Tu 10:00am-12:00pm Fee: \$120
Jul 15-Aug 19 Th 6:30-8:30pm Fee: \$120

Fibers - Beginning Sewing: Zippered Pillow

Age: 16-99 yrs. Register for this class and together we will create your own special pillow with a zippered closure! You will also learn how to make a pillow insert, which will enable you to create your own custom sized pillows. You will learn the basics of operating a sewing machine and develop the fundamental sewing skills necessary for progressing to more advanced projects. No prior sewing experience is necessary. We will be using Sertoma's sewing machines. The supply list is available on Sertoma's webpage. A \$13 supply fee for pillow form materials and interfacing is due to instructor at the beginning of class. Pictures of some finished pillows can be found at the instructor's website: creativesewingstudios.com. Instructor: Joy Kelley

Sertoma Arts Center
May 25-Jun 22 Tu 10:00am-12:00pm Fee: \$100
May 27-Jun 24 Th 6:30-8:30pm Fee: \$100

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Fibers - Exploring Shibori

Age: 16-99 yrs. Shibori is practiced internationally for creating pattern on cloth through dye resist. That resist is created through compression. There is a variety of techniques used for this purpose: Itajime (board clamp), Nui (stitch), Arashi (pole wrap) and other closely related approaches. A 5 day workshop will give time to explore variations and "dip" in the indigo vat as well as other colors. Beginners are welcome. Most tools will be provided as well as the dye. A \$50 materials fee will cover some cloth, disposable supplies, tools and the dye vats. Additional supplies for this workshop can be found on Sertoma's webpage. Students should bring lunches and a drink. Instructor: Susan Fennell.

Sertoma Arts Center

Jun 28-Jul 2 M-F 10:00am-4:00pm Fee: \$300

Fibers - Sewing Machine - Beyond the Basics

Age: 16-99 yrs. Take your basic understanding of a sewing machine to the next level. This hands-on class offers a fun and supportive environment where beginners will explore various specialty stitches and presser feet. We will also discuss some of the more advanced sewing tools and accessories you may want to add to your supplies. This class is intended for students who can confidently and independently thread and operate a sewing machine. A supply fee of \$10 is paid to the instructor. Note: this class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

Sertoma Arts Center

Jun 19 Sa 1:00-4:00pm Fee: \$30

Fibers - Sewing Machine Basics

Age: 16-99 yrs. Sewing machines are wonderful tools, but they are also complex and can be intimidating for beginners. This hands-on class offers a fun and supportive environment where beginners will gain the confidence to set up and use a sewing machine. We will cover machine set-up, operation, accessories, safety and basic maintenance. We will also address your particular sewing goals and offer advice on sewing machines and supplies to consider as you progress. A supply fee of \$7 is paid to the instructor at start of workshop. Note: This class does not cover computerized or embroidery machines. We will be using Sertoma's sewing machines. Instructor: Joy Kelley.

Sertoma Arts Center

May 15 Sa 1:00-4:00pm Fee: \$30
Jun 5 Sa 1:00-4:00pm Fee: \$30

Fibers - Traditional Japanese Embroidery

Age: 18-99 yrs. The technique of Japanese embroidery goes back more than 1,600 years. We use silk and metallic fibers on silk fabrics to produce traditional and modern designs for framing. Instruction follows an orderly progression of steps with a new design at each level. This workshop is open to beginners as

well as current students at all levels. Current students should bring projects they are working on. New students are required to purchase kit and supplies from the instructor, payable at first class. Two options are available, see the supply list on Sertoma's webpage for details and cost. Instructor needs one month's notice to order supplies for new students. Additional supplies will be available for purchase from instructor in class. New students are highly encouraged to contact the instructor for more information before enrolling. Instructor: Pam Reading.

Sertoma Arts Center

Jun 26-Jun 27 Sa,Su 9:30am-4:30pm Fee: \$40
Aug 28-Aug 29 Sa,Su 9:30am-4:30pm Fee: \$40

Glassmaking - Fused Glass Painting

Age: 16-99 yrs. In this class you will use specialty glass and fusible paint to create unique, functional, glass artwork. You will start by experimenting with a variety of techniques for applying the paint to the glass. You will then learn how to layer the glass for firing in a kiln. We will make both small pieces suitable for pendants or magnets, and larger works that can later be made into dishes, ornaments, and a variety of other objects. No experience with painting or glass required! \$30 supply fee due to instructor at first class. Instructor: Danielle Cozart.

Sertoma Arts Center

May 11-Jun 15 Tu 6:30-9:00pm Fee: \$105

Glassmaking - Intro to Glass Fusing

Age: 16-99 yrs. In this class you will create colorful glass suncatchers and ring dishes. You will start by learning the basics of layering glass and firing projects in a kiln. Next, we'll cover cutting glass and adding additional layers to add dimension. Finally, you will turn your flat pieces into functional artwork through the process of slumping. Supply fee of \$30 due to the instructor at the first class. Instructor: Danielle Cozart.

Sertoma Arts Center

May 13-Jun 17 Th 6:30-9:00pm Fee: \$105

Jewelry - Anodizing Niobium

Age: 16-99 yrs. Experiment by adding beautiful color to your jewelry! With anodized niobium, you can add color to your pieces. Students will learn to anodize niobium with an electrolyte solution and electrical current. Anodizing brings out amazing color and highlights texture on niobium. The pieces created can be added to other metals by cold joining or be the centerpiece in a set of earrings or necklace. The creative possibilities are endless! 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

Jun 4-Jun 25 F 10:00am-12:30pm Fee: \$100

Jewelry - Beginning Enamels

Age: 16-99 yrs. This class is designed for the aspiring enamelist. Starting with the absolute basics, we will explore color on metal with transparent and opaque enamels. The sky's the limit - there will be tons of room for experimentation! Students will come away with the basic knowledge and confidence to enamel and oodles of samples to make into finished jewelry. A 2-hour enamels open studio session will be available (after class) each week for students to work on class projects. All supplies included except for copper, please see the supply list on Sertoma's webpage for details. Instructor: Sarah West.

Sertoma Arts Center

May 22-Jun 12 Sa 10:30am-2:30pm Fee: \$160

Jewelry - Beginning Metal

Age: 16-99 yrs. Design and construct earrings, pins, pendants, charms or other small objects and tokens in this basic metalworking class. Students will learn 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: Caitlin Lewis, Sarah West or Amy Veatch. (6 sessions)

Pullen Arts Center
 May 10-Jun 21 M 10:00am-12:30pm Fee: \$125
 Jun 29-Aug 3 Tu 6:30-9:00pm Fee: \$265

Jewelry - Beginning Metals

Age: 16-99 yrs. Design and construct earrings, pins, pendants, charms or other small objects and tokens in this basic metalworking class. Students will learn to saw, file, hammer and solder wire and sheet metals to create individual projects. Students may purchase and bring in their own silver for projects. Optional jewelry kits will be available for \$25. The kit will provide each student with solder, sawblades, drill bits, sandpaper and a small amount of copper to get started on projects.

Sertoma Arts Center
 May 10-Jun 21 M 10:00am-12:30pm Fee: \$150
 Instructor: Amy Veatch
 May 25-Jun 29 Tu 10:00am-12:30pm Fee: \$150
 Instructor: Betty McKim

Jewelry - Continuing Enamels

Age: 16-99 yrs. In this class we will expand on the Beginning Enamels class and delve into alternative techniques in enameling. We will learn about decals, iridescent powders as well as enamel paints and crayons. We will also cover different techniques for setting your enamels into jewelry. A 2-hour enamels open studio session will be available (after class) each week for students to work on class projects. All supplies included except for copper, please see the supply list on Sertoma's webpage for details. Prerequisite: Beginning Enamels at Sertoma or Pullen Arts Center. Instructor: Sarah West.

Sertoma Arts Center
 Jul 17-Aug 7 Sa 10:30am-2:30pm Fee: \$160

Jewelry - Continuing Metals

Age: 16-99 yrs. Prerequisite: Beginning Metals class at Pullen or Sertoma Arts Center. Continue to expand your jewelry making skills learning to solder, make a simple ring, set a stone and form a hollow bead. Students may purchase and bring in their own silver for projects. Optional jewelry kits will be available for \$25. The kit will provide each student with solder, sawblades, drill bits, sandpaper and a small amount of copper to get started on projects.

Sertoma Arts Center
 May 12-Jun 16 W 10:00am-12:30pm Fee: \$15
 Instructor: Amy Veatch
 Jul 13-Aug 17 Tu 10:00am-12:30pm Fee: \$150
 Instructor: Betty McKim

Jewelry - Cuttlefish Casting

Age: 16-99 yrs. Cuttlefish bone is the internal structure of a squid-like fish, but we will use it to cast precious metal elements for use in jewelry. We will carve designs into this soft bone, learn how to prepare our scrap metal for casting and finally cast our metal into one-of-a-kind pieces. Round up your silver scraps and come over to Pullen Art Center to learn this fun, low-tech casting method.

Cuttlefish bones will be available from the instructor for \$5 each. Basic metalworking skills required.

Pullen Arts Center
 Jul 9-Jul 30 F 10:00am-12:30pm Fee: \$85

Jewelry - Hydraulic Press Class

Age: 16-99 yrs. Learn to emboss, raise metal and make hollow forms while maintaining surface embellishment. Prerequisite: Beginning Jewelry at Pullen Arts or Sertoma Arts. Silver will be ordered at first class (approximately \$30). Instructor: Amy Veatch. (4 sessions).

Pullen Arts Center
 May 7-May 28 F 9:30am-12:30pm Fee: \$102

Jewelry - Make Your Own Anodized Niobium Earrings

Age: 16-99 yrs. Anodizing niobium adds a splash of bright color to your jewelry. In this class students will learn how to safely carry out this electrochemical process to create beautiful one-of-a-kind pieces. In addition, students will learn basic metalsmithing techniques such as sawing, drilling, filing, texturing and riveting in order to turn their colored creations into 2 pairs of earrings or pendants. A \$30 kit will be available for purchase at the first class and will contain materials for your first project. Additional supplies will also be available for purchase if your creative juices really start to flow and you'd like to create further pieces. Instructor: Caitlin Lewis.

Sertoma Arts Center
 Aug 2-Aug 23 M 6:30-9:00pm Fee: \$100

Jewelry - Make Your Own Stud Earrings

Age: 16-99 yrs. Stud earrings are a popular and practical alternative to larger dangly designs. In this class students will learn how to transform sheet metal and wire into unique stud earrings of their own design. Learn the basics of cutting, shaping and texturing metal, and how to solder ear posts. Optional jewelry kits will be available for \$25. The kit will provide you with solder, sawblades, drill bits, sandpaper and a small amount of silver wire and sheet copper to get started on projects. Instructor: Caitlin Lewis.

Sertoma Arts Center
 Jun 3-Jun 24 Th 10:00am-12:30pm Fee: \$100

Jewelry - Metal Continuing

Age: 16-99 yrs. Prerequisite: Beginning Metals class at the Pullen Arts Center or Sertoma Arts Center. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone-setting and hollow-form construction. Students may purchase and 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, Sarah West or Amy Veatch. (6 sessions)

Pullen Arts Center
 May 12-Jun 16 W 7:00-9:30pm Fee: \$125
 Jul 12-Aug 16 M 10:00am-12:30pm Fee: \$125

Jewelry - Open Studio for Enameling

Age: 16-99 yrs. 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

May 22	Sa	2:30-4:30pm	Fee: \$5
May 29	Sa	2:30-4:30pm	Fee: \$5
Jun 5	Sa	2:30-4:30pm	Fee: \$5
Jun 12	Sa	2:30-4:30pm	Fee: \$5
Jul 17	Sa	2:30-4:30pm	Fee: \$5
Jul 24	Sa	2:30-4:30pm	Fee: \$5
Jul 31	Sa	2:30-4:30pm	Fee: \$5
Aug 7	Sa	2:30-4:30pm	Fee: \$5
May 6	Th	1:00-4:00pm	Fee: \$5
May 13	Th	1:00-4:00pm	Fee: \$5
May 20	Th	1:00-4:00pm	Fee: \$5
May 27	Th	1:00-4:00pm	Fee: \$5
Jun 3	Th	1:00-4:00pm	Fee: \$5
Jun 10	Th	1:00-4:00pm	Fee: \$5
Jun 17	Th	1:00-4:00pm	Fee: \$5
Jun 24	Th	1:00-4:00pm	Fee: \$5
Jul 1	Th	1:00-4:00pm	Fee: \$5
Jul 8	Th	1:00-4:00pm	Fee: \$5
Jul 15	Th	1:00-4:00pm	Fee: \$5
Jul 22	Th	1:00-4:00pm	Fee: \$5
Jul 29	Th	1:00-4:00pm	Fee: \$5
Aug 5	Th	1:00-4:00pm	Fee: \$5
Aug 12	Th	1:00-4:00pm	Fee: \$5
Aug 19	Th	1:00-4:00pm	Fee: \$5
Aug 26	Th	1:00-4:00pm	Fee: \$5

Jewelry - Textured and Twisted - Bangle Bracelets

Age: 16-99 yrs. In this fun make and take class, you will learn some jewelry making basics. Each student will make at least two bangle bracelets - one with twisted wire and one with a hammer texture. Beginners welcome! Materials for 2 bracelets provided; additional materials available for purchase through Pullen Arts Center store.

Pullen Arts Center
 Jul 14 W 1:00-5:00pm Fee: \$45

Painting - Advanced Painting Lab

Age: 16-99 yrs. Join us in this motivating and informative class so you may focus deeper into painting and improve your painting practice. Students work independently and directly with instructor to focus on developing critical thinking, creating a personal visual vocabulary, and establishing foundations for technical mastery. This class is for painters who are familiar with their medium. Students supply their own materials. Any wet media welcome. Instructor: Peter Marin. (6 sessions)

Pullen Arts Center
 May 10-Jun 21 M 1:00-4:00pm Fee: \$114
 Jul 15-Aug 19 Th 9:30am-12:30pm Fee: \$114

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Painting - Beginning Watercolor Groundwork for Adventure

Age: 16-99 yrs. 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)

Pullen Arts Center
Jun 10-Jul 15 Th 7:00-9:30pm Fee: \$95

Painting - Chinese Brush Painting: Flowers & Birds

Age: 16-99 yrs. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with only ink or with ink and color. Flowers and birds is one of the three major categories for Chinese brush painting. Students will learn how to paint flowers such as poppy, lily, rose, iris or Chinese national flower, the peony, as well as birds, which are popular brush painting subjects. Instructor will provide step by step demo and individual help. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. In addition, the students will learn some basic Chinese calligraphy technique as the title of the paintings or the artist's names. This course is for both experienced and beginning students. The instructor will provide all the supplies and student will pay \$5 for supplies per workshop. Or the students can bring their own supplies if they prefer, supply list available on Sertoma's webpage. Instructor: Jinxiu Zhao (Alice) is a professional artist who specializes in the teaching of Chinese brush painting and calligraphy to both children and adults. She has been teaching in North Carolina for 23 years at all levels of the K12-public/private schools, teachers' training programs and in private classes.

Sertoma Arts Center
May 5 W 12:00-3:00pm Fee: \$50
Jun 2 W 12:00-3:00pm Fee: \$50
Jul 7 W 12:00-3:00pm Fee: \$50
Aug 4 W 12:00-3:00pm Fee: \$50

Painting - Color as Communication: Color Theory I with Peter Marin

Age: 16-99 yrs. In this class we will explore and demystify the issues and theories surrounding color and its application as it pertains to painting. The class will cover the foundations of color identification and, will introduce the student to elements of color psychology such as gestalt, simultaneous contrast and optical mixing. Exercises include working in paint to learn about the properties

that make up colors and how to train the eye to identify these traits. A history of color use and how color theory has evolved in art will be provided through slides lectures. Class will cover how color is an aid to communication in a visual language idiom and how to begin identifying color in context of a work of art. If you are a visual artist and wish to learn more about color so you may have a better handle on your visual vocabulary, this course is for you. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center
May 14-Jun 18 F 9:30am-12:30pm Fee: \$115

Painting - Continuing Watercolor with Rick Bennett

Age: 16-99 yrs. This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one-on-one assistance. Topics will include use of color, demonstration of brush work, how to develop a painting and composition. Students bring their own supplies. Instructor: Rick Bennett. (6 sessions)

Pullen Arts Center
Jun 8-Jul 13 Tu 7:00-9:30pm Fee: \$95
Jul 27-Aug 31 Tu 7:00-9:30pm Fee: \$95

Painting - Impressionistic Cityscapes

Age: 16-99 yrs. 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 cityscapes 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! Instructor: Amanda Wilson.

Sertoma Arts Center
Jul 15-Aug 19 Th 1:00-3:30pm Fee: \$105

Painting - Intro to Painting with Peter Marin

Age: 16-99 yrs. This course introduces the student to the practice of painting by examining practicing the fundamental languages of painting such as color, form, composition and narrative. Comparative methods will be used to develop the foundations of a personal visual vocabulary

with the aim of supporting a painting practice. Technical and theoretical issues will be discussed to form a frame of reference to serve as a reference point into painting. Class consists of slide lectures, studio time and take-home assignments. Any wet media welcome. NO experience required. Supply list available on Sertoma's webpage. Instructor: Peter Marin.

Sertoma Arts Center
Jul 12-Aug 16 M 9:30am-12:30pm Fee: \$115

Painting - Intro to Working with a Palette Knife in Acrylics

Age: 16-99 yrs. This class will be a great introduction for how to use a palette knife to achieve texture in a painting. We will be practicing different ways to use the tool to create different effects such as beautiful clouds, waves, reflections, mountains, trees, leaves, petals etc. Students will be taught the basics of impasto painting with Acrylic on Canvas using Gel Mediums to create different textures in the raised paint. This course is great for anyone looking to try something new, or brush up on some techniques and learn a new trick or two. Instructor Amanda Wilson will guide you every step of the way and be there to give in class demonstrations as well as one on one assistance. We will move from basic shape and color placement, to working with finishing details and final touches! Students are welcome to follow along with the instructor's demonstrations in more of a step by step manner, or bring in a reference photograph and work more independently using the demonstrated techniques in their own work with the instructor's guidance. This course is great for any skill level. Supply list available on Sertoma's webpage. Instructor: Amanda Wilson.

Sertoma Arts Center
Jul 14-Aug 18 W 2:30-5:00pm Fee: \$105

Painting - ISMS with Peter Marin

Age: 16-99 yrs. ISMS is a wonderful course that explores the major ISMS that formed the theoretical, self-aware, intuitive and complex, character that is the art of our times. Starting with the Expressionism, and ending with Postmodernism, we investigate and assess the influence of these periods and how they came to be part of the cultural fabric of artmaking today. Weekly assignments based on lectures. Bring your usual painting materials and supports to class. Any wet media welcome. Instructor: Peter Marin.

Sertoma Arts Center
Jul 16-Aug 20 F 9:30am-12:30pm Fee: \$115

Painting - Landscapes in Acrylic

Age: 16-99 yrs. Have you ever seen a beautiful landscape painting and thought to yourself, I wish I could paint like that. Guess what? You absolutely can! In this class you will learn how to create your very own landscapes and leave with at least one completed painting. We will cover 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! Instructor: Amanda Wilson.

Sertoma Arts Center
Jul 15-Aug 19 Th 6:30-9:00pm Fee: \$105

Painting - Larry Dean's Acrylics Studio

Age: 16-99 yrs. This class is ideal for those with some acrylic experience. However, beginners are welcome. Students will bring their own projects and proceed with advice and demonstrations from the instructor. Assistance with choosing and mixing colors, composition, perspective and more will help you develop your own style of painting. Come hone your skills in this friendly, informal environment. Supply list available on Sertoma's webpage. Instructor: Larry Dean.

Sertoma Arts Center
May 11-Jun 15 Tu 6:30-9:00pm Fee: \$105
Jul 13-Aug 17 Tu 6:30-9:00pm Fee: \$105

Painting - Larry Dean's Beginning Acrylics

Age: 16-99 yrs. 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 available on Sertoma's webpage. Instructor: Larry Dean.

Sertoma Arts Center
May 10-Jun 21 M 6:30-9:00pm Fee: \$105
Jul 12-Aug 16 M 6:30-9:00pm Fee: \$105

Painting - Larry Dean's Studio

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

Sertoma Arts Center
May 11-Jun 15 Tu 1:00-3:30pm Fee: \$105
Jul 13-Aug 17 Tu 1:00-3:30pm Fee: \$105

Painting - Pets and Animals in Acrylic

Age: 16-99 yrs. 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
May 6-Jun 10 Th 1:00-3:30pm Fee: \$105

Painting - Sacred Geometry with Peter Marin

Age: 16-99 yrs. This course focuses on the ideas that have propelled art as an instrument of the sacred. We examine the history surrounding what sacred art has been considered and how it has evolved beginning with the Egyptians, the Greeks, the Renaissance, the Baroque, Modernity and finishing up in contemporary times. Assignments, slide lectures and readings are given on a weekly basis. Class covers significant mathematical and historical issues such as divine proportions, musical relationships, the Fibonacci sequence and irrational proportions. Bring usual painting materials, any wet media. Include a compass, tracing paper roll 12" any length. Instructor: Peter Marin.

Sertoma Arts Center
Jul 12-Aug 16 M 1:00-4:00pm Fee: \$115

Painting - Tropical Landscapes in Acrylic

Age: 16-99 yrs. Have you ever seen a beautiful ocean scene 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 lists are available on Sertoma's web page. Instructor: Amanda Wilson.

Sertoma Arts Center
May 5-Jun 9 W 2:30-5:00pm Fee: \$105

Painting - Watercolor Monotypes

Age: 16-99 yrs. In this workshop we will merge watercolor painting with printmaking to create unique prints. Plates will be developed with watercolor paints and other water-soluble materials, then printed on an etching press. There are lots of possibilities with this technique, including layering, experimenting with translucency, and merging the monotypes with other medias. All levels welcome, prior printmaking experience not necessary. Supply fee approx \$30 - \$45. Additional information on supplies will be provided upon registration.

Pullen Arts Center
Jun 24-Jun 27 Th,Sa,Su 9:30am-4:30pm Fee: \$100

Painting - Women in Art with Peter Marin

Age: 16-99 yrs. Women in Art is an essential class to understanding the position of creative women in various periods of artmaking and how they changed the world. Women often are left out of dialogue, presentation and representation in our museums, galleries and top positions in the artworld. Take a look at the influence, dialogue, and challenges of artmaking by women. Weekly assignments. Bring your usual painting materials and supports to class. Any wet media welcome. Instructor: Peter Marin.

Sertoma Arts Center
May 10-Jun 21 M 1:00-4:00pm Fee: \$115

Pottery - Beginning Wheel

Age: 16-99 yrs. Beginning Wheel is one of our most popular classes! Demonstrations will focus on the fundamentals of wheel-thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools and basic glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Students purchase clay through Pullen Arts store (approximately \$25). (7 sessions)

Pullen Arts Center
Jun 23-Aug 4 W 6:00-8:30pm Fee: \$105
Jun 29-Aug 10 Tu 7:00-9:30pm Fee: \$105
Jul 1-Aug 12 Th 7:00-9:30pm Fee: \$105

Pottery - Handbuilding Techniques Intro

Age: 16-99 yrs. Expand your possibilities with clay! If you can imagine it, you can build it with clay. We will cover the basics of handbuilding with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other handbuilding tools. Students purchase clay through Pullen Arts store (approximately \$25). (7 sessions)

Pullen Arts Center
Jun 5-Jul 24 Sa 10:00am-12:30pm Fee: \$105
Jul 12-Aug 23 M 7:00-9:30pm Fee: \$105

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Pottery - Handbuilding: Beginning

Age: 16-99 yrs. This class explores techniques including pinching, coils and slabs, and provides an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5th week) to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels are welcome!

Sertoma Arts Center

May 12-Jun 23	W	9:30-11:45am	Fee: \$11
Instructor: Tim Cherry			
May 12-Jun 23	W	7:00-9:15pm	Fee: \$110
Instructor: Steve Karloski			

Pottery - Handbuilding: Continuing

Age: 16-99 yrs. Through a combination of demonstrations and individual work time, students will further develop their hand building skills while making distinctive pieces, including planters, unique boxes and tile. A variety of construction techniques will include soft slabs, stiff slabs and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will help individuals develop and express their own unique style through clay. Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts.

Sertoma Arts Center

Jul 14-Aug 25	W	9:30-11:45am	Fee: \$110
Instructor: Tim Cherry			
Jul 14-Aug 25	W	7:00-9:15pm	Fee: \$110
Instructor: Steve Karloski			

Pottery - Wheel Throwing: Beginner

Age: 16-99 yrs. This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms, processes and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertomas 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.

Sertoma Arts Center

May 10-Jun 28	M	7:00-9:15pm	Fee: \$110
Instructor: Joan Walsh			
May 12-Jun 23	W	7:00-9:15pm	Fee: \$110
Instructor: Andy McKenzie			

Pottery - Wheel Throwing: Continuing

Age: 16-99 yrs. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a refresher course for students who have previously taken throwing classes but have not thrown for some time. This is a seven-week class. Prerequisite: Beginner Wheel at Sertoma or Pullen Arts Center.

Sertoma Arts Center

Jul 19-Aug 30	M	7:00-9:15pm	Fee: \$110
Instructor: Joan Walsh			
Jul 14-Aug 25	W	9:30-11:45am	Fee: \$110
Instructor: Tina Granville			

Printmaking - Drawing the Print - Drypoint Intaglio

Age: 16-99 yrs. A great technique for people who like to draw, or are curious about printmaking, drypoint is a non-acid intaglio technique where marks are made directly on plates. Plates are then inked and printed on an etching press. The mark of a drypoint can be identified by a characteristically rich and velvety line. In this workshop we'll explore a variety of drypoint techniques, cover proper inking and printing procedures as well various ways to incorporate color. A lovely technique with lots of possibilities! Open to artists of all levels. Students will need to buy copper plates and paper (available from Pullen for approximately \$15-25).

Pullen Arts Center

May 20-May 23	Th,Sa,Su	9:30am-4:30pm	Fee: \$100
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Printmaking - Waterless Lithography

Age: 16-99 yrs. Discover the magic of Waterless Lithography! Using this safer printmaking process, students will create multi-colored original prints. You will learn how to transfer your images to aluminum plates, process your plates, and create multiples. Paper and ink selection will be discussed. Master printmakers will be referenced. Please bring \$30 supply fee paid directly to instructor to first class. Also bring ideas, your photos, and drawing ideas!

Pullen Arts Center

Jul 31-Aug 28	Sa	9:30am-1:00pm	Fee: \$105
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Raleigh International Folk Dance

Age: yrs. 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.

Glen Eden Pilot Park

May 7-May 28	F	6:00-10:30pm	Fee: \$1
Jun 4-Jun 25	F	6:00-10:30pm	Fee: \$1
Jul 2-Jul 30	F	6:00-10:30pm	Fee: \$1
Aug 6-Aug 27	F	6:00-10:30pm	Fee: \$1

Sustainability in Art

Age: 14-99 yrs. Join us for this conservation and sustainability focused art series. On the first Wednesday evening of each month we will be crafting a new projects suitable for gift giving or sprucing up your own home. We will cover a broad range of topics from spotting and utilizing invasive plants or giving household scraps new life. All participants under the age of 16 must be registered with an adult.

Thomas G. Crowder Woodland Center

Upcycled Glassware Candles

May 5	W	6:00-8:00pm	Fee: \$8
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Basket Making

Jun 2	W	6:00-8:00pm	Fee: \$8
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Fabric Beach Bag

Jul 7	W	6:00-8:00pm	Fee: \$8
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Bottle Cap Wind Chimes

Aug 4	W	6:00-8:00pm	Fee: \$8
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Wednesday Night Social Ballroom Dance

Age: 18-99 yrs. 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

May 5-Aug 25	W	7:00-9:30pm	Fee: \$8
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Women in Art

Age: 16-99 yrs. Women in Art is an essential class to understanding the position of creative women in various periods of artmaking and how they changed the world. Women often are left out of dialogue, presentation and representation in our museums, galleries and top positions in the artworld. Take a look at the influence, dialogue, and challenges of artmaking by women. Weekly assignments. Materials: Bring your usual painting materials and supports to class. Any wet media welcome.

Pullen Arts Center

Jul 12-Aug 16	M	6:30-9:30pm	Fee: \$114
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Family

Juggling for Genius

Age: 10-99 yrs. Join an activity that has been shown to increase brain mass. Juggling can trigger the non dominant side of the brain, which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test-taking time. This course is free.

Method Road Community Center

May 3-May 31	M	6:30-8:00pm	Fee: \$0
Jun 7-Jun 28	M	6:30-8:00pm	Fee: \$0
Jul 5-Jul 26	M	6:30-8:00pm	Fee: \$0
Aug 2-Aug 30	M	6:30-8:00pm	Fee: \$0

Athletic Instruction



Preschool

All Sports - Little Starters

Age: 3-5 yrs. Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

Laurel Hills Community Center

May 8-May 22 Sa 10:15-11:00am Fee: \$27

All Stars - Two's

Age: 2-2 yrs. All Stars - Two introduces your up and rising All -Star to a different sport each week. Each week we will focus on basic fundamentals of a sports such as T-Ball, Soccer, Basketball, Football, and maybe others. Parents are asked to participate with their All-Star during this class. Come and get your game on!

Laurel Hills Community Center

May 8-May 22 Sa 9:30-10:00am Fee: \$27

Baseball - Little Sluggers

Age: 3-5 yrs. This class is an introductory class that introduces skills development, teaches the basics of baseball to your young athlete. Skills will include fielding, hitting, throwing and catching. This class will help develop your child's hand-eye coordination, listening skills, good sportsmanship, and teamwork. Parents may be asked to participate in this class. Let's PLAY BALL!

Laurel Hills Community Center

Jun 5-Jun 26 Sa 10:15-11:00am Fee: \$36

Basketball - Little Shooters

Age: 3-5 yrs. This is a skills, drills and play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding, noncompetitive sports experience. This gym does not have air conditioning.

Green Road Community Center

May 4-May 25 Tu 6:15-7:00pm Fee: \$36
 Jun 1-Jun 22 Tu 6:15-7:00pm Fee: \$36
 Jul 6-Jul 27 Tu 6:15-7:00pm Fee: \$36
 Aug 3-Aug 24 Tu 6:15-7:00pm Fee: \$36

Laurel Hills Community Center

Jul 10-Jul 31 Sa 10:15-11:00am Fee: \$36

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! This gym does not have air conditioning.

Laurel Hills Community Center

Jul 10-Jul 31 Sa 9:30-10:00am Fee: \$36

Mini Mite Tennis

Age: 4-6 yrs. This is a great opportunity to introduce your child to tennis. Preschoolers will learn hand-eye coordination and balancing skills. Enjoy social time with peers.

Worthdale Community Center

Jun 1-Jun 29 Tu 10:00-11:00am Fee: \$10
 Jul 6-Jul 27 Tu 10:00-11:00am Fee: \$10
 Aug 3-Aug 31 Tu 10:00-11:00am Fee: \$10

Soccer - Little Kickers

Age: 3-5 yrs. This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling and shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship and teamwork!

Green Road Community Center

May 3-May 24 M 6:15-7:00pm Fee: \$36
 Jun 7-Jun 28 M 6:15-7:00pm Fee: \$36
 Jul 12-Aug 2 M 6:15-7:00pm Fee: \$36
 Aug 9-Aug 30 M 6:15-7:00pm Fee: \$36

Laurel Hills Community Center

Aug 7-Aug 28 Sa 10:15-11:00am Fee: \$36

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.

Laurel Hills Community Center

Aug 7-Aug 28 Sa 9:30-10:00am Fee: \$36

T-Ball - Sports Zone

Age: 3-5 yrs. This parent-tot class is a great way to play while learning about the basics of Baseball on a toddler's level. Your little All-Star will enjoy tiny T-Ball games, hitting, catching, throwing, and more motor skill development fun. Parents will be asked to assist during the class. This gym does not have air conditioning.

Laurel Hills Community Center

Jun 5-Jun 26 Sa 9:30-10:00am Fee: \$36

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Youth

All Sports - Youth

Age: 6-9 yrs. Interested in introducing your athlete into a variety of sports? This fundamental class will introduce your athlete to a different sport each week. Sports may include Baseball, Soccer, Basketball, Football, Hockey, Lacrosse and more. Participants will also practice balancing, catching, agility, aiming, motor skills, and much more. Let's Get our Game on!

Laurel Hills Community Center

May 8-May 22 Sa 11:15am-12:15pm Fee: \$30

Baseball - Sluggers

Age: 6-9 yrs. CRACK! It's GOING, GOING, GOING...GONE! This skill development class will help develop your Sluggers skills in the sport of Baseball. Sluggers will work on skills such as running, hitting, throwing, pitching, and fielding. The class will also help develop hand-eye coordination, listening skills, good sportsmanship, and teamwork.

Laurel Hills Community Center

Jun 5-Jun 26 Sa 11:15am-12:15pm Fee: \$36

Basketball - Shooters

Age: 6-9 yrs. This skills development sports program teaches the basics of basketball, including passing, dribbling and shooting. The program helps develop good hand-eye coordination as well as listening skills and good sportsmanship. This gym does not have air conditioning.

Laurel Hills Community Center

Jul 10-Jul 31 Sa 11:15am-12:15pm Fee: \$36

Basketball Skills & Drills

Age: 8-15 yrs. This fun and instructional clinic is designed to focus on a player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will get a chance to work on offensive/defensive spacing, passing and defensive footwork. Instructor: Daron Gibson, former college basketball player.

Brier Creek Community Center

May 7-Aug 27 Th 6:30-7:30pm Fee: \$10

Basketball Skills And Drills

Age: 9-11 yrs. This fun and instructional class is designed to focus on the player's individual skill development while being conscious of socially distancing. Drills will focus on ball handling and shooting form.

Lions Park Community Center

May 4-May 25 Tu 6:00-6:45pm Fee: \$40

Jun 1-Jun 22 Tu 6:00-6:45pm Fee: \$40

Jul 6-Jul 27 Tu 6:00-6:45pm Fee: \$40

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

May 1-May 22 Sa 10:00-10:45am Fee: \$36

Jun 5-Jun 26 Sa 10:00-10:45am Fee: \$36

Jul 10-Jul 31 Sa 10:00-10:45am Fee: \$36

Aug 7-Aug 28 Sa 10:00-10:45am Fee: \$36

Cricket for Beginning Youth

Age: 7-12 yrs. Learn the sport of Cricket from Nate Hays, the Marketing Director of the Triangle Cricket League. This is a cricket class for youth who are wanting to try something completely new. Cricket for Beginning Youth is free to participants (only registration will be required). The class will take place from 5:30-7 each Wednesday evening and will be followed by a free unstructured open gym time from 7-8:30.

Abbotts Creek Community Center

May 5-Jun 9 W 5:30-7:00pm Fee: \$0

Soccer - Kickers

Age: 6-9 yrs. G-O-O-O-A-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!

Laurel Hills Community Center

Aug 7-Aug 28 Sa 11:15am-12:15pm Fee: \$40

Soccer Kickers

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

Brier Creek Community Center

May 4-Aug 31 Tu,Th 4:45-5:30pm Fee: \$10

May 4-Aug 31 Tu,Th 5:30-6:15pm Fee: \$10

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

Age 6-8

May 10-Jun 26 M, W 4:30-5:30pm Fee: \$132

Age 6-8

May 10-Jun 26 Sa 10:00-11:00am Fee: \$72

Age 8-18

May 10-Jun 26 Tu,Th 5:30-6:30pm Fee: \$132

Age 8-18

May 10-Jun 26 Sa 11:00am-12:00pm Fee: \$72

Age 6-8

Jul 12-Aug 28 M, W 4:30-5:30pm Fee: \$132

Age 6-8

Jul 12-Aug 28 Sa 10:00-11:00am Fee: \$72

Ages 8-18

Jul 12-Aug 28 Tu, Th 5:30-6:30pm Fee: \$132

Ages 8-18

Jul 12-Aug 28 Sa 11:00am-12:00pm Fee: \$72

Millbrook Exchange Tennis Center

Age 6-8

May 10-Jun 26 M, W 5:00-6:00pm Fee: \$132

Age 6-8

May 10-Jun 26 M, W 6:00-7:00pm Fee: \$132

Age 6-8

May 10-Jun 26 Tu, Th 5:00-6:00pm Fee: \$132

Age 6-8

May 10-Jun 26 Tu, Th 6:00-7:00pm Fee: \$132

Age 6-8

May 10-Jun 26 Sa 9:00-10:00am Fee: \$72

Age 6-8

May 10-Jun 26 Sa 10:00-11:00am Fee: \$72

Age 6-8

May 10-Jun 26 Sa 11:00am-12:00pm Fee: \$72

Age 8-10

May 10-Jun 26 M, W 5:00-6:00pm Fee: \$132

Age 8-10

May 10-Jun 26 M, W 6:00-7:00pm Fee: \$132

Age 8-10

May 10-Jun 26 Tu, Th 5:00-6:00pm Fee: \$132

Age 8-10

May 10-Jun 26 Tu, Th 6:00-7:00pm Fee: \$132

Age 8-10

May 10-Jun 26 Sa 9:00-10:00am Fee: \$72

Age 8-10

May 10-Jun 26 Sa 11:00am-12:00pm Fee: \$72

Age 10-18

May 10-Jun 26 M, W 4:00-5:00pm Fee: \$132

Age 10-18

May 10-Jun 26 Tu, Th 4:00-5:00pm Fee: \$132

Age 10-18

May 10-Jun 26 Sa 10:00-11:00am Fee: \$72

Age 6-8

Jul 12-Aug 28 M, W 5:00-6:00pm Fee: \$132

Age 6-8

Jul 12-Aug 28 M, W 6:00-7:00pm Fee: \$132

Age 6-8

Jul 12-Aug 28 Tu, Th 5:00-6:00pm Fee: \$132

Age 6-8

Jul 12-Aug 28 Tu, Th 6:00-7:00pm Fee: \$132

Age 6-8

Jul 12-Aug 28 Sa 9:00-10:00am Fee: \$72

Age 6-8

Jul 12-Aug 28 Sa 10:00-11:00am Fee: \$72

Age 6-8

Jul 12-Aug 28 Sa 11:00am-12:00pm Fee: \$72

Age 8-10

Jul 12-Aug 28 M, W 5:00-6:00pm Fee: \$132

Age 8-10

Jul 12-Aug 28 M, W 6:00-7:00pm Fee: \$132

Age 8-10

Jul 12-Aug 28 Tu, Th 5:00-6:00pm Fee: \$132

Age 8-10

Jul 12-Aug 28 Tu, Th 6:00-7:00pm Fee: \$132

Age 8-10

Jul 12-Aug 28 Sa 9:00-10:00am Fee: \$72

Age 8-10

Jul 12-Aug 28 Sa 11:00am-12:00pm Fee: \$72

Age 10-18

Jul 12-Aug 28 M, W 4:00-5:00pm Fee: \$132

Age 10-18

Jul 12-Aug 28 Tu, Th 4:00-5:00pm Fee: \$132

Age 10-18

Jul 12-Aug 28 Sa 10:00-11:00am Fee: \$72



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

Age 8-18
May 10-Jun 26 Tu, Th 4:00-5:00pm Fee: \$132

Age 8-18
Jul 12-Aug 28 Tu, Th 4:00-5:00pm Fee: \$132

Millbrook Exchange Tennis Center

Age 8-10
May 10-Jun 26 M, W 5:00-6:00pm Fee: \$132

Age 8-10
May 10-Jun 26 Tu, Th 5:00-6:00pm Fee: \$132

Age 8-10
May 10-Jun 26 Sa 11:00am-12:00pm Fee: \$72

Age 10-18
May 10-Jun 26 M, W 4:00-5:00pm Fee: \$132

Age 10-18
May 10-Jun 26 Tu, Th 4:00-5:00pm Fee: \$132

Age 10-18
May 10-Jun 26 Sa 9:00-10:00am Fee: \$72

Age 10-18
May 10-Jun 26 Sa 10:00-11:00am Fee: \$72

Age 8-10
Jul 12-Aug 28 M, W 5:00-6:00pm Fee: \$132

Age 8-10
Jul 12-Aug 28 Tu, Th 5:00-6:00pm Fee: \$132

Age 8-10
Jul 12-Aug 28 Sa 11:00am-12:00pm Fee: \$72

Age 10-18
Jul 12-Aug 28 M, W 4:00-5:00pm Fee: \$132

Age 10-18
Jul 12-Aug 28 Tu, Th 4:00-5:00pm Fee: \$132

Age 10-18
Jul 12-Aug 28 Sa 9:00-10:00am Fee: \$72

Age 10-18
Jul 12-Aug 28 Sa 10:00-11:00am Fee: \$72

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 Exchange Tennis Center

Age 8-10
May 10-Jun 26 M, W 5:00-6:00pm Fee: \$132

Age 10-18
May 10-Jun 26 Tu, Th 4:00-5:00pm Fee: \$132

Age 10-18
May 10-Jun 26 Sa 11:00am-12:00pm Fee: \$72

Age 8-10
Jul 12-Aug 28 M, W 5:00-6:00pm Fee: \$132

Age 10-18
Jul 12-Aug 28 Tu, Th 4:00-5:00pm Fee: \$132

Age 10-18
Jul 12-Aug 28 Sa 11:00am-12:00pm Fee: \$72

Tennis Jr. Tiny Tots

Age: 4-6 yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose-fitting clothing, nonmarking sneakers and a 19- or 21-inch junior racquet. Racquets will be available to borrow if needed. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Lake Lynn Community Center

May 10-Jun 26 M, W 5:30-6:00pm Fee: \$72

May 10-Jun 26 Tu, Th 5:00-5:30pm Fee: \$72

Jul 12-Aug 26 M, W 5:30-6:00pm Fee: \$72

Jul 12-Aug 26 Tu, Th 5:00-5:30pm Fee: \$72

Millbrook Exchange Tennis Center

May 10-Jun 26 Tu, Th 4:30-5:00pm Fee: \$72

May 10-Jun 26 M, W 4:30-5:00pm Fee: \$72

May 10-Jun 26 Sa 11:00-11:30am Fee: \$39

Mar 6-Jun 26 Sa 11:30am-12:00pm Fee: \$39

May 10-Jun 26 M, W 4:00-4:30pm Fee: \$72

Jul 12-Aug 26 Tu, Th 4:30-5:00pm Fee: \$72

Jul 12-Aug 26 M, W 4:30-5:00pm Fee: \$72
 Jul 12-Aug 26 Sa 11:00-11:30am Fee: \$39
 Jul 12-Aug 26 Sa 11:30am-12:00pm Fee: \$39
 Jul 12-Aug 26 M, W 4:00-4:30pm Fee: \$72

Tennis Summer Morning MiniCamp

This weeklong program provides tennis instruction and play for juniors of all levels. Players with no experience will learn how to play matches and those with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training and the week finishes with match play on Friday.

Millbrook Exchange Tennis Center

Age 8-10
Jun 14-Jun 18 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jun 14-Jun 18 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Jun 21-Jun 25 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jun 21-Jun 25 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Jun 28-Jul 2 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jun 28-Jul 2 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Jul 5-Jul 9 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jul 5-Jul 9 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Jul 12-Jul 16 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jul 12-Jul 16 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Jul 19-Jul 23 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jul 19-Jul 23 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Jul 26-Jul 30 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Jul 26-Jul 30 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Aug 2-Aug 6 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Aug 2-Aug 6 M-F 9:00am-12:00pm Fee: \$132

Age 8-10
Aug 9-Aug 13 M-F 9:00am-12:00pm Fee: \$132

Age 10-18
Aug 9-Aug 13 M-F 9:00am-12:00pm Fee: \$132

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Tennis USTA Junior Team Tennis

Age: 6-8 yrs. Come to tryouts (TBD) at Millbrook Exchange Tennis Center to be placed on a team. Practices for 8U+10U are Fridays 5-6:30pm with matches Saturdays 9-10:30am. Practices for 12U, 14U, 18U are Friday afternoons in the Fall and Spring seasons with matches on Saturdays. Practices for 12U, 14U, 18U are once a week on a weekday morning, and matches are on another weekday morning. An end-of-the-season tournament is held each season. Players must pay USTA annual membership (\$20) plus local league fee (\$22).

Millbrook Exchange Tennis Center

8U Beginner			
Jun 14-Jul 31	F, Sa	5:00-6:30pm	Fee: \$132
14U Silver			
Jun 14-Jul 31	F, Sa	6:00-7:30pm	Fee: \$132
18U Bronze			
Jun 14-Jul 31	F, Sa	5:00-7:30pm	Fee: \$132
10U Beginner			
Jun 14-Jul 31	F, Sa	5:00-6:30pm	Fee: \$132
12U Bronze			
Jun 14-Jul 31	F, Sa	5:30-7:30pm	Fee: \$132
18U Silver			
Jun 14-Jul 31	F, Sa	5:30-7:30pm	Fee: \$132
10U Intermediate			
Jun 14-Jul 31	F, Sa	5:00-6:30pm	Fee: \$132
14U Bronze			
Jun 14-Jul 31	F, Sa	5:00-7:30pm	Fee: \$132
Non-City Owned Tennis Location			
18U Gold			
Jun 14-Jul 31	F, Sa	5:30-7:30pm	Fee: \$132

Your Serve Tennis Clinic

Age: ? yrs. No experience needed for this class. Players will work on building rallying skills; learn fundamental and the rules of tennis. Please bring light, loose-fitting clothes, non-marking sneakers and a racquet. Racquets will be available to borrow if needed.

Roberts Park Community Center

May 4-May 25	Tu	6:00-7:00pm	Fee: \$0
Jun 8-Jun 29	Tu	6:00-7:00pm	Fee: \$0

Adult

Tennis Adult 2.5 Drills

Age: 18-99 yrs. Requirements: Must be at the NTRP 2.5 level or use full swing on most strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to 3.0 Drills, players must be at the 3.0 level or be able to hit topspin or underspin on some groundstrokes or volleys. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Lake Lynn Community Center

May 10-Jun 26	Tu, Th	6:30-7:30pm	Fee: \$132
Jul 12-Aug 28	Tu, Th	6:30-7:30pm	Fee: \$132

Millbrook Exchange Tennis Center

May 10-Jun 26	M, W	11:00am-12:00pm	Fee: \$132
May 10-Jun 26	M, W	6:00-7:00pm	Fee: \$132
May 10-Jun 26	Tu, Th	10:00-11:00am	Fee: \$132
May 10-Jun 26	Tu, Th	7:00-8:00pm	Fee: \$132
May 10-Jun 26	Sa	10:00-11:00am	Fee: \$72
May 10-Jun 26	Sa	12:00-1:00pm	Fee: \$72
Jul 12-Aug 28	M, W	11:00am-12:00pm	Fee: \$132
Jul 12-Aug 28	M, W	6:00-7:00pm	Fee: \$132
Jul 12-Aug 28	Tu, Th	10:00-11:00am	Fee: \$132
Jul 12-Aug 28	Tu, Th	7:00-8:00pm	Fee: \$132
Jul 12-Aug 28	Sa	10:00-11:00am	Fee: \$72
Jul 12-Aug 28	Sa	12:00-1:00pm	Fee: \$72

Tennis Adult Level 1

Age: 18-99 yrs. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on groundstrokes, underspin volleys and slice serves during match play. This is a drills class, which will work on all of your strokes. Class length is seven weeks, including one bonus week. If there is more than one week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Lake Lynn Community Center

May 10-Jun 26	M, W	6:00-7:00pm	Fee: \$132
May 10-Jun 26	Sa	9:00-10:00am	Fee: \$72
Jul 12-Aug 28	M, W	6:00-7:00pm	Fee: \$132
Jul 12-Aug 28	Sa	9:00-10:00am	Fee: \$72

Millbrook Exchange Tennis Center

May 10-Jun 26	M, W	10:00-11:00am	Fee: \$132
May 10-Jun 26	M, W	6:00-7:00pm	Fee: \$132
May 10-Jun 26	Tu, Th	11:00am-12:00pm	Fee: \$132
May 10-Jun 26	Tu, Th	7:00-8:00pm	Fee: \$132
May 10-Jun 26	Sa	9:00-10:00am	Fee: \$72
May 10-Jun 26	Sa	12:00-1:00pm	Fee: \$72
Jul 12-Aug 28	M, W	10:00-11:00am	Fee: \$132
Jul 12-Aug 28	M, W	6:00-7:00pm	Fee: \$132
Jul 12-Aug 28	Tu, Th	11:00am-12:00pm	Fee: \$132
Jul 12-Aug 28	Tu, Th	7:00-8:00pm	Fee: \$132
Jul 12-Aug 28	Sa	9:00-10:00am	Fee: \$72
Jul 12-Aug 28	Sa	12:00-1:00pm	Fee: \$72

Tennis Adult Level 2

Age: 18-99 yrs. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand and backhand while playing points, full swing serve and overhead and good volley technique while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class length is 7 weeks which includes 1 bonus week. If there is more than 1 week of rainouts, classes can be made up during other class times by emailing david.bell@raleighnc.gov

Millbrook Exchange Tennis Center

May 10-Jun 26	M, W	7:00-8:00pm	Fee: \$132
May 10-Jun 26	Tu, Th	6:00-7:00pm	Fee: \$132
Jul 12-Aug 28	M, W	7:00-8:00pm	Fee: \$132
Jul 12-Aug 28	Tu, Th	6:00-7:00pm	Fee: \$132

Tennis Adult Singles Ladder

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

Millbrook Exchange Tennis Center

Men's 3.0			
May 17-Jul 25	M		Fee: \$24
Men's 3.5			
May 17-Jul 25	M		Fee: \$24
Men's 4.0			
May 17-Jul 25	M		Fee: \$24
Men's 4.5			
May 17-Jul 25	M		Fee: \$24
Women's 2.5			
May 17-Jul 25	M		Fee: \$24
Women's 3.0			
May 17-Jul 25	M		Fee: \$24
Women's 3.5			
May 17-Jul 25	M		Fee: \$24
Men's 3.0			
Aug 29-Nov 7	M		Fee: \$24
Men's 3.5			
Aug 29-Nov 7	M		Fee: \$24
Men's 4.0			
Aug 29-Nov 7	M		Fee: \$24
Men's 4.5			
Aug 29-Nov 7	M		Fee: \$24
Women's 2.5			
Aug 29-Nov 7	M		Fee: \$24
Women's 3.0			
Aug 29-Nov 7	M		Fee: \$24
Women's 3.5			
Aug 29-Nov 7	M		Fee: \$24

Tennis Quadrants

Age: 18-99 yrs. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format, eight games with each of the three other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up, and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Millbrook Exchange Tennis Center

All levels			
May 24-Aug 5	W	9:30-11:30am	Fee: \$44
All levels			
May 24-Aug 5	M	7:00-9:00pm	Fee: \$44
Coed 2.0/2.5			
May 24-Aug 5	Th	7:00-9:00pm	Fee: \$44

Athletics Open Play



Youth

Cricket Open Gym

Age: 7-12 yrs. Cricket Open Gym time
Abbots Creek Community Center
 May 5-Jun 9 W 7:00-8:30pm Fee: \$0

Youth Open Play Pass

Annual pass for youth, 17 and younger, to participate in Open Play Sports, such as basketball, volleyball, and futsal. Open play schedules and types vary by location. Times and dates may change without notice. Open Play pass is not valid for Indoor Pickleball. Call your local center for more information.

Adult

Adult Open Play Pass

Annual pass for adults to participate in Open Play Sports, such as basketball, volleyball, cricket and futsal. Open play schedules and types vary by location. Times and dates may change without notice. Open Play pass is not valid for Indoor Pickleball. Call your local center for more information.

Futsal Open Gym

Age: 13-99 yrs. Play pick-up games with friends and meet people with a similar passion for Futsal. Quick paced indoor soccer played with a five person team on a basketball-style court with no walls and a smaller, low-bouncing ball. It is a great way to develop foot skills, speed, agility, and stay in shape.

Billmore Hills Community Center

May 7-Aug 27 F 6:30-8:30pm Fee: \$0

Indoor Pickleball Open Play

Raleigh Parks provides indoor open play pickleball at several community centers throughout Raleigh. Drop-in play is \$2 per day, per location, or buy a 4 month pass at all locations. The 4 month pass is \$10 per participant and is valid for all indoor pickleball open play locations listed below. Nets and pickleballs are provided. A limited number of paddles are available at each site for participants to borrow. Contact one of the locations below for more information.

Brier Creek Community Center

Green Road Community Center

Lake Lynn Community Center

Laurel Hills Community Center

Lions Park Community Center

Method Road Community Center

Millbrook Exchange Community Center

Optimist Community Center

John Chavis Community Center

Worthdale Community Center

Table Tennis Brier Creek: Drop-In

Age: 8-99 yrs. 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

May 7-Aug 27 F 5:45-8:30pm Fee: \$5

Athletics Teams/Leagues

Athletics Programs

athletics@raleighnc.gov
919-996-6836

Athletic Program Director

Jason Simpson
jason.simpson@raleighnc.gov

Athletic Program Managers

Antoinette moyer
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Ryan Ryba
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Jason Clemons
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Athletic Program Assistant Manager

Raven Johnson
raven.johnson@raleighnc.gov

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

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

Youth

Fall Youth NFL Flag Ages 11-13

Age: 11-13 yrs. The Athletics Division, is offering youth flag football for ages 11-13. Open registration is July 12-23. Registration may be left open pending number of available spots. League age as of date is August 31, 2021. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played at Lions Park on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Brier Creek Community Center

District 1

Mar 13-Jun 19 Sa 10:00-11:00am Fee: \$40

Jaycee Community Center

District 3

Aug 7-Nov 20 Sa 10:00-11:00am Fee: \$40

John Chavis Community Center

District 4

Aug 7-Nov 20 Sa 10:00-11:00am Fee: \$40

Lions Park Community Center

District 2

Aug 7-Nov 20 Sa 10:00-11:00am Fee: \$40

Fall Youth NFL Flag Ages 5-7

Age: 5-7 yrs. The Athletics Division, is offering youth flag football for ages 5-7. Open registration is July 12-23. Registration may be left open pending number of available spots. League age as of date is August 31, 2021. Fee is \$40 for Raleigh residents and \$55 for non-Raleigh residents. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played at Lions Park on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Brier Creek Community Center

District 1

Aug 9-Nov 17 M,W 6:00-7:00pm Fee: \$40

Jaycee Community Center

District 3

Aug 9-Nov 17 M,W 6:00-7:00pm Fee: \$40

John Chavis Community Center

District 4

Aug 9-Nov 17 M,W 6:00-7:00pm Fee: \$40

Lions Park Community Center

District 2

Aug 9-Nov 17 M,W 6:00-7:00pm Fee: \$40

Fall Youth NFL Flag Ages 8-10

Age: 8-10 yrs. The Athletics Division, is offering youth flag football for ages 8-10. Open registration is July 12-23. Registration may be left open pending number of available spots. League age as of date is August 31, 2021. Practices will begin about August and can be anytime Monday-Friday, 6pm-8pm, Saturday, 9am-3pm, and Sunday, 1pm-6pm. Games will be played at Lions Park on Saturdays, tentatively, starting in September. Registration will be conducted at all local Raleigh Community Centers and online. Please check with your local Community Center for hours of operation. For more information please contact the Athletics Program at 919-996-6836 or email athletics@raleighnc.gov.

Brier Creek Community Center

District 1
Aug 10-Nov 25 Tu,Th 6:00-7:00pm Fee: \$40

Jaycee Community Center

District 3
Aug 10-Nov 18 Tu,Th 6:00-7:00pm Fee: \$40

John Chavis Community Center

District 4
Aug 10-Nov 18 Tu,Th 6:00-7:00pm Fee: \$40

Lions Park Community Center

District 2
Aug 10 Tu, Th 6:00-7:00pm Fee: \$40

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 is July 12th- July 23rd (or until filled). Cost will be \$55 for Raleigh Residents and \$70 for Non-Raleigh Residents. Players age will be determined with an age as of date by August 31, 2021. Practices and games will take place at Lions Park.

Lions Park Community Center Fee: \$55



Youth Baseball - TBall

Age: 5-6 yrs. Baseball registration is July 12-23rd, 2021. 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, 2021.

Optimist Community Center Fee: \$63

Youth Baseball - Pinto

Age: 7-8 yrs. Baseball registration is July 12-23, 2021. 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, 2021.

Millbrook Exchange Community Center Fee: \$63

Youth Baseball - Mustang

Age: 9-10 yrs. Baseball registration is July 12-23, 2021. 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, 2021.

Optimist Community Center Fee: \$63

Youth Baseball - Bronco

Age: 11-12 yrs. Baseball registration is July 12-23, 2021. 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, 2021.

Buffaloe Road Athletic Park Fee: \$63

Youth Baseball - Pony

Age: 13-14 yrs. Baseball registration is February 1-12, 2021. 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, 2020.

Buffaloe Road Athletic Park Fee: \$63

Youth Baseball - Colt

Age: 15-17 yrs. Baseball registration is July 12-23, 2021. 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, 2021.

Buffaloe Road Athletic Park Fee: \$63

Youth Cheerleading

Age: 7-13 yrs. Youth cheerleading registration is July 12th-23rd (or until filled). The youth cheerleading program is a way for youth the learn the fundamentals of cheerleading and teach positive sportsmanship. Cheerleaders will cheer for teams in our youth football league. Teams will be determined by district. League age is determined by participants age on August 31st of the current calendar year.

Brier Creek Community Center

District 1
Aug 10-Nov 18 Tu,Th,Sa 6:30-8:30pm Fee: \$55

Jaycee Community Center

District 3
Aug 10-Nov 18 Tu,Th,Sa 6:30-8:30pm Fee: \$55

John Chavis Community Center

District 4
Aug 10-Nov 18 Tu,Th,Sa 6:30-8:30pm Fee: \$55

Lions Park Community Center

District 2
Aug 10-Nov 18 Tu,Th,Sa 6:30-8:30pm Fee: \$55

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Youth Softball

Age: 13-17 yrs. Youth Girls Fall Softball registration is July 12-23, 2021. The Girls Softball League is a way for youth to learn the fundamentals of softball and to teach positive sportsmanship. Fast Pitch is offered for Girls ages 10-17 years old. 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, 2021.

Buffalo Road Athletic Park

Aug 8-Oct 20 M,W,Sa 6:30-7:30pm Fee: \$55

Lions Park Community Center

Aug 10-Oct 21 Tu,Th 6:30-7:30pm Fee: \$55

Adult

Adult Baseball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Adult Baseball League on July 26-30, 2021. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only.

Optimist Community Center

Fall

Aug 2-Nov 19 M-F 6:00-9:00pm Fee: \$600

Adult Fall Kickball

Age: 18-99 yrs. The Athletics Division will be holding registration for the Spring Adult Kickball league on August 16-20. Registration will be taken online or in person at 2401 Wade Ave. Raleigh 27607 from 8:30am-5:15pm Monday-Friday. For more information please contact (919) 996-6836. Individuals who are not a part of a team will need to contact City of Raleigh Athletics at 919-996-6836 to be placed on our Free Agent list. Registration is for teams only.

Laurel Hills Community Center

Aug 23-Nov 17 M,W 6:00-9:00pm Fee: \$400

Aug 24-Nov 18 Tu,Th 6:00-9:00pm Fee: \$400

Adult Softball

Age: 18-99 yrs. The Athletics Division will be holding registration for Adult Spring Softball from Monday, July 12th through Friday, July 16th either online or in person at the Wade Avenue Building (2401 Wade Ave.) from 8:30am- 5pm for participants ages 18 and up. Registration will be taken for Men's and Women's Open Leagues, Church and Coed. Registration is a team fee of \$450 (includes tournament entry for all teams) with a Non Raleigh Resident fee of \$24 per player. Plan to begin the week of August 2nd. Each team will receive a 10-game season to be played at Walnut Creek Athletic Complex and Millbrook Exchange Park. The single elimination tournament will begin at the end of the regular season games.

Jaycee Park Sand Volleyball League

Age: 18-99 yrs. Join us for this summer league to have fun in the sun! Early Summer Sand Volleyball Leagues will play mid May-July at Jaycee Park. Registration is limited based on dates of play. Registration dates: April 26- May 9, 2021.

Jaycee Community Center

3 Person Co-ed Intermediate

May 17-Jul 5 Tu,Th 6:30-10:00pm Fee: \$60

6 Person Co-Ed Beginner

May 17-Jul 5 Tu,Th 6:30-10:00pm Fee: \$80

Double Co-ed Intermediate

May 17-Jul 5 Tu,Th 6:30-10:00pm Fee: \$50

4 Person Co-ed Intermediate

May 17-Jul 5 Tu,Th 6:30-10:00pm Fee: \$50

3 Person Co-ed Intermediate

Aug 3-Sep 21 Tu,Th 6:30-10:00pm Fee: \$60

6 Person Co-Ed Beginner

Aug 3-Sep 21 Tu,Th 6:30-10:00pm Fee: \$80

Double Co-ed Intermediate

Aug 3-Sep 21 Tu,Th 6:30-10:00pm Fee: \$50

4 Person Co-ed Intermediate

Aug 3-Sep 21 Tu,Th 6:30-10:00pm Fee: \$50

Men Starlight Basketball League

Age: 15.99-99 yrs yrs. This is a competitive basketball league for young men with a medium to high skill level. You may enter your own team or sign up individually to be potentially placed on a team.

Biltmore Hills Community Center

Jun 14-Aug 12 M,Th 9:15-11:45pm Fee: \$30

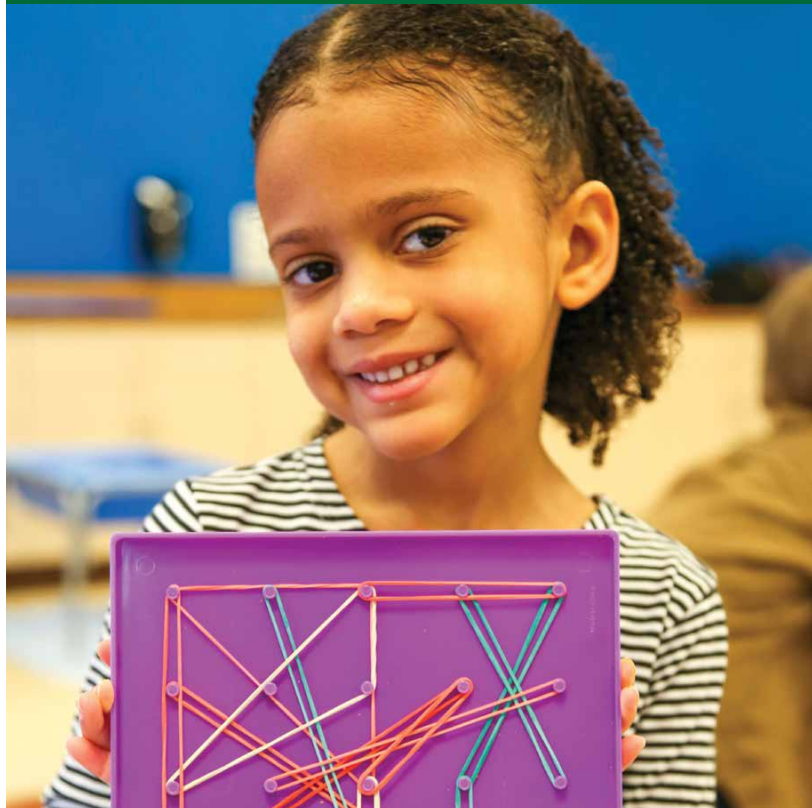
Women Starlight Basketball League

Age: 15.99-99 yrs. This is a women's basketball league played during the summer evenings for all skill levels. You can bring your own team or sign up individually to be potentially placed on a team.

Biltmore Hills Community Center

Jun 14-Aug 12 M,Th 6:00-9:00pm Fee: \$30

Educational



Preschool

Little Learners Preschool Program

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

Greystone Recreation Center

May 3-May 26 M,W,F 9:15am-12:15pm Fee: \$198

TKD-Tiny Tigers

Age: 3-6 yrs. A blend of traditional and modern training gives student a strong understanding and foundation. This program increases flexibility, creates speed and

explosion, improves reaction time, improves balance and coordination, agility and core strength. It also aids discipline, self service, respect, integrity, self-control, self-worth, courtesy, loyalty, and honor.

Biltmore Hills Community Center

May 3-May 31	M, W	6:30-7:00pm	Fee: \$80
Jun 2-Jun 30	M, W	6:30-7:00pm	Fee: \$80
Jul 5-Jul 28	M, W	6:30-7:00pm	Fee: \$80
Aug 2-Aug 30	M, W	6:30-7:00pm	Fee: \$80

Youth

H2-WOAH - The Marvels of Water

Age: 6-9 yrs. Do you realize how important Water is and how much it does for you everyday? Come and join us in this Science Class as we explore the properties of water, the water cycle, bodies of water, aquatic animals and plants, and ways to conserve water.

Laurel Hills Community Center

May 4-May 25	Tu	6:15-7:15pm	Fee: \$40
Jun 1-Jun 22	Tu	6:15-7:15pm	Fee: \$40
Jul 6-Jul 27	Tu	6:15-7:15pm	Fee: \$40
Jul 6-Jul 27	Tu	6:15-7:15pm	Fee: \$40

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

May 9-Aug 8 Su 2:30-4:30pm Fee: \$0

Adult

A Love Affair With My Hair - Natural Hair Workshop Series

Age: 13-99 yrs. 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

Taking On The Transition

May 10 M 6:30-7:30pm Fee: \$5

Protective Styling

Jun 14 M 6:30-7:30pm Fee: \$5

It's All About Conditioning

Jul 12 M 6:30-7:30pm Fee: \$5

DIY Hair Care Product Making

Aug 9 M 6:30-7:30pm Fee: \$5

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

Age: 18-99 yrs. 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 cultural estadounidense? Las clases se imparten en un ambiente divertido y que le dan la bienvenida a los adultos que no hablan inglés.

Abbots Creek Community Center

May 3-May 24	M	6:30-8:00pm	Fee: \$0
Jun 7-Jun 28	M	6:30-8:00pm	Fee: \$0
Jul 12-Aug 2	M	6:30-8:00pm	Fee: \$0
Aug 9-Aug 30	M	7:00-8:30pm	Fee: \$0

Biltmore Hills Community Center

May 6-May 27	Th	7:00-8:30pm	Fee: \$0
Jun 3-Jun 24	Th	7:00-8:30pm	Fee: \$0
Jul 8-Jul 29	Th	7:00-8:30pm	Fee: \$0
Aug 5-Aug 26	Th	7:00-8:30pm	Fee: \$0

Brier Creek Community Center

May 5-May 26	W	7:00-8:30pm	Fee: \$0
Jun 2-Jun 23	W	7:00-8:30pm	Fee: \$0
Jul 7-Jul 28	W	7:00-8:00pm	Fee: \$0
Aug 4-Aug 25	W	7:00-8:30pm	Fee: \$0

Green Road Community Center

May 1-May 22	Sa	11:30am-1:00pm	Fee: \$0
Jun 5-Jun 26	Sa	11:30am-1:00pm	Fee: \$0
Jul 10-Jul 31	Sa	11:30am-1:00pm	Fee: \$0
Aug 7-Aug 28	Sa	11:30am-1:00pm	Fee: \$0

John Chavis Community Center

May 1-May 22	Sa	11:30am-1:00pm	Fee: \$0
Jun 5-Jun 26	Sa	11:30am-1:00pm	Fee: \$0
Jul 10-Jul 31	Sa	11:30am-1:00pm	Fee: \$0
Aug 7-Aug 28	Sa	11:30am-1:00pm	Fee: \$0

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Method Road Community Center

May 6-May 27	Th	6:30-8:00pm	Fee: \$0
Jun 3-Jun 24	Th	6:30-8:00pm	Fee: \$0
Jul 1-Jul 22	Th	6:30-8:00pm	Fee: \$0
Aug 5-Aug 26	Th	6:30-8:00pm	Fee: \$0

Peach Road Community Center

May 4-May 25	Tu	6:30-8:00pm	Fee: \$0
Jun 1-Jun 22	Tu	6:30-8:00pm	Fee: \$0
Jul 6-Jul 27	Tu	6:30-8:00pm	Fee: \$0
Aug 3-Aug 24	Tu	6:30-8:00pm	Fee: \$0

Exploring North Carolina

Age: yrs. Join another cultural enthusiast for a day trip to cultural and historic places of interest in North Carolina. The trip will depart from the John P. "Top" Greene Community Center at 9am and will usually return by early evening. We will travel to Wilmington, NC to visit the historic slave quarters. Participants are responsible for admission fees and lunch.

John P. "Top" Greene Center

Jun 8	Tu	9:00am-5:00pm	Fee: \$0
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Gardening for Beginners

Age: 15-99 yrs. Join your fellow 'newbies' at Abbotts Creek Community Center to learn the basics gardening in this three-part series. 'Introduction to Gardening' will go through the basics of starting your garden; including what you'll need, your timeline, and how to start seeds indoors in preparation for the growing season that's right around the corner. Part two, 'Hands-on Gardening' will teach you how to plant the baby plants we started in part one of the series, how to direct sow your seeds, how to water/fertilize, and how to space your crops. Be sure to check back in the Summer session for 'Continuing the Harvest' - a class that will focus on Fall crops and preserving your harvests. It's never too late to start your garden and prepare for the next growing season - be sure to sign up even if you missed the previous class!

Abbotts Creek Community Center

Aug 25	W	6:15-7:30pm	Fee: \$5
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Genealogy For Beginners

Age: 18-99 yrs. Try to trace your family heritage? Join other interested people who are on the hunt for their family history. Preregistration is required.

John P. "Top" Greene Center

May 5	W	6:30-7:30pm	Fee: \$0
Jun 9	W	6:30-7:30pm	Fee: \$0
Jul 14	W	6:30-7:30pm	Fee: \$0

How To Series

Age: 18-99 yrs. How To: Pollinator Habitat will look at importance of pollinators to not only your own landscape and gardens but to areas surrounding you, as well. We'll address the many different types of pollinators including birds, butterflies, moths, bees and other insects, and learn about native plants that will work well with your specific growing conditions. Come prepared to spend some time outside in the park.

Walnut Creek Wetland Park

Pollinator Habitats

May 1	Sa	10:00am-12:00pm	Fee: \$10
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Native Landscaping for Wildlife

Aug 14	Sa	10:00am-12:00pm	Fee: \$10
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NCAA Clearinghouse

Age: yrs. Are you being recruited by a college to participate in athletics? Are you interested in learning about the recruiting process? Coming to the NCAA Clearinghouse class and learn about the college recruiting process. Learn about GPA requirements, SAT or ACT and important dates, technology today, social media, and dos and don'ts of the recruiting process.

John P. "Top" Greene Center

Aug 24	Tu	6:30-7:15pm	Fee: \$0
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Raleigh-Durham Caged Bird Society

Age: 18-99 yrs. The Raleigh-Durham Caged Bird Society educates the public on the care of caged birds, addresses avicultural concerns and encourages the conservation of avian species. The society meets the 3rd Sunday of each month. No registration necessary.

Jaycee Community Center

May 16	Su	1:00-5:00pm	Fee: \$1
Jun 20	Su	1:00-4:00pm	Fee: \$1
Jul 18	Su	1:00-4:00pm	Fee: \$1
Aug 15	Su	1:00-4:00pm	Fee: \$1

Senior

Create Flyers Using Power Point

Age: 18-99 yrs. Want to make a flyer for your church, club, organization, or even a yard sale? There are options out there, but did you know that you could build a flyer using Microsoft Power Point? Learn how to remove the background from an image, add dazzling text, and layer your photographs to create a professional flyer using Microsoft Power Point! Prerequisite: You must have a working knowledge of using a Windows Computer or have attended Computer Basics 1 and 2. *A Windows computer will be provided* For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center

May 27	Th	2:00-4:00pm	Fee: \$6
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Aging In Place: Preparing to 'Stay Put'

Age: 18-99 yrs. Learn the pro's and con's about aging-in-place during this lively and informative discussion. We will share with you some of the most effective strategies and resources available for living safely and independently in your home as you get older. Learn about precautions you can take to ensure that you remain in control of your lifestyle choices and decisions.

Anne Gordon Center

Jul 29	Th	11:00am-12:00pm	Fee: \$0
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Five Points Center

Aug 12	Th	2:30-3:30pm	Fee: \$0
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Amazon Alexa Basics 1

Age: 18-99 yrs. Alexa is a virtual assistant developed by Amazon that you interact with in your home using a smart speaker called Echo. The Echo Smart Speaker can check your calendar, weather, traffic, and sports scores, manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, ask when businesses open, and more by saying commands. Learn about its exciting two-way intercom feature allowing you to talk to a family member inside your home, even if you are outside or miles away! Learn to use smart light bulbs and smart outlets to power lamps and lights on and off, on demand or on a schedule for convenience and added security! Learn the basic setup and what it takes to use Amazon Alexa Echo smart speaker.

Five Points Center

Aug 10	Tu	2:00-4:00pm	Fee: \$6
Jun 15	Tu	2:00-4:00pm	Fee: \$6

Android Phone Basics 1

Age: 18-99 yrs. Get comfortable using your Android Phone in this Android Phone Basics 1 course. Please bring your Android Phone because none will be provided. Please know your Android Account information which is typically your Google account info (GMAIL). Please be advised the screenshots shown in class may not match your Android phone exactly due to the different manufacturers that sell Android phones. Learn to create contacts, text, make phone calls, take & share photos, connect to Wi-Fi and how to get directions using Google Maps. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center

Aug 4-Aug 11	W	10:00-11:30am	Fee: \$12
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Five Points Center

May 4-May 11	Tu	10:00-11:30am	Fee: \$12
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Walnut Terrace Neighborhood Center

Jun 21-Jun 28	M	2:00-3:30pm	Fee: \$12
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Android Phone Basics 2

Age: 18-99 yrs. Prerequisite: Android Phone Basics 1. Learn about Google Assistant and how you can say or type commands to get help by: having Google Assistant tell you how the traffic is, Finding the News, Playing Relaxing Music, Directions, the Weather, and more. Learn about Google Lens which helps you find product prices in stores with only a barcode! Plus learn about the Google Play Store and how to download and install useful apps on your smartphone. Learn how to use your quick settings, calendar settings, Clock, Alarm, and Memos. Please bring your Android Phone because none will be provided. Please know your Android Account Information (typically your GMAIL account).

Five Points Center

May 18-May 25	Tu	10:00-11:30am	Fee: \$12
Jul 1-Jul 8	Th	2:00-3:30pm	Fee: \$12

Android Tablet 1

Age: 18-99 yrs. 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.

Anne Gordon Center

Jun 2-Jun 9 W 10:00-11:30am Fee: \$12

Five Points Center

Jul 29-Aug 5 Th 2:00-3:30pm Fee: \$12

Android Tablet Basics 2

Age: 18-99 yrs. 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.

Anne Gordon Center

Jun 16-Jun 23 W 10:00-11:30am Fee: \$12

Five Points Center

Aug 12-Aug 19 Th 2:00-3:30pm Fee: \$12

App Based Taxi and Food/Grocery Delivery Services like UBER

Age: 18-99 yrs. Learn how to get car rides on demand with budget friendly options using apps on your smart phone! It is an easy way to give you freedom to get around at your convenience - go anywhere you want to go - when you want to do it! Plus learn how to get food delivered from your favorite restaurants and grocery stores to your home. All through the convenience of your smartphone and the Internet! If you can't go out or don't feel like driving no problem, have it delivered or get a car ride! We will show you how you can do it safely and easily. Some of the apps we will cover are UBER, LYFT, Grubhub, UberEATS, Doordash, Postmates, Instacart, and Shipt! Prerequisite: You must have working knowledge of your smartphone and your phone's App Store.

Anne Gordon Center

Apr 28 W 10:00am-12:00pm Fee: \$6

May 24 M 10:00am-12:00pm Fee: \$6

Jul 5 M 10:00am-12:00pm Fee: \$6

Aug 18 W 10:00am-12:00pm Fee: \$6

Five Points Center

Jun 29 Tu 10:00am-12:00pm Fee: \$6

Apple Time Machine: How to back up your Apple Computer

Age: 18-99 yrs. Prerequisite: Must know your Apple ID and Password and bring it to class. You must bring your own Apple laptop to class. One will not be provided. Apple's Time Machine is a backup software application that allows you to back up EVERYTHING on your Apple laptop. If you have an Apple computer then you already have Time Machine. But are you using it? In this class I will show you how to use Time Machine to back up your computer to an external hard drive. In addition to Time Machine, you will also learn how to create a disk image as well as a boot disk. If

you want to learn how to back up your files then you definitely should attend.

Anne Gordon Center

Aug 25 W 2:00-4:00pm Fee: \$12

Chromecast Basics 1

Age: 18-99 yrs. What exactly is a Google Chromecast? You've probably seen boxes of them at the stores. They can stream things to your television. And they can make a dumb tv smart. So how does it work? Join us as we dive into Google Chromecast as we show you all of its features for free. Get a better understanding of what it means to stream! There are no prerequisites for this class. However, if you are interested in more information about cable television options please check out our more detailed Cutting the Cord class. If you have any questions please contact Tommy Hodges 919-996-2458.

Five Points Center

Jun 29 Tu 2:00-3:30pm Fee: \$0

Jun 3 Th 10:00-11:30am Fee: \$0

Jul 6 Tu 10:00-11:30am Fee: \$0

Computer Basics 1

Age: 18-99 yrs. Prerequisite: Little or no computer skills. Class will be using computers that have the Windows 10 operating system. This course is for beginners or new users who are just starting off using a computer, mouse, and keyboard. Objectives: improve skills in these areas and teach participants to use the Microsoft store to get free and paid applications for their computer. Plus learn to install and uninstall applications. Understand how to charge, sleep, shutdown, turn on your computer and connect to Wi-Fi. Learn how to go online and search the Internet. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center

May 5-May 12 W 2:00-3:30pm Fee: \$12

Computer Basics 2

Age: 18-99 yrs. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Class will be using computers that have the Windows 10 operating system. This course is for students who have basic computer experience using the mouse and keyboard. Learn the basics of Windows 10 as well as how to use some of the different features and functions. See how to save and find files inside folders that you create using an application (Microsoft Word). Learn how to surf the web, save favorites, and shop safely. Feel confident in understanding how to clear your web browser history as well as passwords your web browser may remember even when you don't want it to. And learn how to download images from the web and find them once you done so.

Anne Gordon Center

May 19-May 26 W 2:00-3:30pm Fee: \$12

Five Points Center

Jul 27-Aug 3 Tu 10:00-11:30am Fee: \$12

Computer Basics 3

Age: 18-99 yrs. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge. Have you ever wanted to make copies of your work or maybe store those files as a backup? This class goes into detail on how to save files, create folders, delete files and backup your computer. In addition to this, you will see how to save files using an external hard drive as well as a USB or 'Flash' drive. Learn how to create a disk image, a boot disk, and utilize File History to make backups on your computer. Ever wondered how much space items are using on your computer? We'll show you how. Plus learn how to create zip files, cut, copy, and rename files.

Five Points Center

Jun 3-Jun 10 Th 2:00-3:30pm Fee: \$12

Aug 10-Aug 17 Tu 10:00-11:30am Fee: \$12

Computer Basics 4

Age: 18-99 yrs. In this course we concentrate solely on the Windows 10 Operating System Settings. Have more control over your computer by learning more about your system. Prerequisite: It is recommended that you have taken Computer Basics 1 and 2 or have good navigational skills within the Windows 10 Operating System. *A computer will be provided* Learn about Windows Troubleshoot, Quick Actions in the Action Center, Sharing files with people nearby, Night Light, Snip & Sketch, Control when Windows Updates, make your display, cursor, pointer, and text larger, Clipboard History, collaborate / share files with others, and an overview of using OneDrive. Understand how to take control and customize using Settings. Contact Tommy Hodges for more information about this class at 919-996-2458.

Five Points Center

Jun 17-Jun 24 Th 2:00-4:00pm Fee: \$12

Aug 24-Aug 31 Tu 10:00-11:30am Fee: \$12

Computer Network Basics 1

Age: 18-99 yrs. In this class learn the theory behind setting up a basic wireless network in your home using the Internet for your wireless devices like laptops and smartphones. Since every modem and wireless router is different, we will discuss generalities on how to set it up in your own home. This is a fantastic class for those interested in maintaining or setting up their own network. Plus, learn how you can save a little bit of money buying the equipment yourself instead of renting. There are no prerequisites. This class is also recommended for those who have attended our Cutting the Cord class. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center

Aug 18 W 2:00-4:00pm Fee: \$6

Five Points Center

Jul 6 Tu 2:00-4:00pm Fee: \$6

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Creating a Smooth Move

Age: yrs. Are you ready to downsize to a smaller home, but uncertain about where to begin? Are you wondering what to do with all the stuff you've accumulated over the years? Unsure about what needs to be done first and feeling totally overwhelmed just by the thought of moving? Susan Stanhope, a certified Senior Move Manager and owner of Move Elders With Ease, will share tips for downsizing and techniques designed to make your move more relaxing and less stressful.

Anne Gordon Center

Jul 27 Tu 11:00am-12:00pm Fee: \$0

Five Points Center

Jun 8 Tu 2:30-3:30pm Fee: \$0

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

Age: 18-99 yrs. 'Cutting the Cord' is a phrase that you hear a lot. Often it is associated with steps to lower your television or cable bill. But what does it actually mean and how would you even begin? In this class we will look at how television entertainment is evolving onto different types of platforms: cable, satellite, antenna, and online. Learn the steps some people are taking to 'cutting the cord'. But at the end of the day are you really cutting the cord or simply paying for television on a different platform? Is it worth your time to try it? You be the judge. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center

May 3-May 10 M 10:00-11:30am Fee: \$12

Jun 7-Jun 14 M 10:00-11:30am Fee: \$12

Jun 16-Jun 23 W 2:00-3:30pm Fee: \$12

Five Points Center

Jul 27-Aug 3 Tu 2:00-3:30pm Fee: \$12

May 13-May 20Th 2:00-3:30pm Fee: \$12

Electronic Coupons

Age: 18-99 yrs. Most stores are moving to the use of electronic coupons. This can be a great way to save not only paper, but also time and money! We'll show you how to collect coupons using popular apps on your smart phone and ditch those scissors and newspapers. Keep all of your coupons in the same place! Plus we will show you how to redeem them to save some dough at the register! We will go over stores like Harris Teeter, Target, Whole Foods, Food Lion, Publix, and Lidl. You may need a key tag account to link your coupons too - For example a rewards card from those stores. For more information about this class please contact Tommy Hodges at 919-996-2458.

Five Points Center

May 6 Th 2:00-4:00pm Fee: \$6

Aug 31 Tu 2:00-4:00pm Fee: \$6

Excel Basics 1

Age: 18-99 yrs. In Excel Basics 1 you will learn how to use a budget template to create and maintain a monthly budget. This project is a simple project that will allow you to learn some of the basics of using Excel while building a budget. Learn how to create charts and have a good understanding of cells, tables, rows, and basic formulas. Prerequisite: Computer Basics 1, 2, and 3 or a strong understanding of how to use the Windows 10 Operating System. For more information about this class please contact Tommy Hodges at 919-996-2458.

Anne Gordon Center

May 26 W 10:00am-12:00pm Fee: \$6

Jun 30 W 2:00-4:00pm Fee: \$6

Five Points Center

Jun 1 Tu 10:00am-12:00pm Fee: \$6

Jul 8 Th 10:00am-12:00pm Fee: \$6

Aug 26 Th 10:00am-12:00pm Fee: \$6

Finance: Government Benefits for Long Term Care

Age: 18-99 yrs. The cost of Long-Term Care is staggering, from in-home care, Assisted Living, Memory Care to Skilled Nursing Care, monthly costs often exceed \$10,000 per month. Learn various government benefit programs and the requirements to qualify. We will primarily review Veteran's Aid and Attendance, Special Assistance for Assisted Living and Medicaid for Skilled Nursing. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center

Aug 10 Tu 11:00am-12:00pm Fee: \$0

Five Points Center

Jun 17 Tu,Th 2:30-3:30pm Fee: \$0

Finance: Medicare 101

Age: 18-99 yrs. 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

Jul 8 Th 10:00am-12:00pm Fee: \$0

Five Points Center

May 11 Tu 1:00-3:00pm Fee: \$0

Finance: Selling Your Home "As-Is"

Age: 18-99 yrs. There are many myths about what is required in order to sell a home. These falsehoods are often perpetuated by television shows featuring tiny homes selling for millions. Learn the truth about what is 'required' to sell a home in the Raleigh area, what selling 'as-is' really means, and the secret behind the 'We Buy Houses' business model. Sponsored by Freda Hamlett a certified senior housing professional of the Milestone Moves Realty Group.

Anne Gordon Center

Jun 17 Th 11:00am-12:00pm Fee: \$0

Five Points Center

Jul 22 Th 2:30-3:30pm Fee: \$0

Finance: The Truth About Living Trusts

Age: 18-99 yrs. 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

Aug 24 Tu 2:30-3:30pm Fee: \$0

Finance: Understanding Beneficiary Designations

Age: 18-99 yrs. Beneficiary designations are an important part of an estate plan. Find out the problems that occur every day on insurance, 401K and IRA plans as well as bank accounts with beneficiary designations, 'in trust for' or 'payable on death (POD)' designations. Presented by Huston Law, PLLC and Carolina Estate Counsel.

Anne Gordon Center

May 25 Tu 11:00am-12:00pm Fee: \$0

Five Points Center

Jul 20 Tu 2:30-3:30pm Fee: \$0

Finance: Veterans' Aid and Attendance Benefits

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

Five Points Center

Aug 19 Th 2:30-3:30pm Fee: \$0

Finance: Wills Versus Trusts

Age: 18-99 yrs. Trusts are used for many different purposes. 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. Learn the various types of trusts and how they may benefit you. Presented by Huston Law Firm, PLLC and Carolina Estate Counsel.

Anne Gordon Center

Jun 22 Tu 11:00am-12:00pm Fee: \$0

Five Wishes

Age: 18-99 yrs. 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

May 18 Tu 11:00am-12:00pm Fee: \$0

Five Points Center

Jun 15 Tu 1:00-2:00pm Fee: \$0

Gimp Photo Editing Basics 1

Age: 18-99 yrs. Are you serious about photo editing, but don't want to pay for expensive software? Learn to use GIMP, a photo editing program that can help make your images look unique. GIMP is a free and open-source raster graphics editor used for image retouching, editing, free-form drawing, converting between different image formats, and more specialized tasks. GIMP is similar to the professional photo editor Adobe Photoshop. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1' or equivalent computer knowledge.
Five Points Center
 May 18-May 25 Tu 2:00-3:30pm Fee: \$12

Gimp Photo Editing Basics 2

Age: 18-99 yrs. If you are excited about editing photos with software that has the features of those professional programs, then you should check out GIMP. Back by popular demand here is part 2 of our Gimp Photo Editing series. GIMP is a free and open-source raster graphics editor used for image retouching and editing, free-form drawing, converting between different image formats, and more specialized tasks. Learn to use GIMP, a photo editing program that has some similar features that the professional photo editing programs use like Adobe Photoshop! For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Basics 1', Basics 1 or equivalent computer knowledge.
Anne Gordon Center
 Jun 2-Jun 9 W 2:00-3:30pm Fee: \$12
 Aug 23-Aug 30 M 10:00-11:30am Fee: \$12

GMAIL Basics 1

Age: 18-99 yrs. Nowadays, you need an email address for almost everything: Rewards programs, subscriptions, online receipts, and access to more knowledge through online newsletters require you to have an email account. Even medical offices ask for your email when making appointments because they want you to use their online portal! In this class we will show you how to create an email account and how to use it. *You must have a working knowledge of using a computer or you have already taken Computer Basics 1 and 2. For more information about this class please contact Tommy Hodges at 919-996-2458.
Five Points Center
 Aug 24 Tu 2:00-4:00pm Fee: \$6

Google Applications Overview

Age: 18-99 yrs. Did you know if you have a Google or GMAIL account you have access to many free applications? Everything from word processing to spreadsheets to presentation software is at your fingertips for FREE and you probably didn't even know

you had access to it. In this class you will learn about several free Google applications. This includes Google Maps, Earth, Drive, YouTube, Google Docs, Calendar, and others. For more information about this class please contact Tommy Hodges at 919-996-2458. Prerequisite: 'Computer Skills 1' or equivalent.
Anne Gordon Center
 Aug 4-Aug 11 W 2:00-3:30pm Fee: \$12
Five Points Center
 Jun 15-Jun 22 Tu 10:00-11:30am Fee: \$12

Google Chrome Intro

Age: 18-99 yrs. Did you know that you should consider having more than one web browser on your computer for security purposes? A web browser is an application on your computer that allows you to view websites. Your computer already came with one, but you should have at least 2. In this class you will learn about the Google Chrome web browser or just Chrome for short. Learn how it protects you from security issues like phishing and dangerous sites. Chrome provides quick answers in your address bar, one-click translation, and personalized articles. Plus learn how to install other software applications called extensions into Chrome. Prerequisite: 'Computer Basics 1' or equivalent. Class will install and use the Internet browser Google Chrome. *A laptop will be provided*
Anne Gordon Center
 Jul 7 W 2:00-4:00pm Fee: \$6

Google Photos Intro

Age: 18-99 yrs. Does your phone no longer have storage space because of all those photos you've taken? Wish there was an alternative solution to storing and editing pictures to clear storage space on your phone's cloud service without costing you money? Or maybe you're just looking for a basic way to edit photos and create a physical photo book. Introducing Google Photos! Learn basic photo editing, photo sharing, and steps to create a photo book using the Google Photos app. Please bring your own smart phone, iPad or tablet - but it is not required. If you have a Google account already you will not need to create an account, but you will need to bring your Google account's Username and Password to class. If you do not have an account, we will provide you with the information to create one on your own. If you do not wish to create an account, then you may observe.
Anne Gordon Center
 Jun 21-Jun 28 M 10:00-11:30am Fee: \$12
Five Points Center
 May 4-May 11 Tu 2:00-3:30pm Fee: \$12

iCloud Basics for iPad/iPhone

Age: 18-99 yrs. If you own an Apple product then you have iCloud. But are you using it to its fullest potential? Did you know if you lost your Apple Device, iCloud could help you find it? It even comes with free word processing,

spreadsheet, and presentation software that can be accessed by both Windows and Apple computers via the web +for free! The iCloud is a virtual hard drive service allows users to securely store photos, videos, documents, apps, music and so much more online! It also lets you sync multiple devices, including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your Apple device PLUS your Apple ID and password.

Anne Gordon Center

May 12 W 10:00am-12:00pm Fee: \$6
 Jul 28 W 10:00am-12:00pm Fee: \$6

If Not Home, Where Then?

Age: yrs. This seminar will help people evaluating a possible move from their home to independent or assisted living. The seminar's featured speakers will be Gina Murray, RN, BSN and director of Aware Senior Care, providing in-home care for seniors and the chronically ill and a geriatric care advocate. Gina will present signs that perhaps home is no longer the best place to live followed by a geriatric advocate who will present the various options outside the home such as independent living, assisted living, continuous care retirement communities, and residential home care. You will learn things to consider and evaluate in terms of where to live and leave with an understanding of the various living options commutes provide and the costs.

Anne Gordon Center

May 20 Th 11:00am-12:00pm Fee: \$0
Five Points Center
 Aug 17 Tu, Th 2:30-3:30pm Fee: \$0

Introducing SIRI - Your Personal Assistant for iPad/iPhone

Age: 18-99 yrs. Do you hate typing when you are on your iPad, iPhone, or Apple Laptop? Wish you could just say what you want your device to do like send a text message, call a friend, or remind me to buy bananas the next time I'm near the grocery store without bumbling around on your Apple device? Well you can. And it is called Siri! Using your voice, you can get Siri to do all sorts of things like add appointments to your calendar, grocery lists and so much more! Get to know Siri, your personal assistant on your Apple device. Prerequisite: 'iPad/iPhone Basics 1' or intermediate user. Bring your Apple device like you iPhone or iPad. PLUS your Apple ID and password.
Anne Gordon Center
 Jun 30 W 10:00am-12:00pm Fee: \$6
 Jul 7 W 10:00am-12:00pm Fee: \$6

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iPad Basics 1

Age: 18-99 yrs. You just got your iPad, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPad. Must bring: Your own iPad PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Anne Gordon Center

Jul 26-Aug 2 M 10:00-11:30am Fee: \$12

Five Points Center

May 6-May 13 Th 10:00-11:30am Fee: \$12

iPad Basics 2

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

Anne Gordon Center

Aug 9-Aug 16 M 10:00-11:30am Fee: \$12

Five Points Center

May 20-May 27 Th 10:00-11:30am Fee: \$12

iPad Basics 3

Age: 18-99 yrs. Want to read books and listen to Audio books and Music on your iPad? Or maybe find some cool apps? Learn how to search and download a variety of content from the App Store, the iTunes Store, and the iBook store. Plus learn how to check out eBooks from the Wake County Public Library! Contact Tommy Hodges for more information regarding this course at 919-996-2458. Prerequisite: 'iPad/iPhone Basics 1' or Intermediate user. Bring your iPad PLUS your Apple ID and password.

Anne Gordon Center

May 5 W 10:00am-12:00pm Fee: \$6

Aug 25 W 10:00am-12:00pm Fee: \$6

Jun 22 Tu 2:00-4:00pm Fee: \$6

iPhone Basics 1

Age: 18-99 yrs. You just got your iPhone, now what do you do with it because it certainly didn't come with a manual? Join us as we show you how to perform a quick search, set reminders, Facetime, Alarms, create Folders, Photo App Sharing and Editing, Connect to Wifi, use the QR Code reader, Airdrop, open and close Applications, lock screen and power down, learn where your Apple ID is located, check out your notifications feed page, use your camera, control panel and more! Introduction to the basics of owning an iPhone. Must bring: Your own iPhone PLUS your Apple ID & Password. Contact Tommy Hodges for more information regarding this course at 919-996-2458.

Five Points Center

Jun 10-Jun 17 Th 10:00-11:30am Fee: \$12

Aug 12-Aug 19 Th 10:00-11:30am Fee: \$12

iPhone Basics 2

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

Five Points Center

Jun 24-Jul 1 Th 10:00-11:30am Fee: \$12

Know Your Property's Title and Deed

Age: 18-99 yrs. This presentation explores voluntary and involuntary transfer of Title and the various deeds 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 Real Estate.

Five Points Center

Aug 10 Tu 2:30-3:30pm Fee: \$0

Legal: Important Documents Everyone Should Have

Age: 18-99 yrs.

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

Jul 13 Tu 11:00am-12:00pm Fee: \$0

Five Points Center

May 18 Tu 2:30-3:30pm Fee: \$0

Microsoft Word Basics 1

Age: 18-99 yrs. Microsoft Word is a powerful program that you can use to create many different documents, brochures, etc. You can create your own document from scratch or select a template that Microsoft has already created. In this class you will learn how to: change the font, font size, create a bulleted list, set line spacing, insert tables, insert pictures, insert clip art, utilize text boxes, add WordArt, adjust the margins, utilize the built-in dictionary/thesaurus and more! This is a fantastic beginner class for Microsoft Word. Prerequisite: You must have taken Computer Basics 1 & 2 or have a working knowledge of the Windows 10 Operating System.

Anne Gordon Center

May 17 M 10:00am-12:00pm Fee: \$6

May 19 W 10:00am-12:00pm Fee: \$6

Five Points Center

Jun 8 Tu 10:00am-12:00pm Fee: \$6

Jul 29 Th 10:00am-12:00pm Fee: \$6

Aug 5 Th 10:00am-12:00pm Fee: \$6

Walnut Terrace Neighborhood Center

Aug 23 M 2:00-4:00pm Fee: \$6

New To Computers 1

Age: 18-99 yrs. 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

May 10 M 2:00-4:00pm Fee: \$0

Jun 14 M 2:00-4:00pm Fee: \$0

New To Email 1

Age: 18-99 yrs.

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

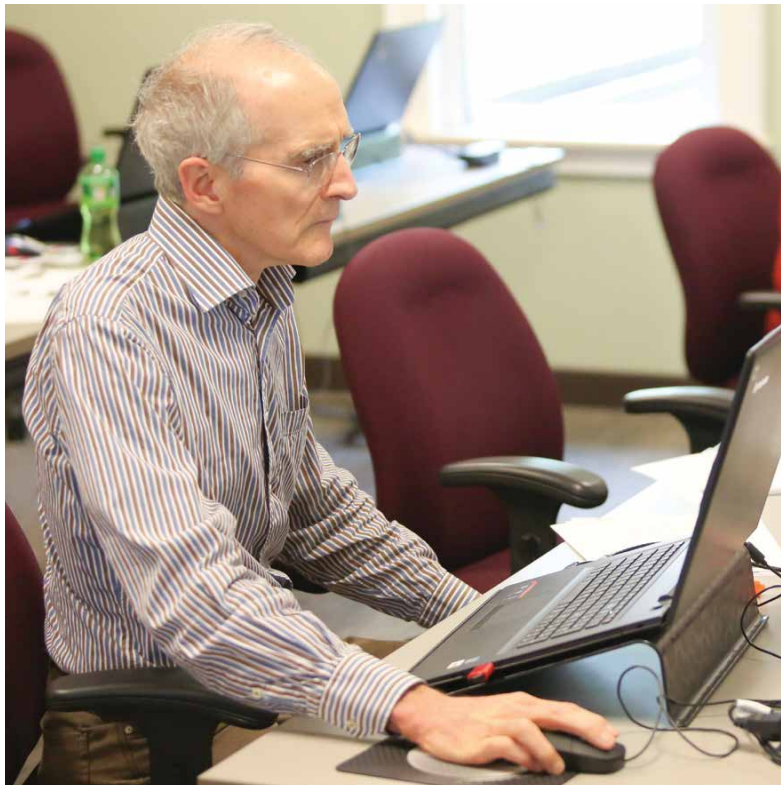
Walnut Terrace Neighborhood Center

May 24 M 2:00-4:00pm Fee: \$0

Jun 7 M 2:00-4:00pm Fee: \$0

Normal Aging vs Non-Normal Aging

Age: 18-99 yrs. Have you ever walked into a room and totally forgot why and what you were looking for? Have you gone to a social function and recognized a person you have known for years but you can't recall their first name? Have you misplaced your car keys for the 3rd time in a row in a one-week span? Have you wondered if your losing your memory? Is this normal? Would you like to find out? This seminar based on material from Teepa



Snow's Positive Approach to Care, Dementia Training will: Compare and contrast normal aging versus not normal aging related to various cognitive functions; describe the five sensory input and processing systems, highlighting the dominant role of vision, and the major differences between protective and discriminating sensation in each and discuss the impact of changing sensory awareness and processing as dementia progresses. Presented by Gina Murray, RN BSN and co-founder of Aware Senior Care.

Anne Gordon Center
 Jul 15 Th 11:00am-12:00pm Fee: \$0
Five Points Center
 Jun 22 Tu 2:30-3:30pm Fee: \$0

Pinterest Basics 1

Age: 18-99 yrs. 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
 Aug 17 Tu 2:00-4:00pm Fee: \$6

Resources for Seniors: Who Are We and What We Do

Age: 18-99 yrs. 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
 Jun 3 Th 11:00am-12:00pm Fee: \$0
Five Points Center
 Aug 3 Tu 2:30-3:30pm Fee: \$0

SHIIP Counseling

Age: 18-99 yrs. 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
 May 3-Aug 30 M, F 9:00am-4:00pm Fee: \$0
Five Points Center
 May 4-Aug 31 Tu-Th 9:30am-4:30pm Fee: \$0

TechRefresh

Age: 18-99 yrs. TechRefresh is an exciting new program that allows students who have previously completed a Digital Inclusion Adult Technology class to return and ask questions about the material that was previously covered or requires further explanation. Only those who have completed a course related to the refresh topic during a predetermined grace period are eligible to participate in this free program. Your TechRefresh time with an instructor is scheduled in advance and we require you to show up 15 minutes early for set up.

Five Points Center
Android Phone Refresh
 Jun 1 Tu 2:15-5:15pm Fee: \$0
Walnut Terrace Neighborhood Center
iPhone Refresh
 May 17 M 2:15-5:15pm Fee: \$0
iPhone Refresh
 Jul 5 M 2:15-5:15pm Fee: \$0
Android Phone Refresh
 Aug 16 M 2:15-5:15pm Fee: \$0
Computer Basics Refresh
 May 3 M 2:15-5:15pm Fee: \$0
Computer Basics Refresh
 Aug 9 M 2:15-5:15pm Fee: \$0

Tips on Purchasing a Computer

Age: 18-99 yrs. Want to buy a computer, but don't know where to start? You're finally ready to purchase a computer, but you can't decide what type of computer you should get. First you need to decide specifically what you are going to do with your computer. And only you can decide this. But before you go to the store, let us help you understand the differences between a laptop, desktop, and tablet and all the tech that can be found in each. So that you will have an idea of what you should be looking for when you make your decision. Then you can decide which will work best for your needs.

Anne Gordon Center
 Jul 28 W 2:00-4:00pm Fee: \$6
Five Points Center
 Jun 8 Tu 2:00-4:00pm Fee: \$6

Family

TKD-All Belt Open Class

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

Biltmore Hills Community Center
 May 3-May 31 M, W 7:00-7:45pm Fee: \$50
 Jun 2-Jun 30 M, W 7:00-7:45pm Fee: \$50
 Jul 5-Jul 28 M, W 7:00-7:45pm Fee: \$50
 Aug 2-Aug 30 M, W 7:00-7:45pm Fee: \$50



Health & Wellness



Preschool

Dance - Twinkle Toes

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

Greystone Recreation Center

May 4-May 25 Tu 11:30am-12:15pm Fee: \$40

Gymnastics - Tumbling Tinies

Age: 0.75-2 yrs. 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 has a BS in education and is a former USGA gymnast.

Greystone Recreation Center

May 4-May 25 Tu 9:30-10:15am Fee: \$40

Gymnastics - Tumbling Tots

Age: 1.5-3 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 is a former USGA gymnast and has a BS in elementary education.

Greystone Recreation Center

May 4-May 25 Tu 10:30-11:15am Fee: \$40

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

May 4-May 25	Tu	5:30-6:15pm	Fee: \$40
Jun 1-Jun 22	Tu	5:30-6:15pm	Fee: \$40
Jul 6-Jul 27	Tu	5:30-6:15pm	Fee: \$40
Aug 3-Aug 24	Tu	5:30-6:15pm	Fee: \$40

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 Recreation Center

May 3-May 24	M	12:00-12:45pm	Fee: \$40
May 6-May 27	Th	1:15-2:00pm	Fee: \$40

Kidokinetics Jr.

Age: 1.5-3 yrs. Get moving, build confidence and have FUN as you and your toddler engage in active play together! Instructor led classes encourage motor and social development through the introduction of a variety of sports, games and activities in a lively, non-competitive environment. Activities include soccer, basketball, baseball, hockey, hula hoops, parachute games, obstacles courses and much more! Instructor: Kidokinetics Triangle NC

Greystone Recreation Center

May 3-May 24	M	11:00-11:45am	Fee: \$40
May 6-May 27	Th	12:15-1:00pm	Fee: \$40

Kinder Tae Kwon Do

Age: 4-6 yrs. This martial arts class for youth provides introductory instruction in Tae Kwon Do. A parent per family is encouraged to sit in and observe. Social distancing and Covid-19 guidelines will be in place during the class.

Lions Park Community Center

May 6-May 27	Th	6:30-7:30pm	Fee: \$25
Jun 3-Jun 24	Th	6:30-7:30pm	Fee: \$25
Jul 1-Jul 22	Th	6:30-7:30pm	Fee: \$25
Aug 5-Aug 26	Th	6:30-7:30pm	Fee: \$25

Parent and Toddler Yoga

Age: 3-5 yrs. This fun yoga series combines age-appropriate poses with imaginative yoga adventures, delightful books and music while offering a special time for parents and caregivers to connect with their child. Grown ups, get your silly hats on! We will hiss in cobra pose, bark in downward dog, and flutter our wings in butterfly all while building strength, coordination, and balance! Your little yogi will love this class with you and everyone will leave more centered and ready to face the weekend. Grown-ups and children should both wear clothes for movement. Please bring a yoga mat. Register child only.

Hill Street Neighborhood Center

May 8-May 29	Sa	11:15am-12:00pm	Fee: \$40
Jun 5-Jun 26	Sa	11:15am-12:00pm	Fee: \$40
Jul 10-Jul 31	Sa	11:15am-12:00pm	Fee: \$40
Aug 7-Aug 28	Sa	11:15am-12:00pm	Fee: \$40

Tumble N Twist

Age: 4-5 yrs. Have a child who loves to tumble and have fun? Join us for our beginners tumbling class where your child will learn the basics of tumbling and fitness/conditioning. Your child will work on gross motors skills while learning the forward roll, backwards roll, straddle roll, intro to cartwheels and much more. Come join in the fun.

Hill Street Neighborhood Center

May 5-May 26	W	6:30-7:30pm	Fee: \$40
Jun 2-Jun 23	W	6:30-7:30pm	Fee: \$40
Jul 7-Jul 28	W	6:30-7:30pm	Fee: \$40
Aug 4-Aug 25	W	6:30-7:30pm	Fee: \$40

Youth

Bollywood Dance Kids

Age: ? 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

May 1-Aug 28	Sa	10:30-11:15am	Fee: \$10
May 1-Aug 28	Sa	11:15am-12:00pm	Fee: \$10

Boxing at Worthdale

Age: 8-12 yrs. This class will teach basic boxing skills and techniques such as; stance, guard, movement, jab, cross, hook to participants. This class will increase strength and improves endurance. Class will also include shadow boxing, partner drills and pad work. These skills will give youth self-defense tools as well as self-confidence.

Worthdale Community Center

Jun 2-Jun 30	M,W	6:15-7:15pm	Fee: \$25
Jul 5-Jul 28	M,W	6:15-7:15pm	Fee: \$25

Capoeira at Method - Youth

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

Method Road Community Center

May 1-May 29	Sa	11:00-11:45am	Fee: \$15
Jun 5-Jun 26	Sa	11:00-11:45am	Fee: \$15
Jul 3-Jul 31	Sa	11:00-11:45am	Fee: \$15
Aug 7-Aug 28	Sa	11:00-11:45am	Fee: \$15

Cheer Dance

Age: 5-11 yrs. Learn basic cheer fundamentals including jumps, motions, and sharpness into a dance. Participants will enhance self-esteem, learn teamwork, and gain strength.

Barwell Road Community Center

May 5-May 26	W	6:30-7:30pm	Fee: \$40
Jun 2-Jun 23	W	6:30-7:30pm	Fee: \$40
Jul 7-Jul 28	W	6:30-7:30pm	Fee: \$40
Aug 4-Aug 25	W	6:30-7:30pm	Fee: \$40

GENERATION POUND® @ Greystone

Age: 6-12 yrs. GENERATION POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination and physical fitness, while building teamwork skills. Its creation was not only geared towards encouraging wellness in kids, but a MOVEMENT that aims to change the concept of health and fitness for today's youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! This workout is bound to be a hit with young 'Rockstars' and introduces alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE! Instructor: Lisa Shackelford; Certified Pound Pro; AFAA Group Ex. Certification; ACE PT Certified

Greystone Recreation Center

May 5-May 26	W	5:30-6:15pm	Fee: \$40
Jun 2-Jun 23	W	5:30-6:15pm	Fee: \$40
Jul 7-Jul 28	W	5:30-6:15pm	Fee: \$40
Aug 4-Aug 25	W	5:30-6:15pm	Fee: \$40

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

May 4-May 25	Tu	6:15-7:00pm	Fee: \$40
Jun 1-Jun 22	Tu	6:15-7:00pm	Fee: \$40
Jul 6-Jul 27	Tu	6:15-7:00pm	Fee: \$40
Aug 3-Aug 24	Tu	6:15-7:00pm	Fee: \$40

Tae Kwon Do Youth

Age: 6-12 yrs. Participants will learn the art of self-defense, discipline, continue to refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center

Jun 1-Jun 29	Tu, Th	6:30-7:30pm	Fee: \$25
Jul 1-Jul 29	Tu, Th	6:30-7:30pm	Fee: \$25
Aug 3-Aug 31	Tu, Th	6:30-7:30pm	Fee: \$25

Teen

Teen Fitness Room Pass

Check out the fitness rooms around the City! Take advantage of a variety of cardiovascular and strength-training equipment and achieve your fitness goals. Fitness rooms will be open during normal center operating hours. A Teen Fitness Orientation will be required for all teen participants who desire to access community center Fitness Rooms. The Teen Fitness Orientation is designed to educate and instruct youth members on how to use the cardio and weight equipment in each Fitness Room. Investing in your child's safety, health, and well-being is a top priority for our Parks Recreation and Cultural Resources team. Upon completion of the Orientation, eligible teens will receive approval to use the Cardio and selected strength equipment ONLY with parental/guardian with a pass to supervision. Each orientation is approximately 30 minutes in length. Orientations are requested by contacting the Health and Wellness Program Director at 919.996.2767 or by e-mail at Ainsley.worrell@raleighnc.gov. Fitness rooms are open during normal center hours

Locations:

Abbotts Creek Community Center
 Barwell Road Community Center
 Biltmore Hills Community Center
 Brier Creek Community Center
 Carolina Pines Community Center
 Green Road Community Center
 Halifax Community Center
 Jaycee Community Center
 John Chavis Community Center
 Lake Lynn Community Center
 Laurel Hills Community Center
 Lions Park Community Center
 Marsh Creek Community Center
 Method Road Community Center
 Millbrook Exchange Community Center
 Pullen Community Center
 Roberts Park Community Center
 Tarboro Road Community Center
 Worthdale Community Center

Teen Fitness Room Pass options (13-17 year olds):
 Annual: \$150, Monthly: \$15, Daily: \$2

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Adult

Adult Fitness Room Pass

Check out the fitness rooms around the City of Raleigh. Take advantage of a variety of cardiovascular and strength-training equipment and achieve your fitness goals. Complimentary Fitness Orientations are available free of charge for all new members. The orientation is conducted by our staff and will familiarize new members with the equipment in the fitness rooms as well as the policies and procedures. Teen Fitness Room Orientations are requested by contacting the Health and Wellness Program Director at 919.996.2767 or by e-mail at Ainsley.worrell@raleighnc.gov. Passes can be purchased at any fitness room location. Fitness rooms are open during normal center hours.

Locations:

Abbots Creek Community Center
 Barwell Road Community Center
 Biltmore Hills Community Center
 Brier Creek Community Center
 Carolina Pines Community Center
 Green Road Community Center
 Halifax Community Center
 Jaycee Community Center
 John Chavis Community Center
 Lake Lynn Community Center
 Laurel Hills Community Center
 Lions Park Community Center
 Marsh Creek Community Center
 Method Road Community Center
 Millbrook Exchange Community Center
 Pullen Community Center
 Roberts Park Community Center
 Tarboro Road Community Center
 Worthdale Community Center

Adult Fitness Room Pass options (18 and older):

Annual: \$150, Monthly: \$15, Daily: \$2

Abbots Creek Tai Chi

Age: 18-99 yrs. End the weekend in a relaxing and insightful way at this Tai Chi class that's offered at Abbott's Creek every Sunday evening. Tai Chi offers a gentler approach to the martial arts, reducing stress, improving balance, and increasing flexibility. The rhythmic movements performed in this class engages the mind and body, and is designed for both beginner and advanced participants.

Abbots Creek Community Center

May 2-May 23	Su	5:00-5:55pm	Fee: \$15
Jun 6-Jun 27	Su	5:00-5:55pm	Fee: \$15
Jul 4-Jul 25	Su	5:00-5:55pm	Fee: \$15
Aug 1-Aug 22	Su	5:00-5:55pm	Fee: \$15

All Levels Yoga

Age: 18-99 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

Jun 3-Jul 8	Th	6:30-7:30pm	Fee: \$60
Jul 22-Aug 26	Th	6:30-7:30pm	Fee: \$60

Bootcamp At Worthdale

Age: 18-99 yrs. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

Worthdale Community Center

Jul 1-Jul 29	Th, Sa	6:30-7:30pm	Fee: \$15
Aug 5-Aug 28	Th, Sa	6:30-7:30pm	Fee: \$15

Bootcamp at Worthdale II

Age: 13-99 yrs. Participants will experience a full body strength and conditioning workout which increases metabolism so you may continue to burn more calories after each session. This workout mixes strength, cardiovascular and interval training using both body weight and free weights. A safe, supportive and motivational environment is provided for participants. All levels are welcomed.

Worthdale Community Center

Jun 1-Jun 29	Tu,Th,Sa	6:30-7:30pm	Fee: \$15
Jul 1-Jul 31	Tu,Th,Sa	6:30-7:30pm	Fee: \$15
Aug 3-Aug 31	Tu,Th,Sa	6:30-7:30pm	Fee: \$15

Capoeira at Method - Adult

Age: 12-99 yrs. Capoeira is an amazing martial art from Brazil that combines dance, gymnastics and music! The beautiful movements are deceptive and powerful. Regular practice builds strength, flexibility, confidence and coordination.

Method Road Community Center

May 1-May 26	W, Sa	12:00-1:00pm	Fee: \$15
Jun 5-Jun 30	W, Sa	12:00-1:00pm	Fee: \$15
Jul 3-Jul 31	W, Sa	12:00-1:00pm	Fee: \$15
Aug 4-Aug 28	W, Sa	12:00-1:00pm	Fee: \$15

Cardio and Sculpt

Age: 18-99 yrs. All levels welcome! Combo class combining cardio and weights. Burn calories and sculpt lean muscle using medicine balls, resistance bands & weights. Cardio warm up, circuit training, finishing with AB focus. Please bring water bottle and towel. Instructor: Liz St. John, BS Health Group Fitness.

Brier Creek Community Center

May 4-Aug 31	Tu	6:00-7:00pm	Fee: \$5
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Cardio Kick

Age: 18-99 yrs. 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.

Abbots Creek Community Center

Feb 4-Apr 29	Th	6:30-7:30pm	Fee: \$5
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Chavis Fitness Punch Pass-4

Age: 18-99 yrs. Punch pass may be used for Mixed Fit evening classes held at Chavis Community Center only. The punch pass includes 4 classes and 2 free event classes. Pass is good for up to 3 months!! Punch pass registration and pass pick up is done at Chavis Community Center.

John Chavis Community Center

Jun 17-Jun 24	Th	6:45-7:45pm	Fee: \$20
Jul 1-Jul 29	Th	6:45-7:45pm	Fee: \$20
Aug 5-Aug 26	Th	6:45-7:45pm	Fee: \$20

Chavis Line Dancing

Age: 16-99 yrs. You are invited to learn the latest and all-time favorite line dances to urban contemporary, classic R&B/soul, and country music. Lessons are for beginners through advanced dancers. Improvisational dance techniques will be taught as well. Line dancing is a great form of exercise that is popular at all social occasions and events. Cost per class is \$5.

John Chavis Community Center

Jul 13	Tu	6:30-7:30pm	Fee: \$5
Aug 10	Tu	6:30-7:30pm	Fee: \$5

Dance - Beginner and Improver Contemporary Line Dance

Age: 16-99 yrs. Join this beginner through improver line dance class and learn fun dances to all kinds of music: pop, western, and oldies. Line dancing is a great way to keep active - both for your brain and body! From 4:00-5:00 is easy beginner through solid beginner dances. You'll learn steps and gain experience doing beginner line dances. From 5:00-6:00 is improver level dancing, work on more challenging dances at the improver level. Knowledge of line dance steps is necessary and prior experience recommended. Instructor: Jackie Wheeler.

Sertoma Arts Center

May 11-Aug 31	Tu	4:00-6:00pm	Fee: \$2
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Dance - Bollywood Dance Fitness

Age: 13-99 yrs. 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

May 4-Aug 24	Tu	7:45-8:45pm	Fee: \$10
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Dance - Contemporary Beginner/ Improver Line Dance

Age: 18-99 yrs. 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 improve your level. Knowledge of line dance steps and prior experience necessary. Instructors: Jackie Wheeler.

Brier Creek Community Center

May 5-Aug 25	W	6:00-8:00pm	Fee: \$5 Drop In
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Dance Xross Fitness at the Creek

Age: 18-99 yrs. 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

May 5-Aug 27	W	9:30-10:30am	Fee: \$5 Drop In
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Exercise - Sertoma Chair Yoga for Seniors

Age: 16-99 yrs. This chair yoga class is designed for all levels including seniors and others with varying degrees of mobility. Yoga can help relax tense muscles, stabilize joints and strengthen the body. Yoga can also improve digestion, circulation and reduce high blood pressure as well as anxiety. You will learn gentle stretching, breathing techniques and ways to calm the mind. Before undertaking any exercise program, one should consult a physician. Bring a yoga mat and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center

May 11-Jun 22	Tu	1:30-2:30pm	Fee: \$13
Jul 13-Aug 17	Tu	1:30-2:30pm	Fee: \$13

Exercise - Sertoma Kripalu Yoga Beginning

Age: 16-99 yrs. The ancient art of yoga combines postures for the body, breathing for relaxation and meditation for the mind. Kripalu is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center

May 10-Jun 21	M	6:15-7:15pm	Fee: \$13
May 10-Jun 21	M	7:30-8:30pm	Fee: \$13
Jul 12-Aug 16	M	6:15-7:15pm	Fee: \$13
Jul 12-Aug 16	M	7:30-8:30pm	Fee: \$13
May 11-Jun 22	Tu	12:00-1:00pm	Fee: \$13
Jul 13-Aug 17	Tu	12:00-1:00pm	Fee: \$13

Exercise - Sertoma Kripalu Yoga Continuing

Age: 16-99 yrs. This course is a continuation of the Kripalu Yoga Beginning Class. Students should have taken the beginning class or have yoga experience. Before undertaking any exercise program, one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor: Susan Kilmon.

Sertoma Arts Center

May 12-Jun 23	W	7:30-8:30pm	Fee: \$13
Jul 14-Aug 18	W	7:30-8:30pm	Fee: \$13
May 13-Jun 24	Th	12:00-1:00pm	Fee: \$13
Jul 15-Aug 19	Th	12:00-1:00pm	Fee: \$13

Exercise - Sertoma Kripalu Yoga Continuing with Meditation

Age: 16-99 yrs. 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

May 12-Jun 23	W	6:15-7:15pm	Fee: \$13
Jul 14-Aug 18	W	6:15-7:15pm	Fee: \$13

Exercise - The Nia Technique

Age: 13-99 yrs. Nia is a form of fusion fitness for the body, mind, emotions and spirit. The technique integrates movements from dance, martial arts and healing arts to condition the whole body, quiet the mind, release stress and restore the spirit. It is fun, expressive and adaptable for all fitness levels. New to Nia? Take a free class! Instructor: Laura Ghantous.

Sertoma Arts Center

May 1-Jun 26	Sa	10:15-11:15am	Fee: \$13
Jul 10-Aug 28	Sa	10:15-11:15am	Fee: \$13

Fitness - Zumba®

Age: 10-99 yrs. Zumba dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5 per class. All classes taught by licensed Zumba Instructor.

Abbots Creek Community Center

May 5-Aug 25	W	6:30-7:30pm	Fee: \$5
May 2-Aug 29	Su	1:30-2:30pm	Fee: \$5

Gentle Yoga

Age: 18-99 yrs. Treat your body to much-needed stretches and release stress in a yoga class. Focus is on a gentler yoga, primarily on the floor, which may include meditations and stretches that help with flexibility, posture and stress relief. Please bring your mats, towels or blankets.

Pullen Community Center

May 5-Jul 14	W	5:15-6:15pm	Fee: \$60
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Gentle Yoga at Abbotts Creek

Age: 15-99 yrs. 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

Feb 4-Feb 25	Th	6:15-7:15pm	Fee: \$40
Jun 3-Jun 24	Th	6:15-7:15pm	Fee: \$40
Jul 1-Jul 22	Th	6:15-7:15pm	Fee: \$40
Jul 1-Jul 22	Th	6:15-7:15pm	Fee: \$40
May 4-May 25	Tu	6:15-7:15pm	Fee: \$40
Jun 1-Jun 22	Tu	6:15-7:15pm	Fee: \$40
Jul 6-Jul 27	Tu	6:15-7:15pm	Fee: \$40
Aug 3-Aug 24	Tu	6:15-7:15pm	Fee: \$40

Gentle Yoga at Carolina Pines

Age: 15-99 yrs. 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

Drop In

May 5-Aug 25	W	7:00-8:15pm	Fee: \$10
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5 Class Pass

May 5-Aug 25	W	7:00-8:15pm	Fee: \$35
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Green Road Martial Arts

Age: 16-99 yrs. Cuong Nhu Martial Arts is best characterized as having roots in Karate, Boxing, Wing Chun Kung Fu, Aikido, Judo, Vovinam and Tai Chi Chuan. Beginners learn the basics skills of Karate and Boxing as well as the basics of rolling and dropping to the floor. As the student's skill set grows they learn the fundamentals of throwing and ground work. We workout smart, we workout strong, we develop self-defense skills, we have fun and we learn from each other. Head instructors are Master Elizabeth Roman and Master Robert First. Both have been training and teaching for 39 years and are 7th Degree Blackbelts. Their years of experience have given them an understanding of how to develop people of all ages.

Green Road Community Center

May 4-Aug 31	Tu,W,F	7:00-8:30pm	Fee: \$7
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Introduction to MELT Method

Age: 18-99 yrs. Become your own Hands-Off Bodyworker with the MELT Method, a revolutionary self-treatment that can help you feel better – even if you'd had chronic pain for years. Using a MELT Soft Roller and small MELT Hand and Foot Treatment Balls, discover how to rehydrate connective tissue and allow the body to release long-hold tension. Many of us carry this tension in low back, neck and shoulders often originating from repetitive movements and compromised postures of daily living. Expect to leave this class feeling as if you have had a massage, moving better

and more aligned. To read more about MELT visit www.meltmethod.com or email the instructor Jenny Turnage with your questions jenny@foodfityoga.com

Thomas G. Crowder Woodland Center

Jun 12	Sa	10:00-11:30am	Fee: \$25
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JKC Self Defense

Age: 10-99 yrs. Learn self-defense in a fun and unique way. Different from karate, Jo Kwon Chi (JKC) offers a soft but effective approach to the martial arts that's not only enjoyable, but also efficient and rewarding. Borrowing from various Chinese, Turkish, Japanese, and Korean styles, JKC teaches the student to utilize angles and go with the opponent's flow along with being acutely aware of surroundings, and de-escalation skills. This class is safe and geared for beginners, but advanced martial artists can benefit too!

Abbotts Creek Community Center

May 1-Aug 28	W	7:15-8:30pm	Fee: \$5
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Laurel Hills Yoga Drop in Fee

Age: 0-99 yrs.

Gentle Yoga Drop in Fee

Laurel Hills Community Center

May 5-Aug 25	W	5:30-6:45pm	Fee: \$10
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Martial Arts - Chinese Kenpo Karate - Teens & Adults

Age: 13-99 yrs. Increase your physical and mental abilities while developing effective self-defense skills through kenpo. Expand your self-awareness, sharpen your focus, promote your critical-thinking skills and improve your problem-solving talents. Belt level testing fee payable to the instructor applies, but testing is not required. Uniform and patches are required after one month or upon testing (whichever comes first) and are available through instructor. The local school is affiliated with an international organization. Instructor: Bill Parsons of Triangle Kenpo Institute.

Millbrook Exchange Community Center

May 3-May 26	M, W	7:00-8:30pm	Fee: \$45
Jun 2-Jun 28	M, W	7:00-8:30pm	Fee: \$45
Jul 30-Jul 28	M, W	7:00-8:30pm	Fee: \$45
Aug 2-Aug 25	M, W	7:00-8:30pm	Fee: \$45

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!

John Chavis Community Center

Jun 17-Jun 24	Th	6:45-7:45pm	Fee: \$5
Aug 5-Aug 26	Th	6:45-7:45pm	Fee: \$5

POUND®. Rockout. Workout. Drop In

Age: 12-99 yrs. Instead of listening to music, you become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Instructor Katrina Dooda: Certified Pound Pro/Pound Tour Crew, AFAA Certified

Brier Creek Community Center

May 3-Aug 23	M	10:00-11:00am	Fee: \$5
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POUND®. Rockout. Workout.® @ Greystone

Age: 18-99 yrs. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out and releasing stress. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable, and the alternative vibe and welcoming philosophy, appeals to men and women of all ages and abilities. Instructor is a Certified Pound Pro; AFAA Group Ex. Certification; ACE PT Certified

Greystone Recreation Center

May 1-Aug 28	Sa	11:00am-12:00pm	Fee: \$5
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Soul Line Dance & Get Fit

Age: 16-99 yrs. This line dance class is for individuals new to line dancing and those who want to learn new line dance basics. Soul Line Dance is taught at a slow-to-moderate pace. Do not be fooled by the title: You will learn and practice some great cardio workouts and low-, medium- and high-impact soul line dances. Come prepared to move, sweat and have fun!

Abbotts Creek Community Center

May 2-Aug 29	Su	3:00-4:30pm	Fee: \$5
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Barwell Road Community Center

May 5-Aug 25	W	6:00-7:30pm	Fee: \$5
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Greystone Recreation Center

May 3-Aug 30	M	6:00-7:30pm	Fee: \$5
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SUP Yoga

Age: 16-99 yrs. This course will take students through a vinyasa style yoga sequence with some added strength training, play time, and a gentle cool down. Yoga and/or stand-up paddleboard experience required. Instructor: Angel Bailey

Lake Johnson Waterfront Center

Jun 7	M	6:30-7:30pm	Fee: \$15
Jun 21	M	6:30-7:30pm	Fee: \$15
Jul 5	M	6:30-7:30pm	Fee: \$15
Jul 19	M	6:30-7:30pm	Fee: \$15
Aug 2	M	6:30-7:30pm	Fee: \$15
Aug 16	M	6:30-7:30pm	Fee: \$15



Tae Kwon Do Level 2

Age: 13-99 yrs.
Participants will continue to learn the art of self-defense and discipline at an advanced level. Also will refine their skills, learn different techniques and develop physical fitness.

Worthdale Community Center

Jun 29	Tu, Th	7:30-8:30pm	Fee: \$25
Jul 1-Jul 29	Tu, Th	7:30-8:30pm	Fee: \$25
Aug 3-Aug 31	Tu, Th	7:30-8:30pm	Fee: \$25

Therapeutic Renewal Yoga

Age: 16-99 yrs. Thought you could not do yoga? Stretch. Breathe. Release tension. 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

May 11-Jun 29	Tu	9:30-11:00am	Fee: \$80
Jul 13-Aug 31	Tu	9:30-11:00am	Fee: \$80

Urban (Soul) Line Dancing

Age: 16-99 yrs. 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

May 3-Aug 30	M	7:00-8:30pm	Fee: \$5
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Yoga @ Laurel Hills

Age: 16-99 yrs. 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

May 5-May 26	W	5:30-6:45pm	Fee: \$32
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Yoga at Brier Creek/Drop In

Age: 18-99 yrs. 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

May 4-Aug 31	Tu	6:45-7:45pm	Fee: \$10
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Yoga at Lions Park - Foundations

Age: 18-99 yrs. Ignite your passion for yoga while expanding the foundation of your yoga practice with our class. Find that inner strength and peace by experiencing different yoga techniques, terminology, meditations, breathing, and much more. We do not provide yoga mats. Personal yoga mats must be brought to class.

Lions Park Community Center

Jun 5-Jun 26	Sa	10:00-11:00am	Fee: \$95
Jul 10-Jul 31	Sa	10:00-11:00am	Fee: \$95
Aug 7-Aug 28	Sa	10:00-11:00am	Fee: \$95

ZUMBA® at Halifax

Age: 18-99 yrs. Zumba® is a feel good workout that combines 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, fat burning and total body toning. No dance experience required. Dance to great music, with great people and burn a lot of calories without even realizing it!

Halifax Community Center

May 3-Aug 30	M,Th	6:15-7:15pm	Fee: \$5
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ZUMBA® at Greystone

Age: 12-99 yrs. ZUMBA® dance fitness combines rhythms of Latin and international music to make exercising fun! Learn basic steps to salsa, merengue, cumbia, samba and more! No dance experience necessary. Transform your body to a healthier you! Don't wait any longer! Come join the Zumba party for \$5 per class. All classes taught by a licensed Zumba Instructor.

Greystone Recreation Center

May 6-Aug 26	Th	6:00-7:00pm	Fee: \$5
May 1-Aug 28	Sa	10:00-11:00am	Fee: \$5

ZUMBA® at Barwell Road

Age: 12-99 yrs. This aerobic fitness class adults and teens uses rhythms from salsa, merengue, samba, cha-cha and other Latin music. This class combines body-sculpting movements with easy-to-follow dance steps. Chair Zumba may be incorporated into some classes. You may bring small weights to class. Instructor: Portia Walton.

Barwell Road Community Center

May 3-Aug 30	M	6:00-7:00pm	Fee: \$5
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ZUMBA® at Green Road

Age: 12-99 yrs. When you see a Zumba class in action, you'll have to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you're getting fit and your energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Green Road Community Center

May 3-Aug 30	M,W,F	6:00-7:00pm	Fee: \$5
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ZUMBA® at the Creek!

Age: 18-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party!

Brier Creek Community Center

May 5-Aug 25	W	6:30-7:30pm	Fee: \$5
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ZUMBA® Boom

Age: 14-99 yrs. International explosion of dance, fun and fitness! Learn the basic Latin rhythms and moves of merengue, salsa, cumbia and more. No prior dance experience or background necessary. Come join the Zumba party! Passes: \$5 (daily), \$25 (6 visit pass), \$45 (12 visit Pass)

Laurel Hills Community Center

May 4-Aug 31 Tu,W 7:30-8:30pm Fee: \$5

Senior

Adult Tap Dance

Age: 18-99 yrs. Learn (or re-learn) classic tap patterns for a good physical and mental workout. Tap dance does not require a partner or a group so you can practice any time. Students should bring tap or hard bottomed shoes for class and have some tap/dance experience. Instructor: Bev Norwood

Five Points Center

May 5-May 26 W 12:30-1:30pm Fee: \$12
 Jun 2-Jun 30 W 12:30-1:30pm Fee: \$15
 Jul 7-Jul 28 W 12:30-1:30pm Fee: \$12
 Aug 4-Aug 25 W 12:30-1:30pm Fee: \$12

AIM Fitness

Age: 18-99 yrs. The 'AIM' of Adults In Motion Fitness is to be fun, challenging and calorie burning. Strengthen your muscles and improve your range of motion, balance, and flexibility through stretching, low impact aerobics, and the use of hand weights and resistance bands. Classes differ by instructor. All classes are beginner level with chair support unless otherwise noted.

Anne Gordon Center

May 4-May 25 Tu 9:15-10:00am Fee: \$12
 Jun 1-Jun 29 Tu 9:15-10:00am F Fee: \$15
 Jul 6-Jul 27 Tu 9:15-10:00am Fee: \$12
 Aug 3-Aug 31 Tu 9:15-10:00am Fee: \$15

Intermediate

May 4-May 25 Tu 10:30-11:15am Fee: \$12
 Jun 1-Jun 29 Tu 10:30-11:15am Fee: \$15
 Jul 6-Jul 27 Tu 10:30-11:15am Fee: \$12
 Aug 3-Aug 31 Tu 10:30-11:15am Fee: \$15
 May 4-May 25 Tu 2:30-3:15pm Fee: \$12
 Jun 1-Jun 29 Tu 2:30-3:15pm Fee: \$15
 Jul 6-Jul 27 Tu 2:30-3:15pm Fee: \$12
 Aug 3-Aug 31 Tu 2:30-3:15pm Fee: \$15
 May 6-May 27 Th 9:15-10:00am Fee: \$12
 Jun 3-Jun 24 Th 9:15-10:00am Fee: \$12
 Jul 1-Jul 29 Th 9:15-10:00am Fee: \$15
 Aug 5-Aug 26 Th 9:15-10:00am Fee: \$12
 May 6-May 27 Th 10:30-11:15am Fee: \$12
 Jun 3-Jun 24 Th 10:30-11:15am Fee: \$12
 Jul 1-Jul 29 Th 10:30-11:15am Fee: \$15
 Aug 5-Aug 26 Th 10:30-11:15am Fee: \$12

Chair

May 4-May 25 Tu 11:45am-12:30pm Fee: \$12
 Jun 1-Jun 29 Tu 11:45am-12:30pm Fee: \$15
 Jul 6-Jul 27 Tu 11:45am-12:30pm Fee: \$12
 Aug 3-Aug 31 Tu 11:45am-12:30pm Fee: \$15

Five Points Center

Jun 2-Jun 30 W 9:30-10:15am Fee: \$15
 Jul 7-Jul 28 W 9:30-10:15am Fee: \$12
 Aug 4-Aug 25 W 9:30-10:15am Fee: \$12
 Jun 4-Jun 25 F 10:15-11:15am Fee: \$9
 Jul 2-Jul 30 F 10:15-11:15am Fee: \$15
 Aug 6-Aug 27 F 10:15-11:15am Fee: \$12

Greystone Recreation Center

May 3-May 31 M 9:15-10:00am Fee: \$12
 Jun 7-Jun 28 M 9:15-10:00am Fee: \$12
 Jul 5-Jul 26 M 9:15-10:00am Fee: \$9
 Aug 2-Aug 30 M 9:15-10:00am Fee: \$15
 May 7-May 28 F 9:15-10:00am Fee: \$12
 Jun 4-Jun 25 F 9:15-10:00am Fee: \$12
 Jul 2-Jul 30 F 9:15-10:00am Fee: \$15
 Aug 6-Aug 27 F 9:15-10:00am Fee: \$12

Halifax Community Center

May 3-May 31 M 9:15-10:00am Fee: \$12

Laurel Hills Community Center

May 5-May 26 W 10:15-11:15am Fee: \$12
 May 7-May 28 F 10:15-11:15am Fee: \$12

Powell Drive Neighborhood Center

May 4-May 25 Tu 2:00-2:45pm Fee: \$12
 Jun 1-Jun 29 Tu 2:00-2:45pm Fee: \$15
 Jul 6-Jul 27 Tu 2:00-2:45pm Fee: \$12
 Aug 3-Aug 31 Tu 2:00-2:45pm Fee: \$15
 May 6-May 27 Th 2:00-2:45pm Fee: \$12
 Jun 3-Jun 24 Th 2:00-2:45pm Fee: \$12
 Jul 1-Jul 29 Th 2:00-2:45pm Fee: \$15
 Aug 5-Aug 26 Th 2:00-2:45pm Fee: \$12

Tarboro Road Community Center

May 5-May 28 W,F 10:00-10:45am Fee: \$5

Balance Fitness

Age: 18-99 yrs. Strengthen your balance, stability, and core strength with these classes. Sessions may use weights, bands and weighted balls along with cardio and balance activities to achieve these goals. Classes vary by instructor, difficulty/impact level, and option to use a chair for support.

Abbotts Creek Community Center

May 4-May 25 Tu 10:30-11:15am Fee: \$12
 Jun 1-Jun 29 Tu 10:30-11:15am Fee: \$45
 Jul 6-Jul 27 Tu 10:30-11:15am Fee: \$12
 Aug 3-Aug 31 Tu 10:30-11:15am Fee: \$45
 May 6-May 27 Th 10:30-11:15am Fee: \$12
 Jun 3-Jun 24 Th 10:30-11:15am Fee: \$12
 Jul 1-Jul 29 Th 10:30-11:15am Fee: \$27
 Aug 5-Aug 26 Th 10:30-11:15am Fee: \$12

Five Points Center

May 4-May 25 Tu 10:30-11:15am Fee: \$12
 Jun 1-Jun 29 Tu 10:30-11:15am Fee: \$15
 Jul 6-Jul 27 Tu 10:30-11:15am Fee: \$12
 Aug 3-Aug 31 Tu 10:30-11:15am Fee: \$45
 May 5-May 26 W 11:15am-12:00pm Fee: \$12
 Jun 2-Jun 30 W 11:15am-12:00pm Fee: \$45
 Jul 7-Jul 28 W 11:15am-12:00pm Fee: \$12
 Aug 4-Aug 25 W 11:15am-12:00pm Fee: \$12
 May 5-May 26 W 1:15-2:00pm Fee: \$12
 Jun 2-Jun 30 W 1:15-2:00pm Fee: \$45
 Jul 7-Jul 28 W 1:15-2:00pm Fee: \$12
 Aug 4-Aug 25 W 1:15-2:00pm Fee: \$12
 May 6-May 27 Th 9:15-10:00am Fee: \$12
 Jun 3-Jun 24 Th 9:15-10:00am Fee: \$12
 Jul 1-Jul 29 Th 9:15-10:00am Fee: \$27
 Aug 5-Aug 26 Th 9:15-10:00am Fee: \$12
 May 6-May 27 Th 11:15am-12:00pm Fee: \$12
 Jun 3-Jun 24 Th 11:15am-12:00pm Fee: \$12
 Jul 1-Jul 29 Th 11:15am-12:00pm Fee: \$27
 Aug 5-Aug 26 Th 11:15am-12:00pm Fee: \$12

Blood Pressure and Weight Screenings

Take advantage of these FREE blood pressure and weight screenings offered by Resources for Seniors.

Five Points Center

May 4-Aug 3 Tu 9:30-10:15am Fee: \$0

Bootcamp

Age: 18-99 yrs. 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.

Five Points Center

May 4-May 25 Tu 9:30-10:15am Fee: \$12
 Jun 1-Jun 29 Tu 9:30-10:15am Fee: \$15
 Jul 6-Jul 27 Tu 9:30-10:15am Fee: \$15
 Aug 3-Aug 31 Tu 9:30-10:15am Fee: \$15

Cardio Dance

Age: 18-99 yrs. 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.

Five Points Center

May 7-May 28 F 1:00-1:45pm Fee: \$12
 Jun 4-Jun 25 F 1:00-1:45pm Fee: \$12
 Jul 2-Jul 30 F 1:00-1:45pm Fee: \$15
 Aug 6-Aug 27 F 1:00-1:45pm Fee: \$12

Cardio Sculpt

Age: 18-99 yrs. Cardio Sculpt helps burn fat and build muscles. Half of the class is spent doing low-impact aerobic exercises; the other half is spent sculpting major muscle groups. Get a healthy heart and sculpted muscles all in one class.

Abbotts Creek Community Center

May 4-May 25 Tu 9:30-10:15am Fee: \$12
 Jun 1-Jun 29 Tu 9:30-10:15am Fee: \$15
 Jul 6-Jul 27 Tu 9:30-10:15am Fee: \$12
 Aug 3-Aug 31 Tu 9:30-10:15am Fee: \$15
 May 6-May 27 Th 9:30-10:15am Fee: \$12
 Jun 3-Jun 24 Th 9:30-10:15am Fee: \$12
 Jul 1-Jul 29 Th 9:30-10:15am Fee: \$15
 Aug 5-Aug 26 Th 9:30-10:15am Fee: \$12

Five Points Center

May 4-May 25 Tu 10:15-11:00am Fee: \$12
 Jun 1-Jun 29 Tu 10:15-11:00am Fee: \$15
 Jul 6-Jul 27 Tu 10:15-11:00am Fee: \$12
 Aug 3-Aug 31 Tu 10:15-11:00am Fee: \$15
 May 5-May 26 W 10:15-11:00am Fee: \$12
 Jun 2-Jun 30 W 10:15-11:00am Fee: \$15
 Jul 7-Jul 28 W 10:15-11:00am Fee: \$12
 Aug 4-Aug 25 W 10:15-11:00am Fee: \$12
 May 6-May 27 Th 10:15-11:00am Fee: \$12
 Jun 3-Jun 24 Th 10:15-11:00am Fee: \$12
 Jul 1-Jul 29 Th 10:15-11:00am Fee: \$15
 Aug 5-Aug 26 Th 10:15-11:00am Fee: \$12

Dance Xross Fitness

Age: 18-99 yrs. This fun, high-energy class combines dance fitness, kickboxing moves, strength training and soul line dancing.

Anne Gordon Center

May 3-May 24 M 11:45am-12:30pm Fee: \$12
 Jun 7-Jun 28 M 11:45am-12:30pm Fee: \$12
 Jul 12-Jul 26 M 11:45am-12:30pm Fee: \$9
 Aug 2-Aug 30 M 11:45am-12:30pm Fee: \$15

Five Points Center

May 4-May 25 Tu 11:15am-12:00pm Fee: \$12
 Jun 1-Jun 29 Tu 11:15am-12:00pm Fee: \$15
 Jul 6-Jul 27 Tu 11:15am-12:00pm Fee: \$12
 Feb 2-Aug 31 Tu 11:15am-12:00pm Fee: \$15

Gentle Stretch

Age: 18-99 yrs. Participants will gently and safely stretch each body part in a quiet relaxing atmosphere. Gentle, structured stretches will allow the body to recognize loss in flexibility and range of motion and work to improve these losses. Instructor: Sue Payne.

Five Points Center

May 5-May 26	W	12:15-1:00pm	Fee: \$12
Jun 2-Jun 30	W	12:15-1:00pm	Fee: \$15
Jul 7-Jul 28	W	12:15-1:00pm	Fee: \$12
Aug 4-Aug 25	W	12:15-1:00pm	Fee: \$12

Health Talks with Dr. Baldwin

Age: ? yrs. 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.

Five Points Center

May 4-Aug 3	Tu	10:15-11:15am	Fee: \$0
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Line Dance for Active Adults

Age: 18-99 yrs. Enjoy a fun workout while learning new line dances. There is a class for every experience level! Those who do not know the line dancing steps, by name and movement, need to start with the Introduction level. This is a large group class and not individualized instruction.

Anne Gordon Center

Introduction (little to no experience)

May 7-May 28	F	2:30-3:30pm	Fee: \$8
Jun 4-Jun 25	F	2:30-3:30pm	Fee: \$6
Jul 2-Jul 30	F	2:30-3:30pm	Fee: \$10
Aug 6-Aug 27	F	2:30-3:30pm	Fee: \$8

Beginner (some experience- need to know steps)

May 7-May 28	F	1:00-2:00pm	Fee: \$8
Jun 4-Jun 25	F	1:00-2:00pm	Fee: \$6
Jul 2-Jul 30	F	1:00-2:00pm	Fee: \$10
Aug 6-Aug 27	F	1:00-2:00pm	Fee: \$8

Five Points Center

Adv. Beginner/Improver Level

May 3-May 24	M	1:00-2:00pm	Fee: \$0
Jun 7-Jun 28	M	1:00-2:00pm	Fee: \$0
Jul 12-Jul 26	M	1:00-2:00pm	Fee: \$0
Aug 2-Aug 30	M	1:00-2:00pm	Fee: \$0

Intermediate Level

May 3-May 24	M	2:30-3:30pm	Fee: \$0
Jun 7-Jun 28	M	2:30-3:30pm	Fee: \$0
Jul 12-Jul 26	M	2:30-3:30pm	Fee: \$0
Aug 2-Aug 30	M	2:30-3:30pm	Fee: \$0

Line Dance Open Studio

Age: 18-99 yrs. Join us for this fun and informal line dance open studio time. There is no instructor, but the regulars can help get you up to speed. Enjoy dancing to some old favorites while making new friends! Participants should have some line dancing experience and know the basic steps.

Anne Gordon Center

Beginner (need to know steps)

May 4-Aug 31	Tu	4:00-5:15pm	Fee: \$0
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Five Points Center

May 7-Aug 27	F	2:15-3:15pm	Fee: \$0
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Mindful Meditation

Age: 18-99 yrs. Mindful Meditation is an exercise that integrates mind, body and spirit; but it does not require difficult floor work or strenuous poses. Class will incorporate warm-up movements and guided breathing, sitting, and walking techniques that enhance focus and spinal alignment. Practitioners will cultivate concentration within oneself and bring awareness to body mechanics, balance, and relaxation. Instructor: My Hao Tran

Anne Gordon Center

May 5-May 26	W	1:00-1:45pm	Fee: \$12
Jun 2-Jun 30	W	1:00-1:45pm	Fee: \$15
Jul 7-Jul 28	W	1:00-1:45pm	Fee: \$12
Aug 4-Aug 25	W	1:00-1:45pm	Fee: \$12

Parkinson's Disease Dialogue Group

If you are living in the early stages of Parkinson's disease, join us for an inviting, open discussion of the disease. The early goal is to equip us to be "prosumers" of PD related healthcare by exchanging information, choosing topics, and by sharing the collective wisdom. Meets the last Friday of the month. Each month a different presenter will share a variety of topics.

Five Points Center

May 28-Aug 27	F	1:30-3:00pm	Fee: \$0
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Pilates for Active Adults

Age: 18-99 yrs. Pilates takes a holistic approach to fitness and well-being. Students will do a series of movements in conjunction with breathing techniques that will stretch and strengthen muscles; improve flexibility and balance; and stabilize and strengthen your core. Modifications are shown for those with back, knee and neck issues.

Five Points Center

May 3-May 24	M	9:15-10:15am	Fee: \$12
Jun 7-Jun 28	M	9:15-10:15am	Fee: \$12
Jul 12-Jul 26	M	9:15-10:15am	Fee: \$9
Aug 2-Aug 30	M	9:15-10:00am	Fee: \$15
May 3-May 24	M	4:30-5:30pm	Fee: \$15
Jun 7-Jun 28	M	4:30-5:30pm	Fee: \$12
Jul 12-Jul 26	M	4:30-5:30pm	Fee: \$9
Aug 2-Aug 30	M	4:30-5:30pm	Fee: \$12
May 5-May 26	W	10:30-11:15am	Fee: \$15
Jun 2-Jun 30	W	10:30-11:15am	Fee: \$15
Jul 7-Jul 28	W	10:30-11:15am	Fee: \$12
Aug 4-Aug 25	W	10:30-11:15am	Fee: \$12
May 5-May 26	W	11:30am-12:15pm	Fee: \$15
Jun 2-Jun 30	W	11:30am-12:15pm	Fee: \$15
Jul 7-Jul 28	W	11:30am-12:15pm	Fee: \$9
Aug 4-Aug 25	W	11:30am-12:15pm	Fee: \$12
May 7-May 28	F	11:30am-12:30pm	Fee: \$12
Jun 4-Jun 25	F	11:30am-12:30pm	Fee: \$12
Jul 2-Jul 30	F	11:30am-12:30pm	Fee: \$45
Aug 6-Aug 27	F	11:30am-12:30pm	Fee: \$12

Qi Gong

Age: 18-99 yrs. 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

May 5-May 26	W	10:30-11:15am	Fee: \$12
Jun 2-Jun 30	W	10:30-11:15am	Fee: \$15
Jul 7-Jul 28	W	10:30-11:15am	Fee: \$12
Aug 4-Aug 25	W	10:30-11:15am	Fee: \$12
May 7-May 28	F	10:30-11:15am	Fee: \$12
Jun 4-Jun 25	F	10:30-11:15am	Fee: \$9
Jul 2-Jul 30	F	10:30-11:15am	Fee: \$15
Aug 6-Aug 27	F	10:30-11:15am	Fee: \$12

Qi Gong for Joint Health

May 7-May 28	F	11:45am-12:30pm	Fee: \$12
Jun 4-Jun 25	F	11:45am-12:30pm	Fee: \$9
Jul 2-Jul 30	F	11:45am-12:30pm	Fee: \$15
Aug 6-Aug 27	F	11:45am-12:30pm	Fee: \$12

Five Points Center

May 4-May 25	Tu	9:15-10:00am	Fee: \$12
Jun 1-Jun 29	Tu	9:15-10:00am	Fee: \$15
Jul 6-Jul 27	Tu	9:15-10:00am	Fee: \$12
Aug 3-Aug 31	Tu	9:15-10:00am	Fee: \$15
May 7-May 28	F	9:15-10:00am	Fee: \$12
Jun 4-Jun 25	F	9:15-10:00am	Fee: \$9
Jul 2-Jul 30	F	9:15-10:00am	Fee: \$15
Aug 6-Aug 27	F	9:15-10:00am	Fee: \$12

Shibashi for Active Adults

Age: 18-99 yrs. Shibashi is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how to cultivate energy that results in improved health. Benefits include: improved flexibility and strength; better concentration; periods of sustained relaxation; and stress relief. Seated modifications will be available for those with physical limitations.

Anne Gordon Center

May 5-May 26	W	11:45am-12:30pm	Fee: \$12
Jun 2-Jun 30	W	11:45am-12:30pm	Fee: \$15
Jul 7-Jul 28	W	11:45am-12:30pm	Fee: \$12
Aug 4-Aug 25	W	11:45am-12:30pm	Fee: \$12

Five Points Center

May 6-May 27	Th	2:00-2:45pm	Fee: \$12
Jun 3-Jun 24	Th	2:00-2:45pm	Fee: \$12
Jul 1-Jul 29	Th	2:00-2:45pm	Fee: \$15
Aug 5-Aug 26	Th	2:00-2:45pm	Fee: \$12

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Silver Cardio

Age: 18-99 yrs. Classes start with basic warm-up moves, followed by 30 minutes of moderate-impact moves, including gentle boxing, floor exercises and balance elements. Break a sweat and have lots of fun! Instructor: Bettie Ittenbach

Five Points Center

May 6-May 27	Th	1:00-1:45pm	Fee: \$12
Jun 3-Jun 24	Th	1:00-1:45pm	Fee: \$12
Jul 1-Jul 29	Th	1:00-1:45pm	Fee: \$12
Aug 5-Aug 26	Th	1:00-1:45pm	Fee: \$12

Soul Line Dancing

Age: 18-99 yrs. Dance to soul and R&B music while working up a sweat and burning calories. Learn popular line dances, as well as new ones. All levels are welcome. Instructor: Journonya Harris-Rayner

Five Points Center

May 6-May 27	Th	10:30-11:15am	Fee: \$12
Jun 3-Jun 24	Th	10:30-11:15am	Fee: \$12
Jul 1-Jul 29	Th	10:30-11:15am	Fee: \$12
Aug 5-Aug 26	Th	10:30-11:15am	Fee: \$12

Tai Chi Chih

Age: 18-99 yrs. Tai chi chih consists of 19 flowing moves to balance and circulate energy (chi). Students of all levels experience benefits such as decreased stress and anxiety, improved balance and increased muscle flexibility. Instructor: Adrienne McKenzie

Five Points Center

Beginner

May 3-May 24	M	10:15-11:15am	Fee: \$12
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Beginner

Jun 7-Jun 28	M	10:15-11:15am	Fee: \$12
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Beginner

Jul 12-Jul 26	M	10:15-11:15am	Fee: \$9
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Beginner

Aug 2-Aug 30	M	10:15-11:15am	Fee: \$45
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Intermediate

May 3-May 24	M	11:30am-12:30pm	Fee: \$12
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Intermediate

Jun 7-Jun 28	M	11:30am-12:30pm	Fee: \$12
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Intermediate

Jul 12-Jul 26	M	11:30am-12:30pm	Fee: \$9
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Intermediate

Aug 2-Aug 30	M	11:30am-12:30pm	Fee: \$15
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Tai Chi for Active Adults

Age: 18-99 yrs. Tai chi is an ancient form of movement that uses low-impact, slow-motion motions to promote health and improve coordination, balance, and mental focus; Beginner Sun Style: No experience required. There are 21 movements in this set. The focus is on balance and learning the gentle movements. Chair Beginner Sun Style is modified for sitting. Intermediate Sun Style: This continuation of the beginner class includes 10 new movements and will increase endurance, mental acuity, agility, and balance. Advanced Sun Style Part 1: Pre-requisite Intermediate Sun Style. This class teaches the first half of the Sun 73 Long Form movements. Advanced Sun Style Part 2: This continuation of the Part One class will complete the Long Form with spiraling and crouching movements. Various Styles: No experience needed. Class changes through various forms of Tai Chi and Qi Gong.

Anne Gordon Center

Chair Beginner Sun Style

May 3-May 24	M	1:00-1:45pm	Fee: \$12
Jun 7-Jun 28	M	1:00-1:45pm	Fee: \$12
Jul 12-Jul 26	M	1:00-1:45pm	Fee: \$9
Aug 2-Aug 30	M	1:00-1:45pm	Fee: \$15

Intermediate Sun Style

May 3-May 24	M	2:15-3:00pm	Fee: \$12
Jun 7-Jun 28	M	2:15-3:00pm	Fee: \$12
Jul 12-Jul 26	M	2:15-3:00pm	Fee: \$9
Aug 2-Aug 30	M	2:15-3:00pm	Fee: \$15

Various Styles

May 3-May 24	M	3:30-4:15pm	Fee: \$12
Jun 7-Jun 28	M	3:30-4:15pm	Fee: \$12
Jul 12-Jul 26	M	3:30-4:15pm	Fee: \$9
Aug 2-Aug 30	M	3:00-3:45pm	Fee: \$15

Advanced Sun Style Part 2

May 6-May 27	Th	1:00-1:45pm	Fee: \$12
Jun 3-Jun 24	Th	1:00-1:45pm	Fee: \$12
Jul 1-Jul 29	Th	1:00-1:45pm	Fee: \$15
Aug 5-Aug 26	Th	1:00-1:45pm	Fee: \$12

Advanced Sun Style Part 1

May 6-May 27	Th	2:15-3:00pm	Fee: \$12
Jun 3-Jun 24	Th	2:15-3:00pm	Fee: \$12
Jul 1-Jul 29	Th	2:15-3:00pm	Fee: \$15
Aug 5-Aug 26	Th	2:15-3:00pm	Fee: \$12

Beginner Sun Style

May 6-May 27	Th	3:30-4:15pm	Fee: \$12
Jun 3-Jun 24	Th	3:30-4:15pm	Fee: \$12
Jul 1-Jul 29	Th	3:30-4:15pm	Fee: \$15
Aug 5-Aug 26	Th	3:30-4:15pm	Fee: \$12

Total Body

Age: 18-99 yrs. Build strength, balance, and flexibility—aspects of your health which are essential to maintaining physical independence. Use body weight, hand weights, resistance bands, and other equipment while you are being encouraged to follow proper form and technique. Classes differ by instructor, difficulty/impact level, and option to use a chair for support.

Five Points Center

May 4-May 25	Tu	11:30am-12:15pm	Fee: \$12
Jun 1-Jun 29	Tu	11:30am-12:15pm	Fee: \$15
Jul 6-Jul 27	Tu	11:30am-12:15pm	Fee: \$12
Aug 3-Aug 31	Tu	11:30am-12:15pm	Fee: \$15
May 6-May 27	Th	12:15-1:00pm	Fee: \$12
Jun 3-Jun 24	Th	12:15-1:00pm	Fee: \$12
Jul 1-Jul 29	Th	12:15-1:00pm	Fee: \$15
Aug 5-Aug 26	Th	12:15-1:00pm	Fee: \$12

Workout With Weights

Age: 18-99 yrs. This class covers the proper technique for lifting weights. Get toned and build lean muscle safely using free weights.

Instructor: Sue Payne

Five Points Center

May 5-May 26	W	9:15-10:00am	Fee: \$12
Jun 2-Jun 30	W	9:15-10:00am	Fee: \$15
Jul 7-Jul 28	W	9:15-10:00am	Fee: \$12
Aug 4-Aug 25	W	9:15-10:00am	Fee: \$12

Yoga Chair

Age: 18-99 yrs. This class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints and breath awareness to calm and release tension. All standing poses may be done with the support of a chair. Students should provide their own yoga mat.

Anne Gordon Center

May 3-May 24	M	9:15-10:00am	Fee: \$12
Jun 7-Jun 28	M	9:15-10:00am	Fee: \$12

Jul 12-Jul 26	M	9:15-10:00am	Fee: \$9
Aug 2-Aug 30	M	9:15-10:00am	Fee: \$15
May 5-May 26	W	2:30-3:15pm	Fee: \$12
Jun 2-Jun 30	W	2:30-3:15pm	Fee: \$15
Jul 7-Jul 28	W	2:30-3:15pm	Fee: \$12
Aug 4-Aug 25	W	2:30-3:15pm	Fee: \$12

Five Points Center

May 4-May 25	Tu	11:45am-12:45pm	Fee: \$12
Jun 1-Jun 29	Tu	11:45am-12:45pm	Fee: \$15
Jul 6-Jul 27	Tu	11:45am-12:45pm	Fee: \$12
Aug 3-Aug 31	Tu	11:45am-12:45pm	Fee: \$15
May 6-May 27	Th	11:45am-12:45pm	Fee: \$12
Jun 3-Jun 24	Th	11:45am-12:45pm	Fee: \$12
Jul 1-Jul 29	Th	11:45am-12:45pm	Fee: \$15
Aug 5-Aug 26	Th	11:45am-12:45pm	Fee: \$12

Halifax Community Center

May 5-May 26	W	11:45am-12:30pm	Fee: \$12
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Yoga Gentle Floor

Age: 18-99 yrs. Gentle Yoga is structured to accommodate students of all levels and physical abilities. Poses are done in a variety of positions, including lying down, sitting, on hands and knees and standing. Modifications with props are suggested, as needed. Yoga incorporates breathing, stretching and strengthening exercises in addition to mindfulness practice. Bring your own mat.

Anne Gordon Center

May 4-May 25	Tu	1:00-1:45pm	Fee: \$12
Jun 1-Jun 29	Tu	1:00-1:45pm	Fee: \$15
Jul 6-Jul 27	Tu	1:00-1:45pm	Fee: \$12
Aug 3-Aug 31	Tu	1:00-1:45pm	Fee: \$15
May 3-May 24	M	10:30-11:15am	Fee: \$12
Jun 7-Jun 28	M	10:30-11:15am	Fee: \$12
Jul 12-Jul 26	M	10:30-11:15am	Fee: \$9
Aug 2-Aug 30	M	10:30-11:15am	Fee: \$15
May 5-May 26	W	3:45-4:45pm	Fee: \$12
Jun 2-Jun 30	W	3:45-4:45pm	Fee: \$15
Jul 7-Jul 28	W	3:45-4:45pm	Fee: \$12
Aug 4-Aug 25	W	3:45-4:45pm	Fee: \$12

Five Points Center

May 3-May 31	M	1:45-2:45pm	Fee: \$12
Jun 7-Jun 28	M	1:45-2:45pm	Fee: \$12
Jul 5-Jul 26	M	1:45-2:45pm	Fee: \$9
Aug 2-Aug 30	M	1:45-2:45pm	Fee: \$15
May 3-May 31	M	3:15-4:15pm	Fee: \$12
Jun 7-Jun 28	M	3:15-4:15pm	Fee: \$12
Jul 5-Jul 26	M	3:15-4:15pm	Fee: \$9
Aug 2-Aug 30	M	3:15-4:15pm	Fee: \$15

Halifax Community Center

May 5-May 26	W	10:30-11:30am	Fee: \$12
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Tarboro Road Community Center

May 7-May 28	F	11:00-11:45am	Fee: \$12
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Yoga Restorative

Age: 18-99 yrs. Restorative yoga is a slow and still practice that focuses on poses to heal the effects of stress, injury, illness, and daily activity through a sequence of restful yoga poses. These restorative poses, along with breathing techniques and gentle stretches, serve to calm the nervous system, promote relaxation, and healing. Instructor:

My Hao Tran

Anne Gordon Center

May 7-May 28	F	4:00-5:00pm	Fee: \$12
Jun 4-Jun 25	F	4:00-5:00pm	Fee: \$9
Jul 2-Jul 30	F	4:00-5:00pm	Fee: \$15
Aug 6-Aug 27	F	4:00-5:00pm	Fee: \$12

Yoga Vinyasa Yoga Flow

Age: 18-99 yrs. Vinyasa yoga links breath and movement as it takes you through a fluid sequence of poses. A sequence may move from mat to standing and back to the mat and thus requires the ability to move up and down with relative ease. Class begins with warm-up and alignment work and end with stretches and relaxation. Yoga, exercise or movement experience is strongly recommended. Please bring your own yoga mat.

Five Points Center

May 4-May 25	Tu	3:15-4:15pm	Fee: \$12
Jun 1-Jun 29	Tu	3:15-4:15pm	Fee: \$15
Jul 6-Jul 27	Tu	3:15-4:15pm	Fee: \$12
Aug 3-Aug 31	Tu	3:15-4:15pm	Fee: \$15

ZUMBA Gold®

Age: 18-99 yrs. Zumba Gold® recreates the original moves of Zumba® at a lower intensity. It is set to Latin, international and pop music and combines cardio fitness, muscle conditioning, balance and coordination. The easy-to-follow moves and invigorating party-like atmosphere feel friendly. Modifications will be provided for all fitness levels.

Anne Gordon Center

May 5-May 26	W	9:15-10:00am	Fee: \$12
Jun 2-Jun 30	W	9:15-10:00am	Fee: \$15
Jul 7-Jul 28	W	9:15-10:00am	Fee: \$12
Aug 4-Aug 25	W	9:15-10:00am	Fee: \$12
May 6-May 27	Th	11:45am-12:30pm	Fee: \$12
Jun 3-Jun 24	Th	11:45am-12:30pm	Fee: \$12
Jul 1-Jul 29	Th	11:45am-12:30pm	Fee: \$15
Aug 5-Aug 26	Th	11:45am-12:30pm	Fee: \$12
May 7-May 28	F	9:15-10:00am	Fee: \$12
Jun 4-Jun 25	F	9:15-10:00am	Fee: \$9
Jul 2-Jul 30	F	9:15-10:00am	Fee: \$15
Aug 6-Aug 27	F	9:15-10:00am	Fee: \$12

Five Points Center

May 4-May 25	Tu	12:30-1:15pm	Fee: \$12
Jun 1-Jun 29	Tu	12:30-1:15pm	Fee: \$15
Jul 6-Jul 27	Tu	12:30-1:15pm	Fee: \$12
Aug 3-Aug 31	Tu	12:30-1:15pm	Fee: \$15

Family

Family Tree Yoga

Age: 5-8 yrs. This class is for parents, caregiver, and their child to have an opportunity to strengthen the family bond through the practice of yoga. We'll include age appropriate poses to build confidence, partner poses to promote bonding, acroyoga to foster trust, as well as yoga games that make learning yoga fun! Reinforce your family's roots while creating a strong and grounded practice that will last for years to come. All levels of yoga are welcomed. Dress comfortably and bring a yoga mat if you have one.

Hill Street Neighborhood Center

May 6-May 27	Th	6:30-7:30pm	Fee: \$40
Jun 3-Jun 24	Th	6:30-7:30pm	Fee: \$40
Jul 8-Jul 29	Th	6:30-7:30pm	Fee: \$40
Aug 5-Aug 26	Th	6:30-7:30pm	Fee: \$40

Karate with Sensei Martin

Age: 6-99 yrs. 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 grade-book (\$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

May 6-Aug 26	Th	6:00-6:45pm	Fee: \$10
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Martial Arts -Tae Kwon Do

Age: 16-99 yrs. Tae Kwon Do is a Korean martial art. It loosely translates to 'the way of the hand and foot.' As such, no weapons are used. It is a strong, fast and powerful martial art form. This class will keep you fit and give you great confidence, not just physically, but in all aspects of life. This class practices a safe, no-contact format.

Jaycee Community Center

May 4-May 27	Tu, Th	6:30-8:00pm	Fee: \$30
Jun 1-Jun 29	Tu, Th	6:30-8:00pm	Fee: \$30
Jul 1-Jul 29	Tu, Th	6:30-8:00pm	Fee: \$30
Aug 3-Aug 31	Tu, Th	6:30-8:00pm	Fee: \$30

Tae Kwon Do - Martial Arts

Age: 7-99 yrs. This martial arts class for youth and adults develops discipline in youth, fitness in adults and fine martial art skills in both youth and adults.

Lions Park Community Center

May 4-May 27	Tu,Th	6:30-7:30pm	Fee: \$35
Jun 1-Jun 24	Tu,Th	6:30-7:30pm	Fee: \$35
Jul 6-Jul 29	Tu,Th	6:30-7:30pm	Fee: \$35
Aug 3-Aug 26	Tu,Th	6:30-7:30pm	Fee: \$35

Wado-Ryu Karate-Martial Arts

Age: 8-99 yrs. Wado-Ryu is a traditional karate emphasizing evasive movement and balance, moving drills and practice in forms (kata) and sparring (kumite). Develop your physical skills as well as mental discipline. Students routinely gain confidence and better focus. 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.

Carolina Pines Community Center

May 4-May 27	Tu,Th	6:30-8:30pm	Fee: \$40
Jun 1-Jun 29	Tu,Th	6:30-8:30pm	Fee: \$40
Jul 1-Jul 29	Tu,Th	6:30-8:30pm	Fee: \$40
Aug 3-Aug 26	Tu,Th	6:30-8:30pm	Fee: \$40

Nature Education

Annie Louise Wilkerson, MD
Nature Preserve Park
 919-996-6764

**Durant Nature Preserve and
 Horseshoe Farm Nature Preserve**
 919-878-9116

Forest Ridge Park
 919-996-5800

Lake Johnson Park Waterfront Center
 919-233-2121

Lake Wheeler Park
 919-662-5704

Thomas G. Crowder Woodland Center
 919-996-3141

Walnut Creek Wetland Park
 919-996-2760

Programming for organized groups (such as schools, daycare centers and preschools) is available by request from the Nature Program office. For more information 919-996-6856.

Preschool

Birds and Nests

Age: 3-6 yrs. Meet Mama and Papa Bluebird and take a peek in their nest box. We'll also go on a hunt to find hidden birds and identify the birds we see. Design a bird of your own and make a nest with eggs to take home. Children must be accompanied by an adult. Adult attends free of charge. Preregistration is required.

A.L. Wilkerson Nature Preserve

May 12	W	10:30am-12:00pm	Fee: \$3
May 15	Sa	10:30am-12:00pm	Fee: \$3

Eager Explorers

Age: 3-6 yrs. Join us for one or more Wednesday mornings this summer to explore animals at the Preserve. There will be stories, crafts and nature walks on various themes. These programs are designed for a parent or other adult to attend with their preschooler. There is no charge for adults.

A.L. Wilkerson Nature Preserve

Jun 9	W	10:30am-12:00pm	Fee: \$3
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Jun 16	W	10:30am-12:00pm	Fee: \$3
Jun 23	W	10:30am-12:00pm	Fee: \$3
Jun 30	W	10:30am-12:00pm	Fee: \$3
Jul 14	W	10:30am-12:00pm	Fee: \$3
Jul 21	W	10:30am-12:00pm	Fee: \$3
Jul 28	W	10:30am-12:00pm	Fee: \$3
Aug 4	W	10:30am-12:00pm	Fee: \$3
Aug 11	W	10:30am-12:00pm	Fee: \$3

Firefly Frenzy!

Age: 2-6 yrs. Junior Naturalists will have great fun learning all about lightning bugs, the amazing lights of summer! Songs, games and a glowing craft are sure to delight our little learners. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center

Jun 23	W	10:30-11:30am	Fee: \$2
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Kiwanis Community Center

Jun 16	W	10:30-11:30am	Fee: \$2
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Lake Lynn Community Center

Jun 15	Tu	10:30-11:30am	Fee: \$2
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Jun 15	Tu	12:30-1:30pm	Fee: \$2
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Sertoma Arts Center

Jun 24	Th	10:30-11:30am	Fee: \$2
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Jake and Jennies: Young Explorers Club

Age: 3-6 yrs. Jakes and Jennies are young turkeys looking to find their way in the world. Join the flock at Forest Ridge Park to enjoy an hour of educational outdoor based programming. Activities include interactive games and crafts that orient these young turkeys with their natural surroundings. Programs take place outdoors weather permitting. Toms and Hens (Parents) are encouraged to participate with their children. Pre-Registration is highly recommended.

Forest Ridge Park

May 5	W	10:00-11:30am	Fee: \$3
Jun 2	W	10:00-11:30am	Fee: \$3
Jul 7	W	10:00-11:30am	Fee: \$3
Aug 4	W	10:00-11:30am	Fee: \$3

Kritter Kids

Age: 4-6 yrs. Hop, skip and slither your way to Lake Johnson Park. Together, we will learn about the wonders of nature that are found right here in the park. We will play hands-on games, complete a take-home craft and perhaps even see one of our wild friends close up! With a different theme each class, there's something here for everyone. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advanced registration required.

Thomas G. Crowder Woodland Center

Snakes

Jun 17	Th	10:00-11:30am	Fee: \$3
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Insects

Jul 1	Th	10:00-11:30am	Fee: \$3
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Turtles

Jul 15	Th	10:00-11:30am	Fee: \$3
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Owls

Jul 29	Th	10:00-11:30am	Fee: \$3
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Pollinators

Aug 12	Th	10:00-11:30am	Fee: \$3
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My, How You've Changed!

Age: 2-6 yrs. All animals grow and change in their lifetimes; but some animals grow and change in BIG ways. Through games, songs and stories, little ones will come to understand the amazing process of metamorphosis! We'll even get to see up close some animals who go through big changes. 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

May 19	W	10:30-11:30am	Fee: \$2
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Kiwanis Community Center

May 12	W	10:30-11:30am	Fee: \$2
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Lake Lynn Community Center

May 11	Tu	10:30-11:30am	Fee: \$2
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May 11	Tu	12:30-1:30PM	Fee: \$2
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Sertoma Arts Center

May 20	Th	10:30-11:30am	Fee: \$2
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Paws and Claws!

Age: 2-6 yrs. Little ones will have fun learning all about animal feet with this engaging program. Games, songs and live creatures will bring this program to life. 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

Jul 21 W 10:30-11:30am Fee: \$2

Kiwanis Community Center

Jul 14 W 10:30-11:30am Fee: \$2

Lake Lynn Community Center

Jul 13 Tu 10:30-11:30am Fee: \$2

Jul 13 Tu 12:30-1:30pm Fee: \$2

Sertoma Arts Center

Jul 22 Th 10:30-11:30am Fee: \$2

Snouts and Sniffers!

Age: 2-6 yrs. Young nature lovers will have great fun sharing in this program all about animal noses! We will enjoy lots of activities, sing songs and see live animals and their snouts and sniffers up close. Preregistration is required. Children must be accompanied by adults. Adults attend free. For more information, contact Nature Programs at 919-996-6856.

Carolina Pines Community Center

Aug 25 W 10:30-11:30am Fee: \$2

Kiwanis Community Center

Aug 18 W 10:30-11:30am Fee: \$2

Lake Lynn Community Center

Aug 17 Tu 10:30-11:30am Fee: \$2

Aug 17 Tu 12:30-1:30pm Fee: \$2

Sertoma Arts Center

Aug 19 Th 10:30-11:30am Fee: \$2

Wee Walkers

All Ages. Would you and your toddler (1-4 yrs) 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

required for planning purposes. Children and adults must pre-register. This program takes place on trails that may not be accessible by strollers.

Durant Nature Preserve

Jun 3 Th 10:00-11:00am Free

Jul 8 Th 10:00-11:00am Free

Aug 5 Th 10:00-11:00am Free

Youth

Daring Discoverers

Age: 7-10 yrs. Make new friends and discover the wonders of nature with a park naturalists! The focus will be on hands-on outdoor discovery and respect for nature and all living things. In case of rain, indoor activities will be available. Each Thursday will have a different theme. Come to one or more!

A.L. Wilkerson Nature Preserve

Mysterious Mammals

Jun 10 Th 10:30am-12:00pm Fee: \$3

Scaly Predators

Jun 17 Th 10:30am-12:00pm Fee: \$3

Turtle Time

Jun 24 Th 10:30am-12:00pm Fee: \$3

Wonderful Worms

Jul 8 Th 10:30am-12:00pm Fee: \$3

Bird Bonanza

Jul 15 Th 10:30am-12:00pm Fee: \$3

Water Critters

Jul 22 Th 10:30am-12:00pm Fee: \$3

Tree Trackers

Jul 29 Th 10:30am-12:00pm Fee: \$3

Insect Inspectors

Aug 5 Th 10:30am-12:00pm Fee: \$3

Spectacular Spiders

Aug 12 Th 10:30am-12:00pm Fee: \$3

Pollinators at Forest Ridge Park

Age: 4-7 yrs. What lives in the pollinator garden? What plants attract the insects? Why are pollinators so important to our food supply and a healthy planet? How do the

insects pollinate the plants? Come learn about the life cycle of pollinators through interactive play. See evidence of the transformations of the pollinators in the park. You will create a tie dye butterfly to take home!

Forest Ridge Park

Aug 25 W 10:00-11:30am Fee: \$3

Tell Me a Story About Forest Ridge Park

Age: 4-7 yrs. Through storytelling and interactive participation, children will learn about Falls Lake and the animals that make the park home. Come join us on an adventure as we make props to participate in the stories of the area. Children will learn a little history, science and make some art.

Forest Ridge Park

May 19 W 10:00-11:30am Fee: \$3

Jul 28 W 10:00-11:30am Fee: \$3

What's in Your Water?

Age: 4-7 yrs. Do you know where your drinking water comes from? What is naturally found in your drinking water? Let's learn about our water and test it. Join us and find out how water moves from the clouds to the lakes and rivers and back again.

Forest Ridge Park

Jun 23 W 10:00-11:30am Fee: \$3

Aug 18 W 10:00-11:30am Fee: \$3

Wonderous Water: Kids Kayaking

Age: 10-13 yrs. This program is as much about science as it is paddling. As a group we will explore what makes water able to sustain life and paddle to the headwaters to get a hands-on look at life in the lake. Be prepared to get wet and dirty. No paddling experience needed. All equipment is provided. Parent(s)/guardian(s) not required to attend program but asked to remain in park. This program is designed to give parent(s)/guardian(s) time to enjoy the park while the child(ren) enjoys the program.

Lake Johnson Waterfront Center

Jun 15 Tu 6:00-8:00pm Fee: \$8

Jul 20 Tu 6:00-8:00pm Fee: \$8

Aug 17 Tu 6:00-8:00pm Fee: \$8

Teen

Birding by App

Age: 12+ yrs. Have you noticed the wonderful variety of birds that enjoy Raleigh? If you want to learn more about these birds and get some tips on how to identify them, join us on this birding hike at the preserve. We'll teach you about different phone apps available to help you identify birds and how to document your findings in eBird, so that you can help contribute to the conservation of North Carolina birds! For beginner teens and adults, all participants must register.

Durant Nature Preserve

May 1 Sa 8:30-10:00am Free

Horseshoe Farm Nature Preserve

May 8 Sa 8:30-10:00am Free

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Teen Conservation Experience

Age: 12-15 yrs. Students will engage in citizen science and other conservation projects to explore conservation themes in an urban setting. The theme or focus will vary across the weeks but will build on previous weeks so that students are collecting data on multiple projects at once by the end of the summer. Projects may include: iNaturalist, eBird, Camera Traps, Cloud Observations, Lost Ladybug Project, Nature's Notebook, NestWatch and StreamWatch. Students will explore how to collect and report data for science, will learn about different careers in conservation, and will have the opportunity to showcase their summer of learning to friends and family in a culminating event at the end of the summer hosted at Walnut Creek Wetland Park.

Walnut Creek Wetland Park

Jun 20-Aug 15 Su 4:00-6:00pm Fee: \$0

Adult

Environmental Lecture Series

Age: 14-99 yrs. Join us at the Thomas G. Crowder Woodland Center for an exciting environmental lecture series held every 2nd Monday of the month. With a new topic each month, there is something for everyone. We will have professionals and graduate students presenting on topics that they know best! Call 919-996-3141 to find out more about our upcoming speakers and topics. Earn 1 hour of criteria III EE credit. Advance registration is not required but is helpful for planning purposes.

Thomas G. Crowder Woodland Center

May 10	M	7:00-8:00pm	Fee: \$0
Jun 14	M	7:00-8:00pm	Fee: \$0
Jul 12	M	7:00-8:00pm	Fee: \$0
Aug 9	M	7:00-8:00pm	Fee: \$0

Sunrise Birding Walk

Age: 12-99 yrs. This program is for beginning birders and well-practiced watchers alike. Join us as we take a sunrise trek around the lake to find our avian friends. We will focus on both songbirds and waterfowl and maybe see some raptors! Bring your own binoculars if possible, as supplies are limited. Please bring water and wear comfortable footwear. Earn 2 hours criteria II or III EE credit upon request. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Thomas G. Crowder Woodland Center

May 22	Sa	7:00-9:00am	Fee: \$4
Jun 12	Sa	7:00-9:00am	Fee: \$4

Sunset Paddle at Durant

Age: 18+ yrs. Are you in need of a night out? Grab your partner and join us at Durant Nature Preserve for a special, adults-only, paddle at sunset during the full moon. You'll have a magnificent view of the sunset from the water, watch nocturnal wildlife wake-up from their sleep as dusk settles, and learn more about our wild neighbors. Come early and bring a picnic dinner to help you unwind, before your paddle. Registration required, limited to 6 couples.

Durant Nature Preserve

Jun 25	F	8:00-9:00pm	Fee: \$4
Aug 20	F	8:00-9:00pm	Fee: \$4

Sustainability Stewards

Age: 16+ yrs. Horseshoe Farm Nature Preserve serves as a model of sustainability in our park system. Join park staff and the good company of others, for a short walk and discussion about some of the special sustainability features that help us reduce our carbon footprints and protect our natural resources. We'll share some easy sustainability tips and ideas that you can do at home to lower your own footprints.

Horseshoe Farm Nature Preserve

Jul 22	Th	6:00-7:00pm	Free
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Tree ID Trek

Age: 14-99 yrs. Come join our naturalists and learn how to identify some common trees found in the park. Participants will learn features of tree ID that will help year-round. No prior tree identification knowledge is necessary. Earn 2 hours criteria II or III EE credit upon request. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Thomas G. Crowder Woodland Center

May 22	Sa	9:30-11:30am	Fee: \$4
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Wild & Design

Age: 18+ yrs. Join us for a relaxing evening at the preserve. With the beauty of Horseshoe Farm Nature Preserve as your subject, create a beautiful piece of art for your home or document your experience in a homemade nature journal. Grab a partner or friend, bring your own chair, and stop by our table to check-in and reserve your easel or nature journal. This is an instructorless program, but we encourage you to use your creativity to create a masterpiece. Come early and bring a picnic to enjoy in the meadow.

Horseshoe Farm Nature Preserve

Jun 11	F	7:00-8:00pm	Fee: \$8
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Wild Reads - Nature Book Club

Age: 16+ yrs. What's the first thing you want to do when you finish a great book? Talk about it! Join our community book club of nature lovers as we read and discuss quarterly selections on wildlife, science,

environmental conservation, memoir, and more. Our relaxed meetings are an ideal way to meet like-minded friends and share ideas, questions, and perspectives inspired by notable books on nature. Pre-registration is required for planning purposes.

Durant Nature Preserve

Braiding Sweetgrass by Robin Wall Kimmerer
Jul 28 W 5:30-7:00pm Free

Family

Astronomy Nights

Age: 5-99 yrs. 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. Children must be accompanied by an adult. Adults and children (5 years and up) must register to attend.

A.L. Wilkerson Nature Preserve

Aug 12	Th	8:00-9:30pm	Fee: \$2
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Guided Nature Hike

Age: 5-99 yrs. Join us for a 2 mile hike on the beautiful trails of Lake Johnson Park. A knowledgeable nature instructor will accompany you on each hike to discuss natural features and Lake Johnson's history. The hikes will be held on our unpaved trails that may not be suitable for children under the age of 7. Parts of the trail considered moderate/strenuous. Participants should dress for the weather in comfortable clothing and closed-toed shoes that can get messy. 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

Jun 12	Sa	9:30-11:30am	Fee: \$2
Aug 14	Sa	9:30-11:30am	Fee: \$2

Lake Johnson Park Nature Explorers

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

May 16	Su	1:30-3:00pm	Fee: \$2
Jun 13	Su	1:30-3:00pm	Fee: \$2
Jul 18	Su	1:30-3:00pm	Fee: \$2
Aug 15	Su	1:30-3:00pm	Fee: \$2

Monarch Larva Monitoring

Age: 8+ yrs. Join us in the field to practice real science and learn about the incredible Monarch butterfly. We'll collect data from our milkweed plants to send to the Monarch Larva Monitoring Project. Scientists will use this data to study the butterflies. In addition to monarchs, we'll see what other caterpillars call the Preserve home. Preregistration is required. Children must be accompanied by adults. Children and adults must register.

Durant Nature Preserve

Aug 29 Su 3:00-4:00pm Fee: \$2

National Trails Day - Journey Through Durant

All ages. Join us at Durant Nature Preserve for National Trails Day 2021! Every year, on the first Saturday in June, landowners, public parks, and trail users come together to enjoy activities and perform service projects on trails across the country. This year, we will be hosting a scavenger hunt along our trails! Equipped with only a preserve map and the first clue, participants will travel through the trail system at Durant and see if they can find all the stations scattered throughout the preserve. Drop-in anytime throughout the day to play! Use your phone to scan QR codes at the trail stations, that will help guide you along your path. Find special prizes along the way and learn all about how we keep the trails beautiful at Durant Nature Preserve! Registration not required. In the case of inclement weather, this event will be held on Sunday, June 6.

Durant Nature Preserve

Jun 5 Sa 8:00am-8:00pm Free

Nature Art

Age: 5+ yrs. Join us to learn about the ancient Japanese art of gyotaku fish printing. Learn about native fish in the Neuse River at Horseshoe and make painted fish prints from replica fish for lots of fishy fun with none of the fishy smell! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Horseshoe Farm Nature Preserve

Gyotaku Fish Printing

Jul 31 Sa 10:00-11:00am Fee: \$4

Nature Play Day

All ages. Join us to make time for playing in nature. Children of all ages, as well as the young at heart, are welcome to join us for 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! You're welcome to drop-in anytime during this activity – registration is not required. Note: Adults must accompany their children.

A.L. Wilkerson Nature Preserve

Jul 9 F 10:30am-2:30pm Fee: \$0

Nocturnal Nature Hike

All ages. Watch as the park comes alive when the sun slips behind the trees. Please join us on this full moon trek to unveil the nocturnal wildlife of Lake Johnson Park. We will call for owls and nightjars, look for evidence of mammals, and identify singing amphibians. Participants should dress for the weather in comfortable clothing and close-toed shoes that can get messy. Participants must be able to walk approximately one mile on uneven terrain. 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.

Thomas G. Crowder Woodland Center

May 8 Sa 8:00-10:00pm Fee: \$4

Jul 10 Sa 8:30-10:30pm Fee: \$4

Pond Explorers

Age: 5+ yrs. Curious as to what lives in the water at Lake Johnson? During this program, you'll get to sample along the shore edge and find out just what kind of creatures live in the leaf litter and mud at the lake. We'll learn to identify some common aquatic invertebrates, and learn more about their different life stages. Come prepared to get dirty and meet some amazing creatures. Adult(s) must accompany child(ren), register, and pay the program fee.

Lake Johnson Waterfront Center

May 1 Sa 9:30-11:30am Fee: \$4

Shell-ebrating Turtles

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! Adult(s) must accompany child(ren), register, and pay the program fee.

Thomas G. Crowder Woodland Center

Jun 5 Sa 10:00-11:30am Fee: \$3

Story in the Park

All ages. Join us this summer for a story in the park accompanied by a related activity. This session's story is "Run Wild" by David Covell. This family program is best suited to preschoolers through early elementary, though anyone is welcome. Children must be accompanied by an adult, and all participants are required to register. Come dressed to spend time outside.

Walnut Creek Wetland Park

Run Wild

Jun 12 Sa 1:00-2:00pm Fee: \$2

Backyard Fairies

Jul 10 Sa 1:00-2:00pm Fee: \$2

Mossy

Aug 14 Sa 1:00-2:00pm Fee: \$2

Summer Scavenger Hunt

Age: 5+ yrs. Enjoy some quality time with your family by joining our summer scavenger hunts. Explore our nature preserves together while learning a thing or two about the wild! Have fun seeing if you can uncover the nature-themed treasures we have hidden for you to find. Make an afternoon of it and bring a picnic to enjoy before or after the hunt! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve

Wildflowers

May 16 Su 3:00-4:00pm Fee: \$2

Birds

Jun 19 Sa 3:00-4:00pm Fee: \$2

Reptiles & Amphibians

Jul 10 Sa 4:00-5:00pm Fee: \$2

Insects

Aug 14 Sa 4:00-5:00pm Fee: \$2

Sustainability Stewards

Age: 5+ yrs. Horseshoe Farm Nature Preserve serves as a model of sustainability in our park system. Join park staff and the good company of others, for a short walk and discussion about some of the special sustainability features that help us reduce our carbon footprints and protect our natural resources. We'll share some easy sustainability tips and ideas that you can do at home to lower your own footprints.

Horseshoe Farm Nature Preserve

Jul 24 Sa 10:00-11:00am Free

Tracks, Scat, & Skulls

Age: 7+ yrs. Do you know who shares our trails? Learn how to identify tracks, scat, and skulls of common animals found at Lake Johnson Park. We'll look for evidence of wandering wildlife and discover who's been in our backyard. Adult(s) must accompany child(ren), register, and pay the program fee.

Thomas G. Crowder Woodland Center

Aug 7 Sa 10:00-11:30am Fee: \$3

Turtle Trails

Age: 8+ yrs. Come explore the turtles of Durant and see what it's like to be a turtle! Learn how Durant Nature Preserve is protecting turtles, practice your camouflage skills, and learn about all the adaptations turtles use to survive in the wild. Afterwards, you'll get to meet Scout, our resident box turtle! Preregistration is required. Children must be accompanied by adults. Children and adults must register and pay the program fee.

Durant Nature Preserve

Jun 27 Su 3:00-4:00pm Fee: \$2

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Twilight Walk

Age: 4-99 yrs. Many animals are active around sunset or shortly after. Take a moonlit walk with a park naturalist to explore the woods and fields at this special time. Look for deer, coyotes and owls. This program is designed for families with young children. Advance registration is required for this program. Adults must accompany children. Adults and children (4 years and up) must register.

A.L. Wilkerson Nature Preserve

May 21	F	8:00-9:30pm	Fee: \$2
Jun 19	Sa	8:00-9:30pm	Fee: \$2

Who Lives Here?

All ages. Ever wonder who may be living in your backyard? From something as small as a worm to something as large as a deer, there are all kinds of animals that call your backyard home! We will learn where they sleep, what they eat, and just what they need to survive. Adult(s) must accompany child(ren), register, and pay the program fee.

Thomas G. Crowder Woodland Center

Jul 11	Su	1:00-2:30pm	Fee: \$3
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Wild & Design

Age: 8+ yrs. Join us for a relaxing morning at the preserve. With the beauty of Horseshoe Farm Nature Preserve as your subject, create a beautiful piece of art for your home or document your experience in a homemade nature journal. Bring your own chair and stop by our table to check-in and reserve your easel or nature journal. This is an instructorless program, but we encourage you to use your creativity to create a masterpiece. Bring a picnic lunch to enjoy in the meadow after you've completed your artwork.

Horseshoe Farm Nature Preserve

Jun 12	Sa	10:00-11:00am	Fee: \$8
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Wild Walkers

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. You'll learn how to use the app SEEK to identify wildlife in the preserve, then learn how you can become an EcoEXPLORE! 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

May 22	Sa	7:30-8:30pm	Free
Jun 26	Sa	8:00-9:00pm	Free
Jul 17	Sa	8:00-9:00pm	Free





CITY OF OAKS *f o u n d a t i o n*

City of Oaks Foundation urges children to get outside

Keeping nature nearby for all to enjoy—this mission is at the heart of the City of Oaks Foundation’s goal for Raleigh. The connection to the outdoors is fundamental to the health and well-being of everyone, but especially children.

American children today spend less than 10 minutes a day on unstructured outdoor play, according to the National Recreation and Park Association. The rapidly growing role of technology in our world and the increased urbanization of our communities are just some of the reasons that experts have given for the limited time children now spend outside in nature. The City of Oaks Foundation wants to help children grow into stronger and healthier adults who will be connected to their environment. Part of educating children about nature is simply giving them the opportunity to spend more time outside.

Give Play is the City of Oaks’ premier youth program. A partnership with Raleigh Parks, Recreation and Cultural Resources, Give Play allows us to provide financial assistance to help children participate in the City’s incredible summer camps and nature programs, getting them outdoors and active, making friends and building an appreciation of natural settings and physical activity that will last a lifetime.



Give Play also introduces many children to outdoor sports such as hiking, climbing, canoeing and mountain biking, and helps them build self-confidence and important social skills. Recently, programs like outdoor arts and crafts have been added as a means for more creative and contemplative activities. Through these camps, local youth have safe and healthy ways to spend their summers

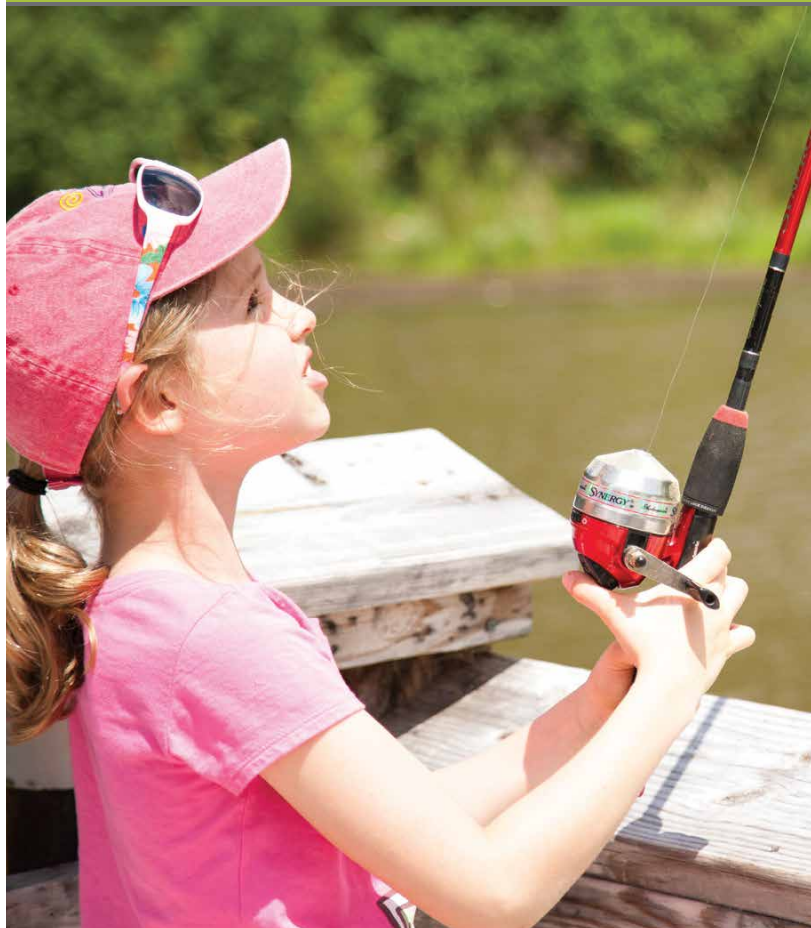
Our Give Play initiative strives to remove cost as a barrier for children’s participation in the nature play programs Raleigh offers. Additionally, the Foundation’s land conservation programs help landowners who want to leave a legacy by setting aside their forests, farms, gardens and streams as conservation land and future public parks. By supporting the City of Oaks Foundation with your tax-deductible contribution, you will help reverse our nature deficit and help maintain a great outdoors for a great Raleigh!

For more information:

visit www.cityofoaksfoundation.org call us at **(919) 996-4773**, or send us mail to:
City of Oaks Foundation 222 W. Hargett Street, Suite 608 Raleigh, NC 27601

The City of Oaks Foundation, a great outdoors for a great Raleigh!

Outdoor Recreation



Preschool

Jr. Kids Fishing

Age: 4-6 yrs. This program is for younger children who have never fished before but would like to try. We will practice with some casting games and then spend some time fishing in the lake. Your child will leave with stickers and fishing themed coloring pages. We will teach them that fishing is fun, join us today. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register.

Lake Johnson Waterfront Center			
Jun 24	Th	10:00-11:30am	Fee: \$3
Jul 28	W	10:00-11:30am	Fee: \$3

Youth

Compass Basics

Age: 10-13 yrs. Have you ever been lost in the woods? This course will teach you the skills needed to navigate using a compass through fun, hands-on experience. We will end the course with a fun orienteering activity. Adult(s) must accompany child(ren), adult(s) attend free and do not need to register. Advance registration is required for this program.

Thomas G. Crowder Woodland Center			
May 23	Su	10:00am-12:00pm	Fee: \$4

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			
Jun 19	Sa	4:00-6:00pm	Fee: \$4
Aug 14	Sa	4:00-6:00pm	Fee: \$4

Kids Fishing

Age: 7-12 yrs. This program is great for youth new to fishing. We will go over casting techniques, setting up your rod and reel, and what fish are found in the lake. Then of course we will spend time fishing in the lake. Come see if your child can hook one and reel it in. Parent(s)/guardian(s) not required to attend program but asked to remain in park. This program is designed to give parent(s)/guardian(s) time to enjoy the park while the child(ren) enjoys the program.

Lake Johnson Waterfront Center			
Jun 25	F	5:30-7:30pm	Fee: \$3
Jul 30	F	5:30-7:30pm	Fee: \$3

Know Your Knots

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

Thomas G. Crowder Woodland Center			
May 23	Su	1:00-3:00pm	Fee: \$4
Jul 17	Sa	1:00-3:00pm	Fee: \$4

Teen

Navigating the Wilderness

Age: 13-16 yrs. How would you get around the backcountry if your phone and GPS lost power or broke altogether? This course will take you on a journey off the trails inside Lake Johnson and learn how to get around using only a map and compass! You will learn how to how to take bearings, read a topographic map, read a compass, understand triangulation, and much more. No prior experience is necessary. Advance registration is required for this program.

Thomas G. Crowder Woodland Center			
Jun 19	Sa	9:00-11:00am	Fee: \$4

Adult

Adult Fishing

Age: 16-99 yrs. This program is great for adults who have always wanted to learn to fish. We will learn how to set up a rod and reel, casting techniques, and what fish are found in the lake. We will also cover state rules and regulations. Then we will go fishing off our bridge and learn some tips and tricks to becoming an experienced fisherman. Equipment is provided including rod, reel, and bait. Advanced registration is required.

Lake Johnson Waterfront Center

May 8	Sa	10:00am-12:00pm	Fee: \$4
Aug 14	Sa	10:00am-12:00pm	Fee: \$4

Bike Maintenance Clinic

Age: 14-99 yrs. Stop paying for costly bike repairs that can be done on your own! Participants will learn how to change flat tires, adjust gears and brakes, as well as perform general upkeep on their bikes. We will also go over signs and symptoms of bicycles in need of maintenance. Bring your own bike and helmet, and wear clothes that can get dirty! Sign up today for quality instruction and hands-on experience.

Forest Ridge Park

May 15	Sa	1:00-3:00pm	Fee: \$10
Jul 17	Sa	1:00-3:00pm	Fee: \$10

Evening Kayak

Age: 14-99 yrs. Explore Lake Johnson on the water with an experienced guide and naturalist. Participants will learn about the wildlife, history, and natural features of the lake. Tours provide opportunities to see wildlife such as birds, turtles, bald eagles, and osprey. With a brief paddling lesson at the beginning, this program is great for beginner and experienced paddlers alike! All equipment is provided. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 9	W	6:00-8:00pm	Fee: \$20
Jul 7	W	6:00-8:00pm	Fee: \$20
Aug 4	W	6:00-8:00pm	Fee: \$20

Fundamentals of Kayaking

Age: 15-99 yrs. This classes will introduce the basics of kayak in a calm setting and at a relaxed pace. Participants will learn the parts of each watercraft, paddling strokes and techniques, maneuverability, and self-rescue techniques. All equipment is provided. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 1	Tu	6:00-8:00pm	Fee: \$25
Jun 7	M	6:00-8:00pm	Fee: \$25
Jul 5	M	6:00-8:00pm	Fee: \$25
Jul 13	Tu	6:00-8:00pm	Fee: \$25
Aug 10	Tu	6:00-8:00pm	Fee: \$25
Aug 2	M	6:00-8:00pm	Fee: \$25

Fundamentals of Sailing

Age: 16-99 yrs. This in-depth course introduces the basics of sailing in a calm setting and at a relaxed pace. Participants will learn the parts of a sunfish sailboat, rigging a sunfish, maneuverability, and self-rescue techniques. Participants should be prepared to get wet during the program. Please bring a bagged lunch, water bottle, and sunscreen. No previous sailing experience required. After passing this course, you will be eligible for a Lake Johnson Park Sailing Membership. Memberships are good for up to 3 years. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 13	Su	10:00am-4:00pm	Fee: \$75
Jun 27	Su	10:00am-4:00pm	Fee: \$75
Jul 18	Su	10:00am-4:00pm	Fee: \$75
Jul 25	Su	10:00am-4:00pm	Fee: \$75
Aug 8	Su	10:00am-4:00pm	Fee: \$75
Aug 15	Su	10:00am-4:00pm	Fee: \$75

Fundamentals of SUP

Age: 15-99 yrs. This class will introduce the basics of stand-up paddleboarding in a calm setting and at a relaxed pace. Participants will learn the parts of each watercraft, paddling strokes and techniques, maneuverability, and self-rescue techniques. All equipment is provided. Adult(s) must accompany child(ren) under 16, register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 8	Tu	6:00-8:00pm	Fee: \$35
Jun 14	M	6:00-8:00pm	Fee: \$35
Jul 6	Tu	6:00-8:00pm	Fee: \$35
Jul 12	M	6:00-8:00pm	Fee: \$35
Aug 3	Tu	6:00-8:00pm	Fee: \$35
Aug 9	M	6:00-8:00pm	Fee: \$35

Guided Night Paddle

Age: 16-99 yrs. Explore Lake Johnson in a kayak after hours with an experienced guide and naturalist. Participants will learn about the wonderful wildlife that comes out at night. Look for beavers, owls, bats and more all while enjoying beautiful views of the moon on the water. Be prepared to get wet. All equipment is provided, participants will be using double kayaks so feel free register with a friend! Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 18	F	8:30-10:30pm	Fee: \$20
Jul 23	F	8:30-10:30pm	Fee: \$20
Aug 20	F	8:30-10:30pm	Fee: \$20

Guided Sailing

Age: 16-99 yrs. This is a program for those with experience sailing but still need some guidance and practice. Sail around the lake with an instructor close at hand to help you perfect your technique. This program is great for someone brushing up on their skills. Intro to Sailing, Fundamentals of Sailing, or equivalent experience required as a prerequisite. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 23	W	5:00-7:00pm	Fee: \$35
Jul 28	W	5:00-7:00pm	Fee: \$35

Sailing 101

Age: 16-99 yrs. This course is a perfect introduction to sailing and a great refresher for those who have experience but are feeling a bit rusty. We will cover the basics of sailing and spend some time sailing on the lake. This course is a pre-requisite for Sailing Assessment. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 21	M	5:00-7:00pm	Fee: \$25
Jun 22	Tu	5:00-7:00pm	Fee: \$25
Jul 26	M	5:00-7:00pm	Fee: \$25
Jul 27	Tu	5:00-7:00pm	Fee: \$25
Aug 16	M	5:00-7:00pm	Fee: \$25

Sailing Assessment

Age: 16-99 yrs. Interested in sailing a sunfish on Lake Johnson? Pass our sailing assessment to earn your sailing membership pass for Lake Johnson Park. Passes are good for up to 3 years and are required for renting a sailboat at Lake Johnson Park. Sailing 101 is a pre-requisite for the assessment. Advance registration is required for this program.

Lake Johnson Waterfront Center

May 23	Su	10:00-11:00am	Fee: \$30
May 23	Su	2:00-3:00pm	Fee: \$30
Jun 6	Su	10:00-11:00am	Fee: \$30
Jun 6	Su	2:00-3:00pm	Fee: \$30
Jul 11	Su	10:00-11:00am	Fee: \$30
Jul 11	Su	2:00-3:00pm	Fee: \$30

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Family

Daddy & Me Fishing

All ages. Join us for this fun fishing program just for dads and kids this Father's Day. Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend the day with the kids! Equipment is provided including rod, reel, and bait. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 20 Su 10:00am-12:00pm Fee: \$4

Family Fishing

All ages. Join us for this fun fishing program! Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend the day with the whole family! Equipment is provided including rod, reel, and bait. Adult(s) must accompany all child(ren), register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center

Jun 26	Sa	9:00-11:00am	Fee: \$4
Jul 31	Sa	9:00-11:00am	Fee: \$4
Aug 28	Sa	9:00-11:00am	Fee: \$4

Family Fishing Class

Age: 6-99 yrs. Bring the family out for a great outdoor experience. Your family will learn all about the fundamentals of fishing. We will share our knowledge of the sport and you will be hooked.

Lake Wheeler Park

May 8	Sa	9:00-10:00am	Fee: \$2
Jun 12	Sa	9:00-10:00am	Fee: \$2
Jul 10	Sa	9:00-10:00am	Fee: \$2

Mommy & Me Fishing

All ages. Join us for this fun fishing program just for moms and kids this Mother's Day. Participants will learn how to cast, set up a rod, and then go fishing in the lake. This is a great way to spend an afternoon with the kids! Equipment is provided including rod, reel, and bait. Adult(s) must accompany child(ren), register, and pay the program fee. Advance registration is required for this program.

Lake Johnson Waterfront Center

May 9 Su 10:00am-12:00pm Fee: \$4

Movie In the Park

All ages. Come out with your family and friends and enjoy a movie in the park! Bring a blanket and be prepared to seat under the stars and watch a G or PG movie with your friends and neighbors.

Sgt. Courtney T. Johnson Neighborhood Center

Jul 16 F 6:30-8:30pm Fee: \$0



Social Programs



Preschool

Pirate Treasure Hunt

Age: 1-5 yrs. Arghhhh Mateys! Calling all Buccaneers to help find the hidden treasure in Abbotts Creek Park! Activities and crafts will all be pirate-themed so don't hesitate to come dressed as a Pirate! Be sure to wear shoes and clothes that are appropriate for an outdoor adventure (if weather is appropriate) and active games!

Abbotts Creek Community Center
May 11 Tu 10:00-10:45am Fee: \$5

Playgroup Tot Time

Age: 0-5 yrs. Gyms at identified community centers will be open for parents or caregivers and their young children (ages 6 and under) to socialize and burn off some energy! Age appropriate sports and recreational equipment will be available for use. Please check with individual community centers for specific

days and times and maximum number of participants. You can register for a Playgroup Tot Time pass online or at any community center.

Abbotts Creek Community Center
May 3-Jun 11 M-F 8:00am-12:00pm Fee: \$0
Barwell Road Community Center
Aug 4-Aug 27 W,F 10:00am-12:00pm Fee: \$0
Laurel Hills Community Center
May 3-Jun 11 Tu,Th 10:00am-12:00pm Fee: \$0

Youth

Basketball Fundamentals 101

Age: 5-12 yrs. The skills sessions will cover all aspects of basketball, including shooting, passing, defense, offense, agility and dribbling. Scrimmage games will be included to add to the fun.

Worthdale Community Center
Jun 2-Jun 30 W 7:30-8:30pm Fee: \$10
Jul 7-Jul 28 W 7:30-8:30pm Fee: \$10
Aug 4-Aug 25 W 7:30-8:30pm Fee: \$10

Chess not Checkers

Age: 8-11 yrs. Join us for a 4-week course of chess. Kids will learn how to set up the board, name of the pieces, pieces movement, special moves in chess, critical thinking, checks, checkmates, choosing the Best moves, and basic opening principles

Roberts Park Community Center
Jul 7-Jul 27 Tu 6:00-7:00pm Fee: \$20
Aug 10-Aug 31 Tu 6:00-7:00pm Fee: \$20

Imagination Playground

Age: 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
May 1-Aug 28 Sa 9:15-11:30am Fee: \$0

Video Game Challenge

Age: 10-18 yrs. Calling all ages 10 and up! Come show off your gaming skills during Worthdale's Video Game Challenge. Enjoy Fortnite, NBA2K, and Madden NFL tournaments. Pre-registration is required.

Worthdale Community Center
Jun 15 Tu 6:00-8:00pm Fee: \$5
Jul 20 Tu 6:00-8:00pm Fee: \$5

Teen

African Contemporary

Age: 13-15 yrs. This class will focus on introducing the fundamentals of Afro-Contemporary dance though exploring various rhythms of the body in response to the music. This class will emphasize the use of the spine, pelvis, and incorporate various movements used in social dances.

Laurel Hills Community Center
May 2-May 23 Su 4:00-5:00pm Fee: \$40
May 3-May 24 M 7:45-8:45pm Fee: \$40

FLOW

Age: yrs. Young men of Raleigh and Wake County let's organize and FLOW! FLOW is a teen group for young men to participate in interactive learning activities, develop leadership skills, take part in cultural enrichment programs, and do community service projects.

Sgt. Courtney T. Johnson Neighborhood Center
May 12-Aug 25 W 6:00-7:30pm Fee: \$0

Step Team of Worthdale

Age: 13-18 yrs. Youth will explore stepping and traditional native dance. Stepping is a form of complex rhythms and sounds through a mixture of footsteps, hand claps and promotes expressive dancing and dramatic acting.

Worthdale Community Center
Jul 29-Aug 14 Th, Sa 7:30-8:30pm Fee: \$0

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Adult

Art in the Park

Age: 21-99 yrs. Kick of the Summer with an enjoyable Art in the Park day. This festive day will consist of canvas painting while listening to mood rendering music with you and fellow community patrons.

Biltmore Hills Community Center

Jun 6	Su	3:00-5:00pm	Fee: \$20
Aug 22	Su	3:00-5:00pm	Fee: \$20

Card Game Night for Adults

Age: 18-99 yrs. Age: 18yrs and up. Laugh, learn and play! Enjoy learning new card games or teach a game your know to others. A great way to socialized and exercise the brain.

Tarboro Road Community Center

May 6-Aug 26	Th	6:00-8:00pm	Fee: \$0
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Chicago Steppin' (Urban Ballroom)

Age: 18-99 yrs. The Capital City Steppers in partnership with Raleigh Parks and Recreation invite you to 'Look before you Step' by joining us for the partner's dance called Chicago Steppin. Courses will be every 1st and 3rd Friday at Green Road Community Center, 4201 Green Rd, Raleigh NC 27604. We invite you to come and take part in learning this beautiful partner's dance art form. Participants should be 18 years or older and no partner is required to take the lessons. The Capital City Steppers supported by the United Arts Council of Raleigh and Wake County and The North Carolina Arts Council is a recognized Non-Profit 501(C) organization.

Green Road Community Center

May 7-Aug 27	F	7:00-8:30pm	Fee: \$7
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German Shepherd Dog Club

Age: 18-99 yrs. 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

May 5	W	7:00-9:00pm	Fee: \$1
Jun 2	W	7:00-9:00pm	Fee: \$1
Jul 7	W	7:00-9:00pm	Fee: \$1
Aug 4	W	7:00-9:00pm	Fee: \$1

Open Ballroom Dance

Age: 18-99 yrs. 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

May 7-Aug 27	F	7:00-9:00pm	Fee: \$2
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Raleigh Hemerocallis Club

Age: 13-99 yrs. This club focuses on day lilies: recognizing their different forms and hybridizing, growing and enjoying them. A flower show is held in June for those who want their flowers judged. The club's fundraising allows it to have nationally known speakers

at meetings and to award a scholarship to a deserving horticulture student. All ages are welcome to attend, and youth are encouraged to participate.

Powell Drive Neighborhood Center

May 11	Tu	6:30-8:30pm	Fee: \$1
Jun 8	Tu	6:30-8:30pm	Fee: \$1
Jul 13	Tu	6:30-8:30pm	Fee: \$1
Aug 10	Tu	6:30-8:30pm	Fee: \$1

Sister Enrichment Club

Age: 18yrs. and up. This program geared towards women, and will feature informative speakers who will uplift, encourage and motivate. The club will also include a Book of the Month. Take a moment for yourself, share social time and meet new friends.

Tarboro Road Community Center

May 3-Aug 30	M	6:30-8:30pm	Fee: \$0
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Sister Share

Age: 18-99 yrs. This support group for ladies meets the 2nd and 4th Thursdays of each month.

Carolina Pines Community Center

May 6-Aug 26	Th	6:30-8:00pm	Fee: \$0
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Thursday Movie Night

Age: yrs. Do you enjoy movies- classics, westerns, suspense, or box office hits? Come enjoy a lite snack while you watch a movie with friends.

John P. "Top" Greene Center

Jul 22	Th	5:30-8:00pm	Fee: \$0
Jun 10	Th	5:30-8:00pm	Fee: \$0

Senior

Bingo

Age: 18-99 yrs This is not your typical bingo. We play a variety of games each day, including straight bingo, Four Corners, Postage Stamp and Clear All.

Green Road Community Center

May 4-Jun 8	Tu	10:30am-1:00pm	Fee: \$0
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Bridge: Open Play

Age: 18-99 yrs. Join other bridge players for this open play program. All experience levels are welcome.

Greystone Recreation Center

May 3-Aug 30	M	10:00am-1:00pm	Fee: \$0
May 5-Aug 25	W	10:00am-1:00pm	Fee: \$0

Greystone Blanketeers

Age: 16-99 yrs. 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 Recreation Center

May 25	Tu	1:00-4:00pm	Fee: \$0
Jun 29	Tu	1:00-4:00pm	Fee: \$0
Jul 27	Tu	1:00-4:00pm	Fee: \$0
Aug 24	Tu	1:00-4:00pm	Fee: \$0

Mah Jongg Open Play

Age: 0-99 yrs. This program is for those who know how to play and do not need instructions. Bring your game boards and cards; some supplies are available.

Greystone Recreation Center

May 3-Aug 30	M	1:30-4:00pm	Fee: \$0
May 4-Aug 31	Tu	12:00-2:00pm	Fee: \$0

Mahjong Madness

Age: 18-99 yrs. 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

May 4-Aug 31	Tu	1:00-4:30pm	Fee: \$0
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Senior Fridays

Age: 50-99 yrs. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you!

Greystone Recreation Center

May 7-Aug 27	F	1:00-3:00pm	Fee: \$0
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Senior Social Hour

Age: 55-99 yrs. Join us at Brier Creek for a morning of fun. Adults 55 and older can come together for socializing and game options like bingo, bridge, chess and more!

Brier Creek Community Center

May 4-Aug 31	Tu	10:15am-12:30pm	Fee: \$0
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Family

Line Dance

Age: 16-99 yrs. 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.

Tarboro Road Community Center

May 4-Aug 31	Tu	6:30-7:30pm	Fee: \$5
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Stretch and Story

Age: 0-99 yrs. It's time for a breather! Parents/guardians will experience the bliss of yoga while children will hear a story and enjoy some play time. Each registration is for yoga for a single adult and will include story/ play time for up to two children between the age of 3-5 (at the time of the first class).

We will contact you one week before the class begins for information on children who will be participating. Contact Abbotts Creek Community Center with any questions!

Abbotts Creek Community Center

May 5-May 26	W	2:00-2:45pm	Fee: \$40
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Golden Years Clubs

Clubs are composed of persons age 50 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the listed club leader for specific club information.

Asbury Joy Club

Asbury UMC
3rd Thursday, 11:00am
Sept-May: trips, meals, speakers
Susan (919) 624-1603

Chavis Circle of Friends

John Chavis Community Center
Wednesday, 11:00am
Sept-May: speakers, cards, meals
Dennis (919) 831-6989

Fellowship Club

West Raleigh Presbyterian
2nd/4th Tuesday, 10:00am
Sept-May: speakers, meals, trips
Brenda (919) 851-5851

Fifty-Five Plus Club

Anne Gordon Center
Wednesdays, 10:00am
Sept-May: speakers, cards, trips
June-Aug: cards only
Jane (919) 801-0097

First Cosmopolitan Club First

Cosmopolitan Baptist
3rd Wednesday, 1:00pm
Sept-May: social, trips, cards, speakers
Gene (919) 266-1222

First Friday

Five Points Adult Center
Mon-Thur, 10:00am
Yearly: social, crafts
Almatha (919) 266-9597

Go Getters Club

Creedmoor Rd. Federal Coastal Credit
2nd/4th Thursday, time varies
Sept-May: trips only
Lauren (919) 612-5164

Golden Eagles Club

Top Greene Center
2nd Wednesday, 11:00am
Yearly: speakers, meals, trips
Carletta (919) 996-2730

Golden Circle

Wilson Temple UMC
3rd Wednesday, 11:00am
Sept-May: social
Phylliss (919) 827-5371

Golden Jewels

St. Paul AME Church
Wednesdays, 10:00am
Sept-May: speakers, trips
Vallarie (919) 789-3366

Grand Age Club

Hayes Barton United Methodist
Thursdays, 11:15am
Sept-May: speakers, meals, trips
1x month in the summer
Margie (919) 280-4840

Hi-Millers

Marsh Creek Community Center
2nd Tuesday, 10:00am
Aug-June: speakers, meals, trips
Lianne (919) 880-7409

Keenagers Club

White Memorial Presbyterian
Thursdays, 10:15am
Sept-May: speakers
James (984) 255-5487

Lake Lynn Seniors

Lake Lynn Community Center
Tuesdays, 10:00am
Sept-May: speakers, meals, trips
Kathy (919) 349-8905

Lions Park Club

Lions Park Community Center
1st Wednesday, 10:00am
Sept-June: speakers, meals, cards, trips
Christie (919) 996-4726

NRUMC—Joy Club

North Raleigh UMC
1st, 2nd, 3rd, 5th Wed, 11:00am
Yearly: speakers, meals, trips
Cletha (919) 847-5988

Pullen Park Club

Pullen Park Community Center
Wednesdays, 10:00am
Yearly: cards
(919) 996-6052

Quail Hollow Club

Eastgate Park
Wednesdays, 9:45am
Sept-May: speakers, meals, cards
Susan (919) 870-0571

St. Francis of Assisi 55+ Club

St. Francis of Assisi Parish
Wednesday, 12:00pm
Sept-May: speakers, meals, cards, trips
Kathy (919) 272-4442

St. Joseph Happy Hearts

St. Joseph Catholic Church
1st Tuesday, 12:00pm
Sept-May: speakers, meals, trips
Liz (919) 872-2917

Smiling Age Club

Billmore Hills Community Center
Tuesdays, 10:00am
Sept-May: speakers, trips
Mary (919) 755-1086

Snappy Seniors

Marsh Creek Community Center
1st and 3rd Monday, 10:00am
Sept-May: speakers, meals
Nancy (804) 921-5465

Tarboro Road Movers and Shakers

Tarboro Road Comm Center
1st/3rd Monday, 11:00am
Sept-May: speakers, meals, trips
Chris/Sherri (919) 996-6505

Thirty-Niners Club

First Baptist Church
Thursdays, 10:30am
Sept-May: speakers, meals, trips
Mary Alice (919) 832-4485

Touch of Love

St. Matthew Baptist Church
Wed after the 2nd/4th
Sun 10:30am
Sept-June: speakers, meals, trips
Dee (919) 630-0320

Trailblazers

Mt. Pleasant Baptist Church
2nd Tuesday 11:00am
Yearly: speakers, meals
Lucy Lee (919) 830-0975

Forever JOY Club

Open Table UMC
3rd Tuesday, 11:00am
Aug-May: speakers, meals, trips
Jeanette (919) 872-6561

Wakefield Villagers Club

Villages of Wakefield
2nd & 4th Tuesday, 9:30am
Yearly: speakers, meals, cards, trips
Margaret (919) 556-9541

Watts Seniors

Watts Chapel
1st & 3rd Tuesday, 10:00am
Sept-June: social, trips, speakers
Ella (917) 589-2566

Worthdale Walkers Club

Worthdale Community Center
Thursdays, 11:00am
Sept-May: social, trips, speakers
Carletta (919) 996-2730

Young at Heart Club

Five Points Adult Center 2nd/4th
Wednesday, 10:00am
Yearly: speakers, meals, trips
Brenda (919) 834-8170

This information is not to be used for solicitation purposes.

Specialized Recreation & Inclusion Services

Specialized Recreation and Inclusion Services

919.996.2147

SRIS@raleighnc.gov

Program Director

Nikki Speer-Raleigh

nikki.speer@raleighnc.gov

Inclusion Manager

Laurel Heizelman

laurel.heizelman@raleighnc.gov

Program Manager

Christen Winstead

christen.winstead@raleighnc.gov

Assistant Managers

Amy Lubawy

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Olivia Atkinson

olivia.atkinson@raleighnc.gov

Taylor Shuler

taylor.shuler@raleighnc.gov

Specialized Recreation and Inclusion Services offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.

Specialized Recreation programs are offered to meet the needs and interests of participants. Programs may be modified and/or adaptive equipment may be available to assist participants. Some eligibility requirements may apply. Please review our program listings for more information.

Inclusion Services provides supports to individuals who request modifications due to disability or medical condition, to assist with participation in all Parks, Recreation and Cultural Resource programs. To ensure reasonable modifications are available, the request should be received at least two weeks prior to the start date of the program.

For more information about our programs or inclusion services, please contact us at SRIS@raleighnc.gov or 919.996.2147.

Return registrations or forms to:

Raleigh Parks, Recreation and Cultural Resources Department
Specialized Recreation and Inclusion Services
2401 Wade Avenue, Raleigh, NC 27607

Abilities Tennis Association of NC

Abilities Tennis of North Carolina is a local non-profit organization offering free tennis lessons and competitive opportunities for individuals with disabilities. Experienced volunteers will lead the lessons. Equipment is provided and all levels of experience welcome. Pre-registration is required. The program runs on Saturdays (2-3pm or 3:30-5pm) at Millbrook Tennis Center. For more information, please call 919-996-2147.

Art Time

Ages: 16+ Join us to create some unique, one-of-a-kind art on the fourth Monday of the month! Each class will focus on a different theme, and various types of materials will be used. Materials will be provided. An instructor will be available to facilitate and assist participants at a ratio of 1:5. Individuals requiring a higher level of support may attend with a personal assistant. For more information, please call 919-996-2147.

Days: Fourth Monday of the Month

Time: 6:30pm - 8:00pm

Location: Hill Street Center

Cost: \$24 resident / \$39 non-resident

Cooking

Ages: 18+ This program is designed to meet the needs of 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 may attend with an approved personal assistant. For more information, please contact SRIS@raleighnc.gov or 919-996-2147.

Days: First Wednesday of the Month

Time: 6:30pm - 8:00pm

Location: TBD

Cost: \$20 resident / \$35 non-resident

Meet-Up Opportunities

Specialized Recreation will offer monthly meet-up opportunities for those interested in spending some time socializing with peers. Participants will meet staff on-site at various locations throughout the City of Raleigh. Participants will be responsible for providing their own transportation to and from these programs and must have current SRIS forms on file. For more information, or to receive a monthly newsletter with specific opportunities, please contact SRIS@raleighnc.gov or 919-996-2147.



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.

Outings & Trips

Specialized Recreation offers local outings, day trips and/or overnight trips for individuals with various disabilities. Some previous activities include local sporting events, trips to museums, seasonal outings, etc. Online registration may not be available for some outings. Participants must have current SRIS forms on file. For more information, or to receive a monthly newsletter with specific opportunities, please contact SRIS@raleighnc.gov or 919-996-2147.

PRIDE Wheelchair Basketball

This program is a collaboration of Bridge II Sports and the Raleigh Parks, Recreation & Cultural Resources Department, and is designed for youth with a physical disability. We have two (2) divisions: Prep and JV. Thunder has weekly practices from August to March. In practices, we work on sports skills, as well as building confidence, goal setting and independence. The team does travel 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.

Quest Adult Day Program

Age: 22-99 yrs. The Quest Adult Day Program is for adults with disabilities who can engage appropriately in a small group setting (approximately 6 participants with 1 staff). The program offers age appropriate activities to engage participants in nature, music and movement, arts and crafts, etc. with specialist visits revolving around themes such as Healthy Living, Culture, and Giving Back. Under normal program guidelines and operations, the following are examples of how staff and participants will engage during the program.

Behavior: Staff will provide positive behavior support, redirection, preferred activities, and use behavior support strategies provided by families. Participants are expected to exhibit appropriate behavior, without presenting a safety concern to themselves, other participants or staff. Unsafe behaviors may include, but are not limited to: biting, hitting, kicking, pinching, running, spitting, etc.

Feeding: Staff will provide verbal and visual prompting, reminders, assist with placement of food, break up food into small pieces, open containers for the participant. Participants should be able to physically feed themselves.

Participation: Staff will engage participants through multiple means of instruction, sensory engagement, supported transitions, and program modifications. Participants are expected to stay with their group, follow given/modeled direction, and demonstrate engagement during program activities, during transitions, during specialist visits and in the community on field trips when appropriate.

Toileting & Personal Care: Staff will provide verbal and visual prompting and provide occasional assistance with pulling up and/or fastening clothing. Participants should be able to clean/wipe themselves independently or with minimal/prompting from staff. Please contact SRIS@raleighnc.gov or 919.996.2147 for more information.

Five Points Center

Tuesday

May 4-May 25	Tu	10:00am-3:00pm	Fee: \$125
Jun 1-Jun 29	Tu	10:00am-3:00pm	Fee: \$125
Jul 6-Jul 27	Tu	10:00am-3:00pm	Fee: \$125

Thursday

Aug 3-Aug 31	Tu	10:00am-3:00pm	Fee: \$125
May 6-May 27	Th	10:00am-3:00pm	Fee: \$125
Jun 3-Jun 24	Th	10:00am-3:00pm	Fee: \$125
Jul 1-Jul 29	Th	10:00am-3:00pm	Fee: \$125
Aug 5-Aug 26	Th	10:00am-3:00pm	Fee: \$125

Raleigh Blind Bowlers Association - The Raleigh Outlaws

The Raleigh Blind Bowlers Association – The Raleigh Outlaws operate a bowling league for visually impaired individuals throughout the Raleigh area. The Outlaw program is the nation's largest and most consistent blind bowler league. Participation is governed by league by-laws and officers. Contact Sharon Benton, League President, at (919) 755-0700 for league information.

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Raleigh Sidewinders

The Raleigh Sidewinders is eastern North Carolina's wheelchair (i.e. Quad Rugby) team. The Raleigh Sidewinders are official members of the US Quad Rugby Association, (USQRA), www.quadrugby.com. The team is comprised of individuals with disabilities that preclude their play in competitive, able-bodied sports. Players must have mobility impairments in their arms and legs to be considered eligible for participation. Most of the players have sustained cervical spinal cord injuries and have some type of quadriplegia as a result. The players are active members in their community, striving for a level of skill and competition offered by quad rugby. The vision of the Raleigh Sidewinders is to provide team members with an opportunity for personal growth, physical outlet and competition with adequate equipment and resources. For more information, please visit www.ncscia.org/theraleighsidewinders.

Special Olympics Wake County

Special Olympics Wake County provides year-round sport training and athletic competition in different sports for individuals with intellectual disabilities. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at various times and locations. To receive more information on Special Olympics Wake County sport opportunities, please contact us at 919-996-2147 or SRIS@raleighnc.gov.

Triangle Taiko Drumming

Triangle Taiko is a joint program with the Raleigh Parks, Recreation & Cultural Resources Department providing free Taiko drumming classes for teens and adults with developmental and physical disabilities. Through this program, participants will increase their physical fitness level while learning the history and art of Taiko drumming. Individuals need to have some coordination, the ability to follow directions, a desire to play drums and perform, and be able to handle the loud volume level of the drums. For more information, please call 919-787-6233 or e-mail yokoiwashima@gmail.com.

Triangle Thunder Wheelchair Basketball

Triangle Thunder is a recreational and competitive adult wheelchair basketball team. They provide opportunities for men and women with a variety of disabilities to become involved in the sport of wheelchair basketball. The goal is to enhance each individual's social well-being by fostering their physical well-being through vigorous physical exercise, skill formation, and healthy fellowship with other persons with disabilities. Practices are open to new players and to the public. For more information, please contact 919-696-2811 or visit www.trianglethunder.org.

VIP Bingo

Ages: 14+ Join us for an evening of fellowship, fun and bingo. Braille and large print cards are available. There will be no food or drink provided. No transportation is provided. Individuals requiring a higher level of assistance may attend with an approved personal assistant. For more information, please contact SRIS@raleighnc.gov or 919-996-2147.

Days: Fourth Wednesday of the Month

Time: 6:30pm - 8:00pm

Location: TBD

Cost: \$5 resident and non-resident

Virtual Programs

We are happy to be able to continue to offer virtual opportunities to connect with participants in programs such as fitness, art, dance parties, game nights and more! These virtual programs are designed for individuals with various disabilities and interests. Participants must have current SRIS forms on file and internet access via a computer, smart phone, or other mobile device. For more information, or to receive a monthly newsletter with specific opportunities, please contact SRIS@raleighnc.gov or 919-996-2147.

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

Digital Inclusion

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Greenways

919-996-3285

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. If you would like to request a hard copy of our greenway map, please call 996-3285. You can also view the map using a KML file and Google Earth—visit www.parks.raleighnc.gov. To Apply for the Greenway Volunteer Program email 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.

Additional Facility and Program Information

Off-Leash Dog Parks

Raleigh Parks, Recreation and Cultural Resources encourages you and your dog to come out and enjoy the park facilities located throughout Raleigh. Each park is managed by volunteers and depends on responsible dog ownership and etiquette. These dog parks are areas where you can take your dogs and let them off leash, while remaining in compliance with Raleigh city ordinances. They are located at Carolina Pines Park, Millbrook Exchange Park, Jaycee Park, Oakwood Park and Dorothea Dix Park.

Museums

COR Museum Museum Director: Ernest Dollar
Email: ernest.dollar@raleighnc.gov
220 Fayetteville St. Raleigh, NC 27601
Phone: 919-996-2220

COR Museum is located on Fayetteville Street, Raleigh's "Main Street" and the center of downtown. Originally established in 1993 as a non-profit entity, the City of Raleigh assumed operational control of the museum in 2012. Housed in a historic former hardware store, the museum is dedicated to preserving and interpreting the history of North Carolina's capital city while envisioning its future. The museum curates temporary and permanent exhibits about the city's people, places, and resources, maintains a collection of approximately 5,000 artifacts, and offers educational programming and tours. The COR Museum is open Tuesday-Saturday from 9:00am-4:00pm and Sundays from 1:00-4:00pm. Admission is free.

Pope House Museum

511 South Wilmington St. Raleigh, NC 27601
Phone: 919-996-2220

The Pope House Museum was originally built in 1901 as the home to Dr. Manassa Pope and his wife. Dr. Pope holds the distinction of being the first medically licensed African-American doctor in the state. The structure has undergone a transition from private management to City of Raleigh Parks, Recreation and Cultural Resources Department management, and will be open for regular tours for the first time. The Pope House Museum's new hours will be Saturdays, 10:00am-3:00pm and by appointment during the week. Saturday tours start on the hour with the first at 10:00am and the last tour beginning at 2:00pm. A new program has

been developed to inform the public about one of Raleigh's more interesting citizens. Exterior work is being performed on the structure to improve in its appearance and make the house more closely resemble its appearance from the 1930s.

Playgrounds

The City of Raleigh owns and operates many playgrounds throughout Raleigh. For a list of playgrounds including location, age recommendation, surfacing, and photos, please visit www.parks.raleighnc.gov

Saint Monica Teen Center

The Saint Monica Teen Center is the first teen center operated by Raleigh Parks, Recreation and Cultural Resources and provides a wide range of programs and opportunities for teenagers in Raleigh! The facility houses a state of the art technology room, teen lounge, fitness/dance room, multipurpose classroom, wall of history, and homework area. The Saint Monica Teen Center is open to ages 13-19 that are currently enrolled in a middle or high school. Free membership is required to utilize the Saint Monica Teen Center. Please call 919-996-4770 for more information.

Tennis Center and Courts

The Raleigh Parks, Recreation and Cultural Resources Department offers 108 public tennis courts (104 are lighted) located at 23 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:00pm. Millbrook also has a drop in doubles challenge court, a ball machine court and three backboards. Racquets and balls are available to borrow and tennis accessories are available for purchase. Tennis program updates and forms can be downloaded from www.Raleighnc.gov. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 919-996-4129.

Programs

The Cultural Outreach and Enrichment (COE) Program

Cultural Outreach Coordinator: Lisa-Ann Utsumi
Phone: 919-996-6844
Email: coeprogram@raleighnc.gov

The Cultural Outreach and Enrichment Program invites people of all ages to discover the ethnic and cultural richness of the community. The program provides meaningful leisure experiences for people of other cultures and the local community to connect in an open and welcoming environment. Highlights of some of the current recreation programming include: Virtual Tours of the World, Multicultural Camp Specialists, and English as a Second Language classes. The COE program also supports events such as the Raleigh Tamale Festival and has created meaningful partnerships that serve the needs of the local community through the International Festival; and North Carolina State University through the Foreign Language Department with programs like VOLAR (Voluntarios Ahora in Raleigh) and TESOL (Teaching English to Speakers of Other Languages). Volunteers are always needed to assist with community outreach, teaching English, and many other opportunities. For more information, please visit our website at parks.raleighnc.gov, keyword search "COE".

Digital Inclusion

Digital Inclusion Program Manager: Tommy Hodges
Phone: 919-996-2458
Email: thomas.hodges@raleighnc.gov

The Digital Inclusion Program offers over 250 classes, to develop and enhance technology skills from youth to active adults. Examples of these classes include computer, phone, and tablet basics, app based (ridesharing, grocery/food delivery), networking, video streaming, word processing and many more. In addition to classes for active adults, the program offers a variety of STEM camps for youth and teens covering topics such as game design, photo editing, electronic circuits and will debut a new aeronautics camp in 2021. The program manages two learning labs hosted at Anne Gordon & Five Points Active Adults Centers and a mobile learning lab to offer program throughout Raleigh.

Additional Facility and Program Information

Historic Resources and Museum Program

HRM Program Administrator: Troy Burton
Downtown Cultural Resources Director: Douglas Porter

The HRM Program manages operations and programs at the Borden Building and Stone Circle at Fletcher Park, the City of Raleigh Museum, the Fred Fletcher Amphitheater at Fletcher Park, John Chavis Memorial Park Historic Attractions, the Latta House and University Site, Mordecai Historic Park, the Pope House Museum, Pullen Park Historic Attractions, Moore Square Park and the Raleigh Trolleys. The Historic Resources and Museum Program manages an artifact collection consisting of more than 18,000 fine and decorative material culture objects. The program offers various programs throughout the year including guided tours and rentals at the facilities, school field trips, summer camps, and special events.

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

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

Phone: 919-996-2151

Email: todd.riddick@raleighnc.gov

Recreation Program Manager: Carmen Rayfield

Phone: 919-996-4734

Email: carmen.rayfield@raleighnc.gov

The Adult Program serves over 7,000 older adults throughout the Raleigh area. Activities are offered at the two Active Adult Centers, Walnut Terrace Neighborhood Center, as well as many city wide community centers and other locations within the City of Raleigh. These activities include sports leagues, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; numerous one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops 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 and Inclusion Services** – offers a variety of specialized programs and inclusion services for individuals of all abilities to enjoy recreation opportunities of their choice.
- **COE (Cultural Outreach and Enrichment) Program** Volunteers are always needed to assist teaching basic elements of English, and other exciting recreational opportunities. Volunteer are also needed to assist at various special events and with community outreach.
- **Centers for Active Adults** – Assist with teaching classes, special events, greeters, receptionists, room hosts, tour guides and more
- **Mordecai Historic Park** – Assist in the park as docents, gardeners, tour leaders and special events volunteers.

Volunteers can register now online at parks.raleighnc.gov

For more information contact Mary Owens at mary.owens@raleighnc.gov or call 919-996-3292.

Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov



Raleigh Parks

Main Contact

Raleigh Resident Non-resident Add \$15 to course.

Non-resident fees do not apply to Specialized Recreation Programs or courses less than \$15.

Last Name _____ First Name _____ DOB ____/____/____ Male Female

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____ *Email _____

Emergency Contact _____ Phone _____

Registration Receipt: (for mail-in) I would like my receipt (please check one) emailed (valid email address required) printed/mailed

**By providing my email address I agree to receive email communication from Raleigh Parks, Recreation and Cultural Resources.*

The City of Raleigh Parks, Recreation and Cultural Resources Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate participation in our programs. To ensure that reasonable accommodations are in place, program registration or accommodation request should be received at least two weeks prior to the start date of the program. For more information please contact Inclusion Services 919.996.2147

Participant Information

Participant #1 Name _____ DOB ____/____/____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? Yes No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Participant #2 Name _____ DOB ____/____/____ Male Female

Parent/Guardian Last Name If participant is under 18 _____ Parent's First Name _____

Please note any allergy, disability, health/medical condition or other information you would like to share with us for the participant:

Would you like to request an ADA Accommodation or Program Modification for a disability and/or medical condition? Yes No

Course Barcode	Program Name	Location	Date	Time	Fee
_____	_____	_____	_____	_____	\$ _____
_____	_____	_____	_____	_____	\$ _____

Account Information

Create a New Account Update my Account Please send me My Family PIN and Client Barcode

Registration Information

Payment is required at the time of registration. Please use this form for registration, and mail to the facility where the program is held.

Non-City of Raleigh Resident Fee (\$15/course) \$ _____

I would like to make a donation to support a child's participation in
Raleigh Parks, Recreation and Cultural Resources Programs (specify amount) \$ _____

TOTAL AMOUNT DUE \$ _____

Payment Information

Check # _____ (checks payable to City of Raleigh) Money Order

Credit Card payments may be made at a staffed facility or through the online registration system RecLink. Visit parks.raleighnc.gov and select "Register on RecLink". If you would like to complete your registration online, but prefer not to pay online with a credit card, you may add a credit to your account prior to online registration by making a payment at a community center or the Recreation Business Office.



Account and Program Registration Form

Remember you can also register online with RecLink at parks.raleighnc.gov

Refund Policy

- **100% refund/credit/transfer if the Department cancels the program** or the facility rental.
- **Refund requests received in writing** at least 14 or more days in advance of the program/rental/team placement date are entitled to:
 - A. 100% credit or transfer of fees to another program at the time of the withdrawal;
 - B. 85% refund based on the total cost of the program or rental;
 - C. 85% credit/transfer/refund of eligible rental fees
- **Refund/credit/transfer requests** received less than 14 days in advance of the program/rental/team placement date will not be granted.
- **Refunds for medical circumstances** requested prior to the program/rental/team placement date will be granted at 100%, pending verification.
- **Outdoor facility** usage canceled due to inclement weather may be rescheduled pending space availability.
- **A transfer** must be requested at the time of withdrawal.
- **A credit** may be used by any family member on the same registration account.
- **Non-attendance/non-participation** in a program does not entitle the patron to a refund.

Refund requests may be sent to: Raleigh Parks, Recreation and Cultural Resources Department Rbo.registration@raleighnc.gov

Photo/Media Policy

I acknowledge and agree that the City of Raleigh may take photographs and video of individuals or groups participating in programs and events and may use any photographs(s) and/or video taken of me or my child to publicize the program and for other City-related purposes.

Non-Discrimination Policy

The policy of the City of Raleigh is, and shall be, to oppose any discrimination based on actual or perceived age, mental or physical disability, sex, religion, race, color, sexual orientation, gender identity or expression, familial or marital status, economic status, veteran status or national origin in any aspect of modern life. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of Raleigh Parks, Recreation and Cultural Resources Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

COVID – 19 Risks / Release, Indemnity, and Agreement Not To Sue (revised 7/6/2020)

The City of Raleigh has been forced to confront the potential dangers associated with the COVID-19 pandemic. The City's Parks, Recreation, and Cultural Resources (PRCR) Department remains committed to providing high quality programming. However, in order to comply with guidelines from the Centers for Disease Control (CDC) and other federal, state, and local public health agencies, the PRCR Department has implemented additional safety precautions to ensure that program participants and other PRCR Department staff will have a fun, exceptional experience.

The contents of this document supplement applicable program policies (including Camp Policies and School-Based Program policies), the Program Registration Form, and the online registration for participants who registered through RecLink at parks.raleighnc.gov. Unless amended herein, all prior policies applicable to the program for which you have registered remain in effect. Please review the following information carefully to learn more about what the City is doing to maintain a healthy program environment and what participants (or their Parents/Guardians, if applicable) should do before participating in the PRCR program for which you have registered.

COVID-19 Risks

COVID-19 is a highly contagious and novel viral agent. Its transmission vectors are imperfectly understood, and it may be possible to transmit or become infected by COVID-19 despite strict adherence to guidelines prescribed by the CDC and other federal, state, and local health agencies.

Participants in Raleigh Parks programs will be in a group setting where they may come into contact with other program participants (instructors, coaches, campers, camp counselors, camp program staff, and camp program administrators, etc.). Many program activities will be conducted in a public community center setting. As a result, while PRCR Department staff will make reasonable efforts to adhere to the above-stated guidelines, participants in PRCR programs may be exposed to increased risk of transmission or infection of COVID-19 through various actions or interventions, including but not limited to contact with or proximity to one or more of the following:

- Other program participants, staff members, or administrators;
- The personal belongings of program participants, staff members, or administrators;
- Programming and activity materials including, but not limited to, markers, books, games, toys, recreational equipment, etc.; and;
- City of Raleigh community center fixtures and furnishings, including door knobs, chairs, tables, plumbing apparatus, light switches, etc.

I understand that participating in the recreational program selected involves risk of injury or illness. These risks include, but are not limited to, inclement weather, accidents while traveling, food related illness, equipment problems or failures, contact with and actions of other participants, spectators, and volunteers, slips/trips/falls, musculoskeletal injuries, exposure to and illness from infectious diseases, and any and all risks described in the preceding section. I choose for myself or for my child to participate in the selected programs despite the risks. By signing below, I acknowledge all risks of injury, illness, death, and property damage, and affirm that I have assumed all responsibility of injury, illness, or death in any way connected with participation in the program. I also agree for myself and for any child participant to follow all rules and procedures of the program and to follow the reasonable instructions of the counselors, staff members, and supervisors of the program.

By signing below, I acknowledge that I have read, understand, and agree to the City of Raleigh policies listed on this form. Signature is required to complete the registration process.

Participant Signature _____ Date _____

Signature of parent/legal guardian if child is under 18 _____ Date _____

Directory

Explore Your Parks with Park Locator! Access Park Locator: <http://maps.raleighnc.gov/parklocator/> Find the closest park to your home, search for parks by amenity, get directions to a park, and explore program offerings at the parks!

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
ReLink 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	
Annie Gordon Center for Active Adults	919-996-4720
Five Points Center for Active Adults	919-996-4730
Walnut Terrace Center	919-996-6160
Adventure Program	919-996-6855
Amusements	
520 Ashe Avenue	919-996-6468
Aquatics and Swimming Pools	
2401 Wade Avenue	919-996-6852
Arts Program	919-996-4683
Athletic Program	
2401 Wade Avenue	919-996-6836
Athletics Leisure Line Update	
2401 Wade Avenue	(24 hr. recording) 919-996-6575
Community Centers Program	
2401 Wade Avenue	919-996-6640
Cultural Outreach and Enrichment Program	
2401 Wade Avenue	919-996-6844
Nature Programs	
820 Clay Street	919-996-6856
Specialized Recreation Services	
2401 Wade Avenue	919-996-6640
Adults	919-996-2149
Inclusion Services	919-996-2145
or	919-996-2146
Social Clubs	919-996-2148
Visually Impaired	919-996-2147
Youth	919-996-2110
Special Olympics Wake County	919-996-2111
Tennis Program – Millbrook Exchange Tennis Center	
1905B Spring Forest Road	919-996-4129
Teen Program	
820 Clay Street	919-996-2139
Urban Forestry	919-996-4115 / 919-872-4137(fox)
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	

Abbots 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
919-996-6895

Biltmore Hills Swimming Pool

— **•D**
701 Crown Crossing Lane, 27610
919-831-6736

Borden Building at Fletcher Park

— **•GMV**
820 Clay Street, 27605
919-996-4363

Brentwood Neighborhood Park and Center c/o Green Road

— **•BCEGM**
3315 Vinson Court, 27604
919-996-4141

Brier Creek Community Center

— **•AEGMWZ**
10810 Globe Road, 27617
919-420-2340

Brookhaven Nature Park

— **•K**
5125 Berkeley Street, 27612

Buffaloe Road Aquatics Center

— **•D**
5908 Buffaloe Road, 27616
919-996-5600

Buffaloe Road Athletic Park

— **•BEW**
5900 Buffaloe Road, 27616
919-996-6836

Carolina Pines Park, Community Center, and Off-Leash Dog Park

— **•ABCEUZ**
2305 Lake Wheeler Road, 27603
919-831-6435

Cedar Hills Park c/o Optimist

— **•BCEFGHM**
5600 Sweetbriar Drive, 27609
919-996-2880

City of Raleigh Museum (COR)

220 Fayetteville Street, 27601
919-996-2220

Dorothea Dix Park

— **•NUV**
2105 Umstead Dr, Raleigh, NC 27603
919-996-6688

Durant Nature Preserve

— **•EKMOQ**
8305 Camp Durant Road, 27614
919-870-2871

Eastgate Neighborhood Park Center c/o Millbrook

— **•CEJM**
4200 Quail Hollow Drive, 27609
919-996-4156

Fallon Park c/o Kiwanis Park

2601 Oxford Road 27608
919-996-3135

Five Points Center for Active Adults

— **•LZ**
2000 Noble Road, 27608
919-996-4730

Fred Fletcher Park c/o Jaycee

820 Clay Street, 27605
919-996-6833

Forest Ridge Park

2100 Old NC 98 Hwy, Wake Forest 27587
919-996-5800

Garris Building c/o Jaycee

820 Clay Street, 27605
919-996-6833

Glen Eden Pilot Neighborhood Center c/o Jaycee

— **•CM**
1500 Glen Eden Drive, 27612
919-996-6833

Green Road Park and Community Center

— **•ABCEGMRZ**
4201 Green Road, 27604
919-996-4141

Greystone Recreation Center

— **•E**
7713-55 Lead Mine Road, 27615
919-996-4848

Halifax Park and Community Center

— **•AEG**
1023 Halifax Street, 27604
919-996-6378

Hill Street Park and Neighborhood Center

— **•EM**
2307 Hill Street, 27604
919-996-5300

Honeycutt Park c/o Millbrook Exchange

— **•BEGRMN**
1032 Clear Creek Farm Road, 27615
919-996-4156

Horseshoe Farm Nature Preserve

— **•KN**
2900 Horseshoe Farm Road, 27587
919-870-2871

Isabella Cannon Park c/o Jaycee

2601 Kilgore Avenue, 27608
919-996-6833

Jaycee Park and Community Center

— **•ABCEJMRVZ**
2405 Wade Avenue, 27607
919-996-6833

John Chavis Memorial Park and Community Center

— **•ABCDEMNWZ**
505 MLK Jr. Boulevard, 27601
919-831-6989

Directory

John Chavis Memorial Park Swimming Pool

— **D**
720 Chavis Way, 27601
919-831-6565

John P. "Top" Greene Center

— **.**
401 MLK Jr. Boulevard, 27601
919-831-6527

Kentwood Park c/o Carolina Pines

4531 Kaplan Drive, 27606
919-831-6435

Kingwood Forest c/o Biltmore

2610 Evers Drive, 27610
919-996-6895

Kiwanis Neighborhood Park and Center

— **BEGMU**
2525 Noble Road, 27608
919-996-3135

Lake Lynn Park and Community Center

— **ABCENOZ**
7921 Ray Road, 27613
919-996-2911

Lake Johnson Park and Nature Preserve

— **MNOPQ**
4601 Avent Ferry Road, 27606
919-233-2121

Lake Johnson Swimming Pool

— **D**
5623 Jaguar Park Drive, 27606
919-233-2111

Lake Wheeler Park

— **EJMOPQ**
6404 Lake Wheeler Road, 27603
919-662-5704

Laurel Hills Park and Sassafras Community Center

Sassafras Playground
— **ABEGMZ**
3808 Edwards Mill Road, 27612
919-996-2383

Leesville Community Park c/o Lake Lynn

— **E**
5105 Country Trail, 27613
919-996-2911

Lions Park and Community Center

— **ABCEGMZ**
516 Dennis Avenue, 27604
919-996-4726

Lions Park BMX Track

— **S**
516 Dennis Avenue, 27604
919-996-4726

Longview Swimming Pool

321 Bertie Drive, 27610
919-831-6343

Marsh Creek Park, Community Center,

Skate Park and Inline Hockey Rink
— **ABEMTYZ**
3050 N. New Hope Road, 27604
919-996-4920

Method Road Park and Community Center

— **AEGZ**
514 Method Road, 27607
919-996-6066

Millbrook Exchange Community Center

— **ABEGMUZ**
1905 Spring Forest Road, 27615
919-996-4156

Millbrook Exchange Swimming Pool

— **D**
1905 Spring Forest Road, 27615
919-996-4130

Millbrook Exchange Tennis Center

— **C**
1905 B Spring Forest Road, 27615
919-996-4129

Mordecai Historic Park

— **V**
1 Mimosa Street, 27604
919-996-4364

North Hills Park c/o Optimist

— **BCEMN**
100 Chowan Circle, 27609
919-996-2880

Oakwood Off-Leash Dog Park c/o Lions

— **BMGU**
910 Brookside Drive, 27604
919-996-4726

Optimist Park and Community Center

— **ABCDEN**
5900 Whittier Drive, 27609
919-996-2880

Optimist Swimming Pool

— **D**
5902 Whittier Drive, 27609
919-996-2790

Peach Road Neighborhood Center

— **EG**
911 Ileagnes Road, 27603
919-807-8545

Pope House Museum

511 South Wilmington Street, 27601
919-996-2220

Powell Drive Park c/o Method

— **CEG**
740 Powell Drive, 27606
919-996-6066

Pullen Park Amusements

— **CEMOPZ**
520 Ashe Avenue, 27606
919-996-6468

Pullen Aquatic Center

— **D**
410 Ashe Avenue, 27606
919-996-6197

Pullen Arts Center

— **L**
105 Pullen Road, 27607
919-996-6126

Pullen Community Center

— **Z**
408 Ashe Avenue, 27606
919-996-6052

Raleigh Little Theatre/Rose Garden

— **V**
301 Pogue Street, 27607
919-821-4579

Ralph Campbell Community Center

— **G**
756 Lunar Drive, 27610
919-250-2757

Ridge Road Swimming Pool

— **D**
1709 Ridge Road, 27607
919-420-2322

Roberts Park and Community Center

— **ABCEGLMZ**
1300 E. Martin Street, 27610
919-831-6830

Saint Monica Teen Center

15 North Tarboro Street, 27610
919-996-4770

Sanderford Road Park and Neighborhood Center

— **BCEGM**
2623 Sanderford Road, 27610
919-831-1898

Sgt. Courtney T. Johnson Neighborhood Center

— **EGM**
1801 Proctor Road, 27610
919-831-6719

Sertoma Arts Center

— **L**
1400 W. Millbrook Road, 27612
919-996-2329

Spring Forest Road Park c/o Green Road

— **BCEMN**
4203 Spring Forest Road 27616
919-996-4141

Strickland Road Park c/o Lake Lynn

— **E**
12804 Strickland Road, 27613
919-996-2911

Tarboro Road Park and Community Center

— **ACEMZ**
121 N. Tarboro Street, 27610
919-996-6505

Theatre in the Park

— **.**
107 Pullen Road, 27607
919-831-6936

Thomas G. Crowder Woodland Center

— **KN**
5611 Jaguar Drive, 27606
919-996-3141

Tucker House

— **.**
418 N. Person Street, 27601
919-996-4363

Walnut Creek Softball Complex

— **B**
1201 Sunnybrook Road, 27610
919-250-2725

Walnut Creek Wetland Center

— **KN**
950 Peterson Street, 27610
919-996-2760

Walnut Terrace Center

— **.**
1256 McCauley Street, Ste. 126, 27601
919-996-6160

Williams Park c/o Sertoma Arts Center

— **CEMR**
6601 Leadmine Road, 27612
919-996-2329

Worthdale Park and Community Center

— **ACEFZ**
1001 Cooper Road, 27610
919-996-2730

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Amenities Legend

A Gymnasiums	O Lake
B Lighted Ballfield(s)	P Boat Rental
C Tennis Courts	Q Fishing
D Pool	R Sand Volleyball
E Play Equipment	S BMX Track
F Mini Park	T Inline Skating
G Outdoor Basketball	U Dog Park
H Frisbee Golf	V Gardens
J Exercise Trail	W Walking Track
K Nature Study	Y Skate Park
L Arts	Z Fitness Room
M Picnic Shelter	. Handicap Accessible
N Greenway Trail	



City of Raleigh
Parks, Recreation and Cultural Resources
P.O. Box 590 Raleigh, NC 27602
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PLAY SAFELY

The health and safety of the community and our staff remain our top priorities. While we are hopeful that the programs included will give you an opportunity to stay active and healthy, all offerings are subject to modification or cancellation based upon state and local guidelines. Visit parks.raleighnc.gov to view the status of park facilities, amenities, and programs.

Thank you for staying safe, Raleigh!



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